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Magazine

Issue No 366 October 2021



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Nick

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Nigel

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Local news

Wyke Regis and Lanehouse Medical Practice

Important changes

Due to the ongoing high demand we are experiencing, we are now only taking calls for patients needing urgent appointments on the day between the hours of 8.30am and 10.30am. If you have an urgent mental or physical health issue occurring during the day we will triage your call to see if it needs urgent on the day treatment.

Our reception team are trained to ask the questions needed to refer you to the right person. They will take the details needed from you. Our GPs consider that, this is the best way to ensure that your call is dealt with by the most appropriate member of our team.

If your query is of a non-urgent matter, please telephone the surgery after 10.30am and one of our receptionists will be happy to help you with your query or to avoid unnecessary phone queues, please submit an eConsult. eConsult can be accessed via our surgery website at www.wykeregisandlanehousemedicalpractice.co.uk

There is also the option when phoning the surgery to speak to specific departments, bypassing the reception team. For queries regarding hospital referrals and private medical reports or examination the secretaries will

be able to help on Option 2. For any medication queries our Prescription Clerks will be able to help on Option 3. Please note both departments have an answerphone service. Both teams will endeavour to action your voicemail as quickly as they can, but please be aware this may not be on the day the voicemail is left, it is therefore not appropriate to leave voicemails for urgent queries.

We are here for you...

Please remember to keep us up to date with your contact details.

If you've arranged a telephone call with a clinician, please remember to have your phone with you and answer with held calls on the day of your appointment.

Carol, our Health Coach, offers telephone consultations for any non-medical needs on a Thursday afternoon. Contact reception to book.

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 13th September 2021 at 5.30pm Topics discussed at our last meeting include: Progress on providing vaccinations for Covid in our



*Some autumn cheer - Clematis in full bloom.
Photo: Nigel J Gauder of Wyke Regis*

locality, Dorset Care Record, Patient Questionnaire Working Group. For more information contact the surgery or our Chair Rosemary Smeeton rosemary.smeeton2@btinternet.com It is very important that you're up to

date with screening- cervical smears, bowel screening, breast screening etc. Our Statistics for July 2021:- Referrals 478; Home Visits 184; Tel-
Continued on page 5

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FRIARY Care

*Oh we do like to be
beside the seaside!*



Normally, we would head to Weymouth beach, but with the pandemic not yet over, we want to make sure our residents are kept safe. Covid-19 may have taken some of our traditions, but it will never take our imagination and more importantly it won't take our hope that one day very soon we will have a day by the seaside.

Everyone at Friary Care had lots of fun down by 'the sea', sat relaxing with our friends, feet in the sand, all whilst sipping cocktails and listening to the waves and seagulls in the air.

We then enjoyed a lovely meal and some evening entertainment with Steve and Laurie.



*Look out for our
next issue*

Visit www.friarycare.co.uk or call the owner of Friary Care, Peter Fry on 01305 787811 for further information. Learn more about living in a caring and safe environment, join our community and experience many new opportunities. And the companionship of those who have already made their home with us.

ephone Calls 7,218; Appointments 3,790; Incoming Documents Processed 4,651.

Wyke Regis Horticultural Society

There is a good display of plants for sale at the Trading Post in Rylands Lane, which is open Weds 2pm - 4pm and Saturdays 9.30am - 12.30pm.

The café remains closed. There will be Propagation Workshops on first Saturday in the month 2.00pm - 4.00pm. Membership costs £5 a year - come in and join! For information email enquiries@wrhs.org.uk or leave a message on 01305 759668.

Preston Friendship Club

It is with regret I tell you that our club no longer has a committee, nor has it a chairwoman.

As such it can no longer function as a club. It is all very sad, but these things happen.

*Dorothy Lawrence.
Ex Committee Member*

Sutton Poyntz Village WI

Following our most enjoyable and successful garden party last month in the Sutton Poyntz Mission Hall

garden, our first proper WI meeting was held on September the first. Due to Covid worries and restrictions, we changed venue to the spacious Church Rooms at Preston.

Our speaker was Haley Grainger, daughter of one of our members. The talk was called 'Looking After Our Mental Health'. Haley took us through her life journey of mental health issues and how she has come through and overcome many common, but not talked about problems.

Coming across now as a bubbly, attractive and engaging young person, Haley is hoping through her personal experience, and openness, to help others cope with the many and varied aspects of mental health.

The money taken from her talks and sales of her hand made cards go to the charity Mind, providing advice and support to people with mental health problems.

After tea, the WI meeting took place and members caught up on all things WI going on over the past year and various outings and events on offer for the coming months. Lastly, they were asked to consider if they would prefer to stay at the small village Mission Hall with limited space and no room for expansion, or change to the larger Church Rooms with room to accommodate everyone with plenty of room. We have also built up a waiting list over the past year. More discussion will

Continued on page 6



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take place at the next meeting before any important decisions are made. Our next WI meeting will be held on 6th October at 2pm, at the Church Rooms, Preston. Prospective new members welcome. Liz Slee, Secretary. Tel 1305 570168 liz.slee@sky.com

Preston Area Councillor Update

With summer behind us I would like to express my gratitude to all the volunteers and community groups who have done so much for our community this Summer Holiday. While councils seem to go into holi-

day mode in terms of meetings during July and August casework hasn't stopped for myself.

I have also been privileged to attend over 13 community events in the ward this Summer.

I was particularly honoured to be able to attend a BBQ at the house of Mr & Mrs Baker alongside so many residents from Maunsell Road and the surrounding area as well as a fundraiser at the house of Mr and Mrs Bruce organized by Littlemoor and Preston Conservative Branch. I was also very privileged to be able to volunteer at many of these events including calling bingo, enduring an afternoon in the stocks being pelted with sponges in support of Littlemoor community centre and

selling raffle tickets for the youth club. Issues in Preston and Sutton Poyntz I have been looking into alongside Cllr Tony Ferrari are

· Flooding in Rymbury where we are looking at prevention and drainage measures

· Yellow lines have been placed on the island on Overcombe Drive and Bowleaze Coveyway to make the junction safer and increase visibility. Like all yellow lines this is a long process that takes years. We are glad that with the direction of residents this has been actioned.

· Additional signage is going to be placed around Preston to direct visitors and holiday makers to car parks in a hope this may divert some cars away from parking on residential roads and get them using both car parks and the park and ride

· We continue to lobby for more patrols and speed reduction measures along Preston, Littlemoor, Sutton, and Coombe Valley Road on the request of residents.

· A new sign at the fork in the road along Sutton Road to highlight where Sutton Road continues. This has been at the request of residents after several delivery problems. Supply of materials for the sign is holding this up but I am pressing for a date when this will be

installed.

Town Councillors Bergman and Dickenson have also been busy and have been very active on planning issues in and around the ward. Any issues or problems please get in touch at Email: Cllrlouie.oleary@dorsetcouncil.gov.uk

Mobile: 07809905412

I am at Littlemoor community centre on Canberra Road on the first Friday of the month from 2pm till 5pm no appointment needed for a drop in session.

Local children create giant bug hotel

Children joined Weymouth Town Council and the RSPB at the newly planted Children's Community Woodland in Links Road to help improve it for wildlife last week.

The area was planted last winter with 510 native trees, as part of a nationwide campaign to plant a tree for every child that started school for the first time during the pandemic. The trees will help mitigate against climate change, provide food and shelter for wildlife and create a natural area for the community.

Local children did a fantastic job of cre-



The finished bug hotel



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Don't forget a torch and reading glasses!



ating a giant 'bug hotel' out of wooden pallets and natural materials – this will provide a home for a range of insects and other creatures, particularly over the winter months. Children also took part in a wildlife trail and scavenger hunts to learn more about woodland wildlife, and even made their own mini bug home to take home.

Mother of one of the participants, Ali Cairney said: 'My daughter really did love every second and is already planning an extension on her bug hotel at home.'

Councillor Kate Wheller said: 'It is vitally important to get young people engaged with wildlife and this is exactly what the Children's Community Woodland is about. It was wonderful to see the children enjoying themselves and learning at the same time, and we look forward to seeing who moves into the splendid bug hotel!'

Christmas Preparations

It's early September but already customers have been mentioning the 'C' word and buying gifts. Possibly these are visitors to Weymouth who have been pleased to find a Fair Trade shop where they can find unusual gifts produced by artisans who are being treated fairly.

Our Lanka Kade handcrafted wooden toys from Sri Lanka are particularly popular and we are about to order their nativity sets and special Christmas characters so don't leave it too late to come and have a look.

Now is the time when our suppliers encourage us to make our Christmas orders. First on the list will be cards as I know many of you need to post early to friends and relatives overseas. We will have a few handmade cards from Cards from Africa, if you are looking for something a little different, but the majority of our Christmas cards come from Traidcraft. By buying Traidcraft cards you are supporting 4 different charities, Traidcraft Exchange, CAFOD, SCIAF and Christian Aid all working to combat poverty on a global scale and make as much change as possible. They each work with their particular partners so by supporting all 4 ensures that aid reaches as wide a range of people as possible. Traidcraft donates 14% of the purchase price of

all cards sold, divided equally among the 4 charities. As well as their ongoing projects the charities always need to be ready to respond to crises and emergencies, whether natural disasters or the result of political unrest. The humanitarian disaster which is escalating in Afghanistan will be high on their list of priorities this Christmas.

Shared Earth have sent us their new catalogue with an exciting range of gift ideas and Christmas decorations which we look forward to getting in. We shall also be stocking up on our range of jams, chutneys and hot sauces from eSwatini and South Africa, always popular gifts for those 'difficult to buy for' people.

Do come and have a look, it's never too early to start getting ideas.

It's been a busy summer in Weymouth and it's been good to welcome visitors and regular customers to the shop and to our stretch of the harbourside. If you would prefer, or are not able to get to the shop, we can be contacted through our Facebook page The Bridge Fair Trade Shop or by email at thebridgefairtrade@gmail.com to arrange collection or delivery.

The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ 01305 772842.

Opening times are Tuesday – Saturday 10.00am – 4.00pm.

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Join over 3000 people in Dorset and become a Friend Against Scams! It only takes 20 minutes to become a Friend online at www.friendsagainstscams.org.uk learning about scams, how to spot and report them. Many of you reading this will also be employed or have your own business. Businesses can be dramatically affected by scams. Some of the more common business related frauds are:

- Government grant and tax rebate scams which mimic government support schemes or offer to help businesses obtain financial assistance in order to extort money or company

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Encouraging wildlife in his garden Tony Marshall of Stroudley Crescent, Preston, recently photographed this female Sparrow Hawk in his garden.

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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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Family History Meeting

The next meeting of the South Dorset branch of the Somerset & Dorset Family History Society will be on Friday 15th October when the subject will be 'The Lost Villages of Dorset' a talk given by Chris Stevens.

As usual, we shall be at the St Aldhelm's Church Centre, Spa Road, Radipole starting at 3.00pm, admission will be £2.

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Royal Manor Theatre

As we leave the major restrictions for COVID the theatre has opened for a number of performances, most notably, Pink Pippas of Portland in August. This marvellous show, brought to life by mother and daughter team of Sandra Fretwell and Sophie Fretwell, brought some well needed family fun, singing and

Continued on page 11

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Local news

Continued from page 7

information;
 - CEO fraud where cybercriminals target company email accounts and impersonate executives to try and fool employees into authorising money transfers or releasing confidential information;

- Invoice/mandate fraud when criminals pose as a regular supplier in an attempt to change bank account details so a business is tricked into sending money to criminals;

- Technical support scams that make unsolicited contact with businesses falsely claiming a serious problem with their computers and an offer to fix the problem for a fee.

Trading Standards encourage businesses of all sizes to join Friends and take a stand by becoming a 'Business Against Scams'. You can find information on how to join by using the web link above. Simple steps to keep businesses safe include:

- Supporting people to use stronger passwords and setting up two factor authentication;
 - Ensuring staff know how to report problems, especially those related to security;
 - Creating 'How to' guides for new software and tools staff may be using;
 - Using VPNs to allow users to securely access the organisation's IT services.
- If you're a business owner then why not take a look at this free information resource, or if you're an employee then we'd encourage you to speak with

your employer about signing up as a 'Business Against Scams' too!
 For further advice, or to report a scam to Trading Standards, call the Citizens Advice consumer helpline on 03454 04 05 06.

Fun Christmas Cracker Quiz Night!

Come and join us for one of Dorset's most popular Festive Quiz Nights.

It's not Mastermind! -- But it is a Lot of fun!
 Why not get the Festive pullovers out and start the festive season with a bang!!

Friday 26th November at 7.30pm.
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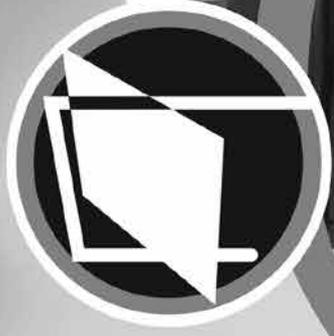
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Date	Time	Class Ref	Class Title	Venue	Price per person
4/10/2021	1.30 - 4.00pm		2 nd Steps In Crochet - new techniques	The Portland Castle	£25.00
7/10/2021	2 - 4pm	GTBYO 2	Getting The Best From Your Overlocker - a 3 week course (1 of 3)	The Frank Reynolds Centre	£75.00
11/10/2021	1.30 - 4.00pm		Embossed crochet	The Portland Castle	£25.00
14/10/2021	2 - 4pm	GTBYO 2	Getting The Best From Your Overlocker - a 3 week course (2 of 3)	The Frank Reynolds Centre	£75.00
18/10/2021	1.30 - 4.00pm		Introduction to Crochet	The Portland Castle	£25.00
21/10/2021	2 - 4pm	GTBYO 2	Getting The Best From Your Overlocker - a 3 week course (3 of 3)	The Frank Reynolds Centre	£75.00
25/10/2021	1.30 - 4.00pm		Tunisian Crochet - Textures	The Portland Castle	£25.00
1/11/2021	1.30 - 4.00pm		New Skills in Crochet	The Portland Castle	£25.00
2/11/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (1 of 6)	St Aldhelms CC	£175.50
4/11/2021	2 - 4pm	GTBYO 3	Getting The Best From Your Overlocker - a 3 week course (1 of 3)	The Frank Reynolds Centre	£75.00
8/11/2021	1.30 - 4.00pm		Fringes Edges and Bobbles	The Portland Castle	£25.00
9/11/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (2 of 6)	St Aldhelms CC	
11/11/2021	2 - 4pm	GTBYO 3	Getting The Best From Your Overlocker - a 3 week course (2 of 3)	The Frank Reynolds Centre	
15/11/2021	1.30 - 4.00pm		Nautical Knotting	The Portland Castle	£25.00
16/11/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (3 of 6)	St Aldhelms CC	
18/11/2021	2 - 4pm	GTBYO 3	Getting The Best From Your Overlocker - a 3 week course (3 of 3)	The Frank Reynolds Centre	
22/11/2021	1.30 - 4.00pm		Tunisian Crochet - Entrelac	The Portland Castle	£25.00
23/11/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (4 of 6)	St Aldhelms CC	
29/11/2021	1.30 - 4.00pm		Needlefelting Xmas Decoration	The Portland Castle	£25.00
30/11/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (5 of 6)	St Aldhelms CC	
2/12/2021	2 - 4pm	GTBYO 4	Getting The Best From Your Overlocker - a 3 week course (1 of 3)	The Frank Reynolds Centre	£75.00
6/12/2021	1.30 - 4.00pm		Needlefelting Xmas Decoration	The Portland Castle	£25.00
7/12/2021	7 - 9pm	LTSTB 2	Learn to Sew The Basics - a 6 week course (6 of 6)	St Aldhelms CC	
9/12/2021	2 - 4pm	GTBYO 4	Getting The Best From Your Overlocker - a 3 week course (2 of 3)	The Frank Reynolds Centre	
16/12/2021	2 - 4pm	GTBYO 4	Getting The Best From Your Overlocker - a 3 week course (3 of 3)	The Frank Reynolds Centre	

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(Littlemoor)



PS 2162
Sam Goom
(Weymouth)



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Wyke Regis)



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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.



www.royalmanortheatre.co.uk or just search for 'royal manor theatre' on Google! See you soon!

Wonderful Floral News

A new venue for Weymouth's Flower Club meetings for Thursday 16th September 2021

Weymouth Floral Design Group are so excited to announce that after months of not being able to meet because of covid and also searching for a new suitable venue are now able to share both.

New venue for their meetings will be at: Holy Trinity School, Cross Road, Weymouth. The doors open 7.15pm and starts 7.30pm. Meetings are usually held the 3rd Thursday of the month, except August no meeting and December they meet on the 2nd Thursday and often we will squeeze a Christmas meal in at one of the local pubs too.

If you are interested in learning or improving your flower arranging/floristry skills as well as having some fun, then please come and join us for a relaxing evening, either as a visitor or join as a member - all standards are welcome.

We are a group which ensure we meet a diverse range of needs and have mixed skill levels and abilities and a mix of ages and backgrounds, from complete beginners and improvers through intermediate to medal winners and professional florist in the group so plenty of experience to share around - there is something for everyone to join in whilst learning from each other.

We have our two first male members now and don't forget some of the top florists are guys so it's not just for ladies, anyone is welcome.

We are a hands-on practical working Flower group finding fun with flowers and making new friendships. Come and join for the rest of the year for only £20 (with effect from September) or pay as you go for our visitor fee at £7.00 per session. If you are thinking of coming on Thursday 16th September we need to know in advance as we are supplying all the floral ingredients and mechanics for you and will need to preorder in advance to ensure we have enough to go round.

New for 2021, we will be organising a top national demonstrator /teacher to come to our club to share their amazing knowledge and expertise (date to be confirmed), this will be an open evening and anyone even non members will be able to attend - so excited for this news as we are getting a grant for the Dorset Area of NAFAS (National Association of Flower Arrangers Society) to be able to fund this, which is great news as we are one of the smallest clubs an average of approx 25 -30 members annually so we can now have the opportunity to have one of these demonstrators.

For more details please contact Denise Jones secretary.mrfcweymouth@gmail.com or denisejones.floraldesigner@gmail.com or give Denise a call on 07970 460 855 check out our Facebook website Weymouth Floral Design Group. Non-member visitor fees are £7

Continued on page 12

Local news

Continued from page 10

dancing to a lot of people's lives. So let's take this opportunity to congratulate all those involved and everyone who supported the theatre by coming along. It has been a tough number of months and this was indeed a light that shone bright from the stage to the community.

However, for those looking to shake off some more grown up cobwebs, we can announce the return of the cinema, with our extremely successful Rocky Horror Picture show night, on Halloween weekend. Back in 2019 we threw a great party with a lot of our local celebrities taking the chance to dress up and groove, and sing, along to the Rocky Horror Musical numbers. Keep an eye out for details on the Facebook page, or on the website. If you want to show off your costume before the night, post a photo on the event page! If you are subscribed to our newsletter, you'll be getting an email

soon!

We are in the early stages of preparations for the Pantomime in the new year and some live performances, including the return of 15 minutes and other activities. We can't wait to share our passion for theatre with the local community, and hope you'll equally be excited and engaged by the content we have to offer. If you want to be involved with upcoming performances, or have an idea for a production that you would like to see, get in touch! The theatre is also open for private hire, either for the lower hall or for the Auditorium. We have a fully working kitchen so food can be prepared on premises. If you are looking for a private showing of a film, we can arrange that also, but will be affected by film license fees. Get in touch with the Theatre for more information, or check the website.

info@royalmanortheatre.co.uk or

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cash payable at the door or you can book in advance by bank transfer - We look forward to seeing old and new faces from September 2021.

Last Night of The Proms

Concerts are back at Weymouth Bay Methodist Church starting with Last Night of The Proms with Weymouth Concert Brass on Saturday 9th October at 7.30pm then on Saturday 13th November the 'Ambassadors' big band will entertain.

Tickets for both concerts are £10 on the door or £9 in advance from Pete 01305812637.

Friends of 106

Weymouth College's Adult Education Centre

Contact us at: job_club@weymouth.ac.uk

Message from the Centre Manager - Julie Ellis

Hello, I hope you are all keeping well and had a good summer break. We are looking forward to seeing you for the start of the new term. If you have enrolled for a course, remember if you attend you will achieve!

Despite the challenges of the pandemic this past year our students were still committed working from home and catching up at the Centre when we reopened. They really excelled which resulted in an overall success rate of 85% which is amazing. Very well done to you all.

Courses

We are delighted that our courses are proving so popular but unfortunately it does mean that we can't always meet need straight away. Most of our places for Sep are now filled, but our advice is to register your interest as early as you can to maximize your chances of getting the course you want when you want it. As we go to print, we still have places available for:

- Beginners English
- Level 1 English
- Flexi English
- IT at all levels
- Beginners maths

Speaking of courses - what do people do next?

Well lots of different things! Dan has gone on to an electrical apprenticeship in Bristol after passing Level 2 English and maths with us. Jess is heading off to university after achieving her maths Level 2 and Kim enjoyed her time so much at the college, she has gone on to join our team, working as a learning support assistant! That's just a quick snapshot, but we are also pleased to welcome back students who are going on to a different subject or level.

#learningneverstops!

In fact, there were an increasing num-

ber of students last year who studied all three subjects with us - well done to them! Qualifications in English, maths and IT future proof your prospects, so don't lose those certificates! Volunteering - it's not always altruistic! We talk a lot about volunteering here at 106 and the different ways you can do this. One of our staff has been volunteering in a rather novel way - testing the Covid procedures for cruises. This involved free overnight stays in luxury rooms on the ships with all your food and drink thrown in - a tough gig but luckily they were up for the challenge! This opportunity was found on the site [takepartinresearch](http://takepartinresearch.com)

Make your money go further

Want to do more with your money? Well don't forget Wisebuys if you are in Lynch Lane area. Branded foods, drinks and household items that are nearing their use by date for bargain prices! They often have a good selection of gluten free and vegan produce. Tel 07767 102 801 for more info. Don't forget too, that Megabus are now running a service from Weymouth to Southampton and London with fares to London starting from £9 one way. See website for more details. www.megabus.com

Voluntary

Interested in the criminal justice system? Weymouth is now recruiting for magistrates. They particularly welcome applications from younger people and those from ethnic minorities as these groups are currently under represented. More information at <https://www.gov.uk/government/publications/magistrate-advisory-committee-recruitment-information> or ask Heather about it.

Term Time Jobs

Often sought after by parents, but it can be surprising how few apply. For example, a recent office role at a local school attracted only 12 applicants and a catering role at the college just 3 and term time evening cleaning just 2! As a general rule, if a job requires an application form, then there will be far fewer applicants.

From cleaner to Business Admin Apprentice

Vicky lost her job in an optician's because of Covid. So she took a temporary cleaning role at the college for 3 months. Her work ethic was noticed and she was encouraged to apply for an apprentice role. So thanks to Covid, Vicky has now embarked on a change of career which she is thoroughly enjoying! So remember, you're never too old to be an apprentice!

Hair salons at Weymouth College

Fully equipped training salons for our students will be open from 15 September, ring 01305 208927 to make an appointment. You can enjoy cheap cuts, colours and perms all under the watchful eye of experienced hair professionals and tutors.

Royal Crescent & Preston Road Surgery

Autumn Newsletter 2021
www.royalcrecentsurgery.co.uk

www.prestonsurgery.co.uk

We would like to start by thanking all our Patients for your understanding and working with us through the numerous challenges and changes over the last year and a half. We have had to rapidly change our ways of working to be able to safely provide patient care whilst keeping our patients and staff safe.

We thank you for your understanding during these times of change and we are pleased to be getting back to a 'new normal' way of working.

We continue to offer telephone consultations and can also book Face-to-Face appointments for certain conditions which are listed on our website. When you contact the surgery, our trained receptionists will take a few details to help direct you through to the correct person for treatment, however if your problem is private please say so.

It is very important we hold your correct contact number and email address. From time to time we may send out updates and information, with links to further information via a text message. This information can also be obtained from our website, from the surgery, or posted on request.

If you have a booked telephone consultation, it is a good idea to have a pen and paper handy. Write down what is most troubling you, when the problem started, what symptoms you have and anything else going on in your home life that may be affecting you, also what your expectations are and what you would like the doctor to do. Have this handy for when the doctor calls, so you can write down what has been agreed, and what will happen next. Visit our website for further tips on making the most of your appointment.

Some of the new changes implemented are:-

- Utilising a secure SMS messaging service to send you information via links, or barcodes for prescriptions
- Video consultations
- eConsult
- Ability to book your certain appointments via a text
- Apps to request your medication, view your medical record, or see proof of Covid vaccination status.

There has been a rapid advancement of digital technology on offer, which for many allows a more convenient way to manage their health. We do understand that not all patients are able to or would want to use technology. We are committed to supporting all patients to access care and work closely with the Practice Patient Participation group to ensure access to our services and information continues to be provided in a variety of ways to meet patients' needs.

eConsult - Using eConsult gives you

the opportunity to contact your doctor online, any time day or night, from your own home and receive advice back by the end of the next working day. The eConsult tool is on the home page of our website. We have many patients who use this and are extremely happy with the service and prompt response this brings. This is best used for minor, acute medical problems (not for long standing or multiple conditions). There is also the availability to upload photos, of a rash or lesion for example, and can be used for administration tasks, such as requesting or extending a sick note. Next time you need a doctor's advice, why not give eConsult a try?

Booking certain appointments via a link - we are now able to send a link via SMS when it's time to book in for an annual health condition check, blood test, cervical screening or vaccination. Once the link is received it gives you the opportunity to book your appointment from a selection of dates in the convenience of your own home. As more appointments are booked this way our reception team will have increased time to support patients phoning the practice.

SystemOnline / Airmid App / NHS App

Did you know you can access GP online services via your smart phone or computer? By using one of these services you can request medication, book appointments with your usual GP, view your medical record and access your Covid vaccination status. SystemOnline allows patients or someone acting on behalf of the patient to proactively manage their care.

SystemOnline is available as an online service or via the Airmid App, providing patients with convenience and flexibility when managing their care. To sign up for this service please contact the surgery, and after confirming your details, you will be given a username and password to access your patient online account. For further information visit our Online Services page on our website.

NHS App

The NHS App offers the same services as SystemOnline / Airmid App, with some additional features. You can sign up to this service from your own home if you are able to provide online identification, such as Driver Licence number, or Passport number. You can access your COVID-19 vaccination status through the NHS App, which you can easily access for any public events or international travel.

Guidance on using the NHS app can be found on the NHS website.

<https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/help>

For further support, you can reach the NHS App team via their contact form. <https://www.nhs.uk/contact-us/nhs-app-contact-us/>

Dorset Digital Hotline - Provided by Dorset Council

The Dorset Digital hotline is a fantastic free advice service for anyone who would like some help getting online and using the internet. They can pro-

vide support for patients trying to access digital NHS services and help you get started. They can also help you set up social media such as Skype to keep in contact with friends and family. Call 01305 221048 between 10am – 12 noon or leave a message outside of these times.

Staff News

Goodbye - It was sad to say farewell to Dr Jon Orrell who retired from the Practice in August. Jon had been a GP partner with the practice since 1997. We shall certainly miss him, but wish Jon a long, happy, and healthy retirement.

Welcome - We are pleased to welcome 2 new GP partners to the Practice. Dr Kirstie Stone and Dr Thomas Davis, who will be taking over the care of Dr Orrell's patients.

We are also pleased to welcome, 3 GP Registrars, Dr Lawrence Onyele, Dr Anas Geba, and Dr Victoria Hau, along with Abby, Hannah, and Lisa who will be joining our reception team.

FLU VACCINATION TIME!

RCS and Preston Road flu clinics will again be held at Wey Valley School and are expected to be on Saturdays in October. As you may have heard vaccine deliveries have been delayed due to national issues. As soon as we have a confirmed delivery, we will publish the clinic dates. If we have your mobile number, we will text you inviting you to book your flu appointment either by following a link or by phoning the surgery during dedicated flu booking times. If we don't hold a mobile number for you, please don't worry, we will contact you. Flu information can be found on our website and in both surgeries. We look forward to seeing you for your flu vaccination as soon as we are able.

Patient Participation Group (PPG)

During lockdown the Practice PPG have been meeting up via Zoom. The PPG joined the locality PPGs last year and produced a Patient Questionnaire, designed with the CCG to help understand patient experiences of GP services since the start of COVID 19 and the impact on patient's to the way they communicate with their GP.

The questionnaire was sent out in November and December 2020 and just under 2000 responses were received. A communications working group was set up which involved a PPG Member and staff member from each practice to analyse the report findings. A link to the report can be found on the PPG page of our website.

Findings from the report and other matters will be discussed at our next PPG meeting, to be held on October 5th by Zoom. More information and how to join the meeting available on

our website. We would be pleased to see you and value your input.

Stay Safe and Well! From the Partners and Staff at Royal Crescent & Preston Road Practice.

Overcombe WI

At last we have managed to meet up and what joyous occasions they were. In August we held our first get together in the form of morning coffee or afternoon tea, supplemented naturally by a delicious variety of cakes made by the committee.

The members were delighted to be able to get together and although the weather was not suitable for sitting outside we spaced out in the Mission Hall.

Last Monday we held our first AGM since 2019 followed by our traditional meeting. With 45 members there, we were delighted with the turnout and hope that in the not too distant future more members will feel able to join us. Fortunately it was a warm evening so not chilly with all the windows open.

This year is the 40th anniversary of the formation of Overcombe WI and we are fortunate to still have three founder members in the club. Sue Embley, Judy Backwell and Ginny Croad. They were delighted, if very surprised, by being presented with a bouquet of flowers as a thank you from the club. Two of our officers had also stepped down from office, Anthea Heather-shaw and Pat Heath who also received flowers in recognition of their efforts over the past few years.

With the ratification of the new committee, we are onwards and upwards and look forward to the future.

Jackie Greet
Overcombe WI

Exciting new Mural Trail planned for Weymouth

Weymouth Town Council are excited to announce that they will be working in partnership with We Are Weymouth to produce a new artwork mural trail in and around the town.

The trail will attract and engage with a wide range of Weymouth residents and visitors to explore artworks inspired by local history and culture. Artists will enhance the look and feel of existing buildings adding colour and design. This will bring an accessible, free walking trail that will promote the cultural development of Weymouth, providing physical and mental well-being and enjoyment to all. It will also encourage people to explore the town helping to increase footfall and eco-

nomie benefit for local businesses following the pandemic.

The Council and We Are Weymouth want to make sure that we get the right subject matter and design for the murals and deliver something that the public will appreciate, enjoy, and have a sense of pride over having in their town. We want to hear from you to help us design the artworks. Your memories, stories and ideas will help inform and shape the artist's designs. Your ideas will need to have a link to Weymouth and be family friendly. This could include Weymouth history and

heritage, links to the sea and seaside, the environment and landscape, local wildlife, etc.

Donation funds diagnostic equipment

A recent donation of £10,000 from local charity Going for Bust has enabled Radiology staff at Dorset County Hospital to buy an important new piece of diagnostic equipment for

Continued on page 16



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Colon Cancer Awareness.

90% of Bowel cancer cases can be treated successfully if diagnosed early

Bowel cancer affects men and women almost equally and is the third most common type of cancer in 2009 41,142 cases registered with 18,431 female and 22,711 male.

Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer. Nearly all bowel cancers develop in the large bowel two-thirds of these are in the colon and one-third in the rectum. Most bowel cancers develop from polyps which are usually non-cancerous and, once detected, can be removed easily if caught early enough.

The main symptoms to look out for are persistent blood in stools, more frequent and loose stools, persistent abdominal pain, bloating or discomfort. Unexplained weight loss and extreme tiredness. Please contact your GP immediately if you are worried or your symptoms persist. Do not delay. Other health problems can cause similar symptoms such as haemorrhoids. Changes in bowel habits and abdominal bloating maybe linked to diet. Keeping a simple food diary may help you to identify if a pattern is developing around certain food triggers. If you think that food may be a trigger for your symptoms you might consider making changes to your diet and life-

style. However, make sure you see a GP if your symptoms persist regardless of their severity or your age.

Research tells us that most people diagnosed with colon cancer are over the age of 60. However, the number of cases of bowel cancer in younger people is increasing rapidly, particularly in the under-30s which has increased by 120% in the last decade. At this point I would like to introduce the Ducks and Drakes Cancer Trust based in Dorset (registered with the Charity Commission in 2012, No: 1147024) and founded by Andrew Drake and his family following the bowel cancer diagnosis of Andrew aged 24. To read Andrews story and more information visit www.ducks-drakescancertrust.org.uk The Trust was founded to:

1. Create awareness of bowel cancer in young people, aged 18 to 30 in Dorset and the UK.
2. To support bowel cancer patients and their families through the provision of specialist equipment and financial aid.
3. To fund specialist nurses in Dorset County Hospital, specifically in the Colorectal Department and provide financial support for equipment and the new cancer unit at the hospital.

The Fortuneswell Clinical Reflexology Team are very grateful for recent funding provided by Ducks and Drakes Cancer Trust that will be used to increase Clinical Reflexology treatment hours at DCH.

Increased risk from: Age – almost 9 in 10 people with bowel cancer are aged 60 or over. Diet – a diet high in red or processed meats and low in fibre can increase your risk. Weight – bowel cancer is more common in overweight or obese people. Exercise – being inactive increases your risk of getting bowel cancer. Alcohol – drinking alcohol might increase your risk of getting bowel cancer. Smoking – smoking may increase your chances of getting bowel cancer. Family history – having a close relative who

developed bowel cancer under the age of 50 puts you at a greater lifetime risk of developing the condition; screening is offered to people in this situation, and you should discuss this with a GP. Increased risk of bowel cancer because of having another condition, such as ulcerative colitis or Crohn's disease in the colon for more than 10 years. Reduce risk by: Exercise. The more active you are, the more you reduce your chances of developing bowel cancer. Eat foods that are rich in fibre such as fruit and vegetables, nuts, seeds and wholegrain cereals. Replace white bread, pasta and rice for wholegrain Cut down on red meat, and avoid processed meats, such as processed ham and meats. Cut down on fatty meats eg bacon. Limit your alcohol intake. Bowel cancer has been linked to a heavy intake of alcohol (+4 units of alcohol a day for men). Get

to know all the allium family - onions, garlic, shallots, chives and leeks are all good for your gut. Don't hold it. If you need to go to the toilet, do so as soon as you can. Always drink your daily recommended water, 2 litres Lastly and most importantly, stop smoking. The NHS also offers free advice on quitting, contact your local doctor's surgery for further information. 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, Nutrition, Homoeopathy and Counselling. Author of 'Holistic Health Tips' available from Buena Vista Gypsy Lane Weymouth Dorset DT4 0BZ. £9.00. inc p&p



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Lucy 07884 316063

Lanehouse - Saturday 8.30 & 10.00am.

Debbie 07986 709671

Preston - Monday 5.45pm.

Littlemoor - Tuesday 5.45 & 7.15pm.

Teresa 07854 492259

Upwey and Broadway - Tuesday 9.30 & 11.30am.

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the Hospital's Breast Care Unit.

Going for Bust are a Wimborne-based Breast Cancer Charity dedicated to raising funds for local hospitals and breast cancer support groups through a number of charity shops in Dorset and Hampshire Their generous donation of £10,000 in January 2020 has now funded a state-of-the-art Vacuum-Assisted Biopsy machine at Dorset County Hospital.

The new equipment will transform the experience of an estimated 50 patients a year and enable staff to improve the quality of diagnostic and treatment services for breast care patients at Dorset County Hospital. It will increase

the accuracy of diagnoses and reduce unnecessary surgical procedures. The new service will also reduce waiting times for surgical treatment of breast cancer and remove the need for some patients to travel to other hospitals for treatment.

Staff are already trained to use the new equipment and are pleased to have this tool to assist them with their work. Doreen Cox, Consultant Radiologist at Dorset County Hospital said, 'We are immensely grateful to Going for Bust for supporting the breast service at Dorset County Hospital. Their generosity has permitted us to provide a vastly improved diagnostic ex-

perience for patients by allowing local access to advanced technology' Michelle Ormston from Going for Bust said,

'We are so pleased to be able to help the Breast Care Unit and know that the equipment will benefit so many patients.'

Dorset County Hospital Charity works with individuals, the community and local organisations and businesses, raising funds to enhance patient care and staff welfare at Dorset County Hospital.

The Hospital is dedicated to providing outstanding care for patients. As the recovery from the Covid pandemic continues, DCH Charity works to help the Hospital deliver its vital care under challenging circumstances. Now, more

than ever, your support is needed. Visit www.dchcharity.org.uk to make a donation, fundraise and find out more about how you can help.

C'Siders - Cancer Support Group

September brought C'Siders their second face to face meeting since the pandemic. Attendance was good at the Wyke Smugglers and members were entertained by our own Steve Rayner.

The pub allowed for social distancing and a good time was had by all. Our next face to face meeting is in No-

Continued on page 18

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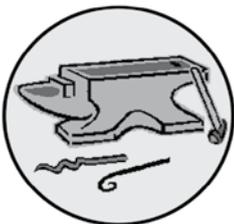
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Over the Hill

With Chris Hubbard

Over the course of our many years all Senior Citizens have added lots of new words to their vocabularies. The majority of these have been because of the rapid pace of advances in technology. For example, in the 1950s the only guaranteed method of obtaining reliable facts was to browse through the pages of Encyclopaedia Britannica.

My parents couldn't afford the cost of Britannica nor did we have the room for the over thirty weighty volumes it comprised, so I made do with the copy in the local library when information was needed. Now all we have to do is "google" for the required data. One researcher has suggested that people in the Ice Age – and I am not for one moment suggesting anyone reading this can go back that far – used a mere handful of words. To be more exact, about twelve which we would still understand today "thou, I, not, that, we, to give, who, this, what, man/male, ye, old, mother, to hear, hand, fire, to pull, black, to flow, bark, ashes, to spit, worm". Of course the first thing that struck me, as no doubt it did you about this line of research was - how does anyone know? Can you imagine the reaction of an Iceager (there's a new word I just made up for you. It's only a few hours old and you read it here first) on being asked? There they are, in temperatures of minus forty degrees trying to light a fire with a gale force wind blowing snow into their eyes when their mobile phone – imagining they had one - rings. It's a researcher from the year 2021 wanting to know what words are in regular use. It's bad enough getting a spam call at dinner time, but when it's a matter of life or death your answer is likely to be something a lot fruitier than "worm".

But I digress. Let me give a just very few examples of new words to illustrate what I mean. Since 1989 we've added email, latte, selfie, crowd funding, hashtag and loads more. No doubt you have your own pet hates, but there are two words that have popped up very recently that really get me excited. The first of these is to my Senior Citizen's ears totally and utterly unnecessary. That word is "staycation". When we were youngsters there was only one place you could take a holiday and that was in Britain and then only if you were lucky. Most of Europe was still a bomb site and anywhere else would take so long to reach that you would have to start back the moment you got there for Dad to be able to return to work on time. So 'holidays' were of necessity relatively close to home, usually somewhere on the coast within easy reach by bus, train, or if your Dad had splashed out, by car. Later on came package holidays to a limited number of destinations in France or Spain, known collectively as 'foreign parts'. So you had holidays in the UK and foreign holidays elsewhere. We didn't need to make up a word like

"staycation". If it isn't a "holiday" then it's a "foreign holiday". Sorted.

The second very recent new word which seems redundant is "glamping". From our younger days we have all had experience of camping, starting with the wet, cold and uncomfortable days under ancient canvas bell tents at a scout or guide camp. These had joys such as the early morning kit inspection, peeling mountains of spuds and late evening singsongs in the rain as the campfire slowly went out under the downpour. Then later it was possible to take the ferry from Weymouth harbour to the continent for a foreign holiday. Those were heady days of driving through and camping in France. Thankfully it didn't rain much there because our secondhand tent was about as waterproof as blotting paper. Incidentally blotting paper is something that has just about disappeared.

Then we progressed, if that's the right word, to Eurocamp holidays where a tent was erected on very picturesque sites ready for you to move straight into. The tents usually had an odd smell about them which made you wonder what strange or unsanitary acts previous occupants had got up to. The facilities on site were also 'interesting'. Those very peculiar French lavatories which were just a hole in the ground, and the camp shop with delightful croissants but, horror of horrors, decimal currency. How confusing and uncivilised. Those types of lavatories have just about disappeared now too, and we are used to decimal based money. But all this Senior Citizen experience has taught us that there is no such thing as Glamorous Camping or "glamping". It's about as strange an idea as delivering Amazon parcels by drone.

But I digress. Most camping is uncomfortable, insanitary, cold on holiday or stiflingly hot on foreign holidays, with primitive cooking arrangements and all stuck out in the middle of nowhere subject to wind, rain, hail and with the ground too hard to drive a tent peg into which makes the whole tent unstable. Fun it often is, but glamorous never.

My In-house Adviser fears that I have become more grumpy than usual because of my recent tooth extraction. There is now a gap in my molars about as big as an old-style French lavatory door and a jawline that is protesting mightily about the liberties taken. She is suggesting that a course of Paracetamol would help with the pain, but having said initially that they weren't needed it would appear a bit wimpy to take them now. So soldiering on bravely in typical man fashion, I've found a good method to ease the pain that doesn't involve Paracetamol. Find a nice quiet place away from other people and shout out loudly any number of the new words that really annoy you and a few choice old ones. It really does help.

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- 8.00am St Osmund, Osmington (1st/3rd)**
- 8.30am Holy Trinity, Bincombe**
- 9.15am St Andrew, Preston**
St Andrew's Church Rooms (1st)
- 9.30am St Nicholas, Broadwey**
- 10.15am St Francis, Littlemoor**
- 10.30am St Osmund, Osmington (2nd/4th/5th)**
- 11.00am St Laurence, Upwey**
- 4.00pm St Nicholas, Buckland Rippers**
- 7.30pm St Andrew, Preston (Worship by candlelight every Wednesday)**

Who's Who

Team Rector

Rev'd James Menzies (normal rest day: Mon) The Vicarage, 2 Primula Close, Littlemoor, Weymouth, DT3 6SL (01305) 835921 revjamesmenzies@outlook.com

St Francis, Littlemoor: as above.

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

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

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

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- Tue 10.00am** Ridgeway Bible Study Group [fortnightly] Preston (01305) 834604
- Wed 7.30pm** 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 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

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 bookingsecretary@gmail.com

Preston Village Hall: Julie Witt (01305) 834232

Scutt Hall, Preston: scutthallbookings@talktalk.net

St Andrew's Church Rooms, Preston: (01305) 837147 sachurchrooms4@gmail.com

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

Upwey and Broadwey Memorial Hall: Jonathan Harwood (01305) 814940

Upwey Old School: Phil Cooke (01305) 812665.

Local news

Continued from page 16

member as there won't be an October meeting. Our regular Zoom meetings continue for those who aren't quite ready to come back yet. Everyone is welcome to either or both meetings. Many thanks to Glen Castelino and Steve Rayner for their energy, enthusiasm and drive for getting things back on track.

Members and newcomers are always welcome to join our online chats, call us for a one to one discussion or just come along to the Smugglers on a meeting date if they'd like to find out more about the group before deciding whether or not it's for them. A call to our helpline 07430 695462 can put you in touch with other members or answer any questions you may have. Please email info@csiders.org for more information and sign on details. Sessions often include a quiz and input from a speaker.

Our C'Fit Rehabilitation Exercise Classes restarted some weeks ago and are going well. Sessions are now starting with attendees registering in one of the classrooms and taking their blood pressure before heading off to the hall for the usual circuit at 11am. Cleaning materials are available for sanitising any equipment used and there will be plenty of room for social distancing. Enquiries are welcome from anyone who'd be interested in joining - a referral from your GP or health professional is all that's needed - 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. You can also find us on Facebook at www.facebook.com/csiderswp, contact us by e-mail info@csiders.org or call us on 07430 695462.

Festival of Remembrance 2021

2021 marks the return of the Weymouth Festival of Remembrance, after a year's absence due to the global pandemic, on the 100th anniversary year of the formation of the Royal British Legion making this



year's Festival extra special. The Festival will be hosted at the Weymouth Pavilion on Sunday 31st October at 6.30pm with live music from 6.00pm

The performances at this year's Festival are headlined by The Band of HMS Heron, returning for their second year, Dorset Rock Choir and, Let's Dance as

well as performances by Dorset's Poppy Girls - The Decadettes, Weymouth Concert Brass, Dorset For Singing, Weymouth Sea Cadets and Weymouth School of Ballet. There is something for everyone in this year's event, offering moments of celebration and reflection. The Festival will conclude with the Parade of Standards, the very moving Poppy Drop and Act of Remembrance lead by the band of HMS Heron and Rev Dennis Mould in a similar vein to the National Festival of Remembrance at the Royal Albert Hall.

Tickets are priced at £13 for an adult and £7.50 for a child with all the money raised from the event going directly to the RBL Dorset Poppy Appeal for use within Dorset meaning everyone's donations and money is kept local to help locals. All the performers are giving their time for free to help the Royal British Legion with their important work.

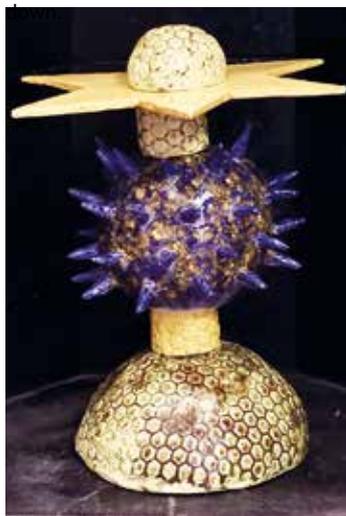
You can get updates on the Festival by following our social media pages on Facebook (Weymouth Festival of Remembrance) or on

Instagram(weymouth_remembrance_fest) with tickets available at www.weymouthpavilion.com or via telephone. We look forward to you joining us for an evening of celebration and reflection at the 2021 Weymouth Festival of Remembrance!

Upwey Ceramics Exhibition

Upwey Ceramics group will be having their annual exhibition and sale in Upwey Village Hall the weekend of the 30th and 31st October. indoor sculpture by Babs Kirby.

There will be functional pieces on sale and a wide variety of sculptures, as well as paintings by Sarah Studley and Merle Turner. Last year's exhibition was unable to go ahead because of covid restrictions, so this years will be a bumper year, featuring the groups work during lockdown and post lock-



Indoor sculpture by Babs Kirby.

Preston Village Market

Saturday 2nd October, St Andrew's Church Rooms, Church Road, Preston 10am - 12.30pm.

Come and get some ideas for Christmas cards and presents from our stalls of Edibles, preserves, cards and many crafts as well as plants and a Traidcraft stall and much more also.

At our last Market, we raised £140 for our chosen charities. This time we are

raising funds for:-

The Lullaby Trust which provides specialist support for families bereaved through Sudden Infant Death; also supports research and promotes expert advice on safer Baby sleep - working with young and disadvantaged parents who are at greater risk of SIDS. St Andrew's Church Fund Entrance free but donations to our chosen charities will be gratefully received.

Dorchester Country Market

If you are in Dorchester on Friday 24th September, do drop in for tea/coffee and cake and browse our stalls. We are supporting the Macmillan Coffee Morning. Refreshments will be available from 9.30am - 11.30.

Our Market will be open from 9am - 12 noon. We are situated in The United Church Hall, Dorchester. Entrance is through an alleyway next to Toymaster in South Street or opposite the library by the car park.

Table Top Sale

Table Top Sale of quality household items, books and men's clothes, many new or as new.

Saturday 25th and Sunday 26th September, 11.30am - 3pm.

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A donation will be made to Admiral Nurses who provide care for dementia sufferers and their families.

Monthly Quiz

Monthly quiz at the Centenary Club in Weymouth.

Quiz takes place on the first Monday of the month commencing at 8pm and is open to teams up to a maximum number of 6 all paying £1, there are two cash prizes each month to be won and most importantly it is a great night out.

steve.cockney@mail.com for further details.

News continued on page 23

How do you say that?

I have always heard the front of a boat called a bow (to rhyme with bough), but the source of the word is the same as rainbow, so surely should be pronounced bo? The bowline knot is usually pronounced 'bo-lin', a line being one of the many sorts of rope used on a boat. Although sometimes lines can be chains. And sometimes they turn into sheets, when they are attached to sails...

Nautical terms are a rich source of interesting words. Port, for left, used to be called larboard, but there was too much opportunity for mishearing it as starboard in the wind and weather, so the Royal Navy changed it. Starboard had nothing to do with stars, it meant the steering side, the side on ancient boats where the steering oar was operated. And that meant that any loading (or lading, in ship parlance) needed to be done on the other side, the lade-board, Obviously that side needed to be alongside the harbour - or port - for loading, so it was logical for larboard to become 'port side'. Sadly, this has nothing to do with port wine (from Portugal).

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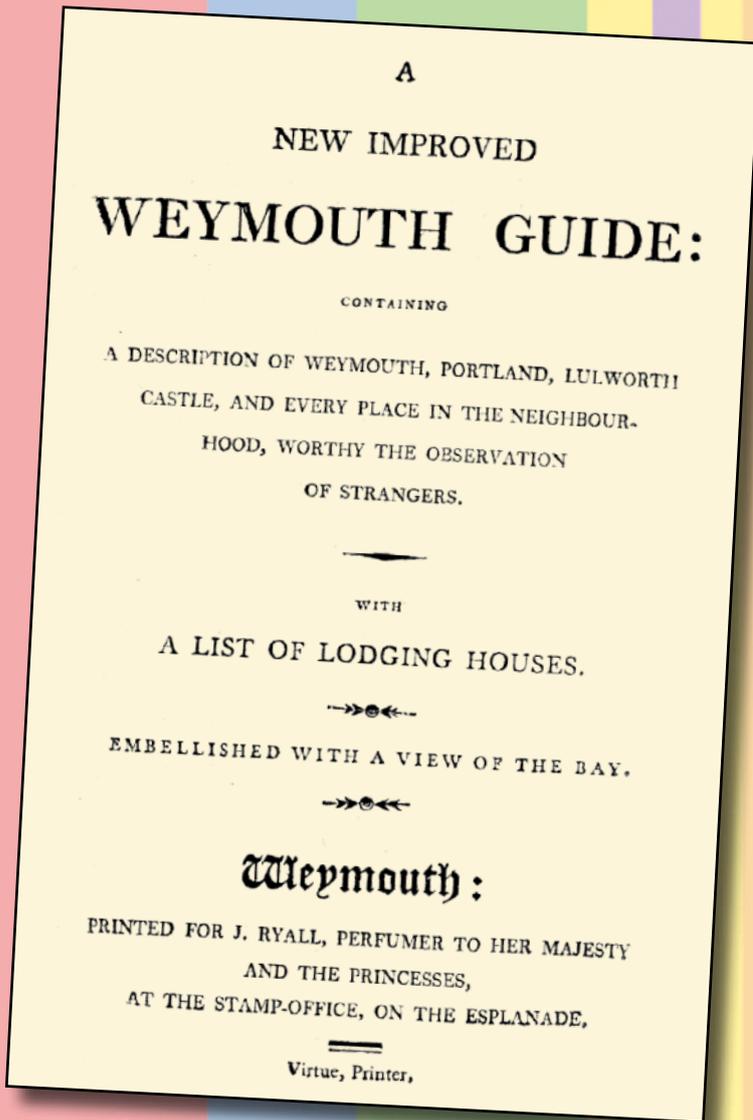
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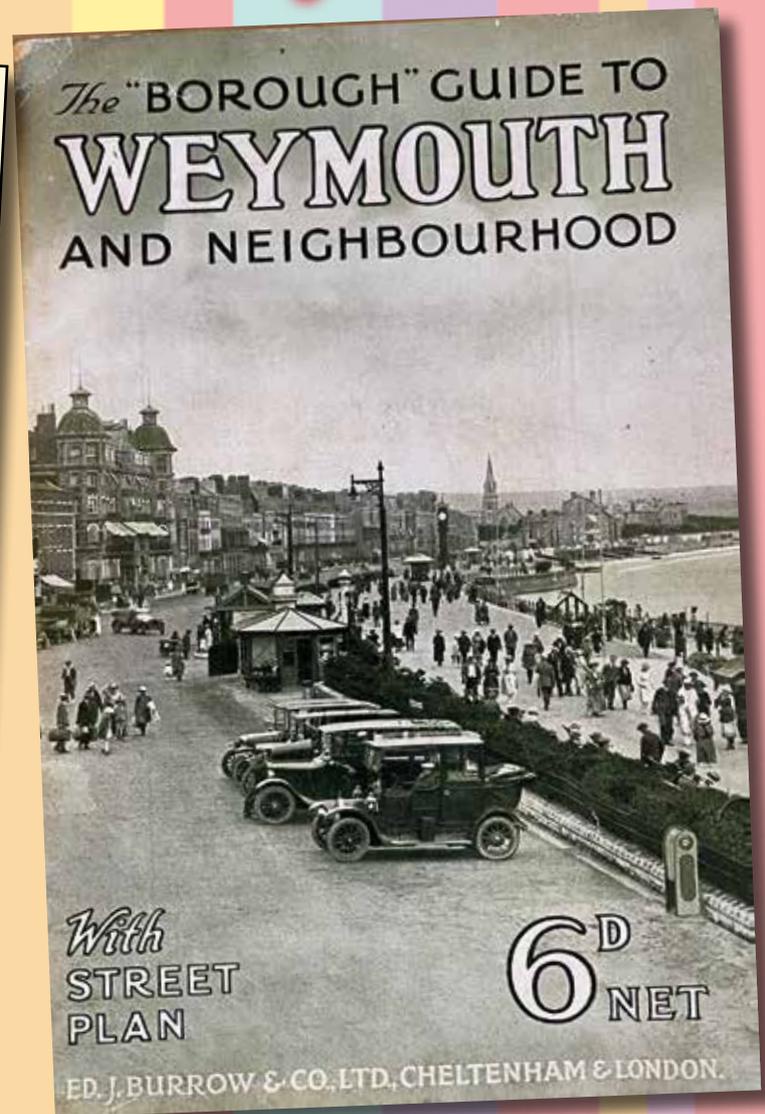


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The Heyday of Holiday Guides



c1800



c1920s

By Beachcomber

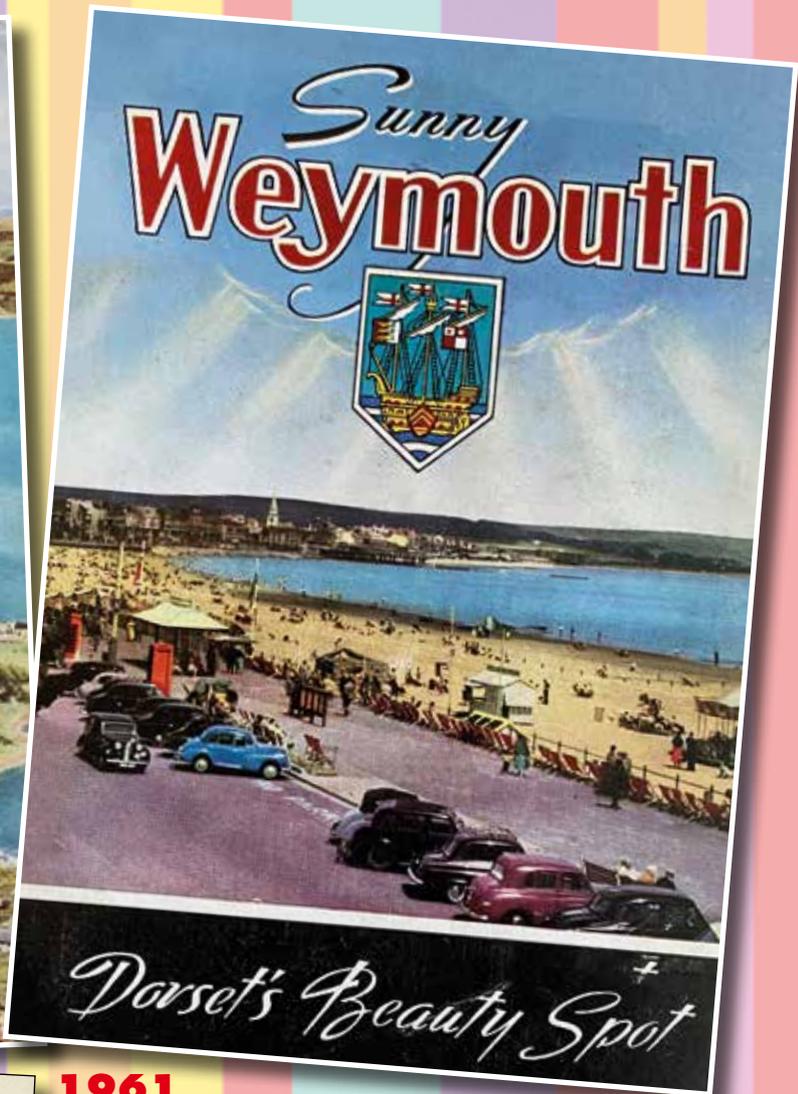
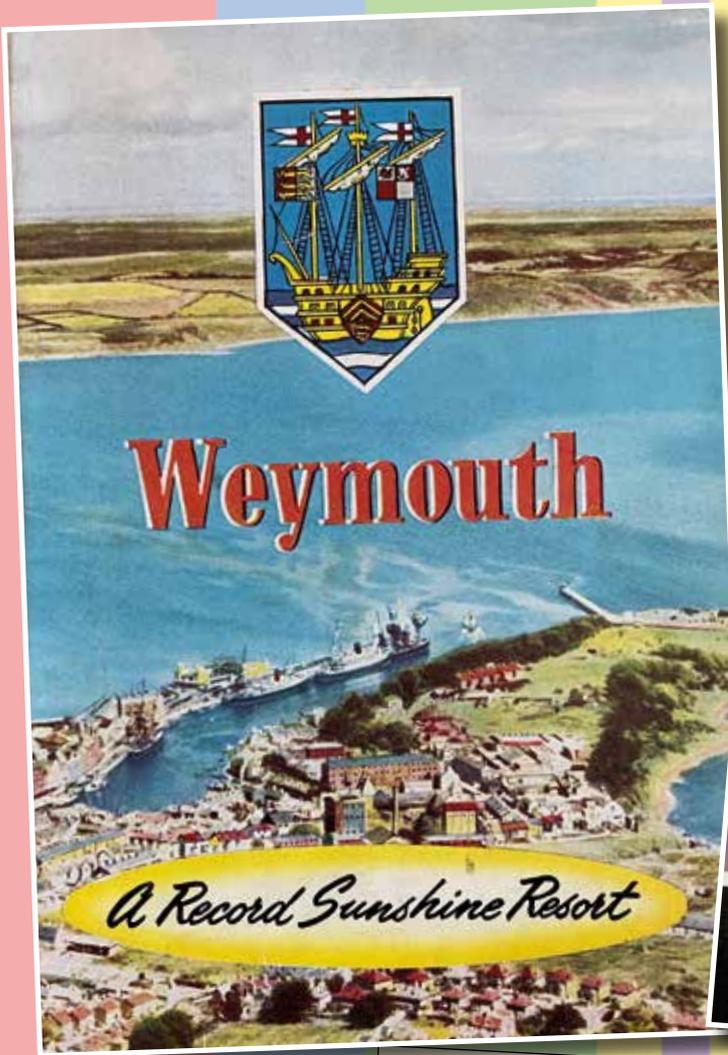


1950

The great British seaside holiday came into its heyday in the post war years, the 1950s and 1960s. Thanks to the Holiday Pay Act 1938, it was now affordable to travel to destinations of your choice depending on where you lived.

For example in the north, those from Manchester and Liverpool would most likely go to Blackpool or Morecambe; those from London might choose Brighton, Margate or Southend and Bristol and Swindon would often choose Weymouth. Many industrial towns had local holiday weeks when the local factory or plant would shut down for maintenance and all the workers would take their annual leave at the same time. Prior to WWII 'Swindon Week' was when the workers from the Great Western Railway works would descend on Weymouth by special trains.

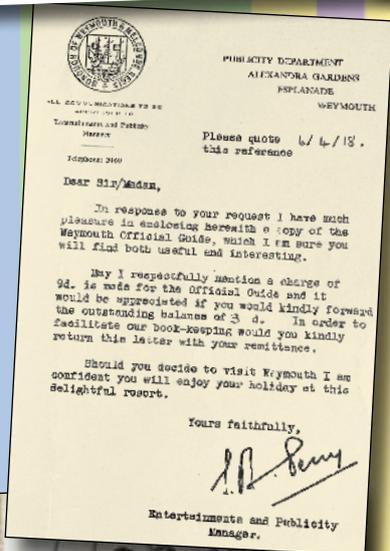
In the 1950s and 1960s it was unusual for families to holiday abroad, those lucky enough to have relatives living by the coast might holiday with them, some would stay in a guest house, B&Bs or hotel, whilst many would head for



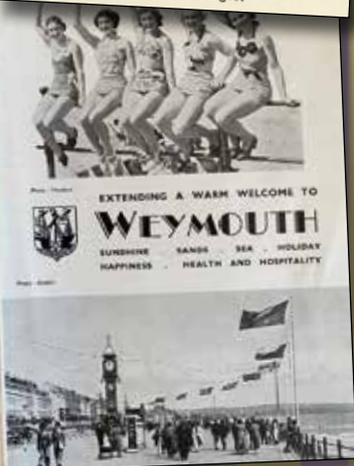
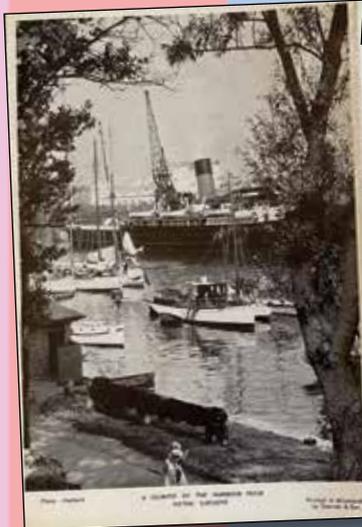
1958

the holiday camps such as Guppy's Camp at Preston or Pontins who had the camp at Osmington. The main means of bookings were of course the seaside towns' holiday guides, which were once heavily advertised in national newspapers, but are no longer published since the creation of the Internet. We feature a selection of Weymouth's holiday guide covers from years past, hawking back to a long lost era.

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c1960s

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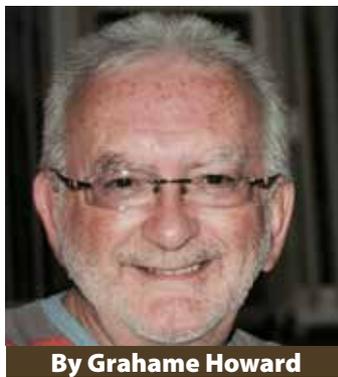
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By Grahame Howard

Decorating and DIY nightmare

It has been that time of the year again, where the CO issues me with jobs that need to be carried out - promptly. Item number one on the itinerary, was going to the tip. Like most households, we had accumulated a lot of stuff from paint tins to electrical stuff that had seen better days.

I was nominated to fill the car with all of this stuff. Everything went well until I picked up a tin of garden fence paint. I didn't realise that the tin, which was in a large bucket, had a hole in the bottom. As it had been outside near the bins, it had filled with water. As I emptied the water out, gushings of green paint poured out all over the path, a fuchsia bush and my brand new white trainers. I was horrified and wanted to go in the house to give the CO a piece of my mind. However, I was trapped in a pool of this green paint.

I managed to make it to the hose-pipe, which was close by and I began to thin the paint out until it ran onto the soil. At this time the CO came out and noticing the green foot prints leading to the shed, began to eyeball me. 'Why is there green footprints over the path and why are you wearing green shoes?' At this stage, I wanted to squirt her with the hose but, as I value life, decided against this idea. After what appeared an hour, I managed to clear all the mess up and with green shoes and green soil, we went off to the tip.

Why didn't the CO warn me, I thought? But I was on a hiding to nothing really because she was giving me a lecture about why our soil should not be green and nether should my shoes. What would the neighbours think? At this moment, I didn't particularly care.

It was at this point when I came up with a great invention. Wouldn't it be nice to invent a remote control that had the ability to mute a person. I daydreamed about this as we drove to the tip. I mean, what a wonderful invention. No more nagging, all I would see is the CO's mouth moving but nothing coming out. I was ecstatic in my thinking and begin to smile and then snigger to myself. The CO looked but fortunately, didn't say anything. But just think about it. It could be called a spouse muter. I personally think it is a wonderful idea and I am sure you do to. Changing the subject, I must say

that I have excelled myself with my woodworking skills. Item two on the CO's list was to build some shelving in the shed so things could be more tidier. Fortunately, I had some wood left over from another project that I had finished so I didn't have to purchase more. I planned it with precision because, with the CO, everything has to be just right. If it's a millimetre out, it has to be done again. One thing that I don't like is when she stands over me while I do a job - it's the whip that puts me off. Sorry, only joking, please don't write in and complain, I need this job. Anyway, the CO likes to stand and see that I am doing things properly. I am tempted to tell her to do it herself but, again I don't want to be put in a rest home, so I put up with it. I was pleased when the telephone rang and she was an hour speaking to someone. I relished the freedom and finished the job with in no time. When the CO inspected my work, she was impressed, so I was pleased about this.

Item three was decorating the bathroom and putting up a new cupboard. The painting went well but the cupboard erection was a little tricky. It was one of these flat pack jobs, but very nice, finished off in a light grey colour. I managed to fit it all together until it came to the doors. I fixed them on and I was sure the hinges were in place. However, The doors wouldn't open and there were gaps big enough to get your fingers in. The CO was soon giving me the benefit of her experience. I think she must have been Barry Bucknall in another life. Anyway, to her credit, she told me that the hinges were the wrong way around and when I changed them, it all fitted together well.

The next thing was putting it on the wall. I drilled the tiled wall and lifted the cupboard for erection. The only way we could do it, was to have the CO hold it in place while I fitted the screws. The CO had the cupboard balanced on her head, which I considered was very fitting. I fitted one screw but, alas, the other one was about an inch out. I realised that the drill had skimmed on the tile, even though I had put tape over it. We took it down, much to the CO's relief and I re-drilled the wall and once again, the cupboard was balanced on the CO's head. I am not saying that this gave me a feeling of power, not at all, but I may have taken my time on purpose just for the sake of it. Anyway, the cupboard was finally erected, the bathroom was finished and I had a beer to celebrate. Little did I realise that there were more jobs coming my way. The second toilet need decorating and then our bedroom. I wish Barry Bucknall was still around, I would gladly give him some of the jobs. Please spare a thought for my heath.

Grahame

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Your councillor update

Weymouth Town Council (Wyke Regis) and Dorset Council (Rodwell and Wyke Regis) :-

We are now well into September, the children are back at school and the weather, that has been patchy, has picked up and we have had some beautiful and very warm days.

I do hope the children are able to take advantage of it as much as possible. I know many people are still swimming in the sea and some will continue for many more months. We are so very lucky to live in such a wonderful place. Judging by the number of messages I received following last months piece on Dorset Council grass cutting strategy the explanation was useful. Thank you all for your responses, I hope I have replied to you all and I will certainly voice your comments to DC officers as appropriate.

As I mentioned last month refurbishment work on Ryemead Community Centre is progressing well. Cllr Blake and I are meeting potential management committee members, trustees and users this coming week so I am hopeful that I will soon be able to report very positive news about the future of the centre. As I think you are aware the work on the community garden behind the centre spear headed by Cllr Blake is also well under way. I did report that I had spoken to the management company at Smallmouth/Ferrybridge. I have been unable to make a full assessment of the condition of the boats, is anyone able to report to me? Have any of the old boats been removed?

Can I remind you that the building that formerly housed the Courts Youth drop-in centre has been put out to tender for alternative use. Contact Weymouth Town Council for more information. There is power and water in the building as well as one lavatory. I do hope this can be put to community use.

As yet I have not been knocked over in the rush for volunteers for a few green fingered residents to come forward to restart the Friends of Wyke Gardens, we are the only garden without

'friends'!

The behaviour of some of our youngsters is still giving rise to problems and the Police as continuing to keep a close eye on the area. Please do log on to the police website and report anything of concern.

I mentioned last month that Licence meetings were taking place face to face. I spoke too soon. Following a meeting at the end of August I received a message to say that a representative who had attended was tested positive after the meeting and consequently we would return to virtual meetings!

Dorset Council licence, legal and IT teams were challenged recently however with a very big application where approaching 100 representations had been made concerning one application. It was clearly going to be complex everyone concerned had to have an opportunity to speak, members being asked to make a decision needed to be able to speak to each other in order to weigh up all the information and make a decision. We have all become so much more adept at IT now and the solution presented worked well. Each of the three councillors had a room at County Hall with internet connection and sufficient screens to view all the papers, view those speaking and view each other. The hearing took two full days, all members of the public had ample opportunity to voice their fears, the applicants were very helpful in explaining how they intended to operate and doing all they could to compromise and to allay the fears of the public. Following the hearing my colleagues and I met both face to face and then virtually with legal advisors to produce a list of conditions that we hope will allow business to thrive within a close rural community.

You will notice elsewhere notices about the Wyke Christmas Street Fayre. This long established event was unable to run last year and we are coming back bigger and better for 2021. Particularly with no carnival this year we are anxious to support small business, entertainers and local charities, so please get in touch to discuss how you might join us.

I am aware that not all the ward receives the Register but it is also avail-

able 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. I rarely check Facebook messages or pick up from messenger but answer emails promptly. Or you can contact cllrbeckyblake@weymouthtowncouncil.gov.uk or cllrucyhamilton@weymouthtowncouncil.gov.uk Please stay safe continue - hands - face - space.

God Bless. Kate
Cllr Kate Wheller.

I'm dreaming of a Wyke Christmas Street Fayre

Sunday 5th December 2021. Wyke Regis Social Club are working hard on new ideas for the street fayre. Do please contact them or me if you have any ideas or can offer a few hours of help on the day.

I am delighted that All Saints Church, Wyke Regis, will also be joining with us. Their popular Christmas Church bazaar is to be incorporated with their terrific Christmas draw, their tasty refreshments and other stalls. I hope that as always we will start the day with a peel of bells from the church tower.

With the demise of Wessex FM we are not sure about PA and publicity, any ideas will be appreciated.

Small businesses, entertainers and local charities have all suffered terribly over the past eighteen months we are a community event that reaches the whole area we are keen to offer you an opportunity to improve your profile and your income so please get in touch.

Schools, Brownies, Guides, Cubs and Scouts will just be settling into the new year do please remember we want to hear from you. Can you help with organising on the day? Do you want to bring your choir to entertain? Or do you want to fund raise? Following last months notice I am very pleased

to confirm that we have a majorette team joining us. Don't forget we need someone to sell Christmas Trees and Holly wreaths and Reindeer, could that be you?

Please rest assured that we are keeping up to date with all covid 19 instructions, a full risk assessment will be carried out and all precautions taken to keep you safe on the day.

Put the date in your diary NOW! SUNDAY 5th DECEMBER And pass on information to any interested stall holders. please continue to call me Kate I 01305 839747 or contact me on katywheller@gmail.com or pop into the Club and leave a message.

Library News - Wild World Heroes success in Dorset

What an amazing summer the children of Dorset have had. All of our libraries have been running the Summer Reading Challenge, and this year the theme was Wild World Heroes.

We had a record 784 new members, and over 4500 children who signed up for the challenge, and it was the 6 year old age group that earned the most certificates and medals by reading all 6 books for the challenge.

There was a welcome return for families to live in-person events in libraries. From recycled sculptures with community artist Peter Margerum, getting up close to snakes and spiders with Zoolab, or library stories and crafts, there have been over 50 live events in libraries over the summer, and we'd like to thank all our families for visiting our libraries to support these events. And what she has discovered about Dorset's black history from past to present. Louisa will share her poetry which is often shaped by her experiences. Tickets available now.

We urgently need distributors for the Register Magazine in Osmington

Join other happy people earning extra money and keeping fit by delivering the Register magazine to Osmington and Osmington Mills.

There are no age restrictions (apart from the legal requirement to be 14 years or over) - all ages are welcome as long as you're reasonably fit and healthy, or looking to get fitter and healthier! and are honest and reliable.

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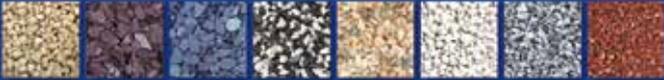


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