

Quarterly Edition – June 2020

# Charlton Village News



[www.charltonvillage.org.uk](http://www.charltonvillage.org.uk) and [Facebook page: Charlton Community Chat](#)

## Welcome to the Summer Edition of 2020

Since publishing the last print edition in March, how things have changed! Who would have predicted what we are now dealing with. The Covid-19 pandemic has had a major impact on all communities around the world. However, there is some light in the gloom. It's noticeable that, on a local level, world events have brought our community together. I've met people in the village and walked along roads that I would never have come across, whilst delivering leaflets and shopping. I've noticed how much more effort is being made, than is usual in our busy lives, to keep in touch with family and friends. It's been wonderful to see our village community pulling together and supporting each other.

If you need **any** assistance, or someone to chat with, please get in touch with the Community Support Group on 07538 596344 or 07421 354874 or email [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk)

So, meanwhile, Summer is here, the gardens are dried out from the deluge we had earlier in the year, the birds are singing joyously and going about their usual business, probably wondering why the human world is so quiet. We have some rather good photographers in the area and I've picked out a couple of photos that I've been sent in by Brian Cartwright which were taken around our lakes in the last couple of weeks.



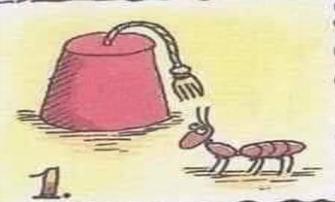
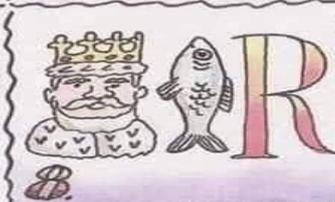
Thank you to Brian for his extraordinarily beautiful photographs of our local birdlife.

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## Puzzle Page

**Can you name the bird?**

			1
 <p>1.</p>	 <p>2.</p>	 <p>3.</p>	2
 <p>4.</p>	 <p>5.</p>	 <p>6.</p>	3
 <p>7.</p>	 <p>8.</p>	 <p>9.</p>	4
 <p>10.</p>	 <p>11.</p>	 <p>12.</p>	5
			6
			7
			8
			9
			10
			11
			12

**Can you work these out?** eg 100 P I A P = 100 Pennies In A Pound

1. 2 Q in a C
2. 14 L in a S
3. 21 GS
4. 4 S in a Y
5. 88 K on a GP
6. 16 P in C
7. 3M in a B
8. 4 P on a C
9. 6 B in an O
10. 29029 F, H of M E
11. 76 T in the B P
12. 50 Y G W A

*Answers later on in the newsletter – no peeping!*

## Lockdown updates

If you need **any** assistance, or someone to chat with, please get in touch with the Charlton Community Support Group on 07538 596344 or 07421 354874 or email [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk)

### CHARLTON COMMUNITY SUPPORT GROUP

Following on from Mike's informative and enjoyable article about the Charlton Community Support Group (aka the CSG) in the May newsletter digital edition, here's a summary update about the Charlton CSG

The Charlton CSG was formed in response to the COVID-19 crisis. It's a group of about 25 individuals who are under 70 years old with no underlying health conditions and they are able to help all those in the village who are required to self-isolate. Ian Smale and Clive Ward took on the co-ordination role and organised flyers to be delivered to each house. Business started quite slowly but once the word got out, people quickly started getting in touch and the Group has been regularly picking up prescriptions, shopping, taking letters and parcels to post and fixing other little emergencies. It has also taken requests for meals and passed these onto to our amazing local chef Zoe – see the interview with her on the next page.

So far, we have collected more than 45 prescriptions from various pharmacies and completed 48 shopping deliveries. At the beginning, queues at pharmacies were very long (the upside - new acquaintances were made) but this has got better as the system has bedded-in. The rabbit warren that is Carters Meadow remains a mystery but I am happy to report that volunteers are not getting lost so often and all have returned eventually! Feedback says it's all worked remarkably well and quickly. These activities have stopped the elderly and vulnerable being exposed to unnecessary risk and in our small way contributed to the national effort.

We have the capacity and our volunteers are only too happy to help so while lockdown continues please don't make unnecessary journeys – if you need an errand running please let us know.

The other important message to reinforce is that the NHS is still there for 'normal' business. The figures show that the numbers attending A&E and routine medical appointments is much reduced. The fear is that people are not attending appointments when they should. ***If you have an emergency please 'bother' the NHS; don't delay. It is safe to have routine surgery, so if you are given an appointment please take it.***

Although born of COVID-19 it is my hope that our new found community spirit is nurtured as the 'new normal' situation emerges and develops. A Community Support Group should be a permanent fixture acting as a safety net for Charlton residents who need help and/or advice or perhaps just an occasional friendly visit or chat.

**Remember**, if you need help please contact the Community Support Group on 07538 596344 or 07421 354874 or email [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk)

Meanwhile....

The local swans have five cygnets! Here they are enjoying the sunshine.

Thanks to Peter Summers for this delightful photo.



## Delicious meals are available from Zoe, our local chef, to self-isolators in Charlton



Our roving reporter met up with Zoe to find out more about the chef in the village

*Q. How many people are you providing cooked meals for during this lockdown?* Zoe: As at 18th April, 12 or 13 on Wednesdays, Fridays and Sundays.

*Q. Who are they for?* Zoe: people over 70 or with health problems and self-isolating, and NHS staff.

*Q. Zoe, where do you normally work and what do you do?* Zoe: I work for a catering company called Impact Food Group which holds catering contracts for over 180 schools . I'm general manager for catering services now based at South Wilts Girls Grammar School in Salisbury. I am also an academy chef involved in company new product development and sales presentations around the country, and host independent children's cookery workshops.

*Q. What led you into becoming a professional chef?* Zoe: 30 years ago, my mum bought a hotel in Cornwall, I moved there, took the head chef role and trained at a local college whilst working at the hotel and received the first AA rosette in Cornwall for my lobster Thermidor. I went on to run 8 gastro food pubs.

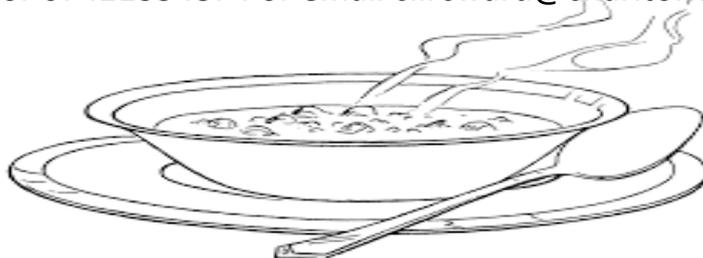
*Q. Why did you decide to offer your skills for the benefit of local people?* Zoe: I have tried to do this over the years and have built up a bank of private clients as I'm free 13 weeks of the year and weekends. I took furlough on the 23rd March and I assumed that vulnerable and aged in our community may suffer.

*Q. You must be losing income by not being able to work. Is this lunch scheme costing you money?* Zoe: I am only losing 20% of my income. I have asked for a donation of £2.50 per meal to cover ingredients (People shouldn't worry about it if they don't have it ). One lady generously donated a beautiful rolled 5kg loin of pork joint. This will cover 30 or so meals .

*Q. Who, apart from you, is helping with deliveries of the lunches?* Zoe: My wonderful other half, Philip, is my run-around while I jump out with the meals. Should the numbers rise then I may need another delivery helper.

*Q. Have you discovered anything you didn't know before you started doing the community meals?* Zoe: Yes, I had no idea that a lot of our elderly and vulnerable are in constant isolation, way before COVID 19 came about. Some have such serious health issues. It is this more than anything that has affected me the most, not knowing that this was happening in our community. I intend to stay in touch, help and meet up properly with these after the crisis.

To receive Zoe's help with meals, please contact the Community Support Group on 07538596344 or 07421354874 or email [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk)





### **For The Love of Scrubs**

Way back in April, I had a telephone call from my daughter, to say a lady had delivered the material for me to make the Scrub Hats and Bags for the NHS. The next thing she was telling me, "Mum there's so much material I won't be able to make all that up." My daughter has two young children. So, this is where I got involved. I e-mailed the Charlton WI President to enquire if a request could go out to their members asking if they could assist with this task.

Not long afterwards I soon received e-mails from members offering their help to make Scrub Hats and Bags for LOVE of SCRUBS for BASINGSTOKE, WINCHESTER & ANDOVER Hospitals.

Some members had to blow the dust off their sewing machines before using but they were delighted to be back in the saddle, making these useful items from duvet covers of all sizes that had been kindly donated.

Helping the wonderful people who work in our local hospitals has given us all such a boost and we can't thank them enough.

*Jan Matthews Charlton WI Member*

## **Charlton Village Newsletter**

Articles and pictures for the monthly and quarterly newsletters are always welcome. The deadline for input is the **14th of the month** before the edition. Articles for forthcoming events should be included about a month or six weeks ahead, but more notice can be given in the Future Diary dates.

Advertising rates are £30/quarter page, £40/half page per quarterly print edition

We rely on input from the village so please send your news, photos, adverts, club updates, recipes etc. Let me know if there is something that you would like to see in the newsletter. You can email the editor on [editor@charltonvillage.org.uk](mailto:editor@charltonvillage.org.uk)

### **Could you deliver the Charlton Village Newsletter?**

We need additional volunteers to deliver the printed newsletter once a quarter (March, June, Sept & Dec)

Please contact Bridget on [bridget.rawlings@ntlworld.com](mailto:bridget.rawlings@ntlworld.com) if you would like to help.

For each edition, the Volunteers are contacted by phone prior and a bundle of newsletters are delivered to their address. Most of the Volunteers will deliver to homes near their own address.

### **Letters to the Editor**

06 May 2020

By the time this makes the next issue of the Parish Magazine the worst of the epidemic may well be over, hopefully.

In the meantime, I am particularly concerned about the volume and speed of road traffic through the village during these current difficult times. There seems to be a continuous flow of traffic through the village, on occasions the flow is the same as that under "normal" conditions. I am surprised that the speed of some of the traffic and the continuous flow of vehicles, and in many circumstances the noise, it generates. The roundabout at the Royal Oak seems to be popular with speeding up the hill past the new housing estate.

My wife and I moved here some 24 years ago from London to what was a quiet village atmosphere, I remember those early days as a member of the Parish Council being involved with the "Village Improvement" scheme, but the level of traffic now far exceeds that which we experienced in what was our part of London. There seems to have been no decrease in traffic volume through the village despite the Government's stay at home and isolation advice, during these difficult times isn't it about time to ask "IS YOUR JOURNEY REALLY NECESSARY?"

*Regards, Geoff Tabor, Upper Charlton House*

## Parish Council Updates

### Charlton Village Parish Council (meeting via Zoom during lockdown)

The Parish Council meets every month, except August and December, on the 3<sup>rd</sup> Tuesday of each month at 19.30 (normally in the Foxcotte Room at St Thomas' Church). Press and Public are welcome to attend. There are a couple of vacancies on the Parish Council so, if you'd like to get involved, please get in touch with the chairperson or see the website and the noticeboards around the village for more information about this opportunity to get involved with the running of our village. The noticeboards can be found at the entrance to Charlton Park on Foxcotte Road and on the verge by the bridge at the entrance to Carters Meadow.

### **Charlton Village Community Day - postponed until 19 September 2020**

Everything is on hold with many of our suppliers prepared to change dates rather than having to cancel and start again. Your committee will meet again in July to confirm the September date or cancel the event until 2021.

### **Neighbourhood Plan**

**Cllr Clive Ward – Chair of the Neighbourhood Plan Steering Group**

The Charlton Neighbourhood Plan has now been submitted to the independent Examiner and the Neighbourhood Plan Steering Group (fine body of men and women) is working up responses to assist the Examiner in his deliberations. You should be aware that Gladman (the developer) is challenging our line about only being able to accept a further 50 homes within Charlton. There are some other less worrying comments and the Steering Group hopes to be able to convince the Examiner to allow the Plan to be put to Referendum as soon as restrictions are lifted – currently not before May 2021. Watch this space!

### **Crazy Golf**

A planning application for a new Adventure Golf facility to replace the existing one has recently been submitted by Places for Leisure. This is instead of the High Ropes and Zip Wire proposal that was soundly rejected by residents. The Parish Council has indicated its support in principle for the new Adventure Golf facility. The Planning Application is now on the TVBC site.

### **The Bridge from Foxcotte Road to Charlton Lakes**

Unfortunately, COVID-19 has delayed the start of the bridge build. I am assured things are going on behind the scenes. Good things come to those that wait!

### **Land by Carter's Meadow**

The land by Carter's Meadow outlined in bold on the map is Unregistered and is Public Open Space. This means that residents and visitors are welcome to walk and sit (subject to lockdown) in this area. Equally, the land beyond this boundary is Private and residents and visitors must respect this.



### **DIARY DATES**

**Tuesdays 16<sup>th</sup> June, 21<sup>st</sup> July** : Charlton Parish Council meetings are currently being held via Zoom video conferencing. Please check the parish website for details of how to join in or contact the PC Chair, Cllr Jackie Smith on [cllrsmith@charltonvillage.org.uk](mailto:cllrsmith@charltonvillage.org.uk)

**Saturday 19<sup>th</sup> September** : Charlton Village Community Day – we hope!

## Charlton Village Church, St Thomas'

**Revd Alex Randle-Bissell**, Priest-in-Charge, 01264 512161 [revalex@pastrowfamily.org.uk](mailto:revalex@pastrowfamily.org.uk)

**Judith Appleby**, Benefice administrator, 07999 352585 [admin@pastrowfamily.org.uk](mailto:admin@pastrowfamily.org.uk)

**Facebook:** Family matters in our villages@pastrow

**Website:** [www.pastrowbenefice.org.uk](http://www.pastrowbenefice.org.uk)

Following Government guidance all churches are closed for routine services, weddings and baptisms. The Pastrow Family of churches is adhering to this advice with the hope that we will be able to return to some form of normality in due course. However, we are now using modern technology to provide a range of services both on a Sunday morning and during weekdays. All these are delivered via the internet and can be accessed through the Pastrow Benefice website where you can click on a link to access any of the services. Please join us.

### Letter from our Priest in Charge, Alex Randle-Bissell

Dear friends

I hope and pray that you are all well and coping with these strange and trying times! It is very easy in these troubling days to feel profoundly anxious when we see the tragic numbers who are dying daily of this awful disease. Being in the midst of a storm often draws our attention to the chaos and darkness that is created. And yet for all of the sorrow, we can also witness the amazing acts of courage and a unifying spirit that has brought the very best out of people. I didn't think that clapping from a window in my own home would amount to very much, but being part of a whole street who are doing the same and hearing the echoes of cooking pots being banged with wooden spoons in the far distance is a uniting act, bringing together both a sense of shared experience and deep gratefulness for those who are working tirelessly on our behalf on the frontlines of our beloved NHS.

Here in the Pastrow Family, even though our beautiful church buildings are closed, the church family is very much open, and it has again been wonderful to hear about the many acts of kindness that have been so profoundly demonstrated over the past few months. Many of us continue to gather virtually for Sunday morning worship at 10am, and there are services every morning and a Bible Study once a week. All of these can be accessed by visiting our website [www.pastrowbenefice.org.uk](http://www.pastrowbenefice.org.uk) and you will see the links to the various services; you are most welcome to join in. There are also phone numbers to call if you do need any help with shopping, collecting medicines etc, or just to have a chat! Please do make use of these if you need to – we are here for you!

In these uncertain times, we know that it is good to have some sort of routine and we perhaps crave a sense of consistency. Having just recently celebrated the hope of Easter, I am reminded of the verse in the book of Hebrews from the Bible, 'Jesus Christ is the same yesterday, today and forever.' We see this demonstrated time and time again throughout the gospel stories. Jesus, calm and resolute of purpose, not swayed by the turmoil surrounding him. It is in this hope that millions upon millions have found great peace in the most difficult of circumstances.

I close with a prayer for all those affected by coronavirus:

Keep us, good Lord, under the shadow of your mercy.

Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord.

Blessings

Alex

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### **Keep Moving!**

Coping through the Covid-19 lockdown period is a challenge and some of us may be feeling frustrated, depressed and demotivated. It's important to remember that regular exercise is really important for our physical and mental wellbeing. A walk in the park always lifts my spirits.

Regular exercise helps to reduce the risk of a heart attack or stroke; manage your weight more effectively; lower blood cholesterol levels; lower the risk of type 2 diabetes and some cancers; lower blood pressure; have stronger bones, muscles and joints and therefore minimise the risk of developing osteoporosis; lower your risk of falls; recover better from periods of hospitalisation or bed rest; and feel better, with more energy, better mood and feel more relaxed and sleep better.

A number of studies have found that exercise helps to improve our mood. Exercise can help to block negative thoughts or distract you from daily worries. Increased fitness can lift your mood and improve your sleep patterns and exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

Many of us are now able to exercise outside more than once per day, but many people are still confined to their homes so we need to be creative on how to stay active. However, if outdoor activities seem unwise, online classes are available with supervised and guided exercises, tailoring the moves to your own abilities. Your Editor has been participating in online Pilates classes held by Vir Dellino-Musgrave, which offer a great opportunity to see and interact with other people even if it is through a screen so we don't feel so isolated or alone. Even my dog, Rosie, has joined in!

Whatever physical activity you can manage is great and it could help to lift your spirits, and those of everyone around you. **So be sure to keep moving!**

For further information, contact Vir on 07796031779 or email on [info@equilibrium-pilates.co.uk](mailto:info@equilibrium-pilates.co.uk); [www.equilibrium-pilates.co.uk](http://www.equilibrium-pilates.co.uk)

## Some Reminiscences of the 1930s

*from Geoff Levy*

My mother was a teacher and worked before and just after the First World War. She got married in 1920 and was obliged immediately to retire. Married women belong in the home not teaching! Where would we be now without married women teachers? And children should be seen and not heard! Try that today!

As a middle class family, we had a home help/nurse to help look after the children and help with the housework, she was called Chrissy and was really part of the family all the time we lived in Wimbledon. On Monday her duty, amongst others, was to light the fire under the washing boiler, a great brass cauldron built into a brick surround in the scullery. Monday was all spent washing in this thing and refilling and doing some more. The clothes, when washed, were hung out on the washing line in the garden and propped up with a clothes prop. The clothes pegs all came from the gypsies, hand carved with a division at the bottom and a knob at the top. They were ideal for little boys to play "people" with, none of these machine-made spring clips universally used today. On Tuesday, if the washing was dry then it would be ironed with a flatiron that had to be heated over the fire or the gas stove. To keep the clothes clean there was a thin metal sleeve that covered the iron in use. Two irons were used, one warming and the second in use. That metal cover with its swinging arms to hold it in place made an ideal pretend sledge pulled by pretend reindeer.

There used to be a "Vacuum Man" who came around in a van. He had an enormous machine in the van with a great long hose to clean the house. I well remember my mother's joy at getting her first "Hoover" (I think it was an Electrolux) in a beautiful polished wooden case with all the extra tools in a removable tray. I guess that was the end of the vacuum man.

The first wirelesses were crystal sets and very unreliable, they were later replaced by valve sets which were just as big but more reliable. TV was, of course not yet invented. Our telephone was a "daffodil" with a mouthpiece at the top and a receiver on a switch-bracket on the side. Lift the receiver and the operator would answer. In London we then had a four figure number, later modified to 3 letters (for the region) and the 4-figure number. Calls were charged by the minute so one spoke only very briefly, no chatting for hours with a girlfriend.

There were very few cars and the ones there were, were small and not very powerful. I remember having to walk up the hills because our baby Austin was not powerful enough to carry the family up the hill.

The play park was a simple park with no special children's equipment like slides or climbing frames. Today they are much better for the children.

Our dining room was lit by a single, 40watt carbon-filament electric bulb. Of course, there were no electric gadgets like dish washers or washing machines. In the holiday house that we rented there was no electricity, the water had to be pumped up from the borehole by hand and we read by oil lamp. I well remember the terror of going upstairs by candlelight accompanied by all those flickering ghosts.

### Answers to 'Name that Bird'

1 Pheasant 2 Curlew 3 Corn Bunting 4 Nighthingale 5 Spoonbill 6 Kittiwake  
7 Toucan 8 Kingfisher 9 Nightjar 10 Waxwing 11 Nut Hatch 12 Magpie

## **IN, OUT, AROUND and ABOUT – Editor’s picks**

*If you have a recipe or activity, a place to visit, a walk to share – send them to the editor at [editor@charltonvillage.org.uk](mailto:editor@charltonvillage.org.uk)*

### **IN – Rhubarb and Ginger Loaf**

If, like your Editor, you’re getting bored with Banana Bread, try this easy recipe to use up some of that delicious rhubarb from the garden. Spicy ginger and sticky rhubarb were made to be together in this gorgeous buttery cake. The perfect thing to have with a cup of tea, this generous loaf cake will stretch round up to 8 people, depending on how big you like your slices! You can experiment with different ground spices if you feel like it too, things like cardamom, cinnamon and caraway would all work well.

#### **Ingredients**

250g self-raising flour	150g caster sugar
1tsp ground ginger	3 medium eggs
Pinch of salt	300g rhubarb, trimmed and cut into 2-3cm slices
150g butter, softened	Icing sugar, for dusting

You’ll also need a 2lb / 1kg loaf tin, buttered and lined with a strip of baking parchment

#### **Method**

- Set the oven to 180°C/356°F/Gas Mark 4. Sift the flour, ginger and salt into a bowl and add the butter, sugar and eggs. Beat to give a smooth, thick mixture. Stir in the rhubarb. Spoon the mixture into the loaf tin and level the surface.
- Bake the cake in the centre of the oven for 45-55 minutes, or until just firm to the touch in the centre and a skewer comes out clean after being inserted into the cake.
- Remove the cake from the oven and leave it to cool in the tin for 5-10 minutes, then transfer it to a wire rack.
- Dust the cake with icing sugar just before serving, either warm or at room temperature.

*Top tip:* Don't worry if the mixture seems thick before the rhubarb is added, the rhubarb will release a lot of moisture during cooking.

If you’d prefer someone else to do the baking for you, why not give Tina a call. Tina is passionate about baking, lives in Charlton and runs Heavenly Cakes from her home. Tina produces cakes from tea time sponges all the way through to wedding cakes using great quality ingredients

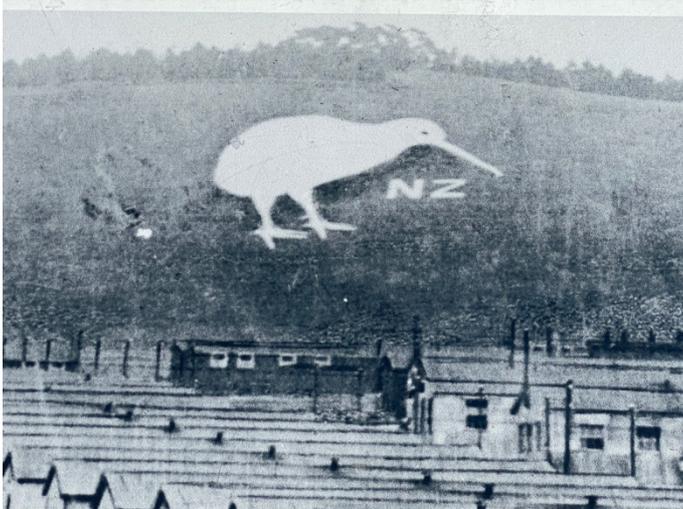
### **OUT - In the Garden, Summertime is here!**

So, thanks to lockdown, my horticulture course at Sparsholt has been put on hold, but I was able to bring some of my seeds and seedlings home with me from college and have managed to keep them alive! I am inundated with nicotiana, basil and parsley seedlings and tomato plants. Please contact me if you would like to adopt some of these plants as I will soon be running out of space for them all! June is a lovely month in the garden, here are some jobs that I’ll be doing over the next few weeks. Check out the RHS website at [www.RHS.org.uk](http://www.RHS.org.uk) for more tips.

1. Snip off the dead heads on the roses and other flowering plants to encourage them to keep flowering and spray them to keep them healthy and free of aphids, black spot etc.
2. The birds love fruit of all sorts so protect your fruit trees and bushes from the birds with net or, if using mesh netting, wait until after the fruit has set.
3. Frost is unlikely now so it’s time to plant out tender veggies such as courgettes, and cucumbers. They like lots of water so keep them topped up. Also, as you harvest salad crops, keep sowing so you have a continuous supply.

4. Tomato plants will need feeding and you can encourage more bushy growth and thus more fruits by pinching out the new growth at the end of stems.
5. Install support for your beans and peas and all your tall growing perennials. Without support their heavy blooms can cause them to collapse on rainy or windy days.
6. Herbs can be snipped off and dried for later use and lavender is wonderful picked now and dried. Pick the lavender flower heads before they open, tie bunches together and hang them in a cool dark place to dry for a couple of weeks before using them in your wardrobe or drawers.

**AROUND and ABOUT – The Bulford Kiwi**



Do you recognise this place? I was taking the dog for a walk on Salisbury Plain to the north of Bulford and came across this amazing sight!

The Bulford Kiwi was first carved in the chalk on Beacon Hill between April and June 1919 by the soldiers of the New Zealand Expeditionary Force who were awaiting re-patriation following the end of World War One. The Kiwi Boot Polish company agreed to maintain the Kiwi until 1950. During WW2 it was covered over as it became a beacon for the Luftwaffe during their bombing raids over England. Today chalk is lifted and dropped by helicopter rather than carried in sacks or in wheelbarrows as in the past.

To find it, take the Bulford Drove way around the north of Bulford and look for the signs to the Bulford Kiwi Viewpoint. There’s an information board and lovely walks out onto Salisbury Plain. A fascinating bit of local history!

**TVBC Season tickets and free parking extended**



Test Valley Borough Council has announced that it will extend its parking season tickets after suspending parking charges at the end of March in response to the coronavirus lockdown.

With parking currently free in all Test Valley Borough Council-owned car parks, the authority has agreed to extend the current season tickets to cover the free period, to ensure that those who have paid for parking in advance aren’t unfairly disadvantaged.

From Monday 8 June all TVBC car parks will be free for up to two hours, with normal charges applying for those staying for longer periods. If restrictions continue to be relaxed, then the authority plans to reintroduce standard parking charges from Wednesday 8 July. This will be at the new rate that came into force from 1 April, which enables customers to park for two hours for £1. People will also be able to continue to park for free for up to two hours at Shepherds Spring Lane.

**Numbers Puzzle answers**

3 Men in a boat	16 pawns in chess
4 points on a compass	88 keys on a grand piano
6 balls in an over	4 seasons in a year
29029 feet, height of Mount Everest	21 Gun Salute
76 Trombones in the Big Parade	14 lines in a sonnet
50 years, Golden Wedding Anniversary	2 quavers in a crochet

## LOCAL INFORMATION BOARD

**ST THOMAS' COMMUNITY HALL – REGULAR USERS and CLUBS – Prior to lockdown the following clubs were meeting on a regular basis. Contact them for classes after lockdown!**

CLUB	CONTACT	PHONE	DAY	TIME	COST
Friends of St Thomas'	Mrs P Yates	01264 355766	3 <sup>rd</sup> Monday	2.30 – 4pm	£1
Playgroup (Gov Funding from 3 years)	Mrs S Hartley	07979 841318	Mon, Wed, Fri Tues, Thurs	09.00 – 12.30 09.00 – 3pm	£4.30/ hour
W.I.	Carol Fielding	01264 350161	2 <sup>nd</sup> Tuesday	7.45pm	
Brownie Guides (7 -11 years)	Mrs K Ryder	01264 316907	Tuesdays	4 – 5.30pm	£25 / term
Friendship Club	Mrs S Macnamara	01264 364726	3 <sup>rd</sup> Wednesday	7.30 – 9pm	£1.50
Rainbow Guides (5-7 years)	Mrs E Taylor	01264 394322	Thursdays		£25 / term
Keep Fit	Mrs E Taylor	01264 394322	Thursdays	7.30 – 8.30pm	£4.90
Slimming World	Lisa Langman	07780 605779	Wednesday	7 – 8.30pm	Call Lisa
Charlton Line Dance	Mrs Barbara Long	01264 323630	Mondays	7.30 – 9pm	£2
Young Church	Mrs S Brewer	01264 366394	3 <sup>rd</sup> Sunday	10.30 – 11.30am	
Circuits Class	Jodie Bascombe	<a href="mailto:jodieawilliams@googlemail.com">jodieawilliams@googlemail.com</a>	Friday	6-6.45pm	

### LIST OF LOCAL COUNCILLORS and RESPONSIBILITIES

Jacqueline Smith CHAIR	Traffic calming Comms/social media	07938 561609	<a href="mailto:cllrsmith@charltonvillage.org.uk">cllrsmith@charltonvillage.org.uk</a>
Clive Ward VICE CHAIR	Neighbourhood Plan Charlton Leisure, Community Hall Feasibility	07538 596344	<a href="mailto:cllrcward@charltonvillage.org.uk">cllrcward@charltonvillage.org.uk</a>
Phil Wylde	Planning, Environment, Rights of Way	01264 363142	<a href="mailto:cllrpwylde@charltonvillage.org.uk">cllrpwylde@charltonvillage.org.uk</a>
Caroline Mills	Speedwatch		<a href="mailto:cllrcmills@charltonvillage.org.uk">cllrcmills@charltonvillage.org.uk</a>
Ian Smale	Planning, Rights of Way	01264 749935	<a href="mailto:cllrismale@charltonvillage.org.uk">cllrismale@charltonvillage.org.uk</a>
Jen Mulberry	Climate change, Resilience Plan	07789 391268	<a href="mailto:cllrjmulberry@charltonvillage.org.uk">cllrjmulberry@charltonvillage.org.uk</a>
Mike Bonaris	Community Hall		<a href="mailto:cllrmbonaris@charltonvillage.org.uk">cllrmbonaris@charltonvillage.org.uk</a>
Vacancy			
Vacancy			
Heather Bourner	CLERK		<a href="mailto:clerk@charltonvillage.org.uk">clerk@charltonvillage.org.uk</a>

Linda Lashbrook	Test Valley BC		<a href="mailto:cllrllashbrook@testvalley.gov.uk">cllrllashbrook@testvalley.gov.uk</a>
Zilliah Brooks	Hampshire County	01264 335388	<a href="mailto:cllrzbrooks@hants.gov.uk">cllrzbrooks@hants.gov.uk</a>

## **Jodie's Fitness Page**

What a strange world we are living in at the moment. I'm writing this article during the lockdown period and I can only hope that by the time you are reading this, the situation has taken some steps towards what we used to call 'normal'.

With the government allowing us to leave the house for daily exercise, it has been nice to see so many families out walking and cycling during this period. With gyms closed and many children at home, there has also been a shift with how we try and keep active within our homes.

With so many resources out there, in this article I thought that I would share a few free resources that I've been sharing with schools that are easy to do in the house or garden and don't just get children active but also help their physical development. Whether we're in lockdown or not, these are some nice ideas to try this summer.

### **Babies & Pre-School**

I love the ideas and short activities on the website <https://www.earlymovers.org.uk/activities> A couple of my favourite ideas from here are: blowing bubbles for children to grab, chase, pop etc. They also have obstacle course ideas to help children develop a range of skills that form the foundations for core skills.

### **Year R and KS1**

This website has so many ideas all with Disney themes. <https://www.nhs.uk/10-minute-shake-up/shake-ups>. I especially like that it has ideas for getting children active indoors as well as outside. For example, Pumbaa's Hippo Hops – Children are asked to place cushions or pieces of clothing on the floor as 'hippos' in a swamp and then try and jump over these objects to get to the other side of the swamp to reach a tasty insect! There are so many ideas on here linked to The Incredibles, Lion King, Frozen, Toy Story and more.

### **KS2**

If your child still lack a bit of confidence on their bike then the website <https://readysetrider.co.uk/> has some great ideas for where to start including how to develop a child's balance with games before they even get on a bike to balance bikes and then adding pedals. The website is really child friendly and has lots of ideas for parents for where to start.

Another great online resource I have been using a lot recently are those produced by the Yorkshire Sport Foundation. They can be found on social media with #ThisIsPE and are two minute clips made by teachers to help develop the skills they would learn through PE lessons.

I hope those ideas help give some easy ideas to help you to keep your children active at home this summer.

My classes are also currently running online for free and I have really enjoyed keeping in touch with my Friday Fitness crew and seeing their friendly faces (they even let me take a photo after the class for this newsletter –thanks guys!) My mum has even come along for the first time so maybe for some people online is better for them. If you fancy half an hour of fitness on a Wednesday or Friday evening at 6pm, please just get in touch at [jodieawilliams@googlemail.com](mailto:jodieawilliams@googlemail.com)



Stay safe, *Jodie Bascombe*

## **Blowing your Cover**

In the March issue of the Newsletter I wrote about the Lent course that the churches in the Pastrow Family of churches were doing. We had only just begun meeting in our six locations when the Coronavirus lockdown hit us. Then Zoom came to our rescue to some extent and many of the participants in the groups have continued to meet up. We do miss those who have been unable to join in.

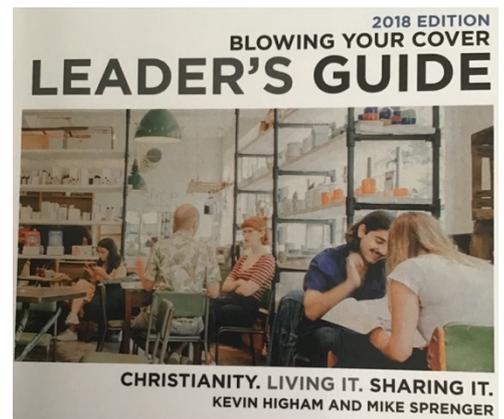
What we have been trying to do, in what started out as a Lent course, is to work out how those of us who have a faith in Jesus Christ can communicate that to those who don't. The fact is that many of us with this faith are *very* nervous about talking about their faith to others. One reason is that they don't want to get it wrong and embarrass or annoy their friends, family members or neighbours. So, best to keep quiet about it. Another fear is that the other person might ask us questions or make observations we don't have any answers for. But, on the other hand, if we have found something that genuinely and clearly adds such a huge amount of value to our lives, and we believe is true, why would we not want to tell others? Hence the title 'Blowing your Cover'.

It has been guiding us through:

- \* What is it essentially that we believe?
- \* What or where is our sphere of influence?
- \* What is my story of faith?
- \* How does God play a part in someone 'getting it'? The part that prayer plays.

There is more but this is as far as we have got and still exploring. More to come.

Ian



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