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ISSUE No. 17  
MARCH 2017

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## Naomi House Charity Partner

Sparsholt College first to open  
Microsoft Academy - Pages 26

Read all about Music for All,  
one of the Mayor of Winchester's  
chosen charities - Page 22

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## Welcome to the

### March edition of your local Winchester Gazette community magazine

Clocks go forward this month, so it will be nice to see lighter, longer days – Hello Spring!

All the spring flowers like daffodils, tulips and hyacinths will be available to buy in the shops, all ready for Mother's day, apparently it's the florists busiest time of year after valentines. What does your Mum like as a gift? flowers, or maybe she prefers perfume or chocolates. Whatever it is, make sure you show her how fabulous she is. Changing the subject, did you know that the driving test is changing this year? We've a fantastic article that tells you everything you need to know on page 4.

Winchester people this month, talks to Paul McManus the CEO of Music for All which is one of the Mayor of Winchester's charities for 2016/17. It's a great article about how music can help the lives of many and we spoke with Mayor of Winchester, Cllr Rutter to find out why she chose this particular charity, please see article on page 26-27 to see what she said.

In this month's issue we cover many other community news stories plus news from Sparsholt College, the Henry Beaufort and St Swithun's School as they provide us with articles about sporting achievements and learning experiences and opportunities. We've also got all the usual features from Health & Wellbeing to our Monthly walk and also we find out about Muffin, a dog rescued from Cyprus to Scotland where he was rehomed by the lady writing the article. If you love our four legged best friends you'll like reading all about it on page 18.

We are always happy to connect with local people and like to hear all about your local stories, so please do email us using [linda@mlgpublishing.co.uk](mailto:linda@mlgpublishing.co.uk) We print schools/college press releases for free, so this is a great opportunity to tell us about the unique ways you use to encourage pupils to learn. Please also provide any details of local events you would like advertised on our website ([www.mlggazettes.co.uk](http://www.mlggazettes.co.uk)) or in our What's On section in the publication.

Enjoy a hopefully brighter and slightly warmer March !

Linda  
The Gazette Team



## Contact us

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## What's inside...

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Your regular 'What's On' guide

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**COPY DATE FOR NEXT ISSUE - 3rd March 2017**

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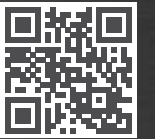
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## MOTORING NEWS from BARTLEY GARAGE Est. 1997



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### Changes to the driving test in 2017 – Here's what you need to know!

*Courtesy of Bartley Garage – The South's first and leading BMW and Mini specialist*

#### 1) There will be more independent driving

Candidates will be required to pull over and then follow a set of instructions by the examiner. They may be asked to follow road signs to a certain place or asked to take a sequence of specific turns.

Previously, this part of the test was just 10 minutes long but under new changes, the driver will be required to drive independently for 20 minutes.

#### 2) You will have to follow a sat nav

Candidates will have to follow commands given by a sat nav as part of the new driving test. These devices had been forbidden in the past.

#### 3) 2 traditional manoeuvres have been removed

Candidates will no longer have to carry out 'reversing round a corner' or a 'turn in the road' as part of their test.

Instead, a more modern situation could see drivers having to drive into and reverse out of a parking bay.

#### 4) Learners will drive at higher speeds

Candidates will have to drive on roads with higher speed limits than previously, to get them used to driving on single and dual carriageways.

#### 5) 'Show me tell me' questions will be asked while driving

Generally, prior to getting behind the wheel on the day of your test, candidates have to answer two 'show me tell me' questions.

This could involve opening up the bonnet and checking the engine oil level or showing how to switch your headlights from dipped to full beam.

However, candidates will now be expected to answer questions whilst driving - so make sure you know where the horn is, how to control the windscreen wipers and how to demist your windcreens!

#### 6) Learners will be given more independence

The Driver and Vehicle Standards Agency (DVSA) wants new drivers to make their own decisions in the car and be accountable for their own actions.

DVSA chief driving examiner Lesley Young said: "We want candidates to show they can cope with distractions and assess risk without the intervention of their instructor or examiner."

#### Why have the changes been made?

Road collisions comprise more than 1/4 of all deaths of young people aged between 15 and 19. The DVSA wants to make sure that tuition and the driving test lessen the number of young individuals being killed in collisions.

Also the DVSA have noticed that most fatal collisions take place on high-speed roads (not including motorways). Therefore altering the test system will allow more of these roads to be included in driving test routes. In addition, more than 1/2 of motorists now have a sat nav device in their vehicle - the DVSA wants new drivers to be trained to use them safely.

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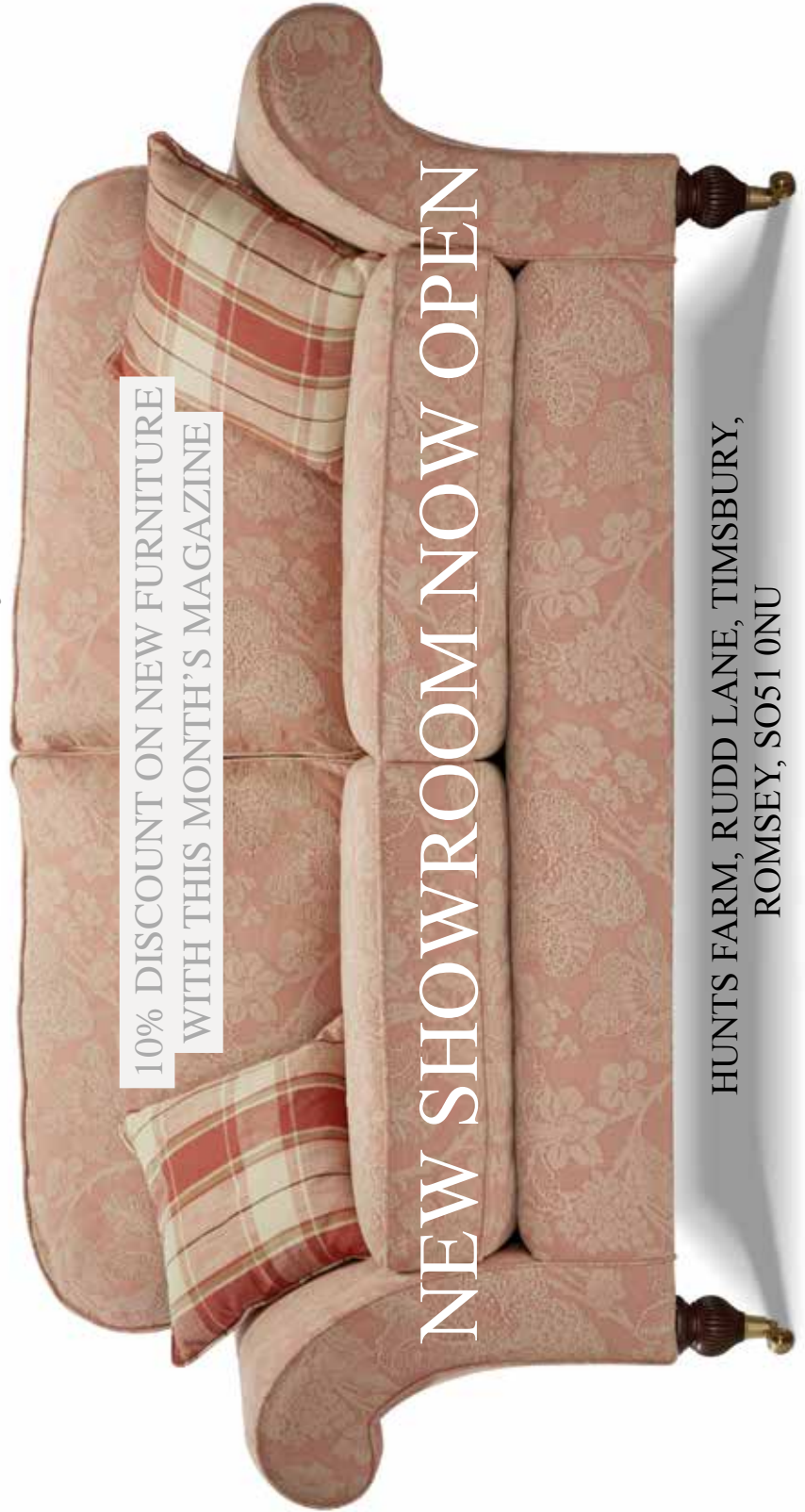


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# This month's Walk:

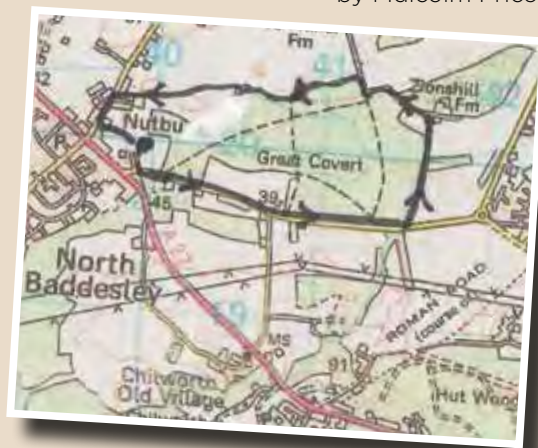
## A short circuit around North Baddesley

by Malcolm Price

This month's walk commences from North Baddesley Sports Ground (photo 1), where there is ample parking and plenty of leisure space for the local community to play or exercise. This area also includes a group of tennis courts and football pitches, as well as a trim trail.

This rectangular walk covers a 'short' 4 miles and takes in some early tarmac section, gravel track later on then some fairly severe mud before returning home. For the seasoned walker this should take around 70 minutes to complete.

Leaving the car we must return to the road, Castle Lane, and turn left along a tarmac footpath that doubles as a Test Valley Cycle Track. As we move, on our left are the private lands of Great Covert Woods and on the right, Castle Lane and fields beyond. This section extends for around 1.7 kilometres with the latter



part being shielded from the road by trees and a high grassy bank.

On reaching the first and only left hand footpath sign (photo 2) we turn up here and say goodbye to the traffic for a long time. This new path has a tarmac base but we rarely see that as is it generally covered in a carpet of leaves – a result of tracing the line of large woodlands on the left hand, with the odd glimpse of houses from Valley Park over to the right. As we proceed up this path there are a number of man made



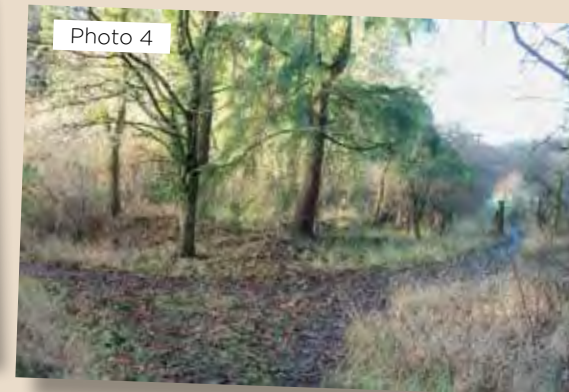
paths disappearing on the right which we pass and walk uphill and eventually see two consecutive footpath arrows on the right; one to Zionshill Copse and the other to Tregoulds Copse; these must be disregarded as we work onwards to the very end where the Drovers trail turns left onto Dirty Drive (photo 3).

This drive truly lives up to its title as a short way down the track certain muddy sections appear, with some frequency. There is an alternative route around the right amongst the trees which could offer a slightly drier option by walking parallel with the main drive, which we must do for a further 200 metres before reaching a fork in the track (photo 3).

We need to follow the path round to the right, there is a yellow marker arrow to confirm this choice.

In a while this path joins a wider, farm track and then opens out into an expansive grassed field, somewhat reminiscent of playing fields. Along here we keep to the right, following the obvious path that crosses into another set of fields, this time cultivated on both sides with the path down the middle.

This ultimately leads to a clearing and a farm gate which we pass through up to the footpath sign at the end of the track.



We are now entering Flexford Road, where we turn left for a mere 200 metres before turning left again into Sandy Lane. At the end of this lane on the right is our final path, leading slightly uphill past a group of allotments on the right then offering an opening again on the right into the playing fields. By following this perimeter hedge all the way round the fields on the right we get to a final stretch back to the car and get an opportunity to clean the boots in the long grass on the way home.

Reward and refreshment have to be sought within North Baddesley village or a short distance back towards Chilworth at the golf club.

### 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. This walk, especially, can get very muddy in places.
- A torch (for gloomy days), mobile phone and a whistle (personal protection and safety).
- For dog walkers – take a supply of poop scoop bags.



## Saving Pound Dogs Cyprus (Scotland) - Muffin's Story

Through my photography I have had the opportunity to meet so many lovely rescue dogs including a crossbreed between a Staffie, German Shepherd and Poodle Cross called Muffin who Jackie rescued from the **Saving Pound Dogs Cyprus (Scotland)**. SPDCS is a group of volunteers trying to save dogs that have ended up in a pound. Jackie's cousin Jeremy rescues dogs, cats, horses and other animals in Scotland, he started Saving Pounds Dogs Cyprus who rescue dogs from Cyprus and find them homes in the UK.



When Muffin was only 3 months old she was left abandoned in a pound in Nicosia Cyprus, she had been starved and was severely anaemic due to ticks. Jeremy thought Muffin would remain fairly small, but she is now fully grown and weighs 20kg. As puppies do not survive in the pound, Constantina who works for SPDCS rescued her and she lived with Constantina and several other dogs until they could find her a home. By giving Muffin veterinary treatment, good food, love and the company of other dogs, they saved Muffin's life. After 2 months of Muffin living with Constantina Jackie gave Muffin a home, Jackie knew that she wanted to give a home to a black dog because black dogs are considered unlucky in Cyprus and when she saw Muffin's photo on their website she fell in love with her straight away.

On the 8th of September 2015 Jackie's friend took her to Heathrow at midnight to pick up Muffin. Jackie says "She was terrified when she came from the plane and was wrapped in a towel shaking as the staff at the centre had to bath her after she had made a mess on the floor on the flight." She settled into her new home very quickly and slept for 9 hours in her bed on the floor next to Jackie during her first night. From day one Muffin was comfortable at Jackie's home.

Because Muffin had been with SPDC for 2 months and was vaccinated against rabies and all the dog diseases, she did not have to be quarantined. She was also microchipped and has her own passport. Jackie paid £250 for her treatment and vaccinations, then £150 for the flight, she says "It was worth every penny! I can see the German Shepherd in her, she has Staffie ears and I guess the Poodle in her contributed to some of the playfulness in her and her smaller size."

When Jackie first had Muffin, she was afraid to be alone even for a minute so would follow

Jackie everywhere even to the bathroom. Jackie says "Now she is ok on this and her confidence has slowly grown. She can now stay on her own for a few hours. She is happy if she can see out the window and will go off to another room on her own for a quiet sleep." Muffin was and still is afraid of men, tall women and loud noises for example air brakes, bin lorries, buses, children on scooters and traffic. Nearly one year on there are several men who Muffin likes and trusts and many of my female friends. She is improving and a work in progress."

Jackie describes Muffin as very sweet and loving, loves to run and play games. She says "She is generally very good tempered and a good guard dog. Muffin's nickname is Hurricane Muffin because she is very lively. She is also loyal." Muffin likes other dogs and is very social and plays with a brown labrador every morning. When she stays with Leticia and Navarro who run a dog day care and training business [www.leticiabenatti.com](http://www.leticiabenatti.com) she enjoys any other dogs who are there and always gets excited to go with them.

I asked what advice would she give to others that are thinking about rescuing or buying a dog. Jackie says "I would always say rescue, there are thousands of dogs who need a home. If you rescue a dog you save a life. Since rescuing Muffin my life has changed a lot for the better. She makes me laugh so much and is such a good companion. Life is less stressful now and Muffin and I have fun."

When you meet dogs like Muffin they are one of the happiest dogs you could ever meet. It was lovely to get to know her on a photo shoot and see how well adjusted she is. Since finding a home with Jackie, Muffin seems to have a new zest for life. **If you would like to know more about SPDC please visit their facebook page:**

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## Uncontrolled Anger – Is this masking deeper feelings of sadness, hopelessness and despair?

Often we hear someone referred to as having an 'anger problem'. People are wary of such a person. Often friends and family may withdraw from the person which results in the person labelled as having an 'anger issue' feeling even more isolated and lonely. It often becomes a vicious cycle. An angry child or adolescent is often blamed and punished which frequently results in an escalation of the anger. An angry husband feels guilty at the hurt he may be causing his family. An overly angry mother may see the confusion and fear in her child's face and yet feel powerless to stop being angry. Anger can be explosive or bottled up. Bottled up anger and other difficult emotions can often result in depression.

Trauma, bereavement, life changes can all be at the root of anger. To understand our anger or the anger we witness in someone close, we need to explore what might be the underlying cause. But this is difficult to do as the anger is often a defence mechanism to protect from raw and painful feelings and the very act of trying to get the person to acknowledge that there may be an underlying hurt could set off more anger.

It is often more useful for the person to talk to a separate and experienced counsellor in order to try and make sense of what the underlying cause is rather than continuing to struggle to contain the anger. An initial exploratory session might help to start to make sense of the anger.

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## Joseph Who?

In our world of rush and manic schedules; when we have little or no time to ourselves, it's important sometimes to take stock; slow down and get a bit of 'me' time. There is no better way of achieving this than partaking in a course of Pilates. Great exercise; gentle and strengthening, allowing both your body and your mind a bit TLC.

**But what is Pilates and how long has this 'fad' been going on?**

Joseph Hubertus Pilates was born in Monchengladbach, Germany in 1883. As a child, Joseph was constantly under attack from asthma and other ailments. He turned to exercise and athletics to battle these illnesses and became a strong believer of the classical Greek ideal of a man balanced in body, mind, and spirit. He began to develop his own exercise system based on this concept. Growing into adulthood, Joseph was no longer the sickly child he had once been as he became an avid skier, diver, gymnast, and boxer.

In 1912, Joseph went to England where he refined his ideas and trained others in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise against resistance. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joseph's trainees died.


In 1926, Joseph emigrated to the United States. During the voyage he met his wife with whom he opened a fitness studio with in New York, sharing an address with the New York City Ballet. It is from here that Pilates spread.

Today, Pilates is practised by millions of people, including top athletes and sportsmen and women all over the world. Here's why:

1. Pilates works on your 'core' muscles. This means your abs, stomach and lower back muscles. Strengthening these improves your posture and helps towards the illusive 6-pack!
2. Pilates can ease back pain. At The Chiros Clinic, once your pain has been treated and targeted exercises have been completed, you are referred to Samantha Sidwell, their resident Pilates instructor to ensure complete recovery.

3. Instead of pounding away on the streets jogging, creating excessive wear and tear on your joints, not to mention going out in horrible weather, Pilates uses slow and controlled movements putting minimal impact on your joints.
4. Pilates strengthens your pelvic floor. Ladies, we've all been there. Too worried to get up on that trampoline? Don't want to jump around the dance floor too? Pilates can help.... Improves your sex life too!
5. Pilates is great for flexibility. Can't touch your toes? After a few sessions of Pilates you will. Increased flexibility is great, obviously, for movement but also for reducing injury.
6. It has been said that Pilates can actually boost your brain power. When Chinese researchers measured changes in women's brain activity after 10 weeks of Pilates training, they found an increase in the brain's alpha peak power, which is related to neural network activity, memory performance, and other cognitive functions.

**For more details on the Pilates Classes running at The Chiros Clinic, give them a call on 01264 324924. [www.chirosclinic.com](http://www.chirosclinic.com)**



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# Winchester People



This month the **Winchester Gazette** meets Paul McManus CEO of **Music for All**, one of the Mayor of Winchester's chosen charities

**Music for All** is a UK charity with a mission, that being "Making More Musicians" Music making is a life enhancing and life changing activity that should be able to be enjoyed by everyone. Music for All exists to bring the world of music making to as many people as possible in the UK.

### What do Music for All do?

They donate instruments and music tuition to individuals who need their help, make grants available to address the musical needs of community music groups and educational organisations plus they have free of charge 'Learn to Play' experiences to people of all ages and backgrounds. Overall, they promote the life changing benefits of music for all - hence the name!

### When was Music for All founded and by whom?

The charity was founded in 1996 by the MIA, the trade body for the UK Musical Instrument Association. Jools Holland who is passionate about music and the cause became our celebrity patron about 4 years ago.

### How did you feel to be chosen as one of the Mayor of Winchester's chosen charities for 2016/17?

Absolutely delighted, especially as we were chosen with no prior communications!

### How many volunteers/staff are involved with Music for All?

Our Board of Directors are all volunteers and I (as CEO) do the same, away from my "day job" running the MIA. We also have another bunch of people from across the music industry who also give up time to help the charity in any way they can.

### Does the charity take secondhand musical instruments?

Yes, many manufacturers give us slight "seconds" of instruments to give to the general public and we also appreciate any secondhand instrument donations



*"As a singer with the Waynflete Singers and a player of both the oboe and piano in my youth, and as the parent of three children who all benefitted from learning to play musical instruments or taking part in orchestras, bands and choirs, I am very conscious of the huge positive impact singing and learning a musical instrument can have. I chose Music for All as it is a national charity which supports schools, youth groups and many other people with instruments or grants, and encourages the learning of musical instruments. So often music drops to the end of the list in the national curriculum. I wanted to redress the balance towards music in a small way" - Mayor of Winchester, Cllr Rutter*

For further details of the Mayor's charities and events visit: [www.mayorofwinchesterscharities.co.uk](http://www.mayorofwinchesterscharities.co.uk)

from the general public. Any donation of this kind can really help make a difference.

### Do people with learning disabilities, mental and physical health problems find it helps live with their condition?

Music making has a transforming effect on so many people with special needs and we spend a lot of time trying to help them with our Grant Scheme.

Please see just a handful of stories (right) where Music or All are 'Making More Musicians' in the UK.

### How can the people of the city of Winchester support Music for All?

Many people in the past have made us their Charity of the Year (schools and businesses etc) which is fantastic and we even have people running marathons for us!

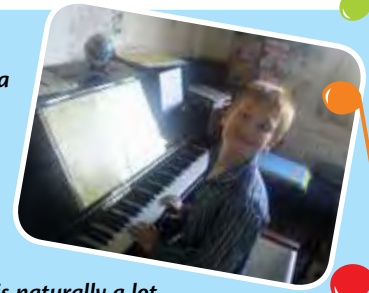
Plus anyone can help support our charity by donating via our Just Giving page [www.justgiving.com/musicforall](http://www.justgiving.com/musicforall) and donations of instruments are always appreciated too!

## Music for All - Making more Musicians around the UK

### Claus

Claus is profoundly autistic but has a savant profile, which has given him a musical gift. He has perfect pitch and can read a lot of theory. He can not only name notes, but chords as well! He has little expressive speech but comes to life at the piano. Claus has been learning piano from a specialist teacher with experience of teaching autistic children. Claus' Father wrote to Music for All to explain that his piano was near the end of its' life and the sticking keys and imperfect tuning were causing Claus much upset and hindering the benefits that playing music were yielding. A new piano is naturally a lot of money. The charity was able to work with the Felicity Belfield Trust and, together, the monies were donated to enable the purchase of the piano.

Outcome: Claus is making excellent musical progress and the picture says it all!



### Shaun Shears, Southampton

Shaun is a talented musician who uses his music (and comedy) to highlight both the challenges and opportunities for music and disabled people. He has both cerebral palsy and arthritis and playing instruments is obviously a challenge. Shaun wrote to Music for All asking if there were any musical products that could possibly help him to overcome his restrictions and to allow him to continue to make music. Music for All (with the support of Roland UK) donated a Boss Loop Station to Shaun. This product makes music-making for Shaun considerably easier to achieve and he has recently used it to support his recent debut at the Edinburgh Fringe.

Outcome: Shaun is passionate about encouraging other disabled people to use music to help their lives. He gets this message across in his performances and he is now promoting Music for All in all his endeavours, in case we are able to support other musicians with similar backgrounds.



### The Mandeville School, Ealing, London

Mandeville is a school for pupils with severe learning difficulties and who may have additional physical, medical and/or sensory disabilities or autism. The pupils come from a wide variety of cultural and social backgrounds. Carrie Lennard from the school approached Music for All to see if we could support her drive for the children to be able to make music using music apps and Soundbeams. The children in "Dolphin" class are all in wheelchairs and all are restricted in physical movement, often limited to some hand flexibility or even just their heads. Carrie had a vision to try and find a way for the children to actually make music, in spite of their restrictions. Carrie is a musician herself and was always clear on the therapeutic and sheer enjoyment impact that making music could have on the children Music for All donated an individual Ashton amplifier for each child in the class and another charity was able to donate a number of iPad's to go with them.

Outcome: By using music apps and the soundbeams, every child is now able to make their own music which (using the individual amplifiers) can be balanced with all the other children's music.



Music for All

Address: Bailey House, 4-10 Barttelot Road, Horsham, West Sussex RH12 1DQ

Tel: 01403 800500 Fax: 01403 260746 email: [mfa@mia.org.uk](mailto:mfa@mia.org.uk)

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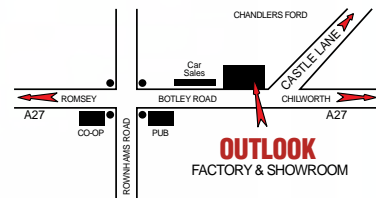
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## Free Wills for people 55 and Over in Berkshire, West Hampshire (excl. Southampton) and New Forest



Marie Curie has joined forces with Solicitors in Berkshire, West Hampshire (excluding Southampton) and New Forest, including Shentons Solicitors and Mediators, Mason-Apps Smallmans & Co, Clifton Ingram Solicitors LLP, Gateley PLC, KJ Smith Solicitors, MacAuley Solicitors, Heppentalls Solicitors

Ltd, Richard Griffiths & Co, Forest Edge Solicitors, Talbot Walker LLP, Kirklands Solicitors and also with Irwin Mitchell who will facilitate online and postal enquiries, to provide a free Will-writing service to people aged 55 and over. The scheme called "Wessex" is open from 1st February 2017 until 30th April 2017 for anyone aged 55+ who is considering having their Will written or amended.

The Marie Curie Free Wills Scheme offers people the opportunity to make or amend their Will, with the option to include a gift to support the charity's work in the future. The Marie Curie Nursing Service provides free home nursing care to people with a terminal illness, 365 days a year.

Will writing specialists at each of our partnership Solicitors, will be on hand to offer advice and support under the scheme, which offers a limited amount of free Wills on a first-come, first-served basis. There is no obligation to leave a gift to the charity, however, the hope is that many will use the scheme to settle their affairs and support Marie Curie's work.

Toni Denyer, Legacy Advisor for Marie Curie, said: "A Will written by a solicitor is the best way to ensure that your family, friends and favourite charities will benefit exactly as you would wish. Statistics produced by the Law Society of England and Wales show that roughly two-thirds of people over 50 do not have an up-to-date Will."

Elizabeth Pollard, Partner and Head of Probate at Shentons Solicitors in Winchester, said: "We hope this campaign will encourage people to have a Will written and consider leaving a gift to Marie Curie at the same time. The more money we raise for Marie Curie, the more free care the charity can offer, and gifts left in Wills can help to ensure these services continue into the future."

For your Free information pack or for more details about the scheme, please contact either:

Toni on 01883 832639  
or email [toni.denyer@mariecurie.org.uk](mailto:toni.denyer@mariecurie.org.uk)

Donna on 01883 832647  
or email [donna.desouza@mariecurie.org.uk](mailto:donna.desouza@mariecurie.org.uk)

**About Marie Curie**  
Marie Curie is the UK's leading charity for people

with any terminal illness. The charity helps people living with a terminal illness and their families make the most of the time they have together by delivering expert hands-on care, emotional support, research and guidance.

Marie Curie employs more than 2,700 nurses, doctors and other healthcare professionals, and with its nine hospices around the UK, is the largest provider of hospice beds outside the NHS.



David Watson - Shentons Solicitors, Wendy Savage - Marie Curie Community Fundraiser, Mayor of Test Valley Cllr Karen Hamilton, Toni Denyer - Marie Curie Legacy Advisor, Melanie Armstrong - Shentons Solicitors, Katie Rowles - Shentons Solicitors

## Our free Will offer for you

Having a Will brings you peace of mind. And if you're aged 55 or over, you can now get your Will written for free until 30th April 2017, thanks to Marie Curie's partnership with solicitors in Berkshire, West Hampshire (excl. Southampton) and New Forest.



For more information and for your free pack, please contact Toni Denyer, Legacy Advisor on 01883 832639 or email [toni.denyer@mariecurie.org.uk](mailto:toni.denyer@mariecurie.org.uk)



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## Sparsholt College is first land-based college to open a Microsoft Academy

Sparsholt College, in partnership with IT services company risual, is the first land-based college in the UK to open a Microsoft Academy to tackle the serious digital skills gap in the region. At a busy launch event with over 50 delegates the College has introduced future-proof and relevant Apprenticeships in IT and Telecommunications which will upgrade skills through Microsoft certification.

The Academy provides exciting opportunities for local businesses in need of digital upskilling with a new suite of courses and Apprenticeships from the latest in cyber security to cloud infrastructure technicians. It affords welcome opportunities to businesses so they too can address skills gaps such as digital marketing within their own organisations. The new suite of exciting IT, software, web and telecoms professionals Apprenticeships will be accessed by wider business community to train their next generation of IT professionals.

During the launch local businesses heard from a number of key speakers including Microsoft, the founder of risual and the Enterprise M3 Local Enterprise Partnership (LEP). The stand out message throughout was that every business is now a technology business and every business should have a digital skills-set at the heart of it.

Tina Jones, Director of Education at risual, said: "It's vital that colleges recognise the importance of equipping young people with digital skills and we're delighted that Sparsholt has brought us on board to help. It's essential that colleges like Sparsholt continue to innovate and challenge young people to do more with Apprenticeships. We're hoping

that everyone at the College will be able to reap the benefits of having a risual Microsoft Academy, as digital skills are a key driver for employment in all sectors."

As well as being the first land-based college to open a Microsoft Academy, Sparsholt is the chosen partner for the Enterprise M3 Local Enterprise Partnership (LEP). The LEP has provided part of the funding for the Academy, through Local Growth Funds, in line with its digital strategy for engaging SMEs and employers with the digital agenda. The Enterprise M3 LEP covers mid to North Hampshire as well as South and West Surrey and only one academy is to be opened in each of England's LEP regions.

Addressing the gathering Geoff French, CBE, Chair of Enterprise M3 LEP said: "Education and skills are the single most important factor in driving economic growth and digital skills are now essential in today's technology-driven world and it is one of the LEP's priorities to ensure that the right quality and quantity of such skills are available; this is essential to help drive productivity and achieve the vision for economic prosperity in our area."

The Enterprise M3 area is one of the most productive and fastest growing digital economies in the UK and is playing an important role in encouraging growth in other areas.

Geoff French added: "Enterprise M3's rural economy is of considerable importance with 15% of its economic output generated from rural locations. This academy will help develop the future digital professionals in this important economic area which will be a



Geoff French from EM3 LEP, Satpal Biant from Microsoft City Next, Sparsholt College Principal Tim Jackson, Tina Jones and Alun Rogers from risual

necessity for all businesses, and it is good to see rural businesses being supported directly." Martin Simmons, Deputy Principal said: "We see education being transformed through technology and the digitalised world demands that all our students have the very latest digital skills alongside their advanced technical skills. This Microsoft Academy will change the face of the provision here at Sparsholt. The Academy will enable the next generation of land-based employees to be true digital natives.

"Every member of the Sparsholt teaching team now uses the latest IT equipment to support learning and improve the digital skills of students, improving their employability and ability to run their own businesses successfully in the modern world. The Academy, fully equipped with the very latest technologies, will enable digital skills to be embedded within the curriculum and provide resource and training for specialist lecturers".

The College's Academy opening co-incided with an announcement last Thursday from Microsoft who launched a programme to teach digital skills to people across the UK to ensure the country remains one of the global leaders

in cloud computing, artificial intelligence and other next-generation technologies. The company is to train 30,000 public servants for free in a range of digital skills and has committed to making sure everyone in the UK has access to free, online digital literacy training. Additionally, Microsoft is also launching a Cloud Skills Initiative, which will train 500,000 people in the UK in advanced cloud technology skills by 2020.

The risual Microsoft Academy launch places Sparsholt College firmly in the vanguard of this movement.



Risual Microsoft Academy at Sparsholt College official launch



Sparsholt College students in risual workshop with Molly from risual

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## BBC Presenter Andrew Harvey visits Henry Beaufort School

In January, Year 8 were paid a very special visit by renowned broadcast journalist and presenter, Andrew Harvey. Andrew was invited into the school to be interviewed about his time on the television and with the BBC. He first gave the whole of Year 8 a talk about what it means to be a journalist and how they might get into the field. He answered their questions before heading to the library with our budding reporters to be quizzed further - this time, on camera!

When asked about his visit Andrew Harvey said, "What a great audience. The pupils were terrific - attentive, questioning and thoughtful. If only I could say the same about all the politicians I've interviewed!"

The full interview can be found on our school website [www.beaufort.hants.sch.uk](http://www.beaufort.hants.sch.uk)

We have lots more interviews scheduled this term in the run up to the BBC School Report 'News Day' on Thursday 16th March.



The students filmed on the green screen which means they could add whatever backdrop they wanted to afterwards



ANDREW HARVEY  
Breakfast Broadcast Journalist  
BBC WINCHESTER

## St Swithun's Junior School U10 netball team win their second tournament in the space of two months



The U10 netball team from St Swithun's Junior School, Winchester have won their second tournament in the space of a couple of months. Having previously won

the Portsmouth Grammar School tournament in November they have now won the Durlston Court School, New Milton tournament.

Ten competing teams were split into two groups with the St Swithun's U10 team playing Dumpton, Stroud, Walhampton and Bournemouth Collegiate School.

The St Swithun's team played well, winning all their games and progressing to the semi-final where they played the second placed team in the other group, Ballard. The team had a significant win of 13 - 0 in this game which put them up against the host team Durlston Court in the final.

There were some tense opening moments as the teams traded a goal each but then the St Swithun's girls play started to flow and they won with a final score of 14 - 2.

Director of sport at St Swithun's Junior School Roger Marshall said "What really impressed me was the way the girls took control of the pre-final talk, leaving me rather redundant! It was great to see their confidence, understanding and team spirit shine through".

The St Swithun's U10 team was: Emily Maclay, Isabella Bruce (capt), Emilia Richards, Isla Fanshawe, Hermione Murray, Imogen Watson, Amelia Johns, and Elfye Richards.



St Swithun's Junior School U10 netball team

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## New Beauty Training Centre opens in Andover, Hampshire



Dorthe Thomas, owner of Dorthe Thomas Spa in Andover, has recently launched Hampshire Beauty Training at her thriving salon on Andover's High Street. At the training centre Dorthe and her experienced therapists offer all levels of training from complete beginners wishing to fast-track into the beauty industry to existing therapists looking to update or enhance their existing qualifications.

Dorthe comments, "if you want to work in the industry; in a Medi-Spa, as a mobile therapist, on a cruise



ship or in your own salon, Hampshire Beauty Training can offer you a fast and flexible way of making your dream a reality."

The team are dedicated to providing high quality, accredited training courses in advanced Medi-Spa treatments such as VTCT level 4 Laser and IPL. Dorthe continues, "many therapists currently working in Laser and IPL aren't aware that as of September they will have to have completed their Level 4 to continue working in these areas. Hampshire Beauty Training can help these therapists to quickly and conveniently update their qualifications through a fast-track or 1-2-1 VTCT level 4 training course."

As well as offering NVQ Levels 2 and 3, training is also provided in holistic and essential beauty treatments, nails, massage and eyelashes. The extensive range of courses on offer are being continually updated to provide training that incorporates the most cutting edge technology and techniques in the beauty industry. Dorthe works alongside advanced anti-aging brand Cryosthetics and is certified to provide training on their CryoPen, Cool Lift Gun and Lipocontrast.

*To find out more about the courses on offer call 01264 748300 or visit [www.hampshirebeautytraining.co.uk](http://www.hampshirebeautytraining.co.uk)*

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### AN IMMEDIATE PROPERTY TRUST (FOR COUPLES OR SINGLES)

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\*For this strategy to be legal and work effectively, avoiding care home fees MUST NOT be the sole motivating reason for setting up the Trust (it's perfectly legal for it to be a subsequent benefit after the fact) - protecting your children against losing half their inheritance through divorce, your partner remarrying after your death or ensuring your children's inheritance does not add to their estate for inheritance tax purposes for example must be some of the primary reasons stated to name but a few. Also it must be done at a time when you have not been diagnosed with any condition that would give you reasonable cause to believe that going forward you would be likely to need to go into care.



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





## 'Voice' - Chocolate Muffin Publishing and Hampshire Healthwatch Community Cash Fund project

Chocolate Muffin Publishing work with children, young people and adults, of all abilities across the UK, providing confidence-boosting creative writing workshops.

In 2016 CMP were awarded a grant through the Healthwatch Hampshire Community Cash Fund.

[www.chocolate-muffin.com](http://www.chocolate-muffin.com)

For 2016/17, Hampshire Healthwatch are focusing on collecting the feedback from Mental Health service users. Chocolate Muffin Publishing will use the grant to focus on those with organic and functional mental disorders. The people taking part will produce their own story of what it's like living with mental health and experiences of attending mental health services. Stories will be designed, printed and published into individual books and shared with commissioners and providers of services to encourage improvement within mental health services.

CMP have chosen to work with individuals suffering with;

- Selective Mutism
- Bi-polar disorder
- Depression
- Substance misuse
- Alcohol misuse

They are also working closely with families, carers and service providers in order to gather feedback on their experiences with Mental Health services within the NHS.

**Groups and charities participating include;**

**Hampshire DAAT (Hampshire Drug and Alcohol Action Team),**

**Inclusion Recovery**

**Hampshire Active Recovery Community (ARC) - a voluntary peer-led community group providing recovery-focused mutual**

**aid support for those affected by substance misuse.**

**Square Pegs Charity - a community based charity HUB, providing well-being clubs and workshops for all.**

**Individuals residing in Hampshire supported through SMIRA - Selective Mutism Information and Research Association**

"The idea behind this project is to gather enough feedback from Mental Health service users and their families on their experiences on Mental Health services within the NHS. This information will be given to Healthcare commissioners and service providers with a view to raising awareness of certain Mental Health disorders and encourage improvement in services for Mental Health Service users. Creative writing, poetry, art and music can all benefit mental health, but it's not always easy to put pen to paper, especially if you are writing your life's journey. Well, individuals attending Inclusion Recovery and ARC lunch club sessions in Winchester have done just that. Stories were written over several weeks and will be presented at a special book launch later this year.

Members of ARC lunch club are also busy compiling recipes for their new cookbook called, yes you've guessed it, 'Lunch Club - One pot wonders'. We are currently looking for funding for this project. Funds raised from book sales will go to ARC.

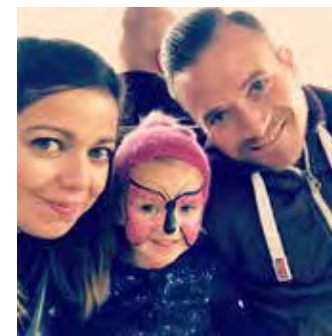
Before embarking on this project, I had little knowledge of Selective Mutism. After working with a number of Hampshire families who have a child with SM, it is apparent that there is very little knowledge and understanding of Selective Mutism within schools and amongst some medical professions, providing little support to sufferers and their families. The project has also funded the publication of a book called 'Honey's Magic' by first time Author and

Illustrator - Susmita Roy. Susmita first became aware of the anxiety of Selective Mutism whilst working as an Ethnic Minority teacher with Hampshire County Council. Honey's Magic has been written to raise awareness of SM in schools and the medical world and will be available to purchase by Autumn 2017."

Kate Day - Founder Chocolate Muffin Publishing.

Zoe Nicholson and husband Paul from Hampshire, whose daughter Charley suffers from SM have also written a book to raise awareness.

"This project even in just a short amount of time has already helped us a great deal. Firstly with me sharing on social media with our friends and family about our journey in writing and illustrating a book about Charley and her SM. It has encouraged others to take a bit more notice and actually understand that Selective Mutism is a condition which impacts Charley's life daily. It has in some ways given me a bit more confidence and determination to fight Charley's corner so to speak. Looking back I have found at times I haven't gone to the effort to explain to people about SM because more often than not they don't understand. But this book and having to really think about in great detail how my little girl suffers every day has spurred me on to raise more awareness. It has also made me realise how bad the support is from the NHS with this condition and think



Zoe, Charley and Paul

long term about how this needs to improve before SM children become adults, where if left untreated an anxiety condition can cause so many problems later in life.

As a family unit

it has truly been a wonderful experience. Having our 3 year old Charley gaining a clear idea on what goes in to creating a book. Charley loved helping with the illustrations and it ignited her imagination no end. So as well as drawing pictures for the book Charley also had us drawing pictures of many things that have come to her mind, from sea turtles to unicorns, we could easily illustrate another book at this rate. Charley has been mixing watercolours and proudly tells me how to mix them to achieve the colour she is looking for. It's been thoroughly enjoyable and beneficial to us on Charley's journey with SM. Thank you for allowing us to take part with this project."

Zoe Nicholson

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## Could you provide a stable and loving home for a vulnerable adult?

Hampshire County Council is looking for people for whom caring comes naturally, and can provide a stable home environment for adults with health and social care needs - who need extra support to live in their communities and enjoy an independent life.



A Shared Lives Carer offers a 'family' home to a person with either a learning or physical disability, who is living with mental health issues, or is elderly and frail and unable to live independently on their own.

Councillor Liz Fairhurst, Hampshire County Council's Executive Member for Adult Social Care, said: "Many thousands of people look to the County Council for support each year, to help them to live independent lives, and we want to support them to do so in the most appropriate way. This means understanding that different approaches work for different people. Shared Lives caring is a very different way of supporting people who want to live independently in the community, but who need help to do so."

"Shared Lives carers are very special people who open their homes to others who are not able to live on their own. Every Shared Lives carer brings their own unique skills and experience, but what all carers have in

common, is a desire to help people - and room at home to do so."

Hampshire County Council's Shared Lives scheme 'matches' people who need support with carers who have been approved by the scheme. Carers will help those they care for to develop or maintain independent living skills, friendships and inclusion in their community. They are able to work flexibly around their own commitments and provide:

- **Short breaks** - such as a weekend or when a family carer needs a break, or
- **Long term care** - having a person living with them on a long term basis

Anyone interested in becoming a carer will be assessed to ensure the scheme is right for them, and will receive full training, regular support and a weekly allowance.

### Who can be a carer?

- Couples or singles
- With or without children
- Young or not-so-young

For more information visit the Shared Lives web pages [www3.hants.gov.uk/sharedlives](http://www3.hants.gov.uk/sharedlives)



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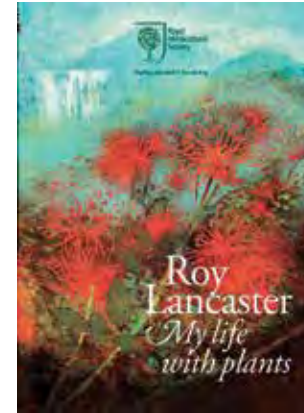


## My Life with Plants

By Roy Lancaster



Price: £25.00 Publication date: 23rd March 2017  
 200 photographs of people, places and plants  
 Published by Filbert Press in association with the RHS  
 \*\* Published in Roy Lancaster's 80th birthday year \*\*



"Now in my 80th year I can look back on a journey that has taken me through some of the world's most exciting wild and garden landscapes and brought me experiences that have been enriching as well as humbling. My childhood ambition was to

be an engine driver in the age of steam but fate had other things in mind and I have never once experienced regret." Roy Lancaster in his introduction.

Celebrated plantsman Roy Lancaster's birth on 5th December 1937 was the start of something big for plants and horticulture. His chance find of a Mexican tobacco plant in a local allotment brought him fame as a Bolton schoolboy and sowed the seeds of his future



career. My Life with Plants is the story of his adventures with plants: from learning the ropes as a young apprentice to curatorship of the Hillier Gardens and Arboretum and a dynamic freelance career. His enthusiasm for the natural world is exhilarating as he describes seeing

tropical plants for the first time in the jungles of Malaya, visiting Roberto Burle Marx's garden in the hills behind Rio de Janeiro, and hunting for pitcher plants in North America.

Roy Lancaster CBE VMH FI Hort FLS is a world-renowned plantsman. Born in Bolton, Lancashire in 1937, he was a popular presenter on BBC TV Gardener's World and panellist for Radio 4's Gardener's Question Time. His gardening career began in the Bolton Parks Department aged 15. Roy Lancaster has received numerous awards for his contribution to horticulture including the Veitch Memorial Medal in 1972 and prestigious Victoria Medal of Honour in 1989. He was made an Honorary Doctor of Science by the University of Bolton in 2010 and by the University of Winchester in 2016. These were followed by an OBE for services to horticulture in 1999 and a CBE in 2014. He holds many positions of authority in the plant world including President of the Maple Society, President of the Hardy Plant Society and Vice President of the Royal Horticultural Society. He is the author of two classic books on plant hunting Travels in China and A Plantsman in Nepal as well as a number of other popular books. His fathomless plant knowledge, popular plant introductions and continuing curiosity about the natural world make him an inspiring figure for gardeners and young horticulturalists.

**Meet Roy for a book signing Friday 7th April - 10.30am - 11.15am and 2pm - 2.45pm.**

For further information, or to speak to Roy Lancaster, please contact:  
 Emma O'Bryen, Publicity,  
 Tel: 020 7619 0098/Mob: 07505 659641,  
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**1st - 5th THE ROMANTIC THREAD IN BRITISH ART** - An exhibition exploring the reoccurring theme of Romanticism. Venue The Discovery Centre. Time 9am - 7pm. Free Entry. Contact 01962 873 603 or Email enquiries@hampshireculturaltrust.org.uk

**2nd - 5th WE'RE GOING ON A BEAR HUNT (FAMILY THEATRE)** - Direct from a smash-hit West End and international tour. Michael Rosen's award-winning book We're Going On A Bear Hunt is brought vividly and noisily to the stage in director Sally Cookson's fun-filled adaptation set to Benji Bower's versatile lively score. Venue Theatre Royal. Time Variable. Price Tickets £13 Family £46 (4 tickets inc. 1 adult and 1 child). Schools/Groups £10.50 Friends Offer 2 for 1 on opening performance. Contact 01962 840 440 or Email boxoffice@theatreroyalwinchester.co.uk

**4th JANE AUSTEN TOUR WITH COFFEE AND CAKE** - Visitors can enjoy an intimate and often amusing insight into her life and connections with the Cathedral. Venue Winchester Cathedral. Time 10am - 11am. Price £12.50 (plus 75p per ticket booking fee, capped at £5) Includes tea or coffee and cake taken in the Cathedral Refectory after the tour. Contact 01962 857 275

**6th HEAVEN EYES** - A poetic but gritty story about young people trying to find their way in the world adapted for the stage by internationally acclaimed children's author, David Almond. Venue Theatre Royal. Time 7.30pm. Price £16 Concessions £13.50 Schools/Groups £11. Contact

01962 840440 or Email boxoffice@theatreroyalwinchester.co.uk

**8th NATIONAL TRUST WINCHESTER ASSOCIATION PRESENTS** - The Private Lives of the Tudors A Talk by Tracy Borman, Chief Curator of Historic Palace. Venue Guildhall Conference Chamber. Time 7.30pm. Price: £12 - Seats Unreserved. Contact: Elisabeth Wicks 01962 862510 for more information

**11th WINCHESTER BOOK FAIR** - Antiquarian and second hand books to suit all budgets and interests. Venue Winchester Discovery Centre. Time 10am to 4pm. Free entry. Contact winchesterbookfair@gmail.com

**15th ABC BABY CONCERT CELLO AND PIANO** - Concert with music by composers such as Gounod, Popper, Schubert, Rubenstein, and Saint Saens for babies, toddlers and their families/carers. Venue United Reformed Church. Time 11am. Price Adults £6 Children Free. Contact 07764744046 or Email neil@abconcerts.com

**LAKMÉ** - Enjoy this critically acclaimed Swansea City Opera set in India during the Raj of the 1880's sung in English and accompanied by a chamber orchestra. Venue Theatre Royal. Time 7.30pm. Price Tickets £25 Concessions £22.50. Friends £22 Schools/Groups £11.50 Contact 01962 840 440

**18th SPARSHOLT W.I JUMBLE SALE** - Bric a Brac, Jewellery, Cakes, Books and Ladies/Gents Fashion. Venue Sparsholt Memorial Hall, SO21 2NR. Time 11am. Price 50p

**20th & 21st PINK MIST** - A story of three young men deployed to Afghanistan. As the physical and psychological aftershocks of war take their toll on the loved ones they left behind. Venue Theatre Royal. Time 7.30pm. Price Tickets £22 Concessions £20.50. Friends £20 Schools/Groups £12. Contact 01962 840440

**23rd HOUNDS FOR HEROES CHARITY CURRY & QUIZ NIGHT** - A quiz event all in aid of Hounds for Heroes Charity Funds raised will help towards training assistance dogs for injured and disabled Armed Forces and civilian emergency services. Venue Holiday Inn. Time 7pm. Price £14.95 per head. Contact 01962 670 700 or Email Sarah.Waddington@hiwinchester.co.uk

**25th SOMBORNE SESSIONS; DANA IMMANUEL & THE STOLEN BAND** - Dana and her all-girl Stolen Band have been getting feet stomping across the UK folk, blues, Americana and rock scenes. Venue King Somborne Village Hall. Time 7.30pm. Price £12.00 (£14.00 on day of performance). www.sombornesessions.co.uk

**MOTHER'S DAY CELEBRATION CHOCOLATE WORKSHOP FOR 2** - Have fun creating your own unique chocolates using the finest ingredients for you and your Mum to enjoy. Venue Chocolate Craft. Unit 1, Upton Park Farm Old Alresford. Time 10am - 12.30pm. Price £95. Contact 01962 732 731 or Email sales@chocolatecraft.co.uk

**26th CAMILLE O SULLIVAN: THE CARNY DREAM** - Come along to see the Queen of the Edinburgh Festival" (BBC) and original star of Olivier award winning LaClique perform. Camille O'Sullivan enjoys a formidable international reputation for her intensely dramatic interpretations of the songs of Brel, Cave, Waits, Bowie and more. Venue Theatre Royal. Time 7.30pm. Price £21.50. Contact 01962 840 440 or Email boxoffice@theatreroyalwinchester.co.uk



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