



Badger Farm Oliver's Battery COMMUNITY NEWS

Winter 2020

Christmas Cards for the Community

***Christmas is a wonderful
time of year, but for some
people it is a very lonely time.***

Winchester City Councillors are working with Age Concern Hampshire to make sure that people who are alone this Christmas get a little bit of Christmas cheer.

So please can your school help by hand-making Christmas cards that can be sent out to give a little joy this year.

If you are able to help, please make A5 sized cards in envelopes by Friday 27th November.

If you are taking part please let Cllr Hannah Williams know via hwilliams@winchester.gov.uk and we can arrange pick up.

If you know someone in your community who would appreciate a card let us know.

Thank you



Christmas

Every time a hand reaches out
To help another....that is Christmas
Every time someone puts anger aside
And strives for understanding
That is Christmas

Every time people forget
their differences
And realize their love
for each other
That is Christmas

May this Christmas
bring us
Closer to the spirit of
human understanding
Closer to the blessing
of peace!

~ Anon

Christmas Bells

I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!

~ Henry Wadsworth Longfellow

Merry Christmas!

News from the Community Centre

Everyone here at the Community Centre would like to send you our best wishes for the festive season. 2020 has certainly been a challenging year for us all but it has also brought some good: an increased sense of community and an appreciation of the small things which we hope will last long after the pandemic is a distant memory.

Christmas closures

Please note that the Community Centre will be closed for Christmas from 24 to 29 December.

A new name for the Community Centre

Have you ever found 'Badger Farm Community Centre' to be a bit of a mouthful? We have and so would love your help in coming up with a new name. We want something that reflects our sense of community, our location, our history. It also needs to be original enough that it's easily searchable on Google and ideally short enough to be included in a new logo. Please send any suggestions to bfobrca.news@gmail.com.

Trustee needed

Badger Farm and Oliver's Battery Residents' Community Association, who run the Community Centre, is managed by a group of volunteer trustees. There is currently a vacancy on the Committee. If you are interested, please see our website for more details.

Volunteer distributor needed

We'd like to say 'Thank you' to Anne – another of our lovely volunteer distributors who has sadly had to hang up her delivery bag. We are looking for someone who can take over

Website

bfobrca.org

Social Media

[fb.com/BadgerFarmCommunityCentre](https://www.facebook.com/BadgerFarmCommunityCentre)
twitter.com/BFCCWinchester

Email

enquiries@bfobrca.org

Phone

01962 868630



the delivery of Community News in the Rooks Down Road area of Badger Farm. If you can help, please get in touch with the editor on bfobrca.cnews@gmail.com.

News from our hirers

The Winchester Young Embroiderers' Group currently has no workshops planned for the rest of 2020. They would love to start running workshops again in 2021, if changes to the guidelines allow them to do so safely. For information about the group please contact Karen Brooking by email on brooking.karen@gmail.com.

We are sorry to let you know that Chris Wyeth will no longer be holding her Yoga classes at the Community Centre.

Community News

BECOME A SPONSOR

Our sponsors help us keep our local community informed.

Join them!

In return see:

- Your advert in Community News distributed to all households in Badger Farm & Oliver's Battery
- Your advert included on our website and social media (annual sponsors only)

To find out more, contact
enquiries@bfobrca.org or call 01962 868630

Chat-Tea Café

WE MISS ALL OUR GUESTS

AND HOPE YOU ARE KEEPING SAFE

We wanted you all to know that the team of the Chat-Tea Café are constantly reviewing the Covid regulations.

We are looking forward to the day when we can safely re-open our doors and invite you all back into a safe environment to enjoy our offer of coffee, tea, slice of cake and lots of 'chat'.

Please do keep an eye on the Sainsbury's Noticeboard, Chat-Tea website (www.chat-tea.co.uk) and our social media pages for news of when we will be re-opening the Chat-Tea café.

If you are in need of any support during this time, please email us on info@chat-tea.co.uk or call Debbie on 07940 179439

 

JUST SOME OF THE COMMUNITY CENTRE ACTIVITIES

COVID-19: ALL ACTIVITIES ARE CURRENTLY SUSPENDED EXCEPT THOSE HIGHLIGHTED IN RED.

Some groups which fall within the current exceptions may be running by special arrangement, please contact the organiser to check.

Groups may be running at-home activities – please check with the organiser.

General Interest

ACTIVITY	DAY	CONTACT
Badger Farm ACOL Club	Friday 7.00pm – 10.00pm	Richard Holt 07914 726 342
Badger Farm Art Group	Thursday 1.30pm – 4.00pm	Sarah Zimmer snippycards@hotmail.co.uk
Badger Farm Bridge Club	Tuesday 7.15pm – 10.15pm	Fred Hotchen 01794 301185 07771 854 347 fred.hotchen@btinternet.com
Eucharist (Holy Communion)	Tuesday 10.00am – 11.00am	Rev. Mike Gardner 01962 865240
Hampshire Wildlife Trust	2 nd Wednesday of the month 7.30pm – 10.00pm	Anne Ardill 01962 881312 atardill2@gmail.com
Nuline Dancing	Thursdays	To be confirmed
Royal British Legion	1 st Thursday monthly 7.30pm – 8.30pm	Stanley Judd 01962 841402
Spanish	Wednesday 9.45am–11.45am	Elena esglearnspanish@gmail.com
Wessex Wargames Club	Tuesday 7.00pm – 11.00pm	Alan McFarlane 01962 864210
Winchester Chess Club	To be confirmed	To be confirmed

Older Adults

ACTIVITY	DAY	CONTACT
Alzheimer's Society Social Club	Last Friday of the month	alzheimers.org.uk
Alzheimer's Society Dementia Café	First Monday of the month	alzheimers.org.uk
Chat-Tea Café	Last Monday of the month 2.00pm – 4.00pm	info@chat-tea.co.uk
Home Instead Dementia Activity Group	Friday 10.30am – 12.00pm	hants@homeinstead.co.uk 01962 736681

Health & Fitness

ACTIVITY	DAY	CONTACT
Badminton	Thursday 8.00pm – 9.00pm	Wendy King 01962 861525
Gentle Therapeutic Yoga	Tuesday 1.30pm – 3.00pm	Christine Giles www.psc.ac.uk/ahed 01962 886166
Legs, Bums & Tums Older adults Bootcamp	Monday Tuesday Wednesday Sunday See advert for details	Catherine Jones cathjones@talktalk.net 07990 513 434
On Fire Fitness	Friday 6.00pm–7.00pm	Karlene Norris norriskarlene@yahoo.co.uk
Pilates	Various	bfofbrca.org/activities
Slimming World	Saturday 9.30am – 10.30am	Steve Coombes 07788 683 077
SSKO Karate	Friday 6.30pm – 8.30pm	Paul Bowles ssko@hotmail.co.uk
Weight Watchers	Thursday 9.30am – 10.30am 6.00pm – 7.00pm (evening session suspended)	Lorraine Small lsmall@ww.com
Wessex Wolves Dodgeball	Saturday 5.00pm – 7.00pm	WessexWolvesCDC@hotmail.com
Winchester Tae Kwon-Do	Monday Wednesday 6.30pm – 8.30pm	Lucy Scott info@winchestertkd.co.uk

Children

ACTIVITY	DAY	CONTACT
Badger Farm Pre-School Playgroup	Mon. Tues. Wed. 9.15am – 3.00pm Thurs. Fri. 9.15am – 12.15pm	Denise Tosdevine 07771 798 474 deniseinpreschool@hotmail.co.uk
Moo Music	Thursday afternoon	ali@moo-music.co.uk
Movin' Monkees	Monday Friday (temporary class) 9.45am – 10.45am	
Winchester Scouts (7 th)	Tuesday 8.00pm–9.30pm	To be confirmed
Winchester Tigers Tae Kwon-Do	Monday Wednesday 5.30pm – 6.30pm	Aimee Shergold Aimeeshergold@gmail.com
Winchester Young Embroiderers	Contact organisers for dates	Karen Brooking brooking.karen@gmail.com

These are some of the events that take place regularly at Badger Farm Community Centre. For more details see bfofbrca.org/activities or contact the group's organiser. If you can't find what you are looking for or want to enquire about setting up a new group, please email enquiries@bfofbrca.org or telephone Ali on 01962 868630 (Mon – Wed only).



Badger Farm Parish Council

Vacancies for Parish Councillors

Do you live on Badger Farm? Would you like to help shape the future of the estate? Would you like to become a Councillor?

We meet (currently via Zoom) on the 2nd Monday of every month (except August). You will be expected to attend for the 1–2 hour meeting and, depending on if you want to take on a role, you could expect to spend approx 1 hour per week on Council duties. So, as you can see, not a massive amount of time. Contact our clerk for more information (see below).

Photographic competition

We will be officially announcing our photograph competition over the next few weeks, open to all residents of Badger Farm with prizes for winning entrants. We believe it's the perfect time of year for some awesome photos of our picturesque area and want to take advantage of your photography skills with super photos that can be used on our website and Facebook page. T & C's will be posted on our noticeboards, website and Facebook page so keep your eyes peeled.

Garden waste

Did you know that a new garden waste service starts in February next year? You can order your new collection bin now.

Website

badgerfarm-pc.gov.uk

Social Media

facebook.com/badgerfarmpc
twitter.com/badgerfarmpc

Clerk Email

clerk@badgerfarm-pc.gov.uk

Clerk Phone

01425 656010
07463 760801

There will still be 25 collections every year and you can choose between compact bin at £39 a year or our large bin at £59 a year. The new large bins hold more than 2.5 times the capacity of the old green bags.

To sign up to have your garden waste collected as of February 2021 please visit winchester.gov.uk/garden-waste-collection.

Noticeboards

Have you 'noticed' our two new noticeboards at Davis and Central playgrounds? We'll be popping notices and important information up from time to time so keep an eye on them and if you have a community group or activity you would like us to consider advertising on the noticeboards please get in touch with our clerk (contact details below). We are not able to advertise commercial enterprises.

Council meetings

Our council meetings (2nd Monday of the month) are likely to remain online Zoom meetings for the foreseeable future. Details of the links to use to join the meetings can be found on our website, on the agenda posted on our noticeboards and on the back page of Community News.

Take care and stay safe everyone.

Julie Lacey

Vice-chair, Badger Farm Parish Council



Hampshire County Council

COVID-19

Public Health England continues to provide weekly COVID-19 updates including the number of cases locally as well as links to local and national data on the Hampshire County Council website: hants.gov.uk/socialcareandhealth/publichealth/jsna/covid19-data-and-intelligence.

Hampshire Green Belt

I am fully supportive of Oliver's Battery Parish Council's comprehensive submission to Winchester City Council's Local Plan review for a Green Belt for South Hampshire to include Oliver's Battery, South Winchester Golf Club and land further south to the east of the A3090 (Romsey Road) towards Hursley. It is important to protect our countryside and green spaces that form natural breaks between settlements and prevent urban sprawl. The Parish Council have rightly identified the value of open green fields since the COVID-19 pandemic for exercise, recreation and social well-being. oliversbattery.info/a-green-belt-for-south-hampshire-report-submitted-to-winchester-city-council-for-local-plan-review.

Surface Water Drainage and Flooding: Useful Contacts

Hampshire Highways routinely maintains Hampshire's 60,000 gullies and 4,600 catchpits, as well as carrying out a continued programme of improvements to highway surface

water drainage systems to make Hampshire more resilient to the effects of extreme weather.

Urgent issues on the **public highway** can be reported to the County Council during office hours via hants.gov.uk/transport/roadmaintenance/roadproblems and via 101 outside office hours.

Surface water flooding on the highway can also be reported directly to Hampshire County Council at hants.gov.uk/transport/roadmaintenance/roadproblems.

Great Waste Grants Open

Grant funding is now available to community groups, small businesses, schools, charities and Parish Councils to fund projects to help reduce waste, reuse or repair items. The fund has supported many projects in the past including repair cafés, cookery and upcycling classes in schools, a second-hand school uniform service, swap events and a click and collect service for refillable containers. The deadline for the first round of applications is Friday 4 December 2020. A second round of applications will be open in early 2021. For more information visit

hants.gov.uk/News/02102020Wastegrant.

Cllr Jan Warwick

**Hampshire County Councillor –
Winchester Downlands**

Tel: 07712 695431

Email: jan.warwick@hants.gov.uk





Oliver's Battery Parish Council

Parish Council Meetings and COVID-19

The PC continues to meet virtually using Zoom video conferencing. Please see our website (oliversbattery.info) and Facebook page ([fb.com/OliversBatteryParishCouncil](https://www.facebook.com/OliversBatteryParishCouncil)) for information on the dates and times of meetings together with details of how residents can gain access.

The Oliver's Battery Community Group continues to be available to residents who need help with urgent supplies, shopping, posting mail or are in need of a friendly phone call. They can be contacted by telephone on 07796 473804 and by email (oliversbatterycommunity@gmail.com). Further sources of help for residents from other agencies can be found on the Useful links page of the PC website (oliversbattery.info/welcome-page/useful-links).



Scarecrow Competition

The Scarecrow Competition held in September proved to be very successful with over 30 entries. The standard of entry was high and considerable interest was generated locally. Congratulations to the Stride family for their winning entry – Vegged Out! A big thank you to all those who took part.

Trees

Further to the review mentioned last time of tree preservation orders (TPOs) listed by Winchester City Council, the PC is

A walk on the bright side

Remember real snowy winters? Throwing snowballs, making snowmen, building igloos out of packed ice, sledging down slopes as if ready to take off over the trees? Happy memories as vivid as if yesterday.

There's nothing more spectacular than witnessing hills around Winchester adorned with snow, brightening the shortest of days. Clouds with a misty yellow hue heralding more snow! Large snow flakes; crystalline beauty creating fairytale wishes come true. St. Catherine's Hill's copse of trees; leafless, replaced by snow hugging the trunks and branches, affording a different perspective with distant views beyond, glistening and sparkling in the sunlight. Nearby, the banks of the River Itchen, evergreen bushes adorned with snow. A muffled silence as snow deepens, forming a blanket of serenity and wonder.

St. Giles' Hill observation platform opens forth a magical vista of Winchester's centre, King Alfred the Great's statue endorsing the majesty of England's former capital.

To toast the Winter Season, The Queen Inn, Kingsgate Road, for perhaps a mulled wine to warm the spirits! Heated canopies providing open space for safety and warmth.

in discussions with WCC regarding TPOs for the Scots Pines in Oliver's Battery Road South.

The PC recently considered an Arboriculture Report on all the trees on land owned or leased by the PC. The report looked at both the physiological and structural condition of the trees and recommended actions that should be taken. Work on the actions will take place in January 2021.

Planning and Green Belt

The PC have recently made submissions to the Government on the proposed 'Changes to the current planning system' and the 'Planning for the Future' consultations. Copies of both submissions can be found on the Current News and Updates page of the PC website together with a submission to the WCC Local Plan Review for a Green Belt for South Hampshire.

Using Footpaths and Bridleways

One of the benefits of living in Oliver's Battery is the access to an extensive network of footpaths and bridleways. Residents are reminded of their responsibilities to ensure that they are considerate of others when exercising their dogs or riding horses. The PC have, in recent months, received complaints regarding unpleasant encounters with both horse riders and out-of-control dogs.

Hedges

Residents are reminded of the need to ensure that their hedges and any overgrowing tree branches do not restrict access for prams, pushchairs and mobility scooters along pavements in the parish.

Vandalism at the Recreation Ground

The PC has been disappointed to note an increase in vandalism at the rec. Most recently, the net at the tennis court has been severely damaged. We would ask residents to report any vandalism to the Police on 101 and WCC Neighbourhood Services – Anti Social Behaviour on 01962 840222.

Brian Mitchener – Chair, Oliver's Battery Parish Council
cllr.mitchener@oliversbattery.info | 01962 623585



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Simon Lever

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Oliver's Battery
Winchester



Raising money to buy a yurt!



Oliver's Battery Primary School PTA is raising money for a yurt to use as an outdoor classroom and community asset.

The school has a strong focus on outdoor learning, which has many benefits for children including physical and mental health, better concentration, better sleep and reduced anxiety. Forest school also supports children's understanding of their local environment, and increases environmental awareness.

Why a yurt? The Yurt will allow us to offer our pupils and the wider community in Oliver's Battery a unique environment to get together, learn, play, have classes and enjoy being in the outdoors whatever the weather. It would be available to hire for the whole community.

Why do we need your help? We raise funds mainly through events – which are impossible this year, leaving a large gap



in our usual funding. Many people have asked how they can still help out, and this seemed like a good way to ensure that people can continue to support the school in an easy way, from the comfort of home. Please donate via the link to help us bring this vision to life, and remember, Every Little Helps!

justgiving.com/crowdfunding/oliversbatteryprimaryschool

Christmas online auction

In order to supplement our crowdfunding for the yurt we are also running an exciting online auction at Christmas time. We have gathered a number of donations ranging from brand new toys to golf days to swimming lessons! If there are any local businesses that can donate anything in return for publicity then

we'd love to hear from them. We'll publicise this via NextDoor and Facebook when it's live so you can all check out what's available. Hopefully it's the ideal way of finding unique Christmas gifts for family and friends...or just treating yourselves!

Oliver's Battery PTA

to self-contained offices will help reframe the Bar End area in Winchester as an important employment area in the city.

Councillors unanimously vote in favour of renewing Alcohol Control Zone

The renewal of the Public Spaces Protection Order, known locally as the Alcohol Control Zone, following Winchester City Council's Licensing and Regulation Committee meeting on 15 September means that police officers will continue to be able to exercise the power to seize alcohol from individuals if they are causing anti-social behaviour within the city centre and surrounding areas.

Two Winchester beauty spots set for environmental makeover

Two popular sites in Winchester will have significant biodiversity enhancements thanks to the Durngate Flood Alleviation Scheme. Nuns Walk and Clausentum Fen will benefit from a joint project which will help improve biodiversity and ensure both spots continue to thrive for years to come. The project is supported by Winchester City Council, Hampshire County Council and Sparsholt College, whose students will be getting involved in the scheme to gain direct practical experience of environmental enhancement.

Christmas market update

Christmas is such a special time in Winchester but this year it may be a little different. We fully support the cathedral's decision to put the wellbeing and safety of our residents and visitors first by cancelling the annual Christmas market. We all have to follow the national restrictions but are committed to working with partners across the district to support our communities and local businesses in any way we can.

Cllrs Bell, Laming and Williams



Green Economic Recovery Plan Revealed

Winchester City Council will increase its efforts to rebuild and reimagine the economy post COVID-19 through the creation of a new Green Economic Development Strategy that aims to transform the district's economy over the next 10 years with the aim of the Winchester District to be carbon neutral by 2030.

CIL funding latest – making a difference to more Winchester district communities

Winchester City Council has approved the latest round of Community Infrastructure Levy (CIL) funding bids in today's Cabinet meeting (21 October 2020).

Eight well deserving projects in Winchester district have been given the funding boost which was made possible when the council made £1m of CIL funding available to support essential infrastructure projects between 2019 and 2022. These include the kitchen upgrade at Badger Farm Community Centre (£34,000). To find more about CIL visit winchester.gov.uk/planning/community-infrastructure-levy-cil.

Former goods shed in Winchester set to offer small business accommodation

In these difficult times for small businesses Winchester City Council is seeking to support them in many ways. Winchester City Council's Cabinet have agreed to progress the redevelopment of the former Goods Shed in Bar End, which was previously occupied by TJ Waste. The suggested conversion

Cllr Eleanor Bell

Cllr Hannah Williams

Cllr Brian Laming

ebell@winchester.gov.uk | 01962 775521

hwilliams@winchester.gov.uk | 07776 138405

blaming@winchester.gov.uk | 07973 265028

Winchester Local Group Hampshire and IOW Wildlife Trust

Sadly, the Winchester Local Group of the Hampshire & IOW Wildlife Trust is unable to resume the programme of talks in the Community Centre this winter. However, despite the pandemic the Trust has been very busy undertaking an ambitious plan for nature's recovery and you can find out just what the Trust has been up to by visiting the website at hiwwt.org.uk/events or following the work of the Trust on Twitter (@HantsIOWWildlife) or Facebook (@HampshireandIsleofWightWildlifeTrust).

The Trust has adapted to the current situation by focusing on creating more online content and helping people to connect with nature from their homes through virtual talks etc. For those who are able to go for walks in our beautiful countryside there are lots of wildlife experiences in winter. For example, in December visit a wildlife haven with a river such as the river Itchen at Winnall Moors nature reserve in Winchester and look out for signs of water voles – you may hear the distinctive 'plop' of one dropping into the water.



Blashford Lakes nature reserve near Ringwood is a great place to watch large numbers of starlings, gulls and geese gathering together to roost for the night. In late winter migrant birds are still active on the salt marshes and mud flats along the coast such as at Lymington and Keyhaven re-

serves, while at Farlington Marshes near Portsmouth keep an eye open for peregrine falcons hunting potential prey.

What can you do to create a wilder Hampshire and Isle of Wight? By taking just one action for nature, no matter how small, you can make an impact and invite more wildlife back into our lives. This winter visit the Trust's website at hiwwt.org.uk/team-wilder to find out more about Team Wilder and discover lots of ideas for the many different ways in

which you can take action for wildlife.

Best wishes,

Anne Ardill

Winchester Local Group Hampshire & IOW Wildlife trust
Protecting wildlife, inspiring people



From your MP

The NHS (locally and nationally) remains my priority.

I've written about it before in Community News, the local press and in my own publications. Over the past decade I have sought to understand the local NHS and support what is in our best interests in line with clinical advice. Politicians do not design health services.

As the old Winchester & Eastleigh Trust came together with Basingstoke, compromises were required – around the centralisation of services – when it came to urgent stroke care or acute orthopaedics for instance.

This summer it got serious as Hampshire Hospitals embarked on the Hampshire Together programme and I have worked incredibly hard, including writing to thousands of households at one point, to get constituents involved on future hospital services.

It is a process which has otherwise passed by unnoticed and that is hardly surprising in the midst of a pandemic which is why I have said publicly, privately – and in the House of Commons – this is a strange time to seek major changes to the local NHS if your aim is to do so with a modicum of engagement and consent from the general public.

Nonetheless, Hampshire Together has produced a series of options upon which it plans to formally consult early next year and we should be clear that will pose some very difficult questions.

There's no question the Trust faces significant pressure to centralise certain services. Some of that external, around neonatal care for instance, some of it not.

I have consistently said this project, because it is part of the '40 new hospitals', is primarily about replacing Basingstoke Hospital and the Prime Minister – as well as now the Trust – has confirmed that.

But we're clear, as I promised last December, it will see 'significant investment' at the RHCH and I remain of the view Winchester needs a District General Hospital with an emergency department and consultant-led maternity services.

I know that's challenging and the Trust want a clinical model that does best by us all but I would urge them to keep an open mind and not to give up on Winchester Hospital because we have not.

As I have said for a decade and more, I've never met a constituent who doesn't want to be taken to the right place, to get the right treatment, when they're acutely unwell and that requires services that give us the best chance should illness strike.

But we should remember, a District General Hospital is a delicate eco-system and the services it has are highly dependent on each other. Some change is manageable but we should be careful before taking too much away and, if the Trust plan to do so, they must be honest with residents what we gain and what will be taken away. It is up to the clinicians to make their case.

Steve Brine

MP for Winchester, including Oliver's Battery and Badger Farm

stevebrine.com/prioritynhs

facebook.com/stevebrinewinchester

Oliver's Battery WI

Oliver's Battery WI is open to new members

Over the last few months as we have all been adapting to social distancing (two cow lengths apart or both outstretched arms), HOW (home office working, not the native American Indian welcome!) and Zoom (not the colourful ice lollies from the 1960s!) WI groups have been maintaining its aim to support the community as well as its members with friendship and education. Meetings may no longer be as we knew them, or would prefer them to be, but we have risen to the challenge of learning new ways to enable us to stay in touch and expand our horizons past the limits of the garden fence.

The Oliver's Battery WI monthly meetings, Bookclub, Craft group and Knit and Natter continue to offer members the opportunity to come together to share – skills and opinions as well as hopes and fears.

Ladies, if you would like to discover the benefits of WI there is currently a membership offer to new joiners and lapsed members who have not been a member in the past 10

years. You can join the WI from now until the end of March 2021 for just £10.75! If you would like to learn more about this offer please contact our Secretary on oliversbatterysec@hampshirewi.org.uk. Oliver's Battery WI is just one of many WI groups in the Winchester area. Being part of WI is a lot more than just knitting, baking and singing Jerusalem! It's all about getting involved – making scarecrows, knitting squares for a charity blanket, filling stockings for Trinity Winchester and having a laugh.

Take care, stay safe and we look forward to meeting you on Zoom, until we can meet in person!

Yours in friendship, Oliver's Battery WI



Citizens Advice

Lesley Rose, Advice Services Manager for Citizens Advice Winchester District, shares her advice on Universal Credit.

Q. I've recently signed up to Universal Credit after I was made redundant. I'm looking for a new job but is there more I need to do to ensure I keep getting Universal Credit?

When you apply for Universal Credit you'll agree a Claimant Commitment with your work coach. A Claimant Commitment is a record of the responsibilities that you have accepted in order to receive Universal Credit payments. Your claimant commitment will be updated each time you see your work coach.

When you agree to your Claimant Commitment you will be put into one of four work-related activity groups (sometimes called 'conditionality' groups). These set out the tasks you're expected to complete in order to receive your full benefit payment. You can check which group you're in by logging into your Universal Credit account online and checking your Claimant Commitment. If you're not online, you will have been provided with a paper copy of your Claimant Commitment.

This will tell you which group you're in and what tasks you'll have to do regularly to get Universal Credit. These tasks could include writing your CV, signing up for job alerts or applying for vacancies.

In order to show how you have completed the to-do list set out in your Claimant Commitment, you should keep a record of the tasks you've completed and how long they took in

Art Group

Badger Farm Art Group has been working hard, despite not being able to meet face to face. I know that lots of the group members are keeping in touch with each other, as the bond in the group is very strong. I have continued to set the group a weekly challenge and I have been mailing out the photos of the paintings and drawings which have been completed. The work continues to impress everyone, and it is very encouraging for them all to see what each other is up to. We have had several new members join us during lockdown, and I am hoping to meet them face to face one day! If you feel that you want a little art challenge appearing in your inbox every week then just get in touch by email. The challenges can be completed in whatever materials you have, don't worry if you don't have loads of equipment, and if you don't like the topic, you don't have to do it. I have been charging a small fee for the challenges (which are emailed as a slide show), but joining the group is totally free. If you are interested or know anyone who might be, please get in touch.

Sarah Zimmer | snippycards@hotmail.co.uk
bfobrca.org/activities/badger-farm-art-group



your Universal Credit online journal, or in a diary if you're not online.

Some claimants, mainly those who have applied for Universal Credit for the first time since the outbreak of COVID-19, may not have a Claimant Commitment yet. Those who claimed before the outbreak will have had their Claimant Commitment suspended during the outbreak and had no work-related requirements imposed.

From 1 July, the Department for Work and Pensions (DWP) has said it will be calling all claimants to help them to prepare for work, so people should expect to be contacted to set up the Claimant Commitment. They do not need to contact the Department for Work and Pensions in the meantime.

The DWP has said that they will take a common-sense approach to work-related requirements and that those who are shielding, have childcare responsibilities because of COVID restrictions, etc. will have their Claimant Commitment tailored to reflect their circumstances.

If you have a query about claiming Universal Credit you can contact Citizens Advice Winchester District on 0300 330 2183 or email them at advice@cawinchesterdistrict.org.uk.

Why we are grateful for the Community Centre

This is to express appreciation for the Community Centre but first, some background.

We are a stoma support group set up in 2018 by Nicki Beare to give support for anyone who has a stoma, whether as a result of having lived with a long-term problem like Crohn's disease or irritable bowel disease or because of cancer. The recovery from surgery may be fairly straightforward for most (though not all) but mental adaptation may be more difficult and drawn-out. This is where the support group comes in, with monthly meetings in the Centre so members can get together, compare notes or just generally socialise.

We are fortunate to be able to use the Centre as it gives us precisely the venue we need – the Whiteshute room is a welcoming environment, being light and airy even in the winter months with the dismal outside gloom, enhanced by the room also having wall decorations from its use by children that give a cheerful air. The group has a wide range of ages but the sight of kids' activities always has an uplifting effect.

All that of course came to a crashing stop with the pandemic lockdown – although group members could keep in touch

through WhatsApp and Facebook that was no substitute for actually getting together.

So it was very welcome when the Centre was able to re-open. And it is here that we must pay tribute to the whole of the Centre team for their efforts to keep us safe. Entry through the main door is restricted to the meeting organiser, with other members being asked to come into the room via the fire exit to minimise the risk of contaminating the reception area and the common parts of the building. A track and trace form was ready, together with a very comprehensive guidance note about use of the facilities. For example, we were asked to decide quickly if we might need to use a larger room to avoid starting in a small one and then moving, which would mean more work for the cleaners after we left. The kitchen was closed to us but a hot water urn had been left in the room to have hot drinks if wanted (bring our

own coffee). The room of course was equipped with hand sanitiser, with gentle reminders to sanitise handles, light switches etc.

Now there is even a QR code so the meeting organiser can log in the whole group in one go.

With so much thought and consideration shown by the Centre team we all felt totally safe and it is this kind of help that makes us truly appreciate the Centre so thank you all.

The Hampshire Ostomate Group.

Whiteshute Ridge Update – Autumn 2020

One of our prized pieces of species-rich chalk grasslands is looking incredible with the grazing management working wonders as we get ready to commence our fourth year of grazing this November 2020.

Biodiversity

Our summer surveys have recorded great numbers of reptiles including slow worms and common lizards, as well as invertebrates – butterflies including Dingy Skippers, Common Blues and Marbled Whites. We are monitoring for dormice on the peripheral woodland and scrub habitats too. Bat species continue to use the Ridge with Common Pipistrelles, Brown Long-Eared and Noctule bats being regularly recorded through the site.

Grazing

Hampshire and Isle of Wight Wildlife Trust's British White cattle will be moved on to Whiteshute Ridge in the week commencing 9 November 2020. There will be a maximum of six cattle grazing one grassland compartment at a time, and the individual animals will be selected specifically for their temperament to ensure they are compatible with a public access site used by dog walkers.

The second grassland compartment will have no cattle in it and the whole site will remain open as usual.

Dog waste

The amount of dog waste left on site is becoming more noticeable and this can lead to a number of problems. There are numerous dog-bins positioned at all main entry/exit points around the Ridge to make it as easy as possible for dog walkers to dispose of waste. We encourage responsible dog-ownership on our site so please help us keep this important site clean, safe and in good condition.

Vandalism

This year has seen a significant amount of vandalism up on the Ridge with 13 gate latches being deliberately damaged over the spring. Unfortunately this costs the council a significant amount to repair as we have to ensure that the site is secure and the cattle remain safely inside the fenced area. The cost of the repair works will come in at just under £400 this year which is public money that could be well-spent elsewhere.



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Winchester Bereavement Support

Have you ever experienced a major loss in your life?
Would you have liked to talk to a trained volunteer?
Would you feel able to offer this help to others?

WBS is running a Training Course* for volunteer Bereavement Visitors, February – May, 2021

For further details please phone 01962 620010,
email secretary@winchesterbereavementsupport.org.uk
or go to winchesterbereavementsupport.org.uk.

*This course will be run online if face-to-face group meetings continue to be prohibited under COVID-19 regulations



SPANISH

HIGHER INTERMEDIATE
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Badger Farm Community Centre
Wednesday 9.45-11.45

We are a small, friendly group of people
who meet every Wednesday for 2 hours.

Vén y únete a nuestra clase. Hablamos,
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For children from 2 years to school age.

Limited spaces available for 2 – 3 years.

OPENING TIMES (flexible)

Monday – Tuesday – Wednesday ~ 9.15 – 3.00 and Thursday – Friday ~ 9.15 – 12.15

Spaces are now available!

All children are funded from the term after their 3rd Birthday.

Funding available for 2 year olds if applicable.

Ideally situated in the Community Centre next to Sainsbury's with a sports hall for physical play and an all-weather outside area with a variety of play equipment.

Our staff are highly experienced and qualified and we ensure a high ratio of 1:6 for 3 and 4 year olds and 1:4 for under 3 year olds enabling plenty of individual time and attention.

"Staff are qualified, experienced and knowledgeable about how children learn. They provide children with a good range of activities to engage and motivate them. Children are kind and caring towards one another and behave well. Staff are positive role models and this helps to create a relaxed and homely environment where children settle happily. Ofsted 2018"

The playgroup operates an open door policy so please feel free to call in at any time and see us in action or call the playgroup supervisor Mrs Denise Tosdevine on 07771 798 474 out of playgroup hours. You can also see us in action and get more information at the Community Centre website on www.bfobrca.org

St Peter's Catholic Primary

Harvest Festival at St Peter's School

And he said to them, 'The harvest is plentiful, but the labourers are few'. Therefore pray earnestly to the Lord of the harvest to send out labourers into his harvest. Luke 10:2

For us, Harvest is a time of celebration, thanking God for all he has given us. It is also a time to consider those who have less than we do, and how we can share what we have with those around us.

Our Harvest celebrations were held in school in October. We were supporting the Winchester Nightshelter, so we asked our children to bring in a food donation, as we usually do ... but with one difference. In order to be COVID-safe we collected the gifts in our 'Harvest Trolley' passing from class door to class door so the children could place their gifts into the trolley. The food was then quarantined for a few days before being collected by the Nightshelter. The harvest gifts filled two cars – so as always St Peter's families were very generous in their donations – thank you.

On the Wednesday, our Year 6 children – who at present are our Student Council – met virtually with Westacre Nursing Home, Sleepers Hill. It was delightful to see our dear friends at Westacre again on the laptop. In the past we were able to



visit them in person on a Friday afternoon. We discussed our Harvest Festival and the residents were able to share memories of Harvest Festivals from when they were children. We then moved onto the topic of travel as we are all looking forward to half term. Both the residents and students had plenty to discuss about favourite destinations.

Finally, to add an element of community fun for ourselves we held a 'Harvest Festival' for our class prayer tables – a real celebration of harvest and produce.

In the week previous to our Harvest Festival we enjoyed the harvest in another way. Since lockdown, many of us have been following 'Logan's Veg Patch' on Facebook. Logan held a 'Guess the Weight of the Pumpkin' to raise money for our PTA. In the photos you can see Rory receiving a £50 cash prize ... although we are not too sure if Rory then wanted to pass this onto his dad! £346.74 was raised for our PTA! A big well done and thank you to all who took

part.

Find out more about your school

To see what is going on at St Peter's School visit our website (stpetershants.co.uk), Twitter (@stpetershants) and Facebook (fb.com/St-Peters-Catholic-Primary-School-107010431022990).

Louise Buxton

Headteacher, St. Peter's Catholic Primary School

Going Green, Growing Wild

Did you join in Winchester Green Week? Lots of people from our community were involved, one way or another. About 25 organisations put on over 60 events ranging from free chocolate in return for doing a 'green' task to a conference about sustainability. Although mostly online, for example Maggie Shelton's talk on wildlife and chalk streams, there were some real things to see. A huge shop window in the Brooks featured strings of bunting showing 'images of hope', many of which were decorated with drawings of wildlife by local youngsters with poignant messages about saving animals and our planet.

Clear recognition of the importance of nature in our lives has emerged. 'Lockdown reinvigorated our love of walking and many wish to maintain the benefits – physical, mental, social, exploring, family and nature', according to Our Lives, Our Future. This social media campaign collected ideas of how we can create a greener, happier, healthier Winchester District in the 6 weeks up to Green Week. This surge in popularity of walking for recreation was evident by the numbers of people, often in family groups, seen enjoying Whiteshute Ridge, Bushfield Camp, the fields below Yew Hill Butterfly Reserve, not to mention around the golf course all through spring and summer. This dreadful pandemic has reminded us of what we value most, and spending time outdoors with friends and family seems to be a natural human instinct.

Many of us revelled in the sunshine, the countryside views, the freedom to explore our local area. But what about wild-

life? 'An open green space without wildlife is a desert and a terribly sad place in which to walk' remarked one of the OLOF respondents. Do you agree? Is a walk over mown grass as good as one taken through long meadow plants alive with insects and passed hedges and trees? Would you feel as refreshed after a walk if you had seen no insect or heard no birdsong? Being outdoors is not the same as being in nature.

'Act now for a wilder future' was the message from Hants and Isle of Wight Wildlife Trust in Green Week. Nearly all of us have gardens, some quite big. Do we all leave a patch of nettles, build a log pile and plant flowers for pollinators? Could we also stop being so tidy in our gardens? Wild creatures need space and wild plants to feed on, hide, breed in. They thrive in patches of 'weeds' and amongst native shrubs, such as in Oliver's Battery Wildlife Area.

'The natural world is fading. It's happened in my lifetime – I've seen it with my own eyes' is a recent heartfelt quote from David Attenborough. Sadly, I have also observed the decline of wildlife locally. Over the past twenty years the numbers of noctule bats feeding along the hedge line where we walk along the eastern boundary of the golf course have declined to almost zero. Why? Perhaps because the thick hedges have been 'tidied up' or removed and so there are fewer moths for the bats to eat. Birds will have lost habitat too. Let's all encourage our wildlife by gardening more sympathetically. See hiwwt.org.uk.

Clare Shorter

Wishing You Well

D for Defence and the Sunshine Vitamin!

Our body's own health protection system hasn't ever seemed so important as now, has it? Fortunately our powerful friend Vitamin D seems to have been in the research headlines recently and you may have heard about it too? Medical doctor Dr John Campbell has kindly put an easy-access video on YouTube ([youtube.com/watch?v=B01ZIRfMnmU](https://www.youtube.com/watch?v=B01ZIRfMnmU)) to explain this vital vitamin's key role in supporting our body's natural immune/defence system.

As you watch, you will see how Vitamin D levels in our blood influence some of the different units in our immune system, either positively if there is enough Vitamin D or negatively if the Vitamin D level is inadequate. So just as a cosy house cannot be built without bricks and breeze blocks, so an immune/defence system does not seem to be able function well without an adequate supply of Vitamin D exerting its effects. Nutrients were not designed to work alone however, so other co-factors and key substances are required by our body's defence system such as proteins, other vitamins, minerals, polyphenols and essential fatty acids. Back to the house-building analogy: our cosy homes also require many co-factors as together with the bricks and breeze blocks – foundations, electrics, plumbing, central heating, windows, etc. This is teamwork and nutrition science is the same: every nutrient plays a vital role to keep the whole system going.

So this means that building and maintaining our health typically starts with eating nutritious, delicious, nutrient-rich real foods like those listed on Public Health Collaboration's web-

site phcuk.org/booklets (these booklets are also downloadable for free). Humans get Vitamin D from the diet and supplements, though the major source of Vitamin D is sensible sun exposure (see Holick paper below); the UK's geographical latitude however means that we only normally make Vitamin D here between the months of April and September approximately. This is because the necessary light rays reaching our skin depends on the angle of the sun in the sky:

'Solar ultraviolet B radiation (wavelength, 290 to 315 nm) penetrates the skin and converts 7-dehydrocholesterol to previtamin D3, which is rapidly converted to vitamin D3.' (Holick MF. Vitamin D Deficiency. New England Journal of Medicine)

This means that, as the days shorten at this time of year, to keep my immune system well-nourished over winter, for the past few years I normally regularly check my blood Vitamin D levels via doctor-led laboratories VitaminDTest (vitamindtest.org.uk), an NHS pathology lab, or Medichecks (medichecks.com).

Either of these labs provide simple finger-stick sample collection kits to take in the comfort of my own home. Then the results help me to choose adequate supplementation (see video). It is hoped that this information may help you to know more about getting Vitamin D levels right. For optimal health however, other nutrient levels may also need to be measured, evaluated and rebalanced.

Amanda Turner | ATnutritiontuition.co.uk

Amanda Turner MSc is a registered Nutrition Practitioner mBANT regC-NHC and a certified Health Coach. To book your nutritional health check-up and start your empowered journey into wellbeing, see ATnutritiontuition.co.uk

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Are you or do you know someone with a child starting school in September 2021?

We know that it is a really strange time to be choosing a school for your child as the usual school tours and open morning sessions are not possible at the minute. As a school, we have put our heads together and thought carefully about what we can do to enable you the opportunity to get to know us and decide if you would like to join our community. We have the following available for parents:

- Virtual tour. This can be found on the New Parents section of the school's website oliversbatteryprimary.com/new-parents.html
- Live Q&A session with our forest school trained Early Years Leader, headteacher and a parent governor. This session was held on Wednesday 4th November.
- Taster forest school session for groups of up to 6 (this does not include coming into school). These sessions will be on Saturday 28th November and 1 Wednesday 9th December.

Should you have any other questions or wish to speak to someone at school in addition to these offers please contact the office.



We are really excited to share that we are in a public consultation period for the lowering of the age range at school. After this period, we will be offering places for preschool children aged 2,3 and 4. More information can be found here: hants.gov.uk/community/publicnotices.

We are also excited to share a photo of what we hope will be the schools new Yurt! The PTA have done an amazing job of raising money to purchase the Yurt to continue to build on our superb outdoor offer. The crowdfunding page is currently on £2205 and we need to get to £3000.

The Yurt will allow us to offer our pupils and community a unique learning environment where children can learn, play and enjoy being in the outdoors whatever the weather. It is also hoped that it can be used by the community for events such as birthday parties and community meetings. A huge thank you to everyone that has

already donated and is making this possible.

For details of all the latest happenings at school, visit our website: oliversbatteryprimary.com. If you would like to visit the school please call 01962 869496 to make an appointment. Our Headteacher, Mrs Redfern, would be delighted to show you around when circumstances allow.

Carly Redfern
Headteacher, Oliver's Battery Primary School

Oliver's Battery Preschool

We have settled into our new home in Oliver's Battery Primary School. Our proposed merger with the School is progressing and we are working closely with the Early Years team to make sure we can do all we can in these unusual times.

The children have been enjoying autumn walks in the woods on the school grounds. This has allowed them to explore nature: finding different minibeasts and plants, listening to the birds and discovering shadows. A fair amount of autumn leaves have followed them back into the classroom!



Our Home Corner reflects the forest theme this term and the owls are particularly loved.

Due to COVID-19 we have formed our own preschool bubble and the children can freely play inside and outside supervised as always by preschool staff.

We have not cancelled Christmas, rather we will celebrate with a party in the classroom for the preschool children and staff. Unfortunately, Santa won't be able to visit himself, but there will still be lots of festive fun, songs and games.

Oliver's Battery Preschool is

- Rated across the board as 'good' by Ofsted in November 2016 and where 'Children form strong bonds with the staff'.
- We are very pleased to offer government funded 30 hours childcare (eligibility applies). For more information, please contact our Preschool Leader, Jackie Johnston, on 07941 796958 or email oliversbatterypreschool@gmail.com to pop by and see our happy Preschool.
- We accept all children aged two years to school age, regardless of which Primary School they will attend.
- All children are funded from the term after their 3rd birthday. If eligible, we accept funding for two year olds.
- Opening times: Monday to Thursday: 8:45–15:15 and Friday 8:45–12:45 with flexible drop off and pick up times.
- Our website: oliversbatterypreschool.org.uk





Neighbourhood Watch

Day 1 ~ Online Shopping

✳ Is the website reputable? Does it seem unusual? Is the deal too good to be true?

- ✳ When making payments look out for a secure symbol like a padlock on the screen
- ✳ Report fraudulent websites by visiting Action Fraud.

Day 2 ~ Theft from Motor Vehicles

- ✳ Always lock doors and close windows when you leave your car
- ✳ Do not leave anything on display in your car. Make sure any Christmas presents are out of sight
- ✳ Do not leave valuables or personal documents in your glove box.

Day 3 ~ Bag Dipping

- ✳ Put your purse at the bottom of your bag and keep your bag closed. Never leave it on display
- ✳ Do not carry large amounts of cash
- ✳ Never write down your PIN or keep it with your cards.

Day 4 ~ Burglary

- ✳ Do not leave presents on display
- ✳ Only put out the packaging of new presents the day before your waste collection
- ✳ Property mark all new equipment and update your insurance accordingly
- ✳ Register your possessions by visiting Immobilise for free.

Day 5 ~ Domestic Abuse

- ✳ Always phone 999 in an emergency. The police are there to protect you and your family. Keep your mobile fully charged
- ✳ Tell family members, a friend or neighbour about the problems you are having so that they can support you
- ✳ If you need emergency accommodation call the free-phone National Domestic Violence Helpline on 0808 2000 247.

Day 6 ~ Drinking and Driving

- ✳ Do not drink and drive
- ✳ Plan your return journey home in advance
- ✳ Remember, you may still be over the limit the next day.

With thanks to Derby County Council – derby.gov.uk/community-and-living/crime-prevention/online-safety/12-days-safer-christmas

Sandie Vining

12 Days to a Safer Christmas

Day 7 ~ Christmas Lights and Candles

- ✳ Always switch Christmas lights off at night or when you go out
- ✳ Do not attach decorations to lights, heaters or place near candles
- ✳ Test your smoke alarms weekly and remember to clean them and remove dust.

Day 8 ~ Debt Management

- ✳ Get help and advice early. Call Money Advice on 01332 643395
- ✳ Be realistic with family and friends about what you will spend on Christmas
- ✳ Think ahead, put a small amount aside each month towards next Christmas.
- ✳ Be aware of the high interest rates on short-term and 'pay-day' loans.

Day 9 ~ Robberies

- ✳ Be mindful of where you are walking late at night
- ✳ Take care when withdrawing money from ATM machines and be aware of who is around you
- ✳ Avoid using mobile phones late at night unless necessary.

Day 10 ~ Counterfeit Goods and Fake Alcohol

- ✳ If the price seems to be too good to be true – it's probably counterfeit
- ✳ The proceeds from the sale of counterfeit goods funds other types of crime
- ✳ Fake alcohol can be toxic.

Day 11 ~ Responsible Drinking

- ✳ Enjoy yourself but know your limits. If you are drunk you are more likely to be a victim of crime
- ✳ Do not buy alcohol for young people
- ✳ Dilute alcohol with soft drinks and stay hydrated.

Day 12 ~ Unlicensed Taxis

- ✳ Do not use an unlicensed taxi
- ✳ Ensure you keep enough money for your journey home
- ✳ Keep your house keys safe and separate from your purse or wallet.

Winchester City Neighbourhood Watch Area Representative
01962 865384 | sandievining@btinternet.com



Badger Farm Pre-school

Preschool returns!

How lovely to welcome back the children after lockdown and the

summer holidays! Huge thankyou to the Community Centre for all their support enabling us to reopen in a COVID-secure setting. We all returned safe and well amidst an aura of antibac spray and constant hand washing! A huge welcome to all our new families – the children having settled exceptionally well considering the new routines that have been put in place.

This term we have spent considerable time outdoors where the children have experienced bug hunts, building and more recently collecting leaves and jumping in puddles!

As we look forward to Christmas, our celebrations will obviously be different to past years, but we are hoping to be able to bring our Nativity Play to the parents in the safety of their homes via modern technology. The children will also be engaging with lots of fun and sparkles to ensure as near normal experience is given. We will be looking forward to hopefully returning to the 'old normal' at some point in the not so distant future!

If you are currently considering or looking for a preschool space then please contact us as spaces are available.

Denise Tosdevine | deniseinpreschool@hotmail.co.uk



Winchester Radio

Your truly local community radio station

The song playing on the radio will be different each day, but you may wake up at the moment with a sense of déjà vu or feeling like it is 'Groundhog Day' every day. With a second national lockdown in England meaning adjustments to our usual daily routines and interactions with others, it is more important than ever we keep socially connected, and not cut-off or snowed-under – because there are going to be sunnier days ahead.

Winchester Radio, an entirely volunteer-run charity (with volunteers aged 20 to 82), has provided friendly voices, music, requests/dedications, local news and useful information to alleviate anxiety, reduce loneliness, bring comfort, and keep the community connected, throughout the COVID-19 pandemic.

We provide a 24/7 community radio service across the city of Winchester and neighbouring villages, and this service is provided for patients in the RHCH too. You can listen to Winchester Radio in a number of ways:

- Locally on 94.7FM on your radio
- Online at winchester.radio – just click on the 'listen live' link
- Via the UKRadioPlayer app – listen on your smartphone, smart-speaker or mobile device
- Ask your 'Alexa' device to 'Play Winchester Radio'
- Patients at RHCH can tune in through their bedside units by selecting 'hospital radio'.

Think about the food you waste

Did you know that one sixth of all food, by weight, bought by households in the UK goes to waste? This is in addition to the unavoidable waste, such as vegetable peelings and meat bones, and is 70% of all 'post farm gate' food waste. The production, transport and storage of this astonishing quantity of food give rise to some 17 million tonnes of greenhouse gas emissions each year, which is close to 25% of total emissions due to cars on our roads.

We are all aware of the impact that the private car is having on our emissions and air quality. This is being made worse by people buying SUVs increasingly (about 21% of new UK car sales in 2018). These emit particularly large quantities of greenhouse gases. Winchester Action on Climate Change (WinACC) and many other organisations and individuals campaign to reduce the use of petrol and diesel cars. I've an idea that if we could reduce such emissions by a quarter at a stroke, most of us would be pretty pleased.

Well, eliminating household food waste would apparently achieve that, as well as saving us a lot of money. In fact the



We approached 'Churches Together in Winchester' about broadcasting local church services. Every Sunday, since the first lockdown started in March, a dedicated volunteer in our charity downloads an agreed local church service and edits it for broadcast. You can hear this each Sunday at 6pm (repeated Tuesdays at 8pm). We hope it brings people comfort through these difficult times.

Along with vital support and information on how to access help throughout the COVID-19 pandemic, we play a great mix of music from across the decades. Music can be incredibly therapeutic, having the power to mentally transport us to sunnier climes, revive happy memories, distract from pain or anxiety, and sometimes literally move us too – if we're dancing along to a favourite track! All good for our health and wellbeing.

If you'd like a shout-out for you or someone in hospital, then do get in touch. We love hearing from listeners. You can phone or text our charity on 01962 603947 or email studio@winchester.radio. If you are part of a small local charity or grassroots organisation, and you want us to share information on how people can access support you're providing to the community, then email info@winchester.radio or send us your press releases to news@winchester.radio.

In the film 'Groundhog Day' Sonny & Cher's 'I got you babe' beams out from the radio and the lyrics reassuringly remind us there's 'no hill or mountain we can't climb' – that's got to be true, right? We live in Winchester after all!

Anna O'Brien

Chairman of charity Winchester Radio

Waste and Resources Action Programme (WRAP), the source of this waste information, estimates the saving as being about £700 per household each year. Sounds like a win-win to me. All it takes is a bit of organisation when doing the household shopping, and making use of leftovers. Remember to use the freezer.

Of course eliminating this waste, or at least cutting it down significantly, will not only reduce emissions by this large

amount, but will also release a huge amount of agricultural land, a lot of it in the UK. This could be used to grow what we already grow, but in a more sustainable way; or to grow more of our own food as we do now, and so import less; or perhaps it could be 'rewilded'. There are arguments in favour of all of these. This all sounds like a win-win-win now!

So, when you go shopping, consider whether you will really eat all the food

you buy; and remember that 'use by' relates to the safety of the food, while 'best before' relates to the fact that the quality (only) might not be quite as high after that date.

Food for thought!

Brian Shorter

If you would like more information, look at lovefoodhatewaste.com, wrap.org.uk/food-drink and winacc.org.uk.

Winchester Horticultural Society

We are a friendly gardening society that meets on the second Wednesday of every month at The Winchester Club, Worthy Lane, Winchester, SO23 7AB, which is currently a Covid-19 secure venue. Our aims are to encourage a general interest in gardening and gardening techniques, and to provide an environment where like-minded people can meet to widen their horticultural knowledge, exchange experiences and pass on useful tips. We have a professional speaker most months who invariably knows more than we do! We also arrange garden visits and some social events. If you would like to give us a try, you would be welcome to join one of our meetings as a visitor. **Face masks must be worn within the Club except while seated on socially distanced chairs.**



Stanmore Primary

We are all working in a world of restrictions and regulations that we must adhere to for our safety in tackling the challenges presented to us by the coronavirus pandemic.

Although we are not able to enjoy many of our usual planned Stanmore events, it is good to find alternative ways to maintain our school traditions where we can. Most recently, instead of the usual Friends of the School Autumn Disco, children throughout the school had a memorable day dressed in their party clothes for a mini 'Class bubble' party and popcorn event. Not only does this strengthen the feeling of 'belonging' to our school community but it also creates something to look forward to, which is an important part of wellbeing. Wellbeing is a priority for us all at Stanmore Primary School. Supporting young minds for World Mental Health Day, 'Hello Yellow' came at a good time this half term and the children enjoyed a day of special activities focused on wellbeing. Throughout this half term, children have been concentrating on their thoughts and feelings, how those feelings can sometimes make us feel and behave differently, and most importantly, how we can look after ourselves. Hello Yellow is a day where we think about how we can look after ourselves, particularly our minds and our bodies to make sure that we are content and healthy, so that we can all be the best that we can be.



Earlier this month, Year 6 enjoyed a really successful trip to Stubbington Study Centre. Before lockdown we had planned a residential to Stubbington later this term, intending to make this an annual Year 6 event. I am really pleased that we could still offer a

Our meetings during the first quarter of 2021 will take place on Wednesday 13th January, Wednesday 10th February and Wednesday 10th March, all starting at 7.30pm and finishing at approximately 9.30pm.

Because of the present virus situation our programme may be subject to changes at short notice but our website – winhortsoc.weebly.com – will give you up-to-date details of the topic covered each month. Please note that it is necessary at present to pre-book a space for each meeting by ringing 01962 868862.

We look forward to meeting you. In the meantime, happy gardening and keep safe.

very full day's experience, despite the restrictions. It was a pleasure to hear how much the children and staff enjoyed and made the most of the time on the trip. They experienced a range of activities including a beach visit, den building and a game of Stubbington Fox. They were lucky enough to spot badgers at the Badger watch.

It was lovely hearing younger children tell me that their brother or sister had gone to Stubbington. Our Enrichment Curriculum is carefully planned to give children experiences throughout their school journey that they can look forward to.

Our curriculum work has also been largely unaffected and children have achieved some fantastic outcomes. Some of the highlights include: building a river on the school field, creating exploding volcanoes, art work in the style of Leonardo da Vinci, designing and making felt puppets. Inspired by the Year 6 visit to Stubbington, children in Oak and Elm class have been building dens.

This half term has had its challenges but I am proud of the way we have all adjusted. Our 'Keys for Success' – resilience, persistence, co-operation organisation confidence and respect – are modelled daily by children, staff, Governors and parents in our wonderful school community.

If you are interested in learning more about our school, why not visit our website stanmore.hants.sch.uk. Applications for our rapidly improving school open on November 1st 2020 and close on 15th January 2021. Contact the Headteacher Mrs S. Taylor for further information. stanmore.hants.sch.uk/welcome-from-the-headteacher

Sharon Taylor, Headteacher, Stanmore Primary School



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Tim Newcombe | 6ft 5"
www.talltim81.com | talltim81@gmail.com

Tech Talk

The presents have been opened. Christmas dinner is eaten. You've taken a walk along the Ridgeway or up Yew Hill. Now the night is drawing in, but you don't want the day to end. An idea hits you. You install the Freerice app, open it, and see 'jovial means:'.

You click 'merry' ... well, it is Christmas! You've just donated 5 grains of rice to help feed the world's hungry. Freerice (also on freerice.com) is a game developed by the United Nations World Food Programme (WFP), the winner of this year's Nobel Peace Prize 'for its efforts to combat hunger, for its contribution to bettering conditions for peace in conflict-affected areas and for acting as a driving force in efforts to prevent the use of hunger as a weapon of war and conflict'.

How does it work? As you play, small advertisements appear at the bottom of the screen. These adverts trigger payments to support WFP's work saving and changing lives around the world. In the game, these payments are represented by grains of rice.

The amount of money generated when you see an advert can vary, but is roughly equivalent to what WFP spends to purchase 5 grains of rice.

Now I agree that 5 grains doesn't sound like much. But it soon adds up. Last year, the equivalent of over 45 tonnes of

rice were donated. This year's totals, sadly, will be lower; prior to July 30, each question generated 10 grains, but this has been temporarily reduced to 5 due to the effect of the COVID-19 pandemic on the advertising market.

'WFP doesn't use the funds raised via Freerice to only purchase rice. Instead, money raised via Freerice funds a variety of WFP projects around the world, depending on where needs are greatest.'



I've played Freerice since 2013. Then, the only questions were on English Vocabulary. These days, it's added six new languages and topics such as Climate Action, Healthy Eating, World Landmarks, Famous Quotations, Multiplication Tables, Chemical Symbols and, because this is 2020, CoronaVirus: Know the Facts.

You can now also create groups so you can compete with family or friends to see who can donate the most rice. Or you can play together with your kids to help them learn in a fun way – Freerice has an extensive list of banned industries and advertisers, so no inappropriate advertisements should ever be shown.

Christmas is a time for giving. It's also a chance to have fun with the family. Now you can do both with Freerice.

Ann Jury

ann@winchestercomputertutor.co.uk
winchestercomputertutor.co.uk/anns-thoughts/freerice



Prostate cancer now number 1

It is official, prostate cancer is now recognised as the most commonly diagnosed form of cancer in the UK.

Basingstoke hospital is one of the lead locations in the UK for effective treatment. In addition, locally there is a very effective and active support group for men and their partners affected by this disease – the North Hampshire Prostate Cancer Support Group.

Locally the level of virus is now very low; and the hospital is seeking to get back to close to normal, whilst still maintaining tight infection control. It is now encouraging any person with suspected cancer to immediately make contact with their GP, as at present the level of cancer referrals from GP's to the hospital is well below normal, however it is fully open for helping this group of patients. It has confirmed that all referrals are being handled with an initial face-to-face contact, before establishing what future treatment is required.

The support group can help with not only understanding and empathy to deal with the emotional and psychological issues, but it also holds regular meetings with guest speakers addressing an increasingly wide range of subjects. The current lockdown, although prohibiting physical meets, has not hindered continued gatherings via Zoom. Once lockdown is over, it is intended that the popular weekly exercise sessions at the sports centre in town will be re-activated.

Contact us and see how the group might help. Call or text 07377 430242, email info@nhpcsg.org.uk or visit our website nhpcsg.org.uk.

Keith Bunker

Legs, Bums and Tums

All the Legs, Bums and Tums exercise classes are currently running ONLINE at the same times as below and will be back at the Community Centre when allowed. The guidelines are continually changing so please contact Catherine Jones for the latest updates.

Legs, Bums & Tums Monday 9.30am–10.30am

Legs, Bums & Tums Tuesday 6.45pm–7.45pm

Seniors Exercise Classes Wednesday 11.00am–12.00pm

Sunday Bootcamp 6.30pm–7.30pm

Please contact Catherine Jones on 07990 513434 or email at cathjones@talktalk.net for further information on these classes.

All classes are designed to cater for all levels of fitness and will improve muscle tone and increase your cardiovascular fitness over a period of time!

Catherine is a full member of REPS (Register of Exercise Professionals).

Nature Notes

The photograph of this Bearded Tit was taken in Norfolk; a rare opportunity requiring patience and skill because this bird of the reeds is usually well hidden in its watery habitat. In fact it is not a tit but the only member of the Asiatic Babbler family in Europe. It is likely to have been given its name due to its vague resemblance to the Long Tailed Tit as it too has a long tail. A hundred years ago it was confined to the reed beds of East Anglia as a consequence of loss of its habitat after draining of marshland. It is unable to withstand very cold weather so there was a huge loss in the harsh winters of 1917 and 1947 although less so in 1963. Numbers greatly increased in the mid-1950s due to an influx from The Netherlands following draining connecting the Island of Marken to the mainland. Since then it has spread out further afield to areas of reed bed such as the Lower Test Marshes in Hampshire but its main breeding grounds are still in the east.



A Bearded Tit

We have good tit populations in our local gardens all year round including the Long Tailed, Blue, Great and Coal. They may be small but are so colourful and fascinating to watch. In the 1950s when milk was delivered to most doorsteps I

remember taking in the glass bottles with holes pecked through the foil tops by Blue Tits. They were particularly fond of the rich Jersey cream in the gold top bottles. It was a skill passed onto their young because after fledging tits move around in little groups for a couple of months. Once milk had become homogenised etc. the habit died out. In 1985 the young Simon King filmed Bird Brain of Britain which was won by a Blue Tit who repeatedly solved an eight stage exercise to be rewarded by a peanut each time.

The smallest member of the Titmouse family, the Long Tailed, is easily recognised by the tail which is more than half the length of its body. Little family groups of up to twenty pass rapidly through bushes and trees keeping in vocal contact with one another. Taking three weeks to build, the nest which is oval shaped with a hole at the bottom, is an intricate mix of moss and wool felted together with spiders' webs and lined with around 1500 feathers, the outside being camouflaged with fragments of lichen. Incredible!

Next time I will write about our other tits – Marsh, Willow and Crested, Gilbert White and the Willow Tit, the song 'Tit Willow' in the Gilbert and Sullivan operetta 'The Mikado' and why the family is known as Titmice.

Norma Goodwin

Badger Farm & Oliver's Battery Parish Council Meetings

Our parish councils meet monthly and members of the public are welcome to attend.



Badger Farm Parish Council

meets at 7.30pm on the 2nd Monday of each month (except August). Meetings are currently being held virtually via Zoom us02web.zoom.us/j/87819918921. Contact the clerk, Christine Howe. clerk@badgerfarm-pc.gov.uk.

Oliver's Battery Parish Council

meets on the 1st Tuesday of each month (except August). See oliversbattery.info/parish-council-business/agenda-details-for-next-meeting for location and details. Contact the clerk, Sara Sawyer. clerkoliversbattery@gmail.com.



Note from the Editor

COVID-19 lockdown

Most of the articles in this edition of Community News were written before the new national lockdown for COVID-19 was announced. As I finalise the magazine, the situation is still very fluid. Please be aware that the information shared by our contributors may be overtaken by events.

Christmas greetings

I'd like to take this opportunity to wish you a very special Christmas.



Ann Jury, Community News Editor

If you have a community contribution or would like to advertise with us, please get in touch.

Editorial deadline for Spring 2021 issue:
Friday 5 February 2021

Editor: Ann Jury
Editorial email: bfobrca.cnews@gmail.com



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