

# Valley<sup>ITCHEN</sup> News

Issue 98 February 2022

Avington, Easton, Itchen Abbas, Martyr Worthy and Abbots Worthy



## YOU COULD ADVERTISE HERE

itchenvalleyadvertising@gmail.com

# STN·MILL

HEALTH & FITNESS

—ALRESFORD—

GYM | BARRE | YOGA | PILATES | CYCLING | MEDICAL

## FIRST CLASS DEPARTS HERE

**FREE PASS  
AVAILABLE**

-Gym session  
-Class pass

**CONTACT US**

info@stationmill.co.uk

01962 735110

Station Mill, Station Road  
Alresford, SO24 9JQ



www.NONYKERR-SMILEY.COM



Having been in High Street estate agency for about thirty years between us, Sam and I became Freelance Estate Agents in 2021. We are proud to have sold almost 50 properties so far, and continue to offer a totally different quality of agency, based on service and values.

Our ethos is to tailor our service to our clients' individual needs, which is never one size fits all, and our clients' testimonials attest to this being a welcome and refreshing approach.



If you are thinking of selling your home in 2022, and would like to chat about how we would represent your home in the market, please contact us!

**NONY KERR-SMILEY**

+44 (0)7712 648740 | nony@nonykerr-smiley.com

**SAM KERR-SMILEY**

+44 (0)7701 056704 | sam@nonykerr-smiley.com

Selling Property with Honesty & Integrity for over 25 Years  
Find Us on Facebook, LinkedIn, Instagram & Youtube



If you are currently under a sole agency contract to another agent, you should check the terms of that contract to avoid potentially being exposed to dual fees.

# WELCOME to the Valley News

Hello from Jen Gaster and me, Catherine Hahn. We are one of your three new editorial teams helping to produce the Itchen Valley News (IVN). As an introduction: I have lived in Itchen Abbas for 18 years with my husband. I am Chairwoman of The Valley Gardeners and an ambassador for PDSA (the veterinary charity). Other interests include choral singing and writing. Jen has recently moved to Itchen Abbas from Winchester with her husband and son. She runs a specialist recruitment business by day and is learning to garden at the weekend. Jen and I met in early November last year and agreed to job share as a new editing team for the IVN. So, here is our first issue and we hope you will enjoy it.



We would really like to understand and connect with our readership out there in the Valley. We honestly don't know how many residents read the publication and how/if they enjoy its contents. We think it is important to have those facts and then shape the content to reflect your needs and tastes. So we have written a short survey which you can find on <https://www.surveymonkey.co.uk/r/RQN988WV>. Please take a few minutes to fill in the survey. For those who don't use the internet, the questions are printed on page 23. Please cut this out and put the page in an envelope and drop that off at any of the four churches in the valley where boxes will be provided.

Jen and I have similar interests and concerns that are reflected here.

Climate change, sustainable food production and the countryside are some of those. Also in this edition, we learn about the ancient art of hedge laying and Jen takes a look at one of the local vineyards. Please do send your contributions to the publication in the coming months. We welcome new writers and topics, both of which will keep this magazine fresh and interesting. Next month's editors are Nathalie and James Paterson.

*Catherine and Jen*

*Front Cover - Philip and Emily Windsor -Aubrey with their Christmas Cactus. They recommend repotting it each spring, largely neglecting it thereafter and watering it near flowering time. A must for idle gardeners!*

## Itchen Valley News

Chief Editor Vernon Tottle

Chief Editor elect Mary Hogg

Editors Charlotte Appleby, Verity Coleman, Jen Gaster, Catherine Hahn, Sue McIntosh, Brigid McManus, James Paterson, Nathalie Paterson

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](mailto:itchenvalleynews@gmail.com).

For advertising enquiries, please email:

[itchenvalleyadvertising@gmail.com](mailto:itchenvalleyadvertising@gmail.com)

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

Please send all contributions for March 2022 by Tuesday 15 February. 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 Angela Wheeler and other photos from various contributors.

## What's On

---

### **National Garden Scheme Hampshire**

The NGS is forging ahead with the Snowdrop Openings. 1 February sees two gardens opening by arrangement.



These gardens particularly appeal to Groups of people - be they from the WI, u3a, garden clubs, residents from retirement/care homes or a group of friends. These gardens open by arrangement between the club or group and the garden owner, on a specific date and at a time agreed by both parties. This gives the group exclusive access to the garden, offering a more personalised visit and the unlimited attention of the garden owner.

### **The Down House Itchen Abbas SO21 1AX**

Opening: February & March for Groups of six plus. Admission: £10 (children free). Refreshments: Home-made teas. Contact Mark & Jackie Porter 07814 958810  
markstephenporter@gmail.com

### **Little Court, Crawley Winchester SO21 2PU**

Opening: 13 & 14 and 20 & 21 February 2pm to 5pm  
By Arrangement visits February to August Admission: £5.00 (children free). Refreshments: Home-made teas  
Contact Patricia Elkington on 01962 776365 or elkslc@btinternet.com.

## Alresford Art Society

---

Alresford Art Society: a demonstration by Jake Winkle entitled 'Wildlife in watercolours' on Friday 25 February 2022 at 2.30 pm in Bishop's Sutton Village Hall, (Covid regulations allowing). Non-members welcome - admission £3. For further information please contact Richard Cox on 01962 732043 or visit [www.artsociety.alresford.org](http://www.artsociety.alresford.org)



## Save The Date

---

Easton Flower Festival and Open Gardens

17 -19 June 2022 11am - 4pm

A Sparkling Preview to be held on Thursday 16 June at St. Mary's Church, Easton at 6:30pm.



## Martyr Worthy Lecture Series 2021/2

in aid of the four churches of the Itchen Valley Parish  
at Itchen Abbas and Avington Village Hall, SO21 1BQ  
6.30pm for drinks and canapés | Lecture will be an hour starting at 7.15pm

Friday 25th February 2022

**Kim Wilkie**

Strategic & Conceptual  
Landscape Architect

### TOWARDS A SUSTAINABLE LANDSCAPE



**£25.00 per ticket.** Please apply for tickets via the website:

[www.itchenvalleychurches.org/martyr-worthy-lectures](http://www.itchenvalleychurches.org/martyr-worthy-lectures)

Enquiries ~ Gilly Greenwood 01962 779540 or Verity Coleman 01962 882800

## Connecting Local Food Producers and Consumers

Burntwood Farm and Worthy Earth are proud to announce a new initiative for the year 2022 to improve radically the way that ethical food is bought and sold in the local area. This new model involves establishing a collective of food producers and customers in an online group known as a REKO ring—an abbreviation for “fair consumption” in Finnish, its country of origin.

REKO is an independent marketplace between local people and local food producers that replaces the

unsustainable supply chains upon which we too often come to rely. By using a social media group to match up with local producers, customers can benefit from access to a broad range of high-quality, local food products - meat, vegetables, eggs, preserves and milk; and producers can charge fair prices without middlemen cuts or hidden supermarket fees.

This model has already enjoyed great success in Scandinavia and is spreading over the world, creating a supportive economic environment for small-scale, ethical food production. The REKO model benefits customers and the environment. This is how it works.

A Facebook group is created between local food producers: REKO Ring (Hampshire, UK). Shared standards are agreed and transparent.

Local customers join this Facebook group or an email list if preferred. The



group is notified by the producers each week of which products are available and their prices. Members of the group can then go to the producer's website and order their products, choosing 'REKO' as the delivery option.

A weekly collection point and time is established where all producer-members of the group bring their pre-sold products to customers who have already reserved and bought them. Customers can therefore collect products bought from different producers at the same time in the same place, reducing time spent on the transaction for both parties.

This means producers can get back to their farm duties quickly and customers can resume their lives with a car boot full of fresh, ethical, local produce without the hassle of parking in the middle of town for a market, or having to go to a supermarket.

Producers and customers meet face-to-face and engage in an old-fashioned style of commerce, without directly handing over money, yet empowered by modern social technology.

With REKO, we can collectively support a different way of buying food that is produced solely by people in the local area, in a caring and sustainable manner that reduces carbon emissions and plastic packaging associated with supermarket-bought food.

It is a small, active step customers can take to make a big social impact on the future of our society - by prioritising the fundamental basis of our culture: local communities and the soil in which our food is grown.

[www.burntwoodfarm.co.uk](http://www.burntwoodfarm.co.uk)

[www.worthy-earth.co.uk](http://www.worthy-earth.co.uk)

[www.holisticland.co.uk/reko](http://www.holisticland.co.uk/reko)

*Edmund Sutcliffe*

## Hedge Laying in Itchen Abbas

---

Many of you driving along the B3047 just east of Itchen Abbas may have spotted a section of hedge, dividing The Grange's vineyard from the verge, which is sporting a smart new haircut. That hedge has been 'laid.' It's the initiative of Chris Sparkes, also known as "Hedgesparrow", an experienced local hedge-layer, who is running hedge laying courses using this section of The Grange's hedge, by kind permission of Zam Baring, as his training ground. What is "laying a hedge" and why would anyone wish to learn how to do it?



In answer to the first question, laying a hedge is not planting a new one but reinvigorating an existing one. In this case, the hedge in question is a "maiden" meaning that since it was planted some 12-15 years ago, it hasn't been touched. A hedge like this one will eventually deteriorate if it doesn't get laid. It will get long in the tooth with gaps appearing and eventually end up as a series of gnarled old trees. Have a look around the countryside anywhere in the UK and you'll see these 'old maid' hedges everywhere. By laying the hedge, you help it to regenerate and thereby extend its life. How do you do it? Well, it's about pleachers, stakes, whiskers and binders.

First, you cut out all the dead wood and identify the stems that you are going to pleach. Pleaching means to cut each stem through with a billhook to about two thirds down until you can bend it over and lay it on its side. It's all about cutting enough so that it bends but leaving enough so that the sap keeps running through the stem, giving it life. Stakes are hammered into the ground at intervals along the hedge and the brushy tops of the pleachers are woven between them. Then you take the binders, which are very long and quite thick rods which you weave in and out of the laid stems and stakes. Finally you take the remaining "whiskers" (the whispier outliers) and weave those through too. Everything has to be neatly tucked in. And of course, different counties have different styles of hedge-laying. Hedgesparrow's is "South of England style", which means that the hedge is 'double brash' - tight and thick enough to be stock proof.

Chris' courses are proving very popular. Why would that be? Well, hedgelaying is an ancient skill that uses our hands, takes place outside in the fresh winter air and helps create a beautiful, natural, functional installation while prolonging the life of hedges, which are vital as food and shelter for wildlife. What's not to like?

If you are interested in having a go, contact Chris at [hedgesparrow54@yahoo.com](mailto:hedgesparrow54@yahoo.com)  
*Nathalie Paterson*

## Reducing food waste

---

Food can bring us comfort, help us come together and cooking can benefit our mental health and wellbeing, so why do we waste so much of it? We may think directly about how the food

we waste in our homes impacts the planet, but with 70% of food waste in the UK coming from individual homes, we can all make a difference. If everyone in the UK stopped wasting food at home for just one day, it would have the same impact on greenhouse gases as planting half a million trees. There are plenty of simple ways that can help you to reduce your carbon footprint by shrinking your food waste.



Tips for reducing food waste:

Batch cooking is a great way to use up anything you have taking up space at the back of the fridge. You can use this extra time at home to try out some new recipes. The charity Love Food Hate Waste have some fantastic resources, including a leftover recipe guide full of inspiration for tasty dishes you could make with food you might otherwise throw away.

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Growing your own food can be a fantastic way to cut down on food waste as you can share your extra produce with a neighbour or friend. If you would like to give back to your community and have surplus food on your allotment, Foodshare encourages growers to donate fresh produce to local charities who feed people, for example hospices, care homes and homeless shelters. You can register with them to see the charities that are looking for donations in your local area.



Perfect for any celebration  
[www.thebarnatavington.co.uk](http://www.thebarnatavington.co.uk)



Your local 9 hole course  
[www.avingtongolf.co.uk](http://www.avingtongolf.co.uk)

  
PRINCE'S MEAD

# Welcome to Prince's Mead

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

WINCHESTER  
WOOD FLOORS



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

w: [winchesterwoodfloors.co.uk](http://winchesterwoodfloors.co.uk) t: 01962 733016 e: [info@winchesterwoodfloors.co.uk](mailto:info@winchesterwoodfloors.co.uk)  
Winchester Wood Floors Ltd, 3 Vernal Cottages, Spring Gardens, Alresford, SO24 9QB

[www.foodshare.org.uk/grow-your-own](http://www.foodshare.org.uk/grow-your-own). When doing your weekly food shop, there are simple ways you can shop smarter, saving you money and reducing your carbon footprint. Choosing the food with the longest use-by date, choosing wonky fruit and vegetables in supermarkets where it is available and creating a shopping list to ensure that you only buy the food you will use. Shopping in this way could save you on average £700 a year.

If you do end up with extra non-perishable food items you could donate them to your local food bank. Often your local supermarket or corner shop will accept donations on your behalf. The Trussell Trust campaigns for a hunger-free future in the UK and you could help it to achieve this by checking your local donation point in Alton. Whether it's the choices you make in the supermarket, deciding to grow your own food or cooking extra food to put in the freezer, small steps can make a big difference. Want to find out more? There are plenty of fantastic resources to help you in your food reduction journey.

[www.bbcgoodfood.com/howto/guide/how-reduce-food-waste](http://www.bbcgoodfood.com/howto/guide/how-reduce-food-waste)

[www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)  
WINACC

*Winchester Climate Action Network*

## Jude's and the Climate Crisis

Jude's Ice Cream, the highly successful ice cream manufacturer started by Theo and Judith Mezger right here in the Itchen Valley, has won many plaudits in its short life, including the Lloyd's Bank 2021 Positive Social and Sustainable Impact Award. The company aspires to be a force for good and is a certified BCorps organisation that believes in putting people and the

planet before profit in five critical areas or "pillars": Workers, Customers, Governance, Community and the Environment.

Key to their environmental approach has been consulting with Mike Berners-Lee, a leading expert in measuring carbon footprints and advising on plans for carbon reduction.

Their efforts have led to them being acknowledged as the first carbon negative ice cream company in the UK. So, how have they done it? Well it's clearly not just one thing. Every part of their operations including raw material sourcing, product formulation, processing, distribution and waste management has been scrutinised.



By 2025, the percentage of products using only plant-based ingredients will increase from 25% to 50%. Process heat is already being recycled and plans are in place to recycle process water. All energy is now bought from renewable sources and significant purchases of carbon credits are made from partners with strong conservation credentials. The company is an enthusiastic tree planter and participates in re-wilding programmes through the Woodland Trust and Trees for Life.

Jude's recognised that the climate crisis is a real emergency and it decided to take emergency action to address it.

Let's hope many other businesses follow their lead.

*Stephen Percy*

## From Grape to Glass with Balbina Leeming, BSixTwelve

---

There are at least six vineyards in and around the Itchen Valley, all producing different varieties of still and sparkling English wine. I took the opportunity to meet with Balbina, the founder and owner of BSixTwelve Vineyard in Itchen Abbas. Spanning two acres, her organic vineyard grows purely Pinot Blanc grapes, producing a clear and bright, dry and fresh white wine with hints of honeysuckle and pear. It is velvety smooth and at 11.5% abv is an elegant wine that features on some of Hampshire's finest dining establishments wine lists including The Pig, Chewton Glen and Inn The Park. Having grown up in Venezuela and Spain, Balbina gained hands-on experience working the harvests in La Rioja. She was kind enough to show me the intricacies of how she has changed the way she prunes the vines, keen not to stress them by producing no more than two stems to concentrate the energy of the plant and get better quality grapes. This is a vineyard that focuses on quality over quantity and Balbina is incredibly passionate about the methodology and attention to detail that results in such a fine product.

### **What made you get into growing vines in Itchen Abbas?**

"We bought Lone Farm in 2007 and focused initially on converting the Barn into our home. It was important to do something interesting with the land, making it work for us and allowing us to give something back. The Grange

had just planted their vineyard and we investigated the soil composition on our land to see if it was feasible. The results were very positive and with support from Simon and Tom at Stopham Estate Vineyard, we decided to plant in 2014."



### **How is it different to what you expected?**

"I always knew what was involved from working through my teen years on harvests in Spain. I was always passionate about the wine and wanted to do it exceptionally well. I have been more whole-heartedly embedded into the vineyard than I thought I would be – passionate, caring and obsessing about the weather! The weather dictates everything, when you prune, when you can harvest, what direction

the wind is travelling in and what action you might need to take consequently.”

**There is great focus on sustainability and reducing food miles. How can people sample and purchase BSixTwelve?**

“Producing wine in a sustainable and eco-friendly way is of great importance to me. It is why we only use organic methods, despite meaning we lost the entire crop in 2019 due to disease. I sell to local restaurants directly and the wine features on their wine lists. I also sell to businesses including Thyme & Tides in Stockbridge and In The Park in Winchester where you can buy by the bottle. Alternatively, individuals can order via our website ([bsixtwelve.co.uk](http://bsixtwelve.co.uk)) and we will deliver locally.”

**What does the future hold for BSixTwelve?**

“We will continue to focus on growing Pinot Blanc grapes and to run an organic operation. This year we have imported a Chestnut cask and an Amphora from Spain to produce some wine onsite, rather than send all the grapes to Stopham for processing. We have also reduced the sugar content by 50%. Our other new initiative was to introduce a flock of sheep that will naturally fertilize and add nutrients to the land, ensuring the vines continue to flourish in the Valley.”

It is so great to see a vineyard take the philosophy of organic viticulture seriously. The vineyard is an eco-system that allows the grapes to



flourish naturally. Balbina is making some beautiful wine, wines of place, purpose, and quality. I cannot wait to see what she brings to the table in the future, but whatever it is, she will do it with an incredible sense of passion and pride.

*Jen Gaster*

## Food Spy – The Wykeham Arms

---

Food Spy was looking for a pub for lunch after a good walk, but it was a struggle to find anywhere that was open in the dark days of early January. So the walk became a loop along the water meadows from Winchester College to St Cross, and, rather than a sandwich, we had a grander lunch at the Wykeham Arms. The Wykeham is one of the most delightful venues in the heart of the old City on the corner of College Street and Canon Street. The pub was made famous at the end of the last century by the legendary publican Graeme Jameson and much of the charming and intimate atmosphere that he created remains. As with most pub kitchens, the food offerings have been through various iterations since, and we approached the menu with some trepidation. Fortunately all was well, and there was obviously considerable skill at work in the kitchen.

We weren't looking for a big meal, and for some of us, having two starters was plenty, particularly as one of those on offer was a substantial rarebit on toast with a poached egg. There was a delightful chicken liver parfait and the smoked trout was memorably good, if difficult to extract from a rather small dish. Mains of roast salmon with fennel





# THE ART OF FIRE

Over 100 stoves on display  
Supply/Full installation available

Kingsworthy  
foundry

Tel: (01962) 883776  
Email: [info@kingsworthyfoundry.co.uk](mailto:info@kingsworthyfoundry.co.uk)  
[www.kingsworthyfoundry.co.uk](http://www.kingsworthyfoundry.co.uk)

and braised beef feather blade with parsnip mash were much enjoyed. Then it was spoons at the ready as we shared a couple of indulgent desserts. With some beer and a bottle of house claret the bill came to £200 for four; no bargain, but the cooking was exceptional and the ambience charming.

*Food Spy*

## IVN Annual Accounts 2021

The Itchen Valley News had a good year in 2021, despite the significant constraints of Covid and lockdown, and succeeded in its objective of helping readers to keep in touch with the local community during such a difficult time. Twelve editions were published and delivered to every household (about 850) in the villages of Avington, Easton, Itchen Abbas and Martyr Worthy plus Abbots Worthy. Although three editors stepped down, by the end of the year new volunteers had come forward and the editorial team had grown to nine. At year end

Income & Expenditure Account			
	2021	2020	
	£	£	
<b>Income</b>			
Advertising	8,099	8,521	
Readers Contributions	2,062	113	
Postal Fees	158	144	
Interest	1	10	
Sundry	0	0	
Total Income	10,320	8,788	
<b>Expenditure</b>			
Printing	10,349	10,520	
Other Expenses	130	131	
Total Expenditure	10,479	10,651	
<b>Surplus/(Deficit) of Income over Expenditure</b>	(159)	(1,863)	
<b>Year End Funds</b>	7,010	7,169	

the financial bottom line, income over expenditure, showed a modest deficit (£159). Donations (£2,062) from Valley residents contributed positively to this result, offsetting by far a small decline in advertising revenue due to competition and lockdown pressures. The enthusiasm and willingness of the whole team, who are all volunteers, to continue making the IVN a successful local publication is indeed impressive. If you would like to get involved, or wish to send in a written contribution or a photograph, please send an email to The Editor at [itchenvalleynews@gmail.com](mailto:itchenvalleynews@gmail.com)

*Henry Labram, Treasurer*

## Judi Lerwill Harris 1953-1921

With her brother Tim, Judi spent her Army childhood living in places such as Malaya and Cyprus, which left her with wonderful stories and memories. Back in the UK she was educated at the Royal Navy School and then took her degree at the London School of Economics, where she ran the Association of International Students, arranging internships and accommodation for foreign students whilst also having to understand the politics of the organisation, something that would come in handy throughout her life. After graduating, she made her



## OCEAN ROOFING

- Gutter Maintenance
- Roofing repair
- New Flat Roofing
- Chimney Repair

[www.oceanroofing.co.uk](http://www.oceanroofing.co.uk)

[davidpike1@btconnect.com](mailto:davidpike1@btconnect.com)

01962 779690

## 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

## Contemporary Catholic Co-educational 3-13 Day & Boarding

*"Exceptionally well-adjusted and kind children"*

Tatler Schools Guide



FARLEIGH

Flexible school bus service, covering Winchester  
Current pick-up from Headbourne Worthy (SO23 7LD)

For further information, please contact the Registrar, **Sarah O'Rorke**

E: [admissions@farleighschool.com](mailto:admissions@farleighschool.com) T: 01264 712838 to book or to arrange a tour

## ALRESFORDPILATES

Small group classes or  
private sessions

Close supervision and  
individual support

Further details -  
[www.alresfordpilates.co.uk](http://www.alresfordpilates.co.uk)

Call/text Sally Hogg - 07771 522665

Email: [sallyhogg@btinternet.com](mailto:sallyhogg@btinternet.com)

## Itchen Abbas fundraising news

The carol singing in Hazeldene  
Gardens and Little Hayes Lane before  
Christmas raised over £180 for the  
Winchester Hospice.



career in banking where she met John. They were married in 1978 and swiftly left the UK to start married life in Jeddah. Despite obvious potential issues there at the time, she had the motivation and drive to be the first female banker in Jeddah. After a year in Saudi, Judi and John moved to Hong Kong where she became the first ever female vice-president of Citibank.

They spent a very happy decade there, having three children and making many friends. When their middle child Nicholas was diagnosed with leukaemia, the family returned to the UK, first to

London and then to the Itchen Valley. She and John dealt with Nicky's death with a strength that is hard to comprehend. With John working



abroad, she very much held the fort at home: orchestrating Tim and Victoria's commitments, looking after her beloved roses at Chilland Barn and playing her part in village life, not least in helping to organise the Martyr Worthy Plant Sale.

She also worked extensively and tirelessly for the Conservatives, eventually being appointed the Itchen Valley Chairman. Judi's stoicism when diagnosed with her illness in early August, insisting that her dying at 68 was 'sad, but not a tragedy,' was typical. The way she conducted herself through her last few months was awe inspiring.

Aside from her selflessness, she had numerous other outstanding qualities.

She was always happy to help those in need, whether shaking charity tins for Cancer Research outside the supermarket or taking time to talk and simply knowing the right things to say, at the right time, to the right people. A very dry, and occasionally mischievous sense of humour was another of her outstanding attributes. She will be very much missed.

*Eulogy by Tim Harris, edited by Verity Coleman.*

## How to identify the UK's five owls

---

Owls are amongst our most captivating birds and, with a good view, are easily distinguished from other UK birds. But how can you tell one owl from another? Here's a guide to the UK's five resident species:

### **Little owl**

A small owl with a flattened crown. The upperparts are dark brown with whitish streaks and spots, with whitish underparts featuring bold brown streaks. Facial disk is greyish brown with prominent whitish 'eyebrows' giving a stern expression. Eyes are yellow. The little owl flies with a fast, bounding flight like a thrush. It hunts by swooping from perches but will also run across ground to pursue prey. The little owl's various calls include a fast 'chi-chi-chi' alarm call, a low-pitched hoot and a mewling call.

### **Tawny owl**

A mostly brown owl with a large, rounded head. Slightly larger than a barn owl and usually seen in woodland. Plumage is mottled brown but can vary from greyish to reddish brown. In flight, it shows broad, rounded wings and flies with quick wingbeats in long, straight glides. The tawny's rich vocal repertoire includes a short 'ke-wik'

contact call and a quavering 'hoo, hu-hooo' advertising call.

### **Short-eared owl**

A sandy-brown owl similar in size to a tawny, but with longer wings. It has a streaked breast, but a pale, un-marked belly with thick dark barring on the tail and piercing yellow eyes. In flight, it shows long, narrow wings that are slightly longer and slimmer than long-eared owls, with black wingtips. Flies with slow wingbeats and wavering glides. Males perform display flights at breeding grounds, giving a fast series of deep hoots and short, quick wing-claps. Other calls include rapid, rasping barks when alarmed.

### **Barn owl**

A very pale, slender owl, typically white on the underparts and golden-brown with grey markings on the upperparts. It has a white, heart-shaped facial disk with dark eyes. Usually seen over grassland or farmland at dawn and dusk, though can be seen at night or even during the day. Its call resembles eerie squeals and a shrieking 'shreeee'



### **Long-eared owl**

This streaky brown owl looks very similar to a short-eared owl but has darker feathers and less of a yellow hue. The facial disk is buff with a well-defined blackish border and white 'eyebrows' extending towards the beak. It has deep orange eyes and long 'ear-tufts' atop the head. In flight, it's tricky to tell from the short-eared owl.

Slightly shorter and more blunt-tipped wings, with fine black barring on the wingtips and no white trailing edge to the upper wing. Males advertise with deep, soft hoots without inflection given every few seconds, while females have a more nasal call.

*Jake Kendall-Ashton. Hampshire and Isle of Wight Wildlife Trust*

## **The Practical Gardener**

---

Many will feel the cold and damp weather is a good time to stay indoors. Yet this month, gardens start to spring into life with



snowdrops, winter aconites, cyclamen and hellebores. There's plenty to see and enjoy and very soon all sorts of bulbs will be in flower. The first blooms are evident on shrubs signalling a new beginning. But we gardeners have to have done our planning for the year and start being active. It's the month to be sowing if you didn't start in January. So many plants, both flowers and vegetables, are easy to grow – trust me as I am no expert. Every garden should have some sweet peas and I recommend these are sown at intervals right into April. It's time to buy onions and seed potatoes. I have always done well with first earlies planted under fleece at the end of February (to protect from frost) and likely to provide a harvest in early June. You don't have to go to a lot of trouble when planting, I just make a hole with a trowel and plant about 4" deep.

Other veg that are easy to grow are leeks, started now inside in a tall pot and they will be ready to go out in late March. Musselburgh is a well-proven



**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](http://www.amsautogas.com)

**CERTIFICATED ENGINEERS  
RECOVERY AVAILABLE**

## 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](http://www.mulberrytreeservices.co.uk)**



## **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](http://www.prestigecarsalresford.co.uk)  
[kevin.mitchell202@btinternet.com](mailto:kevin.mitchell202@btinternet.com)

## Garden Maintenance

**Paul Moffatt**

**Mob: 07860 107175**

Lawn Treatments  
Mowing / Strimming  
Moss / Weeds  
Scarifying / Aerating  
Chafer Bugs  
Fertilising

Hedge Cutting  
Light Chainsaw work  
Garden Shed Maintenance  
Patio Cleaning

**One-off or repeat work  
Weekly, fortnightly, monthly  
Fully insured**



**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](http://www.dbarkerandson.co.uk)

favourite. Early peas are another favourite and you can't go wrong with Kelvedon Wonder. There is an enormous range of varieties today but sometimes it pays to be conservative. It's important to observe a rotation of crops. No this is not a merry-go-round but a method to ensure the soil is not denuded of key trace elements.

I have long been a fan of raised beds. These are really helpful where the soil depth is not good. They also make the work of gardening easier for those of us who find bending difficult. I'm in the process of buying some sleepers. Now this is an investment as they are not cheap but I would hope for at least a 10-year life. You do need to shop around and be sure you can lift them as they can be quite heavy.



I have sometimes bought plants online but it's a risky business and some suppliers are not that good. I paid £40 for a small tree but the root ball is appalling. I have spent a lot of time trying to get a replacement. I think from now on, I will only shop at local nurseries. At some you can get good advice which is always worth having, especially if you want a particular variety.

This month is also a good time to start using fertiliser. Soil needs NPK and this does not come from garden compost. I'm a fan of Growmore and it's easy to find suppliers of this on-line. A 20kg bag often only costs twice as much as a 1kg box from the garden centre!

*Tony Gaster*

## Welcome To...

---

Paul and Julie who are living at Yew Tree Cottage in Avington.

*Gill Graham Maw*

## Steve Brine – MP

---

First up this month, as 2022 continues to have a very familiar feel to 2021, Covid-19. Readers will know I have been pressing Ministers and local NHS leaders since the launch of the "Get Boosted Now" campaign to bring some walk-in vaccination capacity to Winchester. This is to supplement, not replace, the good work our local GP surgeries and pharmacies are doing to get us fully vaccinated and it is needed because it's really important that we have a multi-channel offer for my constituents in places that are easy to access.

The pop-up vaccination clinics, at Badger Farm and the Park & Ride South site near junction 11, reported brisk jabbing early on which is very good to see. We do largely now have a pandemic of the unvaccinated but must



remember not everyone in this category is vaccine hesitant or refusers. There are still a number of people who cannot have their next vaccination because of a recent infection and there are, of course, those who are unable to take the vaccine in its current form because of a health condition. I have rightly pressed the Prime Minister in Parliament for a long term plan truly to learn to live with Covid that sets out how we will avoid a damaging panic when the next variant comes along – but I am clear that must include how we will support the unvaccinated to do the right thing for themselves and the common good. In my experience, as a former Public Health Minister, people with poor health outcomes often have complex challenges and are excluded from good health in many ways so it's not unsurprising the Covid vaccine is the latest evidence of that. We need to understand a little more and condemn a lot less because compulsion will only work against us in the end. You can watch back all my contributions in Parliament at [stevebrine.com/news](http://stevebrine.com/news). Secondly, I continue to engage with my colleagues at the Ministry of Defence around the future of Sir John Moore Barracks and to play my part in the strategic group planning its future use that met again last month. With the news, revealed in a letter to me from the Minister late last year, that its disposal is now delayed until 2026, we have time to consider even more carefully what it will be transformed into and to make sure our plan for a 25 -hectare space nature reserve at Flowerdown becomes a reality. My strong preference remains for a mixed-use site with high quality new employment space part of the solution. Winchester City Council need to show some real ambition here.

Finally, I have written a lot about Green Winchester and events leading to, and since, COP26 in Glasgow. Our focus now shifts to holding Ministers to their promises made and delivering our Net Zero Plan published in the Autumn. Further to this, I will be holding an Ask The Minister event in Winchester early on this year with COP President Alok Sharma MP. Look out for further details to follow.

*Steve Brine MP for Winchester & Itchen Valley 0207 219 7189*  
[www.stevebrine.com](http://www.stevebrine.com)

## Piste off on the Slopes

---

Am I the ONLY person in the world who hates skiing? Mind you, I would probably enjoy it more if I could master the technique of sliding down the snowy slopes with a degree of safety, style and speed. However, having tried this sport many times over the past 30 years, at the behest of my skiing loving husband, still I fail to understand why so many millions of people put up with, and even relish, what I see as enormous effort and gross discomfort for a few minutes of exhilaration.



For example, let me describe my last skiing experience at a French resort.

To start with, I must rise at 7.30am to get a head start on the crowds. Being an enthusiastic sleeper does not combine well with being a dedicated skier, it seems. It takes at least an hour between donning my bulky and unattractive skiwear to being poised on the peak ready for the heady descent - a period which is particularly excruciating in rigid and heavy ski boots. About me, rather like a packhorse, hang my goggles, gloves, headband, iron rations and sacred passport to heaven - my ski pass! Having joined the inevitable queue, I must shuffle along whilst trying to prevent my various pieces or equipment from assaulting someone - up steps, through turnstiles and finally on to the gondola, which doesn't even stop to allow me to embark.

Oh yes, it is a very pretty ride. That is, if you can ignore being poked in the eye by someone's ski-pole or avoid being trampled by the eager-beavers alighting from the gondola. But one glance back at the long queues below when I arrive at the top of the slope takes away the exhilaration. Somehow, I manage to control my skis long enough to persuade them to couple with my boots and I am ready.....ready, that is to be wiped out by a merry band of "real" skiers who are bearing down on me shouting in French: "Attention, attention!"

At last, it is lunchtime and I go in search of somewhere warm and comfortable to sit and eat. I find an appealing little place where the benches and tables remind me of the school canteen and the food is similarly unappetising. Having bagged a place to sit, I take care not to drop a glove or rise to greet a friend as I know my six inches of bench and table will be immediately requisitioned by a hulking

young man looking like Darth Vader bearing an unstable tray of sausage and chips. No pleasant sanctuary here for food and succour- but then it is not meant to be. Skiers do not want that. They must live their week of bliss at Mach One, belting down the pistes like demented yo-yos, pausing only for ten minutes of refuelling at midday. Jostling, it appears is all part of the fun.

It is 4 o'clock and time to descend from the pistes and moguls. Another hour on the Alpine version of the London Underground and I can limp back to my severely overheated hotel and inspect the damage that those ridiculous boots have done to my legs. In the dusk light I decide to take a walk round the resort. All I can find are shops that sell skiwear identical to that found next door. This sport is a religion and its believers spend their restful hours discussing its creed - base or no base, powder, virgin or ice? When was the last snowfall? I say, who cares?

Give me the misty wooded hills of an English county in earthy spring. Let me gaze at stone farmhouses or thatched cottages snuggled into leafy crannies rather than hideous breezblock hotels below dirty grey-brown slopes. I would rather amble by myself through bluebell woods, listening to the chattering birds, than bash down a mountain to the sound of clanking ski lifts. Skiers can keep their 3,000-metre-high silence - if they can find it. I will sit on a stile and watch the lambs at play.

*Catherine Hahn*

## The Year of Magical Thinking by Joan Didion

This may not be a book for everyone but if you are interested in a study of grief,



this may be helpful. Joan Didion died just before last Christmas and was one of America's most celebrated writers. She and her husband, John Gregory Dunne were huge figures on the New York literary scene and they had been married for almost 40 years. They wrote both together and separately; their work covering many genres of writing: novels, short stories, essays and screenplays.



This book, *A Year of Magical Thinking*, charts a year from the moment that Didion's husband John dies suddenly and shockingly in their apartment in New York. At the same time, their daughter is battling a critical illness that will take her life later that year.

Didion's narrative is her reaction to these life changing events and although it is not an easy read, the chance to explore the nature and meaning of grief and how and why it affects us so deeply and in so many unexpected ways, can be helpful and cathartic.

We all recognise that grief is a process through which one must go and one that will disrupt your daily life in the short term and transform you going forward. The ramifications of grief are

many and widespread. Joan Didion traces the journey she experiences in a searingly honest way, noting her reaction to the events which transpire, the conversations she has with others and most importantly, her own thoughts. Whilst reading this account, you might believe yourself inside Joan's head, such is the acuity of her recollection of feelings. The book was shortlisted for the Pulitzer Prize and Didion adapted her book for Broadway where it was produced by her great friend David Hare.

*Catherine Hahn*

## So what on earth is an LCWIP?

---

Answer: The joint HCC/WCC consultation on the Winchester Movement Strategy (WMS) including consultation on HCC's **Local Cycling and Walking Infrastructure Plan** (LCWIP) . The consultation is open until Friday 11 February. Please respond if you can. The LCWIP consultation is within the consultation. You may wish to respond to this even if you do not respond to the whole of the WMS. For a paper copy, please call 0300 555 1388. The link is [www.hants.gov.uk/transport/transport schemes/winchester-movement-strategy](http://www.hants.gov.uk/transport/transport schemes/winchester-movement-strategy)

There is also a consultation on Home to School transport. It should come to a 'parent-mail' near you!

Are you (or someone you know) struggling to pay for food, rent and fuel? The County has a fund to combat the effects of Covid-19 to help families, and now it includes help for adults of all ages. There is a variety of ways in which you can get help, and there are grants to help others too. Search 'Connect4Communities' on

[www.hants.gov.uk](http://www.hants.gov.uk) website for the details.

If you need help and don't know where to turn, call Winchester Citizens Advice on 0808 278 7861 or call the County on 0300 555 1384, or email [connect4communities@hants.gov.uk](mailto:connect4communities@hants.gov.uk). You may have heard a lot about child protection, and some terrible failures in care in other parts of the country. Please remember that you can report concerns about an adult or child: this will be quickly investigated by the Multi Agency Team, and then assessed if necessary by a social worker for ongoing work with that family. For children's services call 0300 555 1388 (Out of hours : call 0300 555 1373) For an adult, 0300 555 1386, or the Police on 101, or in an emergency, call 999.

At HCC, the Directors write an occasional blog on the website. I was particularly struck by the Children's Services Director's blog just before Christmas. When politics turns nasty, and we argue there's not enough money to keep open our libraries, mend road pot holes, cut hedges etc, it is humbling to realise that every day HCC Social Services and many other services are trying to protect even the youngest of us with a commitment that defines true 'Public Service'. If you are involved in this: thank you.

If you'd like to explore fostering a child, please go to [www.hants.gov.uk/socialcareandhealth/fostering](http://www.hants.gov.uk/socialcareandhealth/fostering)

In March there is another scrutiny of the Gigabit broadband scheme's Community Fibre Partnerships. Building Digital UK responses (a branch of the Department for Digital, Culture, Media and Sport) have been



## VILLAGE HALL INFORMATION

Easton Village Hall  
Helen Smyth 07308 863972 or  
[evh.booking@googlemail.com](mailto:evh.booking@googlemail.com)

Martyr Worthy Village Hall  
Lucinda Ffennell 779701 or  
[martyrworthyvillagehall@gmail.com](mailto:martyrworthyvillagehall@gmail.com)

Itchen Abbas and Avington Village Hall  
[www.iaavillagehall.co.uk](http://www.iaavillagehall.co.uk)  
Hall Manager: Izabela Young  
[manager@iaavillagehall.co.uk](mailto:manager@iaavillagehall.co.uk)  
07947 191229  
Village hall callbox 01962 791021

extremely slow and frustrating, and we fear that despite communities working so hard on this, they will be disappointed by the process and the result.

The Wellhouse Lane railway bridge is going to be closed to everyone for 14 weeks until 15 April. Life will be complicated for many of us until this work (conducted by Cala) ends. But when it does, there will be traffic lights, with push buttons to stop traffic so pedestrians can use the marked paths under the bridge, cyclists too. At off peak times, the traffic lights will be red both sides until someone wants to go through - this will slow speeds into the village. A path will lead from the west side of the bridge to link to Kings Barton cycle path on the development. Many people ask me how the refugee families are being welcomed here. HCC arranges accommodation, social

## Itchen Valley News Survey

As a new editorial team, we are keen to understand what the Itchen Valley News readership values about the magazine and what else you would like to see featured. Please could you complete the questionnaire, remove the page, and drop it off at any one of the churches in Avington, Easton, Itchen Abbas, or Martyr Worthy for collection.

**1)** How do you rate the Itchen Valley News Magazine for interesting content? (1 = poor, 10 = great) Please circle the appropriate answer.

1   2   3   4   5   6   7   8   9   10

**2)** Which sections of the magazine are you most interested in? (Please tick as many as you like)

Local community events including church, lectures, sport

Countryside, nature, and climate

Local politics and government decision making

Local business enterprise

Local history - people and places

Other (please state)

**3)** What would you like to see in the IVN that currently does not appear?

**4)** Would you be prepared to contribute to its content either regularly or occasionally? Please leave your name and contact details and we'll be in touch.

Yes

No

**5)** What is your age category? Please circle the relevant range.

Under 18   18-39   40-59   60-79   80+

All responses are anonymous (unless you leave your details as a potential contributor) and will be held in the strictest of confidence. If there is more than one responder per household, please feel free to leave additional comments in the church boxes. **Thank you!**



## Survey link

The Survey on page 23 has a link given on page 3. Here it is again.

<https://www.surveymonkey.co.uk/r/RQN988W>

This is hard to type out and get right first time so why not head to the Itchen Valley Parish Council website and click on "Useful Information"? There you will find the current and all the past issues of the magazine; you can click on this link to go straight to the survey.

## 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](http://www.ivcuk.com)

Belmont House  
The Dean  
Alresford  
Hampshire SO24 9BQ  
Telephone: 01962 733097  
[www.ivcuk.com](http://www.ivcuk.com)

Selling new and used cars in Hampshire and beyond since 1987

## 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 1/2 Hour with  
Parish Magazine*



Laptops, Macs, Phones,  
Data recovery

PC's, Laptops, Home  
setups, Viruses

Colin: 01962 713890

Mob: 07727 481220

Gerry: 01962 712674

Mob: 07900 845814

*Qualified engineer*

*Microsoft Certified*

events, school places, language, culture and driving lessons as well as upgrading skills to UK standards. Over 27 refugee families have been hosted to date by Hampshire, but you may have seen that some prefer to move on 'out of County' because they have family elsewhere in the UK.

Well over 300 Unaccompanied Asylum Seeking Children are also in the County Council's care.

*Cllr Jackie Porter*

[Jackie.porter@hants.gov.uk](mailto:Jackie.porter@hants.gov.uk)

07973 696 085 / 01962 791054

[www.jackieporter.co.uk](http://www.jackieporter.co.uk)

## From the Parish Council

---

Our first full meeting of the New Year took place with good attendance and everyone wearing face masks. One



resident who must be congratulated for their vigilance came and raised an issue in respect of the Itchen Valley regarding the latest Winchester City District Plan now being formulated and the Strategic Housing and Land Availability Assessment (SHLAA). They had seen a map showing several sites within the Parish and asked for an explanation of what was going on. The purpose is to assess future housing needs, call for land owners to offer potential sites that they would be willing to sell for development and to formulate a plan so that development can take place in a controlled manner. The alternative of no plan could result in an undesirable free for all. There are several points to note. First, the published information shows sites that have been offered and not surprisingly more have been offered than are

predicted to be needed. Second, this plan only concerns sites outside the South Downs National Park. Third, because a site has been put forward it does not mean it will be selected for building development. Putting a site forward is not an application for planning permission. From the Parish Council's aspect we are given the opportunity to comment, as is anyone else, just as we were some years ago on the SDNP plans. Whether our comments have any influence on the final plan is not a question that we can answer. However it is always essential to try. One fact that is clear is that there is a need for social housing in the Valley and when commenting on proposed development plans, your Parish Council is likely to be minded to request its inclusion.

It was hoped that work on putting a safe surface for walkers on the footpath to the south of Shelley Close in Itchen Abbas would start in early January. Unfortunately a number of issues have arisen that have caused a delay. The necessity of providing a safe surface has been highlighted by an incident that recently happened on that path. A person out walking slipped in the mud and seriously injured their ankle. They needed medical attention and due to the state of the path it required four people to man the stretcher to carry them to the ambulance. Therefore, while the path remains open, please be very careful when walking there and make sure you are wearing appropriate footwear. Once work has started, the section of path in question will be closed. Please keep away, follow the diversion signs and do not use ad hoc routes through private property. That includes the avenue of lime trees, which is a private drive and not a right of way.

Looking forward to the spring we would like to hold a Litter Pick event towards the end of March. Unfortunately with the present Covid restrictions it not possible to fix a date, or to make definite plans. Hopefully we will be able to let you know in the March edition of the Valley News. One date that is fixed is the Annual Parish Meeting, which will take place on 28 April. We have not had a meeting with a speaker since 2019. It is therefore hoped that we can get back nearer to normal with a talk on an interesting topic.

Finally a reminder that the rules of democracy and transparency mean that unless there is a valid reason for confidentiality, which is rare, emails and letters to Parish Councillors and the Clerk are in the Public Domain and can be seen by others. Please be careful what you write.

*Patrick Appleby, IVPC Chairman.*

## Winchester Council Update

---

A very Happy New Year to all. Let us hope for a better year than 2021

The council has agreed, after a gruelling full council debate in the evening of 12 and the early morning 13 January, that the procurement process to secure a development partner of a suitable calibre for the Central Winchester Regeneration shall be started. This is an important opening move. There can be no doubt that development of sensitive city centre sites is a difficult process, from inception through to implementation. Cyclical economic downturns can throw a spanner in the works. As we have also discovered in the last two years, the aptness of Robbie Burns's immortal lines: *"The best laid schemes o' mice an' men, Gang aft a-gley."* The City Council has taken

the best economic and legal advice it can. Many foreseeable problems have been addressed, but problems will appear that will have to be solved as the project progresses.

For twenty years the regeneration of Central Winchester has stalled, with two failed attempts. The reasons for the two failures have been learned and many safeguards built into the development process, so that amongst other possible shortcomings, WCC retains control. WCC is seeking to gain the benefits from the site that are considered important by people, as gleaned during the consultation process rather than just financial gain. Reaching this stage has taken much investment in officers' and councillors' time and financial resources to seek the best advice from a range of consultants.

Why the effort and what is the relevance to the Itchen Valley? Our wonderful ancient city, although no longer as pre-eminent as a millennium ago, remains the county seat and the administrative hub for a large district. It is still the economic and commercial hub for the northern part of the district and to a certain degree the remainder. It is still a magnet for many of the rural settlements along the Itchen Valley. It is with its heritage, the cultural centre of the district. The investment in time, effort and money to create a vital, thriving and attractive centre to Winchester has been huge. The alternative of debating the issue for another decade or worse still, doing nothing is, let us hope, now behind us.

*Margot Power 01962 734167*

*Russell Gordon-Smith 01962 733219*



## Winchester Beacon

*Formerly the Winchester Churches  
Nightshelter*

Christmas can be a particularly challenging time to be experiencing homelessness. However, thanks to the kindness and generosity of our supporters, our residents were reminded that there are so many people who care about them.

All our residents had gifts to open from our local community on Christmas Day. Residents staying in our move on houses received a box of gifts thoughtfully donated by St Peter's Catholic Church in Winchester (pictured below with our support worker Debby). Food hampers were delivered by Clevertouch Marketing to our move-on houses so that residents could cook up a festive feast to enjoy together.

Former residents were invited to come and collect Christmas lunch from The Winchester Beacon, which had been prepared and donated by The Salvation Army. We also gave them gifts to take away and we delivered presents to former residents unable to visit us. Meanwhile, volunteers cooked and served a delicious Christmas lunch for our residents at Jewry Street. We would like to thank you and your parishioners for your support, your

good wishes and prayers this Christmas. Thanks to the love and thoughtfulness of our local community, it felt like a special time with our residents moved by people's generosity. Over the festive period we were pleased to be able to welcome three residents to our newest four-bedroom house. We now operate three move-on houses; they provide an invaluable opportunity for our residents to live more independently whilst still receiving regular tailored support from our staff until they are ready and able to move to their own accommodation.

Three people are currently living at the house until we are able to complete renovations later this year to make it suitable for four residents. When the final resident moves in, we will be able to accommodate 22 people across our four sites which we hope will help to meet the demand for our services.



We are also excited to announce the Very Revd. Catherine Ogle, Dean of Winchester, as our new Patron. Dean Catherine is taking over the role from Bishop Tim on his retirement. Dean Catherine visited The Winchester Beacon just before Christmas to meet with staff, residents and the board. We really look forward to working together over coming months.

*Michèle Price Chief Executive*



**YOU COULD  
ADVERTISE HERE**

[itchenvalleyadvertising@gmail.com](mailto:itchenvalleyadvertising@gmail.com)

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

**A H SERVICES**

**Central Heating  
Plumbing & property  
maintenance.**



Gas Safe registered Engineers  
NVQ qualified & certificated plumbers  
All aspects of plumbing & heating  
Installations/Service/Repairs  
Electrical/Property maintenance.  
Emergency call outs. Landlord  
management.

Bathroom & kitchen refurbishment/  
Power flushing, hot water cylinders, gas  
fires, cookers, drains, water softeners,  
tilling, lead work.

Tel: 07533 776 406 or 07847 144 092

**YOU COULD  
ADVERTISE HERE**

[itchenvalleyadvertising@gmail.com](mailto:itchenvalleyadvertising@gmail.com)

**WE HAVE MOVED** to a  
fabulous showroom in  
Northington, near Alresford.  
Our exciting collection of  
new skiwear and cold  
weather accessories is ideal  
for the mountains as well as  
active pursuits closer to  
home. We cater for adults  
and children of all ages.

To book an appointment to  
see our extensive range of  
stylish performance kit,  
please email us in advance.



[skiwear@polarexchange.co.uk](mailto:skiwear@polarexchange.co.uk) | 07783 538389 | 07767 238874  
[www.polarexchange.co.uk](http://www.polarexchange.co.uk)

## Newly Cleared Path

---

Alice and Luke Rosewell (with Jigsaw and Nemo) on the newly cleared Ox Drove heading towards Itchen Wood.



*Denise Rosewell*

## January's Marmalade Recipe

---

I have been testing my marmalade recipe, published last month, now that the Seville oranges have arrived. I would like to amend it slightly in the hope that some of you have not made it yet.

Pushing the pulp through the sieve makes the finished marmalade cloudy; better just to discard it.

*Verity Coleman*

## Easton WI

---

Easton WI met on Zoom again this month with an almost full complement of members. We were joined again by Richard Rickitt to talk about gardening for bees. Last year we enjoyed an amazing evening with him learning all about honey bees and



how they live. Did you know there was a cuckoo bumblebee, which like its avian counterpart, lays its eggs in another bumblebee's nest and they are forced to rear them! Richard is the editor of BeeCraft Magazine. He took us through many types of plants, but his recommendations for bees were to grow single, non-hybrid, old-fashioned varieties of flowers, allow vegetables to seed, encourage hedges that are not too manicured, trees that flower and, of course, try to have something in flower throughout the year. Bees are particularly attracted to blue and purple and they also enjoy the early dandelions where all sizes of bees can push to the centre for nectar and pollen, so please leave your dandelions to flower, even if you remove their seeding clocks!

Ina Williams is organising an outing with coffee for 10 February, which may be to Chawton House for the snowdrops and House, which also houses the Women's Library. If you would be interested in joining us, please ring me, Kyrene Beames, 779304. After discussion of events being run by Hampshire Federation of WIs, the meeting closed.  
*Kyrene Beames, President.*

## Play to the Crowd

---

Bookings are now open for the Spring term at the Playmakers Youth Theatre at Play to the Crowd at the Theatre Royal Winchester.

Playmakers Youth Theatre offers dynamic, exciting and fun practical



sessions for young theatre-makers of all experiences.

The sessions will explore character development, story generation, directing tips, rehearsal games, choreography, singing, design for performance and much more.

You will get the opportunity to perform on stage at the Theatre Royal, at the Winchester Hat Fair as well as the international Outdoor Arts Festival.

If you are interested in booking for age groups of between 4 -11 and 16 - 25, please contact Theatre Royal Winchester, 21-23 Jewry Street, Winchester, SO23 8SB. 01962 840440 or visit [info@playtothecrowd.co.uk](mailto:info@playtothecrowd.co.uk)

## February: a time for forgiving

*“Resentment is like swallowing poison and expecting the other person to die.”*

This powerful quote is attributed to various people, including Nelson Mandela; but whoever first said it, it speaks to us all so powerfully of the liberating potential of releasing forgiveness to those who have hurt us.

During February we will be focusing on forgiveness as our parish theme throughout the Itchen Valley Churches. Forgiveness is so important. After all, not a single relationship between two human beings can exist for very long before - at some point and for some reason - it will need an intentional act of forgiving by one of the two persons. We all make mistakes; we all say things we don't mean; we all can cause



offence; we all can misunderstand what the other is meaning and then falsely imagine their real motivations. And that's just in our relationships with those we see as our friends!

How much more do we get things wrong when we are relating to people who threaten us in some way or have viewpoints or business agendas that are markedly different to our own?

Jesus was very clear on the subject.

One of his most challenging sentences in the Sermon on the Mount runs as follows: “if you do not forgive others, neither will your Father forgive you *your sins*”. Some may think (and rightly so) that the Christian message is all about humans receiving forgiveness from God. Yet here Jesus links that experience of divine forgiveness with our need to release forgiveness to our fellow human beings. If we would like to be on the receiving end of God's forgiveness, Jesus teaches we may need to start by giving away some forgiveness to others.

So during the coming month, it might be worth considering: to whom is it in our world that we most need to offer forgiveness? Which of our relationships has ‘hit a brick wall’ because we are holding a grudge of some kind?

I was reminded recently of an example of forgiveness that impressed me deeply as a teenager. Corrie Ten Boon, a Christian Dutch woman sent to a Nazi concentration camp for protecting Jewish people, described in her book *The Hiding Place* (1971), her own amazement at her sister's endless forgiveness towards the prison guards who were beating her. And similar stories have emerged from South Africa and Northern Ireland.

Our own situations are unlikely to require us to climb such a steep mountain of forgiveness. But perhaps

## Itchen Valley Churches

### **Sunday 6 February**

8am - BCP Holy Communion - St Swithun's, Martyr Worthy  
10.00am Valley Worship - St John's, Itchen Abbas

### **Sunday 13 February**

10.00am Parish Communion - St John's, Itchen Abbas  
6pm Evensong - St Swithun's, Martyr Worthy

### **Sunday 20 February**

8am BCP Holy Communion - St Mary's, Avington  
10am Morning Prayer - St Mary's, Easton

### **Sunday 27 February**

10am Parish Communion - St Swithun's, Martyr Worthy  
6pm Evening Prayer - St John's, Itchen Abbas

**We are asking that everyone continues to wear a face covering,  
especially when singing, to give maximum protection  
at our services.**

### **Little Rainbows**

#### **Mondays 9.30am to 11am - St John's Church, Itchen Abbas**

If you who have infant children please come and give Little Rainbows a try - it is a play group for pre-school children (including new-born babies) and their mums dads or carers. The children can play, do puzzles and crafts, we have a snack and then some dancing and a story. The parents/carers will be given coffee and cake! There is no charge! Its a great way to start the week.

Do come and join us!

**Rector** - Revd. Peter Walker

revd.peter@itchenvalleychurches.org 01962 588313

**LLM** - Mr Gerry Stacey

gerry.Stacey@biblesociety.org.uk 07554 438973

**Parish Administrator** - Beccy Clark

admin@itchenvalleychurches.org 01962 779845

**[www.itchenvalleychurches.org](http://www.itchenvalleychurches.org)**



## SUPPORT FOR APPLE MACS & WINDOWS

Helping you to set up and make  
the most of your technology and  
understanding how everything  
connects together.

**Macs, iPhone, iPad and iCloud,  
Windows Laptops & Wi-Fi**

**07392 552 592**

**www.mistermac.co.uk**  
**contact@mistermac.co.uk**



**01962 435000 07989582117**

HBPS are your local pest control experts  
based in kings worthy with a further office in  
Basingstoke we have you covered for all  
your pest control needs.

**Fast professional service**

### **Pest control services:**

Rats	Cluster flies
Mice	Fleas
Wasps	Moths
Hornets	Squirrels
Moles	Birds

**Call us on**

**01962 435000 or 07989582117**

**01256 578000 or 07939167612**

33 Hounslow Road, Kings Worthy, Winchester SO25 1P4 Email: info@hampshirebirdandpestsolutions.co.uk

## RICHARD ESTY **STEEL** 1860 & PARTNERS

**THE FAMILY OWNED FUNERAL DIRECTORS**



The Steel family  
have proudly served  
the communities of  
Winchester, Alresford  
and the Itchen Valley  
since 1860.



**OFFICES IN WINCHESTER, ALRESFORD & BISHOP'S WALTHAM**

**www.steelsfunerals.co.uk | 01962 862333 | 24 hours**

during the coming month we can take 'one small step' up the hillside. If Christmas was a time for giving, why not make February a time for *forgiving*? With best wishes and prayers.  
*Rev'd Peter*

## Photo Credit

---

This beautiful photo from January's issue should have been credited to Chloë Rogers. The editors liked it so much we have included it again!



## Our Wild Valley: Weaving amongst the hedgerows.

---

With many fields now fallow and our local woods bare except for the dark yew standing out amongst the brown, I find the hedgerows provide comforting curves that embrace our hills. While walking in these winter months, the hedgerows lead the way, stark against the sky line but hiding wildlife in their roots. Perhaps hibernating animals, insects and buds of new growth are stealthily abiding their time, building up energy slowly, ready for the right moment to emerge. On a calm day, this valley maybe be foggy and quiet from traffic noise, which offers a tranquil atmosphere to walk in, mud or not. It is so nice not to rush, which I take as a calming gift from winter - it's ok to have slower days, really it is. We found weaving also rather meditative this winter. Cut a pencil thin, smooth and bendy branch from your hedgerow or garden bush (do ask permission from the tree or bush). If some have been left long for the birds

to feed on, take branches without berries on.

Dogwood, hazel, field maple or privet are ideal, you can take small side branches and bumps off with secateurs.



As long as your arm is quite a useful length. Cross over the ends to form a simple fish shape, and tie at the tail end. Then you can weave in anything you have to hand, raffia from Christmas, wool or string to create colourful textured fish, for indoor or outdoor decoration. The photo shows a few of ours; other shapes and size possible. Leave a long end and it can be a puppet. Wishing you a healthy and happy February.

*Sophie Rogers*

## Pheasant and Leek Pie

---

I love pheasant. It's always been synonymous with winter for me. Every year my mum would ask me what I would like her to make for my birthday celebration at the end of November, and the answer was always the same, pheasant. Or pheasant Normande to be precise. And the beauty of it, apart from being delicious, is it is very good value. You can pick up a couple of pheasants at one of our local Hampshire Farmers Market in Winchester for just over a fiver, which can easily feed five or six people, so if

you're on a budget for January, pheasant is a tasty and seasonal way to feed the family, or a load of friends on a cold January night.

My family loves pies (who doesn't?) and so at this time of year, instead of the traditional chicken pie, I like to make a pheasant and leek pie, roasting the birds off first, and then using the carcass for stock, which forms the basis of the sauce. The roasting can be done a couple of days in advance, allowing plenty of time to make the stock and then assemble the pie ready for cooking. So nice and easy if you have friends coming over - make it over the preceding days and then just chuck it in the oven when they arrive. Delicious served with some mash, which can also be prepared in advance along with lashings of green veggies.

### **To feed five or six:**

2 pheasants

Olive or rapeseed oil

Herbs such as thyme, rosemary, bay

Salt and pepper

1 onion, quartered, skin on

2-3 garlic cloves, skin on

2 leeks, washed and halved lengthwise

Juice of half a lemon

Large dollop of creme fraiche

1 tsp of mustard

Handful of parsley finely chopped

1 packet of all butter puff pastry

1 egg lightly beaten

### **First roast the pheasants**

Rub them all over with some olive or rapeseed oil and then sprinkle liberally with some salt, pepper, add some bay, rosemary and thyme or whatever you have to hand, and roast in a hot oven 180C for an hour.

Once cool enough to handle, pull all of the meat from the bones and put to one side to cool completely, and then into the fridge until you are ready to

assemble the pie.

### **Making the stock**

Place the pheasant carcass that you have stripped of meat into a large pan and cover with cold water. Add the onion and garlic cloves, a handful of aromatics such as peppercorns, a bayleaf and other herbs and bring to the boil, and then turn down the heat and let it simmer for an hour. Leave to cool and strain the stock. Once cool, put in the fridge until needed, and when you take it out again, remove any solidified layer of fat on the top.



### **The sauce**

Finely slice the leeks. You can either gently fry these in some olive or rapeseed oil in a frying pan or use the roasting pan with all of its juices from the pheasant, having removed any excess fat. Fry until softened but not too much colour and then add the flour and stir for a minute or two until thoroughly combined. Slowly add the stock stirring all the time until you have a lovely creamy leek sauce and allow to

bubble away for 10-15 minutes to thicken. At this point, you can add the lemon juice, creme fraiche, mustard, salt and pepper. While the sauce is cooking, transfer your pheasant meat into a pie dish and when the sauce is thick, creamy and seasoned to perfection, pour it over the pheasant and gently stir to make sure all the meat is covered.

### **The pie**

Roll out the pastry and cover the pie. Brush with egg and pop into the oven at 180°C for 30-40 minutes or until the pastry is crisp and golden.

*Polly Howard*

## **WCC Councillor Fiona Isaacs Report**

---

Itchen Abbas street surgery. Following my ongoing commitment to continue hosting street surgeries across the ward, this month I was in Itchen Abbas to hear from residents about local issues. It was a delight to chat to Vernon Tottle from the IVN and I am pleased that the magazine will continue with more editorial help. It was the perfect opportunity to thank him for all of his help and assistance.

I was pleased to catch up with the Itchen Abbas, Bighton and Bishops



Sutton Parish Councils at their meetings this month. I continue to work on the issues raised.



Police and Business training - It was my pleasure to help organise a training session this month with the Police and some local businesses on issues that they had raised. I would like to thank PSCO Victor Mills for his help with this.

Winchester Full Council meeting - It was good to finally have a full council meeting this month in person, only the third time since May 2021.

Drainage issues - There has been a variety of drainage issues around the ward, due to heavy rain, blocked drains and other issues that require further investigation. If anyone sees anything, then please report via the Hampshire City Council website (select Transport and roads, then, Report a road or pavement issue).

*Fiona Isaacs*

Email [fisaacs@winchester.gov.uk](mailto:fisaacs@winchester.gov.uk)

Telephone - 01962 808072

## **Recycling**

---

Now that Tesco and Sainsbury are taking soft plastics I will be stopping taking all soft plastics which can go there. Just for your information, having googled it, Tesco recycles 80% of the plastic collected and sends the 20% unsuitable for recycling to energy-from-waste sites. Tetrapaks and Pringle type tubes can go to the collection point in the Cattlemarket car park. Hard plastics (like yogurt pots, plastic trays, margarine tubs etc.) can go to Badger Farm Sainsbury.

Here is a full list of everything I now take for recycling. Aluminium goes in the Blue bin and everything else in the

## 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](mailto:enquiries@worthyheatingservices.co.uk)



# nosh catering

Sensibly priced, bespoke catering using local produce.

For all enquiries contact Jude Ower:

Mobile: 07729 473795

Home: 01420 568179

[www.noshcafebar.com](http://www.noshcafebar.com)

[noshcafebar@gmail.com](mailto:noshcafebar@gmail.com)

# nosh café | bar

Lymington Bottom Road

Next to Reads Butchers

Open 8-5 Mon/Sat

ALSO AVAILABLE FOR PRIVATE HIRE

## 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

[manager@itchenvalleymontessori.co.uk](mailto:manager@itchenvalleymontessori.co.uk)

## 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](http://www.andrewsmithandson.com)



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

Tel: 01962 73 5935 email: [enquiries@andrewsmithandson.com](mailto:enquiries@andrewsmithandson.com)

purple bin. Please name and put a phone number on the bags! Please make sure items are clean and separated into programmes.

### **BEAUTY - Any Brand**

No Bottles.

Plastic hair care packaging such as shampoo caps, conditioner caps, hair care tubes, pots, pumps, lids and caps.

Plastic skin care and sun protection packaging such as lip balm tubes and caps, face wash dispensers and tubes, pots, trigger heads, lids and caps.

Flexible plastic packaging for beauty and skin care such as single use hair mask packaging, sachets and wipes packaging.

### **STAMPS**

Stamps. New or used. UK or foreign.

### **CLEANING - Any Brand**

No Bottles

Plastic Air fresheners, cartridges and packaging, including car air fresheners.

No glass or metal.

Rigid tinted home cleaning wipes tubs.

Tinted fabric conditioner bottles only - not clear bottles.

Fabric conditioner lids

Spray triggers and washing up liquid caps.

### **FOREIGN COINS & NOTES**

Any currencies accepted.

### **MILK BOTTLE LIDS**

Standard plastic milk bottle lids only (clean without any paper attached)

### **BURTS BEES - Any Brand**

Empty Only

Eyeshadow compacts

Lip, cheek, highlighter & bronzer stick.

Lipstick, lip glosses lip balm.

Mascara tubes wands.

Flexible facewipes packets.

Flexible plastic & metallic/plastic tubes for body-creams/ointments/moisturisers.

### **PILL BLISTER PACKS**

Please ensure there are no pills left in the packs

Over the counter or prescribed medication blister packs.

### **ALUMINIUM AND METAL**

Any foil or foil container

Drinks cans (note these can go in your normal recycling bin but they raise money for Hampshire Air Ambulance in this bin)

Jam jar and Cross Valley milk lids (in a bag to save sorting them myself)

Wires, cables, fairy lights

Plugs

Other metal items (rotary washing lines, metal luggage racks, aluminium windows) can often be donated as well but please contact me to check.

*Caroline Kirkman*

*Rose House, Station Hill, Itchen Abbas  
SO21 1BD*

## **Running in the Valley**

---

As a relatively new resident to the Itchen Valley, I have so enjoyed exploring the bridle paths and foot paths that are on our doorstep. Working from home at a computer can become very sedentary and ensuring I



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



Can't get the hang of  
your computer?

One-to-one tuition by  
qualified trainer - DBS checked  
**COVID safe sessions or remote 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



Ocean Bespoke Garden Rooms  
01962 779690  
davidpike1@btconnect.com

**Lawn Care**

Feed, Weed & Moss  
Control

200 Sq. Metres - £100

5 visits per yer

**Tel. Brian 07710 792839**

**Dave Giles of Giles Tiles**

Floor and wall tiling  
Kitchen & bathroom refits  
Friendly service & free quotes  
dave@gilestiles.co.uk  
07513 941962 01962 854184

**YOU COULD ADVERTISE HERE**

itchenvalleyadvertising@gmail.com

get out into nature every day has become a mantra that I am keen to follow. I love to run but sometimes I just enjoy walking my dog Josie. The routes I have thus far uncovered include:

4k East end of disused railway line along to first bridge, across Chillandham Lane road and onto the bridle path across the top of the fields. Turn right onto Northington lane, left to the school and down Little Hayes Lane. I have nicknamed this Salters Loop after the lovely person who introduced it to me.

6k East end of disused railway line along to bridge under Bridgetts Lane, down and across the B3047 into Martyr Worthy Church Lane. Left by the village hall and follow footpath all the way back to St. Johns Church, Itchen Abbas.

10k St. Johns Church to Avington Church, through Avington village, right onto Avington Park Lane and immediately left onto footpath alongside woods. Follow to the end, right across the fields, through the small gate onto Chapel Lane. Right down to Easton on the road, back through the village, left over the watermeadows into Chilland Lane, follow the footpath back towards St. Johns church.

There are countless more routes to discover and explore and I can't wait to do so as the weather improves. During my runs/walks, everyone I have encountered has been so friendly and engaging, making it a real joy to get outside. Thank you to everyone I have come across. If there are other routes that particularly lend themselves to running, please do get in touch to share them.

*Jen Gaster and Josie*

## Rising Energy Prices

---

*Advice from Lesley Rose, Advice Services Manager for Citizens Advice Winchester District*

I keep seeing on the news that my bills could be going up soon. It's making me really worried, especially as I spent more on Christmas than I should. How can I get my spending habits back on track in 2022?

A lot of people will be asking themselves this question right now. The good news is there are lots of things you can do to be more in control of your money and better prepared for the future.

Firstly, find out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Then you can set yourself a budget that you can stick to - take a look at the budgeting tool on the Citizens Advice website to help you do this.

If any of your bills do go up in the coming year, you can go back to our budgeting tool anytime to create a new plan and stay in control. Our website tips on how to reduce your regular living costs may be helpful if you find you have more money going out than coming in at any point.

You should also make sure you're getting all the income you're entitled to. Use the income checker on the Citizens Advice website to see if you could be getting more support, such as benefits or government grants. You can also use this to make sure you're being paid the right wage. If you've been using credit cards, your overdraft, or store cards for your spending, it's understandable if these debts are causing you worry. It's important to prioritise paying your rent or

mortgage, plus energy bills and Council Tax first though. Not paying these has the most serious consequences. On the Citizens Advice website, we have advice about which bills you need to prioritise and the support available for paying these and other bills. Once you have planned how to pay your priority bills, the budgeting tool can help you plan how to repay credit cards, overdraft charges and store cards. If you need more specific support or don't feel able to manage your situation alone, you can call Citizens Advice Winchester District on 0808 278 7861. You're not on your own.  
 Lesley Rose,

## And Finally....



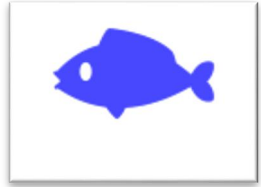
The post Christmas months consist of short days with little light. However, the camera never lies! Here is a beautiful picture taken by one of our readers capturing the sunshine flooding the Valley.



## Tiddlers Tale

Q: What do you call a Fish without eyes?

A: Fsh



## Local monthly information

### Itchen Valley area waste collections in February

Black bins and brown garden bins on Friday 11 and 25 February. Green bins on Friday 4 and 18 February. Glass boxes on Friday 4 February.

### Farmers' Market in Winchester

Sundays 13 and 27 February.

### Parish Council Full Meeting

Uncertain at time of printing

### 67 Bus operated by Stagecoach.

Monday and Thursday to Winchester:

08:23 09:23 13:53 16:23 17:23

Tuesday, Wednesday and Friday to Winchester:

08:23 09:23 11:53 13:53 15:23

(school holidays only) 16:23 (school days only) 17:23

Saturday to Winchester:

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

Monday and Thursday to Alresford:

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

Tuesday, Wednesday and Friday to Alresford:

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

Saturday to Alresford:

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

### No Sunday or bank holiday service.

All times shown are at Itchen Abbas.

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



**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](mailto:traditionalpestcontrol@gmail.com)  
[www.traditionalpestcontrol.co.uk](http://www.traditionalpestcontrol.co.uk)

**Checkatrade.com**  
Where reputation matters



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

01794 389214 / 07725 835715

[www.fishertreecare.co.uk](http://www.fishertreecare.co.uk)

# 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](http://www.barn-store.co.uk)**



Holden Farm Cheriton SO24 0NX



# YOGA IN THE VALLEY



Yoga Retreat Days • Easton • £60  
incl yoga, lunch, nature walk and creativity

Moon Yoga Workshops • Wickham • £25

Weekly Yoga Classes • Martyr Worthy • £8  
- You-Time Yin Yoga on Sundays 19:00-20:00  
- Fluid Flow Yoga on Mondays 17:30-18:30

Private 121 Yoga Class • £50



www.sherinshe.com/yoga  
sherinshefik@gmail.com • 07976606696

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

# COUDRE

INTERIOR FURNISHINGS  
WORKROOM

3B SCYLLA IND. ESTATE  
WINCHESTER SO23 0LD  
BY APPOINTMENT ONLY  
**07411 711 168**  
www.coudre.co.uk

## 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**



**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  
Mansard House, Easton, Winchester, SO21 1DQ

Showroom

Workshop

GARDEN  
GEORGE CANN  
MACHINERY

TEL 01962 771800

TEL 01962 771800

LACEYS FARM, BRAMDEAN, ALRESFORD SO24 0JT

[www.georgecanngardenmachinery.co.uk](http://www.georgecanngardenmachinery.co.uk)



THE  
COUNTRY  
HOUSE  
COMPANY  
Sales | Lettings | Management

Selling, Letting & Managing properties in the Itchen Valley

02392 632 275 [countryhousecompany.co.uk](http://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](mailto:info@winchesterblinds.com) [www.winchesterblinds.com](http://www.winchesterblinds.com)

A TRADITIONAL FIRM WITH  
A MODERN APPROACH



BUSINESS & COMMERCIAL   EMPLOYMENT   FAMILY  
PROPERTY   WILLS TRUST & PROBATE   LITIGATION & DISPUTE RESOLUTION

#### CONTACT US

Please contact us for further information on the services we offer

**WINCHESTER**  
1-2 City Business Centre  
Hyde St., Winchester  
SO32 7TA  
01962 94 10 41

**SUNNINGDALE**  
61 Chobham Road  
Sunningdale, Berks  
SL5 0DT  
01344 63 70 80

**AURESFORD**  
First Floor Offices  
8 Broad St., Auresford  
SO24 5AH  
01862 735 703

**EASTLEIGH**  
91 Leigh Road  
Eastleigh, Hampshire  
SO50 9QG  
023 6069 4800

**LONDON**  
Level 1, One Mayfair Pl.  
Devonshire Hse.  
Mayfair, W1J 6AJ  
0207 368 4894

[taylorfordyce.co.uk](http://taylorfordyce.co.uk)