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NOVEMBER 2016

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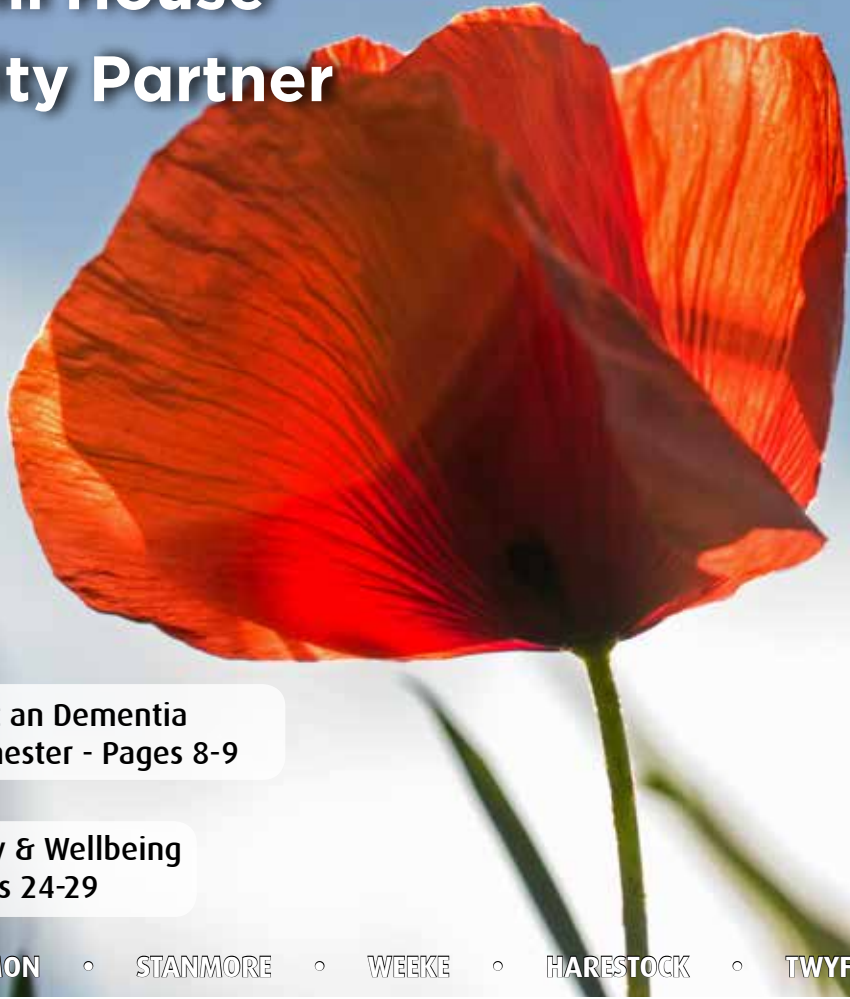
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Read all about an Dementia
Friendly Winchester - Pages 8-9

Health, Beauty & Wellbeing
Section - Pages 24-29

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Welcome to the

November edition of your local Winchester Gazette community magazine

Clocks have gone back and we're entering November nearing Christmas time, however the shops like last year have had Christmas stock out from September or earlier. Do you think this is because of our increasingly busy lives or part of the commercial campaign? But then again, who doesn't love a mince pie with mulled wine or a cuppa this time of year. Of course, many people like to get organised early to enjoy the many festive events and the lovely atmosphere locally which Winchester City does very well indeed.....

Autumn is here and we've got a feature about the perfect weekend here in Winchester written by a local Winchester University student who is hoping to have a career in journalism (pages 20 -21) The countryside is picturesque as the leaves turn red, orange and yellow, so Winchester looks incredibly beautiful this time of year. Plus this time of year is full of bugs and germs, so we've got a great Health & Well Being feature (pages 24-29) for you to read.

In this month's issue, we cover the local group Dementia Friendly Winchester who work hard to encourage and educate the local community how to be Dementia Aware. Are you Dementia Aware? Find out how to be part of a Dementia Friendly community on page 8. The Community News covers the £1 million donation to local homeless charities, Winchester Ladies Circle fundraising for charity in a unique way, Woolly Hat Fair plus much more

Do keep sending your stories in and schools or colleges don't forget to send your inspiration education stories to us too, using linda@mlgpublishing.co.uk

We are always happy to connect with local people whether it be Community, Education news, Local Events, Charity Fundraisers or whether you are a local business looking to discuss your marketing strategy, so please do email us using linda@mlgpublishing.co.uk Please also provide any details of local events you would like advertised on our website (www.mlggazettes.co.uk) or in our What's On section in the publications.

Enjoy all the local Firework Displays and the start of Christmas in Winchester

The Winchester Gazette Team

READ ALL ABOUT IT!

Looking for help to publicise a community or charity event? Winchester Gazette's Facebook page has many followers and posts daily news, ideal for charitable organisations across the city

Find us on www.facebook.com/winchestergazette and follow us on Twitter @WinchGaz



What's inside...

Health, beauty & wellbeing section

Winchester People - Read all about Dementia Friendly Winchester and how you can help

Our monthly walk

Lots of Community & Education News

Your regular 'What's On' guide

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Bartley sponsored Stu Waite is most successful driver in TTRS for the second year running!

Stu Waite has been sponsored by Bartley this season racing in a BMW E36 M3, in the Toyo Tires Racing Saloons series, with the support of his team, Chris Yeatman, Ellie Alcock, Kim Weston, Neil Harris, Jason Dzenis and Jools Proud. The season finished in September and Stu was the MOST SUCCESSFUL DRIVER IN TTRS. Due to the strict rules of the series there is no "winner", rather "most successful".

In 2015 Stu named his team Bartley Motorsport and started to support Harry Goodman, who competes in a BMW E30 in the Production BMW Championship, which Stu raced in previously and also Jason Dzenis who races alongside Stu in the TTRS series, although in a different class, in a Peugeot 205. Stu assists with their car preparation and maintenance at the track as well as offering valuable technical racing advice.

We were lucky enough to interview Stu...

"The end of the 2016 season was great, not only ending it with a double win at Silverstone in September but it was my first ever win on the Silverstone F1 circuit. 2016 saw me become the most successful driver in TTRS for the second year in a row with a total of 7 wins, which is 1 more than in 2015. The BMW M3 has been very reliable all year only once not finishing on the podium, which is a credit to the team for their help. Thanks once again to Bartley BMW for their ongoing support and sponsorship".

"The team has also taken Harry Goodman to not only his first ever win in PBMW but 5 wins in 2016 and has coached Jason Dzenis in the 205 which has seen his driving improve massively and also ended with him winning in his class twice at Silverstone".

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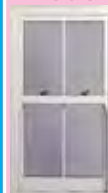
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Winchester People



Over 800,000 people in the UK have dementia and it has been estimated this figure will rise to over a million within the next 7 years. Dementia Friendly Winchester is run by a group of volunteers* who are committed to making Winchester a city where people with dementia can live well and feel confident in their local community. They recognise that a large proportion of the general public seem to have a misconception of Dementia and largely experience a sense of fear about this condition. These dedicated volunteers are trying to raise public awareness to change people's attitudes towards this condition, to enable people with Dementia to live a full life and feel valued here in Winchester.

Winchester, was one of the first cities in Hampshire to work towards a Dementia Friendly community. How long has the group been proactively raising awareness of the condition?

The group was formed in the summer of 2014 and on 23rd October of the same year Winchester became the first city in Hampshire to launch a Dementia Friendly High Street.

You can now find many other Dementia Friendly High Streets including Alton, Andover, Basingstoke, Eastleigh, Fareham, Fleet, Lymington, Lyndhurst, Milford on Sea, Romsey,

Our group has approximately 10 volunteers, most of whom are Dementia Friends Champions, which means that they have received training in delivering dementia

This month the **Winchester Gazette** talks to volunteers from **Dementia Friendly Winchester** whose mission is to encourage local people, shops and businesses to become Dementia friendly.

awareness sessions to the general public. The people in Winchester have been very receptive to our work and we regularly hold awareness sessions known as Dementia Friends sessions at the Discovery Centre which have always had good levels of attendance.

Since the project started, how many local businesses have become Dementia Friendly?

More than 50 local businesses and organisations have become Dementia Friendly. All customer facing staff will have attended a Dementia Awareness sessions and as a minimum requirement first line staff should have a greater understanding of the condition including how best to respond to people living with dementia. All Dementia Friendly organisations are part of a local community that understand the need for clearer communication and patience based upon these principles;

- a good level of awareness so that people recognise and understand memory problems.
- clearly written information that can be easily understood by people with dementia.
- simple signposting so that people with dementia know where to go.
- support from others in similar situations, often known as peer support
- people who aren't afraid to engage with people who show signs of dementia

(Dementia Friendly Hampshire 2016)

Many have gone further to incorporate Dementia Awareness into their induction programme, meaning

all new staff become dementia aware. Some have performed an audit of their building to ensure that it is also a Dementia Friendly and made changes to the environment to help customers who may have Dementia, for example installing better lighting or clearer signage.

*A recent attendee commented,
"I thought dementia was just about memory loss.
The Dementia Friends Awareness session was
really informative and has helped me appreciate
how much more is involved."
– Lucy, Shentons Solicitors and Mediators.*

How do local businesses contact you if they are interested in working towards becoming Dementia Friendly?

We would welcome any new businesses who wish to become Dementia Friendly. If they are interested, the first step would be to contact Dementia Friendly Winchester by email using dementiafriendlywinch@hotmail.com. A member of the group will contact them with information on how they can be dementia aware and become a member of Dementia Friendly Winchester. Existing members are also encouraged to send any new employees to our regular awareness sessions to ensure all staff are Dementia Friendly.

Members of the general public can book to attend a free awareness session at the Discovery Centre which usually last between 45 minutes to 1 hour. Alternatively, we can deliver a session in house for the organisation who wish to become a member, for instance we recently delivered an awareness session at the Theatre Royal for its staff and volunteers.



When is the next public awareness session?

Our next awareness session is on Saturday 5th November from 10.30 to 11.30 at the Discovery Centre. You can book by either going onto the Dementia

Friends website at www.dementiafriends.org.uk or emailing Nicola at NLawrence@winchester.gov.uk. We will be holding more sessions at the Discovery Centre in 2017. To find out more either look on our website www.dementiafriendlywinchester.org.uk or the Winchester City Council website www.winchester.gov.uk/community/health-wellbeing/older-people/dementia-friendly-winchester/



Look out for local organisations displaying the Dementia Friendly sticker

How does the general public find out if a local business or organisation is Dementia Friendly?

Organisations often display a dementia friendly sticker signifying that this particular business is working hard to create an inclusive and supportive environment for people with Dementia and their carers. Dementia Friendly members are listed on our website and we also have a leaflet with this information that we plan to distribute more widely in the next few months.

What would you say to anyone who may be thinking about becoming a volunteer with Dementia Friendly Winchester?

This is a great opportunity to get involved with helping to make a difference locally for people living with Dementia. We are a very friendly group of people who meet once a month and welcome anyone who is interested in volunteering. We need help with a variety of work including fundraising, publicity, running the website, administration, becoming a Dementia Champion or just helping out at events.

If you live locally, you can find Dementia support by contacting the Dementia Advice Service in Winchester by telephoning 01962 884432 or by emailing dementiaadvicewinchester@andovermind.org.uk. It can provide information and support from first diagnosis and throughout the journey. Dementia Advice Service, Winchester is a collaboration between Andover Mind, Hampshire County Council and NHS West Hampshire Clinical Commissioning Group.

**Dementia
Friendly
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**Dementia Friendly Winchester Volunteers are also members of the registered nationwide charity Dementia Friendly Hampshire Charity number 1165292 www.dementiafriendlyhampshire.org.uk*

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This month's Walk:

Walking the Outer Sombornes

by Malcolm Price

This month's walk tackles some testing paths in mid Hampshire and at a 'long' 5.5 miles could take in the region of 90 – 100 minutes to complete, for the regular walker.

It starts beside a set of thatched cottages in Muss Lane, Kings Somborne, just behind the General Store (photo 1). Suggested parking would be against the nearby fence.

From here we venture up the slope, past the cottages and onward through a small playing field to the left hand corner gate. We emerge in a layby opposite a cemetery, and turn right up the road for just over 300 metres. Be sure to keep tight to the right hand edge as there is no footpath on this busy road section.

Just as the road veers slightly left at a fork we take the signed footpath to the right. This path sweeps between two expansive fields and climbs steadily seemingly for ever (photo 2); in fact this is more like 1700 metres – always keeping straight up, not taking any of the side offshoot options.



The path soon wends its way through a short woodland for some 300 metres then just as it re-emerges with a field on the left, then we turn right through a single bar gate. Look for the yellow arrow path sign on the corner of this turn (photo 3).

There now follows a truly pleasant section along a path through a wood of deciduous trees and a hedge bordering fields on the left. This ultimately opens out onto a green swathe of paths where we again continue straight on, going upwards only as the land either side is private estate.

Photo 1



Photo 2





This path eventually leads up to a fence surrounding a large property; and here we turn right and immediately left down the signposted path and around the perimeter fence that drops into a fairly quiet country road (Somborne Park Road).

We need to turn right along this road, which climbs for the first kilometre, then drops again gradually – passing the entrance to Somborne Farm on the right and a short while later the drive leading to Little Somborne Church on the left. This road meets a busy road, Winchester Road, where we turn right and cross the road, carefully, and take the path into the adjacent field which takes us up an increasingly steep slope while splitting the fields around.

Once up top the view around Hampshire is stunning and provides full reward for the earlier climb.

In front of us is a post with three yellow path arrows where we turn right and begin a slow and gentle descent, meeting and crossing a farm track and keeping the barn on our left – we must keep straight on keeping to the right hand of the first field.

Just 150 metres down this field we cross through a gap into the parallel right hand field (photo 4); now tracing the left hand edge of this field, crossing a small ditch and keeping left as the path and field drop down to the right and join the main, Winchester, road.

At this junction we turn left up the road,

returning towards Kings Somborne, following the road round the right fork and down the slope towards the village. Our downhill trip is halted after 350 metres when we take the first right road over a water splash, which in winter would require the use of the walkers footbridge.

From here we walk uphill for only 150 metres as far as a swing gate on the left which is our footpath across a horse grazing field – straight across to another gate which we pass through and keeping the back gardens of local houses to the left and fields (once again) on the right.

In just 200 metres this path appears right beside the thatched cottages of Muss Lane and announces our arrival back at the start.

The reward refreshment lies back in the High Street at The Crown Inn where the weary walker will always be welcome.

Essential items for walking anytime:

- High visibility clothing, vest or sash are ideal. Be seen at all times.
- Robust footwear, walking boots, good sturdy trainers – normal house shoes not recommended.
- A torch (for gloomy days), mobile phone and a whistle (personal protection and safety).
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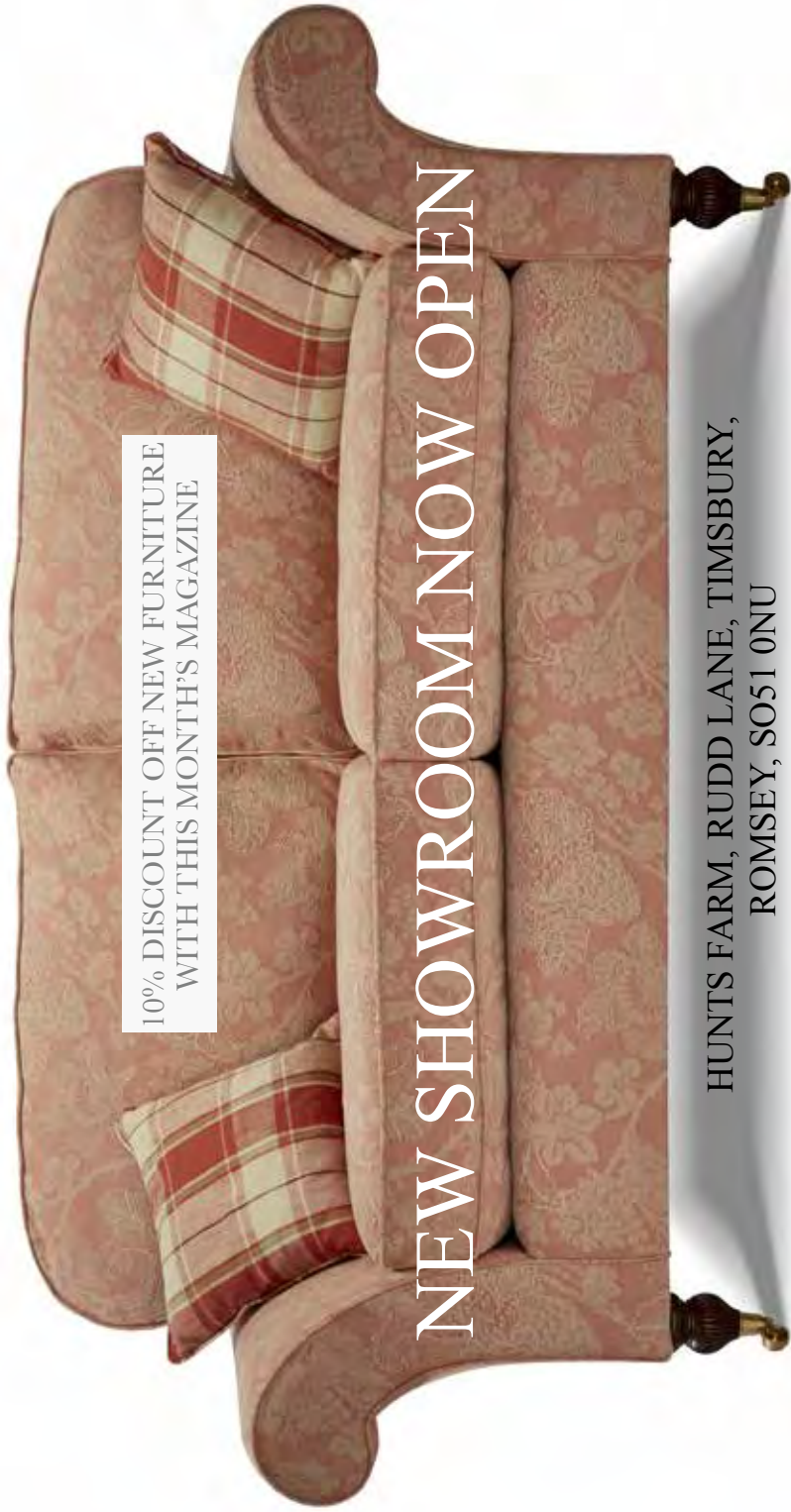


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The Perfect Autumn Weekend in Winchester

During Autumn, it can often be difficult to plan something to do during your free time. This may be due to the England's changeable weather or the challenge of finding an activity that all the family can enjoy. Hopefully, this article will give you a few ideas for activities and events that are local to you, that the whole family can enjoy.

Walks

If you fancy getting a bit of Autumn fresh air, grab your wellies and a flask of hot chocolate and take advantage of the beautiful walks that are on your doorstep.

St Catherine's Hill

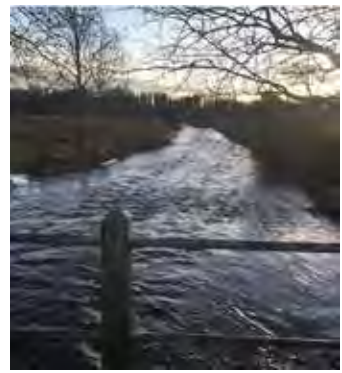
This chalky trail rises steeply to the summit of the hill at 97 meters, providing a brilliant view of Winchester. As well as the view, you will see that the top of the hill is ringed by the ramparts of an Iron Age hill fort. There is also a small circle of trees at the centre of the hill which contains the site of the 12th Century Chapel of St Catherine. It would be advisable to wear comfortable footwear and clothing due to the steep incline and muddy track.



The Millennium Trail

If you prefer a more relaxed walk, the Millennium Trail in Alresford is definitely worth a visit. The trail links footpaths around the town where you will pass illustrated boards that give information on the history of Alresford, its inhabitants, wildlife and countryside setting. The walk is about one mile, however, you can branch off onto the Arle Valley Trail which takes you a further two miles. The

Millennium trail alone is suitable for pushchairs and wheelchairs.



Events

If Countryside walks are not something you are interested in, there are many exciting events to look forward to in November, for all the family to enjoy.

Winchester Firework Display

On Saturday 5th November, Winchester will host its annual firework display and bonfire at the Recreation Ground behind River Park Leisure Centre. A torch procession will begin at the bottom of town and continue to the city streets, which will be filled with music and torch light whilst everyone walks to the firework display. The procession is unique to Winchester and welcomes children of all ages so it is a perfect activity for the whole family.



Christmas Market and Ice Rink

From 18th November, Christmas begins in Winchester and the market opens. It never disappoints with its variety of stalls and a brilliant ice rink in the center for all to enjoy. So bring your winter hats and scarves, grab a cup of mulled wine and wander round the Christmas market.

Winchester Weekend Market

Every Friday and Saturday, Winchester hosts a market with a wide variety of quality foods and good value for money household goods. It is open all year round from 9am to 6pm. I would highly recommend the Super Sized cakes which are excellent value for money and are perfect with a pumpkin spiced latte, Starbucks' famous Autumnal drink.



Places to Eat

Winchester is full of restaurants with many different cuisines. These are two of the many pubs in Winchester that would be ideal for a hearty meal after spending a day out in the cold.

The Golden Lion

The Golden Lion is a cosy pub on the outskirts of Central Winchester. The food is of a high standard and the menu has a variety of food to suit everyone in the family. There is also an open fire which gives the pub its warmth and charm.

The Royal Oak

If you are looking for a bit of history whilst you are in Winchester then this pub is the one for you. At more than a thousand years old it is one of the oldest pubs in Britain, being in the heart of Winchester since 1002. Similarly to the Golden Lion it offers a menu with a good variety of food for all the family.

Both pubs offer excellent roast dinners on a Sunday, the perfect way to end an Autumn weekend in Winchester.



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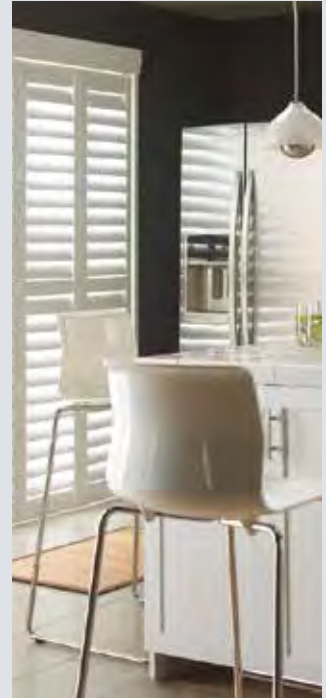
according to Mike Schnuppe, owner of The Great Shutter Co., and looking around Hampshire there is definitely an increasing number of homes with stylish shutters dressing their windows. With many homes being street facing you can see why. Shutters allow windows to be dressed with separate shutter panel sections and each of these can have the louvres adjusted for amazing privacy and light control.

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awkward shaped windows. Finding the right product and receiving the right advice about your window is key to ensuring that you have shutters that will last a lifetime. We are proud of the fact that we rate highly on independent review sites such as Feefo, Checkatrade and Google reviews and that consumers are comfortable with the advice we give, the service we offer and the product we install."

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Flu

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week. You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also known as “seasonal flu”. It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include: :

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough

Cold-like symptoms – such as a blocked or runny nose, sneezing, and a sore throat – can also be caused by flu, but they tend to be less severe than the other symptoms you have. Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.



What to do

If you're otherwise fit and healthy, there's usually no need to see a doctor if you have flu-like symptoms. The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take

paracetamol or ibuprofen to lower a high temperature and relieve aches if necessary. Stay off work or school until you're feeling better. For most people, this will take about a week.

When to see your GP

Consider visiting your GP if:

- *you're 65 years of age or over*
- *you're pregnant*
- *you have a long-term medical condition – such as diabetes, heart disease, lung disease, kidney disease or a neurological disease*
- *you have a weakened immune system – for example, because you're having chemotherapy or have HIV*
- *you develop chest pain, shortness of breath or difficulty breathing, or start coughing up blood*
- *your symptoms are getting worse over time or haven't improved after a week*

In these situations, you may need medication to treat or prevent complications of flu.

How long does flu last and is it serious?

If you have flu, you generally start to feel ill within a few days of being infected. You should begin to feel better within a week or so, although you may feel tired for much longer. You will usually be most infectious from the day your symptoms start and for a further three to seven days. Children and people with weaker immune systems may remain infectious for longer. Most people will make a full recovery and won't experience any further problems, but elderly people and people with certain long-term medical conditions are more likely to have a bad case of flu or develop a serious complication, such as a chest infection.

How you catch flu

The flu virus is contained in the millions of tiny droplets that come out of the nose and mouth when someone who is infected coughs or sneezes. These droplets typically spread about one metre. They hang suspended in the air for a while before landing on surfaces, where the virus can survive for up to 24 hours. Anyone who breathes in the droplets can catch flu. You can also catch the virus by touching the surfaces that the droplets have landed on if you pick up the virus on your hands and then touch your nose or mouth. Everyday items at home and in public places can easily become contaminated with the flu virus, including food, door handles, remote controls, handrails, telephone handsets and computer keyboards. Therefore, it's important to wash your hands frequently. You can catch flu many times, because flu viruses change regularly and your body won't have natural resistance to the new versions.

Preventing the spread of flu

You can help stop yourself catching flu or spreading it to others with good hygiene measures. Always wash your hands regularly with soap and warm water, as well as:

- *regularly cleaning surfaces such as your computer keyboard, telephone and door handles to get rid of germs*
- *using tissues to cover your mouth and nose when you cough or sneeze*
- *putting used tissues in a bin as soon as possible*

You can also help stop the spread of flu by avoiding unnecessary contact with other people while you're infectious. You should stay off work or school until you're feeling better.

The flu vaccine

In some people at risk of more serious flu, an annual flu vaccine may be recommended to help reduce the risk of becoming infected. A flu vaccine is available for free on the NHS for:

- *anyone over the age of 65*
- *pregnant women*
- *anyone who is very overweight (with a body mass index over 40)*
- *children and adults with an underlying health condition (particularly long-term heart or lung disease)*
- *children and adults with weakened immune systems*

An annual flu vaccine nasal spray is also now offered to healthy children aged two, three and four years old, and to children in school years one and two.

The best time to have the vaccine is in the autumn, between September and early November. If you think you might need it, contact your local GP surgery. All the Andover practices are now making appointments for flu vaccinations for patients in the at risk groups listed above.



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Who will we invite this Christmas? - The tangled web of relationships!



Christmas is not far away and the usual questions abound? Who shall we invite? Do we need to accept that invitation? Who will we offend if we do our own thing?

Relationships are difficult at the best of times but at Christmas there is also the heightened sense of the hurt many of us carry to do with past Christmases. We are now grown up so why can we not do our own thing?

Firstly we need to listen to our own heart. Who would we like to be with and why? What is stopping us doing this? Are we afraid of hurting some people? Would we be made to feel guilty if we choose not to accept certain invitations? Do we end up just cooking and looking after the same group of people even if we feel we are ignored, taken for granted, expected to do things in a set way perhaps because this is how it has always been done?

Relationships can be such a complicated tangle and it can seem difficult to know where to start to unravel the mixed up and tangled emotions. It might seem easier to leave things at they are and put up with another Christmas or family gathering, another unspoken hurt that we bear but do not want to speak up about.

Perhaps you may feel that it is time to try and make sense of why family relationships can be painful? To try and move forward so getting together with certain family members or friends can become manageable and even pleasurable.



If you would like to book an appointment with one of our experienced and accredited counsellors to talk over whatever might be getting in the way of you enjoying next Christmas, call 01794 329278, email info@wingscounselling.com or submit an enquiry form via our website, www.wingscounselling.com

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The Chiros Clinic The Best Advice... Ever!



Sometimes, for reasons best known to the greater universe, a friend will offer a suggestion to a problem that will seem ridiculous and pointless, but actually turns out to be the best piece of advice you ever received. This is exactly what happened

to one dressage rider after her trusty horse of many years started to be less responsive to her commands and her standard of dressage went rapidly downhill. Mentioning her predicament to a friend, Jo Simmonds, 49, was surprised to hear that her solution might lie in visiting renowned chiropractor, Nicholas Richmond of The Chiros Clinic in Andover, Hampshire.

With much scepticism and absolutely no pain or physical abnormalities of any kind, Jo made an appointment to see Nick, who had already helped a number of professional show jumpers, event riders and international dressage riders with similar problems. When she first entered Nick's practice, Jo felt somewhat foolish explaining that she was there because her horse was not behaving in its usual manner or reacting correctly to her commands. Nick soon put her at ease and after his initial assessment he explained that Jo's pelvis was heavily tilted down on the right side, due to a weak musculature on her right side, which meant that when sitting astride her horse, Jo was leaning to the right, without noticing, thinking she was sitting up straight. As a result, Jo's horse was getting an input from her to turn right when in fact she actually wanted him to go forward or left. Another aspect of the pelvis tilting was that the corresponding ankle and leg was clattering against the horse, reinforcing the unintended command to turn. When it came to introducing a command to the horse to turn left, Jo found she was having to pull on a huge amount of extra rein to get the horse to turn. Under these circumstances it was impossible for the horse to understand the rider and therefore get the precision they needed for the standards required in the dressage arena.

Although Nick has no experience in riding at all, his knowledge and interest in biomechanics (the study of the skeletal system and how it moves), meant that he knew, without asking, that she had an extra hole in her stirrup leather and how her horse had been behaving, just by looking at her. Amazed, Jo realised that this had not been a waste of time after all!

Nick was able to realign Jo's pelvis and spine and gave her some corrective exercises to complete at home to keep them in place. When Jo came back for her second treatment she was delighted to tell Nick that she had her old, trusty horse back who was doing everything that he should

do because Jo was now able to give the correct instructions and commands to her horse. Before her appointment with Nick, her horse could only do a half pass one way, now he could do both directions again with ease. All of the problems that Jo had found with communicating with her horse were corrected after just one session with Nick.

When watching dressage, the bond between horse and rider is a wonder to behold. It makes sense therefore, for the link between the two to go beyond the arena and into the realms of health. If a horse is musculo-skeletally healthy but the rider is not and they continue to ride together, the horse will eventually become imbalanced. Likewise, if the horse is out of alignment, this will transgress to the rider over time. In order to have the best possible performance from your horse, both you and your horse must be as mechanically sound as possible. This applies to all riding activities, from dressage to hacking out. Another client of Nick's, who is a professional dressage rider, always makes an appointment with Nick two days before each and every event. Taking this line further, it is therefore also essential to get your horse checked for musculo-skeletal misalignment too.

All riding is about strength, balance and posture. In order to get these right, a visit to a chiropractor such as Nick is essential, to ensure the rider is able to communicate effectively with the horse when in the saddle.

Nick started The Chiros Clinic in 2003 and has over 20 years of Chiropractic experience. He is also qualified as a Sports Therapist and has qualifications in many different chiropractic techniques including McTimoney. The Chiros Clinic has just taken on another practitioner, James Harrison, to help with the ever-increasing practice, which is also home to osteopath, Elenor Andrews, who is also qualified to treat animals. Other complimentary treatments are also available, including reflexology and nutrition. For more information, visit www.chirosclinic.com or call 01264 324924.

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With engineering skill and technology advances, stairlifts are becoming more available to suit all if not most styles of staircase. There will still be limitations based on the users dimensions that's why it is best to seek advice face-to-face with experienced stairlift companies who can advise on an individual bases.

Hampshire Mobility Services are proud to be an Authorised Stannah dealer, Stannah are known worldwide and are trusted experts in producing high quality British made stairlifts for many years to suit both straight and curved staircases.

As with all stairlifts they should comply with the British and European standard (BS EN), all stairlifts Hampshire Mobility Services do comply. With its narrower rail profile, the lift's track is only 6" (150mm) from the wall giving more space for the taller or a less flexible person to travel up and down the stairs. The easy folding seat and arms ensure that the staircase is left fairly unobstructed and with many different seat styles and colours the Stairlift will blend in well with its surroundings. The seat height is adjustable on installation which will ensure that the user can mount and dismount the lift with ease or transfer to a wheelchair or to a walking frame which are the same height.

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Stairlift are sometimes just the beginning of the realisation that a little help can regain independence. It doesn't have to be as major as stairlift, something as simple as a grab rail, a half step or a sock aid may be all that is needed to help realise or no longer be a 'burden'.

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St Swithun's Junior School Netball Tournament Win



St Swithun's Junior School U10A and B netball teams enjoyed a successful tournament hosted by Farleigh School last week with the A team being crowned tournament winners.

The A team were confident but also a little nervous as this was their first tournament of the season. Their first match was against a strong Guildford High team, but with some swift attacking and resolute defending they won 8 - 2. Two more wins against Farleigh and Portsmouth Grammar School secured St Swithun's the tournament win. A team members were: Izzy Bruce, Immy Watson, Hermione Murray, Amelia Johns, Emilia Richards, Emily Maclay and Grace Clark.

The B team played 4 matches in their group. They found the competition tough but their highlight was a draw against a good Portsmouth Grammar School side.

St Swithun's Junior School director of sport Roger Marshall said 'This was a very encouraging display from all the girls especially as Year 5 have been focusing on learning hockey this half term! They were all pleased with their team and individual performances. It is great to see them developing into creative and independent players on court, solving problems as they arise and requiring less side-line direction.'



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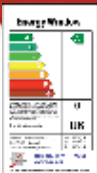
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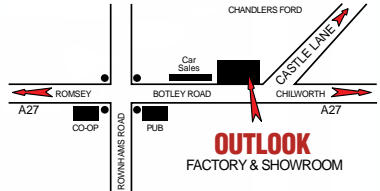


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Community News

Winchester Ladies Circle Holds Successful Quiz Night, Launches Own-Label Beer, In Aid of Local Charity

Winchester Ladies Circle continues to put the fun into fundraising after hosting an entertaining and competitive quiz night to raise money for local charity, The Romsey Opportunity Group. More than 60 people attended the event in Twyford Parish Hall on Saturday September 10, raising over £750 for the group, which provides support services for very young children with special needs. While members of Winchester Circle set the majority of the questions, local events organization The Cabinet Rooms also provided a round on cocktails. Local firms Direct Bulbs, Jeremy France Jewellers, and Red Cat Brewing contributed raffle prizes, as did national companies HasBean Coffee and Riverford Organic Food.



Ladies Circle 'Crazy Cat' beer


"We were delighted with the generosity of everyone who supported the event – both the participants and our sponsors," said Rachel Birrell, Chair of Winchester Ladies Circle. "While organizing the quiz was hard work, it was well worth it. We had representatives of our four clubs – Ladies Circle, Round Table, Tangent, and 41 Club – as well as friends and family. The questions were challenging and the competition was fierce, but a good time was had by all!"



Ladies Circle quiz night

At the quiz, Winchester Ladies Circle also debuted its new own-label beer, Crazy Cat, produced in collaboration with Red Cat Brewing. "After attending a brewery tour and taster evening with Red Cat in May, we decided that we'd love to have our own beer – one that we could sell to members at our Quiz Night and at our Burns Night supper next January to raise money for The Romsey Opportunity Group" said past Circle Chair Helen Dawson. "The fantastic team at Red Cat helped us make this happen in just a few months!" The session beer proved extremely popular with attendees, with more than 100 bottles sold on the evening.

Ladies Circle is the sister association to Round Table and is open to all woman aged between 18 and 45; it focuses on fun, friendship, and fundraising. There are Circles in 36 countries, including Hong Kong, Mauritius, Cyprus and France, with New York becoming the first Ladies Circle in the USA in March 2016; in the UK, there are over 130 groups. Winchester Ladies Circle offers a full programme of activities and is always open to new members. Women who are interested can find out more details at <http://www.ladiescircle.co.uk/Winchester>, www.facebook.com/WinchesterLadiesCircle/ or email wincircle@gmail.com for details of its upcoming New Members' Night on November 9.



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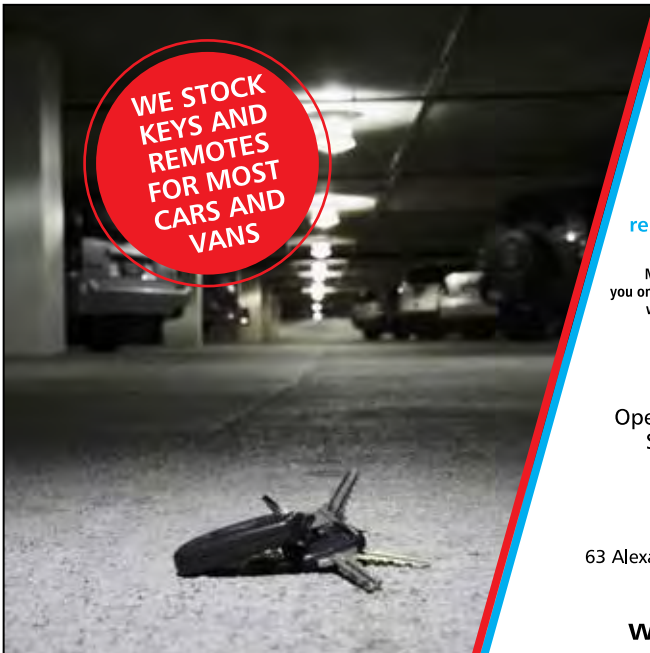


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Community News

£1 Million Windfall Will Help Winchester Homeless

Two Winchester charities which support homeless people are to share in a £1 million windfall donation following the closure of a military charity.

Winchester Churches Nightshelter and Trinity Winchester will each receive £500,000 "to relieve the needs of people who are at risk of becoming socially excluded."

The story of the windfall is a tale of one man's vision combined with family heartbreak. But the money will enable both charities to expand their work with local homeless and vulnerable people at a time when demand for their services is becoming increasingly complex.

The charity (DEFLOG VQ Trust) began 20 years ago as a small project to provide vocational qualifications for soldiers to help them find work in civilian life. It was the brainchild of Brigadier Tom Blyth, then Commanding Officer of the Defence School of Transport.

"I could see that our logistics personnel in a wide range of trades, had valuable skills that were not recognised outside of the military.

"The new system of NVQs, later to become Modern Apprenticeships, gave us the means to provide nationally - recognised qualifications for soldiers." The project was first directed at the Army's logistic personnel but grew quickly to also serve the logistic trades of the Army's engineers, gunners, signallers, and of the RAF and Royal Marines.

Brigadier Blyth retired in 2000 and formed the educational charity, DEFLOG VQ Trust Ltd, with its headquarters in Beverley, Yorkshire. He has remained an unpaid trustee, sometime Chairman, throughout the last 20 years, in which the Trust has delivered over 35,000 apprenticeships and over 50,000 individual qualifications in nearly 100 locations across the world.

The Army has decided that this training will now be provided by a global corporate provider, and the Trust will close. Its assets will be distributed to other organisations including educational and welfare charities in Yorkshire and to military charities. The Winchester link is connected to the forthcoming move of the Army's Royal Logistic Corps to new barracks being built at Worthy

Down.

But it is also testimony to the help, care and support that Brigadier Blyth's son Ben found in the City when he was homeless and suffering from a complicated and incurable mental health condition which eventually led to his death in 2010 at the age of 33.

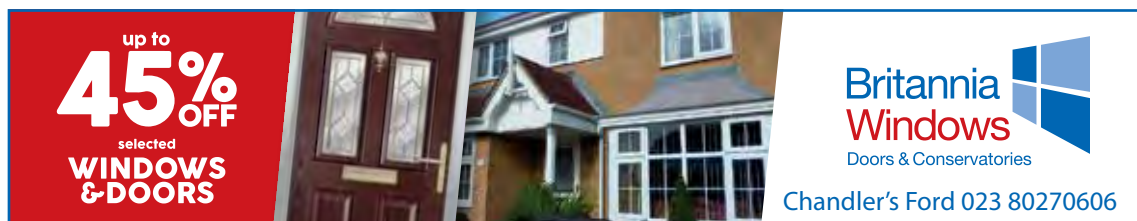
A memorial bench on St Giles' Hill remembers him in the words "Gentle, kind and generous: he touched many hearts and found great kindness in this city".

Ben went to school in Dorset and to Peter Symonds College in Winchester before gaining an HND at college in Cheltenham. He was dyslexic, long before the condition was fully recognised and addressed in schools. Education and subsequent working life was not easy. His father continued: "After spending many years struggling to find his place in the world, he slowly and imperceptibly fell victim to the mental illness that would eventually claim him. For the final years of his life Ben made himself homeless, at first in London and later in Winchester.

Determinedly independent, Ben regularly refused hostel accommodation, medical intervention and government benefits, choosing to live a lifestyle where he was in control and able to make his own choices. After the harsh years on the streets in London he found help, care and compassion from the many charities that so distinguish Winchester as a place of Christian Charity, including the Nightshelter and the Trinity Centre.

In his last nine months he seemed to have turned a corner, becoming less insular, more rational, even saying that he didn't want to spend another winter outdoors... we hoped that he would finally accept help."

But it was not to be. Ben died in Winchester in the summer of 2010. His death shocked and saddened many people in and around the City. The Dean and Reverend Canon St John - Channell kindly agreed to hold Ben's funeral service in the Cathedral. The service was attended by over 200 people who knew Ben or who had professional and personal concern for people experiencing homelessness or mental health issues.



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Ben's father concluded: "Ben's story is very complex, yet it is shared by others who are homeless today. Some have a background in the Armed Forces. Many are desperate and damaged by mental illness, family breakdown, poverty, and abuse. The trustees of DEFLOG VQ Trust and I are honoured to help Trinity Winchester and the Winchester Churches Nightshelter to continue their work in the city."

Nightshelter Manager, Michele Price said: "Ben was a delightful young man whose gentleness and kindness touched so many of the people who worked with him. His story shows how homelessness really can happen to anyone. Sometimes severe mental illness puts people beyond the reach of even the strongest ties of family love and support. We are seeing a huge increase in the number of people affected by complex mental health issues and if we can use this funding to alleviate that in some way it will be a lasting tribute to Ben."

Sue McKenna, Operations Director at Trinity Winchester said: "We are so grateful for this life-changing donation. The trustees of DEFLOG VQ have been long-term supporters of our work, and this sum could transform the services that we provide to homeless and vulnerable people in Winchester. In times when it is becoming more difficult to secure funding, receiving this amount of money is crucial in the continuation and development of our services. A particular thank you to Tom Blyth for his recognition of our work."



Cheques were presented to both charities at a special event at Bradbury House, Winchester on Wednesday 21st September. Fanfare trumpeters from the Royal Logistic Corps were also present.



Woolly Hat Fair Celebrates 12 Days Of Christmas With Free Events In Winchester



After the storming success of last year's first ever Woolly Hat Fair, the Winchester festival is back in December with a new seasonal event. The team behind 2015's Live Advent Calendar will this year be creating a citywide version of The Twelve Days of Christmas, all in characteristic Hat Fair style.

There will be 12 events throughout December, each in a different Winchester location and each inspired by one of the 'days' of Christmas.

Michelle Walker, Artistic Director of Hat Fair, explained: "Day One will be based on a partridge in a pear tree, Day Two will be inspired by two turtle doves, all the way through to the glorious finale of twelve drummers drumming!"

Events at Woolly Hat Fair will be free to attend and will take place at 5pm on Saturdays,

Sundays, Tuesdays and Thursdays between 3 and 22 December.

Woolly Hat Fair is organized by Hat Fair, the UK's longest running outdoor arts festival, which takes place annually in Winchester during the first weekend in July.

Full details of the locations and performers involved are yet to be revealed but Hat Fair promises dancers, choirs, theatrical treats and plenty of festive mayhem for everyone. Full details of the Twelve Days Of Christmas events will be available on hatfair.co.uk.



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Community News

Celebrity Charity Patron Wins National Award for his Efforts

Naomi House & Jacksplace Patron, Alastair Stewart OBE, has been recognised with a major national award.

The newsreader and broadcaster from Bramdean, Hampshire, received the coveted Charity Champion Award at the prestigious Third Sector awards. He follows in footsteps of previous winners, Lenny Henry and Jo Brand.

He was nominated for his work in support of Naomi House & Jacksplace hospices, and particularly the organisation's Caterpillar Appeal. Alastair fronted the charity's appeal and helped inspire thousands of people to donate more than £4million to fully refurbish the region's children's hospice.

The award was presented at a glittering gala dinner and awards presentation in London last night (15th September).

Alastair said he was "thrilled beyond belief" to win the award and that it was "an honour to be there to wave the flag for Naomi House & Jacksplace".

Niamh Paul, celebrity liaison manager at the Teenage Cancer Trust, said Stewart was "just the sort of supporter every charity is after" and Naomi House had built a long-term, meaningful relationship with him. It's amazing to see the incredible impact Alastair has had on the fundraising for the rebuild of Naomi House Children's Hospice," she said. "It is fantastic that he has been involved right through the process and that not only has he given of his own time so generously but he has also encouraged his contacts to support it too."

Alex Feis-Bryce, chief executive of National Ugly Mugs, said: "Every charity needs an Alastair."

Keith Wilson, Marketing Manager at Naomi House & Jacksplace, said: "I've never met anyone quite like Alastair. His passion and enthusiasm for Naomi House & Jacksplace knows no bounds, and we know that if we ever need his help we need only pick up the phone. He really has gone above and beyond that which is expected of a charity Patron and we are delighted he has been recognised as 2016's Celebrity Charity Champion."

Naomi House & Jacksplace provides a comprehensive, 24hour hospice service to children, young people and families from Hampshire, Wiltshire, Dorset, Berkshire, West Sussex, Surrey and the Isle of Wight. The charity currently cares for more than 300 life-limited and life-threatened children and young people.



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Cloudy2Clear Announce Trusted Trader Partnership



Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted ‘Which Trusted Trader’ status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear’s long standing company

policy of delivering the highest standards possible at all times. ‘Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it’s not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don’t focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Winchester area

and manager Justin Friel agrees that this approach is a major factor in his success. ‘The truth is that it’s not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I’ve done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.’

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Chesil art project unveiled

An art project inspired by the Chesil Street area of Winchester has been unveiled.

Six large panels featuring the stories, memories and photographs of local people will be displayed on hoardings at the site of the extra-care housing development on the former Chesil Street surface car park.

The £4,000 community project called 'We found it in Chesil' was led by Salisbury-based artist Laurence Dube-Rushby and involved a wide range of local residents and groups.

These included pupils from All Saint's School, young people and staff from the Chesil Theatre, residents at the St John's charity, local businesses such as Chesil Rectory, Black Boy, Black Bottle and Sovereign Bathroom, local residents including the owner of Soke House who shared the history of the property and photographs of the historical features of the house, and local organisations such as Winchester City Mill, Winchester tour guides and the Hampshire Cultural Trust.

Laurence Dube-Rushby said: "It was amazing to discover a wealth of historical facts related to the Street as well as personal stories. Chesil Street seems like a whole separate part of Winchester with a real identity attached to it. I have really enjoyed the time I spent here with all the wonderful business-owners, residents, young people and visitors. I hope they like the designs as much as I enjoyed making them."

Cllr Caroline Horrill, Winchester City Council's Portfolio Holder for Housing Services, said: "It was a great pleasure to unveil the designs for the 'We found it in Chesil' community art project and to meet Laurence and the people who engaged with the project to make it a success."

The project was commissioned by Winchester City Council in March 2016 to run alongside the Chesil Extra-Care Scheme development that will provide 52 flats with a mix of one- and two-bedroom accommodation for elderly residents

in Winchester. It follows a similar project called 'A Postcard for Stanmore' which proved a great success.

Each of the designs is approximately 1.9m high by 3m wide so that they can be seen by passing motorists as well as pedestrians.

The designs will be on display on the hoardings for around a year during the construction of the extra-care scheme. Anyone interested in displaying the artwork after that should contact Mark Maitland, Community Officer at Winchester City Council, mmaitland@winchester.gov.uk.


For more details of the art project and to see the finished designs visit Laurence's Facebook page <https://www.facebook.com/wefounditinchesil>

The official unveiling of the finished project at the nearby Chesil Theatre on Friday 9 September was attended by the brothers and sister of Mr Harold Harris who made a very generous bequest to Winchester City Council which contributed to the cost of the extra-care scheme. Mr Harris receives a special mention in the information board which accompanies the designs for the project.



Cllr Caroline Horrill, Winchester City Council Portfolio Holder for Housing, and artist Laurence Dube-Rushby unveil Chesil community art project

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4th

ARLEBURY PARK FIREWORKS - A highlight of the Alresford year is the spectacle of the traditional torchlight procession that takes place on Bonfire Night. All proceeds from the event support local, national international Rotary charities. Please note the date this year is Friday 4th November to avoid clashing with the rugby and football club fixtures on Saturday. Venue: Broad Street. Time: 7pm. Contact: 01962 734075. Please note the date this year is Friday 4th November to avoid clashing with the rugby and football club fixtures on Saturday.

11th

MICHELMERSH SILVER BAND PRESENTS 'SOMME 100' - A concert of Remembrance supporting the Royal British Legion Poppy Appeal. United Reformed Church, Romsey. Time: 7.30pm. Price TBA. Contact: Tourist Information Centre Tel: 01794 512987

WW1 TOUR AND CREAM TEA AT WINCHESTER CATHEDRAL - Time 2pm. Price £12.50, includes cream tea. Contact: 01962 857200

12th

ROMSEY CHORAL SOCIETY PRESENTS - MOZART'S MASS IN C MINOR - The Society will mark the centenary of the 1916 Battle of the Somme with Mozart's contrapuntal masterpiece the Great Mass in C minor & Baroque composer Charpentier's triumphal Te Deum. Venue Romsey Abbey, SO51 8EN. Time: 7.30pm. Admission: £18, £15, (£12 unreserved) half price for children/students. Tickets from Romsey Heritage & Visitors Centre - Tel: 01794 512987 or buy on the door. Contact: Kaarina Manzur, Publicity Mgr. Mobile: 07780 682316.

13th

WINCHESTER FARMERS' MARKET - The largest Farmers' Market in the UK (95 stalls) and was voted best in the country by the Guardian Food Magazine. Venue: Winchester Cathedral Close. Time: 9am - 2pm. Contact: 01420 588671

17th

WINCHESTER CHRISTMAS LIGHTS SWITCH ON - live music, dancers and the big moment the Christmas lights are first switched on, illuminating the city ready for Christmas. Venue: The Broadway, Winchester. Time: 4.30pm. Price: Free. Contact: 01962 841000 www.winchesterbid.co.uk

18th Nov - 17th December

WALKING TOUR: A CHRISTMAS GUIDED TOUR - One of Winchester's professional tourist guides and see some of the highlights of this historic city in a walking tour with a seasonal twist. Venue: Winchester City Centre. Time: TBA. Price Adults, £5 Children Free Available from Tourist Information Centre 01962 840500. For more information about tours visit www.winchestertouristguides.com

18th Nov - 20th December

WINCHESTER CATHEDRAL CHRISTMAS MARKET - Christmas Market celebrates its 10th anniversary this year. Seen as one of the best in Europe and known for its unique location between cathedral and the ice rink, the market has over 100 chalet stalls. Venue Winchester Cathedral Close. Time: Open every day, 10am-6pm from Sun-Wed, 10am-7.30pm from Thu-Sat. Contact : 01962 857275

18th Nov - 2nd January

WINCHESTER CATHEDRAL ICE RINK - 10th anniversary year, Winchester Cathedral Ice Rink gets a makeover with a brand new, clear-span roof. Venue: Winchester Cathedral Close. Price: Adults, £10.95; children (8-18yrs) £8.95; children (4-7yrs) £6.50; family package (2 adults and 2 children), £35; tiny tots (1 adult and one under 4), £8.95 (only 10am weekday sessions until 9 December); concessions, £8.95. Exclusive hire before 9 December, weekday morning, £1350, afternoon, £1600, weekend, £1900. School groups (25+), £6 per child for sessions from 11am-2.15pm until 9 December with 1 free adult per 15 children. Group bookings of 15+, 10% discount. Contact: 01962 857275

19th

EASTLEIGH'S CHRISTMAS LIGHTS SWITCH-ON & FAMILY FUN DAY - Eastleigh Town Centre will be enjoying a guaranteed white Christmas this year, with the switch on of a dazzling new festive light show. Venue: Eastleigh Town Centre. Time: 11am - 7pm. Price: TBA. Contact: 023 8068 8045

21st

THE MILITARY WIVES: HOME FOR CHRISTMAS - Enjoy a performance of a

selection of tracks from their soon-to-be-released album Home For Christmas plus tunes from In My Dreams and Stronger Together. Venue: Winchester Cathedral. Time: 7.30pm Price £25. Contact: 01962 857275

23rd **SORAYA FRENCH CAFE IN MIXED MEDIA** - At each meeting an artist will demonstrate their work. Venue Community Centre, Chandlers Ford. Time: 7.30pm. Price for visitors £5. Contact: 02380 262315 Barry Fry

24th **WINCHESTER MUSIC CLUB CHRISTMAS CONCERT** - Enjoy a seasonal concert with highlights including Parry's Blest Pair of Sirens and Holst's Hymns from the Rig Veda III as well as two pieces by Vaughan Williams, Fantasia on a Theme by Thomas Tallis and Dona Nobis Pacem. Venue: Winchester Cathedral. Time: 7.30pm. Price: £35, £25, £20, £15, £10. Contact: 01962 857275

25th - 27th November

WINCHESTER WINE FESTIVAL - featuring hundreds of wines to sample, both from local producers and wine from around the world. Venue: Winchester Guildhall. Time: (Friday 6-9pm, Saturday 11-3pm & 4-8pm, and Sunday 12-4pm). Price: £30. Contact: 01962 929930

26th Nov - 17th December

FATHER CHRISTMAS GROTTO - Come and visit Father Christmas in his festive grotto. Venue: Winchester High Street. Price: £6.50 per child - booking is essential. Contact: 01962 840500 or visit www.christmasinwinchester.co.uk

27th November

A TEDDY BEAR'S CONCERT WITH THE KINGS CHAMBER ORCHESTRA - An family concert designed to capture the imagination of children. Bring a teddy and join internationally renowned cellist and chamber musician Gerard Le Feuvre and the Kings Chamber Orchestra. Venue: Middle Brook Street, Winchester. Time: 3pm - 4.30pm. Price: TBA. For more information or tickets please call: 01962 840800 or visit www.hopewinchester.org.

A FESTIVE NIGHT WITH THE KINGS CHAMBER ORCHESTRA - A night to remember with internationally renowned cellist and chamber musician Gerard Le Feuvre and the Kings Chamber Orchestra. Venue: Middle Brook Street, Winchester. Time: 7.30pm. Price: TBA. For more information or tickets please call: 01962 840800 or visit www.hopewinchester.org.

10th - 11th December

CRAFTY WOMEN'S CHRISTMAS FAIR TWO DAY SPECTACULAR! - Come along and join in the festive atmosphere in the Guildhall, Winchester. A wide variety of unique and beautifully handcrafted, high quality gifts created especially for giving to your loved ones at Christmas. With over 30 stallholders you won't be stuck for choice to find that special present that won't be found on the high street. Time: Saturday 10.00am - 4.00pm, Sunday 10.30am - 4.00pm. Price: FREE ENTRY. Contact: craftywomen.mail@gmail.com or 07733234210. Facebook/craftywomen.info

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