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ISSUE No. 266
SEPTEMBER 2016



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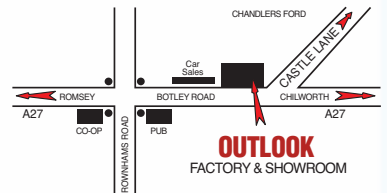


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Welcome



to the September Romsey and Wellow Local Magazine.

For quite a few years my September welcome letter has usually started... "Well our Summer is nearly at an end..." but as I am writing this to you only a 3rd of the way into August and delivery starts on the 19th August, I cannot really make this comment. At this moment in time the weather is glorious.

BUT - there is always a but - we cannot ignore the fact that Christmas will be looming upon us very quickly and within the magazine you will find a feature with ideas of where to go for the Christmas Party.

Another new feature is a Business Profile. If you have a business that you would like to shout about please don't hesitate to get in touch with me - angela@thegazettes.co.uk - and we can have a chat about what we can do for you.

It just remains for me to say to you I hope you enjoy the rest of the summer. Take care in everything you do.

Angela

READ ALL ABOUT IT!

Looking for help to publicise a community or charity event?

Romsey and Wellow Gazette's Facebook page has many followers and posts daily news - an ideal platform for charitable organisations. Join us on our Facebook page: www.facebook.com/romseyandwellow.

Find us on



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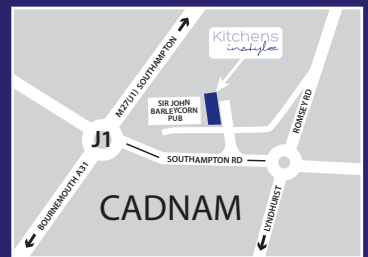
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COMMON MISTAKES PEOPLE MAKE WHEN DESIGNING A BATHROOM

Ripples Designer **Gemma Owen** takes a look at the common mistakes people make when designing a new bathroom

Mistake #1

CHOOSING THE WRONG TILES

A tile will look very different on its own, compared to how it looks when it's in place in your bathroom. It's absolutely vital that people think about where they want their tiles placed, the colour and the size, before they make a final decision, these decisions will have a huge impact on the overall design of the bathroom.

"It's about putting together an entire package at Ripples, working with a specialist eliminates the chance of mistakes occurring. We work with a customer from start to finish offering advice and guidance"

Gemma Owen, Designer, Ripples

When it comes to tiling there's a lot more to think about than people first realise and the style of the room will impact which tiles I would suggest someone picks, if a customer is looking for a contemporary finish, then I'd suggest we look at rectified tiles, the thinner grout lines will give you a crisp clean finish, through-body porcelain tiles (where the tile is the same colour throughout) will ensure that we don't need to use tile trims and if a customer has a smaller bathroom, then I would suggest we look to use larger tiles to create a bigger feel.



A Ripples Bathroom

Mistake #2

CHOOSING INCOMPATIBLE PRODUCTS

Choosing products that are incompatible with your home are often a mistake that people make. It's my job as a specialist to work with a customer to ensure that we can work around the constraints, so that we can create the customer their dream bathroom.

For example, not understanding your water system will hugely affect what someone can buy (eg: gravity fed system, combination boiler and pressurised system). Knowing what type of water pressure you have and how it's supplied to the bathroom will allow you to maximize the choice of product you specify and allow you to achieve maximum flow rates in your new bathroom.

Mistake #3

NOT CONSIDERING USE AND LIFESTYLE

When I design a bathroom I really need to understand the lifestyle of my customers, that's why it's really important to visit their homes first. I ask my customers how they use their bathroom, who uses the bathroom and how much time they spend in their bathroom. By asking these questions I can slowly start to build an understanding of their requirements and design them the perfect bathroom.

If a customer has children, then I would be suggesting we look at low-line baths, or perhaps if they like a selection of beauty products in their bathrooms, I'd be talking to them about storage solutions that work in the space they have. A specialist will be taking in to account the lifestyle of a customer to ensure these personal touches don't go unmissed.

"A Ripples designer will tailor your bathroom depending on lifestyle".



Bisque available at Ripples

Mistake #4

NEGLECTING FINISHING TOUCHES

I always suggest to my customers that they should retain a small amount of budget to allow for finishing touches, these touches will really help to perfect the bathroom once we finish designing it and it's installed. It's important to think about doors and door handles, lighting, windowsills, blinds/shutters and paint too. Sometimes things like this can be overlooked and they make a huge difference.

Mistake #5

NOT SPENDING ENOUGH

As in all walks of life, you do generally get what you pay for. Cutting costs will inevitably impact in the longer term. If a customer spends more on a product, they will find that they are more innovative, design-led and most importantly better quality. Spending money on installation should also be a high priority. The thing most likely to ruin a bathroom design is how it's fitted. If you don't spend enough on a good quality installer then the designs might not become a reality.

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ROMSEY SHOW ROCKS

In its 174th year Romsey Show, on Saturday 10th September, is still introducing new and exciting elements for visitors and exhibitors.

New this year -

- A day themed around 'Forestry' with both main ring and static displays
- A Pageant featuring 100 years of Motorised Transport
- The Rockwood Dog Display team
- The Pony Club are gracing the main ring
- The Scouts, Cubs and Beavers celebrating their 100th and 30th anniversaries
- Hand-to-Mouth Theatre and their Jiggery Pokery show
- A Performance Stage organised by the Romsey Beggars Fair

Returning -

- The ever popular Parades of Traction and Vintage machinery, Grand Parade of cattle and sheep, and the beautifully turned out Heavy Horse Parade
- Falconry, Rare-breed British spaniels, gun-dogs, fly-fishing, the manic Terrier racing and the open-to-all Family Dog Show in the Countryside area
- Musical entertainment on the main Bandstand in the Food Zone picnic area
- Superb quality exhibits of cattle and sheep, along with displays of pigs, buffalo, poultry, cage-birds, rabbits and cavies. Oh, and don't forget the otter!
- Juggling Jim and the Punch and Judy show are returning again, as are Romsey Archers and Winchester Guild of Bellringers.

There are browsing and retail options aplenty with around 500 trade exhibitors (both inside our Shopping and Rural Industries marquees and outside around the showground), offering everything from pencils to clothes, garden plants, property, cars and tractors. There really is something for everyone and you're sure to find a gift for that 'someone special'.

Our Food Zone, dedicated to local and/or artisan food and drink, is the place to head for refreshment and relaxation. The Demonstration Theatre and Bakery demonstration will inspire, and the Kids Kitchen will enthuse the youngsters.

"Once again our various committees, all volunteers, have worked long and hard to put together what promises to be an amazing show," said Penny Grabham, Show Chairman. "We are extremely grateful to each and everyone one of them as the show just would not happen without their skill, knowledge and commitment".

This year's President, Mr Malcolm Hartas, added "that the show is also extremely grateful to all its supporters, whether volunteers stewarding the many aspects of the show, or sponsors showing their support financially. Each and everyone, no matter how long the help or how much they give plays a vital role in making the show the success it undoubtedly is."

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Romsey Film Festival 2016

Event dates: Saturday 24th September to 1st October 2016

We are pleased to announce the final line up for Romsey's second annual Film Festival, developed from the popular community cinema run by Romsey Town Council in our Town Hall the event will offer a range of films through the week.

The event will open at Romsey Plaza Theatre on Saturday 24th with a sing along "Rocky Horror Picture Show" (15) showing at 8pm; with prizes for those who capture the scene with appropriate fancy dress.

On Monday 26th we move to the upper room of the Town Hall for screenings of the 2016 version of Disney's "The Jungle Book" at 3.30 and 7pm.

On Tuesday 27th at 7pm showing at the Town Hall "Lady in the Van", returning by popular request.

On Wednesday 28th in the afternoon at King John's House enjoy a delightful "Miss Moody's" cream tea whilst watching the 1922 digitally remastered film "Robin Hood", King John returning to a building he is alleged to have visited!

Wednesday evening we go all Italian with "Pranzo di Ferragosto" (U) (translates as "Mid-August Lunch"), 7pm for 7.30pm. This evening showing is arranged in conjunction with Romsey Twinning Association who invite the audience for wine and nibbles before the film to hear about their various twinning activities. The film will be shown in Italian with English sub-titles.

Thursday 29th in the evening is a co-venture with the World War One project being led by our local United Reform Church, after launching an exhibition of their work in the URC at 6pm the audience will move next door to the Town Hall to view at 7.30pm a silent movie made at the "Battle of the

Somme" in which so many men of Romsey and Hampshire served and died.

With a moving sound musical accompaniment this will be both a historical and poignant reminder of so many local lives lost. The film has recently been remastered by the Imperial War Museum and this is a rare opportunity to see it on a large screen in Romsey. This is a free event and does contain actual battle scenes which some people may find distressing.

On Friday 30th September we return to modern films with our first screening of "The Revenant" (15) at 7pm. Released in 2015 and starring Leonardo DiCaprio, it is the story of survival set in 1823 within uncharted American wilderness.

On Saturday 1st October at 2.30pm we are set to repeat the success of last year's historic railway films by showing the 1953 "Titfield Thunderbolt" starring Stanley Holloway, a railway comedy filmed in glorious Technicolor mostly on the branch lines of Somerset. We will also screen some famous railway shorts in the interval.

Saturday evening we are showing "Top Gun" at 7pm in the Town Hall, starring Tom Cruise as a pilot at the US navy's prestigious fighter weapons school, stunning cinematography and fantastic sound track.

Throughout the week the National Trust at Mottisfont will be screening "Elemental Dialogues - Water" (2016) by Anna Cady in The Cellarium (40 minutes on continuous loop) 10.00 to 4pm daily through Festival. 'Water' is the third in the 'Elemental Dialogues' series, exploring what happens when a short film is given to a network of writers



and sound artists with the original soundtrack removed. Each contributor produces an interpretation, which is then re-embedded in the film, creating new works, each of which tells a different and sometimes unexpected story. 'Water' was filmed in, on, and around the chalk streams of Hampshire.

The event is made possible by generous sponsorship from Bradbeers and Winkworths of Romsey and support from Romsey Town Council in particular the Town Hall staff who sell tickets and staff the film screenings.

The event is one of a number of interim events leading up to Romsey Festival 2017, 1st July to 16th July 2017.

Tickets are available for Romsey Town Hall events from our office, open 9am to 3pm or on-line at: www.ticketsource.co.uk/romseytowncouncil

Tickets for the Plaza Theatre showings are available from (TIC) 01794 512987 or on-line at www.ticketsource.co.uk/plazatheatre

Tickets for King John's House event will be available from Romsey Heritage Centre - 01794 512987 & KJH

National Trust Mottisfont, normal admission arrangements & charges apply.

Mark Edgerley says, "We are really pleased to bring a range of films to this year's Romsey Film Festival, offering an opportunity to see films on the big screen in the town in the company of friends. With our partners

at the Plaza Theatre, King John's House and the National Trust we believe we have an offering for all ages and interests"

For further information please contact:-

Mark Edgerley, Romsey Town Centre Manager

Email: tcm@romseytc.org.uk
Mobile: 07850 449484
Direct: 01794 517014

Romsey Town Council, Town Hall,
1 Market Place, Romsey, SO51 8YZ

Or please contact main RTC office,
01794 512837



Elvis Night

In aid of the Mayor of Test Valley Charities
(Andover VIP's, Test Valley Community Services, Enham Trust and Romsey Young Carers)

Date: 7th October, 2016

Time: 7pm - 11pm

Place: Masonic Hall, East Street, Andover

Details: Two course dinner with cheese

Dress code: Party attire (50's/60's fancy dress is optional)

Tickets: £32.50

Contact: For tickets, please contact Sharon Goodridge on sgoodridge@testvalley.gov.uk

Join some of the area's most successful businesses to celebrate the Test Valley Business Awards 2016!



Join over 200 local business representatives to find out which of this year's 18 finalists will be crowned the winners of the Test Valley Business Awards 2016

With only a few weeks to go until the Test Valley Business Awards Gala Dinner & Awards Ceremony on 22nd September, now is the chance to book tickets to this prestigious event.

With over 200 local business representatives attending the evening for welcome drinks and a sumptuous 3 course meal prepared by Michelin award-winning chefs McCrimmon & Reid, the Awards Ceremony presents a unique opportunity to network, make new connections and promote your business to likeminded and passionate business people.

The exciting culmination of the 8 month Awards competition will see just 6 of this year's 18 finalists be announced the winners of the Test Valley Business Awards 2016.

The Test Valley Business Awards 2016 finalists are:

Doing Business Locally Award – sponsored by Taylored IT

- Abbotts Ann Village Shop & Post Office
- George & Dragon
- Weyhill Farm Shop

Food & Drink Producer of the Year Award – sponsored by McCrimmon & Reid

- Andover Buffets
- Betteridge's Brewery
- enJoy Raw Chocolate

Innovation & Technology Award – sponsored by University of Southampton Science Park

- Dawes Highway Safety Ltd.
- Fresh Relevance Ltd.
- Tekever Ltd.

New Business of the Year Award – Sponsored by Test Valley Borough Council

- Dawes Highway Safety Ltd.
- Golden Gecko Climbing Ltd.
- Lindy's Light Lunches Ltd.

Small Business of the Year Award – sponsored by Wilkins Kennedy

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The Brenda Locke Award for Women in Business – sponsored by Andover Mutual Business Group & friends of Brenda Locke

- Buzzybees Home Support
- Fluidity Insurance Consultants Ltd.
- Trench 1 Archaeology

"I'd like to take this opportunity to wish this year's finalists the very best of luck," remarks Test Valley Business Awards 2016 Guest Speaker and TV Personality Chris Packham. "Running a successful local business brings with it many daily challenges, but also so many wonderful benefits, and to get this far with such tough competition is an



amazing achievement. Each of the shortlisted businesses should be very proud, and I look forward to a relaxed and exciting evening at the Gala Dinner and Awards Ceremony, sharing in the anticipation of finding out which businesses have won!"

Now in its 12th year, the Test Valley Business Awards – run by a small steering group of volunteers and supported by the Council – has become a well-established platform to promote businesses excellence and especially to shine a light on the many new and small innovative businesses operating out of sight. It is a great way to enable smaller enterprises to gain the recognition and exposure to grow.

The Gala Dinner & Awards Ceremony will take place at The Lights, Andover, on the evening of 22nd September. Tickets are just £50 to include a welcome drink and sumptuous 3 course meal.

To book your places, please email info@tvbawards.org.uk or visit: www.tvbawards.org.uk

Are you looking for a challenge/fun/time with friends?!

How about doing your Bronze or Silver Duke of Edinburgh Award?



For those of you who have been unable to secure a place to do your award at school, are no longer at school or just want somewhere more informal, how about coming along to Hampshire County Council's Duke of Edinburgh Open Centre at Romsey Baptist Church, Romsey? Our next course starts October 2016.

We meet upstairs at the rear of Romsey Baptist Church, Bell Street, Romsey on alternate Monday evenings 7.30pm – 9pm.

So long as you are YEAR NINE or older, come along to learn more on Monday 3rd October 2016 @ 7.30pm (parents welcome to this introductory evening). Please contact Anthea on 02380 410988 to reserve a space.



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Community News

Learn new craft skills for a worthy cause



Local ladies group Craft 2 Craft have raised over £15,000 to support people in Africa by making and selling items for international charity Tools for Self Reliance - and they are looking for new members!

Once a month Craft 2 Craft also run workshops on skills such as crocheting, making decorations, knitting and sewing poppies for Remembrance Day. These two hour sessions only cost £10 including materials and refreshments, and these funds go towards the charity's work.

The charity, based in Netley Marsh, provides tools and training to people in some of the poorest communities in Africa, enabling them to learn a trade such as carpentry or tailoring, and set up their own business. They can then earn money to support themselves and their families for years to come.

Carole D'Arcy, founding member, says, "Being a member of the Craft-2-Craft is marvellous on so many levels: we raise funds as well as being ambassadors for the charity, we are always learning new skills; have a great base of friends - and now have an outlet for all our crafts - rather than having them clutter up our homes."

To find out more about workshops or joining the group, please contact the charity on: 02380 869697 or email: info@tfsr.org



Leading the fight against dementia
Alzheimer's Society **Memory Walk**



Take part in the Abbotswood Romsey Memory Walk on Friday 16th September and join our fight against dementia. To find out how to take part, contact your local Memory Walk team on 01794 528700 or email debbie.holmes@cinnamoncc.com

memorywalk.org.uk

Leading the Fight
against dementia
Alzheimer's Society

The Ampfield Market (established 2000)

The Ampfield Market is now celebrating it's 16th successful year. The Market is always on the first Saturday of the month excluding January, February, July and August which are holiday months. It takes place in Ampfield Village Hall between 10am and 12 noon. Parking and admission are free.

There are many top quality food and craft tables to browse, delicious fresh coffee and homemade cakes are served all morning. All the funds raised support the Village Hall and all the help we receive is voluntary.

The dates for 2016 are: September 3rd, October 1st, November 5th, December 3rd.

Our Market has a great reputation and we look forward to welcoming you on Saturday September 3rd. If you would like to rent a table for a morning, please call Julie (02380 254587) for more information.

The Catch Up Café – Ampfield Village Hall

The Catch Up Cafe' takes place in the new Ampfield Village Hall annexe every Thursday morning between 9.30am and 11.30am. Delicious fresh coffee, a selection of home made cakes and a warm welcome awaits you! We provide a warm, friendly venue to meet friends and keep in touch during the grey winter months. I hope you will be able to visit us very soon. All the proceeds of our Café support the Village Hall and all the help is voluntary. Our customers can now enjoy free WiFi.

The IT Support Service runs along side the Café on Thursday mornings. If you would like some help or advice with your Tablet, Laptop or PC then come along to the Committee Room on a Thursday morning. This service is free but a donation to Village Hall Funds would be most welcome.

A day of inspiration, innovation and education on dementia



Demfest
2016
Sunday 25 September, 10am to 5pm

**Sir Harold Hillier Gardens,
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Listen and join in with singing and music from:

- Marie Ponting
- The Newporters
- Alex Krupa
- Jayne Deer
- Acoustic Arcadia

Seminars and talks all day on dementia subjects:

- Relaxation techniques
- Reminiscence therapies
- BATS table tennis is back again by popular demand
- Admiral Nurses

...and many more stalls and stands from people who wish to make a difference to the lives of people living with a dementia and their carers.

This event is **FREE** and open to anyone...
for the cared for, carer, public or health professional

For more information please visit www.romdag.co.uk
or contact admin@romdag.co.uk



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Enquiries: 01794 513202 – 24 hour answerphone.

General Information: 0845 054 7222



Volunteers wanted to fund raise in your local area

Contact Wendy on: 02380 730843
or email: north.baddesley.fundraising@hotmail.com

Autumn Fayre

Saturday October 15th 2016,
from 10.30am to 2.30pm

North Baddesley Village Hall
Romsey Ukulele Group will be playing at 11.30am.

Tables available £10.00
Email north.baddesley.fundraising@hotmail.com
or phone 02380 730843.

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 24 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 Romsey &

Wellow areas 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.’

So, if your windows are steamed up, broken or damaged give Justin a call for a free quotation on **0800 61 21 118** and he’ll be happy to help!

“
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Local Business Profile:

Widenet Computer Services Limited - Romsey

Established in December 1999, the business started out as they often do, quite small and based in one of the two original business partner's homes near Hythe.

Managing Director Nigel Powell recalls the first few months as being a very steep learning curve, made even more of a struggle by the unexpected illness and subsequent death of his colleague, well before they had completed their first year in business.

Moving to what was essentially the reception area of the old Sceptre Public House (at that time converted into offices) in Romsey late in 2000 and with one new member of staff, the majority of the company's work at that time involved carrying out onsite warranty repair work for Mesh Computers Limited who were based in London.

Covering a large area of the South of England for Mesh involved long days in their cars for Nigel and his colleague, whilst at the same time expanding their offices and starting a workshop based repair service for private clients to bring their computers into.

Time moved on and in August 2002 a new employee started with the company - as Nigel recalls it was the start of something special. At first and without much of a track record a younger James Lai wrote in to the company asking for any work that might be available, either full time or part time.

Nigel was considering hiring another engineer and had received quite a few such letters, however something in the way James has expressed himself resulted in an informal interview and the rest as they say is history.

"James' attitude and work ethic so impressed me that I had no hesitation in offering him an opportunity despite his lack of experience and I.T. qualifications," says Nigel, "skills can be learnt and qualifications obtained, but finding the right calibre of person is much harder and I was delighted James had come along."

Now with the company in its sixteenth year of trading James is a major shareholder and co-owner with Nigel, each of them contributing both combined and differing skill sets to the company.

Widenet has grown in size over the years, at one point employing seven staff at their offices above the old St John Ambulance offices in The Hundred, Romsey and catering not only for private clients but offering corporate business support contracts as well.

At one time nearly 40 business support contracts were in place with various projects also undertaken such as the networking of the newly re-furbished White Horse Hotel in the centre of the town and the massive Bradbeers Furniture Superstore at Hedge End.

However bigger is not always better and in the midst of the last recession, three medium to large businesses that had commissioned work from Widenet went into administration in as many months owing thousands of pounds in un-paid bills.

This was a difficult time for Widenet and the decision was made to step away from the structured support contract side of the business by selling off the existing support agreements to a larger company.

At that time Nigel, James and their colleague Aaron decided that trying to protect their staff was more important than trying to make the most profit out of the sale of the business support contracts and sought a way to minimise the effect on their workforce.

Therefore in 2012 they signed a deal which saw the

contracts pass into the ownership of the new buyer but on the condition that two of the Widenet staff were taken into employment as well.

The two remaining staff were successfully helped to find alternative jobs and the continued work of re-structuring Widenet continued with a move to the new offices and workshop at Crown House in January 2014.

Over the years Widenet has seen many changes, staff have come and gone, competitors have come and gone and the scope of work carried out has never remained the same.

Technology never stands still and Widenet find now more than ever that their services are needed by both private clients and small businesses alike.

Still the preferred installation technicians for the John Lewis Partnership in Southampton, Widenet Computer Services Limited continues to provide computer repair, upgrade and consultancy services throughout the area.

Indicative of their Test Valley Business award in 2005 for 'Achieving Business Excellence Through People' many new customers arrive directly as the result of 'word of mouth' recommendations from their friends and acquaintances and the company keeps doing its utmost to provide an un-equalled quality of service to its customers.

Business never stands still and after sixteen years, Nigel, James and Aaron know how important it is to keep looking forward and working hard to achieve success.

Widenet



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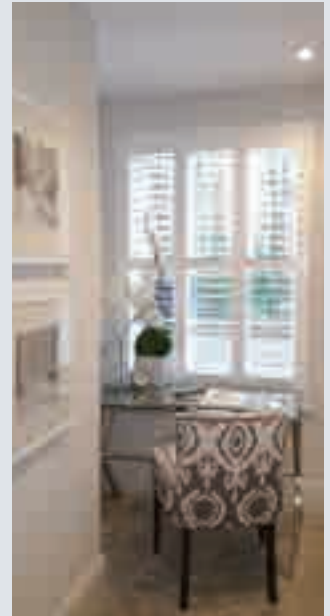
Plantation shutters have become very popular over the last few years due to their amazing versatility

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 most homes being street facing you can see why.

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Mike has given us his **top 5 reasons** to buy shutters but for his top 10 visit www.thegreatshutterco.co.uk/top10 or arrange a free, home consultation on 01962 710807.

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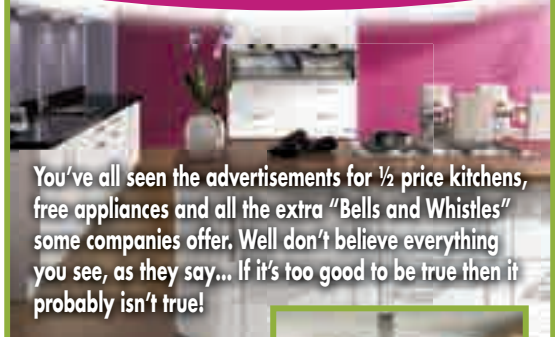
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1. The 'Chocolate Candy Sleigh' for the colleague who has a sweet tooth!

All you need to do is buy Chocolate bars and 2 Candy Canes then arrange them in a sleigh with the candy canes facing upwards with ribbon to secure in place. If you are unsure, Google it and there are many Christmas gift posts with instructions that can help!

2. The 'Spa in a Jar' for the colleague who lives for beauty!

Find an empty Jar that is quite

continued over...

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tall and wash it thoroughly to remove any scent from previous contents and you'll need a ribbon plus gift tag. Fill jar with mini £1 travel size beauty products and/or £1 face masks. Or you could use £1 nail varnishes plus nail care items like files & clippers for another option. The beauty option can be applied to a male colleague too, of course as many men do use many facial products that are available to them nowadays!



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3. The 'Mini Bar in a jar' for the colleague who likes to try different alcoholic beverages!

Use a clean empty jar, with ribbon and gift tag as above and add miniatures of either a variety of famous brands or a preferred alcoholic beverage from different suppliers, the choice is yours. You could also add a shot glass or cocktail recipes inside too depending on the £10 budget and space.

continued over...



Our Next Event

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Christmas Party Nights

December Fridays & Saturdays

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Christmas Party Time!

4. The 'Lottery Pot' for the colleague who philosophy is 'Win some. Lose some!'

You'll need a pot, chocolate coins and as many lottery tickets you can buy in the budget to put inside for each week in the New Year. You could find local lotteries too if you like, especially if the person likes supporting local charities and community projects.

5. The 'Need to read' for the colleague who is the glossy magazine reader!

Search around to see if you can find a magazine with articles

that suits the person the gift is for and the best deals you can find to subscribe for 6 Months. Buy their Christmas Edition as the initial wrapped gift with a big red bow!

Remember, as well as organising the Office Secret Santa - you'll need to book your Christmas Office Party venue as early as possible, so we've given you some ideas of local eateries who are offering tasty menus for the Christmas season.



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The World of Garden Design

1. Why have our garden professionally designed?

While many of us are very capable of creating our own gardens, equally there are many more of us who would love a beautiful garden but just do not have either the time or the experience to maximise the potential of our outdoor spaces. No matter how large or small, to create a garden with visual impact requires specialist skills and knowledge. Modern living is all about gardens that create additional living areas so to transform your garden effectively and brilliantly you need the clever combination of both design and colour.

2. What makes a good garden design?

As we all know beauty is in the eye of the beholder. However, we can probably recall when we have come across simple, even very small gardens that look stunning and yet we can't quite put our finger on why. We can spot elements of the garden that instantly appeal, yet there is something 'unseen' that brings it all together. This is the real essence of great design because it appears natural while combining atmosphere, shapes, textures and focus. Good designers also have extensive knowledge of spatial design, which combines interior and exterior design so both house and garden appear seamless.

3. Do we need a garden design plan?

We would always recommend this because you will find it very useful in helping you to visualise your new garden.

You might either have some ideas of your own and we work together to combine those ideas, or you might want us to provide concepts once you have told us the primary use of your garden. A garden plan also provides you with a tool to identify any potential changes you may like to make before work finally begins.

4. How important is it to know about flowers and planting?

When we create a plan, it will show both hard landscaping details and recommended planting schemes. We take into account how much or how little maintenance you feel you can manage and we make our recommendations based on this information. For some people colour is a primary request while for others creating all year form and structure is more important. Our horticulture experts will guide you on the suitability of plants, shrubs and trees depending on the aspect and soil conditions of your garden and the overall design.



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5. Who will build our garden?

We are proud to say we have been in business nearly 48 years and we have our own highly skilled fleet of landscaping teams who work closely with our award-winning designers. This is a very important consideration as it means you are only dealing with one company, and there are no sub-contractors. Most importantly, we are well established and you can find one of our staff at the end of the phone seven days a week, either at our head office in Curdrige or at our Garden Destination Centre in Titchfield.



6. We don't want a complete renovation just some borders replanted - what do we do?

Because we have a team of horticultural specialists we can provide shrub, flower or border revamps and we will create an individual planting plan specific to your own requirements. In fact, this service proves very popular as often there is nothing wrong with the design of the garden, it's just the plants have become too big, unruly or unmanageable and this is when we step in to help.

7. What about garden accessories, furniture and lighting?

We always feel this is one of the most exciting aspects of your new garden. All the messy and hard work has been done and now you can think about how you are going to 'dress' your garden. We have a Garden Destination Centre in Titchfield where we stock garden furniture, lighting, bespoke vintage accessories, water features and other more practical items such as gardening gloves and tools.

8. When is a good time to plan a new garden?

Although it really does not matter what time of the year you decide to have a new garden, in our experience

we find early autumn is a good time because you tend to use your garden slightly less than in the summer and it is less disruptive. Also, you may like the winter months for planning then you can organise an early installation in the spring so you are ready to enjoy your garden in the summer.



9. We don't know where to begin - who can we speak to?

Call into our Garden Destination Centre in Titchfield and talk to one of our award-winning designers who will be very happy to discuss initial ideas with you and arrange for a free site visit. We have a design studio on site and a coffee courtyard where you can relax with light refreshments. We look forward to seeing you and helping you create the garden of your dreams!



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Wed 28th Sept (afternoon)

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**For more details or to book tickets go to
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*Children aged 16 and under always get in free!***



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Friday 9th September - Salisbury Racecourse Twilight Racing & FakeTan - The Ultimate Party Band!



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FakeTan play every show like it's their last, with an energetic stage performance that even the band's medic says is high risk at best!

FakeTan will play fabulous floor fillers from the 80's to the present day, so make sure you join us!

Gates open 3.00pm | Races 4.45pm - 7.20pm
Music Ends: 8.50pm approx.

Book Tickets & More Details [visit salisburyracecourse.co.uk](http://salisburyracecourse.co.uk)
or call **01722 326461**

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See the website for details.

Autumn motoring essentials for those times when the vehicle lets you down

Jump Leads: It is always a good idea to have a jump leads handy as if your battery runs down, a jump start could get you to a local garage or home to phone your usual mechanic. As the weather changes and winter creeps upon us, these could be the best items to help you get home as you can phone family or friends to come out to help jump start your vehicle.

Portable power bank: A portable power bank is an item that in that breakdown scenario could be an absolute life saver, as it is the irony of life that as you reach for your mobile it has little to no charge in it (make sure you have the appropriate spare lead to connect it up). Also if you are phoning your recovery

firm, I believe some can pin point your exact location from your phone using the app that may be available with your chosen provider - a much easier system, and gone are the days of aimlessly looking around for a sign post to tell them what road you are on!

Recovery firm contact details: Of course this leads me onto your membership and telephone numbers information whether it is in your phone or not - it might be worth writing it down if you need to use another device if yours has no signal. Don't forget to mention if you are a lone female so the firm know your security could be compromised.

Hazard Triangle: Everybody should have one and if you don't know where it

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should be positioned if you breakdown, then it should be at least 45 metres (147 feet) behind your broken-down vehicle on the same side of the road. You can consult this internet URL for more information about breaking down and the highway code: <https://www.gov.uk/guidance/the-highway-code/breakdowns-and-incidents-274-to-287>

Torch: This is an obvious essential if you break-down at night so you can have a source of light should you need to leave the vehicle, depending what road you are on, to stand behind any safety barriers while you await recovery vehicles. Keep the doors locked while you're waiting. A patrol or garage mechanic will carry proof of identity and you should ask to see this before opening a window or unlocking your car. On motorways it's much safer to retreat up the bank, or behind a barrier rather than wait in the car where you would

be exposed to danger from passing vehicles. If you do feel at risk from another person, return to your vehicle by the left-hand side and lock all doors. Leave the vehicle again and get back behind the barrier as soon as you feel the danger has passed.

Blanket and/or spare coat: If you breakdown in the seasons of Autumn/Winter you need to be able to keep warm, whether you be inside the car or outside it.

On the whole it is considered that a majority of breakdowns can be avoided, or the risk reduced, by making sure that your car is serviced regularly (according to the manufacturer's recommended schedule) by a local reputable garage. So if you rely on your car, do make sure you make an appointment for it to be checked over this Autumn.

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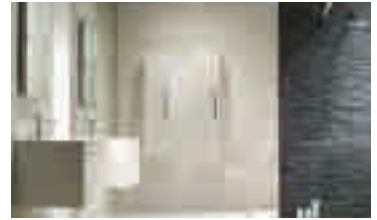
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Cybercrime – Protecting our clients

Given the nature of the information contained in law firm's emails and databases, lawyers are particularly attractive targets for hackers. Firms holding client information and funds are increasingly vulnerable to the risk of theft of confidential data which could lead to the loss of monies held in client accounts. Firms of all sizes can be, and are, targeted and the effect on the scammed firm and its clients can be extremely detrimental. In September last year, it was reported that an increase in online fraud over the previous six weeks was thought to have cost UK property solicitors c. £50 million. Like all businesses that store personal and commercial data, we must remain vigilant of the potential of cybercrime. According to the Office for National Statistics, in 2015 there were an estimated 7.6 million cases of fraud and cybercrime in England and Wales alone. Recent Law Society research shows that 1 in 5 law firms were targeted by scammers in the past year. The list of well-known companies whose IT has been hacked is growing. One of the most serious was the cyber-attack on TalkTalk in October 2015. Hackers gained access to personal and financial details of what's estimated to be tens of thousands of the telecom company's customers.

As hackers up their game and attacks become more common, more varied and more sophisticated, it is being demonstrated more and more, via TV adverts and news stories how you can help and try to protect yourself. One of the most common attacks is the fraudulent email. A firm receives a simple email from a client telling them their bank details have changed; they provide a new sort code and account number in readiness for receiving their monies. The adviser changes its records accordingly. The adviser arranges for the sum to be dispatched to the new bank account. However, it soon turns out the emails have not come from the client and all hell breaks loose. A crook has hacked into the client's email account (not that hard with the free email services around), impersonated them and stolen the money.

Email impersonation is one of the most straightforward types of cybercrime. Advisers can and should be able to

stop it happening to them and their clients by making sure all these types of requests are followed up in person and that the person doing the check knows the client really well or can check on the basis of data that a crook is most unlikely to have captured. Clients should be aware of the dangers; we suggest that you change your email and other passwords reasonably often. Crooks can easily gather a lot of knowledge about people. There is a surprising amount of information on the internet, especially of those on Facebook or Twitter. 'Phishing' is another way crooks can find out a good deal, by impersonating a bank or even HM Revenue & Customs. A phishing operator could pretend to be a product provider, a platform or even a financial advice firm and ask trusting clients for their personal information and for confirmation of banking and other financial details.

It is hard to write about cyber security without scaremongering. However make sure that the law firm that you use has set procedures for asking for such information and warns clients that they would never email about bank detail changes nor would they accept an email with such content purporting to be from a client. Whilst these systems and procedures may seem like a fuff and a waste of your time they could end up protecting you.

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Join us again next time for another legal insight.

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Trauma - What is it? How does it affect us?



It seems at the moment that whenever we hear the news or read a newspaper something awful has happened.

Knifings, bombs, road accidents; drowning, suicide or child abuse cases being dredged up or freshly reported etc.; a sudden end to a relationship. We all recognise the feelings of shock and sometimes anger or sadness when we hear about these incidents. How much more acutely do we feel trauma of one kind or another if there is something similar that has happened to one of us or a friend or family member? It can often remind us of our own past traumatic experience and re trigger feelings from the past.

Post-traumatic stress disorder (PTSD) is a condition that can be experienced in the aftermath of a traumatic incident, especially if the experience has been bottled up and not talked about sufficiently. It can be an accumulation of events of a similar nature. The symptoms are often anxiety and depression but because it can spontaneously occur we might not be able to understand why we are feeling the way we do. Some of the symptoms can be sudden anger outbursts or crying all the time. It can be a constant feeling of anxiety, an

urge to hide away. It can be feelings of hyper-vigilance. It can be sleeplessness or nightmares. It can be OCD symptoms, over checking, or other safety repetitive behaviours in an attempt to keep ourselves, our family and the world around us safe.

If you or someone you know is struggling with any of these behaviours and feelings then perhaps booking a first session to talk to one of our trained and experienced counsellors could help.

To book an appointment please look up our website www.wingscounselling.com

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Diabetes

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. The hormone insulin - produced by the pancreas - is responsible for controlling the amount of glucose in the blood.

There are two main types of diabetes:

- **type 1** - where the pancreas doesn't produce any insulin
- **type 2** - where the pancreas doesn't produce enough insulin or the body's cells don't react to insulin

This article focuses on type 2 diabetes.

Another type of diabetes, known as gestational diabetes, occurs in some pregnant women and tends to disappear after birth.

Hyperglycaemia

Type 2 diabetes occurs when the pancreas, a large gland behind the stomach, can't produce enough insulin to control your blood glucose level, or when the cells in your body don't respond properly to the insulin that is produced. This means your blood glucose levels may become very high, and is known as hyperglycaemia.

Hyperglycaemia can occur for several reasons, including:

- eating too much
- being unwell
- ineffective diabetes medication, or not taking enough

Hyperglycaemia causes the main symptoms of diabetes, which include extreme thirst and frequent urination.

Symptoms of diabetes

The symptoms of diabetes include feeling very thirsty, passing more urine than usual, and feeling tired all the time. The symptoms occur because some or all of the glucose stays in your blood and isn't used as fuel for energy. Your body tries to get rid of the excess glucose in your urine.

The main symptoms, which are common to both type 1 diabetes and type 2 diabetes, are:

- urinating more often than usual, particularly at night
- feeling very thirsty
- feeling very tired
- unexplained weight loss
- itching around the penis or vagina, or frequent episodes of thrush
- cuts or wounds that heal slowly
- blurred vision - caused by the lens of the eye becoming dry

These signs and symptoms aren't always obvious and it's often diagnosed during a routine check-up. This is because they are often mild and develop gradually over a number of years. This means you may have type 2 diabetes for many years without realising it. Early diagnosis and treatment for type 2 diabetes is very important as it may reduce your risk of developing complications later on. It's very important for diabetes to be diagnosed as soon as possible as it will get progressively worse if left untreated.

Causes of type 2 diabetes

Type 2 diabetes occurs when the body doesn't produce enough insulin to function properly, or the body's cells don't react to insulin. This means glucose stays in the blood and isn't used as fuel for energy. Type 2 diabetes is often associated with obesity and tends to be diagnosed in older people. It's far more common than type 1 diabetes.

Risk factors for type 2 diabetes

Four of the main risk factors for developing type 2 diabetes are:

- age - being over the age of 40 (over 25 for south Asian people)
- genetics - having a close relative with the condition, such as a parent, brother or sister
- weight - being overweight or obese
- ethnicity - being of south Asian, Chinese, African-Caribbean or black African origin, even if you were born in the UK

See your GP if you think you may have diabetes

If you experience the symptoms of diabetes, visit your GP as soon as possible. They'll ask about your symptoms and may request blood and urine tests. It's important for diabetes to be diagnosed early so treatment can be started as soon as possible. Your urine will be tested for glucose. Urine doesn't normally contain glucose, but glucose can overflow through the kidneys and into your urine if you have diabetes. If your urine contains glucose, a blood test known as glycated haemoglobin (HbA1c) can be used to determine whether you have diabetes.

Treating type 2 diabetes

As type 2 diabetes usually gets worse, you may eventually need medication - usually tablets - to keep your blood glucose at normal levels.

Complications of type 2 diabetes

Diabetes can cause serious long-term health problems. It's the most common cause of vision loss and blindness in people of working age. Everyone with diabetes aged 12 or over should be invited to have their eyes screened once a year for diabetic retinopathy. Diabetes is also responsible for most cases of kidney failure and lower limb

amputation, other than accidents. People with diabetes are up to five times more likely to have cardiovascular disease, such as a stroke, than those without diabetes.

Preventing type 2 diabetes

If you're at risk of type 2 diabetes, you may be able to prevent it developing by making lifestyle changes.

These include:

- eating a healthy, balanced diet
- losing weight if you're overweight, and maintaining a healthy weight
- stopping smoking if you smoke
- drinking alcohol in moderation
- taking plenty of regular exercise

Living with type 2 diabetes

If you already have type 2 diabetes, it may be possible to control your symptoms by making the above changes. This also minimises your risk of developing complications.

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Health & Wellbeing



New Term – New Start!

All across the country, the young, and some of the not-so-young, have gone back to school, college, university or started courses as mature students. For anyone following any kind of academic training, this is the start of their New Year! Whether entering the next school year or starting university, or embarking on a new learning experience, they will all start with a clean slate – fresh new books, clean paper, new uniform or outfits and will have spent the weeks before preparing for this fresh term!

At every new stage in life or at the beginning of each new adventure, people feel hopeful, prepared and looking forward to achieving success. There are no missed attendances, lateness or failures. Naturally, maintaining this initial enthusiasm is not always easy and good intentions are not always enough. Preparation and planning play a major role so it's always effective to have a well-thought out plan. A new start in any area of life gives a fantastic opportunity to begin again with a clean slate and can only be for the good!

This makes September a really good time to take advantage of the optimism and readiness for change and advancement. For those changing schools and colleges or moving to a new area to start university, it means leaving behind other peoples' opinions of you and the image you portray. It's a chance to re-invent oneself as a new, more positive person.

This is a great time to take these changes across into other areas of life – to throw away bad, old habits and negative traits and make a fresh start in other areas of life as well as education and career. The other key areas of life, such as relationships, health and fitness, finances, fun/hobbies etc. can all benefit from a new start and just as preparations are made for a new term, so it is the same for anything.

Making a new start means identifying areas of your life that you aren't happy with and trying to pinpoint specifically what it is you want to change about that part of your life. From that starting point, a goal needs to be specifically identified. A goal needs to be specific and measurable as opposed to vague or general. Saying you want to lose weight is vague, but saying you want to lose 10lbs is specific and measurable. A goal also needs to be realistic, achievable and timed. This would mean that specifying 2 weeks is timed, but not realistic or achievable, but 3 months would be.

It helps to plan a first phase to see the initial results of any lifestyle change and a second phase to maintain and continue that initial effort and to establish a lifestyle change that you can live with. Having decided what the first small goal is that you can achieve, break that down by setting yourself a weekly goal and then a monthly goal and then push on month by month.

If you know, for example, that food is your weakness, then set yourself reasonable targets in that area – i.e. smaller portions, but give yourself more targets on the exercise. Work with your strengths and don't punish yourself by aiming for what is beyond you.

Be realistic about what you can and can't do. Decide what it is you want, when you want it by, how you're going to do it, and how you are going to plan it into your daily routine. Have a strategy and plan it. Also – ask yourself – have you done this before and did it work for you? If you couldn't stick to any kind of plan to change before, try to identify what it was that stopped you. Nothing comes easily and anything worth having needs hard work and determination and the ability to get on with it each day.

Being realistic means making changes that you can stick with. If the plan that you choose isn't something that you would be happy to do for the rest of your life, then it's only a temporary measure. Sometimes temporary measures can be ideal for a quick start or boost to a longer term plan, but ultimately, the long-term answer needs to be there to take over when the quick fix ends.

Finally – if you are watching someone else prepare for a new start in life, moving onto new territory and finding yourself left behind, now is the time to set yourself some new goals!

Surinder is a REPS Level 3 qualified, insured personal trainer and life and performance coach with 16 years of experience. Based near Wellow and also covering Romsey and Totton areas, she can be contacted for private and small group training, phone coaching or talks on health and fitness, weight-loss, nutrition, stress, pre/post natal, lifestyle/behavioural/personal goals. Call 07763 823699 or email surinderspersonaltraining@gmail.com www.surinderspersonaltraining.com



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For fitness, health and sports, Romsey residents need look no further than their doorsteps. Valley Leisure has now expanded their membership options to include a 60Plus membership.

Starting at £27.50 a month, a 60Plus membership gives access to facilities across all four Valley Leisure sites: Andover Leisure Centre, Romsey Rapids Sports Complex, Charlton Lakeside Pavilion and Knightwood Leisure Centre.

Facilities included in this membership are a 25m swimming pool, spa area, gym, a range of exercise classes to suit all abilities and racquet sports (badminton, table tennis, squash and tennis) at Andover Leisure Centre and Romsey Rapids Sports Complex, as well as an 18 hole par 3 Golf Course based at Charlton Lakeside, and free access to the Toning Centre at Romsey Rapids Sports Complex.

People across Test Valley are invited to check out all of the facilities at Romsey Rapids Sports Complex's Macmillan Coffee Morning on Wednesday 28th September, 10:30am - 12:30pm. At this event, people can visit the centre and receive a free 'Health MOT'. Receive expert guidance and identify health and fitness goals to make the positive changes that you need.

There is also an educational seminar, a free Pilates class, Toning Centre taster sessions, advice and support packs and the chance for all important tea, coffee and refreshments!

To find out more about the Macmillan Coffee morning, getting a free 'Health MOT', or to find out more about Valley Leisure's 60Plus membership, visit www.valleyleisure.co.uk or call Romsey Rapids Sports Complex on 01794 830333.



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by John Tull, Totton - Postman

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Beware of computer support cold calls

warns Peter Clarke of PC PAL



I am still seeing problems arise due to out of the blue 'support' cold calls and although I have successfully secured the PCs involved, prevention is better than cure!

A typical call involves an unsolicited telephone call from 'engineers' purporting to be from Microsoft or their ISP (Internet Service Provider) e.g. BT or TalkTalk. My customer was told that the 'engineers' have detected that their computer was running slowly and has several errors which they could help remove. The 'engineer' would direct my customer to look at files showing hundreds of 'error' messages and were told that for a small fee the 'engineer' would clean up the computer. To do this the 'engineer' just needed to take control of the computer to run some programs.

This all sounds very innocent but for the following:

- Microsoft & ISPs never make cold calls about technical problems with your computer
- Problems with your computer cannot be detected by anyone remotely unless you explicitly give them access
- The Windows System Log always contains many messages - this is quite normal and not proof that you have computer problems

These calls were undoubtedly a scam to get the user to give over their credit card details and to enable the scammers to install software that could potentially steal sensitive data such as bank details and passwords from the user's computer.

So what should you do?:

- Never give up sensitive personal information to someone over the telephone (or Internet) unless you are certain that they are genuine
- Never give any information to someone who has cold called you
- Anyone calling up out of the blue and asking to connect to your PC should be refused


If you want to discuss this further or need any help following one of these calls, please don't hesitate to call me.




If you have questions regarding any computer issue or would like to book a health check for your computer then contact

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This month's Walk:

Walking across Fishlake Meadows and Abbotswood

by Malcolm Price

This walk is among the gentler of the series, being about 4.5 miles on fairly flat terrain and should take between 70 and 75 minutes for the steady walker.

It starts from Romsey World of Water on the Greatbridge Road out of Romsey, SO51 0HB (photo 1), where a large car park and inviting café greet our journey.

Leaving the car, turn right for just 100 metres before turning right down the signposted path along a paved drive; again after 100 metres we turn left as directed by the path sign and disappear along a well trodden path to the bank of part of the River Test. After a while a bridge takes us over to the other bank (photo 2) and thereafter turns right across the meadows. Do pause to take in the tranquillity and bird sounds from within the reed beds.



After a good 500 metres of zig zagging through the meadow, including crossing a slightly rustic set of duckboards, we reach a crosspath at the Romsey Canal. Our path takes us directly across the bridge and up the hill following the gravel track for around 500 metres until it stops at Cupernham Lane.

Taking care to cross the road we proceed to the left along the

Photo 1



Photo 2





footpath, passing a commercial estate (behind the trees) and then a succession of houses with pleasant gardens, until a turning into Magnolia Walk (photo 3) on our right. This marks the start of the Abbotswood section of the journey, turning right into the estate and after 100 metres, left, tracing a generous tarmac path. This path virtually circumvents this part of the development, but we merely head South following the tarmac, with an inviting woodland escape an option on the right of us.

At the end of this tarmac section the path veers sharp left then right to halt at Woodley Lane, a road that we need to cross to head down to the right following the slope until reaching Richmond Lane on the opposite side. We need to cross once again here and follow the path onward down as far as Cupernham Lane at the bottom.

By taking a short step to the right we must cross this road at the designated point to take us directly down the lane following a straight line that looks to all the world like a path into a drive (photo 4), but will lead us to a bridge that crosses the Romsey Canal.

Once across this bridge we turn right along the canal bank where we now have a stretch of almost 1500 metres to stride out as the houses fade away and Fishlake Meadows once again appears on the left. As we move under the very first road bridge there are a number of murals decorating the walls – completed by a local Romsey artist.

Along the canal bank we eventually reach the original crosspath and bridge that we cleared some time earlier, but now turning left to return across the meadows, over the duckboards, left along the River Test, over the wooden bridge, then on once again back to The World of Water where the reward of refreshment awaits at the café.

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).
- For dog walkers – take a supply of poop scoop bags.



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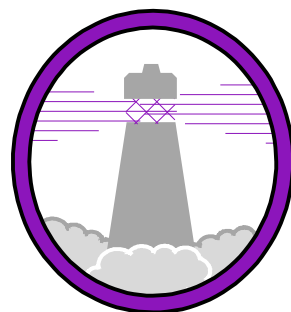
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10th

ROMSEY SHOW - (see page 8 for more details)

11th

WESSEX HEARTBEAT CYCLE CHALLENGE 2016 - Cycle 70 or 40 miles through the scenic countryside and raise funds for Wessex Heartbeat. Spanning through the picturesque Test Valley area from Romsey through to Winchester and Salisbury, our 2016 Cycle Challenge is the perfect challenge for any of our supporters who are keen cyclists and up to the test. Venue Starts at Hampshire Collegiate School, Embley Park, Romsey SO51 6ZE. For more information contact Tina on 023 8070 6095, or at tina@heartbeat.org.uk

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16th

Memory Walk - support Alzheimer's Society by joining us to walk from Abbotswood to Romsey Memorial Park and help raise funds for a world without dementia. For more information contact Debbie at Abbotswood Court 01794 528700 or visit <https://www.memorywalk.org.uk/> to find out more.

17th

ROMSEY & DISTRICT U3A OPEN EVENT - Come and join us for a free tea/coffee and find out about your local U3A. Part of a National Organisation set up to provide life long learning, creative and leisure activities and have regular speakers on a topics of general interest in many areas such as languages, history, photography, current affairs, travel, garden visits, bird watching, jazz and other music, archaeology, etc. Whatever your interest we will probably have the group for you. Venue Crosfield Hall Romsey. Time 10.00 am-12.00 Noon. For any further information contact Michael Allison on 01794 522965.

21st

FLORENCE FOSTER JENKINS (PG) - The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Venue Stockbridge Town Hall. Time 5.00pm and 7.30pm. Price £6.00 available in Stockbridge from Garden Inn and John Robinson or online via www.stockbridgecinema.org.uk Doors open 30 minutes before the start time.

24th

JUMBLE SALE IN AID OF CANCER RESEARCH. Venue West Wellow Village Hall. Time 2pm. Admission 20p

24th A FUN FAMILY BEETLE DRIVE.
 Venue St Winfrids Church. Time 7pm.
 Tickets (which need to be booked in
 advance) are £8.00 which includes
 a Fish & Chip Supper. For more
 information on St Winfrids Church
 visit www.stwinfrids.org. For tickets
 for any of the above ring the Church
 Office on 02380 865103 or phone
 02380 862882

**25th DEMFEST - AN EVENT ORGANISED
 BY ROMSEY DEMENTIA ACTION
 GROUP** to Showcase of all that is
 positive and good for those living
 with dementia and those caring for
 them. See the ROMDAG web site at
<http://www.romdag.co.uk/> or come
 along on the day

**29th DEMENTIA FRIENDS INFORMATION
 SESSIONS** - find out how you

can support relatives, friends and
 neighbours living with dementia in
 the community and enjoy our Forget
 Me Not café style event. Venue
 Abbotswood Court, SO51 0BL. Time
 2.30pm - 4.00pm. Contact 01794
 528700.

OCTOBER

**1st - 16th ROMSEY ART GROUP
 AUTUMN EXHIBITION** - On display
 will be over 300 pieces of original
 artworks by our members. With
 plenty of parking, refreshments,
 and facilities for disabled its the
 perfect place for a day out deep in
 the heart of the countryside. Venue
 Broadlands Estate Grade 2 listed
 chapel/gallery. Admission £1. Find our
 more by visiting the website [www.
 romseyartgroup.org.uk](http://www.romseyartgroup.org.uk)

Community Coffee Morning - Thursdays 10.30am-12.00pm
 Free Homemade cakes & coffee at Abbotswood Court, Minchin Road, Romsey SO51 0BL
 Enjoy a chat with residents, old friends and neighbours.

Forget me not Café - Venue Abbotswood Court. Time 2.30pm -4pm.
 Contact 01794 528700. Last Thursday every month.

Dementia Friends Information Session - Venue Abbotswood Court. Time 4pm -5pm.
 Contact 01794 528700. Last Thursday every month.

Knit And Natter Club at West Wellow village hall on Friday afternoons 2pm-4pm
 Anyone can come along. It is £2.00 per meeting to include cake, biscuits, tea or coffee.

Coffee mornings Wellow Methodist Church -
 held every 3rd Wednesday of each month, 11am-1pm

Romsey Companions - Alternate Mondays, 1.30pm-3.30pm
 Crosfield Hall, Broadwater Road, Romsey, SO51 8GL

Romsey Companions - Alternate Mondays, 1.30pm-3.30pm
 Crosfield Hall, Broadwater Road, Romsey, SO51 8GL

Romsey Tuesday Luncheon Club - Every Tuesday, 11am-1pm
 Age Concern Centre, 24 Linden Road, Romsey, SO51 8DB

Romsey Weekend Club (*name tbc - it may be changing*)
 Every Saturday, 10.30am-12.30pm. Age Concern Hall, 24 Linden Road, Romsey, SO51 8DB

Friday Coffee Stop 10.00am - 12.00 noon each Friday
 at Romsey Methodist Church, The Hundred, Romsey.

Romsey Quaker Meeting on the second Sunday of every month at 10:45 at Carers Together,
 9 Love Lane, Romsey. All welcome. More information: alisonperks@phoncoop.coop



**TO HAVE YOUR EVENT LISTED IN THE DIARY DATES SECTION PLEASE PROVIDE
 DETAILS BY E-MAIL: angela@thegazettes.co.uk, tracey@mlgpublishing.co.uk**

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