

# your local Magazine

## Winchester Gazette

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ISSUE No. 15  
JANUARY 2017

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## Welcome to the

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

2017 has arrived..... and the Winchester Gazette has now been running just over a year now, in that time we've featured many local charities, community groups and local people who have fundraised for charity by taking on inspirational challenges. We'd like to thank all who have featured in Winchester People feature in 2016. If you'd like to take advantage of the offer of a free 2 page spread and you have a story to tell, then do get in touch [linda@mlgpublishing.co.uk](mailto:linda@mlgpublishing.co.uk) In this edition you can read another inspirational story on page 35 as Kate Mellor, a graduate from Winchester University who lives with Congenital Muscular Dystrophy is preparing for a trip of a lifetime to America. Keep reading the Gazette as she keeps us up-to-date on her travels.

The New Year brings the sense of a fresh start with many making New Year's Resolutions, have you got one? Most commonly we make ones surrounding getting fit and as always we have our monthly Well-Being Feature that may help you stick to them! (pages 22 - 24) Plus if you want to get out into the fresh air and get walking we have our monthly walk too (pages 16 - 17) or if the diet starts tomorrow, sit down with a cuppa and a treat to enjoy all our articles instead.

In this months issue, we cover Naomi House and Jacksplace news as they receive a generous donation and Keith Wilson, who works hard as their Marketing Manager wins an award plus much more community news. There's also many education articles for you to read - it's great to hear about all these local stories do keep them coming. 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 publications. Start the New Year by giving your business a boost.

**Wrap up warm this month as it's apparently going to be a chilly one!**

*The Winchester Gazette Team*

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## What's inside...

**Motoring News from Bartley Garage**

**Health, beauty & wellbeing section**

**Our monthly walk**

**Driveway gates, garage doors and more with Crocodilla**

**Lots of Community & Education News**

**Your regular 'What's On' guide**

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**COPY DATE FOR NEXT ISSUE - 6-th January 2017**

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### The driving offences people often commit without realising

Every day, many people are caught drink/drug driving, speeding or driving while using mobile phones. Those crimes are well known, however there are other offences motorists may unwittingly be performing every day. Drivers have a duty to ensure they are operating within the law. The Highway Code is freely obtainable to keep drivers educated on how to use roads safely.

Here are just some of the rules you may have forgotten about.

- ! It is illegal to change your name and address and not tell the DVLA.
- ! It is illegal not to tell the DVLA of a medical condition, or disability, such as epilepsy, diabetes (all types,) strokes, neurological and mental health conditions, physical disabilities and visual impairments.
- ! On roads with more than one lane, drivers must stay in the left hand lane unless turning right or overtaking.
- ! Drivers must not throw anything out of a vehicle, including food and cigarette ends.
- ! You must not drive on a pavement, footpath or bridleway, unless gaining access to a property, or in an emergency.
- ! It is illegal to use a hand-held phone when supervising a learner driver, when stopped at traffic lights or queuing in traffic and when the engine is running even if you are pulled over.
- ! Drivers must not stop or park within 10 metres of a junction, unless in a dedicated space.
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- ! Drivers must not wait on single yellow lines, during the times stated.
- ! Drivers must not stop to drop off or pick up passengers on school entrance markings.
- ! Drivers must only flash their headlights to tell other road users they are there - not to communicate with, or to intimidate people.
- ! Your car horn must never be used when your vehicle is stationary, unless another vehicle poses a danger.

- ! Children up to the age of 12, or until they reach 135cm tall, must use a car seat appropriate for their weight.
- ! A rear facing baby seat can only be used in the front seat when the air bag is deactivated.
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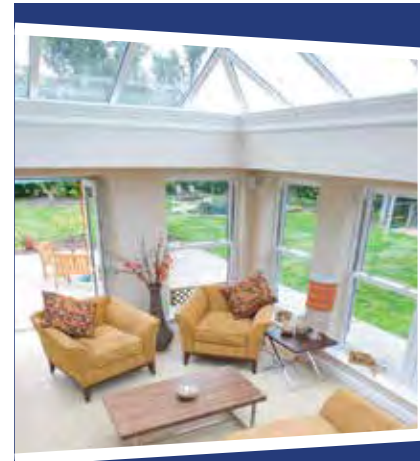


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# This month's Walk:

## Circle around Rownhams by Malcolm Price

**T**his walk begins at a location with no pub or coffee bar to recharge afterwards, at Rownhams Wood, which can be found halfway between Rownhams and North Baddesley on the Rownhams Lane. As the road swings round a long bend (on the left coming from Rownhams), there is a substantial parking area which is always popular with the local walkers.

The start of this 4.5 mile walk is very easy, but latterly underfoot conditions can make the route seem a little longer.

Once out of the car we head down into Rownhams Wood (photo 1) along a wide trail that gradually reduces into a smaller path and then climbs gently



through some woods. Inevitably, the winter rain can make this soggy but navigable and emerges into pine woodland and up as far as a fence on the left (photo 2) with a Hampshire County Council 'Private' sign on the right. We need to go through the fence gap and turn right following the path round past a copse of trees planted in a circle.

This path actually tracks through the



grounds of Manor House Hotel and the next 800 metres of gardens, lake and shrubs are all part of their surrounding environment. We need to walk round the lake (photo 3), across the open field and through the gate into the hotel's extended car park. Keep going straight onwards towards the entrance gate which emerges on the edge of Chilworth Technology Park.

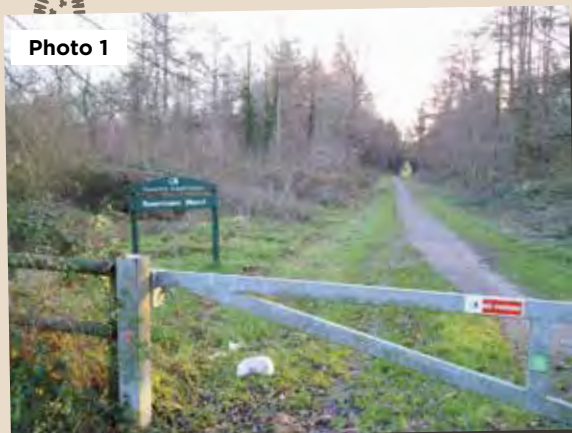
Taking care to cross this road we keep on the right hand side on the footpath for just 200 metres before turning right beside the Chilworth Arms, down Manor Road, past the Chilworth Playing Fields and then following the road round to the left as it becomes Chilworth Drove.

Once across the motorway bridge we are spoiled for choice of direction, with three options, our route is the sharpest left along the fence line beside the M27 (photo 4). If you can blank off the traffic noise this path is very pleasant for a long while until it drops down into rain washed gullies where there has been a lot of tree removal and coppicing. This has made the underfoot status challenging but not dangerous – and we need to persevere with this route for over a mile, by keeping the fence line always on our right hand.

The path joins a field on the right with a stream and woods to the left, which eventually meet a footpath finger post that aims us right over a gate and up through the next three fields, where cattle often graze.

The field can be surprisingly muddy despite being on the side of a hill, the left hand fence line probably being the firmest terrain! As we climb the fields Rownhams Services are just visible through the trees, but we are not going through them.

After conquering the muddy climb we mount the final stile, turn right and begin our return along Rownhams Lane to the car, which involves a 1 kilometre walk and a pleasant downhill stride to the car.



### 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 really 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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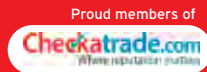
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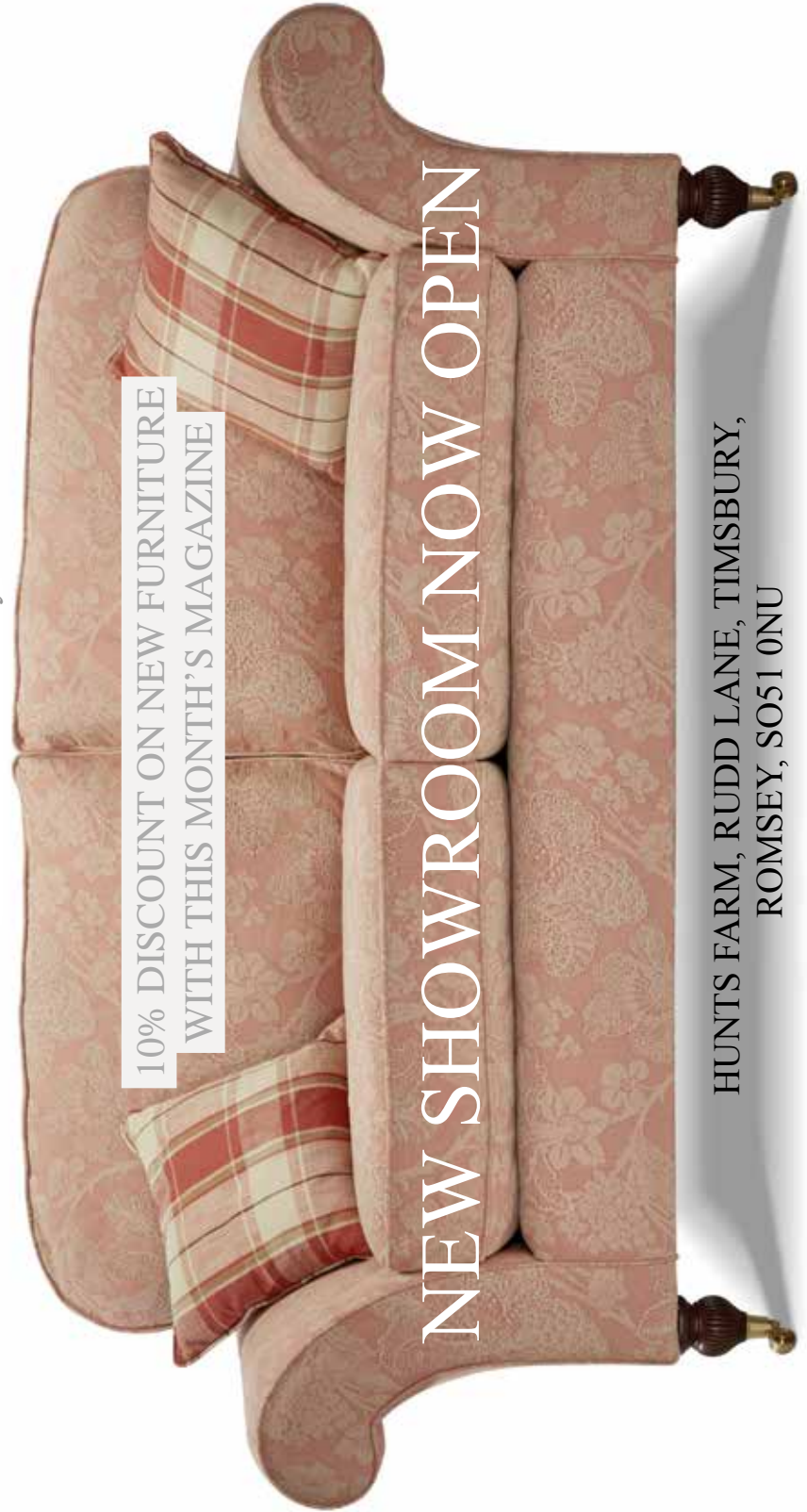


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## “The unexamined life is not worth living”

- Socrates



I came across this statement a little while ago and it caused me to pause. It sounded very high minded and black and white. But then I reflected on the fact that Socrates was a classical Greek philosopher and philosophers do tend to spend a lot of time thinking and examining the meaning of things.

However most of us do not have the luxury of time. Our lives are so mapped out. We are meant to have done certain things by the time we are 18, or 25, or 35. By the time we are 40 we are expected to be married with children, earning enough money to keep our heads above water whilst giving love and care to those nearest to us. This leaves little time for thinking and reflecting on our self, examining our life thus far and seeing how we can improve our quality of life.

Counselling assumes that we all have the capacity within ourselves to make sense and heal ourselves. But by being with another person, a counsellor, we can be helped and guided to make sense of what is going on for us. It can give us the tools to examine and continue to reflect and examine our lives as we go forward in order to

restore and maintain our mental wellbeing.

If you are feeling out of sorts within yourself, cannot put a finger on what is happening and feeling somewhat at sea in your life, then committing to some sessions with an experienced and accredited counsellor can help you to

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## SHUTTERS THE TALK OF THE TOWN

Now that the festive season is nearly over the sales have arrived. At The Great Shutter Company their largest sale of the year takes place in January which is run in conjunction with the shutter manufacturer. This means the best prices of the year.



Michael Schnuppe, owner of The Great Shutter Company, says “Customers often forget that lead times are 8-9 weeks on these custom made plantation shutters. If you order towards the end of the promotional period your shutters will be installed in time for Spring which means you get to benefit from them both Spring and Summer. Order now and you won't be wishing in June that you had ordered earlier in the year.”

Shutters are great for controlling light. Ask Mrs Harmer from Chandlers' Ford whose large box bay made her living room unbearably hot during the summer but also cold in the winter. “I would just like to say how thrilled I am with the shutters you fitted for me a week ago. They have exceeded my expectations in every way. Not only do they look nice but being able to regulate the light/sun in so many

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## New Year's Resolutions



1. Be more organised
2. Lose weight
3. Eat more healthily
4. Be kinder...

.... **Wait... Stop!** Do you feel as if you are in a perpetual, annual 'Groundhog Day'? Are these the same resolutions you made last year, and the year before and even the year before that? Maybe we need to approach this list from a different direction. Maybe we need to take the pressure of trying to become a better human being off our shoulders a little for fear of the weight of perfection becoming too much.

In a world where we are deafened by social noise in the form of stick-thin, photo-shopped models and living the perfect life, maybe we should be kinder... but to ourselves. By all means be more organised and lose weight if you want to, but rather try to achieve your goals by simply looking after yourself.


Our necks seem permanently craned to our phones or computers and when they're not our bodies are being pounded by exercise classes or gyms or dashing around to get everything done; kids to school; shopping finished; all in the name of the perfect life. We should take time out for ourselves. We are advised by healthcare professionals to have a regular dental check-up to help prevent problems with the teeth and mouth, an area of the body that is relatively small. However, the idea of having a regular check-up with a physical therapist is alien to many people. Yet, this type of check-up covers a general health examination, followed by treatment of your entire mechanical structure - your skeleton and muscles. A structure, that despite its size and importance we expect to keep going for seventy-plus years with little or no maintenance. It follows that when the musculoskeletal structure is well-maintained with good posture, core stability, flexibility and strength, there will be less abnormal pressure and forces applied to the joints of the

spine, hips, knees and ankles. This could lead to a significant reduction in the potential of damage to those joints and therefore less likelihood for the need of joint replacement operations in later life. In turn this could lead to a much better quality of life, possibly the difference of an active life or one spent sitting in an armchair because anything else is too painful. Ask yourself one question, do you think that your entire body is as important as your teeth?

It seems the norm to only visit a Chiropractor when you are in pain but maybe our resolution this year should be to make regular visits to our health professionals even when we feel OK. Not only will this correct any minor misalignments before they become issues, it will also give us something that we are steadily erasing from our lives... 'Me Time'. Do not underestimate the power of 'Me Time'. It is a wonderful resource for mind, body and soul and whilst our lives get busier and busier, ironically, the need to slow down and take care of ourselves becomes all the more important.

So rewrite those resolutions and make sure you take care of yourself this year. Have a look at the Chiro Clinics website ([www.chirosclinic.com](http://www.chirosclinic.com)) for a full range of therapies and treatments that complement each other and will give you a fantastic sense of wellbeing to face any challenges that lie ahead in 2017.

**Happy New Year!**



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## Sparsholt College Named as Plant Heritage's Latest National Collection® Holders

Sparsholt College's nationally renowned Horticulture department has added to its long list of accolades this autumn. Plant Heritage, the world's leading garden plant conservation charity, has named the College's apple cultivars, *Malus domestica*, as one of the latest additions to their National Plant Collections.

Bred and grown in Hampshire and the Isle of Wight pre-1960, *Malus domestica* are a geographically defined collection containing many rare apple cultivars, 13 of which are classed as 'Threatened in Cultivation' by Plant Heritage. The apple trees are grown without the use of chemical controls in an established orchard on campus, maintained and studied by Sparsholt's horticulture students.

Horticulture expert and lecturer, Chris Bird not only believes that this title is greatly beneficial to the conservation of plants, but also to the students who observe and use the apples as part of their courses. Chris said: "The knowledge and understanding of handling and preserving a Plant Collection demonstrates high quality skills which go on students' CVs. When they eventually progress from Sparsholt into the industry, they already demonstrate desirable expert qualities."

Sarah Quarterman, CEO of Plant Heritage, says: 'This new tranche of National Plant Collections illustrates why we value the diversity of plants - in particular, their historical value to our culture. We are grateful to these Collection Holders for their dedication and the work they have undertaken to bring these Collections into being, and for conserving them for future generations.'

There are currently over 600 National Collections across the U.K including Sparsholt College's full-status *Malus domestica*. The main part of this Collection was presented to the College by

the Federation of Hampshire Horticultural Societies in 1987 in celebration of their Silver Jubilee, as a living feature for students to use, study and cultivate. Moving forward, the College aims to add further geographically recognised cultivars introduced prior to 1960 to the Collection, including 'Sir Douglas Haig' and 'Lord Kitchener'.

Sparsholt College has a long-standing relationship with Plant Heritage, partnering earlier this year to win a Silver medal at this year's RHS Chelsea Flower Show. The College has a long history of Chelsea medal success achieving six Gold medals, three Silver-gilt medals, five Silver medals and three Bronze medals since 1998.

A number of Horticulture courses are offered at Sparsholt College, from Apprenticeships through to the FdSc Horticulture with Plantsmanship and Design. A leisure programme also provides ample opportunity for those looking to try their hand at a new skill or develop a long-held interest.

For further information on the full range of Horticulture courses please go to <https://www.sparsholt.ac.uk/subject/horticulture/> To find out more about the work of leading plant conservation and membership charity Plant Heritage, you can visit their website at <http://www.nccpg.com/>



Sparsholt Expert Chris Bird with Apples



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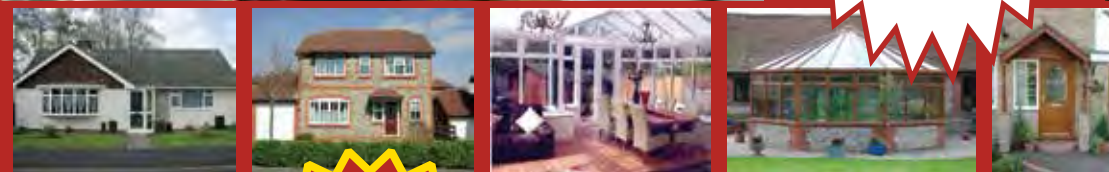
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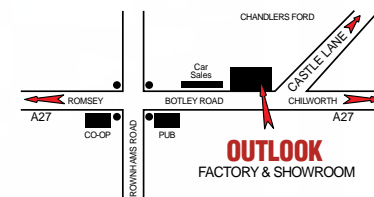


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## University of Winchester scoops Times Higher Education Award for groundbreaking work with young carers

The University of Winchester has won a prestigious Times Higher Education Award 2016 for its pioneering work encouraging and supporting young carers to access and succeed in higher education. The Awards are widely recognised as the Oscars of the higher education sector.

The University received the Widening Participation or Outreach Initiative of the Year Award at a ceremony in London which was hosted by actor Richard E Grant on Thursday 24 November.

There are around 375,000 young adults in the UK aged 14-25 who act as unpaid carers for family and friends. Half of young carers report they are struggling with their studies because of their caring role, and without the right information and support they are four times more likely to drop out of education altogether.

During 2014-15, the University of Winchester worked with a number of different partners – including Carers Trust, Hampshire Young Carers Alliance, Hampshire Children's Services and the Princess Royal Trust for Carers in Hampshire – to pave the way for the higher education sector as a whole to increase support for young adult carers in accessing and succeeding in higher education.

The Award recognises work undertaken by the University's Widening Participation team including outreach sessions across Hampshire, on-campus events attended by nearly 200 young carers, and the development of a toolkit of ideas and practical advice written in collaboration between the University of Winchester, Carers Trust and the National Network of Universities Supporting Young Adult Carers.

The University has also supported Carers Trust to persuade the Office for Fair Access to recognise young carers as a disadvantaged group for the first time, and has launched an annual bursary of £500 to help young carers studying at Winchester to cover extra costs

such as frequent travel home.

The Award judges said that the University's work "directly addresses" the needs of individuals who "too often find higher education difficult to access and hard to complete".

"The University has led a multi-agency approach to ensure that every opportunity is taken to encourage young carers to succeed," the panel said. "The project has acted as a catalyst not only in making a difference for the individuals concerned but in securing wider recognition of the unique needs of these committed young people."

Professor Joy Carter DL, Vice-Chancellor of the University of Winchester, said: "We are hugely proud to have received this award in recognition of our work with young carers. As a University driven by a strong commitment to social justice, this important work is a wonderful example of our values in action. Our aim is that anyone who might benefit from a University of Winchester education has the opportunity to study here – whatever their background, we will help them achieve their full potential.

"Without additional support, young people with caring responsibilities could be at a disadvantage compared to their peers and the important work that our Widening



University of Winchester receiving the Times Higher Education Widening Participation Award

Participation team is undertaking is leading the way for other universities across the UK. We are incredibly proud of the work the team does and congratulate them for this outstanding achievement."

Sarah-Louise Collins, University Widening Participation Manager, said: "As part of our commitment to widening participation, we

recognise young carers as a marginalised group and are making it a priority to raise the educational aspirations, awareness, confidence and motivation of all young carers, whether they eventually choose to study at Winchester or not. It's fantastic for our work to be recognised by a Times Higher Education Award."

## University of Winchester wins Gold at Free From Eating Out Awards

The University of Winchester Catering department has won a coveted Gold Award at the FreeFrom Eating Out Awards 2016.

The Awards were presented this week (Tuesday 22 November) at the Food Matters Live event at Excel in London's Docklands. The University won its award in the Schools, Colleges and Universities category sponsored by Thomas Ridley Food Service.

The FreeFrom Eating Out Awards were launched three years ago to raise awareness of the huge opportunities offered by 'freefrom' food within the food service sector. FreeFrom food – free of gluten, wheat, dairy, soya, nuts and other allergens – has become big business in the retail sector with an annual turnover already topping half a billion pounds.

The Catering department provides a wide variety of services for students, staff and external conferences across a number of catering outlets around campus. The Catering for LIFE (Local, Independent, Fair, Ethical) initiative focuses on ethical standards – including offering Fairtrade products and using free range and locally-reared animals where possible – and good practices such as reducing food miles, promoting recycling and efficient waste management.

The FreeFrom Awards judges commented: "The University has clearly made an excellent effort to include a range of dishes and options for allergies and vegan diets – the staff are obviously proud of this and rightly so – they are knowledgeable and helpful with alternatives. The University should be



Pictured left to right are: Stephen Doyle (Chef); Piotr Laba (Second Chef); Michelle Edwards (Head Chef) and Liam Flaherty (Chef).

congratulated for its clear commitment to staff and students with allergies – well done."

David Morton, University Catering Operations Manager, said: "One in ten people in the UK has a food allergy. At Winchester we are allergy aware and believe that allergy free food is an option not an afterthought.

"There has been a steady increase in requests for special diets amongst students, staff and visitors to the University and where possible we ensure that we cater for all our customers. Receiving a FreeFrom Gold Award is welcome recognition of our approach."



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## St Swithun's School latest DofE gold achievers receive awards from Prince Edward

Last year, nine Duke of Edinburgh gold award winners from St Swithun's sixth-form enjoyed the opportunity to meet Prince Edward at St James's Palace and speak to him about what they had undertaken to achieve their awards. Their certificates were presented by Rebecca Stephens, the first British woman to climb Mount Everest. Rebecca talked about her own experiences and impressed on the award holders that the skills of overcoming challenges and building trust and teamwork are ones which are core to a DofE award and that these will be skills they can draw on whatever they do in the future.

Every year, around 120 St Swithun's girls undertake their Duke of Edinburgh challenges, with around 25 achieving the gold award. Having achieved their DofE gold awards, the girls and a parent are invited to St James's Palace for one of the presentations with the Duke of Edinburgh or the Earl of Wessex.

Completing a DofE award at any level is a significant commitment and requires resilience, self-motivation and independence from those taking part. To achieve the gold standard of the award requires all these attributes in abundance and is a magnificent achievement for those who are successful.

St Swithun's DofE coordinator Andy Parker said, "It is always a huge pleasure to see the girls reach the end of their DofE journey and have this marked by collecting their certificates at St James's Palace. It is a pretty unique opportunity to meet either the Duke of Edinburgh or the Earl of Wessex who are always very interested in what the young people have done to achieve the award and what they are doing now."

The following pupils were presented with their Gold awards on this occasion: Rebecca Dunn, Georgia and Hannah Tice (all from Southampton), Megan Jolleys and Hannah Hartman (both from Winchester), Sophie Hext from Dummer, Jessica Parker from Hook, Emma Shore from Petersfield and Olivia Williams from Brockenhurst.



St Swithun's DofE Gold award recipients at St James's Palace

## St Swithun's School impressive lacrosse tournament wins

St Swithun's School 1st team reached the final and were eventual runners-up in the U19 South West Schools lacrosse rally in October. The school hosted the event which attracted 15 school U19 teams from across the South West region.

The 1st team played some tough opponents to reach the final. They came top of their group, winning all four matches against Westonbirt, Malvern St James, Haberdashers' Monmouth and Heathfield. They then went on to win 4-1 against St Mary's Calne and 4-2 against Godolphin, putting them through to the quarter-finals. They beat St Mary's Calne in the semi-finals but narrowly lost in a tough match against Downe House in the final.

St Swithun's 2nd team were the overall winners of their competition, winning 14 of their 20 matches and beating Downe House 2-1 in the semi-final and then St Mary's Calne 3-2 in the final.

A St Swithun's team also competed in the South Schools Invitational championships in mid-November where they won the bowl.

St Swithun's coach Kate Nelson-Lee said "I am delighted with the performance of the team in the South West Schools Rally. The South Schools Championships is a good test to see where we are against the powerhouse schools from Surrey such as Guildford High, Lady Eleanor Holles and St Catherine's. It is a privilege to be invited to the tournament and the girls played well throughout the day, though sustaining some heavy injuries. We eventually triumphed over St. Paul's Girls 3-2 in the bowl final. We are making good progress as we move towards the Rathbones National Schools Championships in early March".



St Swithun's U19 1st, 2nd and 3rd lacrosse teams

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

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

Locally Cloudy2Clear service the Winchester area

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

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## Local hospices back on the road thanks to charitable foundation

Children, young people and staff at Naomi House & Jacksplace hospices have cause for celebration thanks to a generous donation from The DM Thomas Foundation.

The Foundation has donated £29,934 towards the cost of a new minibus so that staff at the hospices can take children and young people that they care for on day trips across The South. Naomi House & Jacksplace hospices, located near Winchester, offer respite, emergency, end of life and bereavement care to life-limited and life-threatened children, young people and their families from across southern England. The charity cares for more than 300 families and regularly organises day trips and outings for the children and young people that stay at the hospices for respite breaks.

The support of the DM Thomas Foundation has enabled the charity to replace its existing minibus that had been on the road for more than a decade.

Speaking about the donation, Trust Fundraiser at Naomi House & Jacksplace, Charlie Otter, said: "We are phenomenally grateful to the DM Thomas Foundation for their generous support. This is no ordinary minibus; it has been modified to accommodate large wheelchairs and medical equipment, and without the Foundation's support we wouldn't have been able to cover the costs of this high-specification vehicle. The children we care for at Naomi House & Jacksplace love visiting places like Beaulieu Motor Museum and the New Forest Wildlife Park. Our new minibus means we can take them there in safety and comfort."

The DM Thomas Foundation's mission is to transform young lives by raising money to support a wide range of projects that help disadvantaged young people to 'Achieve It, Beat It, Live It and Experience It'. The Foundation began life in 2000 as the Hilton in the Community Foundation. Since 2000 the Foundation has delivered a wide range of programmes, and through key partnerships and by providing

funding, invests in brighter futures for young people. In 2015 the Foundation changed its name to the DM Thomas Foundation for Young People in honour of its founding Trustee, Dame Maureen Thomas.

Gillian Pendlebury, a member of the DM Thomas Foundation's Grant Committee, visited the hospice to discuss their request. She said: "The hospice is an amazing place, with a dedicated team of staff doing wonderful work for children and young people with life-limiting conditions. I fully recommended we contribute to this project and am delighted the request was successful."

Simon Sheehan, Director of the DM Thomas Foundation for Young People said about the grant: "At the Foundation we believe that every children and young person should be able to live life to the fullest, no matter what their circumstances are. The new minibus will provide life-limited children and young people with the opportunity to enjoy exciting experiences that will help them fulfil their potential, and we are extremely proud to make this possible."



For more information, please visit [www.naomihouse.org.uk](http://www.naomihouse.org.uk).

## Kate is Living the Dream

A young adult with Congenital Muscular Dystrophy is embarking on the trip of a life time to encourage people to live their dreams no matter what. Kate Mellor, 23 from Wokingham in Berkshire, is planning a road trip across America despite needing 24/7 medical care and using an electric wheelchair. It has been a long standing wish of Kate's to travel America and she is not letting anything get in her way.

Kate has recently graduated from The University of Winchester with a Bachelor of Arts Degree in Digital Media Design. Digital Media Design, specifically photography, has given her the ability to express her creativity due to the advancements of accessible technology in recent years. Kate wants to use her photography as a way of documenting her travels and to conduct her biggest photo-shoot yet. As an ambassador for the children and young people's hospices Naomi House & Jacksplace, she has been inspired to blog her journey to communicate the challenges that come with travelling such an extensive way with her disability, but to also motivate others to achieve their own dreams.


Due to the amount of extra support that Kate requires to live, her trip to America is costing her a significant amount of money. She has come to the conclusion that she needs to ask for financial help if she is ever going to achieve her biggest ambition. Therefore Kate has launched a crowdfunding campaign to ask people to invest what they can so that she can fund the support she needs to travel America.


Kate has said: "Though my disability effects most things in my life, I try for it not to get in the way of anything I want to achieve. I have a wonderful family who are incredibly supportive and friends who are equally so. I am very lucky. Having all of this in my life has given me the attitude that everything is

possible if you put your mind to it. It is with this mentality that I'm approaching America."

If people wish to donate to Kate's dream they can visit [www.gofundme.com/kates-adventure](http://www.gofundme.com/kates-adventure) and to follow her blog they can visit <https://kateislivingthedream.wordpress.com>

Campaign Film on YouTube: <https://www.youtube.com/watch?v=Klj5kdm8fek>

 Facebook: Live the Dream: Kate's Adventure [www.facebook.com/dreamlifeliveit](http://www.facebook.com/dreamlifeliveit)

 Twitter: Kate: Live the Dream (@Kate\_L\_T\_D) [https://twitter.com/Kate\\_L\\_T\\_D](https://twitter.com/Kate_L_T_D)



*Kate at Graduation*



*Kate in her Ambassadorial role for Naomi House & Jacksplace*

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## Hat Fair Photo Winner Goes On Display



Blake's winning entry is called **Pleased To Meet You** and shows a performer greeting a small child.

Eric explained: 'It depicts Richard Kimberley, one half of Barada Street. He was improvising before his official start time when this little lad came out of the audience. I anticipated this might provide an interesting interaction- I wasn't disappointed!'

Eric, who is President of Winchester Photographic Society, used a Canon 5D Mkiii with a 70-200 lens to take his black-and-white photo.

The Hat Fair Photo Competition is held every year. The winner receives train tickets from SW Trains and the photo is put on permanent display at Winchester station.

Hat Fair is the UK's longest running festival of outdoor arts. It attracts over 60,000 people to Winchester every year over the first weekend in July. Hat Fair also presents Woolly Hat Fair, a series of free arts events in Winchester during December.



The winning photo: *Pleased To Meet You* by Eric Blake



Bill Marshall (Winchester Station Manager) and Eric Blake (Competition winner)



L to R: Mark Courtice (Chief Executive, Theatre Royal Winchester), Bill Marshall (Winchester Station Manager), Michelle Walker (Artistic Director, Hat Fair), Eric Blake

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## Children's hospice marketing manager wins coveted national award

Keith Wilson, marketing manager at Naomi House & Jacksplace hospices, has been presented with an Inspiring Communicator Award by CharityComms.

He has worked at Naomi House & Jacksplace for 5 years, during which time he oversaw a visit by HRH the Duchess of Cambridge, and the organisation's high profile 'Caterpillar Appeal' which raised more £4 million to refurbish the hospice. He regularly takes part in Naomi House & Jacksplace's fundraising events and recently pushed a blind grandfather of 16 around the London Marathon course in a wheelchair.

The father of two from Andover was nominated by his colleagues who said, "the sky is never the limit for Keith, he would go to the moon and back for Naomi House & Jacksplace". They added, "his aim is always to share with honesty and integrity the stories of families that use the hospices."

CharityComms is the membership network for communications professionals working in charities across the UK. Other winners of the Inspiring Communicator Award include Michael McGrath, founder of The Muscle help Foundation and Steve Ford, Chief Executive of Parkinson's UK.

Commenting on the award, Keith said: "I'm both humbled and delighted to pick up this award, and am extremely grateful to my colleagues for nominating me. Naomi House & Jacksplace is a charity on the move. We are caring for more life-limited and life-threatened children and young people than ever before, and the conditions we see are increasingly complex. To be able to play my small part in delivering vital care services to hundreds of families is both an honour and a privilege."

Naomi House & Jacksplace offers respite, community, emergency, end of life and bereavement care to children, young people and families from across central southern England.



## Gazette Mini Ads

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# WHAT'S ON in your Area

## JANUARY 2017

6<sup>th</sup> December - 2<sup>nd</sup> January

**CINDERELLA** - You shall go to the ball! Enjoy original songs, audience participation, a wickedly funny script and live ponies in the Theatre Royal's traditional pantomime.

Venue: The Theatre Royal, Winchester

Time: Variable

Price: £10 -£23

Contact: 01962 840440

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

21<sup>st</sup> **WINCHESTER CITY FESTIVAL CHOIR** will perform Rossini's Petite Messe Solennelle and opera choruses at their annual concert.

Venue: Thornden Hall, Chandler's Ford.

Time: 7.30pm

Price: £15 (students £7) from [www.thorndenhall.co.uk](http://www.thorndenhall.co.uk) and at the door

Contact: 023 8024 6555

More details can be found at [www.wcfchoir.org](http://www.wcfchoir.org)

22<sup>nd</sup> **JAZZ RECITAL** - Robert Carter (pianist and composer) and Andy Panayi (saxophone and flute player, who composes and is a member of several ensembles) team up to put on a vibrant jazz experience.

Venue: St Mary's Church, Twyford

Time: 7.30pm

Price: £10 to include drink and nibbles in the interval

Contact: [julietahawkes@aol.com](mailto:julietahawkes@aol.com) or telephone 01962 808 554

14<sup>th</sup> **HANNAH WILLIAMS & THE AFFIRMATIONS SOMBORNE SESSIONS** - Enjoy this amazing British soul singer as she sings a whirlwind of soul.

Venue: King Somborne Village Hall

Time: 7.30pm

Price: TBA

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

19<sup>th</sup> -22<sup>nd</sup>

**CINDERELLA** - Pantomime full of toe tapping songs, magical effects and a host of panto jokes, Cinderella will entertain the whole family.

Venue The Point, Eastleigh

Time: Variable

Price Full Price: £8.50 - £10.00 Child: £8.50

Over 60s: £8.50 Student: £8.50

Contact: 02380 652333

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

28<sup>th</sup> **ANNUAL MAYOR'S CHARITY QUIZ IN AID OF THE MAYOR OF WINCHESTER CHARITIES** -Join the mayor of Winchester for the annual quiz as quizmaster Mike Davies leads the questions. Teams of up to 8 people, book early as tickets sell out fast!

Venue: Winchester Guildhall

Time: 7pm

Price: £10 per ticket

Contact: 01962 840500



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