

Register

Magazine

Issue No 417 January 2026



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Published monthly by:
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Printed by: Henry Ling Ltd

Distributed by: IMS Group
 01202 611100

Letters, articles and photographs are always welcome, but views and opinions expressed by contributors are not necessarily those of the publishers. We reserve the right to edit submissions if appropriate.

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February Copy date:
Monday 5th January
Distributed from:
Monday 19th January

Front cover: Corfe Castle bathed in winter sunset.

Photo: Iain Ross

team covers Wyke – and there is an officer – PC Farwell - who manages this. I will make him aware of the meeting date – depending on his shifts and commitments he may pop in.

Water quality

No evidence has been presented from the investigations into the cause of the spike in bacteria in Weymouth and Lyme Bays in August, but I have just heard that Wessex Water is being fined £11 million for wastewater mismanagement leading to sewage spills. This is supposed to be funded by WW and not to involve increases in our bills, although mine has gone up by nearly 20%! Harbours manager Ed Carter is currently investigating setting up a system for water quality sampling for the harbour itself but has yet to receive a report back on the likely costs.

A report on a Government website looking at beach and water quality shows that streams and rivers are typically affected by various inputs from within the catchment including human sewage, animal slurry and runoff from roads. A statement on the website from the council acknowledges that a combined surface and sewer system is in place in the urban area close to the beach and harbour. Speculation continues as to whether a pessimistic weather forecast or pollution levels led to the cancellation of the IronMan swim this autumn.

Wyke Clinic

With the continuing problems facing patients of Wyke Clinic, it is welcome news that Dorset has been chosen to join the Neighbourhood Health Implementation Programme (NNHIP). It is promised that:

- the national programme aims to bring care closer to home, giving people easier access to the right care and support to help them to stay well. It will also reduce trips to hospital that aren't needed, freeing up appointments and beds for those that need them most.

local people will start to see their NHS, councils and community partners, working more closely together to bring the right care and support to their doorstep. This includes services such as diagnostics, mental health, post-op, rehab, digital health, nursing and social care.

Local GPs will also play a big role in bringing care to people's homes, through neighbourhood teams of nurses, doctors, social care, pharmacists, dentists, opticians, para-

medics, social prescribers, councils, and community groups.

I am not aware of a timescale for this. There is a petition online to Save Portland Hospital. With all the rearrangements expected shortly, this may be an important moment for local services, so please google it and sign. – GS

Our MP, Lloyd Hutton, emailed about Wyke GP surgery: The problems people are facing with the surgery need to be looked at and in my work as MP I will be sure to raise this issue and support efforts to improve the practice. I will let you know what action I am taking on this in the coming months, as I know the situation needs improving. (shortened, please email Georgina for full text)

I wrote again to CQC pointing out that the customer satisfaction rating for Wyke Clinic was solely for those who had been able to be seen, not for the many who were turned away, as my husband has been twice in the previous month GS

Report from Cllr Helen Toft

I am working with officers to get access to the building in the Gardens sorted. Apparently, there is a legal technicality to be dealt with before progress can be made but whilst waiting for that to be completed officers are looking into options for the building. I hope that an outside tap will be included in plans so that the gardeners can be watered if we have another hot summer like the last and not depend on the bowser.

I have also met with the Green Spaces Team about the possibility of starting a new Friends of Wyke Gardens Group in the New Year to try and make the gardens feel a little more loved.

GS - This is welcome news; as there is already an outside tap it should be retained.

The Weymouth Neighbourhood Plan and the supporting material can also be viewed at Dorset Council's offices, County Hall, Collyton Park, Dorchester and at Weymouth, Littlemoor and Wyke Regis Libraries. For full details on Weymouth Neighbourhood Plan, visit Weymouth Town Council's website www.weymouthtowncouncil.gov.uk/neighbourhoodplan

All Saints Church

Church gardeners have been clearing brambles and ivy from around the perimeter of the churchyard and around headstones, which is an ongoing job. They meet in the morning on the first Tuesday of the month to maintain this area.

News

The Wyke Regis Society Minutes of the bi-monthly meeting held 7.00pm Tuesday 11th November 2025 at Wyke Regis Working Men's Club, Portland Road

Next meeting Monday 12th January 2026

Contact Georgina Skipper, georgina.s.skipper@gmail.com Minutes of the last meeting: read to be correct.

The position of Society Secretary is still vacant, and is still covered by the Chairperson and the Treasurer.

Chairperson's Report: Incinerator news

By now nearly everyone will have heard that the incinerator has had the go-ahead despite the protests of locals, the Olympic Sailing Team and our MP, Lloyd Hutton, all of whom will be redoubling their efforts now that Powerfuel intends burning chemical waste there.

The approval of the incinerator, and their application to burn chemical waste, is going to have far-reaching effects on our community. Please use the link <https://>

consult.environment-agency.gov.uk/psc/dt5-1db-powerfuel-portland-limited/ to let the Environment Agency know how you feel about the proposals. It is hard to believe that the RYA's pause on their new Portland training centre, and consequent rising costs, wasn't associated with the pending permission to build the incinerator. Now final approval is through, they have cancelled the rebuild. However, they will be updating present facilities.

Let's all boycott Langhams Wines, who are the investors behind this but who are quite happy not to have it in their own enormous backyard.

Pirates Lane

Response from Inspector Goom (shortened – if you would like to see the full letter, please contact Georgina on georgina.s.skipper@gmail.com) -

My advice to you and the community you represent is to report what is happening either on 101 or online. Report a crime | Dorset Police. Unless it is reported we won't know it happened.

Our Neighbourhood policing

If you feel like a bit of wildlife gardening feel free to come along, and if you have any spare garden tools, the church gardening team is always in need of them.

Wyke Square

We have not heard if anyone has taken on the Carols in the Square, we need a new team to run the event on 22nd December this year. Post meeting note: we have heard that Jeff and Jane Thomas have taken this on. WRS is donating to the Square tree. Wyke Regis Society will try to renew the soil and plants in the planters in the Square after Christmas. There has been no response to the appeal for a working party to upgrade these planters. A local window cleaner has offered to help with the watering.

Parks and Open Spaces

The fence between the green behind Lymes Close and its car park is now in a poor state. A resident has offered to repair the fence if funds are available for the products. The fence is the responsibility of the residents in Lymes Close and the Square. A new tree will be planted this winter and grass-cutting will pause. WRS has contacted the Parks Dept on the mistaken cutting down of the wildflower and shrub section.

Sacks of rubble that have been left on the green in Shrubbery Lane have been reported to the Council 'fly tipping' team. It seems that this grass area is privately owned by the residents (No. 16 -18a) in Shrubbery Lane, so the Council can take no action on this. Commercial vans parking around the narrow roads in Wyke are becoming a dangerous nuisance. Many vans are parking completely on the footpath. This is causing pedestrians to walk in the road. These problems can be reported to the Police or the company that owns the vehicle.

There was a very good attendance on November 9th for the Service of Remembrance at the War Memorial on Wyke Road. The area and the Memorial looked very tidy, many thanks to those that put their time into keeping this area tidy and weed-free. The Society will contact Highways regarding the area surrounding the Memorial as the grass had not been cut back.

Planning Applications

P/HABR/2025/05605: Campsite Seaview Farm Fleet Lane Chickerell. Operate pop-up campsite for 50 pitches; 3 July - 21 July 2026 (18

days) 23 July - 31 August 2026 (39 days).

Footpaths and Highways

The footpath across Curtis Fields is now impassable. Councillor Taylor has offered to take up this problem with the footpath officer, He has still not come back to us on this and we will approach him yet again for information.

The problem with the overhanging shrubs and weeds along All Saints Road has been reported to Highways and the owners, this is private property and not the responsibility of Highways, although they have the responsibility of ensuring that homeowners keep their hedges clear of public footways and road sight lines (the part by the Church wall has been cleared by Highways. If any residents notice shrubs overhanging the public highway they can report it to Dorset Highways on the website. Overhanging branches are especially dangerous for pedestrians with limited sight or mobility. Worn or illegible road markings can also be reported to Highways.

The Society has reported paving along the top of Portland Road and other areas in Wyke where weeds and soil are encroaching on the footpath. The footpath from Westhill Road to High Street has still only been partially cleared. There was no more news on the footpath off Portland Road at the back of Lyndale, which was reportedly in a poor state. On Doncaster Road/Rylands Lane the new footpaths are showing up how the kerb and gullies are thick with weeds.

There is still concern over the area on Portland Road at the Tesco traffic lights, this is dangerous especially during school journey times. This problem has been taken up by Councillors, there is consideration of moving the traffic lights.

The roof of the cottage by the cut between Shrubbery Lane and Wyke Square has lost part of its roof yet again due to a Campervan using this narrow cut through. The cut through will be closed for the repairs to the cottage in November.

No news on the proposal to kerb off the entrance to Gallwey Road. Please report all incidents and small accidents to the Council so an incident report can be made up of the problem areas.

AOB

An application to turn the unused building in Wyke Gardens into a small art studio is still ongoing.

There has been no other interest in the building but the Council seem to dragging their heels on this project.

Residents were pleased to see the Wyke Stores reoccupied as a small beauty salon taken on by a local beautician, it has good reviews and is well worth a visit.

Beryl bikes are being abandoned in the area and on footpaths, email them at support@beryl.cc with the following: Location (a Google Maps pin is ideal) or What3Words location - <https://what3words.com> and any helpful landmarks or reference points. Also the vehicle number (usually near the handlebars or frame).

Complaints have been put to the Transport Plan. For some weeks the X53 has been diverted to the Wyke Road/ Lanehouse Rocks Road, which is proving a useful bus route for local residents. The Society will try to get this route put on a permanent basis.

The Chairperson thanked the few members who turned up for the meeting on such a wet and stormy night.

Meeting closed at 8.00pm. Next meeting Monday 12th January 2026, all residents welcome.

A Happy Christmas and New Year to you all.

Wyke Regis Horticultural Society

The shop and Clubhouse reopen on January 10th 2026. Seed potatoes will hopefully get here in time for the reopening, if not they will soon be in stock.

The annual Seed Swap will be on February 14th. We welcome saved seeds and unused packet seeds within a year of expiry. Non members are welcome.

The Clubhouse in Rylands Lane will be open on Wednesdays from 2.00pm to 4.00pm and on Saturdays from 9.30am to 12.30pm. Membership is £10 per year. Join in January and get 3 months free membership! For more information email enquiries@wrhs.org.uk or call 01305 602137

Wyke Regis WI

At their monthly meeting members were entertained by Miranda Pender a singer and songwriter who presented a talk describing the perils of researching a family.

The illustrated talk told the story of her research into a branch of her family tree. The talk was ac-

companied by songs, written and sung by Miranda, relevant to the story.

Members enjoyed the Autumn Fayre and lunch and are looking forward to all the Christmas events - of which more next month. The many interest groups continue to thrive. A new year resolution? Why not come along to a meeting or coffee morning to see what the Institute has to offer? Season's greetings to all.

Wyke Ladies Club

Our speakers have been excellent again this year although our programme had to be altered on quite a few occasions due to illness and other unforeseen problems.

We have had fitness training, ringing of hand bells and making Christmas cards. Excellent speakers have entertained: increasing our knowledge and exercising our brains on talks on Abbotsbury Swannery and the Fleet, local smugglers, ghosts and lots more.

Our coffee mornings have been held in old favourites like The Hotel Rex, The Sailing Academy and The Crown Hotel together with new venues like The Custom House, The Breeze and The Good Life Café. All are lovely in their own way and vastly different.

Our social events have been varied and well attended although we did have to cancel our visit to The Falconry display due to high winds. We had an adventurous trip to visit the Etches Museum at Kimmeridge.

We played Skittles, Bingo, tried various cocktails as well as having a cheese and wine evening with lots of different wines that were new to a lot of us. We had afternoon tea at Athelhampton House and visited the Lifeboat station in Weymouth Harbour. We recommend this free trip around the lifeboat station and the actual lifeboat. The RNLI hold these visits on most Tuesday and Thursday mornings, but you do need to book.

Next year we expect our speakers to be as varied and interesting as last year including Mike Randall's funny take on being a Headmaster and Steve Belasco's life as a reporter. Our coffee mornings will take us all around Weymouth and beyond. Our socials will take us to Carey's Secret Garden and the Blue Pool where we will look around the garden and then have lunch. We have skittles and bingo

Continued on page 4

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News

Continued from page 3

planned as well as various other activities.

Osmington Quiz and Curry Evening

A Winter Warmer! 10th January 2026 at Osmington Village Hall, DT3 6FT.

Quiz and Curry evening - doors at 7.00pm, ticket price £12.50. Veggie and Non-curry Option available - please specify when booking. Teams of 6 - £60 to winning team. 07816 832554 or osmingtonmusic@gmail.com

Overcombe WI

Overcombe WI have had a busy few months. Our November meeting welcomed Councillor David Taylor who gave us a fascinating talk about the tunnels beneath the roads and buildings of modern Dorchester.

Following the talk, members were thanked for their generosity in making donations for the local foodbank and Westhaven hospital. The amount of Christmas donations (including toys) has again been staggering this year and we

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have now passed these on to the intended recipients. A small group of our members have also been to sing carols for the Westhaven patients.

We have crafted a beautiful remembrance day wreath (with knitted poppies and soldier carrying a nightlight) as our way of showing our respect to our brave armed forces members who have lost their lives in the line of duty. Members attended the Remem-

brance Day Service in St. Andrews Church where the wreath was placed.

November also saw our annual Christmas Fayre. We had a good attendance and everyone enjoyed visiting the varied stalls and stocking up for Christmas before sitting for a coffee with friends.

Over the past couple of months we have been able to offer mem-

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Overcombe WI Red Cross presentation

bers a basic first aid course (with hopefully more to come) thanks to Chris from the Red Cross. Not only is this a good life skill, it also links in well with the Women's Institute 2024 resolution 'Bystanders can be Lifesavers' which calls on WIs to work together to increase public confidence and training in the delivery of CPR and improve access to defibrillators in their communities. Overcombe WI were delighted that our president, Karen, was able to present Chris with a cheque to continue the excellent work of the Red Cross. Our final meeting of 2025 in December was our Christmas Party where we had a fun evening of 'Bingo, Bubbles and Banter'. There was, as usual, far too much delicious food provided by members! We finished the evening with some Christmas songs led by our singing group and an interactive, bespoke version of the twelve days of Christmas. Five Toi-let Rolls anyone?

Our first meeting of 2026 will be 'Reels and Resolutions', with a wee taste of Scottish Dancing to start the year off.

Wishing you all health and happiness for Christmas and the New Year.

Feel free to drop us an email at overcombewi@gmail.com

**Fairbridge Trust
An Uncertain January**

A huge thank you to all our customers, particularly for your support over the past two months despite the roadworks on North Quay. We hope you have enjoyed taking part in the Elf Trail and have brought your little ones in to write their letters to Santa. The post box will be open until midday on Christmas Eve.

To remind you, we will be closed from Christmas Day for a week and plan to reopen at 11.00am on Friday 2nd January, so don't forget to stock up on your essential chocolate and coffee. Having

watched the work progressing on the harbour side of North Quay we are concerned about access to the shop once the work moves to our side of the road but we have no idea when that will begin. Our intention is to be open throughout January with shorter opening hours; Tuesday - Saturday 11.00am - 3.00pm.

We will keep you updated of any changes through Facebook or please call the shop to check if there is any uncertainty.

You are probably aware that everyone who works in the shop is a volunteer but for both sad and exciting reasons our volunteer numbers have dropped recently. Our volunteers have joined us for many different reasons and most had no previous shop experience but they all have an interest in fair trade and the artisans and charities we support. We are a friendly team and there are always two people in the shop so you are never on your own. We have regular morning slots available and we are always grateful for people who are flexible and can fill in to cover holidays or sickness.

If you think you might be interested in joining our team please pop in to speak to one of the volunteers or email Linda at the address below.

Once the Christmas season is over we will be looking at what grants we are able to make and which charities we are able to support. One charity we will definitely be supporting again this year is Action on Poverty through the Big Give campaign in December. Action On Poverty work in several African countries where they hope to build a future where everyone can work with pride, together. Last year's successful campaign focussed on young people securing them a better future. This year the campaign is entitled 'Women make change, leading future generations'.

Action on Poverty works alongside trusted local partners to provide tailored vocational skills training, business development, and access to financial resources. Their community-led approach strengthens women's groups, increases incomes, and builds leadership skills. We believe that this is a project well worth supporting. We would like to wish all our customers a very happy Christmas and a happy and healthy 2026. We can be contacted on 01305 772842, by email at thebridgefairtrade@gmail.com or follow us on Facebook.

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Over the Hill

With Chris Hubbard

One of the best things about becoming a Senior Citizen – sorry, I digress. This is a record even for me after only ten words. Two of the best things about becoming a Mature Senior Citizen are firstly, being around long enough to achieve that goal and secondly, being able to appreciate other Mature Senior Citizens still gainfully exercising their talents.

One of these is Janet Street-Porter CBE. She is currently touring with her one-person show called 'Off the Leash' or perhaps 'On the Loose'. It depends on which poster you read. The title may be in doubt but the subject of her show, so Mrs Barnacle of Wyke tells me, is growing old 'gracefully'. Wonder where she – Janet, not Mrs Barnacle – got that idea from? Anyway, with a life including lots of media work, a number of ex-husbands, a Welsh speaking budgie and a Senior Railcard she will have a lot to talk about on her visit to Dorchester early in the New Year.

This introduction does of course have an ulterior motive, which is to mention that as a youngster I too had a budgie. Oh yes, another part of my life that until now has remained secret. Although hatched in Wales he was not Welsh speaking. In fact Tiny, for that was the unique name chosen for him, said very little. Well, to be exact, nothing at all, in any language, not even Budgie Speak. But he had many endearing traits to make up for his linguistic deficiencies. Though in those days I didn't describe him like that in such flowery language. I said he was nice but didn't speak. Which was of course an advantage.

My best friend Ken and fellow Boy Scout, who lived three doors away had a similar budgie but with a big vocabulary of swear words. These had been mainly taught to him by Ken's dad, Dai, who was a miner. Dai – he preferred to be called David – had a soft spot for birds. In those days a canary in a cage down the mine was still the best way of detecting the deadly, odourless carbon monoxide gas. If the canary showed signs of distress it was time to take action. Contrary to popular belief, the canaries were carefully looked after. They lived in special cages and were revived with a burst of

oxygen. Many a miner was saved by an alert canary – or more accurately, by a half asleep one. In the mining valleys tragedy was an ever-present threat. But I digress again.

Returning to Tiny, who some of you may remember, was my budgie. He used to sit on my head as we watched TV together. Then he would slide down my forehead, cling onto my glasses and wriggle down between my face and the lens. It has just occurred to me, nearly six or seven decades later, to wonder why? Perhaps it was his way saying he was bored and wanted me to change the channel. Then there was only a choice of two and you had to get up from your comfy chair to change from one to the other using a switch on the set itself. No remote controls in those days, though maybe Tiny was trying to train me for the job? Anyway, in our kitchen we had a clothes ailer rack which could be pulled up to near the ceiling. Oh yes, my mum insisted on all the latest labour-saving devices for our house. The ailer was an ideal place for Tiny to perch and watch the goings on underneath.

Well, not exactly ideal as on one occasion my dear old Mum didn't spot him and lowered the ailer. Tiny gave an indignant squawk as his long tail feathers caught in the pulley and were pulled out. He suffered no lasting damage as they eventually grew back, but it affected his ability to judge a safe landing. Or any landing come to that. Visitors were surprised that he needed the full length of our Formica table as a runway. When landing he often slid into the padded sock we had put near the edge to stop him.

Perhaps I should have talked about Tiny a long time ago. It must have been mention of her Welsh speaking budgie that was one of the major reasons for Janet's CBE. But perhaps pulling out your budgie's tail is not the best way to demonstrate your good qualities to the committee that decides who is worthy of honours. To reassure that committee, tail pulling aside, Tiny was only allowed out of his cage when there was no danger of him escaping through an open window or an unwisely opened door. Hope that clarifies

matters, and if too late for a mention in the New Year, perhaps it's in time for the Birthday Honours list? But one of the few certain things is that the end of the year is approaching. Strangely this thought doesn't excite me as much as it used to. After eighty or so years the novelty of a new one starting wears off. But mustn't grumble as all those years of experience do generate some wisdom. Which Senior Citizens, and particularly Mature Senior Citizens are duty bound to pass on.

Firstly you are strongly advised not to make any New Year resolutions. But if you feel you must,

choose only a very few of them and ones which are easy to achieve, cost little and don't take up much time. Oh yes, and please don't tell anyone what your resolutions are until after they are successfully achieved. That way you can easily cover up the failures. It is my New Year resolution to have everyone to follow my rules for New Year resolutions. Having said that, Mrs Barnacle of Wyke, my In-House Adviser and I would like to take this opportunity to wish you, your family and all those that you hold dear a happy, healthy, and prosperous New Year.

News

Continued from page 7

The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ
Open Tuesday - Saturday 11.00am - 3.00pm in January – we hope!

Citizens Advice

Q A friend has fallen ill, which has made me think about getting my affairs in order. I've heard of setting up a lasting power of attorney, but I don't know where to begin.

A Appointing a lasting power of attorney (LPA) means nominating

someone to act on your behalf if you ever lose mental capacity. This could be because you're diagnosed with a health condition or because something happens to you, such as an accident.

The kinds of illness which might prevent you from making decisions for yourself include: dementia, mental health problems, a brain injury, alcohol or drug misuse or the side-effects of medical treatment. Setting up an LPA

Continued on page 10

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doesn't mean you're expecting anything to happen, it's something you might want to do in case something happens in the future. There are two types of LPA, property and financial affairs and health and welfare. You must make an LPA while you are still capable of making decisions for yourself. Both types must be registered before they can be used and you should choose who manages your affairs for you, if you're no longer able to, very carefully.

A property and financial affairs LPA gives someone the authority to make decisions about things like buying or selling property, bank, building society accounts, welfare benefits and debts.

A health and welfare LPA gives someone the authority to make decisions about things like where you live, your day-to-day care, and your healthcare treatment. It's not possible to use a health and welfare LPA until the person who made it has lost their mental capacity.

There are two ways you can make an LPA - either online via the Government website or by downloading forms from that website and filling them in by hand. There is one form for property and affairs and one for health and welfare. If you want someone to look after both aspects, you'll need two separate LPAs.

You'll need to register the LPA by sending the completed forms to the Office of the Public Guardian. If you need to pay a registration fee, you'll need to send that too.

If the form has been correctly completed and there are no objections after people have been notified, the Public Guardian must register it. This can take around 20 weeks.

The Public Guardian must notify you and your attorneys that they have registered the LPA, and it can then be used. You can find lots of information on LPAs and other shorter term power of attorneys by visiting the Citizens Advice website.

Family History Society

The South Dorset group of The Somerset & Dorset Family History Society will commence their 2026 programme on Friday January 16th with another look at 'The Portland Spy Ring 1955 to 1960' presented by Jeff Little.

As usual, it will be held at St Ald-

helm's Church Centre, Spa Road, Weymouth DT3 5EW with the talk starting at 2.30pm, preceded by tea or coffee.

Admission is £2 for members and £3 for non-members.

National Trust South Dorset Association

Tuesday 13th January 2026 at 2.30pm "Dorset Museum and Art Gallery: past, present and future (1845 - 2024) a talk by Peter Down.

Presented by the National Trust South Dorset Association. Brownsword Hall, Pummery Square, Poundbury, Dorchester, DT1 3GW.

NTSDA members £4, visitors £5 (includes refreshments / no need to book in advance).

Friends of Lodmoor Country Park

Friends of Lodmoor Country Pathway!

Today a new pathway into Lodmoor Country Park Weymouth from Campion Close was officially opened by Weymouth Town Council, Friends of Lodmoor Country Park and family and Friends of the late Geoff Hoskins who donated funds so the pathway could be built.

The previous pathway was muddy and slippery when it rained. The new pathway is suitable for all visitors to the park including wheelchair and mobility scooter users. Photo credit Weymouth Town Council

Green Councillors' Update

Cllr Clare Sutton writes: Many residents will know by now that Stop Portland Waste Incinerator's (SPWI's) appeals against the Government's 'green light' for the incinerator have unfortunately failed.

To make matters worse, Powerfuel has now applied to the Environment Agency for a permit variation that would allow them to burn even more harmful waste. I—and many others—submitted detailed objections, and we expect a draft decision in February. However, I take some encouragement from the fact that Powerfuel has resorted to this. It suggests

that the project's profit margins are tightening and becoming increasingly difficult for them to justify.

Helen Toft and I attended a packed public meeting last month organised by the Stop Portland Incinerator Campaign (SPIC). The determination in the room was extraordinary. Many of us believe Powerfuel will now have to seek major new investment—or sell the project on altogether. And there are plenty of people in our community who intend to make that pathway as unappealing as possible.

Five Dorset Councillors attended the meeting, representing four different political parties. The day after, I contacted the Leader of Dorset Council on our collective behalf to request an Air Quality Monitor. By the time you read this, it should be on its way. If nothing else, it sends a clear message to potential investors: 'We're watching.' And if the incinerator ever does go ahead, at least we will have the tools to hold the shareholders to account.

For updates and ways to support the campaign, email portlandincineratorcampaign@gmail.com or visit the SPIC Facebook page.

Cllr Helen Toft writes:

In November, the Town Council welcomed a new Sustainability Officer to support the Climate and Environmental Emergency Working Group (CEE) as we continue working towards our ambition of making council buildings and operations net zero by 2030—or as close as we can get.

Since declaring a Climate Emergency in 2019, we've made strong progress: solar panels on council buildings; electric vehicles added to our green spaces fleet; over 2,000 trees planted; public toilets upgraded with automatic lighting and low-water systems; and new water-refill stations installed along the seafront. These improvements don't just reduce emissions—they also save money on running costs. The CEE Group, which I chair, is now updating our Events Policy to ensure all events held on Council property meet robust sustainability standards.

Sustainable travel remains a major priority. Beryl bikes have been a huge success, but we know more is needed. We're pushing for better-connected cycling routes, and we're exploring the feasibility of a park-and-ride shuttle service using electric buses to make sustainable travel easier for everyone.

Cllr Claudia Webb writes:

Alongside the incinerator cam-

paign and the council's wider climate work, I've been focusing on the day-to-day issues that make a real difference to residents' safety, wellbeing, and ability to thrive.

Recently I worked with local businesses and property owners to get the lighting restored in the private car park behind Brewers Quay. It may seem like a small fix, but for families, staff, and visitors moving through the area in the darker months, it has made a noticeable improvement to safety and confidence.

I've also been supporting several parents of children with special educational needs (SEN), helping them navigate a system that can often feel overwhelming. Whether it's signposting support, clarifying processes, or pushing for timely responses, I'm committed to helping families get the assistance their children deserve.

At a wider level, I've begun working with our MP, Lloyd Hatton, to press for improvements to local train services. Reliable, frequent, and affordable rail travel is essential for residents, workers, and visitors alike, and together we are exploring where pressure can be applied to secure better provision for our area.

I have also opened a conversation with Dorset Council's Adult Social Services team about improving funding levels for local care home providers. Many homes are under huge financial strain, and ensuring that our older residents receive safe, dignified, and well-resourced care must remain a shared priority. Within Dorset Council, I'm also contributing to a review of our internal communication structure, aiming to speed up decision-making and ensure residents receive clear, consistent information across departments.

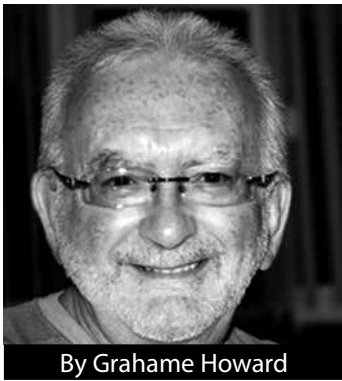
As always, if you'd like to raise an environmental concern, a neighbourhood issue, or anything affecting your family or community, I'm here to help.

Report from Cllr Kate Wheller

Rodwell and Wyke Regis (Dorset Council) and Wyke Regis North (Weymouth Town Council)

By the time you read this piece the referendum on the Neighbourhood Plan will be over and the result announced. Whatever the result and how ever you voted thank you for doing so.

Continued on page 13



By Grahame Howard

The New Year

Yet we enter another New Year. To tell you the truth, it doesn't seem very long since the last one. Time seems to fly. It's probably a sign of old age, which comes upon us all. The thing is, can you remember your New Year's Resolutions from last year?

Some people swear by them and really give it a lot of thought. My experience is that, if I make a resolution, I'll break it within a very short time and sometimes this can be a day. So therefore, I made a resolution to not make any resolutions anymore. I can remember my dad. He would stand up in our living room, toast everyone's health and then say that his new resolution was to never drink again after downing the glass of beer he was holding. However, the next day, the empty bottles would be on the table ready for me to take back to the Beer-Off, with the request for me to get him a couple more bottles. Mind you, I didn't mind because I used to get five old pennies for each bottle so, there was a profit in this.

We used to have a party on New Years Eve, when half the street would come, each bringing their bottles to enjoy the entertainment. This entertainment consisted of my Dad's rendition of 'Tulips', which he would sing to my mum. She used to enjoy this but, afterward she would hide her embarrassment by shouting to him, 'Sit down you silly b...r.' It never stopped him though. Each year he would sing the same song.

My brother, who was a singer around the area, would get up and enthral everyone with Frankie Laine's song 'Granada.' My other brother, not to be outdone, would then stand up and in his off tune, not very sober voice, would sing the latest song from the Hit Parade. However, after a few moments, he would sit down because he had forgotten the words. Halfway through the evening would be the annual game of Bingo or Housey Housey as they called it then. This was quite excit-

ing for a twelve year old and the memories still linger. Then the inevitable Big Ben striking which we would hear on the radio as we couldn't get to the TV owing to loads of people sitting around it. When the chimes had rung and people were happily celebrating and making these resolutions, my dad would go outside and bring a piece of coal in. I never did find out why he did this, because we had a gas fire??

The next day, there were the familiar headaches, or should we say hangovers. I would busy myself playing with some of the presents I had for Christmas and then it would be lunchtime and a hearty roast.

They were great days and I'm sure you too have your memories of Christmas and New Year. Mine, we either full of what I have written or playing a new record album that I had been given for Christmas. This was usually Buddy Holly, Cliff Richard or Elvis. I was lucky enough to have my own bedroom. I'd spend hours in there playing my records on an old radiogram that I had cadged off my brother, I would stand in front of the mirror with an old, broken snooker cue I used as a microphone and I would be singing and posing in the mirror. I thought I was the bees knees, until my dad would walk in and say, 'Turn that flipping rubbish down, I can't hear myself think.' I'd turn it down for a little while and gradually turn it back up again. After-all, I was the new Cliff Richard.

Thinking back on those days, they were very happy but time travels so quickly. Before too long, I had left school and started to train as a tailor's cutter. It was all right, but in my head I was performing in a group like Cliff and the Shadows. I joined a band around that time and we were quite popular. But then, a much more experienced band asked me to join them. This was exciting, out every night and money no object. I did this for a few years but sadly didn't make the glitter of the top pop world. After that and a few years in the army, I began to settle down. I often wonder if I had carried on if we would have made the big time.

Now, we have a 20 year old grandson who can play anything musical and writes his own material. He spent a couple of years at a Musical College in Bournemouth and is now in a popular local band. He plays lead, rhythm and bass guitars (not at the same time though) and drums and keyboards. My dream of being a pop star have now transferred to him. He just

needs the break and I am quite sure he will get it. You may have seen him around the local area but I will keep his identity quiet. If he does make it, I am sure the Echo will make a splash over it.

Well, I've waffled on for ages. All

that is left is to wish you the greatest of New Years. Stay safe and happy and, I'll be back in February. Flipping heck, it'll be nearly Christmas again!

Grahame

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As the vote was initiated via Dorset Council I was not permitted to indicate how I planned to vote but I think that Weymouth having an up to date plan is important so I do hope the Yes vote was successful. The Dorset Local Plan will not be in place for some years and our town does need protection from speculative developers.

I believe using your vote is always important. I have been delighted to be involved in Weymouth Town Council Parliament Week events through November. Almost 100 young people from across the town were invited by Weymouth Youth Council into the Council Chamber to meet the Mayor and Councillors to learn about their roles. All ages showed a real interest in our heritage. After an opportunity to vote on their priorities for the town they joined in lively discussions on the reasons for their votes. Democracy is safe in their hands. Weymouth Youth Council is growing in strength and is a really useful sounding board and partner for elected members. Our decisions impact on our young people and should be made with them in mind. If a young person you know is interested in our youth council they can find out more by contacting the assistant town clerk. Some youth council members enjoyed a day out at Westminster as the guests of Lloyd Hatton recently. I know they had some robust questions for our MP and I have issued an invitation to them to report to Full Council in the New Year.

During the past few months I have continued discussions with Health Sciences University, Bournemouth about their plans for a campus in Weymouth. Having spent my working life in the NHS this has been interesting.

Discussions on development plans for Weymouth are continuing. I am optimistic on the progress but reserve judgement on direction, just yet. I am continuing to meet with lead officers regularly.

Have you visited the Pavilion recently? I love the theatre and miss not being able to go to London shows the way I did when I was younger. Have you tried the live streaming? Love them. It is also very convenient to be able to catch up with films at the Pavilion, too. Plenty of parking and able to get something to eat. But, there is a problem at the moment, the traffic lights for the harbour

wall works are creating dreadful queues after a popular show. I hope that by the time you read this, and certainly before the Pantost season starts, that the problem will be solved. A change in the lights timing or similar? I have been talking to DC officers – fingers crossed.

I hardly dare mention Budget. Love it or hate it we all have to think about budgets.

Both Dorset and Weymouth Town Councils are busy on budget deliberations now.

At DC all members are invited to attend a number of 'workshops' and briefings to voice opinions and question department heads. The cabinet member for finance in conversation with the various departments and his cabinet colleagues will then create the budget which will be presented to the Full Council for debate and approval in the New Year. Members at WTC create a cross party budget working group, looking at the councils priorities, talking to the heads of service for Parks, Resort etc. If you have been watching any of the council's meetings which are reported live on-line, you will have noticed frequent requests for realistic future maintenance plans and these requests will be taken in to account during our budget planning. Just as with our household budgets it is important to plan for the replacement for big items and ongoing maintenance. A draft will be presented to all members, every member has an opportunity to make representation throughout this process and the final budget will then be debated and approved at Full Council in the New Year.

A good Council is one that makes plans and does things with you not to you. So talk to us.

If you read your copy of the Register before Christmas I hope you have a wonderful time and if you read it later I hope you had a great time in exactly the way you planned and hoped.

Although I continue to post on my Councillor Kate Wheller Facebook page it will mostly be to share announcements. If you wish to contact me please email cllrkateheller@weymouthtowncouncil.gov.uk, cllrkate.wheller@dorset-council.gov.uk or phone 07850 060947; you can leave a message. I do welcome your thoughts and comments and yes even your complaints. I rarely pick up on messenger. You are always likely

to find me around the village and town, at the library, on the bus or at home. I will continue to attend the monthly coffee morning at All Saints Church, Portland Road, you will be most welcome to join me there to discuss any residents issues. I also try to attend Holy Trinity Church once a month and am happy to talk to you there. Representatives from all four political groups on Weymouth Town Council are in attendance at Weymouth Library from 10.00am - 12.00 on the first Saturday each month.

Kate

Cllr Kate Wheller: Wyke North; Rodwell and Wyke - Leader - Labour Group; Deputy Leader – Weymouth Town Council.

Cllr Mike Sewry: Rodwell - cllr-mikesewry@weymouthtown-council.gov.uk

Cllr Howard Atkinson: Melcombe Regis - cllrhowardatkinson@weymouthtowncouncil.gov.uk

Cllr Thomas Taylor: Wyke South - cllrthomastaylor@weymouthtowncouncil.gov.uk

Cllr Paul Kimber: Portland – Dorset Council - cllrpaul.kimber@dorset-council.gov.uk

You can contact Lloyds office lloyd.hatton.mp@parliament.uk if you don't do emails write to PO Box 9788, Weymouth, DT4 4JH

New NHS eye hospital opens in Dorchester city centre

Residents of Dorset can access treatment for common eye conditions closer to home, thanks to the opening of a brand new, state-of-the-art eye hospital in Dorchester.

SpaMedica, one of the UK's leading providers of NHS ophthalmology services, is welcoming patients to its new hospital at Grove House on Millers Close for NHS cataract treatment, where patients can expect to be treated rapidly, compared to a national target of 18 weeks.

The hospital will support the objectives set out in the NHS Long

Continued on page 16

Advertorial

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Choose what makes you happy

At Anning House you can fill your day with activities you enjoy. From crafting, baking and gardening to laughter-filled days out, we'll support you to live life to the full. Highlights include trips to Monkey World and The Tank Museum.

For restful moments or quieter days, you can enjoy a natter over afternoon tea with friends and family in the café or simply enjoy the sunshine with a good book in our landscaped gardens. Community also plays a big role at Anning House, and local schools and groups often come and join in our activities. Some of our favourite visits include choir singing, therapy animal visits and dance classes.

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Dreams really can come true with our Wishing Tree initiative, which all residents can take part in. When you hang your wish on our tree, we will do our best to make it happen, no matter how big or small your request is.

Recently, residents have taken to the skies and flown over London in a

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8.00am St Osmund's, Osmington (3rd, 4th)
9.00am Holy Trinity, Bincombe
9.00am St Nicholas, Buckland Ripers (1st, 3rd)
9.15am St Andrew's, Preston (2nd, 3rd, 4th, 5th)
9.15am St Andrew's Church Rooms (1st)
10.30am St Nicholas, Broadwey
10.30am St Francis, Littlemoor
10.30am St Osmund's, Osmington (1st, 2n, 5th)
10.30am St Laurence, Upwey
4.00pm St Nicholas, Buckland Ripers (2nd, 4th)
6.30pm St Francis, Littlemoor (4th) Celtic Prayer

Weekday Worship

7.30pm Mon Evening Prayer/Compline St Francis'
7.00pm Tues Together on Tuesday St Francis' Church
7.30pm Tues Candlelight Service St Andrew's. Communion 1st Tuesdays
12.45pm Tues Prayer Meeting St Francis'
8.00am Thurs Morning Prayer St Francis'
12.00pm Fri Prayer Meeting St Andrew's
(For weekday services at St Nicholas see separate paragraph)

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Who's Who

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Team Vicar

Rev'd Philip Elliott (Holy Trinity, Bincombe; St Laurence, Upwey; St Nicholas, Broadwey; St Nicholas, Buckland Ripers) The Vicarage, 526 Littlemoor Rd, Weymouth. DT3 5PA (01305) 459971 weymouth.west.ridgeway.vicar@gmail.com (day of rest Monday)

Team Administrator

Shirley Mitchell, The Team Office, 4 Church Rd, Preston, Weymouth. DT3 6BU (01305) 837147 weymouth.ridgeway.team.office@gmail.com

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St Francis' Community Room, Littlemoor Anne Field (01305) 832532 anne_field@talk21.com

Mission Hall, Sutton Poyntz Maureen Morris (01305) 835533.

Preston Village Hall

Julie Witt, Booking Secretary, Preston Village Hall, Weymouth, Dorset prestonvillagehallweymouth@gmail.com. 07742 636511.

New Weymouth Ridgeway Team Ministry Newsletter

If you would like to receive news and information about what is happening in our churches please contact me on: weymouth.ridgeway.team.office@gmail.com or 01305 837147.

Ridgeway Churches Diary

Tuesday 6th January Knit & Natter

St Francis' Church, Littlemoor Every Tuesday 10.30am - 12 midday
St Andrew's Church Rooms, Preston

Every 1st Tuesday
10.00am - 12 midday

Thursday 8th January Little Lambs Baby & Toddler Group

9.30am - 11.30am
Every Thursday
St Francis' Church, Littlemoor
£1.50

Saturday 10th January Coffee, Cake & Chat

10.00am - 12 midday
Every 2nd Saturday
St Osmund's Church, Osmington
£3 per head

Monday 12th January

All Saints & St Edmunds Churches

Rector. Rev'd John Mackenzie.

www.parihofwykeregis.org.uk

You will find a warm welcome at our friendly and inclusive churches. All Saints, Portland Road, and St Edmund's, Lanehouse Rocks Road.

All Saints Church DT4 9ES

The church is open daily for visitors and private prayer from 9.00am.

Regular church services

Sundays
8.00am Holy Communion BCP (said).
First Sunday of the month 9.30am Café Church, with refreshments beforehand.
2nd, 3rd and 4th Sundays 9.30am Sung Holy Communion, followed by refreshments.

5th Sundays Joint Service with St Edmund's, location alternates between All Saints and St Edmunds churches.

Morning Prayer

9.00am Tuesday - Friday.
9.30am Saturday.
Fridays 10.30am Holy Communion (said), followed by refreshments.

Coffee Mornings

10.00am - midday, third Saturday of the month (please see dates below).

Livestream

Our 9.30am Sunday Holy Communion services are also livestreamed. An order of service is published each week so you can join in with the hymns and prayers. Connect via any of the following links.
YouTube - youtube.com/user/WykeRegisChurch/live
Facebook - <https://www.facebook.com/allsaintswykeregis>
Parish website - parihofwykeregis.org.uk/live

St Edmund's Church DT4 9HZ Sundays

11.00am Holy Communion with hymns, occasionally alternating with

Angel's Lunch Club

12.30pm
Every 2nd Monday
St Andrew's Church Rooms, Preston.
(suggested donation of £7 per head)
Contact 01305 834866

Friday 16th January Osmington Lunch Club

12.15pm for 12.30pm
Every 3rd Friday
Osmington Village Hall, Shortlake Lane, Osmington
Contact:
francesgroves@btinternet.com

Service of the Word.

5th Sunday joint service with All Saints.

Thursdays

1.00pm-3.00pm Little Saints Baby and Toddlers Group, during term time. Bring along your children, grandchildren or Godchildren and meet up with others. All welcome. Contact Amy on 07397 805124 if you are interested and would like to know more.

Coffee Mornings

10.00am - midday, last Saturday of each month (please see dates below).
Wyke Regis Parish works in our schools, as well as local charities and other organisations.

Men's Breakfast at St Edmund's Church Hall

Fancy a chat over a full English Breakfast? (other options available)
Every 2nd Saturday in the month 9.00am to 11.00am, next on 10th May. For more information and to book a place contact: info@parihofwykeregis.org.uk

Coffee Mornings

10.00am-midday, last Saturday of each month (please see dates below).

Hall Hire

Have an event you need a venue for? St Edmund's beautiful church hall is available for hire at very reasonable rates. Send enquiries to office@parihofwykeregis.org.uk, or contact Amy on 07397 805124 for more information.
Wyke Regis Parish works in our schools, as well as local charities and other organisations. We offer many opportunities for people of all ages to come together, such as Men's Breakfasts, walking groups, craft groups, as well as chances to learn to sing and ring the bells, all of which help towards combatting loneliness and isolation.

Live Local News

In addition to the livestream services at All Saints Church, the parish also runs a live local news programme at 6.00pm on Saturdays and a quiz at 7.30pm the same evening. These can be accessed using the livestream links above. If you want to get in touch, the parish contact number is 01305 784649 or email office@parishofwykeregis.org.uk

Regular parish activities

All welcome. Get in touch beforehand, or just come along and join in!

Art Groups – Contact Janet Hall on 01305 839737.

Bell Ringing – weekly practices for ringers of all ages. Contact Michael Dillstone on 01305 784902.

Book Group – Meets quarterly. Next meeting: Tuesday 4th November, 2.00pm, All Saints Church

Churchyard Working Group – All Saints: 1st Tuesday in the month; St Edmunds: 3rd Tuesday in the month. If you're interested, please come along armed with gardening gloves and wellies!

Choir Practice – All Saints, 6.00pm on Friday. Contact Derek Griffin on 01305 772873.

Circle of Friends Lunch – Lynch Lane Garden Centre. 12pm, 1st Wednesday in the month. Next meeting 3rd September.

Craft Group – 10.00am on Thursdays at All Saints, fortnightly.

Poetry Corner – Meets quarterly. Singing for Fun – 3rd Tuesday in the month, 2.00pm, All Saints Church.

Walking Group – meets at Binleaves Green on Mondays at 10.00am.

Men's Breakfast at St Edmund's Church Hall

Fancy a chat over a full English Breakfast? (other options available) Every 2nd Saturday in the month, 9.00am to 11.00am, next on 13th September. For more information and to book a place contact: office@parishofwykeregis.org.uk

Coming Events

All Saints

Film Night: Meeting Gorbachev Saturday 31st January, 3.00pm Wyke Regis Memorial Hall

Wyke Regis Community Film Club screens 2018 biographical documentary Meeting Gorbachev, directed by Werner Herzog & André Singer. Over three interviews, Herzog speaks to the eighth and final leader of the Soviet Union, Mikhail Gorbachev, about his life and political career. 90 minutes, PG. Tickets £6.50, includes glass of wine, beer, or soft drink.

Coffee Morning

Saturday 20th December, 10.00am – noon

All are welcome to join us for coffee, tea, home-made cakes, Fairtrade stall, books, music and for a catch up with friends old and new. Gluten free available.

St Edmund's

Coffee Mornings

Saturday 29th November & Saturday 27th December, 10.00am – noon

Teas, coffees and home-made cakes (GF available). Books, CDs, jigsaw puzzles, and a chance to catch up with old friends and welcome new ones.

Friends of Weymouth Peace Garden

The Garden was originally a Quaker burial ground and is now a calm, tranquil space enjoyed by local people and visitors alike throughout the year.

Situated on the Nothe, next to the Nothe Tavern, unless the weather is bad, volunteers meet every Saturday

morning for a gardening working party for 2-3 hours from around 10.15. to approximately lunchtime, with coffee/chat break part way through. It is informal, friendly and new volunteers are welcomed. Gardening expertise is not necessary, enthusiasm and interest are more important.

Holy Trinity with St Nicholas Weymouth

We are an inclusive church, come as you are, we welcome you all.

The Harbourside Church

Trinity Road Weymouth DT4 8TJ

Wednesdays 10.00am Said Eucharist

<https://www.holytrinityweymouth.org>

Face book: Holy Trinity Weymouth with St Nicholas

Sunday 8am - Said Communion service (in the Lady Chapel)

Sunday 10am - Sung Communion service (in the main space)

1st Sunday 6.00pm for a 6.30pm start - Open Table - Inclusive service for LGTBQIA+ friends, families and allies (in the main space)

Weekday Services at St Nicholas Church, Broadway

Tuesdays	8.45am	The Angelus and Meditation	Broadway.
	9.00am	Morning Prayer	Broadway
	10.00am	Holy Communion (BCP)	Upwey
Wednesdays	8.45am	The Angelus and Meditation	Broadway
	9.00am	Morning Prayer with Communion	Broadway
Thursdays	8.45am	The Angelus and Meditation	Broadway
	9.00am	Morning Prayer	Broadway
	10.00am	The Holy Eucharist	Broadway
	10.45am	Coffee Morning	Broadway
Fridays	8.45am	The Angelus with Meditation	Broadway
	9.00am	Morning Prayer with communion	Broadway
Saturdays	8.45am	The Angelus and Meditation	Broadway
	9.00am	Morning Prayer	Broadway

Methodist Churches in Weymouth

Churches are available for baptisms, marriages (including same sex marriages at Weymouth Bay) and funerals.

Sunday Morning Services

10.30am Chickerell, North Square, DT3 4DX

10.30am Lanehouse, Lynch Lane, DT4 9DL

10.30am Weymouth Bay, 32 Melcombe Avenue, DT4 7TH

Sunday Evening Services

6.30pm Weymouth Bay, normally 2nd Sunday in month.

Worship information in available at www.dsw.church

Church Activities

Chickerell

Craft and Chat – 1st and 3rd Wednesdays at 2.00pm

Craft and Sew – 2nd and 4th Fridays at 7.00pm

Coffee Morning – last Saturday in the month at 10.00am

chickerellmethodist@gmail.com

Weymouth Bay

Wednesday

10.00am Coffee Morning – all welcome, tea, coffee, cakes, books and jigsaws to borrow or swap

10.30am Grace Notes, informal singing group for all abilities

2.00pm CAMEO, women's group meets fortnightly

5.00pm Miscellany Band for anyone who plays a musical instrument

Thursday

2.00pm Bible study Group

First Friday in the month

2.00pm Dementia Café for people with dementia and their carers

Last Saturday in the month

9.00am Garden Gang

Rooms are available for hire, all enquiries to weybay@yahoo.com or 01305 457510.

Weymouth Family Church

14 Westham Road, Weymouth DT4 8NP. <http://weymouthfamilychurch.org.uk/>

Sunday 10.30am-12.00

Main meeting. At least twice a month, we share in the Lord's Supper, remembering what Jesus did for us on the cross and declaring it until He comes again, deepening our union with Him.

Monday 10.30am-12.00

Coffee morning with the opportunity to learn Makaton sign language, open to all.

Tuesday 7.00pm – 9.00pm.

Craft evening. Join us for some craft activity and enjoy a chat and a cuppa.

Thursday 10.30am-12.00.

Coffee morning, open to all.

We welcome your views, news and photographs which may be of interest to our readers

Please send to the Register,

55 Overcombe Drive, Preston, Weymouth, DT3 6QF



**Telephone
01305 833900**

or email:

info@registermagazine.co.uk

Feeling Better

Abigail Langstone - Wring

BSc, FETC, MAR.

www.dorsetclinicalreflexology.co.uk



New Year Dietary Recipe for Winter Wellness

Theoretically, if regular eating habits are good and diet varied and balanced there should not be a need for supplementation. However, when illness occurs, or lifestyle demands of modern living affect eating habits and with the prolific rise in consumption of processed foods it is no surprise that symptoms associated with poor digestion in all age groups are on the rise.

The NHS has produced a basic Eatwell Guide (NHS Website) that shows how much of what we eat overall should come from each food group to achieve a healthy balanced diet. To support NHS advice the more individually focused holistic approach of Nutritional Therapy raises guidance from basic to best. Best practice reflects individual face to face consultations with the aim of searching for underlying causes whilst treating symptoms. Recognised, but not exclusive causes of poor digestion include shock or trauma (physical or emotional), diagnosed conditions, prescriptive medications, viral or bacterial infections or poor eating habits. Symptoms may include diagnosed condi-

tions such as indigestion, heartburn, acid reflux and IBS. Patients contact me as a professional registered complementary practitioner usually via 'word of mouth' recommendations and since qualifying in 1991 my knowledge, skills and experience has grown to provide a truly holistic model of helping that integrates a range of modalities that when used in conjunction with a good dose of common sense may produce positive outcomes.

At consultation, taking a case history noting diagnosed conditions, medications and life events, listening to symptoms and asking relevant questions often reveals behavioural patterns. The most common being linked to a stressful lifestyle such as skipping breakfast or eating lunch on 'the move'. Discovering how a patient eats is just as important as what they are eating when creating an individual eating plan. Requesting patients complete a food diary for up to seven days prior to appointment and bringing it along on the day informs and empowers patients to make changes. Nutritional guidance suggests daily input of 15% proteins, 60% carbohydrates, 25% fats plus vitamins and minerals, these figures are guidelines only and during winter months when the risk of infections is highest and considering individual needs it may prove beneficial to supplement the diet to boost resilience and

immunity.

Proteins, Carbohydrates and Fats are familiar terms, Vitamins and Minerals may need further explanation. Vitamins are divided into two groups 1. Water soluble B's C (absorbed by the intestine and carried in the blood to nourish tissues) and 2. Fat soluble A D E K (absorbed in intestine and carried by lymphatic system to maintain the structure of cell membranes) without the 18 known minerals required for maintenance of our bodies vitamins cannot be assimilated effectively. A recipe of supplements to support winter wellness, food sources and dosage if taken in tablet form are:

Vitamin C (ascorbic acid) this antioxidant stimulates the immune system, encourages production of stress hormones, aids absorption of Iron, is necessary for healthy bones and tissue, growth and repair of blood vessels, cells, gums and teeth and helps wounds to heal. Found in a wide range of fruits and vegetables the best sources include citrus fruits. It can be taken as tablets, powder or granules, and capsules in doses up to 1,000mg (1g) daily.

Vitamin D (calciferol and ergocalciferol) is produced by the body by the action of sunlight on skin, it is required for the absorption and metabolism of minerals (magnesium, calcium, zinc, iron, phosphorus, and others) and Vit A. Essential for growth of bones, teeth and for kidney function therapeutically may prevent colds, some forms of psoriasis and migraines. Best food source is oily fish and cod liver oil taken in dry form as tablets or as cod liver oil capsules dosage between 400iu and 1,000iu (do not exceed dose).

Zinc (ZN) principal protector of the immune system this antioxidant trace element is required for more than 200 enzyme activities in the body as well as hormones, immunity, growth, energy metabolism, haemoglobin, brain function. Necessary for storage of insulin, synthesis of collagen, vitamin A metabolism and distribution. Best food sources

oysters, eggs, seeds. Zinc citrate, picolinate or monomethionine can be taken in tablet form 15-30 mg (higher doses can cause nausea, vomiting and diarrhoea). Selenium (SE) this antioxidant trace element necessary for the repair of DNA and for a healthy immune system, improves liver function, maintains healthy eyes, skin and hair and protects against heart and circulatory diseases. Food sources include wheatgerm/bran, tuna fish, onions. Dosage selenium-rich yeast and L-selenomethionine 50-200mcg take with Vit E for best effects. Special mention: Garlic is a decongestant, antioxidant and one of the best supplements to boost immunity with antiseptic, antibiotic and antifungal actions it cleanses the blood and gut, brings down fever, tones the heart and circulatory system, reduces high blood pressure. Available in natural plant form for use in cooking, supplement with oil capsules. (Avoid if taking blood thinners).

Echinacea enhances overall wellbeing by boosting immunity, preventing infections, reducing the duration of illness with antiseptic and anti-inflammatory actions it can lower fever and calm allergic reactions. It can be taken internally as a tincture, extract or tablet externally in cream/balm to fight bacterial and viral infections. If you need some advice making New Year changes to improve your general health and wellbeing or boosting your immune system through the winter please get in touch, always happy to help. Please note: If you are taking GP prescribed medications check with pharmacist before taking any supplements, herbal or homoeopathic remedy including garlic and echinacea. I am fully qualified, registered, insured and DBS checked with 35yrs professional experience specializing in Clinical Reflexology, Nutritional Therapy, Homoeopathy and Counselling. Contact Tel 01305784986 abigailwring@btinternet.com www.dorsetclinicalreflexology.co.uk

Award Winning Complementary Practitioner, Researcher, Author, Trainer.



Abigail Langstone-Wring BSC FETC MAR MFHT

Clinical Reflexology. Nutritional Therapy. Homoeopathy. Counselling.

www.dorsetclinicalreflexology.co.uk
abigailwring@btinternet.com

Buena Vista, Gypsy Lane, Weymouth DT4 OBZ Tel 01305 784986



Head Style

Opening Times

- Monday Closed
- Tuesday 9.00 - 5.00
- Wednesday 9.00 - 5.00
- Thursday 9.00 - 6.00
- Friday 9.00 - 6.00
- Saturday 8.30 - 1.30

Chalbury Corner,
Preston, Weymouth

Telephone 01305 834647



Send your letters, articles etc to:

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Term Plan, ensuring services are 'fit for the future' by expanding access to community-based care and delivering faster diagnoses and treatments, helping to alleviate pressure on local hospital services.

Currently, less than 75% of ophthalmology patients in Dorset receive treatment within 18 weeks of referral, and there are over 8,600 patients with an incomplete treatment pathway.[1]

29% of Dorset's 380,000 residents are aged 65+[2], and with up to 30% of this age group likely to need cataract surgery in later life, thousands of people are set to benefit from the new hospital, which also specialises in YAG laser capsulotomy for posterior capsule opacification.

Joining 64 other SpaMedica hospitals across the country, the Dorchester site is equipped to deliver the highest quality of care to its patients, who will benefit from a free door-to-door transport service with no mileage restrictions if they need assistance getting to and from their appointments. Complimentary parking is also available on site.

Since opening in 2008, SpaMedica has earned a reputation for excellence, with industry regulator the Care Quality Commission awarding every SpaMedica hospital it has inspected to date a 'Good' or 'Outstanding' rating. 98% of SpaMedica patients regain driving standard vision after surgery. Hospital manager Samantha Christiansen said: 'By offering timely, high-quality ophthalmic care in a dedicated local facility, SpaMedica Dorchester will help

to reduce elective backlogs and enable more patients to receive treatment close to home, in line with national healthcare priorities. Working in close partnership with the NHS, we're aiming to make treatment for common eye conditions more accessible for our community. We're excited to begin welcoming patients and look forward to helping them enjoy clearer vision and a better quality of life.'

NHS patients who have been diagnosed with cataracts or posterior capsule opacification can ask for a referral to SpaMedica Dorchester through their local optician or GP. ENDS

Issued on behalf of SpaMedica by The Tonic Communications. For more information contact spamedica@thetoniccomms.co.uk or call 0115 824 8254.

Note to Editors:

SpaMedica is one of the UK's leading providers of NHS ophthalmology services, offering treatments for cataracts, posterior capsule opacification and glaucoma, as well as a medical retina service. In 2018, SpaMedica became the largest NHS cataract surgery provider in the UK.

Founded in 2008, it has 65 hospitals across the UK, with thousands of NHS patients receiving treatment at SpaMedica's hospitals each year.

SpaMedica is a member of the Veonet Group, the largest provider of ophthalmology care in Europe. The organisation believes in improving sight through excellent care which, ultimately, improves the quality of its patients' lives.

Putting the patient at the heart of

everything they do, SpaMedica is focused on:

- Patient Safety
- Excellent Care
- Patient Satisfaction

SpaMedica's innovations in patient access and community-based care directly support the NHS Long Term Workforce and Service Plan, helping deliver high-quality care at scale while ensuring every patient has an equitable journey through the system.

Dorset Sunflower Trail Dorset County Hospital (DCH) Charity is delighted to announce that the 2025 Sunflower Trail in Dorchester has raised £15,100 towards the Emergency and Critical Care Appeal. This this takes the total amount raised by Maiden Castle Farm for Dorset County Hospital (DCH) to £78,000.

A celebration event has been held at the Dorford Centre to thank everyone who has organised and taken part in this amazing local event and discuss plans for the Dorset Sunflower Trail in 2026.

The Hoskin family of Maiden Castle Farm have been supporting

DCH Charity through the Dorset Sunflower Trail since 2021. Hazel's team have raised funds for SCBU, Kingfisher Ward, the general fund, and over £31,000 has been donated to the Emergency and Critical Care Appeal.

Hazel's contribution has paid for a Cerebral Function Monitor on SCBU, enabling the care team to provide additional diagnostics and care for babies on the Unit. In summer 2025, The One Show filmed at the Dorset Sunflower Trail where Hazel told her story of support and explained why DCH is so important to her and her family. Hazel Hoskin said, 'It never ceases to amaze us here at Maiden Castle Farm how much joy the Dorset Sunflower Trail brings to our visitors. Over the last 5 years, we've watched families make memories and capture moments that become treasured keepsakes. Seeing the smiles, laughter, and pure happiness from those who wander through the trail reminds us why we do what we do. Raising money for Dorset County Hospital is incredibly important to us as a family, and this seasonal event is our way of connecting with the local community. It is our small gesture



Saturday January 10th 2026

Join us for a
Quiz & Curry Night
At Osmington Village Hall

£12.50

A real Winter Warmer!

Veggie and Non-curry options
Specify when booking

Teams of 6 - £60 to the winning team!

Tel: 07816 832554
email: Osmingtonmusic@gmail.com

WEYMOUTH DRAMA CLUB

A pantomime by David Payne and Caroline Portsmouth

Robin Hood
and the magic arrow.

Performances at
Fri 23rd Jan 2026 7pm
Sat 24th Jan 2pm
Sat 24th Jan 7pm
Sun 25th Jan 4pm
Fri 30th Jan 7pm
Sat 31st Jan 2pm
Sat 31st Jan 7pm
Sun 1st Feb 4pm

The Harbour Theatre
7 Hope Street

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from: www.weymouthdramaclub.com

Box Office telephone 0333 666 3366

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and the
THREE LITTLE PIGS

Thursday 19th - Saturday 21st February 2025
- Accessible show Wed 18th -
7.30pm (2.30pm Saturday matinee)

Adult £10 * Concession £8 * Child £6 * Family £28

WWW.PRESTONPANTOMIME.COM

to say thank you for the care and support they've given!
 DCH Charity's Head of Fundraising, Jodi Hibbard said, 'Our heartfelt thanks go to Hazel and her family for their tremendous fundraising efforts over the last five years. Their donations will make a huge difference to supporting patient care at Dorset County Hospital now, and for generations to come. We are continuously amazed by Hazel's energy and creative ideas every year to make the Dorset Sunflower Trail the best it can be for local people to visit and enjoy. We are looking forward to the 2026 Dorset Sunflower Trail already!
 For updates on the 2026 Sunflower Trail, visit Best things to do in Dorchester: Dorset Sunflower Trail or if you would like to get in touch to talk about a fundraising event to raise funds for DCH Charity, get in touch: charity@dchft.nhs.uk or phone 01305 253215. Find out more information about our Emergency and Critical Care Ap-

peal: Emergency and critical care appeal - dchcharity.org.uk.

Weymouth Concert Brass

You might be forgiven for assuming that, once we've fulfilled our busy Christmas programme, the band goes into a sort of musical hibernation for a few months, waiting for the arrival of spring when we emerge ready, once again, to prepare for the inevitable return of summer.

It's anything but, however, because as soon as the new year has arrived, we begin the serious business of practicing our test piece for the annual West of England Brass Band Association Regional Championships in Torquay at the beginning of March.

So probably not a lot to report for a month or two, but you never know! In the meantime, happy New year from all at Weymouth

Concert Brass. The band is always keen to hear from prospective new players. We normally meet once a week on Thursday evenings. To get in touch, or for further information, contact us at weymouth-concertbrass@gmail.com, or find us on Facebook or X.

Jeff Thomas

News from Trading Standards

Burning better
As the weather turns colder you can take a few simple steps to reduce the impact of woodburning stoves and open fires on both your health and the environment. Research reveals that only 1 in 10 people are aware that domestic burning is a major source of pollution that can seriously harm people's health.
 The 'Burn better' campaign, led by Defra, is encouraging anyone

who uses a solid fuel appliance to make small changes to their burning habits which can significantly improve air quality and reduce harmful emissions from domestic burning.
 The campaign highlights that tiny particles released from stoves and open fires can damage the lungs and other organs, posing serious health risks. However, there are multiple benefits to be gained by adopting cleaner burning practices.

Tips to Burn Better:

Regular maintenance of your stove or open fire means it will perform better, use less fuel to produce more heat, and produce fewer harmful particles.

Have your chimney swept at least once a year. Soot and tar build up in your chimney over time, reducing its efficiency and increasing the risk of chimney fires.

Make sure you are choosing the

Continued on page 18

Wyke Regis Community Film Club
 Presents
MEETING GORBACHEV
 A FILM BY WERNER HERZOG AND ANDRÉ SINGER
Wyke Regis Memorial Hall
 All Saints Rd, DT4 9EZ
3:00 pm Sat 31st Jan 2026
 Entry: £6.50 (includes glass of wine/soft drink)



Book now at:
 or
 contact Jeff on 07710 096174
 Cash bar. Doors open 2.30 pm



QUIZ NIGHT

Raising Funds for the restoration of Buckland Ripers Church (St Nicholas)

Saturday 28th February
 7.30pm, doors open 7.00pm
 at St Nicholas' Church Broadway, DT3 5DN

£8 per person
 Free tea/coffee.
 Please BYO refreshments and snacks
 *Mobile phones not required!



*** Prizes * Raffle**

Tables of up to six must be booked in advance by contacting Susana on 07944617553 or emailing: susanamalik@yahoo.com

St Nicholas Church
 Broadway, DT3 5DN

BURNS NIGHT

Saturday
17th January - 7pm
 (doors open at 6.30pm)

Celebrating the life and legacy of Robert Burns, featuring two course Scottish Foyre, Bagpipes, Scottish Ceilidh and a Wee Dram of Whisky.

Tickets £20 and must be booked in advance for catering purposes by contacting Susana on 07944 617553 or emailing susanamalik@yahoo.com



St Nicholas Church registered charity number, 634137

Craft & Coffee
 Knitting, Crochet & Craft Group

3rd Tuesday of Every Month
 10am to 12 noon
 St Nicholas Church, Dorchester Rd, DT3 5DN

Whether you're a beginner or a seasoned crafter, just bring your own project and join in the crafty chat over a cup of tea or coffee.

For more info contact
 Susana on
 07944617553



St Nicholas Lunch Club
 Second Tuesday of every month at
 St Nicholas Church, DT3 5DN
 11.30am - 2.30pm (Lunch served at 12)

Please join us for a home cooked meal and make new friends

Board games and puzzles available
 Donations towards costs welcome

For catering purposes and dietary requirements, please book in advance by contacting
 Susana on 07944617553
 or emailing susanamalik@yahoo.com



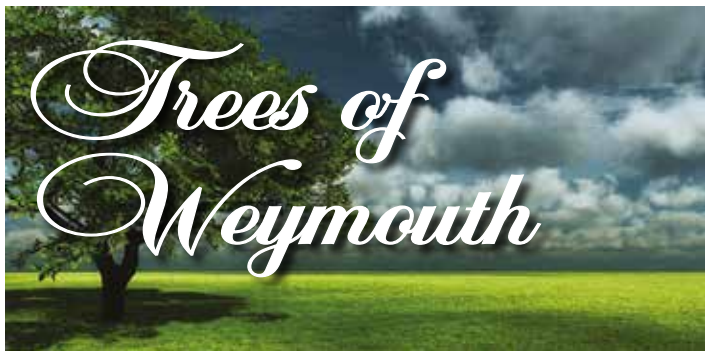
St Nicholas Church
 invites you to join us for

Tea/coffee and delicious homemade cake

Every Thursday morning from 10.45am to 12 noon
 (Helping to raise money for repairs to the church)

St Nicholas Church registered charity number, 634137



White Poplar *Populus alba*

We tend to associate flowers with plants found in grassy places, in hedgerows, fields, parks and gardens, and to overlook the fact that trees, even though they grow to many metres high above us, also bear flowers.

White Poplar trees, for example, can be found on the Lodmoor Nature Reserve, and several very tall specimens adorn the small field behind Stanier Road where many local dogs are walked, and children play.



Male catkin

Female catkin

Each spring, these White Poplars develop hundreds of catkins which, when examined closely, are clearly flowers even though minute. This tree, although well established now, is not a native but thought to have been introduced into Britain from Holland in the 16th century. Their tremendous height and sinuous movement when the wind rises and rustles the leaves in a tremulous, whispering chorus, easily attract attention, and such trees provide a strong wind break for the houses bordering the field when storms from the south west rise and gust in force across the coast and inland.

To watch the trees writhe and sway in strong winds can be a fascinating experience that makes one realise their strength, their suppleness and their secure rooting system. It is one of Nature's outstanding and sinuous ballets!

The trunk is a greyish-white in colour, its upper section marked with small black spores or tiny openings

on the surface of the trunk. Buds and catkins appear in spring before the leaves, and a pair of binoculars is useful at this period for close examination.

It is these catkins that are the equivalent of a flower for this is where pollen is formed, and passed by the breeze from male catkins to female catkins thus effecting germination. These catkins are fluffy, the male being deep red in colour and the female green, with both appearing before the leaves in order to ensure successful germination.

Research indicates that there are very few male trees but an abundance of female; continuity of reproduction however, can be achieved by suckering.



The leaves, when they appear later, lie alternately along the twigs, and are dark green and smooth on the upper side but white and felted underneath, hence the name 'White Poplar'. This downy 'felted' of leaf hairs protects breathing pores from becoming clogged by salt particles and fumes found in the air along motorways and by the seaside.

Its Latin name, *Populus alba* translates as 'poplar', whilst 'alba' is the Latin for 'white'. There are several other poplar trees in the same family as the White Poplar, for example, Western Balsam Poplar, Lombardy Poplar and Black Poplar. The leaves



of these three trees differ from those of the White Poplar in that their edges are smooth.

Greek legend and classical mythology relates how all such poplar leaves were once black until Hercules donned a garland of its leaves during his battle with Cerberus, the ferocious, three-headed guardian dog of the infernal Underworld. The perspiration aroused by his fierce endeavours to win the battle, bleached the leaves and thus the White Poplar was created!

Roman Mythology however refers to Pluto, the ruler of the Underworld who dearly loved a nymph called Leuce, and it was on her

death that he changed her into the White Poplar. In classical theology Nymphs were beautiful young maidens or lesser goddesses of Nature such as woods, rivers and springs. Nymphs were purported to live for several thousands of years, and whereas they liked and assisted mortals they were not mortal themselves.

Above: White Poplar canopy

Below left: Topside and underside of leaves

Below Female catkins

Below left: Male catkins



right fuels for your stove. Choose cleaner alternatives, such as dry wood and manufactured solid fuels, as they produce less smoke and pollution and are cheaper and more efficient to burn.

Burn dry wood, freshly cut wood should be air-dried for at least two years before use.

When buying bagged fuel look

out for the 'Ready to Burn' certification mark.

Some types of solid fuel have been banned from sale due to their high pollution levels. These include sales of wet wood in small units (less than 2 cubic meters), and traditional house coal for do-

Continued on page 22

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Organisations - Part

Southill Short Mat Bowls Club

Meet at Southill Community Centre, Radipole Lane, Mondays 2.00pm and Wednesdays 2.00pm & 7.00pm. First 3 lessons free, then £4 per session. Tuition given. www.southillsmbc.co.uk

SSAFA

Pilgrim House, 1 Hope Street, Weymouth, DT4 8TU. (By appointment only). All enquiries to. 020 4566 9131.

Start your Memoir Courses

Are you ready to write down your memories? Events of your life? What you know of your ancestors? Create a record of your life (or even a book) for your grandchildren and generations to come? To find out more, contact writer Sheena on sheenadearness51@gmail.com or 07875 842399.

Sutton Poyntz Venue

Hire £10 an hour - meetings, clubs, celebration, performances.
Book the Mission Hall - 01305 835533. Information suttonpoyntz.org.uk.

The Light Spiritualist Church

Preston Village Hall, Preston Road, Weymouth. DT3 6BH. Sunday Services 5.30pm for 6.00pm. Tel 07483 811516.

Watercolour Art Classes

Thursdays, 1-3, Broadway and Upwey Memorial Hall. Starting September 7th. Call Jan 07746 871134 for more info.

Weldmar Hospicecare Shops

Wyke Regis.- 82 Portland Road, Tel 788369. Open Mon - Sat 9am - 5pm.
Weymouth -71 St Thomas Street. Tel. 783523. Open Mon - Sat 9am - 5pm. Sun 10am-4pm.

59, Great George Street. Open Mon - Sat 9am - 5pm. Tel 787825.

10 Hardwick Street. Tel. 777774.

Mon - Sat 9.00am - 5.00pm

Weymouth Outlet

Unit 11/12 Oxford Court, Granby Ind Estate, Weymouth DT4 9GH. Tel. 770760. Mon - Sat 9.00am - 5.00pm.

Weymouth Art Group (WAG)

Meet Tuesday mornings Southill Community Centre. 9am till 12 noon. £2 refreshments available. Friendly group. All abilities. Non teaching, but occasional workshops. Contact Chair - carol.morrison7@icloud.com

Weymouth Astronomy Club

7.30pm second Friday each month St Aldhelm's Church Centre, Spa Road, New members welcome. www.weymouthastronomy.co.uk

Weymouth & Portland Branch, Fleet Air Arm Association

Welcomes serving and veteran mem-

bers of the Fleet Air Arm.

We meet at 7:30 pm on the first Friday of every month at the Weymouth & Melcombe Regis Working Men's Club, DT4 8BT.

Contact the branch secretary at email: faaa.wpsecretary@outlook.com. Facebook "Weymouth & Portland Branch FAA Association" <https://www.royal-naval-association.co.uk/fleet-air-arm-association-weymouth-branch>

Weymouth and Portland Sub-Aqua Club (BSAC)

Weymouth Angling Club, Commercial Road, Weymouth, Thursday evenings 8pm. Contact Ian Joseph 07802658848 or chairman. wpsac@gmail.com

Weymouth Ind Evangelical Church

WI Hall, Gallwey Road, Wyke Regis, Services 11.00am and 6.30pm.

Weymouth Carers Group

Meetings 11am to 1pm on the third Tuesday of the month, Bethany Hall, Westham Road, next to Wilko. For more information 07766 529297 and leave a message with contact details.

Weymouth Choral Society

St Aldhelm's Church Centre, Spa Road, Monday 7.30 to 9.30pm during term time. You can join at any time of the year. www.weymouthchoralsociety.org info@weymouthchoralsociety.org.uk or Fiona Webb 0775946116 fionawebb@gmail.com

Weymouth Drama Club

For adults and young people, meeting on various nights during the week.. For information contact Jacqui Trent on 07709601567 or curtainraisers7@gmail.com
www.weymouthdramaclub.com

Weymouth East Scout & Guide Groups

Beavers - Friday 5.30 - 6.30

Cubs - Wednesday 6.30 - 8.00

Scouts - Friday 7.00 - 9.00

Explorers - Thursday 7.00 - 9.00

Brownies - Thursday 5.00 - 6.15

weymoutheastscouts@gmail.com

Weymouth South Scout Group

Scout Hut - Ryland's Lane
weymouthsouthgroup@gmail.com - volunteers welcome
Waiting List - weymouthsouthwaitinglist@outlook.com

Squirrels aged 4 to 6. Mon - 5.30 to 6.30pm

Beavers aged 6 to 8. Wed - 5.30 to 6.45pm & Fri 6.00 to 7.15pm.

Cubs aged 8 to 10½. Tue & Thur - 6.00 to 7.30pm.

Scouts aged 10½ to 14½. Mon & Wed - 7.00 to 9.00pm.

Explorers aged 14½ to 17, Tue & Thur

7.45 to 9.30pm.

Weymouth and District Model Engineering Society

Tuesday evenings from 7pm and Saturday from 10am at Budmouth College, Chickerell Road. Talks on Tuesday during Winter months. www.weymouth-dmes.co.uk. Andy, Secretary 01305 459677 or andy@hsme.co.uk

Weymouth Floral Design Group

New Venue Now Meeting at the Holy Trinity School, Cross Road, Weymouth. Doors open 7.15pm for 7.30pm start. Meetings held usually 3rd Thursday of the month (except August no meeting & Dec meeting on the 2nd Thursday).

Whist and Military Whist Drive

Moonfleet Bowls Club, Knightsdale Road. Tuesday, start 2.00pm. Further details on 784056.

Whist Drive

Mission Hall, Sutton Poyntz. Every Monday at 7.30pm

Wyke Regis Horticultural Society

Trading Post Openings. Sat 9.30am to 12.30pm; Wed 2.00pm to 4.00pm
Annual Membership £10 may be taken out at our shop during opening times. www.wrhs.org.uk

Wyke Regis Community Association

Email. wrca@btconnect.com
www.WykeRegisCommunityAssociation.co.uk or follow us on Facebook
www.facebook.com/WykeRegisCommunityAssociation/

Wyke Regis Library

Monday 12.00 noon - 6.00pm

Wednesday 2.00pm - 5.00pm

Thursday 10.00am - 1.00pm

Friday 10.00am - 1.00pm

Saturday 10.00am - 1.00pm

Throughout each month, we also hold a number of free group events in the library.

Scrabble - the 1st Monday of every month - 2.00 - 4.00.

Knit and Natter - the 2nd and 4th Monday of every month - 2.00 - 4.00.

All ages Chess - Mondays - 4.15 - 5.45.

Rhyme Time - Wednesdays - 2.15-2.45.

Lego Club - Wednesdays - 3.15 - 4.15.

Cuppa and Company - Thursdays - 10.30 - 12.30.

Reading Friends - the 2nd Friday of every month - 10.30 - 12.30.

Learn to Crochet - every Saturday - 11.15 - 12.45.

Wyke Regis Pre-School

Shrubbery Lane, Wyke Regis. Tel 789222. Monday - Friday 9.00am - 3.00pm. Term time only. 2 years 9 months until school age.

Wyke Regis Medical

Portland Road, Wyke Regis - 782226

Surgery hours - Monday - Friday - 8.30am - 1pm and 2pm - 6.30pm.

Wyke Regis Nursery

Shrubbery Lane. A safe, secure, relaxed and friendly environment, offering high quality provision (led by qualified teachers). Nursery housed within Wyke Regis Infant School. Monday - Friday 8.45am - 3.15pm. Term time only. From 3 years. For more information tel. 01305 782470 or email us at infooffice@wykeregisfed.dorset.sch.uk

Wyke Regis Society

www.wykeregissociety.org.uk
Meetings second Tuesday two-monthly, 7pm at Working Men's Club, Portland Road. Contact 01305 761993 or georgina.s.kipper@gmail.com

Wyke Ukedelics

Non-profit group of musicians who gig to keep our members and equipment from wear and tear, available for functions. Dave 07980 32221 or Clare 07837 307932.

Wyke Regis WI

General meetings are at 2pm on the second Thursday of the month at the WI Hall, Gallwey Road, DT49AJ. The various interest groups meet at regular times during the month, details on our website. For more information contact us. 07719312901. Email. secretary@wykeregiswi.org.uk
www.facebook.com/wykeregiswi
www.wykeregiswi.org.uk

Yoga

Sutton Poyntz. Small groups at our home studio on Tuesday, Wednesday and Friday mornings. Also Chair Yoga (a standing and seated practice) at the Mission Hall on Wednesday mornings. Contact Isabelle on 07970 772963 and Lea on 07973 268836.

Yoga JAX

Thursday mornings 10.30 - 11.30 Hope Redemer Church, Trinity Street, off Hope Square, Weymouth. Basic Vinyasa yoga, gentle, restoring, traditional. Phone 07543 627944.



Wyke Regis WI



Coffee Morning
10:00 - 12:00

1st Tuesday of each month
at
WI Hall, Gallwey Road

www.registermagazine.co.uk

mestic heating. If you see banned solid fuel for sale report it to Dorset Council Trading Standards, visit www.citizensadvice.org.uk/consumer or, phone the Citizens Advice consumer helpline on 0808 223 1133.

Sutton Poyntz Village WI

Our December meeting was a great excuse for a Party!

We decided on Fish and Chips as we did last year which was very popular and enjoyed by all. Members were welcomed with a glass of Prosecco or soft drink then Aaron played 60s and 70s tunes, some of which we sang along to. Members were encouraged to wear a Christmas jumper or hat

and they all looked brilliant. We had a Pass the Parcel game with either a treat or a forfeit which caused a lot of fun and laughter. Mince pies and Chocolate logs were distributed by the helpers in the kitchen along with tea. Everyone collected a Secret Santa to take home and we also had a collection for the Food Bank. Our January meeting has had to be cancelled as The Mission Hall will be closed for the floor to be sanded and varnished so we have decided to meet up for Tea/ Coffee in The Springhead pub. We will be back to normal in February to hear our next Speaker talk about The Overnight Bus Shelter for the Homeless.

Val Dawe - President

Dorset nature lovers urged to join forum

People who are passionate about Dorset's paths and green spaces are being urged to join a local forum and help shape the future of open spaces.

The Dorset, Bournemouth, Christchurch and Poole Local Access Forum advises decision-makers on how to improve access to outdoor recreation and sustainable travel across the county.

It makes recommendations on everything from walking, cycling, horse riding and carriage driving routes to play spaces, health, tourism, equality, and environmental conservation. Members meet formally three times a year in April, July and November along with councillor and officer representatives from both councils. Anyone interested in joining the forum can find out more by emailing dlaf@dorsetcouncil.gov.uk or click the button below.

Wessex Partnership calls for mayoral devolution by 2027

The Government has announced delays to the rollout of mayoral devolution in areas currently undergoing complex local government reorganisation.

In response, the Wessex Partnership – made up of Dorset, Somerset, Wiltshire and Bournemouth, Christchurch & Poole (BCP) Councils – is urging ministers to allow Wessex to move forward and hold mayoral elections in 2027.

In a joint statement, council leaders Cllr Nick Ireland (Dorset), Cllr Bill Revens (Somerset), Cllr Ian Thorn (Wiltshire) and Cllr Millie Earl (BCP) said: "The Devolution Priority Programme is being delayed in Greater Essex, Norfolk & Suffolk, Hampshire & the Solent and Sussex & Brighton to allow more time for Local Government Reorganisation.

"Our four authorities in the Wessex Partnership have already gone through Local Government Reorganisation. We are ready to go now. "We call on the government to allow Wessex to take their place and hold mayoral elections in 2027, in line with mayoral elections for the other fully unitary areas of Cumbria and Cheshire & Warrington."

All councils in Wessex are already unitary authorities, having been through the LGR process so are well-placed to deliver devolution and support the Government's growth priorities.

In July, Wessex leaders confirmed their commitment to joint projects including:

- A regional growth plan
- Infrastructure investment proposals
- A Wessex Local Nature Recovery Strategy

The English Devolution White Paper set out plans for enhanced funding tied to mayoral devolution. With nearly 80% of England expected to be covered by Mayoral Strategic Authorities, Wessex risks being left behind.

All four councils have undertaken analysis of the opportunity cost of Wessex being excluded from a mayoral deal to date and estimate a funding shortfall of £300.74 million in 2025/26, the equivalent of £159.29 per Wessex resident, compared to the established Mayoral Strategic Authorities.

The UK Shared Prosperity Fund support ends in March 2026, and the Chancellor's recent Budget announced no new growth funding for non-mayoral areas.

Creating a Mayoral Strategic Authority for Wessex would:

- Close this funding gap
- Unlock an estimated £16 billion in additional GVA over 30 years
- Attract public and private investment in key sectors where Wessex leads nationally: defence, clean energy, digital technologies and life sciences.



Copy & Distribution Dates 2026

Issue	Copy Date	Distributed from
January	Monday 2 December 2025	Monday 16 December 2025
February	Monday 5 January 2026	Monday 19 January 2026
March	Monday 2 February	Monday 16 February
April	Monday 2 March	Monday 16 March
May	Tuesday 7 March	Monday 20 April
June	Tuesday 5 May	Monday 18 May
July	Monday 1 June	Monday 15 June
August	Monday 6 July	Monday 20 July
September	Monday 3 August	Monday 17 August
October	Tuesday 1 September	Monday 14 September
November	Monday 5 October	Monday 19 October
December	Monday 2 November	Monday 16 November
January 2027	Monday 30 November	Monday 14 December
February 2027	Monday 4 January 2027	Monday 18 January 2027

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