

Jo Hooper
 BA (Hons) RNMH Reg. MBACP

Counsellor, Psychotherapist, Mentor,
 Based in Romsey
counselling@jlhooper.co.uk 023 8097 2243

Working with your emotions, thoughts and feelings
 Contact me for an informal chat today



www.stroud-kes.org.uk
 01794 513231
 Highwood Lane
 Romsey
 SO51 9ZH

Stroud School
 King Edward VI Preparatory School
 Independent Education for Ages 3 to 13

Honesty · Respect · Happiness

The Ampfield Messenger



*The Parish Magazine of St. Mark's
 Church Ampfield*

Vol 70 Issue 8 www.acnb-church.org £1

The Parish Church of St Mark, Ampfield

Our vision: To be channels of God's love in the world

Vicar

Revd Victoria Ashdown Tel: 02381 788031
email: revdvictoria@gmail.com

Ministry Team

Revd Vanessa Lawrence Tel: 02380 736671
Mrs. Sally Kerson Tel: 02380 737617
Mr. Jonathan DeVile Tel: 02380 736522

For any enquiries about baptisms, weddings or churchyards please contact the parish office, telephone no: 023 8073 7617

Email us at: **office@acnb-church.org**
Website: **www.acnb-church.faith**
Facebook: **www.facebook.com/acnbchurch/**

The office is staffed 9 - 12 noon, Monday, Wednesday & Friday.
Please let us know if you have any news of those who are sick, in trouble, leaving or about to arrive

Churchwardens: Mr. Daryl Pugh, Tel: 01794 524307
Mrs. Jan Ship Tel: 07597 967390
Email: ampfield.churchwarden@gmail.com
Secretary PCC Jennie Edwards Tel: 02380 365041
Treasurer PCC Mrs. Pamela Morffew Tel: 02380 411146.
Email - pammorf@virginmedia.com

Any cheques should be made payable to Ampfield PCC please

Gift Aid Secretary Mrs A Jeffery, Tel: 02380 252865
Email: nickandade@gmail.com
Magazine Editors Rob & Chris Kerr, Tel: 01794 367104
E-mail: rc.kerr@btinternet.com
Distribution Margaret Philpott Tel: 02380 741831

Contributions to this magazine are always welcome, however it may be necessary to edit or shorten articles. Note that the views and opinions expressed in this publication are not necessarily those of the editor or the Parochial Church Council. Advertisements in this publication do not carry the endorsement of the editor or the Parochial Church Council.

Computer Problems?	
	PC, Mac, iPads, Screens Windows XP 10 & add Menus Virus Fixes & Tune up Data recovery, Printing Broadband & Networking
Independent Impartial Advice Home Visits	
Laptops, Macs & Phones	PC's, viruses, Home setups
Call Colin: 01962 713890 07727 481220	Call Gerry: 01962 712674 07900 845814
10% off labour with Parish Magazine over	

AMPFIELD VILLAGE HALL

Bookings taken for private parties and receptions. Clubs and other organisations are welcome.
Good parking.

**For bookings ring
Martin Hatley**

Tel: 023 8025 4040/07970 501050
Email:- villagehall@ampfield.org.uk

* **Good Roots Garden Services** *
* I have 20 years experience in horticulture and specialise in *
* garden maintenance, small landscaping & repair works! I can either work *
* with you to improve your outside space or offer a 'spruce up' service. *
* Please get in touch so I can come and chat with you about what your *
* garden needs with a free, no-obligation visit. *
* Tel Pete Hale on :07749299227 or email pete@goodrootsgardening.co.uk *



Talk to us

If things are getting to you. Any time you like, in your own way - about whatever is on your mind.

- **Free to phone 116 123**
- **Email: jo@samaritans.org**
- **Visit us: 13 Upper High Street, Winchester SO23 8UT**

Dave Butler Fencing & Gates

For all your fencing requirements, Decking solutions also provided

Tel: 01794 522212
Mob: 07747 624967
email: dave@fencing-gates.co.uk

AMPFIELD PARISH COUNCIL

Kate Orange
Clerk to Council

2 The Square
Braishfield Road, Braishfield
Romsey SO51 0PQ

Tel: 07922 118840
email: clerk@ampfield.org.uk

www.ampfield.org.uk

NIGEL GUILDER LTD

Chandlers Ford's Independent Family Owned Funeral Directors and Monumental Masons

Nathan House
27 Hursley Road

CHANDLERS FORD
24 Hour Personal Service
02380 262555
Pre-paid Funeral Plans Available

KEATS

Restaurant & Pasta Bar
Ampfield

Open for lunch and dinner

Closed Sunday evening and all day Monday

Private parties and weddings catered for. Outside Catering

Tel: 01794 368252
www.keatsrestaurant.co.uk



01794 513393 122 The Hundred, Romsey
02380 3588605 Rownhams Road, North Baddesley
Personal Attention from Simon & Michael Peace, and Giles Sadd
*24hr Service, Private Chapel of Rest
Monumental Masonry Service
Pre-payment plans available*

WORSHIP

The churches of Ampfield, Chilworth and North Baddesley have continued live streaming an online service at 9:30am each Sunday. In addition to the Sunday services, Victoria (sometimes joined by Andrew) is recording Morning Prayer for each Thursday and there is also now a short Zoom coffee after the service on a Sunday. So the regular weekly online activities are now:

Sunday 09:30 Sunday Worship/Worship For All followed by Zoom coffee

Wednesday 11:00 Zoom coffee morning

Thursday Morning Prayer

The services are available on the front page of the Benefice website and on the ACNB YouTube channel. If you'd like to join the Zoom meetings but don't have the details drop us an email at joinin@acnb-church.org.

We have been pleased that more people have been doing readings/leading intercessions at the services. If you'd like to do so, drop us an email at joinin@acnb-church.org and, also, don't forget you can request that someone is included in the intercessory prayers by emailing intercessions@acnb-church.org.

Worship For All Does Blue Peter

The Worship For All service for June fell on Trinity Sunday. The activity to illustrate the concept of the Trinity was a bit Blue Peter-like requiring paper, scissors and sticky tape/glue. We were delighted that some of you were able to follow Mark's instructions and demonstration and send us pictures of the Borromean Rings you produced. Worship For All will be online again on Sunday 5th July.



Abbie

Letter from Vicar Victoria

Dear Friends,

I hope you are well?

After three months of Lock Down we are slowly and cautiously being given more freedom; we're not out of the woods yet but thankfully there are positive signs that the virus no longer has the hold on the country that it did. As we begin to come out and we're able to do some of the things we took for granted before, and as we begin to socialise more, I think each one of us will discover that the Covid-19 Virus has changed us in some way. Some have tragically lost loved ones through this time, some have lost jobs and incomes, some have been furloughed whilst others have been working harder than ever. Some have lost precious planned events; family parties and celebrations, baptisms and weddings have had to be re-scheduled. End of year proms, exams, holidays and a whole host of other things precious to us have been lost too... and that will have taken its toll on us all.

But in the midst of the Lock Down some have found some positives too. Many of us have gained a new appreciation for the countryside around us; we've noticed nature and wildlife in a way that we'd not noticed before. There's been a wonderful sense of community, neighbours looking out for each other and generosity of food for the food banks. And for some, life has slowed down a little allowing time to reset patterns of being.

We have been through an incredibly tough time... we're not quite through it yet but we're getting there ...and wonderfully there is hope and future ahead of us. We're working towards being able to come

Contributing to the Messenger

Contributions to this magazine are always welcome, however it may be necessary to edit or shorten articles.
Copy should reach the editors by the 15th of the month please.
As a guide, one page = approx. 325 words.
Email to: cl.kerr@btinternet.com (tel. 01794 367104)

NJW CARS

Quality Used Cars & Vans
Sourced & Purchased To
Order, Any Budget Catered For
**Tel Neil Whorton on
07768 800100 for further
Details Email:**



Nursery available **Yellow Dot Nurseries** **near you!**  **Yellow dot nurseries**

High quality care and education for children aged 3 months to 5 years

Discover how your child can benefit from our Nursery! Yellow Dot has been providing exceptional care and education to children for over 30 years. We offer a range of exciting activities to support children which include Mathematics, Literacy and Art and Design.

30 hours funded childcare

For more information please contact the nursery on 023 8026 0394

 hello@yellowdotnursery.co.uk  [yellowdotnursery.co.uk](tel:02380260394)

*For more information, please visit brigetherizons.co.uk/30-hours

Proud to be part of  Bright Horizons

Information

Facebook Groups/websites

The Church of England in Ampfield, Chilworth and North Baddesley

For church info. and links to online services.
(Sunday service 9.30am, Morning Prayer Thursdays and Coffee morning Wednesdays).

Romsey News and Information Group

The original Facebook Group for Romsey.

Romsey Garden, Nursery & Plants, Info. Sharing etc.

Good source of local plant delivery and availability, seeds and growing information.

Nextdoor.co.uk

Neighbourhood hub for connecting with local services.

Local Representatives

Member of Parliament: Caroline Nokes; Phone: 01794 521155
County Councillor: Alan Dowden; Phone 02380 266458
TVBC Councillor: Martin Hatley; Phone: 02380 254040
Ampfield Parish Council: Chair Bryan Nanson; Phone: 02380 267760

Cancellations/postponements

The Romsey Festival has been postponed until 2021 and St. Mark will host an event in July 2021.

Our thoughts are with the many couples who have had to postpone their weddings

Please email us if you can add to this list

pray and reflect in one of our buildings and we hope to have the capacity to open up further soon. You can currently book a time (via the website; acnb-church.org). We cannot yet meet to worship so we will continue to worship online for the time being. Do keep an eye on the website and Facebook page for updates.

As we begin to come out of Lock Down I feel the need to pause and take stock... to mourn the people, events and time I've lost... and also to be thankful and grateful for those things that have been positive... but also to take time to reflect, "Where has God been in it all?" Of course, I believe He has been there... (and I would say that wouldn't I, I'm the Vicar!) But sometimes I/we just need to look a little harder to see Him ...and sometimes we just need to slow down in order to be able to see and recognise His hand at work. But when I pause and take the time, I begin to recognise His presence in all kinds of situations and that He has been with me and alongside me just as He promised. Even when we've not felt His presence, even when it seems like He's not been there I believe He will have been...because He promised He would be. In Deuteronomy 31:6 it says, "...the LORD your God goes with you; he will never leave you nor forsake you." And I believe that's true.

So, as we begin to look forward... as we begin to dare to plan and consider what the future will look like let us try and find ways of taking the positive things we've learned and experienced through Lock Down forward with us. And I'd like to encourage you to look with me to another promise God has for each one of us. This is what God says in Jeremiah 29:11 to us: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

In the meantime God Bless and Stay Safe

Victoria

From the Editors

As we emerge cautiously into a changed world we reflect upon our first three months as rookie editors. Filling the gaps left by redundant rotas, timetables and events has proved a challenge but our contributors have come up trumps! To kick off a new feature we asked Victoria to give us her selection of music and books she'd take to a desert island. If you'd like us to feature your selections in future editions then please send them through.

We have featured your experiences of these strange lockdown days over the last few months. We felt it was important to record what has gone on in Ampfield, a copy of the Messenger goes to the County Archive each month. We hope you have found them interesting. As we get back into the swing of life, please let us have your personal reflections on this time and your hopes (or fears) for the future.

During the pandemic the paper publication of The Messenger has been suspended. We are grateful to Ampfield Parish Council for hosting us on its web site and hope many more of you have been able to read it. It would also be useful if you could let us have your views and suggestions on how we distribute the magazine in the future. Bear in mind that printing costs restrict the number of pages and inclusion of photographs.

As we move up a gear there will be less time for thinking and writing. However, we urge you to carry on submitting your valuable content and ideas to enable us to move from strength to strength!

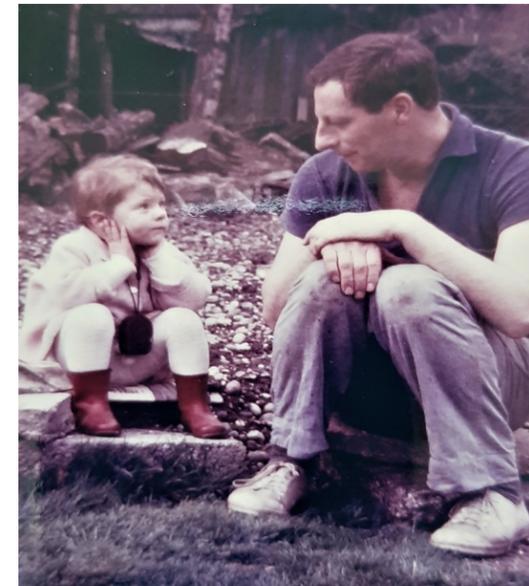
Thank you,
Chris and Robert.

In November, of the same year, I was lucky enough to visit the Holy Land, which, of course, was a truly amazing experience. One day I was walking through a market in Nazareth and talking to a fellow traveller, Malcolm. Whilst we were talking, he looked up and saw a red dress, hanging at the back of one of the stalls. Malcolm commented on what a pretty colour it was and that you don't often see a dress in that colour. I then proceeded to tell Malcolm all about my dad, and that I had worn a dress that colour to his funeral, and why. As I finished telling Malcolm this, I spotted an elderly man, sitting on the edge of the road with a piano accordion. He was just ahead of us, and hadn't been playing anything up until then. However, as we approached he started to play, and the tune he played - "Oh When The Saints Go Marching In!" For me, that was it...that was the sign that my Dad was telling me,

"it's OK, I'm in heaven, I found my faith after all."

Thank you Lord.

Jo Hooper



Thought for the Month

My Dad, My Lord and the Music Man

I was very blessed to have a wonderful childhood, full of love and laughter but in February 2017 my dear Dad died. As a little girl I was a real “Daddy’s girl;” I adored him. We spent many happy hours together, watching sport, listening to music (we shared the same taste), him reading me stories and all the other things that make for a very happy time.

One thing we didn’t share though was a faith. I can’t ever remember a time when I didn’t believe in our dear Lord Jesus, but my dad didn’t. He once said to me that he envied my faith, but, despite the fact he wanted to believe that there was a higher power and a heaven, he just couldn’t. For various reasons I was the one who spent the most time with my dad when he was dying; for two weeks before his passing, I knew the time was fast approaching when we would all have to say goodbye. Of course this made me very sad, but the thing that bothered me the most was the thought that he might not go to heaven, and I so wanted him to be there when it was my turn. I prayed about this and spoke to some of my Christian friends, who all said the same: you need not worry, the Lord knows what is in his heart, He will take care of him, so gradually I stopped worrying and just concentrated on doing what I needed to do in his last days.

Before I move this story on, two things you need to know are that my dad was a life long Southampton/Saints football supporter, who play in red and white strip, and his favourite colour was red. Because of this, I decided to wear a beautiful scarlet red dress, to his funeral.

In response to Covid-19

AMPFIELD

NEIGHBOURS

working with

unity

The Test Valley Borough Council Volunteer Support Group

A group of Ampfield residents have come together to help as volunteers working with Unity during the Covid-19 pandemic. Unity is the Test Valley Borough Council Volunteer Support Group.

If you live in Ampfield and need help with collecting prescriptions or shopping

contact

Unity on the Test Valley Community Helpline -

0330 400 4116

or

UnityC-19@unityonline.org.uk

THE VIRTUAL WHITE ELEPHANT STALL



Due to the cancellation of St. Mark's Fete, the White Elephant stall did not happen. Do not despair! There are some donations available for you to buy online. We will shortly have a virtual White Elephant Stall on the acnb website. It will be up to you how much you pay for these items, just give an appropriate donation. Purchases will be collected from Knapp Lane. We will send round an email when the stall is up and running. Here are some examples of what will be available:



Portapuzzle



Camera lens



Hugable



Teatowels



Radley Handbag



Box of buttons

BoGuns and Roses *Sweet Child of mine* .This song and ...

Bonn Jovi *Living on a Prayer*

Remind me of happy times when the children were young and we would play this in the car or singing and dancing around the kitchen. One of us would start singing in one room and suddenly others would join in from around the house...

Karl Jenkins *The Armed Man - Benedictus*

Just sublime music...

Allegri's Miserere *The Tallis Singers*

This piece of music is utterly divine, but I chose it as my one and only on the Island as it invokes a memory.

Travelling with the family in Syria in 2010, we stayed at the Monastery of Mar Musa in the desert north of Damascus. Our 'room' was a square stone building with a few foam mattresses. High in the mountains, there was nothing to be seen for miles around, no light pollution and just the sound of the monks' goats. We took our mattresses onto the roof to sleep. Lying in the icy dark with my family, the sky clear, I have never seen so many stars or so deep into space. Listening to Miserere I felt so small, so alone, so isolated yet so completely in God's arms.

Book;

I've always been a bookworm but lockdown has reminded me that I need to find more space to read. I love to read about other cultures, particularly the Arab culture and food! I chose 'Playing Cards in Cairo' by Hugh Miles, an insight into the life of Muslim women that you'd never get to know save for living there yourself and being invited to play Tarneeb every week...

Luxury Item;

It's got to be tea! Possibly Russian Caravan or maybe just English Breakfast."

Thank you Victoria—we shall all see you in a different light from now on!

Castaway of the Month

*Like to share your choices with Ampfield?
Drop us an email.*



We kick off our new series with an insight into our Vicar Victoria's choice of music, reading and a luxury if she found herself alone on a desert island.

Victoria:

"Strangely, I rarely listen to music nowadays, in the car it's Radio 4 or Classic FM, at home I like to listen to silence!

Black Sabbath, *Paranoid*

Please don't listen to it if you have a headache!

Led Zeppelin, *Stairway to heaven.*

Probably one of the most iconic songs from the 70's, I came to it rather later, I'm not quite sure where the hippy in me came from!

AC/DC *Back in black*

A bit of a biker now, this album speaks of an odd time in life and one which I choose to leave in the past - not sure there are many lessons that were learnt, but maybe the greatest was that people come in all shapes and sizes. Every person is made in the image of God and loved by Him. Maybe an awakening of God's unconditional love...

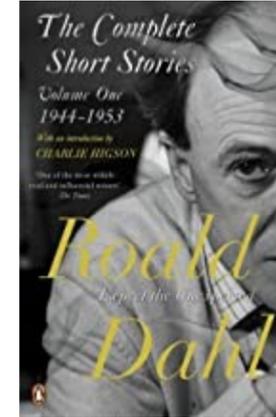
Pink Floyd *Shine on you crazy diamond*

Surely there is no modern 'pop' band that is capable of composing such technically brilliant music. The last time I went to a concert was to see Pink Floyd in 1994, 8 months pregnant with Emily. It was too loud and uncomfortable and I had to leave early. Strangely Em is a great fan!.

Book Reviews

Roald Dahl - Lamb to the Slaughter

This is a collection of stories from the master of the sinister and macabre. You will be able to predict the twist in the tail in some of them if you saw the 1980's TV series of "Tales of the Unexpected". This should not deter you for they are so well crafted, and some contain a foxy humour that makes delightful reading.



The title story "Lamb to the Slaughter" describes what might once have been the perfect murder where the murder weapon is ingeniously disposed of - to say more would be regarded as a "spoiler".

"Parson's Pleasure" is particularly amusing describing someone who passes himself off as a parson. He cons his way around the countryside and gullible country folk buying up valuable furniture cheaply for onward sale at vast profit. He finally gets his comeuppance in a lovely final twist. Another confidence trickster in "The Bookseller" has a clever little scam going until he gets his just deserts.

The stories are short enough to relax with over your elevenses and a couple of biscuits. They will, in the main, make you chortle and smile, ready to face returning to your lock down chores.

I notice that the edition in which I read the stories is now expensive to come by so it might be best to read it in the Penguin edition "Tales of the Unexpected" or "The Complete Short Stories". Not cheap either but worth the investment.

CHURCH HIGHLIGHTS (2)

Hampshire possesses a number of interesting churches, two of them close to Ampfield. The first is St. John the Baptist at **UPPER ELDON**, located on a minor road two miles south of Kings Somborne. It is small and stands in the front garden of a manor house. It is managed by the Churches Conservation Trust (CCT).

Founded in 1043, the church has had a chequered history and was once so dilapidated that it was allegedly used as a cow shed. The interior is simple: white walls, a chair, a tiny desk and a little wooden altar. The authors of *Churches of the Test Valley* describe the layout “as artistic as a masterpiece by Vermeer”. There is, of course, tranquillity in the work of that painter. The only drawback is that it felt intrusive to enter a building in somebody’s garden, but nevertheless, it is a church worth visiting.



Another tiny church nearby is All Saints at **LITTLE SOMBORNE**. Also managed by the CCT, it is a World Heritage Site. If the location of a church has a spirit, then it is this one. We visited on a sunny afternoon, when the only sound was the rustling of leaves in the wind. Snowdrops were still prevalent. The open aspect of the site enhances the impression of peace, light and airiness. It is of Saxon origin, and the current building has remained largely unchanged for 800 years.

For such a small church, it is remarkable that its features occupy over half a page in *Pevsner*. Sir Tommy Sopwith, the aviation and sailing pioneer, is buried outside; the calmness all around must have been in direct contrast to his busy and active life.



Philosophical thoughts. The sky is very blue, no vapour trails, jet engine thunder or aviation fuel dumping. Very little car exhaust so low carbon monoxide so the air is clearer, the colours more vivid, the sun hotter, our pool warmer – 28 degrees. Also people seem to be slower, almost languid in their social mixing. They are freer of spirit and have time to talk. It’s nice!

Will the pre-Covid life discipline return – I actually hope not. I hope life will remain simpler. Values adjusted to a new life rhythm. Fat chance!

Gerard

**Bournemouth Beach
25 June 2020**



**“The ultimate
measure
of person is not
where they stand
in moments of
comfort and
convenience,
but where they
stand in times of
challenge
and controversy”**

Dr. Martin Luther King, Jr.

From *A Box of Delights*, J. John
and Mark Stibbe, Monarch Books

From our Spanish Correspondent

Spain reopens to holiday makers out of economic necessity. The restaurants, bars, even music venues have been painting, decorating, sanitising, social distancing making ready for the crowds. Perhaps it will not be as slow as the doom and gloom supporters believe but hopefully it won't be like the Bournemouth beach hoards. I still can't get that rationale straight in my head, can you? Is it the bulldog spirit that made Britain great, or is it stupidity – a lemming like desire to walk stiff upper lipped into gunfire?

We, here in Spain, went to a deserted beach in Torrox. Only us there and 2 dog walkers taking their pets into the newly installed dog showers. The English and



Spanish seem to have a completely different view. Boris says 'be careful, stay alert' the Sanchez method - i.e. it is the law, you can't do that, you can't do it or you will get 1000€ fine.



I don't understand the mask rules. Everyone here has to wear a mask. Good, but you can take it off to have a drink? The hairdresser and I both wore masks, that's good but local vendors also have to have a big plastic screen to stop spittle splash. Through the mask? First hair cut in four months.



Another unique CCT managed church is St. Mary at **ITCHEN STOKE**. Its design, both within and without, represents a part of France transported to the English countryside. It is partly based on the great church of Sainte Chapelle in Paris. Though not built until 1865/6, it is one of the more appealing and aesthetic of Victorian church buildings. Its glory is a dazzling rose window behind the altar.

St Mary, **AVINGTON**, is a gem: the most perfectly preserved Georgian church in Hampshire. Located not far from Itchen Stoke and on the edge of the Avington Park estate, its red brick exterior does not prepare one for the delightful and distinctive interior. There are the family-sized mahogany box pews, graded according to the status of the occupants. The squire's pew is so spacious that it once hosted the Sunday School. A three-tiered pulpit soars above them. The vicar would have been all-seeing. There is also a slender marble font, a beautiful Crucifixion, enhanced by the surrounding clear glass, a barrel organ and a monument to the brother of the poet, Shelley.



Finally, **CORHAMPTON** church (no dedication). It is another church which originates from the Saxon period and is possibly the oldest church in Hampshire. It is partly obscured by a venerable Yew which stands virtually at the entrance. Some of the internal fixtures are Jacobean, but its most notable feature is its 12th century wall paintings, restored in 1968. It should not be confused with Meonstoke church, which lies in open ground on the other side of the A32 roundabout, barely 400 yards away.



Alan

Friends of Chapel Wood



Life can be strange at times. Odd things happen for no apparent reason. Take the headline pictures in many of the newspapers this week – it was almost impossible to see anything aside from the images of half of the south of England enjoying themselves in the sunshine on Bournemouth beach. What is so difficult to understand is - why would they want to go there, when they could have gone to Chapel Wood instead? Still, that is what makes a market!

On a different note, listening to the news this week, one of the people being interviewed came out with an interesting expression “*Never let a good crisis go to waste.*” By that he seemed to mean that every so often stuff happens that provides a very rare opportunity to do something important and different and we have just been presented with the perfect example. Given that it has been very difficult to organise working parties, etc., just what have the Friends been doing with their new-found spare time? If, as seems possible, very little will be happening in the woodland for a while, we might find out.

In an attempt to set the scene, every morning it has been brilliant being able to wander around Ampfield Woods with our dog Charlie (see p. 14). There are so many new footpaths to explore, new smells to smell and new trees to check out. And that is just us - Charlie says he is enjoying it as well!

There is one area that reminds us of a primeval forest, another area offers fine specimen trees and we have even found a mass of wild orchids growing in the grassland alongside one of the



Counselling Sessions for free

‘Hello, I’m Jo.

I am a qualified Counsellor and have been in private practice for some years. During this period of lockdown I have been offering free on-line, counselling sessions.

I still have a limited number places and can offer up to 6 sessions, free of charge, until the end of September.

I work with anyone aged 11 years or over. Unfortunately I cannot work with those who I am friends with, as it would be against my professional code. If you would like to know more, please ring me on:

023 8097 2243 or email me on counselling@jlhooper.co.uk ‘

Jo Hooper BA (Hons) RNMH MBACP

Wishes of an Elderly Man

I wish I loved the Human Race;
I wish I loved its silly face;
I wish I liked the way it walks;
I wish I liked the way it talks;
And when I’m introduced to one
I wish I thought *What Jolly Fun!*

Sir Walter Raleigh

Life in a local GP surgery, with COVID

Staff at our local GP practice were catapulted into the world of the COVID pandemic in mid March, knowing as much about it as everyone else in the UK. We planned for the worst and hoped for the best!

Similar to hospitals, decisions and operational changes were made in just 2 weeks, which would alter our working environment like nothing we had ever seen before. Constant updates and changes to everyday working life became the norm. Concurrently, with crash courses in IT skills...technology became our friend, helping us to overcome the restrictions placed upon us by the virus.

Surgery doors were shut; patients contacted the surgery via email, telephone, econsult, patient access or NHS App. All patients' requests were triaged by a clinician remotely, and face to face consultations with patients were arranged by a clinician. Hot hubs were set up locally (in Romsey) to safely assess patients who may have had COVID, to ensure GP surgeries were kept as 'clean' sites for

other patients with NON COVID health problems.

Even now, waiting rooms remain very quiet. The majority of patient consultations are achieved remotely, and if you have to attend the surgery be reassured that every possible precaution has been taken to reduce the risk of infection. (But nearly forgot... you will need to wear face masks or face covering if you attend your GP surgery).

I have been proud to see how the GP surgeries (& the NHS) responded incredibly well and promptly to the pandemic. And I am astounded by people's generosity; local patients made visors and facemasks, donated PPE, goggles and goodies for staff (not good for the diet, but needs must!).

What now? Hard to say what the future holds.....some of the new changes have and will remain in place for now and maybe forever. But most importantly, we can still enjoy our beautiful homes and countryside. Continue exercising, eat healthily, be positive and keep smiling!

Clare (Practice Nurse)

tracks. The flower detail on these is quite stunning and, interestingly, we have discovered that there are a number of specialist nurseries that propagate them and offer them for sale.

However, it is not just the woods that offer the opportunity to get up-close and personal with nature. Two of the Friends have ingeniously created a wildlife area in their garden. Using an old washing up bowl and some spare cobbles, they have created the perfect sanctuary for amphibians and for hedgehogs. They have already been rewarded by five newts and two hedgehogs taking up residence. We hope this will provide us with a series of stories as we stop for coffee in future.



Having said all this, perhaps and rather surprisingly, the most memorable thing about this lockdown has been the opportunity to spend time with other people. We have been really most fortunate. Whilst we have been out getting our permitted hour of exercise every day (remember that!), we have been provided with the ideal chance to meet and chat with other people, neighbours and strangers alike, as we pass each other all doing the same thing. The importance of these casual chance encounters has taken on a whole new social significance. This is the one thing that must continue as we all come out the other side.

Finally, back to Chapel Wood, there is an outside possibility we might try a socially distanced working party over the next few months (with gaps wide enough to suit us rather than those currently prescribed as adequate by the politicians). There is lots to do and this won't decrease. We will keep everyone posted.

Stay focused, stay safe.

The Friends of Chapel Wood

Dogs of Ampfield



Stanley

Hello villagers. I am Stanley and have just celebrated my first

birthday with the family I chose when I was just three months old. They are a soft touch but I love them, especially when they walk me in Ampfield Wood. I'm brilliant at stalking but always let my prey get away at the last minute so as not to show off. The thing I love to do above all is to roll in mud puddles. I know my family love me doing this too because they always get very excited when I stroll into the house covered in mud. If you see me in the woods, come and say hello, my nicknames include; "Mad-Stanley", "Bonzo" and the "Polar Bear", although mum usually calls me Tinker. They may feed me well but I will never turn down the opportunity to tear a paper napkin to shreds.

Sue & Alan

Charlie

Charlie is a two year old English springer spaniel. When we were asked for a brief description, we had to point out that many of the most accurate adjectives would not be suitable for this magazine. But it is fair to say, you could not wish for a better companion and he has a heart as big as a big thing! Charlie likes digging, eating peas and beans, but only if they are still on the plant, chasing after balls and barking at wheelbarrows. He is trying to teach us the etiquette of pack membership but probably despairs at our inability to understand he is always in charge!

Sue & Graham



Musings from Lockdown Hill

The disruption, since March, which has overtaken us could never have been foretold in our wildest dreams. Lifestyle changes have crept up on us which could never have been imagined.

Personally I have no cause to complain. My neighbours have been generous to a fault. My family have been on constant standby and friends from afar have kept in constant touch. My medical team have been marvellously attentive. I was offered Priority slots by Supermarkets. The Weather, well, how that has kept our Spirits up. My little Motor car is leaning on the wall of the garage completely mystified by how quiet things have been... 12 miles on the clock since 3rd March!!!

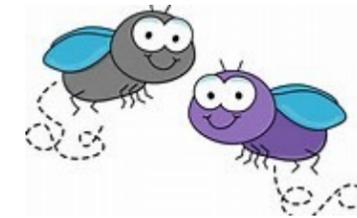
I've caught up on so many books I've threatened to read over the years and reread many of my Old Favourites. I think that the Tsetse Fly must have bitten me early on as there has been a huge wave of "Sleepy Sickness", over the place.

Thank the Lord for the Internet, TV, Radio, Videos and that lovely quietude which has been so calming. Have the skies been clearer with less overflying? Hasn't everything bloomed so splendidly? There has been so much to occupy our time.

On the downside, as normality returns I will have to cancel many impulse buys, which have been made in moments of weakness. I don't think I can justify sponsoring that Rhino who has been robbed of his Horn, The Snow Leopard, that poor Donkey with the sore hooves The Jaguar, Save the Whale, Help replace Cecil Rhodes' statue, etc.,etc. -

Something will have to Go!

From an anonymous recluse



Ampfield Parish Council in Lockdown

When lockdown was declared on 23rd March the Council meeting scheduled for 6th April was cancelled. The annual Parish Assembly was due to take place on 27th April but it soon became clear that it was not going to take place this year. Articles had been written for the annual newsletter for delivery in mid-April and it was decided to publish it on the council website, which is decidedly easier than hand delivering some 800 copies.

We were required to close the playground and pavilion but we run the hot water taps in the pavilion regularly. Currently cricket is not being played. The allotments are still being worked and the recreation ground and woodland are still available for exercise and dog walking.

Most of the day-to-day activities of the Council are conducted online and our Clerk, Kate Orange, works from home so there was no adverse impact upon business.

We installed Cisco Webex and

conducted virtual meetings from early May. These meetings, with the use of a shared PowerPoint screen, have not presented any problems other than one or two technical glitches when people couldn't get into the meeting. At our meeting on 8th June we co-opted Mujeeb Rahman to the Council. This included using Survey Monkey to conduct a confidential ballot online.



The long-awaited new playground was scheduled for installation in early December 2019. However, heavy rain made the recreation ground impassable for several months. It was just drying out when lockdown was declared. Work was finally able to re-start in early June and it has now been completed. Sadly, we are not allowed to open it to the public yet.

Bryan Nanson
Chair

Breakfast Eggs

In the words of the inestimable Jonathan Meades, *"...in the kitchen there is nothing new and nor can there be anything new. It's all theft. Anyone who claims to have 'invented' a dish is dishonest or delusional or foaming."*

So, with this to defend me should I breach anyone's copyright I offer up a recipe for a sublime summer breakfast on the terrace for two with the sun just peaking the trees beyond. It was introduced to me by a friend and probably has a proper name, but I was too coy to ask in case she thought I felt her incapable of thinking up such a perfect creation herself - or indeed, heaven forfend, of theft.

- Toasted sourdough bread
- Mayonnaise with English mustard mixed in to taste
- Mashed up avocado with a squeeze of lime
- Salt & pepper
- Poached eggs x 2 laid atop the avocado atop the bread
- Streaky bacon (crisp) balanced jauntily, for artistic merit and more plaudits, atop the whole ensemble, unless "tower effect" presentation is now passé in which case just plonk it alongside

Serve with a smile and glass or cuppa of your choice.

Robert

Following news reportage that Google has posted a high definition picture of da Vinci's Last Supper reminds one of the joke about Jesus and his disciples arriving at a restaurant and asking if they had a table for 26. "But there are only 13 of you," the owner replies. "Yes," says Jesus, "but we're all going to sit down one side."

As told in The Times.

Garden Birds

One of the nice things about lock down and being confined to my garden has been watching the abundance of birds that I fed though the winter and have continued to do so to the present day. Beside the usual coal, long tailed, blue and great tits, robins, blackbirds, dunnocks, collared doves and pigeons we have had two pairs of bull finches with their bright red chest plumage and black heads bringing a splash of colour to the ground feeders.

Gold finches have been feeding on the niger seed and I believe they nested in the bamboo behind my patio. If you are ever lucky enough to see a flock of these beautiful birds in flight with the sun reflecting the bright gold on their wings you will understand why the collective name of these birds is a “charm.”

My neighbour who lives less than 100 yards away asked me to fill his feeders while he was on holiday. I was amazed that two large feeders were being emptied every day so I decided to keep watch and was rewarded to see a large number of siskins. This bird is a resident nesting occasionally in Great Britain but it is best known as a winter visitor, and although only a short distance separated us they were never seen in my garden.

Lounging under the magnolia tree on a hot afternoon we were delighted to witness the nuthatches' first flight. They were nesting in a hole of our chestnut tree. It was a joy to watch the furious beating of their tiny wings of the four young as they flew from branch to branch. They stayed in the garden for several days being fed peanuts by the adult birds. Other young birds that seemed to be reared on peanuts by their parents were the great spotted woodpeckers, one of which unfortunately flew into one of our windows and was killed, very sad.

recognition. Lockdown coincided with an important review placing Cytronex at the top of the industry, the orders are rising exponentially and the shop in Winchester is selling bike after bike with Cytronex assistance. As people realise that a bicycle is the best way to get about and with government investment in infrastructure, Mark's personal mission to help the environment by getting people out of cars and onto bikes seems to fit with the big picture of what this virus has done to help the planet.



Sam
Sam with her Brompton cycle fitted with Cytronex

Friends of St. Mark's July Update

Following Pam's research into possible funding for the windows, we have submitted an expression of interest for access to the Historic England Covid-19 Emergency Heritage at Risk Response Fund. We should hear from Historic England by the end of July as to whether we are through to the next round, which requires a much more detailed response. Work must start by October 2020 & be complete by September 2021. The maximum we are likely to receive is £25,000.

On another matter, we have not sent out a letter from the Friends this year asking people to kindly send us their annual donation, mainly because we have been discussing a new and different way of donating. We would usually include in the letter all the forthcoming events in and around the church. As we all know these have all sadly been cancelled due to the virus. 'The Friends' are still here and we will be in contact soon to catch up with all those who support the church.

Mark

A personal and philosophical reflection on lockdown 2020

It's proven tricky to encapsulate the impact of Covid-19 from a personal perspective so G&T in hand here's my best shot. Whatever your religious or philosophical belief there appears to be a strong correlation between the human race losing its moral compass for the planet and its wildlife, with a 'comeuppance' on a global scale ensuing. We can't burn carbon so we need to use active transport which is good for our health (more of that later!), we interact with our environment and 'stop to smell the roses' - this helps our mental health. We make vitamin D from the exceptional sunshine and clear carbon free skies, and it's the vitamin D that protects us from the virus. Plenty to discuss down the pub when it reopens...

And me? Well I am a dentist (I own Romsey Dental Care) and to be told by the Chief Dental Officer to stop face to face contact with patients in late March created a huge moral and ethical dilemma. Had she forgotten that toothache

CANNOT be treated with Advice, Analgesics and Antibiotics? Where was the evidence that dental teams (or their patients) had not been safe in the run up to 25th March? As primary health care professionals, should we not be allowed to accept risk in order to help patients? Having to shut down my business, deal with the fallout from the CDO's position, then with 10 days' notice being told to reopen again with all the PPE, risk assessments and changes, has been the most stressful period in my entire career. I am proud that none of our patients was ever left to remove their own tooth, but I am exhausted and disillusioned with the appalling incompetence from the so-called leaders in our profession - they didn't stand up for patients and they are not basing their guidance on relative risk (another discussion for the pub).

There is a poetry to this personal missive – the other end of the seesaw to Romsey Dental Care is Cytronex, a UK manufacturing success story. Cytronex is my husband Mark's invention – a retrofit electric system which turns your bike into an electric bike and which has catapulted to global

It is interesting that some birds seldom seen in our garden reappear the same time every year, one of which is the Grey wagtail, a very pretty bird that bobs over our lawn with occasional leaps into the air as it catches insects. We have a good view of the open sky from our patio and this year we were rewarded with the frequent sight of buzzards soaring over our garden, to the fields behind our house where they could be seen in double figures feeding on the afterbirths of the sheep at lambing time. These have been joined by a bird rarely seen a few years ago, the red kite, easily identified by the large swept back wings and forked tail, the first sighting of which I saw about five years ago over Farley Mount, but now a familiar outline being mocked by crows all over Ampfield.

Now this is something for you all to get your bird books and binoculars out that I have seen on numerous occasions, and I believe to be a resident in the Ampfield area and that is a goshawk. It is essentially a giant version of a sparrow hawk, it can be hard to tell them apart, but the goshawk has longer wings and a less square tipped tail more noticeable on the female which is much larger than the male.

This is just a small selection of birds found in Ampfield, perhaps you could write about any birds that have grabbed your attention that you have seen in our area.

Nick



A Goshawk

Being a Parish Administrator during the pandemic

Places of worship closed on 23rd March 2020, this meant that the Parish Office in All Saints Church, North Baddesley also ceased functioning in the building.

An answering machine message was hastily recorded so that all who phoned were given the Vicarage number. This meant I now had to work from home like thousands of other people up and down the country. However, many would say that I am fortunate not to have young children to 'home school' and entertain! Another advantage is that I do not have to share a work place with another person in the house as my husband is an NHS worker and has been working full-time. Even so it was strange not leaving the house three mornings a week to walk or drive the car to church.

As lockdown began there were daily emails from Winchester Diocese updating us on restrictions as well as giving links to helpful information on the national website. Actually these

have been a 'life line' in my isolated world, knowing what was happening in the wider church whilst trying to work for the local church. There are still emails from the Diocese but they are more encouraging as we move forward towards opening the churches. Other interesting emails have also popped into the office in box over the last few months. Did we need PPE equipment? Sanitisers at a wonderful price and special church signage to inform people about social distancing etc., all from companies that I have never heard of before, obviously thinking they had a ready market. During the first week of my new working environment the expected cancellation of bookings began for All Saints church hall and St. Mark's Room as all activities ground to an abrupt halt. This also included the normal weekly events that took place in All Saints Church, digital help, coffee shop and children's craft club.

Then I became very quickly occupied with wedding couples who were in an absolute state of shock as they could see that their approaching 'big day' was perhaps not going to happen.

Whilst we have not been able to welcome our guests for a few months we have been visited by a new one! If you know where he came from then please let us know.



In readiness for reopening there are Perspex screens at the tills points, sanitiser stations on the way in and an audited safety check by industry leading consultants Food Alert, plus the team are all learning about Covid-19 safety with online learning so older and wiser. Looking forward to welcoming you soon!

Ted Kennedy
(One of the owners).

"Think of your many years of procrastination; how the gods have repeatedly granted you further periods of grace, of which you have taken no advantage. It is time now to realise the nature of the universe to which you belong, and all of that controlling Power whose offspring you are; and you understand that your time has a limit set to it. Use it, then, to advance your enlightenment; or it will be gone, and never in your power again."

*Marcus Aurelius (Emperor of Rome AD161 to his death 180): **Meditations***

The Potters Heron

Plumage and planting at the Potters!

Spring was in the air but so was everything else over the past few months at The Potters Heron! The enforced lockdown has meant that the hotel has been closed but that does not mean that nothing has been happening. With Chelsea Flower Show moved online the live-in team have been inspired to take up garden therapy and the results have been blooming! Treloar's Trust, which helps fundraise for the eponymous and excellent college, had to cancel their plant sale so the hotel was able to purchase some lovely bedding plants from them which have now



settled nicely into their new homes. The lovely sunny weather and plenty of watering has made for a real feast of colours ready for when we reopen.

This would normally be peak wedding season and so attention has been on making sure that when the lockdown lifts we will be looking almost as beautiful as our brides! There are three lovely private garden areas, The Coppice Garden, The Hidden Garden, and The Ampfield Terrace. All great places to relax with a glass of something fizzy in hand and now with perfect benches, flower arches and a private gazebo. Not wanting to see it go to waste Lulia enjoyed her birthday al fresco with the rest of the live-in team.



They were making agonizing decisions, should they postpone for a couple of months or simply postpone until next year? As the months have gone by some couples are still hanging on to their proposed wedding day, just in case anytime soon, churches will open and their ceremony can take place. But for many their proposed wedding date has come and gone and there has been huge disappointment.

Most of my work has been via email as my home telephone number has been withheld to avoid people calling out of office hours. However, certain key people do have it including the local Funeral Director who has always been able to catch me either in the office or at home!

During these 12 weeks or so people generally have been very good about contacting the church through our website which is working well. It is amazing how some people actually think, because the church doors are closed, we are not doing anything! I have therefore had the opportunity to explain that the church is still very much here, be it in a different form. An

encouraging factor over the last week is that we are now getting a steady influx of people contacting us, mostly asking if they can book weddings for next year.

What I greatly miss since working from home is the interaction with people who visit the office, or just seeing people coming in or going out of the building. The mums, dads or grandparents dropping of the children for pre-school, those attending the various groups that meet in the church and of course visitors to the office itself.

As the months have gone by I have also discovered how much discipline you need to work from home especially when your basic life structures are taken away and you are completely on your own. But I suppose the greatest advantage is that life and work load have slowed down considerably and given me a chance to re-charge my batteries, and we all need that from time to time don't we? Meanwhile I am looking forward to returning to the office whenever that may be, and again being fully involved in the life of the churches in this benefice.

Sally Kerson

The White Horse

Every village in England had them, the four P's, the post office, the pub, the parish church & the police station, sadly most of the post offices and police stations have long gone but here in Ampfield we have managed to hold on to the pub and the parish church, and in a few days we can start to enjoy them both again. It has been 105 days since we closed the White Horse and last week the pub looked like a building site, but the brick wall has been removed, the kitchen is scrubbed, the marathon of painting has ended, the dust still hovers in the air from the sanding, the smell of new carpet wafts across the entire front bars, the gents loo is no longer an embarrassment, every knife fork & spoon has been washed, the garden has been dressed and we are ready to open.

Of course it will be different, it cannot be the same. Some tables are not in use, others have been moved, signs are everywhere, cash is a dirty word, the chefs and staff are wearing masks, sanitiser stations are abundant, the tables

cannot be laid, toilets are one in one out, condiments & sauces are in sachets, new menus reflect a smaller and more local offering, booking is obligatory, and we have to have your contact details. However, the beer is ordered, the wine is on its way, the food will be amazing, the staff are happy to be returning to work and we are looking forward to welcoming you all back.

105 days, it has been a long slog but we have survived and now life can slowly, but carefully, get back to normal. God bless you all & we hope to see you soon.

John



Ampfield C of E Primary School

The summer term at Ampfield CofE Primary School has been an unusual one! The school is currently providing education for eligible children in Year R, 1 and 6 plus children of Key Workers and some other vulnerable groups. It has been a pleasure to re-open the school after a period of closure (20 March to 1 June) and to welcome back some of our children.

Although it seems that we will be able to invite all of our children back to school in September, we await further details from the Government.

Ampfield School will move into a new chapter in September with some new staff and we are very positive that the school will thrive and provide for the children who need our warmth, care and support in our distinctively Christian environment; whether they are from near or from far.

The school is set in a beautiful village with its own small community but, as most of our

children come from out the catchment area, we have not played a full part in that community. I wonder how we could change that in the coming year? Should you like to be more involved in the life of the school or wish for us to develop a relationship with you, your business or organisation then do get in touch via the school office: adminoce@ampfield.hants.sch.uk

Marcus Roe

Executive Headteacher
Federation of Ampfield & John Keble CofE Primary Schools

Ampfield: 01794 368219
John Keble: 01962 775241

