

# Register

## Magazine

Issue No 360 April 2021

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**Distributed to: Wyke Regis, Preston, Sutton Poyntz, Osmington and Osmington Mills**

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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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women of all ages. One in four women mistakenly think their smear test will detect the disease. Ovarian Cancer Action have been funding vital research since 2006 and have made some exciting research but still need your help to raise awareness of the disease and its symptoms. Early diagnosis saves lives. Please visit ovarian.org.uk to find out how you can help raise awareness!

### Patient Participation Group

Our PPG is part of a national network of patient groups aiming to improve communication between patients and the surgery. We act as supporters and a critical friend. Our GP practice listens to our patients' views and uses them to improve services. We are keen to improve membership with a wider diversity of ages and ethnicity. We currently meet using Zoom. You don't need the App to join we email you the link. Our next meeting is Monday 8th March at 5.30pm. Topics discussed at our last meeting include: Progress on providing vaccinations for Covid in our locality, update on planning for Portland waste incinerator and health consequences for us from emission. For more information contact the surgery or our Chair Rosemary Smeeton rosemary.smeeton2@btinternet.com

### Health Visitors

The Health Visitors are based at Littlemoor Surgery and can be contacted on 01305 361071

### Steps2wellbeing

A free talking therapy service for people experiencing low mood and anxiety www.steps2wellbeing.co.uk Telephone 01305 367051

### Chaperones

If you are attending an appointment and for any reason would like a chaperone please mention to reception or the doctor and we will arrange for someone to come into the appointment with you.

### Carers

Carers provide unpaid care by looking after an ill, frail or disabled family member, partner, friend or neighbour. If this is you then you please ask to speak to our Carers Leads Evie or Charlotte. If they are unable to answer your questions, they will be able to signpost you to someone who can. We have 'Carers Corners' at all of our surgeries where you will find helpful leaflets and information.

### Carer Groups

Weymouth Carers Group meet on the 3rd Tuesday of every month, from 11am-1pm, at The New Vic Hotel on Weymouth seafront. For more info please call 07766 529297.

Our patients are welcome to attend the Portland Carers Group who meet regularly at The Western Room, Easton Methodist Church, Portland. Meetings are currently postponed.

Please call the Adult Access Team on 01305 221016 for advice on services such as; independent living safety & security aids / equipment, day centres, support for carers and dementia care.

### DAIT

Domestic Abuse Intervention Training Are you or someone you know suffering from or have suffered domestic abuse?

If so then these courses may be able to help. Run by fully trained facilitators with over 20 years experience call either Jo 07826077525 or Pauline 07747705916 dait@talktalk.net

### LiveWell Dorset

This is a self referring organisation that offers support for: Stop Smoking, Weight Management, Physical Activity and Alcohol Reduction For further information go to: www.livewelldorset.co.uk

### Practice Contact Details

Telephone 01305 782226  
Email wykeregis.postmaster@dorsetgp.nhs.uk  
Website www.wykeregisandlanehousemedicalpractice.co.uk  
You will find lots of useful and helpful information on our new website. Visit us on Facebook- Wyke Regis Health Centre Follow us on Twitter- @WykeLane-house

**Please keep the practice up to date with your personal contact details.**

Weymouth and Portland Community Urgent Care Centre at Weymouth Community Hospital. Open 8am to 8pm, 7 days a week. Appointment only during COVID Pandemic 01305 762541

**Call 111 for medical advice when it is NOT an emergency**

## Wyke Regis Society newsletter, Spring 2021

**Hello to all our members and residents, It looks as though (assuming more than six of us meet up) we will be able to meet again at the end of June; we could meet outside late May, but evenings can get very cold, so I hope you will approve of resuming meetings at the Wyke Workies end June/early July. I will contact them to make arrangements.**

Since this newsletter was emailed to our internet-connected members, we are sad to hear of the death of Jay, who was a valued member for many years and wrote a column for the Register. At the time of writing we had no details of what happened, as she moved away around the beginning of the pandemic, so we await information about her funeral.

The latest Ferrybridge planning proposal comments were required by 22nd March, too early for this issue. I hope any of you with objections were able to make them on the planning website in time. I also hope that we will be invited to comment on Dorset's latest plans for Custom House Quay area, which once again seem to fail to take into account the vast differ-

# Local news

## Wyke Regis And Lanehouse Medical Practice

### General News

**We are excited to announce that we are welcoming a new registrar to the team, Beatrice Ntoso. She starts in February and will be with us for a year. We have also welcomed a physiotherapist, Chris Brookes, who offers telephone appointments on a Thursday. Please call reception to book a telephone call with Chris.**

In order to help reduce the spread of coronavirus we have aimed to reduce the number of patients in surgery. We would like to say thank-you for adapting so quickly to our new ways of working over the past 11 months, as we try to manage coronavirus in General Practice. Our priority is to keep you and our staff safe whilst also ensuring you receive the care you need. Wherever possible, please use the E-consult tab on our website for an online consultation. You will receive a reply from one of our clinicians by the end of the next working day.

We have been operating COVID Vaccination Centres since December 2020 and are pleased to say they are going very well. Patients will be invited in priority groups which can be found on our website. We will contact you via

telephone call, letter or SMS. We have nearly finished vaccinating our house-bound patients. Please do not contact us nor the hospital regarding your vaccine, we will contact you. However, if you have received an invite either by text, phone or letter and cannot book the appointment, our reception team will be more than happy to help. We have been made aware of scam emails/phone calls/ letters asking patients to book and pay for their COVID-19 Vaccinations. We would like to make it very clear that patients will never be expected to pay for their COVID Vaccines. If you think you have been a victim of fraud please report it to Action Fraud on 0300 123 2040.

### COVID Helpful Contacts

Here are a few helpful contacts that may be useful to you during the current pandemic. Please visit our website and social media platforms for more information such as Carers Support, Smoking Cessation Advice and Nutrition Advice. Dorset Council Food Packages- 07980 730 029  
Weymouth Food Bank- 07531 167 465  
Emergency Food Bank St Edmunds Church- 01305 778169  
24 Hour National Domestic Abuse Helpline 0800 2000 247

### Ovarian Cancer Awareness Month

Ovarian Cancer is the UK's deadliest gynaecological disease and can affect

ence between winter Weymouth and summer Weymouth. This plan, if you haven't read about it, is to take out more parking bays in favour of outside pub seating. At present it is mooted as 'temporary', but that seems to be a weasel word and most residents appreciate being able to short-term park there when it's not holiday season.

You will probably have read about the butchery of the mature trees at the Lanehouse Rocks house opposite Tesco. As the land has been acquired by Betterment the assumption is that this will be used for a side road into the Curtis Fields housing estate (instead of the much objected to proposed junction near the top of the road), but no planning permission has been applied for yet. Ten years ago I was told that any tree you couldn't get your arms round was automatically protected from felling without permission, but this has apparently changed and if a tree is not listed or in a conservation area, it is fair game. Unfortunately the trees in question had not been cared for and some of the neighbours are glad to see them go.

Despite the reduction in visitor numbers over the last six months, on my exercise walks I am still seeing quite a lot of litter. Some of it is deposited by the howling winds we have been experiencing and the volunteer clean-ups have not taken place as usual, but I am sure there will be an appeal to join in one fairly soon, so look out for it in the Register.

I hope by the time I see you all again we have had our second vaccinations; or that you are young and fit enough not to qualify! Anyway, keep well, and keep in touch.

Georgina Skipper, WRS Chair  
(find us at <http://wykeregissociety.com/>)  
georgina.s.skipper@gmail.com  
01305 761993

## Osmington White Horse Update

**The re-establishment/renovation of the White Horse in the lead-up to the 2012 Olympics was done under the auspices of the Osmington White Horse Restoration Group which included the Osmington Society, West Dorset District Council, English Heritage, the Dorset AONB Team, Dorset County Council's Countryside and Historic Environment Services and the landowners.**

Funding was available following the restoration for minor works until March 2018, since when the site has been sprayed in Spring 2018 and 2019 by Dorset County Council and then Dorset Council despite them having no allocated budget. The monument wasn't



sprayed in 2020 due to C-19 pressures and the intended re-surveying of the outline by Ordnance Survey last year was also halted by the pandemic.

Rather bizarrely, although the White Horse is a Scheduled Monument and hence has the protection that entails, no person nor organisation actually has a responsibility to maintain it.

I have been in discussions with Dorset Council's Ranger service and also the senior archaeologist regarding how to rectify this going forward and whilst discussions are ongoing, the site will be sprayed in early April and then September (when conditions allow, the wind has to be minimal to avoid the spray drifting onto the nearby SSI) and when C-19 restrictions permit, there will be an on-site meeting with relevant organisations to determine if anything else needs to be done and if so, when.

It is anticipated that Dorset Council will budget for on-going maintenance from 2022/23 with both financial and physical support from local organisations and sponsors.

If you would like to become a sponsor of the Osmington White Horse, please contact me (cllmick.ireland@dorset-council.gov.uk) in the first instance.

For information on the restoration project and for future updates, please visit [www.osmingtonwhitehorse.info](http://www.osmingtonwhitehorse.info)

*Nick Ireland*  
Dorset Councillor for Crossways Ward  
Leader Liberal Democrat Group  
01305 837177 or 07941 223844

## From your Parish Church in Wyke Regis

**All Saints and St Edmunds churches**

Rector: Rev Brother Alistair Kaye

Licensed Lay Minister: Janet Hall

Associate Minister: Rev. Betty Port

At the time of writing (and subject to cancellation/change on C of E advice and Government Direction)

For the latest information please always check our website at [www.parishofwykeregis.org.uk](http://www.parishofwykeregis.org.uk) or telephone 01305 784649 Option 5 for recorded information

From March during Lent until further notification:

Monday 5.00pm – 6.00pm. A live streamed service with reflections and prayer (see livestreamed details below.)

Tuesday Zoom Meeting 4.00pm Study of Mark's Gospel

Wednesday Zoom meeting 10.30am Study of Mark's Gospel

Thursday Zoom meeting 3.00pm Study of Mark's Gospel

Friday Zoom meeting.10.30am Study of Mark's Gospel

*Continued on page 6*

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# FRIARY Care

**Is it safe to consider making your home  
at one of Friary Care's care homes?  
The answer is simple, YES it is.**

The pandemic has been an exceedingly difficult time for all of us, but we have learnt a great deal from the experience, especially how brilliantly our residents and staff have supported each other through the tough times and the lighter moments.

During January, all our staff and residents were offered vaccinations and they are now scheduled for their second vaccination.

Visiting is a central part of our care home life. It is crucially important for maintaining health and wellbeing and quality of life for residents. Visiting is also vital for family and friends to maintain contact and life-long relationships with their loved ones and contribute to their support and care, unless someone tests positive, visiting is encouraged.

Our success in managing the pandemic was based on strict adherence to the government's guidelines though it has also been very reassuring that all our processes were very much inline with their recommendations and we will maintain all these standards going forward.

If you wish to learn more about our homes, we have a detailed website [www.friarycare.co.uk](http://www.friarycare.co.uk) you can also arrange virtual visits with the owner by calling Peter Fry on 01305 787811. There is probably no better time to consider moving into a caring environment, join our community and experience many new opportunities, companionship and above all a live in a safe environment.



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For Zoom meetings see Parish news sheet. These will finish on Wednesday March 31st.  
Sunday 9.30am Holy Communion service livestreamed, see below.

## Livestream

The main parish service continues to be livestreamed at 9.30am on Sunday Mornings which can access from your own home. An order of service is published each week so you can join in with the hymns and prayers. You can connect to the live stream service on the following links:

YouTube - <https://www.youtube.com/user/WykeRegisChurch/live>  
Facebook - <https://www.facebook.com/groups/allsaintswyke/>  
Parish website - <https://www.parishofwykeregis.org.uk/live/>

Depending on Government guidelines the churches will be opened:-

On Wednesday March 24th - Eucharist will be said at All Saints with doors open and previous Covid-19 security rules in place.

Sunday 28th March Palm Sunday. Eucharist will be said at All Saints with 'streamed music' (No choir).

Holy Week Commencing 28th March - Tuesday and Wednesday the last two Zoom study meetings.

Maundy Thursday (April 1st) Said service at 7.00pm. All Saints. This will be also be Livestreamed.

Good Friday - 2.30pm Hour at the Cross. Live streamed. Guided prayer from All Saints.

Easter Sunday - 9.30am Said Eucharist with streamed music at All Saints. Also livestreamed.

11.00am Said Eucharist with recorded music at St Edmunds.

From Easter Sunday (4th April) hopefully, said services will recommence. Tuesdays on line prayers at 5.00pm Wednesdays All Saints Eucharist at 10.30am.

Sundays: All Saints Eucharist at 9.30am with streamed music also Livestreamed.

Sundays: St Edmunds Eucharist at 11am with recorded music.

If anyone is without internet access but would like to be in touch with some spiritual uplift or daily hope the Church of England has a FREE phone line

By ringing 0800 804 8044 you can hear comforting hymns, daily prayers and reflections delivered by a reassuringly soothing voice. From the comfort of your home.

In addition to the livestream service the parish also runs a live local news programme at 6pm and a quiz at 7.30pm on Saturdays, these can be accessed on the same links as above.

If you would like to make contact with your local church, we can be contacted on Tel 01305 784649.

Email [info@parishofwykeregis.org.uk](mailto:info@parishofwykeregis.org.uk)

## Preston Village Market

**We are sorry to say that due to Government restrictions, we are unable to hold our bi-monthly market on 10th April.**

We look forward to being able to hold future markets in St Andrew's Church Rooms. We will keep updating you.

## Dorchester Country Market

**Please note that when we are able to open our Market again, we will be selling our high quality products from the United Church Hall, South Street, Dorchester every Friday from 9am - 12 noon.**

Look out for our open signs, entrance between the Church and Toy Shop.

## Preston Friendship Club

**Here we are, well into March as I write this. So, what has been happening?**

I guess we have nearly all received our Covid vaccination, and a few of us, the second one, and the rest to follow soon. That seems to mean an eventual 98% protection, so maybe it won't be long before we can think about meeting each other again. What a day that will be!

Speaking with our members it's so good to hear how we all appear to be getting on with life under lockdown, and making the very best of things.



One member found a brilliant way of saying 'Hello Springtime'. Her daughter and family, all in the same bubble of course, invited her to Shaftesbury for a few days. Apparently, that market town is known as Snowdrop Shaftesbury. Every year it celebrates the coming season with a beautiful display. Snowdrops bloom surrounding the church, all along the verges and pathways, in open spaces for everyone to come and gaze, knowing that Spring is just around the corner. Our member, her daughter and two little granddaughters, five and ten years old, decided to take the opportunity to join in the celebration. She said that although the weather was rather cold, nothing could dim the pleasure and joy of see-



ing the snowy white carpet of delicate bright shining little blooms that surrounded them. For us all I guess, the snowdrop is that symbol of hope and happiness. What a lovely way to begin March.

Another happy occasion was this little tale, well understood by us all I'm sure. A plucky little member decided to take her beloved dog for a walk up on Bowleaze. It was absolutely freezing, minus some thing or other, probably -3 degrees. Oh it was bitter cold, so after a few runs across the grass, back and forth, frost crackling beneath her feet, her dog was well exercised and she wanted to be home out of the biting wind. She said 'Ok Belle, let's get home'. Oh horror of horrors. She put her hand into her jacket pocket, her keys were no longer there. Frantically she searched through all the pockets getting more and more alarmed. No keys! Car keys and house keys just disappeared. Gazing back over that vast area of grass from The Lookout Cafe down to the Cove she realised the enormity of the task searching the entire area. The keys could be anywhere. We all know that feeling of panic when we've lost something like that, heart pounding, bit tearful, the anxiety building, oh what to do if.....? Can't drive my car, can't get into my house, it's so cold, even the doggie looks freezing.

So the search began, wind like a whetted knife, freezing temperature, getting worse by the minute, quartering the turf back and forth, up and down, not a sign of one little bunch of keys in that huge area. Her heart sank. Then, just as all hope failed she glanced to the side and there they were, lying innocently in the frosty grass. 'Oh, I just scooped them up with such happiness and relief' she said. 'I kissed them and held them so tightly'. 'Did you do the Pope act?' I asked, 'kissing the very ground as you knelt there in thanks'. 'No I didn't' she laughed, 'I just high-tailed it back to my car and home to a lovely warm house'.

So, you see, a very happy ending. When something like that happens, everything falls into place, you sud-

denly realise what is the most important thing to you, everything else pales into insignificance. We've had to do a lot of that this past year, getting things into proportion, knowing the things that really matter. It is very heartwarming to share members' experiences and to learn how amazingly they have coped.

Birthdays. Well one member had a brilliant day. Her granddaughter, husband and new baby had come to spend it with her. Knowing that it was against the rules to entertain in one's house anyone from out of the 'bubble', they decided to meet outside in the fresh air. Her much loved relatives were down on the beach at Overcombe. So, the member's daughter came to collect her in the car. They piled in two dogs, a mobility walker, our member and her daughter then drove down to park on the Oasis Car Park. Then they met on the beach. 'Oh it was wonderful to see that new little great grandchild, the dogs dancing around, and us, properly distanced, laughing and smiling and exchanging greetings. We couldn't hug, not just yet, but just seeing them was wonderful'. They came up onto the sea wall and suggested walking along it to Greenhill. 'Might be a bit too far for me' she said. However, together they made it and it was great. Then came the walk back along to the Oasis. What a lovely surprise. The grandson, unknowing to her, had ordered delicious hamburgers and coffee, latte or cappuccino and there it was waiting for them. So, all together they had the birthday feast there on the beach. 'Better than any party' she said, 'Didn't get home till 3.30, a wonderful day'.

Our DIY ladies are still there working away. One has transformed a rather neglected little walkway at the side of her house into an elegant tiled area, with pretty seating and plants, it looks delightful. Another has added to, and embellished, her balcony seating area, wrought iron balustrades with matching furniture shine there in the sun, eat your heart out San Tropez it's here in Preston.

The little acts of kindness continue

daily, from the kind and thoughtful proprietor in the Charlbury corner grocery store who showed such care to one of our ladies following the loss of her husband and since, in so many ways, to all those others who have quietly gone about offering support and understanding wherever they see the need. I think that when all this Covid thing has long gone, our memories of it will not be just the anxiety and sadness it caused, but the kindness, the unexpected affection and help, the friendship of people who care, there's been so much evidence of 'the milk of human kindness'.

Then there's cooking. Some of us are getting a bit fed with it, "Can't be bothered" they confess as they sneak online to the micro meals at Sainsburys et al. Others, who actually love cooking are still making wonderful meals for those they love, but, if you're on your own, peeling carrots, preparing broccoli, chopping runner beans for one seems a pointless task, fish and chips delivered is very tempting as is a Sunday Carvery that can come right to your door. It's the lovely puddings one misses. As Pam Ayres said, 'Oh bring back the roly poly pudding, Bread and Butter pudding, Spotted Dick, Great big jugs full up with yellow custard, that's the sort of pudding I would pick, a suet duff would set your cheeks a glowing, suet duff and custard in a mound, and even if you'd run about all morning, a suet duff would stick you to the ground! You can keep your sugar free, fat free, plain cold yogurt. Try to find the whole poem, it's called 'Puddings - A slice of Nostalgia'. If you can't, I'll bring it to our next meeting, I'd love to read it to you all.

So, lovely food. A jolly member made 8 rock cakes last week. She and her husband enjoyed scoffing them. Lovely they were. I said that I thought rock cakes were very British, a true symbol of us all. Firm, crisp and strong on the outside to keep everyone going, soft and yet gently spicy 'on the inside to comfort, little sultana surprises within. and oh, a very special smell. We then got talking about which cakes reminded us of different nationalities and personalities, but we won't go into that here, could be a great discussion point at a meeting, fraught with possibilities. I mean profiteroles and eclairs? .... Mmm.

What we all need now is a hug, oh yes, so important, the warmth and affec-

tion of one loving soul to another. I have read with interest how the 'good' and happy hormones that are released into the system when a wonderful warm hug is given, oh it makes a huge difference alright to the health and happiness of us all, I knew that already, as 'I'm sure you did too, we'd all love that hug, but sadly it's the absence of that loving touch that makes us sad, no 'appy 'ormones you see. So let's raise a glass, 'Here's to that hug, many, many hugs, we've waited so long'.

So, a big thanks to that wonderful team down at Weymouth hospital who have provided our jabs, doctors, nurses, and yes, the amazing meeters and greeters. On the awful, freezing, sub-temperature day, when the cold hit you as you got out of the car, there they stood in the biting wind out on the hospital drive welcoming the 'patients', encouraging and reassuring all the way. They must have been so cold. They stayed in situ throughout the day, and never lost their kind greetings and assistance. You were great. So again our thanks.

Soon be Springtime. As I write I can see the flowers in bloom, the trees in bud and a future that is looking brighter by the day!

Maybe we will see each other sooner than we had hoped. Until then, take care, and, meet you at the next meeting. Hope it's soon. Ring Gayl 01305 832918 our Chairman for any further information.

*Dorothy Lawrence.*

## Folk Festival cancelled for second year

**The Covid epidemic has forced the Wessex Folk Festival to be cancelled for the second year running.**

The popular free celebration of music and dance was due to take place on Weymouth quayside over the first weekend of June, but when the Government set June 21st as the earliest date for a full lifting of Covid restrictions the organisers were left with no choice but to cancel the event.

Making the announcement, the chair of the organising committee, Eileen Bramley, said:

"We have had to make the decision we were hoping so much that we

*Continued on page 9*



**Last month I described my method for keeping the squirrels off our bird feeders by greasing the supporting pole with Vaseline. Not having seen a furry grey animal on the feeders for some time I was rather proud of myself for having solved the problem. Rather too proud it seems, for pride goes before a fall.**

Recently refilling the feeders with food it dawned on me that the feeder tubes and tops were covered in Vaseline. This was certainly not put there by me so some little monster has been handling them with 'hands' greasy from having climbed the pole. And what's more doing it when I wasn't watching. So much for outwitting these pesky varmints.

Then my In-house Adviser drew my attention to a snippet in the local paper which started 'People living in Dorset are being urged to take part in an annual Star Count to discover whether the current lock-down has had an impact on light pollution'. She said that all we - meaning I - had to do was count the number of stars in the Orion constellation on a couple of selected nights. I declined politely, or as she would put it, rudely. Firstly, where is the Orion constellation? Secondly, what is the difference between stars and non-stars? Thirdly, there must be thousands of stars up there; how do you count them without making a mistake and then having to start all over again? Nope, birds were hard enough, I'm not messing about with heavenly bodies.

But going back to birds, on which I am now something of an expert, there was recent news to gladden the heart of any Senior Citizen. The Black Browed Babbler Bird - and no, I am not making this up - was last reported in 1848 and so was thought to have been extinct for at least 150 years. The only way we knew what it looked like was from peering at just one moth-eaten stuffed specimen in a museum in the Netherlands. But the good news is that one has been spotted - more than spotted, actually caught and then released - in the Indonesian rain forest. So extract the cork from the champagne bottle, the Black Browed Babbler Bird is alive and well. This is excellent news and we should enjoy all the good news we can get in these disturbing times.

Talking of disturbing times, Uncle Boris - I like to think of him as a benevolent uncle, even if he looks more like a startled Blonde Browed Babbler Bird - has laid out a 'road map' for us to follow out of the pandemic. He seems unaware that 99% of us, including even Senior Citizens not generally thought IT savvy, use GPS systems instead of maps for navigation. And these GPS systems talk to us. Most however are a too abrupt and don't provide enough warning of changes of direction for my liking. For example instructions such as 'At the roundabout in 100 yards take the third exit'. That's not enough notice and how

can you remember two directions in one sentence? What the Senior Citizen version should say is 'Hello Chris, just a brief warning about the roundabout coming up in one mile' then 'Hello, the roundabout is now 1000 yards away' then "Sorry to butt in again, but the roundabout is now in 800 yards' then - well you get the drift - until the last which says 'The roundabout is just in front of us'.

Lots of pleasant reminders like this mean no nasty surprises. On the roundabout itself it should say 'Not this exit' then 'Nor this one either' until 'This is the one you want. Oh dear, you've missed it. Never mind, let's go around and try again'.

I used to hear very similar dulcet tones when my In-house Adviser navigated with a road map on her lap from her control position in the passenger seat. She was then known as my In-car Adviser and performed many useful functions such as telling me when to stop, how fast to go and of course where to turn. Luckily I have been able to assist her out similarly when she is driving and I am in the passenger seat.

She however had instructions not found on the GPS, such as reminding me that we had just driven past my Auntie Gladys so I should have tooted my horn otherwise she might have thought I was being rude and ignoring her. Gladys was my dear old Dad's sister, so she was a genuine aunt. Her hubby, known to me as Uncle John, was a Senior Citizen by the time I came to know him well. During WWII he had fought in the deserts of North Africa, in Malta and up through Italy. After years spent in the desert he felt the cold in the UK so he wore his ex-army beret and a woolly V-neck pullover everywhere, including to our wedding. He had a bayonet mounted on the wall of his lounge which he said he liberated when an enemy soldier stuck it into his hand. And yes, he did have a scar there.

But I digress. By now you should have had your vaccination. Anybody reading this deserves one, as we've been through enough without adding Covid to our list of woes. It took a while for my In-house Adviser and I to get an appointment, which made us realise how young we must be to come that far down the list. It took place at Weymouth Hospital and we are grateful to all the volunteers who welcomed us, showed us where to go and put us at ease, for I am not a very brave bunny with needles. As a qualified first aider I always say that I can deal with other people's blood, it's my own that scares me. And of course we are tremendously grateful to the NHS staff who actually gave the injections - and almost painlessly at that. Where would we be without them.





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wouldn't have to make and cancel Wessex Folk Festival 2021, which was due to run over the weekend June 4 to 6. Although the decision was forced upon us by the Government's Roadmap, which doesn't allow for public gatherings until late June, we all feel that it is a necessary and right step for us to take.

'You can be sure that the first weekend in June next year will see us back with the most popular street festival in the South West. In the meantime, we will be working to move the Festival forward to even bigger and better things in 2022.'

The organisers are hoping to keep the spirit of the Wessex Festival alive over the summer by putting on some smaller events featuring musicians who would have been playing on the quayside stages. Details of these events will be posted on the festival's website at [www.wessex.folkfestival.com](http://www.wessex.folkfestival.com) as soon as they have been finalised.

## Overcombe WI

**It seems a long time since Overcombe WI has held a traditional meeting and we are all hoping 2021 will eventually be different for us all.**

With the majority of our members having received their vaccine, I do dislike the way they are called 'jabs', we are very much looking forward to meeting up as soon as we are allowed.

The sun is now shining and the spring flowers are blooming so everything feels brighter.

The committee have met via zoom a few times now and are busy considering future events and meetings. Many of the member enjoy travelling the county for the NGS open gardens and we are hoping these may resume this summer. Until then, stay safe, and look forward to June when, all being well, we may be able to hold a meeting.

Jackie Greet  
Overcombe WI

## Greenhill Gardens

**With the Nationwide restrictions easing we are hoping to be able to provide some entertainment in the Gardens from July. So please keep a watch on the Events Page of our website for up to date information.**

Meanwhile our on-line shop is open and a huge array of gifts and souvenirs of the Gardens, the Harbour and Portland are available.

Check them out on our website: [www.greenhill-gardens.co.uk/shop](http://www.greenhill-gardens.co.uk/shop)  
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## Inspirational ceramics go on display at Dorset County Hospital

**Ceramicist Victoria Jardine explores the journey of healing through her work.**



Victoria Jardine: Wound Series.

### 'Wound Series'

'The wound is the place where the Light enters you', Rumi, 13th-century Persian Poet.

Healing from trauma, whether emotional or physical, is a transformational journey. In the case of ceramicist Victoria Jardine it was the journey of a breast cancer diagnosis, an immediate mastectomy and the slow recovery from reconstructive surgery. But this was just the beginning.

When potters talk about pots they use anthropomorphic language. A pot has a foot, belly, neck, shoulder and lip. These very 'human' references describe something of the way we relate to pots. They reveal an ancient relationship between mankind and vessels, a notion of 'pot' that vibrates through every culture from the moment we first learned to shape mud with our hands.

Victoria said, 'My pots are autobiographical. A constant making and remaking of myself. A particular expression of my humanness that I find impossible to communicate by other means. So, after mending physically from my surgery, it was through these pots that my emotional healing began.'

In Kintsugi, the intricate and painstaking Japanese Art of repairing pots with gold, the mended pot is considered more beautiful and precious than the original piece. It has a unique narrative of renewed life. In her 'wound series' Victoria used rich and beautiful materials that expressed her own emotional wounds in this positive light... by bleeding emerald glass or bronze glaze. But a needle both pierces and mends, so the slim Victorian knitting pins, and fine copper thread, speak about the intricate and painstaking craftsmanship of surgical repair and also of emotional repair.

Suzu Rushbrook, Arts in Hospital Manager at Dorset County Hospital said: "Healing through creativity is such a

valuable process and wonderful when the results are so breathtakingly beautiful. We are hugely proud that Victoria has chosen to share her work and very personal journey with us.

'We aren't encouraging people to visit the hospital at the moment as we usually would, but cancer treatments and Chemotherapy have continued here throughout the pandemic and it's really important to show these positive journeys of recovery to both patients and staff. The exhibition is also available to view online at <https://dchart-sinhospital.org.uk/> and you can follow our activity on Twitter @Artsinhospital! To find out more about Victoria's work as a studio potter please visit: [www.victoriajardine.com](http://www.victoriajardine.com)

If you have any questions about this display or Arts in Hospital in general email: [suzu.rushbrook@dchft.nhs.uk](mailto:suzu.rushbrook@dchft.nhs.uk)

## Cllr Louie O'Leary Littlemoor/Preston Update

**I hope all residents are well and are staying safe. 2021 is proving to be a very busy year. While the number of prescriptions I am collecting is much reduced and I still continue to collect food donations for the Littlemoor food bank (St Francis Church Wednesday 10:30-13:00) I have experienced a large increase in case work. Here is an update on some local issues I am dealing with:-**

- Pothole repairs along Sutton Road fronted by Peter Dickenson
- Concerns about speeding at both day and night along Preston, Littlemoor, and Sutton road raised with road safe Dorset and the police. Camera deployment and patrols to increase
- Not in the area but well used by local residents the shopping centre in Littlemoor has had some major pot hole repairs at its entrance
- I have applied for a new bin to be considered for Seven Acres Road bus stop this will now go to the Weymouth Town Council for consideration
- Discussions on a way forward to deal with the Seven Acres road bus problem continues with a consultation to begin. Also a yellow line extension at Coombe Valley Road fronted by local resident Joanna Baker has been shelved so we will look at incorporating this in a wider plan.
- I attended a meeting as a prospective

school governor at St Andrews school which was an honour

· Met the Rev James Menzies who has recently taken over from Rev Lorraine Dobbins at St Francis. Look forward to working with him into the future and I am sure he will be a welcome asset to the area

I would also like to pay tribute to both Rev Tim West and Cllr David Mannings. You will be aware that Rev West is retiring this year. Tim has served the people of Preston and the wider area for many years presiding over many services, weddings, funerals and christenings I know he will be sorely missed and hard to replace I wish him a happy retirement. Cllr Mannings has also retired after many years of dedication to the ward. His retirement will be a loss to the residents who have been so well served by him on county, borough and town council over almost 20 years I wish him and his wife Elizabeth all the best for the future. Please contact me with any issues.

[Cllrlouie.oleary@dorsetcouncil.gov.uk](mailto:Cllrlouie.oleary@dorsetcouncil.gov.uk)  
07809905412

Facebook: Cllr Louie O'Leary Littlemoor/Preston

## Sutton Poyntz Village WI

**Another first for us at our March Zoom WI meeting, with a speaker and a Powerpoint presentation! It all worked really well. The speaker was Debbie Wyn from Dorset Flowers, who propagates and grows all her own flowers for sale in bunches, bouquets or as cut flowers, using a no dig, organic method.**

Most supermarkets and shop flowers have a high carbon footprint, full of chemicals and the flowers are imported from other countries, sometimes travelling thousands of miles by air.

Debbie trained in horticulture with the RHS and after growing and arranging all the flowers for her son's wedding, requests for weddings and events followed and the business flourished.

The normal WI meeting followed after March Birthday wishes were passed to 8 members.

Joyce Peel our long standing president has decided it is time to step down from her duties, and will be handing

Continued on page 11

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### Community Messaging Service

Dorset Police would like to encourage as many people as possible to sign up to our new community messaging system, Dorset Alert. You can print the forms directly from the Dorset Alert website, or ring us for an application form.



## Local news

Continued from page 9

over the reigns to Sue Davis at the April meeting. We all will be very sorry to see Joyce go, but look forward to welcoming Sue to the role.

The Zoom meetings seem to be working, but several members are not happy or able to participate in this type of meeting. I hope they can look forward to joining us for our garden meeting at the Mission Hall on August 4th. (Covid permitting).

Watch this space!

Liz Slee

Secretary

### Bird Flu at Christmas as told by an Animal Health Officer

After a very busy year dealing with the various challenges covid had thrown up running the Dorset Council Trading Standards Animal Health Team I was looking forward to a nice break over Christmas.

In an attempt to be organised for once I had booked the week running up to Christmas off so I would have plenty of time for Christmas shopping. Unfortunately one phone call from the Government Animal and Plant Health

Agency (APHA) ruined these plans. An outbreak of bird flu had been found in a small backyard flock of ducks and chicken near Gillingham. Bird flu is brought into the country by migratory birds and if it infects domestic birds it can have a devastating effect with very high mortality rates. It was reported that 5 of the 6 chicken in the effected flock died within 24 hours of becoming sick.

As soon as a case of bird flu is confirmed a 3km protection zone is put around the infected premise and it is Dorset Council's job to support APHA to visit as many properties as possible in that zone to see if the household are keeping poultry in their back gardens. In this outbreak the zone took in most of Gillingham which meant over 5000 properties. I was very lucky as most of my colleagues in Trading Standards stepped forward to help out and so on the first day of foot patrols 13 of us were knocking on doors, maintaining a Covid social distance, in the area and 3 days later we had finished, just in time for a hectic Christmas Eve shopping spree.

As a result of various outbreaks around the country all poultry must be kept

Continued on page 19



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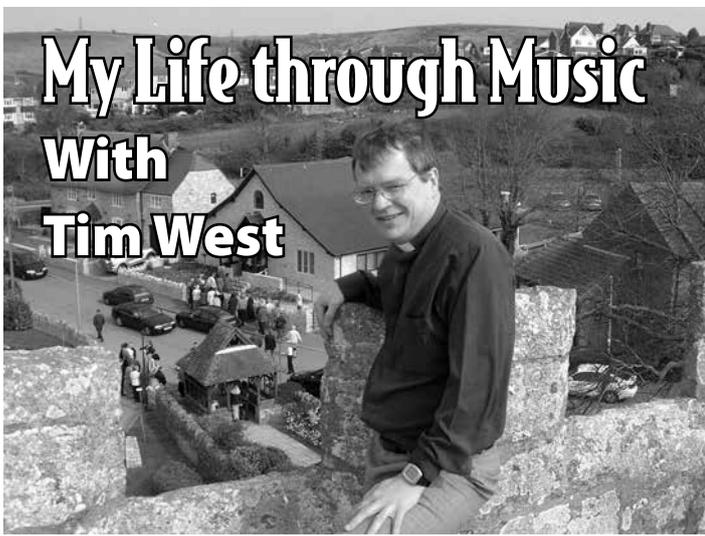
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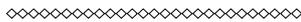
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Many of us will know Tim through his role as the Rector of the Seven Weymouth Ridgeway Churches and his work in our local community. He will shortly be retiring having served as a minister locally for the past 23 years. Here in conversation with John Sissons he talks about his life including how doing the washing up one day changed his direction and choosing favourite pieces that have a special meaning to him.



### Shake your coconuts

This is a childhood memory that takes me back to when I was about 7 years old living in Sudan, where my parents were medical missionaries. Their philosophy was that it was no good talking about a God of love unless you could demonstrate it in action. Whilst they did not take themselves too seriously they did do so with their faith.

The hospital that they were working in covered an area of about 100 square miles. My father was the only doctor there and anybody could just turn up with any condition imaginable. Their ailments could be very varied including having had an argument with a lion. Their pain threshold was incredibly high. My parents had a great relationship and rapport with the nomadic tribesmen. One of the things that my father witnessed whilst he was there was the Ceremony of the Sacred Spear. In our country when you reach a certain age you are declared as being mature. I can remember when I was 18 you didn't get mature until you were 21 and when I was 21 you got mature at 18! I never then grew up! That is my excuse! In Sudan though it was very different. They could say that they had grown up anytime they liked. They had to prove it though and they did this by taking the Sacred Spear test. Firstly they had to lie very still on the ground. The elders would then carve a cut with a spear so deep that it would actually mark people's skulls. They would go from one ear across the forehead to the other ear seven times. If the lines were perfectly straight then it meant that they hadn't wriggled at all. If though they had moved it would leave them with a crooked scar which would stay with them for the rest of their life showing that they were a coward. Not just peer pressure but spear pressure too! The song that I have chosen instantly reminds me of the time spent there. It had a certain rhythm to it. My parents used to play it on a very basic battery powered record player. I've never been able to track it down

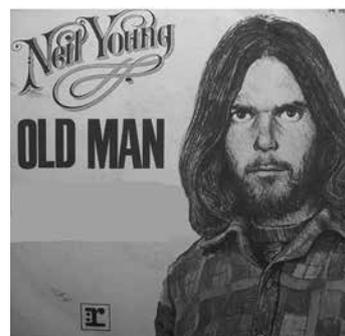
### By John Sissons

again. All though I can remember are the lines; 'Shake it shake it you can't break it. Co co coconut!' When I was 8 years old I moved with my 7 year old brother to a boarding school in Chipping Sodbury. Our parents were still in Sudan several thousand miles away. In those days going to boarding schools wasn't seen as being exceptional and I accepted it. I remember though one night when I was going to sleep when I was awoken by this noise that sounded like a deep sea monster. I was petrified! It was a foghorn in the nearby Bristol Channel! In Africa I was used to hearing lions prowling outside of the house but this was far more scary! I'd never heard anything like that before. Two years later the family was reunited when my parents returned home. It was in 1963 and the outbreak of the Sudan Civil War when all foreigners had to leave the country. It is a war that is still sadly rumbling on to this day.



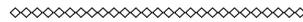
### Old Man - Neil Young

After leaving school I went to Bath University to read Electrical and Electronic Engineering. When you leave home you start to come of age. At this time I was still young.



This song is about a young man having a dialogue with an old one. Neil Young is an interesting poet. It made me think of what I was going to do with the rest of my life. It kind of puts your span of years into perspective. This

track illustrates perfectly my time at University. I must have heard this track hundreds of time whilst I was in Bath. One of those things that I had already decided when I left University was that I wanted to work in Power Stations. Something else that was decided in my life's journey whilst I was at Bath was meeting Sue, later to become my wife. After leaving University I spent 10 years in the Electrical Supply Industry working at Nuclear, Coal and Oil Power Stations. Any fuel that's made electricity I've been there. It was a fascinating experience. I would describe it as 'my first calling'.



### Stir it up - Bob Marley

This song to me is about power in general. Firstly whilst it's from a different part of the world, with its infectious beat and rhythm it reminds me of my childhood days in Africa watching the natives dance to the power of drums.



I have always been intrigued by power. When you look at the electric pylons crossing our hills, they are seemingly sleeping, sitting there doing nothing and yet the power that they are carrying is phenomenal. I've also seen emotional and spiritual power in the same way. Just because you can't see it that doesn't mean it's not there! The idea of stirring up power in the world has always interested me. After I had been in the Power Industry for about 6 years I had a strange experience that was to change my life. I was living life as a bachelor after Sue and I had become engaged. I was washing up one day when the word 'Zadok' occurred to me. I thought 'What is a zadok?' It didn't sound like an engineering term. I looked it up in the dictionary and to my amazement I found out that Zadok was an Old Testament priest. I thought that I was losing my marbles! It was though such a clear word that had come into my head that I couldn't ignore it. This was the trigger for a very gradual exploration of an idea. After several years it began to take root and it turned into a definite sense of calling. It had probably taken 5 years from that word coming to me and then me training to become a priest. Having that time though to check it out and think if it was a barmy idea or was it realistic has now stood the test of years. If you've had that sense of calling you need that time to make sure you're doing the right thing and not think 'what am I doing this funny job for?' You can then say that it wasn't your choice but that you were called to do it. And all because I did the washing up! It is fantastic that Sue has been with me

all of the way on this incredible journey in my life as a minister. Her taste in music is different to mine! She likes more classical music whilst mine is a lot more varied. I tend to dart around a lot more which says a lot about my taste and temperament!



### On Every Street - Dire Straits

Sue and I have had the remarkable gift of four sons; Tom, Steve, Harry and Charlie and as a result we now have got four daughters-in-law and grandchildren.

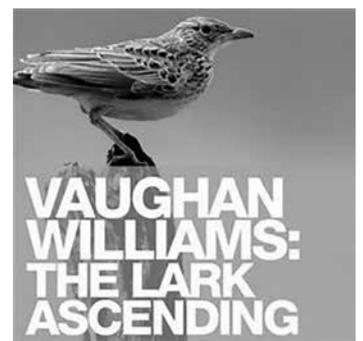


This piece of music reminds me of the gift of a family and how that love can't be contained. On every street there is adventure. One of the things that I used to love is when the boys came home from school and they would tell you something that you had not imparted to them. To me that was a lovely growing moment because it meant that they were not being constrained by what we were telling them, but also that they were ready to explore what the wider world could give them. It prepared them for when they were eventually ready to fly the nest. It's been great to see them evolve and now being able to have an adult to adult relationship. Having a family can be very exhausting at times but nevertheless very rewarding. We have given a lot but also received a great deal in return. I am extremely proud of all my family. On Every Street is a nice piece of music and to me it represents seeing the world in a wider context.



### Lark Ascending - Vaughan Williams

This is a traditional classical piece of music. It's about 15 minutes long and one that you have to sit down and listen to. The way it builds is quite magnificent. It reminds me of my happy days working with the Melbury Team's 20 churches.



I have many fond memories of my time there working in a very beautiful rural part of Dorset. There were more far more sheep than people in the area!



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# Health & Beauty

## Feeling Better

Abigail Langstone - Wring

BSc, FETC, MAR.

www.dorsetclinicalreflexology.co.uk



I am pleased to announce that my practice is planned to re-open after April 12th by this date I will have received my second dose of the Covid -19 vaccine. Please visit my up-dated website "Treatments" and 'Appointments'. Thank you for your understanding and stay safe.

## Spring Cleaning My Professional Practice

From the title of this month's article you might be forgiven for thinking I am getting out dusters and polish, mops and buckets to clean my therapy room. I have de-cluttered and cleaned my therapy room to the extent I would quite happily invite the bug police (should they exist) to enter and swab to their hearts delight in an effort to find any bugs, viruses or nasties of any description.

The spring cleaning I have been recently engaged in has been focused on looking at how I might up-date my practice once permitted to re-open. From the start of this pandemic I and all other therapists have needed to change the way of working. To meet Government and professional governing body guidelines I have undertaken extensive private and NHS Covid training. I have carried out rigorous risk assessments to insure minimal risk to myself and patients. Installed protective screening, wearing of PPE and cleaning time between appointments are just some of the new procedures in place to provide a covid-secure environment.

During this latest lock-down I have looked objectively at how I might improve the Complementary Therapy experience I offer to the public. I began by reflecting on The Fortuneswell Clinical Reflexology Service I deliver with my two colleagues at Dorset County Hospital Cancer Service. I have over the years built in systems to ensure constant review of this service by means of collecting feedback. Annual patient surveys, annual staff engagement events, and Clinical Audits all have supplied data to inform a NHS DCHFT Clinical Reflexology Governance Policy and Procedure Document and annual Fortuneswell Cancer Trust FCT Clinical Reflexology Reports. Data has informed service development including identifying a need for a Complementary Therapy room where patients can confidentially discuss any worries whilst receiving chemotherapy and reflexology. Adjusting working hours by operating a running rota which ensures

each reflexologist at least two days rest between shifts to support mental (and physical) wellbeing during the pandemic. Revision of Consent Slip/Evaluation Form and the up-dating our NHS Patient Information Leaflet.

From April 12th I will be asking every private practice patient to fill out a Consent Slip/ Evaluation Form. To obtain feedback and measure the quality of the service experience I provide from the patient perspective. (\*PROMS & PREMS are medically recognised research tools) I revised my Patient Information Leaflet paying particular notice to language. It has been brought to my attention that as a Complementary Practitioner I am not permitted to advertise Bioresonance or Vega testing to determine 'medical conditions' such as Allergy or Food Intolerance. This official ruling is due to there being a lack of conclusive evidence from published double-blind studies\* that electrodermal or any method other than restriction diets can effectively identify food intolerances. To ensure that I don't unwittingly break advertising codes I have made changes to my 'Treatments' web page and all advertising.

My website 'Treatments' Clinical Reflexology and Health & Lifestyle Consultancy describes in detail the therapies I offer, what patients can expect from a consultation/treatment, its cost and duration. 'Appointments' can be made via my website for Clinical Reflexology or Diet & Nutrition Advice or Lifestyle and Stress Management Advice. Throughout my long career as a Complementary Practitioner I have strived to conduct myself and my business in a highly professional manner in accordance to the rules of membership of several governing bodies I adhere to strict codes of practice/conduct and I will continue to do so.

Spring cleaning of any description can be a very positive experience it has helped me to focus and identify what needs to change and action changes that will enable me to continue to move forward.

\* Patient Reported Outcome Measures. Patient Reported Experience Measures.

\*Double-blind studies are more often used in drug trials as they are particularly useful for preventing bias due to demand characteristics or the placebo effect.

Contact Tel 01305 784986. abigailwring@btinternet.com www.dorsetclinicalreflexology.co.uk Abigail is fully qualified, insured and DBS checked with 30 years professional experience specialising in Clinical Reflexology, Diet & Nutrition and Counselling. Author of 'Holistic Health Tips' available from Buena Vista Gypsy Lane Weymouth Dorset DT4 0BZ. £9.00.inc p&p

## Lorraine Parker Hypnotherapy & Online

You can't change the past however you can change how you feel about it and how you react to current situations. By getting in touch with your subconscious mind which is the part of your mind keeping you stuck and fearful you can make powerful changes.

Analytical hypnotherapy might be more accurately described as 'root cause' analysis therapy. This is where the client can investigate and resolve the originating cause of any distress, often resulting back to childhood or early years. Analytical hypnotherapy is in essence a psycho dynamic approach to achieving a resolution to

troublesome symptoms. Analytical Hypnotherapy is unique, creative, and highly effective and is unquestionably powerful in resolving the root cause to any symptoms.

The average person for instance may be totally unaware that his or hers unwanted fears, sadness, anger, sorrow, anxiety, guilt ridden feelings and irrational behaviour tendencies, all usually stem from unresolved childhood experiences, and its consequential knock on effect, which can all be easily resolved in a relaxed, therapeutic context.

I am passionate about empowering people to live life full of meaning and purpose. I want as many people as possible to benefit from a happier, healthier life where you can achieve your true potential.

## Diabetes UK looking for people in Dorset to get on their bike

People from Dorset can use pedal power to raise vital funds for Diabetes UK this spring by taking part in a cycling challenge.

The UK Wide Cycle Ride runs throughout April and is a perfect opportunity to take your fitness up a gear while raising money for diabetes research along the way.

Challengers can pick from one of five virtual distances, ranging from 120 miles for beginners through to 950 miles for more experienced cyclists, and they have the entire month to clock up the mileage. The aim is to

challenge yourself – at your own pace – and pedal towards a stronger, healthier you.

You can cycle the miles however you wish over the 30 days of April, by embracing the outdoors, staying home and using an exercise bike, or a mix of the two. There are fundraising incentives, with anyone raising £35 or more receiving a medal. Diabetes UK-branded neck warmers and cycling jerseys will go to anyone raising £250 and £500 respectively.

To register for the UK Wide Cycle Ride, visit [cycle.diabetes.org.uk](http://cycle.diabetes.org.uk). There is no registration fee and no minimum sponsorship. Please always adhere to the coronavirus restrictions in your area while taking part.



Debbie Nonmacher

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Please call for further information  
Due to lockdown groups will still be running virtually,  
please call consultant of your choice  
for further details.

   [slimmingworld.co.uk](http://slimmingworld.co.uk)

  
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During lockdown groups are still running. Find out more about the re-opening of face to face groups on our facebook page and website.



Our Zoom groups will continue to run on Thursday evenings

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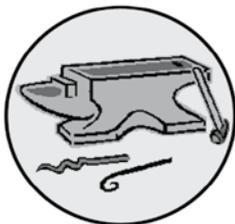
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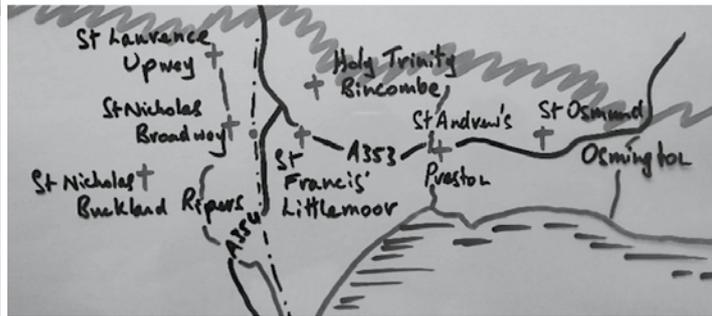
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# The Ridgeway Churches



[www.ridgewaychurches.org.uk](http://www.ridgewaychurches.org.uk)

† Holy Trinity, Bincombe; † St Nicholas, Broadwey; † St Nicholas, Buckland Ripers; † St Francis, Littlemoor; † St Osmund, Osmington; † St Andrew, Preston; † St Laurence, Upwey.

Serving Bincombe, Broadwey, Buckland Ripers, Littlemoor, Nottingham, Osmington, Overcombe, Preston, Poxwell, Ringstead, Sutton Poyntz, & Upwey

Worship and information is available at  
[www.westridgewaychurches.co.uk/](http://www.westridgewaychurches.co.uk/)

## We reopen our church buildings for worship this month

8.30am	St Osmund, Osmington	Said Holy Communion
	Holy Trinity, Bincombe	Said Holy Communion
9.30am	St Andrew, Preston	Said Holy Communion
	St Nicholas, Broadwey	Said Holy Communion
10.00am	St Francis, Littlemoor	Said Holy Communion
11.00am	St Laurence, Upwey	Said Holy Communion
4.00pm	St Nicholas, Buckland Ripers	Said Holy Communion

Worship by candlelight 7.30pm every Wednesday at St Andrew, Preston

## Who's Who

**Team Rector** Canon Tim West (normal rest day: Friday) The Rectory, The Weir, Preston, Weymouth, DT3 6BX (01305) 833142 [weymouth.ridgeway.rector@gmail.com](mailto:weymouth.ridgeway.rector@gmail.com) [www.facebook.com/canon.tim.west](http://www.facebook.com/canon.tim.west)

**For St Andrew, Preston; or St Osmund, Osmington** please contact **Administrator** Shirley Mitchell 4 Church Rd., Preston, Weymouth, DT3 6BU (01305) 837147 or [weymouth.ridgeway.team.office@gmail.com](mailto:weymouth.ridgeway.team.office@gmail.com)

**Team Vicar for St Francis** Rev'd James Menzies (normal day of rest: Monday) The Vicarage, 2 Primula Close, Littlemoor, Weymouth, DT3 6SL (01305) 815366 [revjamesmenzies@outlook.com](mailto:revjamesmenzies@outlook.com)

**Team Vicar for Holy Trinity, Bincombe; St Laurence, Upwey; St Nicholas, Broadwey; St Nicholas, Buckland Ripers** Rev'd Philip Elliott (normal rest day: Mon) The Vicarage, 526 Littlemoor Rd., Weymouth, DT3 5PA (01305) 459971 [weymouth.west.ridgeway.vicar@gmail.com](mailto:weymouth.west.ridgeway.vicar@gmail.com)

**Retired Clergy** Rev'd Ada Whittock, 79 Clearmount Rd., Weymouth, DT4 9LE (01305) 788045

## SPACES to grow in faith

<b>Mon 4.00pm</b>	Home group [fortnightly] at 58 Sutton Rd. 07988 163121
<b>Tue 10.00am</b>	Ridgeway Bible Study Group [fortnightly] Preston (01305) 834604
<b>Wed 7.30pm</b>	Home group [fortnightly] co-ordinated by Jackie Meadows 07591 851075

## If you see something of concern, say something

Church noticeboards and [www.ridgeway.org.uk](http://www.ridgeway.org.uk) give details of who to contact. Each Church has a Parish Safeguarding Officer, and publishes their policy.

**Community Angels** (01305) 834866 [standrewsangels@hotmail.co.uk](mailto:standrewsangels@hotmail.co.uk)

## Hall booking secretaries

Frank Reynolds Community Centre, Broadwey: David Moth (01305) 812218  
Mission Hall, Sutton Poyntz: Maureen Morris (01305) 835533  
Osmington Village Hall: 07521 966252 [bookingssecretary@gmail.com](mailto:bookingssecretary@gmail.com)  
Preston Village Hall: Julie Witt (01305) 834232  
Scutt Hall, Preston: Betty Hennessy (01305) 833614  
St Andrew's Church Rooms, Preston: (01305) 837147 [sachurchrooms4@gmail.com](mailto:sachurchrooms4@gmail.com)  
St Francis' Community Room, Littlemoor: Anne Field, (01305) 832532 [anne\\_field@talk21.com](mailto:anne_field@talk21.com)  
Upwey and Broadwey Memorial Hall: Jonathan Harwood (01305) 814940  
Upwey Old School: Phil Cooke (01305) 812665.

# News and Views

**Canon Tim West retires this month** after 23 years as Team Rector, and 40 years 'vicaring'. He and Sue will be living in Weymouth, where he will pursue one of his hobbies by completing a third novel, stories for children, and other projects. His Facebook posts will remain available to look back over a year of Covid.



A farewell to Tim and Sue West will take place once we're 'allowed out to play'. No date or details yet, but watch this space. Pork scratchings and beer may feature!?

**In April we use church buildings again** for worship. Services at St Andrew and St Osmund on Easter Day and the following Sunday [Tim's last] will be ticketed so, if you would like to be considered for a seat, please contact Shirley Mitchell on 837147 or [weymouth.ridgeway.team.office@gmail.com](mailto:weymouth.ridgeway.team.office@gmail.com)

**Tim's four candles stole is in good hands** because Brian Ellis will be wearing it during Advent seasons.

He and Ada will be alternating Sundays to provide cover, ably assisted by Lay Worship Leaders. June Reed, Mandy Robinson, and Theresa Clayton will be commissioned via Zoom on Sunday 25 April by Bishop Karen.



**Springs of living water** are often used in the Bible to depict refreshing flows of God's Spirit in our lives. So perhaps it's fitting that outside the Church Rooms is a borehole cap which seeks to divert spring water from flooding



the road. Later this year Wessex Water will upgrade services.

**Pictures and paragraphs welcomed** for this column in the Register, so keep sending them to [info@registermagazine.co.uk](mailto:info@registermagazine.co.uk); and our thanks to lain for sharing them with our communities.

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in housing and not allowed to free range. Further details of the rules can be found on the gov website. <https://www.gov.uk/guidance/avian-influenza-bird-flu>

## Spring Clean for Hogs

**The arrival of milder weather is the ideal time to spring clean your hog house. Hedgehogs should up and active after hibernation, but will not have begun mating in earnest or looking for a place to raise their urchins.**

First, it is essential to check that the house is not in use. Put a twig or ball of paper in the entrance and check if it has been moved overnight. Then get rid of any parasites or their eggs that may be lurking in nooks and crannies by pouring boiling water along the internal joints and scrubbing well. Finally, wash it out with warm soapy water, rinse thoroughly and allow to dry completely. Please do not use bleach which is poisonous to hedgehogs. The house can then be located in a secluded spot, under a bush or at the end of the garden, and refilled with dry hay. You may find that the house has become damp and mouldy from contact with the ground. If it is still sound, washing and drying should deal with the mould. You can prevent any further rising damp by placing the house on pieces of slate or stone to raise it above the earth.

Joanna Morland, Hedgehog Friendly Portland, on Facebook, [portland-hedgehogs@jomorland.f9.co.uk](mailto:portland-hedgehogs@jomorland.f9.co.uk), 07815 012163.

## Fairbridge Trust

### What is Fairtrade?

**During Fairtrade Fortnight I was asked the question 'What is Fairtrade?' which prompted me to look back at where the idea came from. For centuries merchants controlled prices by withholding commodities, forcing the price up, which led to customers demanding 'fair trade'.**

It is also very much tied up with the anti-slavery movement when plantation owners made their fortunes through the hard labour of their slaves. It wasn't until after the Second World War though that we started to consider where things were coming from, who was producing them and whether they were being treated fairly. In the 1960s the idea of 'Trade not Aid' became popular and in 1968 was adopted by the United Nations Conference on Trade and Development to establish fair trade relations with the developing world. Oxfam began to sell imported handicrafts in their shops and through mail-order catalogues. Tearfund was formed which also sold handicrafts, mainly through churches and Traidcraft was created in 1979. By the end of the 80s agricultural products, coffee, cocoa, sugar etc were included and began to appear in mainstream shops. The fairtrade or FLO mark that we are all familiar with

was introduced in 2002 and fairtrade has grown in popularity ever since. In order for producers to become fairtrade registered and use the FLO Mark on their products they must comply with the 10 Principles of Fairtrade. The 10 principles as stated by the World Fair Trade Organisation include:

1. Creating Opportunities for Economically Disadvantaged Producers
2. Transparency and Accountability
3. Fair Trading Practices
4. Payment of a Fair Price
5. Ensuring no Child Labour and Forced Labour
6. Commitment to Non Discrimination
7. Ensuring Good Working Conditions
8. Providing Capacity Building
9. Promoting Fair Trade
10. Respect for the Environment

Small farmers usually form a cooperative in order to access the fairtrade market where they are guaranteed a sustainable price. The group also receive a Fairtrade Premium which they can spend on projects to benefit the community, as they decide. Fairtrade tackles the injustices of conventional trade, which traditionally discriminates against the most vulnerable. It enables them to improve their position and have more control over their lives.

With Fairtrade you have the power to change the world every day. With simple shopping choices you can give farmers a better deal which means they can make their own decisions, control their future and lead the dignified lives everyone deserves.

We look forward to re-opening on Tuesday April 13th, unless guidelines change of course, but if you would like to buy anything from us while we are closed we can be contacted through our Facebook page The Bridge Fair Trade Shop or by email at [thebridge-fairtrade@gmail.com](mailto:thebridge-fairtrade@gmail.com) to arrange collection or delivery.

*The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT48JT 01305 772842*  
Opening times are Tuesday – Saturday 10.00am – 4.00pm.

## C'Siders - Cancer Support Group

**With restrictions due to ease in the near future, C'Siders members are very much looking forward to meeting up as soon as we can.**

For the moment, meetings remain on line via a monthly Zoom get together. Members and newcomers are always welcome to join us. Please email [info@csiders.org](mailto:info@csiders.org) for more information and sign on details. For members preferring a one to one chat, the group is still here for them. A call to our helpline 07430 695462 can put you in touch with other members or answer any questions you may have.

We are delighted that the C'Fit Rehabilitation Exercise Classes have now restarted and would welcome enquires from anyone who might be interested in joining. Please call Osprey Leisure Centre on 01305 824378 for more details.

Up to date information about the group and future plans are available on our website [csiders.org](http://csiders.org). You can also find us on Facebook at [www.facebook.com/csiderswp](http://www.facebook.com/csiderswp), contact us by e-mail [info@csiders.org](mailto:info@csiders.org) or call us on 07430 695462.

## Reduce your food waste, help combat climate change and save money!

**At a time when we're all trying to play our part in tackling Climate Change, there's one easy action we can take – and it will also save us money!**

The edible food we throw away contributes to climate change. We are wasting not only the food but the valuable resources that have gone into creating it too - from fertilisers and water that was used for growing it, to the greenhouse gases created from its production and transportation.

Here are some handy tips on how to reduce your food waste:

**Get your portions right** – It's very easy to cook too much pasta and rice. Obviously appetites differ, but a quarter of a standard mug of uncooked rice or two generous handfuls of uncooked pasta per person are a good rule of thumb when estimating quantities required.

**Store food correctly** – Food lasts longer if stored in the right places. Bread is best stored in its original packaging in a cupboard or in a bread bin, not the fridge. Potatoes should be kept in a breathable bag/sack (not plastic packaging) and stored in a cool, dark place.

**Get the best use out of Fridge/Freezer** – Setting your fridge down to 5 degrees will keep food fresher for longer. Freezing what you won't eat is like pressing the pause button. All kinds of foods can be frozen, right up to the "use-by" date, including milk and bread.

For more hints and tips visit [www.love-foodhatewaste.com](http://www.love-foodhatewaste.com)

## St Andrew's Primary School News

**It has been another busy and exciting month at St Andrew's. The children have been enjoying 'Wellbeing Wednesday' each week when they are encouraged to take part in learning activities that do not require screen-time on this day.**

We marked Children's Mental Health Week last month and invited the children to take part in creative activities to encourage a celebration of individuality.



The children enjoyed another exciting World Book Day on Thursday 4th March. They were invited to take part in a variety of activities, from dressing up as a character from their favourite book to decorating a potato as a book character to celebrate and encourage their love of reading. The staff got involved as well. We had a 'Guess who is behind the book' activity and by staff took part in live reading events throughout the day for pupils and their families.

We are incredibly grateful to all the families who have supported remote learning at home during lockdown alongside continuing with their own work responsibilities and/or their family commitments. We would like to say well done to the pupils who have worked so hard at home during this time. We are also proud of how well the children who continued to attend school during lockdown have also got on with their learning each day.

We are thankful for the fantastic team of people who work in our school or volunteer their time to help us. Having a team of people who are there for each other, for staff, for pupils and for pupils' families, is something we continue to be grateful for.

We now look forward to welcoming back all children into school when the wider re-opening of schools across the country begins. Technology has been invaluable during the lockdown but staff at St. Andrew's are looking forward to seeing all pupils again, in person. We look forward with hope and optimism to #makeadifference for good; with each other, everyone, in our community.

## Your councillor update Weymouth Town Council ( Wyke Regis) and Dorset Council ( Rodwell and Wyke Regis) :-

The improvement in the weather has given us all a lift, it is wonderful to see the daffodils and snowdrops out and young shoots on the trees. I have been watching birds looking for the best sites for their nests and keeping my fingers crossed that the seagulls don't choose my roof. I hope most of you are managing to get out for a walk each day, either in our beautiful countryside or along the coastline. We are lucky to live in the County of Dorset, but we in Weymouth are especially fortunate with the diversity of scenery we can enjoy.

The 'R' rate is continuing to fall, but please do not become complacent. As lockdown eases please take care. We should still try to stay local when we can. I am aware that many of our holiday homes are being used, this is difficult to control and some use may be entirely legitimate. The rules will change very soon and people will be able to book self catering accommodation. Imagine how desperate it must be to find yourself in lockdown in a tiny flat in the city with a family?

Continue to keep an eye on your neighbours, the elderly and infirm but also children and teenagers. We all appreciate a smile and wave. Isn't this all

Continued on page 22



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Montahue Financial's Hugh Bowden  
talks about...

## LIFE AFTER LOCKDOWN

After the upheaval of the last year, many of us have had time to reflect on what's truly important. With the most recent government announcements giving a time frame out of lockdown, our thoughts may now be turning to what we are most looking forward to when current restrictions are lifted.

This could be the right time to use your property to gain financial freedom, boosting your finances without moving or downsizing and giving you full flexibility to realise your hopes and dreams. Although lifetime mortgages, the UK's most popular type of equity release, have become much more popular in recent years, there are still many misconceptions around how they work. This can mean that the benefits of a lifetime mortgage often get overlooked. Let's have a look at a few of the most common myths around later life lending...

### Q I'll end up owing more than my home is worth

A False! Provided you take out an equity release plan with a provider approved by the Equity Release Council, your plan will come with a no-negative-equity guarantee, which ensures you will never owe more than the value of the home when it comes to be sold.

### Q I will have to make monthly payments to make

A False! There are no monthly payments to make with a lifetime mortgage, unless you choose to make them. Some plans allow you to make optional, penalty free payments of up to 10% per year of the mortgage balance.

### Q I'll no longer own my home

A False again! You are not selling your home to the lender, you are simply borrowing against it.

### Q I can't release equity from my home as I still have a mortgage

A Not true! Having a mortgage doesn't mean that you can't release equity from your home. In fact, using property wealth to pay off an existing mortgage is one of the most popular uses of a lifetime mortgage.

### Q There won't be anything left to leave my loved ones

A Not at all! Lifetime mortgages have become increasingly flexible in recent years and there are plenty of plans which will allow you to protect a portion of your equity for inheritance.

### Q This is an expensive way to borrow

A Lifetime mortgages have become very cost effective. As popularity has increased, so has product choice with much lower interest rates, and the option to use a drawdown facility rather than taking one large sum.

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ways the case, pandemic or not?

I hope you all managed to take part in the various consultations that have been taking place recently. And that you didn't have a problem with the census.

I mentioned the Weymouth and Melcombe Regis neighbourhood plan last month, that will be quite a long process so do contact Cllr Lucy Hamilton if you want to know more. Weymouth Town Council held a special meeting with the Dorset Local Plan as the single item on the agenda so that residents and all councillors had an opportunity to have their say. A full report has now been submitted to Dorset Council. I hope all of you that wanted to send in your own representations were able to do so.

Our children and young people are growing up in difficult times not just with the Covid 19 pandemic but the more long term challenges of climate change. In January at a full council meeting I presented an idea being rolled out in other parts of the country; planting a tree for every child in Weymouth who started school during the pandemic. Planting trees is easy the ongoing maintenance is more of a problem so I was very pleased that the parks manager and her team were enthusiastic about the idea. The initiative received 100% support from my fellow councillors. We have identified a site on Links Road and almost 600 trees have been planted. The trees are all native and an interpretation board describing the trees will be erected and

log benches will be built so that school groups and families can visit Later in the year we hope the children will be able to help with bulb planting and installing bird boxes. I was pleased to gain support from Dorset Council who have agreed to offer help and support to other smaller town and parish councils across the authority that do not have the resource in house but would like to follow the lead of Weymouth. I am delighted to report that the bus shelter that was removed outside the caravan park at Ferrybridge because of damage has been replaced. I am sorry that took so long.

Routine maintenance is taking place on the pedestrian crossings on Portland Road. Adjustments will be made to the angle of the lights by Wyke Gardens to improve visibility leaving the car park opposite. Let me know if that helps, there have been a couple of incidents here.

Remember there will be an election for a new Town Councillor for Wyke Regis on May 6th. Make sure you are on the electoral register and apply for a postal vote if you would find that more convenient. Canvassing will be difficult this year but I am sure candidates will try to visit as many electors as possible and deliver leaflets to your doors. I believe there will be interviews on various local websites for you to view if you are able.

Council officers are awaiting government guidance so in the meantime all Council meetings for both Dorset

Dear Editor,

**My name is Ronnie and I moved to Weymouth (Preston) a couple of years ago. As life is becoming a bit miserable of late with anxiety, depression and especially loneliness in lockdown I thought I'd try to do something to help.**

I've set up a Facebook group called Weymouth Londoners, you can view it here;

<https://www.facebook.com/groups/757892984837235>

This group is for Weymouth locals with old London roots who would like to reconnect with others to keep alive memories of an ever evolving London. There are plenty of Facebook groups to help us reminisce but couldn't find one specifically for Weymouth locals.

In these times of lockdown reconnecting to our roots and sharing experiences with local people from a bygone era seems more important than ever. We've accrued 25 members already, lots of fun with memories and connections are already being made and it just provides some comfort and familiarity in these times.

I'm sure there are quite a few Londoners here and who knows, we could even plan a Pie, Mash, singsong and a knees up in one of the local pubs later in the year!

Thanks very much.

Yours sincerely

Ronnie Murray  
07930 471821

Council and Weymouth Town Council continue to take place virtually. Don't forget Microsoft Team meetings with Dorset Council and Zoom meetings for Weymouth Town Council are open to the public so do log on. I hope some hybrid model will evolve reducing the miles those who live on the edges of the County will have to travel, which will help reduce our carbon footprint, but also increasing access to members of the public who have been joining meetings digitally in far greater numbers than they do in person.

I am aware that not all the ward reachable the Register but it is also available on-line so please tell anyone who asks. Please remember; the best way to contact me is by phone 07850 060947 (you can leave a message) or to email me at [cllrkate.wheller@dorsetcouncil.gov.uk](mailto:cllrkate.wheller@dorsetcouncil.gov.uk). I rarely check Facebook or pick up from messenger.

Please stay safe – hands – face – space. God Bless. Kate

Cllr Kate Wheller.

## Wyke Regis Christmas Street Fayre

**I am making plans for Wyke Regis Christmas Street Fayre to return on Sunday 5th December 2021. The event was missed so much last year.**

It is still difficult to know but the vaccination programme is progressing successfully and the infection rate is continuing to drop. Hopefully residents and visitors will continue to observe all the safety advice and government guidelines and by December we will be retuning to our old lives. Although most of the fayre is open air with the numbers we attract I will still be trying to observe some physical distancing around the many stalls.

It may be necessary to restrict numbers, I will give preference to regular exhibitors and local charities.

I anticipate restricting numbers in the Hall so if you usually take an inside stall please contact me soon to reserve a place. Please help me in the planning by booking stalls as soon as possible. I will not be asking for payment until

later, when I will have clearer guidance of any future restrictions. I will in the meantime continue to monitor the situation. [kate\\_wheller@live.co.uk](mailto:kate_wheller@live.co.uk) 01305 839747.

We look forward to seeing you all again.

## Diabetes UK Message

**Diabetes UK is urging people with diabetes across the South West to take up the coronavirus vaccine when offered it.**

People with diabetes have been disproportionately affected by the pandemic and have a higher risk of becoming seriously ill if they develop coronavirus. If you have diabetes, the best way to protect yourself against coronavirus is to avoid contact with the virus and get vaccinated.

With all adults with diabetes now being offered the vaccine, it's incredibly important to take up your invitation – to help keep yourself, your family, and your community safe.

The vaccines being offered are safe and will save lives, but if you have any concerns or would like more information, call Diabetes UK's Helpline on 0345 123 2399 or visit [diabetes.org.uk](http://diabetes.org.uk).

Phaedra Perry,  
Regional Head, Diabetes UK South West

## Friends of 106

**Hello – some good news at last! We have dates to look forward to when the restrictions are due to be eased. Schools and colleges should have reopened on 8th March and all our current students will be informed once the details have been confirmed.**

Any students waiting to commence courses will be informed of start dates in due course. New courses in English, maths & ICT coming soon, watch this space!

Meanwhile, you can contact us via email for course information or employability help.

Keep safe and well, look forward to seeing you again when the centre opens!

Julie Ellis - 106 Manager

# Business news

## Active Mobility

**With two prestigious showrooms one in Weymouth and one in Poundbury Dorchester, the safety and wellbeing of all our staff and customers is our number one priority, as we continue to provide our excellent customer service.**

We have new procedures in place to give our customers more confidence to buy a product that can enhance their lives given this current situation. We have the following measures in place for the safety of all our customers and staff. A limit of 4 people in our stores with 2m spacing and hand sanitisers on entry and exit. There are protective screens on reception and all our staff are wearing masks, with some demonstrations being done outside to give that extra peace of mind

Established in 1996, Active Mobility has combined a desire to deliver the best possible service and the highest quality products, earning a respected reputation and a faithful customer base. Here at Active Mobility we offer honest advice and expert knowledge to our customers, enabling them to make wise and informed choices when they buy. We work closely with the Dorset wheelchair services and also Dorset's health and social care services.

As active members of the British Healthcare Trades Association we also



work closely with NLS professionals and assessment centres, offering advice and demonstrations. With the largest display of mobility equipment in Dorset for sale and also for hire, you can visit our showrooms in Weymouth or Poundbury - there is free unlimited parking at both - to see a wide selection of:

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## Tim West's View

### Easter excitement, and my fare well to you

**Every day we should celebrate the amazing good news that Love is stronger than death, that Truth always trumps lies, that God surprises us by revealing his awesome self in ways which can touch us deeply in the ordinary things of life.**

Easter is especially dedicated to all Jesus gave us in example, forgiveness, zest, humour, and humanity.



### Feedback on employability services at 106

'Thought I'd drop you an email to show my appreciation for all your help. I've had my first day today at Westhaven House and have really enjoyed it. I think I'm going to love this job, thank you for thinking of me when finding the advert, you have been a great help.'

Millie

### Feedback on education services

I just want to say a massive thank you to you to the 106 team. Your support, encouragement and resources have reinforced my belief that you can teach an old dog new tricks.

Carol

### Student Story – builder to boffin!

After having a knee replacement and suffering from severe arthritis I was invited to do a computer course at Weymouth College as I could no longer work as a builder.

I was a bit reluctant at first, but after talking it over with my partner I decided to give it a go - it turned out to be one of the best things I have done! I met some really nice people and the college tutors and staff were absolutely fantastic, always there to help, never judged you, always encouraged you, they just wanted you to do well. I really felt at home and looked forward to it every week, it was really great for my mental health and confidence. I went on to complete my computer

He's our rock, and source of energy. He's reliability, and adventure. If you want boring stay put. If you want excitement follow him.

I leave you in God's good hands, with a real sense of excitement for your future. After 40 years 'vicaring' I need a complete change, and will be enjoying retirement opportunities to write as Elder Adok. I'm really looking forward to another evolution of God's faith in me as I return to civistreet.



I've had different colours to work. You've been very patient putting up with me for over 23 years. There have been phases during that time when I've been part of teams that: designed, built, and thrive in the Church Rooms; trained curates to become vicars; assisted C of E Churches in the borough through new appointments, joys, and sadness; evolved the Community Angels; but most of all being part of our gorgeous communities next to the sea.

Fare well, and may God bless you and keep you. May his face shine upon you, and may he give you his peace, his wisdom, his strength, his love, and his laughter. And may the blessing of God the Father, God the Son, and God the Holy Spirit rest upon you always.

courses and two English courses for which I am very grateful.

I would like to thank all the staff who helped me achieve this and, would recommend the College to anyone.'

Stephen

### Focus on apprenticeships

After last month's national apprenticeship week, we thought we'd turn the spotlight on past clients who've taken this route. So, looking at one of the youngest clients we've helped at 106...

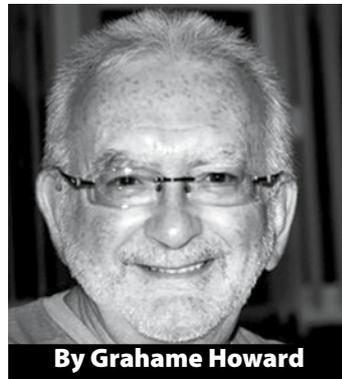
A day in the life of... a Wessex Water apprentice

At 16, Nye didn't want to stay on at school, he preferred to get out into the real world and start developing his working profile.

With our support he applied to Wessex Water and chose their distribution apprenticeship programme. Nye says 'There are lots of benefits being an apprentice at Wessex Water including the fact that they pick you up for work and also subsidise your driving lessons! I love the teamwork involved and been out and about every day. There is a big variety in the ages of apprentices. It's also really interesting, I've learnt lots about water courses in Dorset.

Inspired? Wessex water are currently advertising for apprentices

<https://www.wessexwater.co.uk/careers/early-careers/apprenticeships>



By Grahame Howard

### It's the CO's fault

**It has never happened before, I have never forgotten it; it was the CO's fault, she worked me so hard over the weekend that I was too tired to think.**

She had insisted that I cut the grass but not with our trusty Flymo; that would have been too easy. She made me cut it with our new non-electrical and non-engine driven, pull and push which is good but takes a bit of effort when the grass is quite long. She felt it would be good for me to burn a few calories; she said that I was a little fat bloke who needed to exercise. What a cheek, I still have my rippling six pack; well ok, a twelve pack at the moment but, we have only just been through Christmas with all of the extra goodies.

Anyway, I did cut the grass. It took me six hours and by the time I had finished, I had had to fit a headlight so I could see where I was going, it was so dark. The next day, very early, she had me cleaning the car, walking the dog and then sent me on a trip to the supermarket. This all happened before breakfast. You really don't know the half. I consider myself a vulnerable adult. The CO says I'm not, because I'm still only a child. Well, I ask you.

Anyway, by Sunday lunchtime I was shattered and I completely forgot to write the editorial that you're reading now. The deadline was 1st March and by the 4th, I still hadn't realised this, and received an email from the editor asking where it was. I was devastated, never in the history of mankind had I ever forgotten to meet a deadline. How could I forget? I'll tell you how, it is because the CO is a hard taskmaster - or is it taskmistress these days of political correctness? But that doesn't sound right, so we'll just say, whatever it is, she is that. At the time, I could have thought of a few names.

I had even cooked her an elegant, gourmet three course meal, I look after her you know and she treats me like this. It wasn't my fault that she lost a filling because the naan bread was too hard. I had read the instructions very carefully and it had clearly said, 'heat for 30 minutes,' When the CO read the instructions she told me it actually said, 'heat for 30 seconds.' The text was so small, I had read it wrong. It's a mistake that anyone could have made. Also, the curry was very hot and unfortunately, the CO burnt her mouth but hey, it was a vindaloo. What did she expect?

I was in the doghouse or the shed, for the rest of the weekend and it com-

pletely ruined filling in my application to go on the next Masterchef. I informed the CO that, my culinary skills are known for miles around. She replied, quite rudely I felt, 'Yes, they know not to visit.' She has even put up a sign in the hallway, 'If he asks you if you want to eat, say no.' I mean what does that convey to the reader? What would you think? It's not fair, my reputation is ruined.

The meal was also a disaster because of another incident in the kitchen. Henry decided to jump up onto the worktop next to the cooker. No, not Henry our neighbour; he wouldn't fit on there. I mean Henry our cat. It startled me and from thereon, things went downhill.

So there you have it, a catalogue of events that have led me to the point of disgrace. I may never get over this, the pain and the embarrassment has been so great. I did manage to write the editorial - well you know that because you're reading it - and I sent the copy in for approval and typesetting. I may never be asked to write anything again. I know this would sadden your hearts so much, as it would mine. Please write in to the editor, pleading for another chance for me. I mean, what would life be without my special piece for you to read each month? If each one of you were to send a letter, a postcard or even an email to HQ asking for me to be forgiven, my life and of course yours, will be changed forever, and the CO, who you will remember I rescued from poverty all those years ago, may allow me to leave the shed and re-enter our home. Anyway, if I wasn't allowed to write anymore, who would remind you about the dates for Christmas? Every year I do this and I know from the piles of letters and emails I receive, you are grateful for my kindness this way. Also, Lockdown may well and truly be over in a few months and we'll be able to get back to normal - what is normal?

That is a thought, how will we cope with not being under restrictions, wearing masks, going on holidays and not having to be 2 metres apart. We'll all need counselling we have become so used to it. The CO and I even wear our masks in bed. All right, we don't, but I thought it would cheer you up. Talking about masks, how many people with spectacles steam up when they go into a shop? It's a health and safety hazard. Just think all of the be-spectacled people walking around not knowing what they're picking up or where they're going. It's even worse for the people who wear a hearing aid. When you take it off, the hearing aid has become attached to the elastic. All over the car parks people are walking around, steamed up and having their hearing aids hanging on the mask.

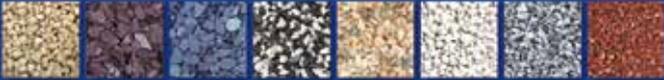
Just for the sake of sanity, Lockdown must end, otherwise we'll all be a society of steamed up shoppers with hearing aids hanging onto masks. You check it out next time you go shopping, you'll see it for yourself.

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