

Register

Magazine

Issue No 370 February 2022



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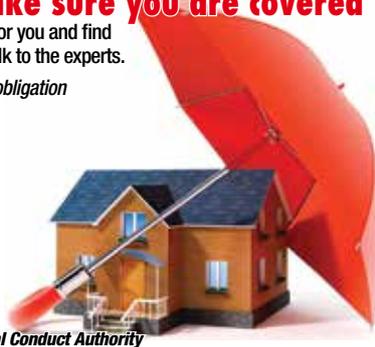
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Photo: *Iain Ross*

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 01305 784649.

Email info@parishofwykeregis.org.uk

Radipole & Southill Horticultural Society

The society will be holding its next meeting at the Southill Community Centre on Tuesday 8th February starting at 7.30pm when local florist and floral designer Denise Jones will be giving a floral demonstration.

The meeting is open to members and non-members and refreshments will be available. Further information can be obtained on 01305 788939.

South Dorset Family History

The February meeting of the South Dorset branch of The Somerset & Dorset Family History Society will be on 18th Friday of the month.

The talk is entitled 'Underground Dorchester' and will be presented by a former mayor of the town, David Taylor.

As usual, it will be held at the St Aldhelm's Church Centre, Spa Road, Radipole. Tea or coffee will be served from 2.55pm, followed by the talk. Admission will be £2.

For more information call John on 01305 776008 or 07532 212164.

and contributed to this worthwhile cause.

More info can be found at: www.portlandfoodbank.co.uk For our latest news please visit our Facebook site: Portland food bank on Facebook.

To contact a member of the team email: portlandfoodbank@gmail.com alternatively call 01305 824381.

Royal Manor Theatre
Firstly, from all of the Theatre crew, a hearty Happy New Year! It has been another interesting 12 months, but we have soldiered on, and gave everyone on the island a few moments of magic in 2021. As we enter 2022, we have a lot planned for your entertainment and enjoyment!

In January, we have a showing of a truly fascinating documentary film.

Lawrence: After Arabia, tells the story of the last year of the life of the 20th century hero, T E Lawrence - Lawrence of Arabia. With a VoiceOver performance from current Succession legend, Brian Cox, it has been shown across the world and has garnered many awards in the process. Lawrence: After Arabia is showing at the Theatre on 24th January, at 7.30pm and tickets are available via EventBrite. See the Royal Manor Theatre website or Facebook for more information on obtaining a ticket, or search online for the Portland screening.

In February we herald the welcome return of our Pantomime! Alice in Portland is our grandest performance ever, with a script by Jo Mackay, and stunning costumes from Sandra Fretwell and her team. This production has been a long time in the making and shouldn't be missed!

Alice wakes after a deep sleep to find herself in a strange place inhabited by the weirdest of characters. On discovering she is the prime suspect in the theft of a valuable jewel, Alice leads the Mad Hatter, March Hare and the double trouble twins, Tweedle Dee and Tweedle Dum in a quest to prove her innocence. Alice ventures the length and breadth of Portland and meets curious characters and wondrous animals ending with a trial at the castle!

Performances are on 4th, 5th and 6th February with 7.30pm performance on Friday and Saturday, and 2.30pm

Local news

Pro-Am Bowls Tournament

Wellworthy Sports and Social Club Indoor Bowls Section, situated in Dumbarton Road DT4 9BY, overlooking Portland Harbour, is running a Pro-Am Bowls tournament over the weekend of 29th & 30th January.

Anyone living in or around the Weymouth area with an interest in Bowls, but who is not already a member of a Bowls Club, is welcome to enter. We will pair you with an existing Wellworthy Indoor Bowls member and you will have a chance of winning a set of bowls and a cash prize of up to £100. All enquiries should be made to: Dave Clark, Wellworthy Indoor Bowls Secretary, telephone 01305 774348.

Parish Church in Wyke Regis; All Saints and St Edmunds Churches

All Saints Church on Portland Road, Wyke Regis is open for the following:- (participants are recommended to wear facemasks when moving around and use hand sanitiser)

Sundays 9.30 am: Sung Holy Communion followed by coffee.

Wednesdays 10.3am Holy Communion followed by coffee, normally.

All Saints Church is now open for vis-

its and private prayer from 10am to 12 noon on Monday, Wednesday, Friday and Saturday. Please call in.

St Edmunds Church, Lane House Rocks Road.

Sunday 11am Holy Communion Service every fortnight alternating with Service of the Word led by Lay Ministers.

Tuesdays 5pm - 6pm. A quiet evening service with reflections and prayers can be shared live, or watched later, using the links below.

Wednesdays 1pm - Mother and Toddlers group is held at St Edmund's Church in term time, with Toddlers Praise on the first Wednesday of the month.

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/>

In addition to the livestream service the parish also runs a live local news programme at 6pm and a quiz at

Slimming World Help Local Foodbank

Wyke And Portland Slimming World members have been collecting for the local food Bank at Portland.

Karen miller and her amazing members from Portland and Wyke slimming groups collected a various selection of gifts and food and donated to Portland food bank.

Rosemarie Husain popped in to collect the donations for this worthwhile charity which serves our community. The food bank is much needed all year round but particularly at this time of the year when Christmas can be extremely to those less fortunate. A huge thank you to all who supported



matinee performances on Saturday and Sunday.

Alice in Portland tickets can be purchased from the website, Cards 'n' Celebrations, Royal Portland Arms, Vintage 7, or via the box office on 0333 6663366. Ticket prices are Adults £8, Seniors £7 and Children £6 and are available now!

Further on, in March, we have an Arts Reach performance from Townsend Productions. 'Yes! Yes! UCS!' is a celebration of the community solidarity and collective resistance inspired and led by Upper Clyde Shipbuilders' shop stewards Jimmy Reid and Jimmy Airlie, attracting national and international support that led to victory in the fight for Right to Work. Touring Dorset with Artsreach. Suitable 8+ Yes, Yes, UCS is on 18th March, 7.30pm and tickets are available via the Royal Manor Theatre box office.

Finally, we have a lot of plans for 2022, including the return of our short-form performances in summer and a full production of a fabulously funny play later, with more details coming soon! We hope to see you soon, and remember, there is always a place for you at the Theatre.

Lions Club Donates £500 to Foodbanks

Weymouth & Portland Lions Club President Kevin Brookes dropped in unannounced on volunteers in Littlemoor this morning to bring a little Christmas cheer and handed over a donation of £500 to Weymouth Foodbank on behalf of the club. A further donation of £500 has also been sent to Portland foodbank.

Club President Kevin Brookes said, 'Christmas is always such a difficult time for some families, who sadly still must rely on our foodbanks for help. The last couple of years has been hard enough for us all, but all the local foodbanks in our area have been as busy as ever doing great work. These donations are well deserved.'

Weymouth and Portland Lions have supported local foodbanks in Weymouth and Portland for several years now, making regular donations to assist them in their work. Lions receive donations from the public at some of the Lions organised events such as the Street Busk in July, Beach Motocross in October, the Lions Variety Show

in November, and the ever-popular Christmas Day Harbour Swim in December. All funds raised at these popular events are used to make donations to other organisations and charities throughout the year.

The club was formed in 1969 under the Lions International motto 'We Serve'. Currently there are around 30 members from all walks of life who work to raise money to help those in need in the community.

Most money is spent locally although the club does, in line with all Lions Clubs, contribute to the Lions International Fund which helps to support humanitarian projects throughout the world.

Lions are members of Lions Clubs International, a community service organisation dedicated to the idea that the men and women who live in a community are in the best position to know who needs help.

Crab line recycling scheme approved for Weymouth harbour

A recycling scheme for crab lines is to benefit from £2,000 of funding from Weymouth Town Council.

The money was awarded to Weymouth & Portland Marine Litter Project at last night's Finance & Governance Committee (Wednesday 15th December), to provide five crab line bins around Weymouth's historic harbour.

Cllr David Gray, Chair of Finance & Governance Committee, said: "Crabbing is a popular pastime among families in and around the town, along with the huge number of visitors who flock to our seaside resort each year. The bins will give people a place to deposit their crabbing lines once they are finished for the day, so that these single use plastics can be dismantled and recycled, avoiding landfill or incineration."

'This partnership initiative aims to reduce the amount of plastic pollution produced by this seaside activity and supports Weymouth Town Council's aspiration to make the town a cleaner and greener place to live, work, and visit.'

The council grant will fund part of the project with the group due to raise further money towards the scheme.

Other aims of the project set out in the grant application include:



Highclere Donation to League of Friends. Admin Manager Amanda Wilson, Chief Ranger of Highclere George Pering, Past Chief Ranger Patrick Ward, Matron Westhaven Hospital Helen de Jonge.

- Support Weymouth in reducing the impact of single use plastics.
 - Introduce an interactive QR code promoting the crabbing code and incorporate fun family activities, taking crab welfare into account.
 - Promote the harbour as an eco-friendly, family destination.
 - Promote wooden crab lines to retailers and cut down on single use plastics.
- Successful schemes already run in Looe, Brixham and Chesil beach. Permission has also been gained from Dorset Council.

The Amazing Gala Cruise Quiz Night!

Come on board and join the captain and crew on a cruise themed quiz on Friday 1st April at 7.30pm at Village Hall, Preston, Weymouth.

Including subject and special rounds. Doubling points with joker cards. Lucky ticket winner.

We are asking participants to come dressed for the Captain's Table or as one of the ship's crew or as a pirate! Tickets include a fish & chips supper. Bar Included. Maximum Team Size: 6 Check ticket price with Jane Chandler T: 01305 775829

E: janechandler123@hotmail.com

W: greenhill-gardens.co.uk

Book Early - Our popular Quiz Nights always sell out!

Highclere Donation to League of Friends

At their annual 'Christmas Mince Pie and Coffee Morning' held on 11th December 2021, Highclere Court No 1 donated £1,000 to the League of Friends. The cheque was handed to the Matron of Westhaven Hospital Helen de Jonge by the Chief Ranger of Highclere George Pering.

Helen said that they are currently raising funds to open a palliative care suite on Radipole Ward (Westhaven Community Hospital). Our aim is that this dedicated suite will offer a private and compassionate space for patients at the end of their life which will pro-

vide a homely environment with ensuite facilities, a kitchenette and access to the garden which is carried for by our wonderful team of volunteers. The room will be equipped so that family members can stay over night if they wish. The League of Friends of Weymouth and Portland Hospitals is supporting Westhaven, to raise funds. To date we had raised £8,500 but with your wonderful donation it now stands at £9,500. Can I express how grateful we are to Highclere to receive this kind donation towards our palliative care unit - it means so much to us all.

ZOOM your Mini Panto for 2022

Get your family or friends on Zoom and have your own Mini Panto!

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Eight to choose from.

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T: 01305 768446.

A New Year message from Wyke Regis Society

If you're a WRS member on the internet, you may have a case of minor deja vu reading this! Something strange happened to several emails I sent out early in December, and this, which was intended for the December issue, fell by the wayside, so I have revised it for this month.

I think were all taken aback by the appalling treatment of the Christmas

Continued on page 6



Lions Club Donates £500 to Foodbanks

FRIARY Care

Celebrating Christmas at Friary Care homes



Christmas was a time to send those we love, photos of the great time we had during the Christmas season.



Everyone who has made their home with Friary Care and the staff, took the opportunity of the photo shoot with Chris.

We also took the opportunity to say thank you so much, to all the staff that brought so much good cheer by all their efforts.



We shared our best wishes with each other, our friends and families with all good hopes for

2022



Each month we look forward to sharing our activities with you.

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.



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tree lights just before the Carols in the Square was due to take place. When the new lamps were put in, about 2010, I spoke to the electricians doing it and asked about the "abstraction of electricity" which apparently caused SSE to destroy the lights. He told me that he would put a safe connection in for us to use. I assume that this was actually done and that the claim that there was an HSE problem is not true. If the problem is "abstraction", I am sure (although I haven't been able to poll our members yet) that the WRS would be willing to use some funds to cover the minimal cost of running fairy lights for a month. I hope to hear about contact with SSE's contractors, but so far I am working on what's been reported in the Echo.

It is no surprise that we appear to have finally lost the fight to have the footpath through All Saints registered - although Dorset Council claim that the previous attempt was withdrawn, as I understand it the application was lost in a 7-year bureaucratic pile of paper, much as the Curtis Fields application for town green status was deemed wrongly filled in years later. Any objections to the rejection have to be in before Christmas. There is also a petition on change.org against the proposed 36 houses off Mandeville Road.

We cleared up the War Memorial and the weather was kind for the short service on Remembrance Sunday, where with other local organisations the Society laid a wreath. As well as the fallen, our members were remembering two of our long-standing and invaluable members and friends, who we lost recently - Jay and Margaret Fitzpatrick. I hear that Margaret's funeral at the Crematorium was standing room only! I'm sure Margaret would have been at the recent Elf record attempt, she was a great elf!

Can I make a plea to anyone with a hedge bordering a footpath to make sure it is cut back now the nesting season is over? Many paths in the area force the walker into the road, and

are a real danger to partially sighted pedestrians. Also, to those of us plagued by dog dirt which irresponsible owners fail to clear up, put some chili seeds in oil and run it along the pavement; it sticks in the rain better than chili powder and dogs don't like it. Unfortunately official channels are unable to trace and deal with these unneighbourly people. On the subject of nuisance, Dorset Council should be contacted if you hear noisy fireworks any days other than Guy Fawkes, Diwali or New Year's Eve. Thankfully, firework manufacturers have pledged to reduce the noise, but many people and pets find them deeply upsetting.

Wishing all Wykeites a happy if belated New Year,

Georgina Skipper, Chair, Wyke Regis Society
 contact georgina.s.skipper@gmail.com
 or 01305 761993

Turf cutting ceremony marks work starting on new skatepark

An official turf cutting to mark the beginning of work on Weymouth Town Council's new skatepark and parkour facility was held on Tuesday 4th January.

The first turf was cut on site at The Marsh playing fields with Council Leader David Harris and other Westham councillors present including Gill Taylor and Ryan Hope.

The £358,000 park measures 37.5m by 17.5m and is being built by local skatepark company Maverick. The skatepark will include a wide variety of features to provide opportunities for skaters, BMXers and scooter riders to practise their skills in a space that they have helped design. Alongside the skatepark is a separate bespoke parkour area, for the local free running community.

Council Leader David Harris said: "It's

brilliant to see work starting on the ground to build this fantastic outdoor track for Weymouth's younger residents. Cllrs Ryan Hope, Gill Taylor, Christine James, Alex Fuhrmann and myself, as Westham councillors have worked hard and long for this to happen and so I am delighted the first turf has now been cut.

'The idea behind this was always to create a community space that provides a welcoming and inclusive atmosphere. Once complete, people of all ages and abilities will be encouraged to get on their skateboards, bikes and scooters and enjoy being outdoors and getting active.'

Maverick Director Mark Clogg added: 'Maverick are excited to be working with Weymouth Town Council on this fantastic facility which we know will be very much welcomed by the local riding community who have been working with our designers to ensure that the park meets their needs.'

Designs for the bespoke facility, produced by Maverick, were put out to consultation last summer with an event held at The Marsh. Feedback received from young people has been incorporated into the final plans.

Planning permission for the scheme was approved last November and work is expected to be completed in May 2022.

Finding a local Trading Standards approved trader

Are you worried about rip-offs and rogue traders? If so then Dorset Council Trading Standards can help identify reliable workers for the job you need doing.

Businesses across Dorset have signed up to the national 'Buy with Confidence' scheme, giving local people a wide choice of established traders committed to fair trading and good customer service. This helps protect you as a consumer of goods and services and it helps support reputable local.

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of work from plumbing and decorating, to car servicing and gardening, from local business all over the County and beyond.

Our members have been visited in person and audited by Trading Standards officers to make sure they comply with consumer protection laws and more recently with modern day slavery requirements for the added confidence that vulnerable workers are not being hired to undertake work for you.

We take customer references and make sure complaint procedures are in place if needed. In addition, criminal records checks are undertaken for staff who work in or around your home.

It doesn't stop there! Once a business joins 'Buy with Confidence' they are monitored by Trading Standards through customer feedback, complaint monitoring and every three years are re-visited for another audit.

We would always encourage you to choose a Dorset based trader. However, as the 'Buy with Confidence' scheme is also run by all our neighbouring local authorities, then the pool of Trading Standards approved traders is much greater than just those who are Dorset Council approved.

Other trader approval schemes are available but remember, only 'Buy with Confidence' has this level of Trading Standards approval and access to a nationwide database of complaints made by consumers so we can truly vet them.



To find a Trading Standards approved 'Buy with Confidence' trader. Visit the national 'Buy with Confidence' website at www.buywithconfidence.gov.uk where you can search for local traders around your postcode. Alternatively call the Citizens Advice consumer helpline who can search for you on 0808 2281133.



Turf cutting for skate park. l-r: Council Leader David Harris with Ian Jennings, George Burras and Russ Holbert from Maverick, and councillors Gill Taylor and Ryan Hope.



Thank you to Weymouth's parks and gardens volunteers

As another busy year in Weymouth's parks and gardens draws to a close, Weymouth Town Council says a big 'Thank you!' to all the volunteers who have helped out in 2021.

Weymouth's green spaces have been busier than ever during the pandemic, with people appreciating them as a place to relax, exercise and socialise, so support from volunteers has been more essential than ever this year.

One of the council's regular volunteer groups is the diligent Dorset Volunteer Centre's 'Green Fingers Group', who garden in St John's Gardens just off the Dorchester Road. The Green Fingers volunteers regularly tend an area of the gardens, growing a fantastic range of plants and fruit and vegetables. They have even created a new wildflower area to encourage bees and other pollinators. Weymouth College have also been out assisting with general upkeep in these gardens, with students painting fences and weeding the rose beds.

Siobhan Davis from Dorset Volunteer Centre said: 'Local residents are welcome to take any vegetables or fruit grown in St. John's Gardens. We also encourage families with young children to come and say hello to the volunteers – the group is equally made up of people with learning disabilities and members of the local community enabling them.'

Another fantastic group of volunteers maintain The Peace Gardens on the Nothe. This group works every Saturday to ensure this special walled garden is beautifully kept.

Most of Weymouth's parks and gardens have active Friends' groups – volunteers who carry out a range of activities ranging from organising events and fundraising to carrying out practical work around the gardens.

Cllr Colin Huckle, Mayor of Weymouth Town Council, said: "We are fortunate in Weymouth to have such a wonderful network of green spaces, from the award-winning formal gardens at Sandsfoot and Greenhill, to wilder

areas such as Lodmoor Country Park with many more in between. However, what really makes them special and brings them to life is the volunteers that use and support them

'A big thank you to all those who have supported Weymouth Town Council's parks and gardens over the last year. Your enthusiasm is greatly appreciated.'

Joining a Friends' Group is a great way to support your local park, meet new people and get involved in different activities.

The Friends of the Nothe group will be restarting in the New Year, so if you're looking for a new volunteering role in 2022, please get in touch. New members are also needed for the Friends of the Marsh group. However, all the groups welcome new members so if you would like to join one, please contact parks@weymouthtowncouncil.gov.uk.

Our 90kg Rice Challenge

In mid February we shall be launching our 90kg rice challenge. The shop will be filled with 90 1kg bags of both white and brown Kilombero rice at £3 a bag and our aim is to sell them all by the end of Fairtrade Fortnight on March 6th.

A bag of rice can change a life – one bag at a time. The significance of 90kg is that is the amount a farmer in Malawi has to sell to provide a sustainable income to allow them to send a child to secondary school for a year.

This could be a wonderful education and community engagement project to get involved with so if you are part of a school, church or community group and are interested in finding out more about it please get in touch. The challenge provides opportunities to think about many important issues including fair trade, sustainability, social enterprise and global citizenship as well as climate change which is having a drastic impact on the farmers of Malawi.

Continued on page 9



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Saturday 19th February
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Thur 24th / Fri 25th / Sat 26th March
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Local news

Continued from page 7

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When we order the rice we shall also receive a Challenge Education Pack. One for schools and one for churches, with plenty of information, lesson plans (or sermon outlines and prayers), ideas, promotional materials, recipes and activities to teach participants about fair trade, so there will be plenty of support if you would like to get involved. Alternatively, come along to the shop to buy your bag of rice – it will only take 90 of you to buy a bag and our challenge will be complete!

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 10.00 – 4.00.

Sutton Poyntz Victorian Street Fayre

Sunday 3rd July

The villagers of Sutton Poyntz for many years have welcomed visitors to enjoy a day at the Fayre - and 2022 will be no exception. Villagers and stallholders will be dressed in period costume to share the fun of the stalls, traditional dancing, music, pastimes, sideshows and local arts and crafts. A highlight all day will be live music on two stages. Parking is free and entry is £4 per per-

son with no charge for children under 14, making the Sutton Poyntz Street Fayre a wonderful day for all the family to enjoy.

Preston Village Market Saturday 5th February, St Andrew's Church Rooms, Church Road, Preston.

This is our first market of the year. We will be selling many Crafts including jewellery and cards. Also on sale will be delicious edibles and preserves, eggs and produce. There will also be a plant stall, Traidcraft and much more. There will be refreshments on offer. Free entry but donations to our chosen charities would be gratefully received.

This time we will be raising funds for Christians Against Poverty (CAP) Providing free debt help; run with local Churches and St Andrew's Church Funds.

Programme of cycleway repairs to get underway

Dorset Highways will be starting a programme of cycleway repairs in the New Year, to support active travel in the Weymouth area.

two images of cycleway damage, one showing longitudinal cracking Examples of the damage needing repair

Many of the sites are suffering from extensive cracking, deformation and subsidence – with longitudinal defects posing a particular problem for cyclists, where wheels could get caught in the gaps.

The programme of proactive repairs will start in January and run through to the end of March.

From 10th January to 1st February the shared-use path alongside Weymouth Rugby Club, behind Symonds Close, will be closed. Work includes installing a root protection system for the trees,

to stop them pushing up the surface of the path, before resurfacing the area. A gravel section between the rugby club and Lodmoor Country Park will also be upgraded.

On 27th, 28th and 31st January, Radpole Park Drive will be closed to cars, pedestrians and cyclists between 9am and 4pm for the cycleway to be resurfaced, which is in poor condition, and the markings refreshed.

From 28th January to 17th February the Preston Beach Road footpath and cycleway next to the nature reserve will be closed 24-hours-a-day. The section between the household recycling centre and Overcombe Corner is being resurfaced, and the section from the HRC to the skate park is being widened and resurfaced.

In addition to the repairs, a 400m circular section of the Weymouth Park and Ride overflow site will have drainage improved and be given a fresh surface to create an informal running track.

This area is already used by local runners, as well as families teaching children to ride their bikes, and the new surface will keep it in good condition for the benefit of the local community. Other sites scheduled for repairs in 2022 also include:

Cycleway around the back of Weymouth Swimming Pool
National Cycleway Network (NCN) railway between Maiden Newton Station and Chilfrome Lane
NCN route from Lower Lewell to Wool

Weymouth Relief Road cycleway sections
cycleway ramp from Spa Road onto Weymouth Way cycleway
Rodwell Trail sections
Clearance of encroaching verges will also improve access along the Chickerell Link Road cycleway and along the cycleways on Monkton Hill and Stinsford Hill.

Name: Helen Legg

Email: Healthwalks@weymouthtown-council.gov.uk

Tel: 01305 239314 or 01305 239839.

Wyke Regis WI

December was a busy and enjoyable time for us. First our very successful handicrafts stall at the iconic Wyke Christmas Fayre. Then our singers group gave two much appreciated Christmas concerts.

We ended the year with a fun-filled quiz and games night at our monthly meeting, rounded off by our very own version of the 12 days of Christmas. A good time was had by all.

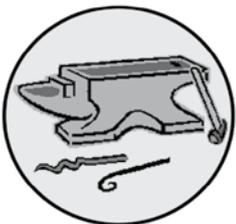
In light of the big increase in Covid cases we reluctantly decided to cancel January and February coffee mornings and the January monthly meeting but our interest/activity groups continue to meet. We will keep the position under review in the light of government

Continued on page 11



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guidance - keep an eye on our website and Facebook page for updates on meetings and activities.

www.wykeregiswi.org.uk
www.facebook.com/wykeregiswi
Phone 07719312901
Email: secretary@wykeregiswi.org.uk

Concerts

Concerts at Weymouth Bay Methodist Church.

Saturday 26th February at 7.30pm, Bridport Big Band.

Saturday 12th March at 7.30pm, Memphios Jazz.

Tickets £9 in advance from Pete 01305812637 or on door £10.

Health Walks

A health walk is a free, short and regular guided walk that lasts between ten to ninety minutes for people of all abilities, especially for those who would like to get more active.

Walking is the perfect activity to improve your health and wellbeing. You can start slowly and build your fitness gently, at a pace that is comfortable for you. If you are looking to get more

active and would like to walk in the company of others, then a health walk could be for you!

Specially trained volunteer health walk leaders are on hand to welcome you with a friendly smile, provide encouragement and support you throughout the walk.

With so many beautiful parks, green spaces, towns and villages waiting to be explored in Dorset, these community walks give you the opportunity to discover new places, a great way to meet new people and the chance for a social cuppa afterwards.

Dorset Health Walks are an accredited scheme run in partnership with The Ramblers Wellbeing Walks.

Weymouth and Portland Health Walks

There are two health walks in Weymouth which are mostly flat.

The route taken on the day is agreed at the beginning of the walk and is dependent on the ability and preference of those attending. All abilities are welcome and the walk can stretch out to different paces. There is no pressure and no one is ever left behind as the pace of the walk is dictated by the rear walker. Our walks last approximately 45 minutes.

Timetable of walks

Town/village	Meeting place	Type of walk	Day	Time
Weymouth	Meet between the Jubilee Clock and Prom Cafe at the advertising drum	We walk along the Promenade towards Greenhill Gardens (where there is an incline into the gardens) or the Stone Pier and return to the beginning.	Thursdays	10.30am
Weymouth	To the right of the entrance to the Swannery car park	We walk either through Radipole Gardens, around the Radipole Lake Nature Reserve (which involves gravel pathways) or the inner Harbour.	Fridays	10.30am
Portland	Meet at Easton Square Gardens	A nice gentle walk around the area for about 40 minutes	Mondays	10.30am

Health questionnaire

If you are a new walker to the health walk scheme, we ask that you complete an annual Physical Activity Readiness Questionnaire on arrival. Please allow an extra 10 minutes to complete the form. We ask you to complete this once a year or if your health condition changes.

Weymouth and Portland Health Walks

Your councillor update Weymouth Town Council

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

50/60 years ago letters franked at the Weymouth sorting office read 'Weymouth - on the sunny south coast' and it was. I don't remember days of excessive storm force gales, or rain or apart from 46/47 and 62/63 and mid 80s the town cut off with snow. Rare was it that the heat was so excessive that you couldn't sleep at night. The sand would blow on to the Prom and along St Mary's Street but not for days on end. And there were occasional floods. Now all these climate events are commonplace and will I suspect become more so. Yet there are people who will not acknowledge that the climate throughout the world is changing and that we must do all we can to protect our fragile and beautiful planet.

Both Dorset Council and Weymouth Town Council have created a climate change agenda, both agreeing that we must reduce our carbon footprint. One of Dorset Council (Weymouth Town Council, too) initiatives is that they will try to install PV photovoltaic panels on all properties in their ownership.

Not all will be suitable, not all will be possible. But a team of professionals have been tasked with achieving the targets. PV panels make a small but significant contribution to the provision of energy. Dorset is a rural county with a higher than average number of listed properties, conservation areas and AONBs and a very strong and important heritage. If our default position is that we will not change anything - no double glazing, no solar panels or wind turbines or air source heat pumps we cannot achieve our aims. Of course, we should and must protect our heritage and history but not at the expense of all else. We have

a duty to protect our children's future. This week the Western and Southern Planning Committee of DC on which I sit was presented with planning applications to install PV panels on two rural schools. Both listed, both beautiful. One application had been reduced considerably by conservation officers, one recommended for refusal. For one there were no local objections at all. I recommended that both should be approved and I am pleased that my colleagues agreed with me. One day, maybe soon, better ways will be found to create electricity than arrays of solar panels or wind turbines. When that happens, by all means remove these devices. There are measures that can be justified and do not cause irreparable harm to the environment or the environs and in these cases I will support alternative energy provision.

Please continue to remember our food banks when you are doing your shopping there are collection points in many supermarkets. The numbers within our community who still need are high and with soaring fuel costs are likely to become higher. Despite Covid 19, with its new variants remaining a very real threat the government has decided that Councils should resume face to face meetings. Meetings will continue to be recorded and streamed live so do attend in that way if you wish and if you do want to ask a question or make a statement contact the clerks who will help you to do this without attending in person if you prefer.

Continue to keep an eye on your neighbours, loneliness and isolation remain a problem.

Remember too, it is not just the elderly or those living alone who are vulnerable. Many families live away from their wider family network, with children playing outside less and less, our children and young families are vulnerable too. It takes a community to bring up a child; if you have concerns about any child known to you make those concerns known and persist if you are not listened to. I am always happy for you to contact me.

Have you ever considered becoming a foster parent? We don't all have the skills but if you think this might be a role you can fulfil do please contact the fostering service at Dorset Council. We have a strong network of experienced carers in place to offer support,

Continued on page 16



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Whitehead Torpedoes - Austria, Bismarck and The Sound of Music

Robert Whitehead's claim to fame is that he invented the world's first reliable torpedo. So robust was his creation that it came close to causing the defeat of Great Britain in two world wars at the hands of Germany's deadly U-Boats.

Robert Whitehead was born in Bolton in 1823. After grammar school he became an apprentice engineer. Once qualified, he went to work in Europe, ending up in Milan where he devised machinery for producing textiles.

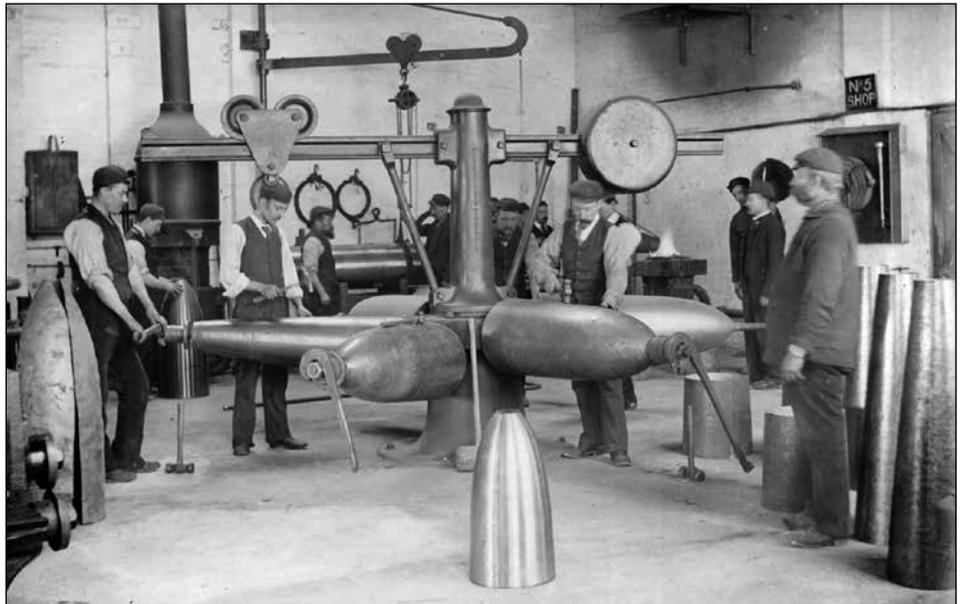
Next he moved to Trieste in the Adriatic and joined a company that built marine steam engines. At the time Trieste was part of the Austro-Hungarian Empire that allowed land-locked Austria access to the sea. A retired Austrian Navy captain, Giovanni Lupis, had hit on the idea of constructing a floating metal tube that when filled with explosives could be launched from the shore and aimed at a ship. It was really more of a mine as it lacked true propulsive power. Whitehead took this idea and worked on it. In 1866 he completed his prototype torpedo.

In 1868 the Austrian Navy placed the first order for torpedoes. Whitehead shrewdly held on to all of his copyrights and patents thus ensuring he would soon become fabulously rich as other nations rushed to acquire their own supply of the new weapons.

In 1869 Robert's daughter Alice married Count Georg Hoyos, an aristocrat with links to the Hapsburg family. He too was also very well off and invested in the Whitehead torpedo business. Before this an 18-inch torpedo had been successfully demonstrated to the Royal Navy, but the Admiralty insisted that the torpedoes must be manufactured in Britain. Whitehead selected Wyke Regis as the site for his factory in 1891. Admiral of the Fleet William May later observed: 'But for Whitehead's torpedoes, the submarine would have remained an interesting toy, and little more.'

Robert died in 1905 and left his fortune to his granddaughter Agatha, she was asked to 'christen' the Austrian submarine SMU-5, on 10th February 1909. This was where she met the submarine's commander, Captain Georg von Trapp, the pair fell in love and married in 1912 and went on to have seven children. In World War I, von Trapp was lauded as an Austrian naval hero as his submarine's torpedoes had sank eleven Allied ships, six of them British. The end of the war saw the collapse of the Austro-Hungarian Empire and Austria lost her access to the Adriatic. With his navy defunct, von Trapp's maritime career was ended.

After his wife Agatha's death from scarlet fever in



1922, von Trapp hired Maria Augusta Kutschera a 22-year-old postulant nun to tutor one of his daughters. He married Maria in 1927 and the new ensemble went on to achieve fame as the von Trapp Family Singers. The musical *The Sound of Music* is the semi-fictional story of their flight from Nazi-controlled Austria. This is based on Maria's 1949 memoir *The Story of the Trapp Family Singers* which was adapted into the West German film *The Trapp Family* (1956), and went on to form the basis for the Rodgers and Hammerstein musical *The Sound of Music* (1959) and the film adaptation directed by Robert Wise in 1965.

Another granddaughter of Robert Whitehead, Marguerite Hoyos, married Herbert von Bismarck, son



1965 poster of *The Sound of Music*



Georg von Trapp on the bridge of the Austrian submarine SMU-5.

of the German 'Iron Chancellor'. It is a peculiar coincidence that Adolf Hitler was to name the greatest battleship in the resurgent German navy after the statesman Bismarck. Peculiar because in May 1941 the *Bismarck* met its nemesis when a Whitehead torpedo from a Fairey Swordfish bi-plane flying off the aircraft carrier *Ark Royal* knocked out the ship's steering system, the crippled *Bismarck* was subsequently sunk by Royal Navy gunfire.



Lieutenant Georg Ritter von Trapp and Agathe Whitehead about 1910



Above and top: Workmen assembling torpedoes in Whitehead's torpedo factory at Wyke Regis which was opened in 1891.



The Ridgeway Churches



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

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Worship and information is available at www.ridgeway.org.uk

Normal Sunday worship in church buildings [masks must be worn, and QR scanned by compatible mobiles]

- 8.00am St Osmond, 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 Osmond, Osmington (2nd/4th/5th)
11.00am St Laurence, Upwey
4.00pm St Nicholas, Buckland Rippers
7.30pm St Andrew, Preston (Worship by candlelight every Tuesday)

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 Osmond, 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

StJACES to grow in faith

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: 07387 118300 osmingtonhallbookings@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.

Letters

Views and opinions expressed by contributors are not necessarily those of the publishers. We reserve the right to edit submissions if appropriate.

Dear Editor

Redlands Sports Hub

Last chance saloon or is it, I am sure most have heard that Redlands Sports Hub is changing as we know it. The current lease holders Weymouth College are giving up the management of the complex due to running costs.

It is the only facility like it in Weymouth but it is not Weymouth Town Council that will make the decision it is Dorset County Council and guess what, it looks like decisions have already been made if statements made at a Weymouth Council Services Committee Meeting on 1st December this year are anything to go by:-

"Item 16. Redlands Community Sports Hub

Weymouth College have recently announced that they will cease running Redlands Community Sport Hub as of July 2022 due to the anticipated future financial commitments needed to keep the site running. The college and Dorset Council have conducted a leisure capacity review to identify local leisure facilities for the re-provision of current indoor sports from Redlands. The future of the building is not certain but the site could be used for housing. Current clubs and users of the site have been informed of this. Talks are being held between Dorset

Council as the landlord, and possible organisations to take over the running of the outdoor facility, this includes Active Dorset, a local charity, who are keen to take on the site.

Recommendations

WTC request that DC officers and the cabinet brief holder attend a briefing session for all councillors to:

- Discuss why WTC was not involved in the decision making to close Redlands Sports Hall, and how we can work better together in the future
- Share the data they used to determine this course of action to enable a shared understanding
- Confirm how the building of at least 350 new houses (possibly 500) within half a mile of the site and the work just beginning on 'Building stronger communities' was included in the evaluation.

AS can be seen Weymouth Council have not been consulted on any actions. Once this valuable complex is lost it will never be replaced so please contact your Councillors both Town and County before it is too late.

When it's gone it's gone. The alternative could be flats or a housing estate.

Alec Asker
Wyke Regis
Weymouth

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

Please send to the Wyke Register,
55 Overcombe Drive, Preston, Weymouth, DT3 6QF
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01305 833900

or email:

info@registermagazine.co.uk



How do you say that?

Here are two more words that can sound the same but mean something completely different.

Formerly - means something that used to be true and isn't any more. On the same lines, nee (pronounced neigh) shows a maiden name, essential if you're doing your family tree. Erstwhile and ancient can be used to mean former - and there is a great Margery Allingham story hinging on the difference between 'the Rectory' and 'the Old Rectory'. In house names, 'old' always seems to mean it's now being used for something else. 'Old-fashioned' is an interesting word. In the Fifties it was still being used in what seemed to be its Victorian sense of 'aged before its time', so an old-fashioned child was one who behaved like an older person. Nowadays it just means that something appears old, and is used of old and new things. Formally - means in a formal way, as in 'good form', what is expected in society. We have all become fairly informal over the last couple of years, although there is still no sign of pyjamas becoming acceptable to wear in the street! Perhaps it all depends on the pyjamas.

GS



The burning question of the moment must be "What's new"? Apart that is from the number of the year now being 2022. I will start with the story about a journalist, writing in one of the glossy Sunday magazines, who was wondering where she could buy a 'statement' jumper. But don't ask because I don't know what that means. She was bemoaning the fact that designer sweaters cost £300 or more, and that her budget was only - only? - £100.

I have some advice that might help. When winter arrives I wear, in regular rotation, one of my four Welsh rugby shirts, all bright red with the famous logo of the Three Feathers and motto Ich Dien. I have gradually acquired them over the last 50 years and though they are, like me, just a little faded, they are stylish, warm and inexpensive. My In-house Adviser has considerable reservations about describing them as stylish – her exact words are "Since when has any rugby shirt been stylish?" – or warm – "They've been washed so many times they're threadbare" but she agrees with inexpensive, as she says they look "cheap." But they certainly make a statement.

They indicate very clearly that the Welsh Rugby Union Team won the Six Nations Rugby Tournament early in 2021. Hence they are, and will remain, reigning champions until the first match of the 2022 competition starts in a few weeks' time. I am sure that you knew this already, as does everyone throughout universe. Except perhaps my In-house Adviser, who is somewhat unimpressed with sport of all varieties. But it wasn't always thus. In our court-ing days we attended many an inter-national match in the wonderful old Cardiff Arms Park stadium. Who said I wasn't romantic? You were admitted to the terraces for five bob (25 pence in today's money) and at the back there was a low wall ideal for young ladies to stand on to get a better view of the ac-tion over the heads of the crowd. And we sang. None of this piped music over

the tannoy system like today. 70,000 voices would join in to run through a repertoire of fine old Welsh hymns and arias. The singing crowd back then was said to be worth a six-point start for the Welsh team.

Those were glorious days but now my In-house Adviser and I have a slight di-vergence of opinion. I consider that my passion for rugby reflects an interest in one of the finer things in life, while she considers it an unhealthy obses-sion. But I digress, for this started with "What's new" and so far it's mainly been about what's old. And talking of what's old, like me you have probably come to terms with being overlooked in the News Years Honours list yet again. Now-adays it seems to include quite a lot of minor celebrities, civil servants just do-ing their jobs or wealthy people who have contributed money to something obscure, Fewer decent, kindly and sym-pathetic people like you and me now get a mention.

Next year we must organise an Over the Hill Honours list. During October you can send me your nominations for an award to recognise someone who has really had a beneficial effect on the lives of those around them.

But I digress again. Continuing to other serious matters. You will have been ab-solutely delighted at the latest news that Homei Miyashita, a Japanese assis-tant professor at a Tokyo university, has designed a television set with – wait for it, and make sure you are sitting down for the shock will be great – with a lickable screen so that you can taste items that are displayed. This must be exactly what your life has been lacking. The TTTV (Taste The TV) set generates flavours via ten cannisters which spray the result onto a roll of disposable film carried to the screen for viewers, or in this case lickers, to enjoy.

Homei – he can call me Chris – says that TTTV will allow people to enjoy the experience of eating out at a res-taurant while actually staying at home. You couldn't make it up, and I haven't! Though there might be one or two tiny

flaws in his wonderful invention. Firstly, if you have the family around for din-ner then your kitchen will be pretty full of televisions, as sharing would be just a bit unhygienic. Secondly, after a few weeks of eating nothing and only licking a screen you could be at risk of starvation. Homei predicts that in mass production the TTTVs will cost about 10,000 yen, which we all know is a mere £650. Personally, I will wait until the first mobile phone version is produced, with a gin and tonic flavour.

Talking of electric cars, Grandson George bought one some time ago. He finds it an ideal low cost, but speedy transport in which to travel around Dorset visiting patients. He never has to travel too far and can charge it over-night with no problem. I was listening to BBC Radio Four recently, which I mention specifically to demonstrate my highbrow intellect. Anyway, people

were phoning in to the programme to describe their experiences of electric car journeys. One lady went to visit her family over the Christmas holidays, who live about 150 miles away. On the way back she needed to top up the battery, but every charging point on the mo-torway was out of action. Eventually she had to book into the equivalent of a Premier Inn for the night and charge her car via an extra-long cable (which, being of the same practical mind as my In-house Adviser, she thoughtfully car-ried with her) out through the window of her hotel room. So to address the question I started with, "What's new?" the answer is quite a lot, but not all of it sensible, desirable or useful. Which I suppose might be close to my In-house Adviser's opinion of my red rugby shirts.

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guidance and friendship.

Weymouth and Portland District Scouts is a very strong presence locally with a waiting list of young people wanting to join and take part in all the fun and challenges the scouts offer. If you think you would like to help with this great movement, even if you only have a couple of hours free a month, please get in touch. You will find the experience very rewarding.

Finally, I am redoubling my efforts to re-establish The Friends of Wyke Gardens and to find a few volunteers to take over responsibilities for the garden troughs in Wyke Square. If you are interested, please get in touch with me.

Inconsiderate dog owners not clearing up after their pets has always been a problem, although I hasten to add that it is minority of dog owners but during the pandemic humans defecating in public spaces also became a problem. I am aware there are fewer public conveniences available now than there once were but this really is unacceptable behaviour. Some years ago I initiated a scheme of local shops allowing the public to use their facilities. I will look into doing some work on this.

I am aware that not all the ward receives 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. I rarely check Facebook or pick up from messenger. Please stay safe – hands – face – space.

God Bless. Kate
Cllr Kate Wheller.

Portland Hospital Update from Portland Hospital Development Group

Everyone has likely heard that the Minor Injuries Unit/Treatment Centre has been temporarily closed due to Covid staff shortages. Staff are being asked to work at other MIU's in Dorset. A review will take place in March. We've been told that Outpatient Services are still running, and we continue to encourage people living on Portland and in South Weymouth to ask to be seen at Portland Hospital where possible. They often have shorter waiting times, and this will go a long way in demonstrating that the Hospital is used and valuable. Thank you.

Outpatients Services are:

- Physiotherapy
- Child and Adolescent Mental Health
- Steps to Wellbeing Clinics
- Podiatry
- Memory Clinics
- Falls Clinic
- Heart Failure Clinic
- MS Clinic
- Muscular Skeletal
- Citizens Advice Clinics

Other Services at the Hospital

- Breast Screening Service - planned to move from Weymouth to Portland in March
 - Dietetic Service – GP's working with Dorchester Hospital to base service here for Portland and Weymouth patients
 - District/Community nurses based here
- The Day Centre run by Tricuro/Connect also had to close temporarily in January due to staff illness, but they say will be open again as soon as they can.

X-ray – we continue to engage with

Continued on page 23

A Nostalgic Armchair Visit to Wyke Regis

This article was written by the late Sqn Ldr R Wood, of Stamford, Lincs and was originally published in the Wyke Register No 21 in January 1993.

Oh! I remember well! At least I feel sure that I remember well, my days as a schoolboy and a teenager. (We didn't really have teenagers in our young days). The Wyke that I recall probably bears little resemblance to the Wyke of today, but it is the Wyke of my memories that I cherish and love so well.

I well remember, as a lad of seven plus, writing the date in the top left hand of the page in my class exercise book (as was our won't in those days) and it was 22-1-22. (NB that is 1922, ed) Isn't it strange how little things stick in ones mind? Our school days were spent at the Wyke Regis (C of E) mixed school, at the end of Victoria Road. Our Headmaster was Mr A B Russ, who was also our choirmaster and organist at 'All Saints Church'. During the whole period of these reflections, the rector of All Saints Church was the Rev E de B Thurston though I recall that we had several different curates, amongst whom were the Rev East and the Rev Evans.

I well remember the choir suppers that were laid on in the Memorial Hall, around the Advent period, and the menu never changed, it was always sausage and mash, plus of course the inevitable jelly and trifle. We really did enjoy those suppers. On Easter morning the choir would emerge from the Vestry in their freshly laundered and starched surpluses, and I am certain that they, the surpluses, only had an annual wash. I could be wrong, the memory does play tricks sometimes, but that is as I recall. Choir practise was on Thursday evenings and we had three services on Sundays. We had the occasional wedding and funeral in addition. I recall that on one occasion when the choir sang at a wedding we were all paid 2s/6d each. (Wealth beyond our dreams). As far as I can recall, I feel pretty certain that nobody else paid the choirboys, but we did all have an apple after choir practise, following Harvest Festival. As well as Mr Russ our headmaster, a few names of teachers comes to mind. There was Mrs Carter, Mr Higgs, Mr Owen, Miss Kathleen Russ, (Headmaster's daughter) and a Miss Randall.

Together with mother, brother and sister, I lived in Parkmead Road, and several names come to mind. Mr Josling kept the farm at the top, Mr Lovall and daughter Louis kept the shop at the top of the road, and there for a penny a week, or when one could afford it, you could save up in the Christmas club, and when the time came, collect a box of assorted gums and pastilles, made by a firm called 'Squirrels'. That feels like at least 100 years ago. There was the Lush family, Fred was a friend of mine, The Ratcliffes (whose daughter played the violin), The Hatchers, Bowrings, Vines, Beazers, Wallis's, Homes, Meagor, Joy, and Camp. At the end of the road the Cheeseman's lived, and they farmed Martlease and operated a local milk round. Elsie Cheeseman I recall was the daughter, and if one collected a pint of milk in the morning it was 11/2d a pint, though the same milk in the afternoon went for 1 1/2d a quart.

I remember that the Wyke garage, situated on the Portland Road, between Sunnyside Road and Williams Avenue, was owned by Maurice Selby. He had two petrol pumps at the time I call to mind. One was for Shell Mex and the second for Pratts petrol. The price was the same from either pump, 11¹/₂d a gallon (that is slightly less than 5p a gallon in today's money). That was also the same price as a packet of 20 Players cigarettes. - happy days. In the 1920s and 30s, inflation had nothing to do with the cost of living, only what happened to ones cycle tyre when you pumped it up.

Inflation, as applied to the cost of living, was non-existent in those days, at least it had not touched Wyke Regis. Currant buns were still 14 for 6d and doughnuts were 7 for 6d, - happy days indeed. I must admit that the days on which my mind is dwelling, Radio, or wireless as it was called in the early days, had not been invented. There is an old saying "What you never had, you never missed". However, we found other ways of getting up to date information, I refer at the moment to the annual Oxford v Cambridge boat race. On the day of the race I would take myself off the Weymouth and stand by the King's Statue to await the result of the race. The Royal Hotel, on the race day, would fly a light blue and a dark blue flag on their two flag-poles. On receipt of the result of the race, by phone, the flag of the losing crew would be hauled down thus announcing to the world at large the result of the race, courtesy of the 'Royal Hotel'. As a Light Blue supporter it was gratifying that Cambridge won every year during that period. It would have been virtually unbelievable if I had been told then, that my youngest son would one day be a Cambridge graduate. In fact that graduation took place 32 years ago. Where does time go?

As ones mind travels down memory lane so many names come to mind. Names like George Durant, Dennis Horsley, Dulcie Horsley, Mary Timmins, Molly Samways, Jack and Dora Hodges, Josie Audrie, and Minnie Rose, George and Henry Munts, Ivy Stone, Mabel Gray, Flo Stone and Garth Munro. Space precludes the listing of more, but to all who are still in the land of the living may I wish you all a very happy 1993, a little late though it may be.

I am sure that those of you who are 80, or thereabouts will nod your heads and say, 'I remember', whilst the younger generation will say 'It's just an old man's dream'. If only they could realise it that, Those were the days!

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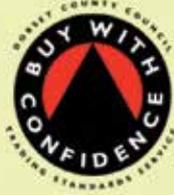
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Organisations

Beachview Community Centre,

Beachview Close, Wyke Regis, DT4 9JA. Bingo, every Saturday, 7pm
Coffee Morning, every Monday, 10am
Home-cooked hot lunches Thursday and Sunday at 12 noon.
Call 01305 750541 to reserve your place. All very welcome.

Blind & Partially Sighted

Wednesdays 1.30pm - 4.00pm
Weymouth Community Safety Centre, Radipole Lane. Bingo/Excursions - Jenny Clift. 01305 787065.

Breathe Well Weymouth

A support group for people with lung problems. Meet 2nd Wednesday of the month. 2.30pm - 4.30pm at The New Fire and Community Centre, Radipole Lane, Weymouth. Details chairman Mike on 07792846463 or 01305 814600.

Christian Spiritualist Church

St John Ambulance Hall, Westway Road, Weymouth. Sunday Services 6pm for 6.15. Spiritual Healing every Friday 2 - 3.30pm. Parking available
www.spiritualistchurchweymouth.com

The Cygnet Group

Third Saturday in the month, St Paul's Church Hall, Abbotsbury Road, 10.00am-12 noon. For more details Eve Hanney 01305 787220 or Joan Savage 01305 820668.

C'Siders - Cancer Support Group

Meetings on the first and third Mondays of the month at the Wyke Smugglers, 76 Portland Road, DT4 9AB from 7.30pm - 9.00pm.
Visit our website at csiders.org, Facebook at www.facebook.com/csiderswp, e-mail info@csiders.org, or contact 07430 695462 for more information.

Dorchester and Weymouth Branch of Epilepsy Action

Coffee and Chat Meetings, Jacksons' Gallery in Fortunswell, Portland every second Thursday 10.30 - 11.30am. Suttons' Coffee Shop, St Albans St, Weymouth. On the 4th Thursday each month

Dorset Kidney Fund

Support for Renal Patients throughout Dorset and South Somerset. For help and information please call Diana Crowder on 01305 834954 or Sue Bithell on 01305 269293.

Friends Of Weymouth Library

FOWL supports and promotes our valuable library service. We hold regular coffee mornings in the library on the first Tuesday of the month, all very welcome 11 - 12.30. Our programme of events such as talks, trips, quizzes and socials raises money for library projects and equipment. More details from the library or 01305 832613.

Friends of Wyke Regis Library

Share views on the books you have read recently, join the book club or just catch up with Friends in the Library anytime

between 10.30 - 12.30 on the last Monday of each month.

Hardy Quilters

Patchwork and sewing group. Fourth Monday of month 10am - 1pm. Osmington Village Hall, Shortlake Lane, Osmington DT3 6EY. Contact Chantal on 01305 835757

Lip Reading and Communication Skills Weymouth Class

We meet on Mondays in school term time, 12.30 - 2.30pm at The Frank Reynolds Community Centre on the Dorchester Road, Weymouth, DT3 5BY (Broadway). Email: elizabeth.ian.messer@gma

Littlemoor Library

Tues 9.30am - 1.00pm;
2.00pm - 5.00pm.
Wednesday 2.00pm - 5.00pm.
Thursday 2.00pm - 6.30pm.
Fri 2.00pm - 5.00pm.
Saturday 9.30am - 12.30pm

Littlemoor Library

The library holds the following:
Writing Group every Monday at 10.00am.

Library Gets Lively Every Tuesday 11.15 - 12.00 noon.

Reading Group on the second Wednesday in the month 10.30am - 11.30am.

Mulberry Bush Pre-school,

Littlemoor Road. Children from 2 years 9 months, a fun and safe environment in which to learn through play. Monday to Friday 8.45am - 2.45pm. Contact Nicki Saunders
Email: mbpreschool@standrews.dsat.org.uk for more detail. Or just pop in!

Osmington Archery Club

We meet one afternoon a week in the Village Hall throughout the year. Sometimes in better weather in the summer we shoot on private ground at Milborne St Andrew. Please phone 01305 833460 for further details.

Osmington Leisure

Short-Mat Bowls Wednesday evenings (7pm - 9pm), with the exception of the third Wednesday of the month when there is a Whist Drive in the Hall, and Table Tennis is held on Thursday evenings (7.30pm - 9.30pm).

Osmington Lunch Club

The club is now meeting on the third Friday of the month. A two course meal is available with a glass of wine for only £7. Guests arrive at Osmington Village Hall at 12.15 for lunch to be served at 12.30. No washing up just company and chat. Look forward to seeing you there! To book a place phone Fran on 832430 or 07817825527.

Osmington Recorded Music Society

Meets usually 1st and 3rd Monday afternoons, October to April, at Osmington Village Hall, Shortlake Lane, from 2.15pm. Plenty of car parking available. Further details from 01305 262121, or email: heather.foster1@

btinternet.com

Osmington Village Hall

07387 118300 osmingtonhallbookings@gmail.com. www.osmingtonvillagehall.co.uk.

Parish of Wyke Regis, All Saints with St Edmunds

Every Friday
Holy Communion 10.30am
Every Sunday
Holy Communion (said) 8.00am
Holy Communion (sung)* 9.30am
*Family service 1st Sun of the month, Baptisms 2nd Sunday of the month. Toddler Praise, 1st Wed month 2pm. Sunday School, 2nd/3rd Sunday. Rector: Rev Brother Alasdair Kay. Tel 01305 784649
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Preston Pre-school

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Monday - Friday 8.45am to 2.45pm
For more information, phone 07826515321, e-mail prestonpre-school@hotmail.co.uk or simply come and visit us during our opening times.

Preston Table Tennis Club

Wednesdays 7.00pm and 9.00pm, Westfield School, Littlemoor Road. Contact Dave Clegg on 835108.

Preston Reading Group

Is a small, friendly group meeting the first Thursday of every month from 6.30 - 7.30pm at Preston Village Hall. Books provided for discussion following month. Preston Reading Group Ring Marian Martin 01305 833337.

Preston Pantomime Group

Meets every Wednesday, 7.30pm at Preston Village Hall
New members welcome from age 14 upwards
Contact Julie on 832620.

Portland Gig Rowing Club

Meet Osprey Quay for various rowing sessions during the week and weekends and are open to all from 11yrs and over. For more information, www.portlandgigrowingclub.co.uk

Scottish Country Dancing

Thursday 7.30pm - 9.45pm September - May. New dancers welcome anytime. Southill Community Centre, Radipole Lane, Weymouth. DT4 9SF. Details from Judy on 833660.

Somerset & Dorset Railway Trust - Dorchester Area Group

Meets usually last Friday of the month (except August and December) at the Dorset Room, Colliton Club, County Hall, Dorchester, 7.30pm. Further details from 01305 262121, or email: heather.foster1@btinternet.com

South Dorset Caledonian Society

Ceilidh Dance Practice on Monday evenings, 7.45pm - 9.30pm at Willowbed Hall, Chickerell. £2.50 per session, inc tea/coffee. www.southdorsetcaledo-

nians.org, e-mail: sdcsec@gmail.com
South Dorset Group of the Somerset and Dorset Family History Society
St Aldhelms Church Centre Spa Road on the 3rd Friday of the month tea or coffee at 2pm and the talk at 2.30pm. Contact no is John on 01305 776008.

South Dorset Woodcarving Club BWA

Tuesdays, Upwey Old School Village Hall 7- 9 pm
Dave Whiddett 07948502857 or 01305 812064 email: david.whiddett@homecall.co.uk

SSAFA

Pilgrim House, 1 Hope Street, Weymouth, DT4 8TU. (By appointment only)
Urgent enquiries: 01202 742934. Office Number - answerphone: 077 26127 532.

Weymouth Stroke Support Group

Meets at 10.30am for coffee etc on alternate Tuesdays at Weymouth Bay Methodist Church, Melcombe Avenue. Further details from Gerry Barr 07580664210

Weldmar Hospiccare Trust Shops

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

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

10 Hardwick Street. Tel: 777774.
Mon - Sat 9.00am - 5.00pm

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

Weymouth & Portland Holzwickede Twinning Association

Weymouth & Portland Holzwickede Twinning Society hold various social activities in and around the area. All enquiries 832694.

Weymouth Classical Recorded Music Society

Meets at The Acorns, Grosvenor Rd, Weymouth on usually 2nd and 4th Monday evenings, September to June, from 7.30pm. Car parking available. Further details from Mrs J Marlborough, on 779787, or email heather.foster1@btinternet.com

Weymouth & Portland Branch, Fleet Air Arm Association

Meet 1st Friday of each month at the Wyke Smugglers, Portland Road, DT4 9AB. Full Membership open to serving or veteran members of the Fleet Air Arm. Associate membership to those with an association with the Fleet Air Arm.

Please contact Jeff Cook, Branch Chairman, on 0773333274, or email jeff.cook@faaa.org.uk

Weymouth and Portland Quakers

Meet first and Third Sunday of each month 10.30am at the Fire Station, Radipole Lane, Weymouth. Tea and Coffee after. Doors are locked after 10.45am. Tel: 01305 788452.

Weymouth and Portland Sub-Aqua Club (BSAC)

www.registermagazine.co.uk

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

Weymouth Ind Evangelical Church
WI Hall, Gallwey Road, Wyke Regis, Services 11.00am and 6.30pm. All are welcome.

Weymouth Carers Group
Meetings 11am to 1pm on the third Tuesday of the month, Weymouth & Melcombe Regis Working Mens Club, 1 Mitchell St, For more information 07766 529297 and leave a message with your contact details.

Weymouth Dolls House Club.
Meet every 4th Tuesday, 10am - 4.00pm, Scutt Hall, Sutton Poyntz. Please bring your lunch. Details from Gayl Salt 832918.

Weymouth East Scout & Guide Groups
Beavers - Friday 5.30 - 6.30
Cubs - Wednesday 6.30 - 8.00
Scouts - Friday 7.00 - 9.00
Explorers - Thursday 7.00 - 9.00
Brownies - Thursday 5.00 - 6.15
weymoutheastscouts@gmail.com

Weymouth South Scout Group
Scout Hut - Ryland's Lane
Monday
Scouts aged 10½ to 14½, 7.00 - 9.00pm.

Tuesday
Cubs aged 8 to 10½, 6.00 - 7.30pm.
Explorers aged 14½ to 17, 7.45 - 9.30pm.
Wednesday
Scouts aged 10½ to 14½, 7.00 - 9.00pm.
Thursday
Cubs aged 8 to 10½, 6.00 - 7.30pm.
Friday
Beavers aged 6 to 8, 6.00 - 7.15pm.
For general inquiries: weymouthsouthgroup@gmail.com
To join our waiting list: weymouthsouthwaitinglist@outlook.com

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

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

Weymouth Movie Makers (formally Weymouth Cine & video Club)
Meet from September to May on alternate Wednesdays at 7.30pm at the Centenary Club 21 Jubilee Close, Weymouth www.weymouthmoviemakers.

weebly.com E: weymouthmoviemakers@gmail.com Chairman Anne Vincent Tel: 01305 780140.

Whist & Military Whist Drive
Moonfleet Bowls Club, Knightsdale Road. Tuesday, start 2.00pm. Further details on 784056.

Whist Drive
Mission Hall, Sutton Poyntz. Every Monday at 7.30pm

Wyke Regis Horticultural Society
Trading Post Openings. Sat 9.30am to 12.30pm; Wed 2.00pm to 4.00pm
Annual Membership £5 may be taken out at our shop during opening times. www.wrhs.org.uk

Wyke Regis Community Association
Email: wrca@btconnect.com
www.WykeRegisCommunityAssociation.co.uk or follow us on Facebook www.facebook.com/WykeRegisCommunityAssociation/

Wyke Regis Community and Sports Association
Wyke Weenies - a group for Toddlers and their Parents/Carers meets on Monday mornings (term time only) from 9am to 11.30am.
Monday C'Siders-Cancer Support Group Table Tennis from 1pm to 2pm.
Monday Table Tennis from 7.30 to 9pm.
Tuesday Ladies Club 1.45pm to 3.15pm.
Tuesday Prize Bingo is 'Eyes Down' between 7.30pm and 9 p.m.
Wednesday Sing, Sign and Play 10am to 11.30am
Wednesday Holistic Yoga 7.30pm to 8.30pm
Thursday U3A Table Tennis from 2pm onwards.
Thursday League Table Tennis
Friday NHS Leg Club 9am to 12noon.
Friday Judokai Weymouth Judo Club from 7.30pm to 9pm Juniors from 8 years and seniors both beginners and improvements.
Sunday's Wargames-all ages-11am - 5pm.

Wyke Regis Library
Mon - 10am - 1pm; 2pm - 6.30pm
Wed - 10am - 1pm; 2pm - 5.30pm
Friday - 10am-1pm
Saturday - 10am - 1pm

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

Wyke Regis Medical Practice
Portland Road, Wyke Regis - 782226
Surgery hours - Monday - Friday - 8.30am - 1pm and 2pm - 6.30pm.

Wyke Regis Nursery
Shrubbery Lane. A safe, secure, relaxed and friendly environment, offering high quality provision (led by qualified teachers). We are a maintained Nursery housed within Wyke Regis Infant School and forming part of the Wyke Regis Primary Federation. Monday - Friday 8.45am - 3.15pm. Term time only. From 3 years. For more information tel: 01305 782470 or email us at

info@wykeregisfed.dorset.sch.uk

Wyke Regis Society
www.thewykeregissociety
Meetings second Tuesday two-monthly, 7pm at Working Men's Club, Portland Road. Contact 01305 761993 or wykeregissociety@gmail.com

Wyke Regis Women's Institute
General meetings are at 7pm on the second Thursday of the month at the WI Hall, Gallwey Road, DT4 9AJ. The various groups meet at regular times during the month with details on our website.
For more information: contact us on 07719 312901 or at secretary@wykeregiswi.org.uk; or check our website www.wykeregiswi.org.uk or Facebook page www.facebook.com/wykeregiswi/

Yoga
Sutton Poyntz. Monday to Friday mornings. Small groups in our home studio. See www.yogasadhana.co.uk or contact 07970 772963.

***NB: Not all organisations may be meeting at present.**

Dorset Police Neighbourhood Policing Team

Your local officers are:



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Kerry Farwell
(Littlemoor, Radipole, Preston & Sutton Poyntz)



PCSO 6084
Kirsty Gatehouse
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Wessex Musical Theatre

A journey from our early days as Weymouth Operatic Society to our new beginnings as Wessex Musical Theatre

2022 marks the centenary of the society's first production at Weymouth Pavilion. In May 1922, Gilbert and Sullivan's 'HMS Pinafore' proved a major success and it was a show using only local talent, quite unusual for amateur societies at that time. As always, the show was very expensive to stage but Ernest Wheeler, lease holder of the Pavilion, gave the society the use of the theatre for the whole week of production.

Mr Drury and Mr Lane were joint directors of this first production, a coincidental combination of surnames resulting in Drury Lane; the heart of London's theatreland. Both were held in high esteem. Mr W H Drury lived in Brighton and 'Mr Drury', claimed the Echo 'knows the meaning of mise-en-scène, and he also knows how to impart stage colour.'

Mr Edgar Alfred Lane, founder of Weymouth Operatic Society, was a precociously talented musician born in Great Yarmouth, the eleventh of thirteen children. He married in 1893

on the part of the committee and the ticket sellers to ensure that there was no large deficit. The first decade of the society's productions were dominated by highly popular Gilbert and Sullivan operas but in 1926 the society took a new direction in reviving the popular comic opera 'The Geisha', Edward German's 'Merrie England' in 1927 and 'A Country Girl' in 1929 now under the direction of Mr J G Hall. Edgar Lane had suffered several personal tragedies and was no longer the musical director. A new decade awaits.



Captain Corcoran with Mrs Corcoran and cousin Phyllis Humphries



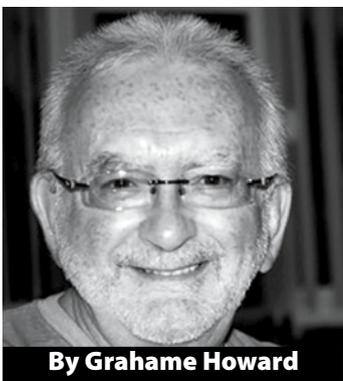
Captain Corcoran and 'Buttercup'

and settled in Dorchester. His landlord was Thomas Hardy and they struck up a close friendship and Lane composed much incidental music for the productions of Hardy's stories. Although a prolific composer and busy conductor and music tutor, Lane made little income; the invention of the home gramophone, records and radio impacted heavily on the sales of sheet music, on which he had heavily relied. Weymouth Operatic Society's second major production took place at the Jubilee Hall in April 1923. Once again, a Gilbert and Sullivan light opera, 'Iolanthe'. Edgar Lane was musical director and Mrs W H Drury was the producer. She stepped in when her husband was unable to take rehearsals. This was the really testing year for the society as it needed to prove that it could deliver another highly successful production. General opinion was that it equalled the standard of the society's first. 'It is an achievement to have come safely through the dangerous testing period, for so many ventures in the town have failed to survive it.'

For any society, a major element to factor in is the cost of a production. Minutes from the society's committee meetings refer to the strenuous effort



'Buttercup' with four cousins



By Grahame Howard

February

By the time you read this, we will almost be in February. Wow, doesn't time go so quickly. One minute we're eating the Christmas turkey with all the trimmings; then we're seeing the New Year in, making all of those New Year resolutions most of which are forgotten when we wake up the next day. Mind you, we've not too long to wait before we can do it all again

The CO made a resolution that she was going to be nice to me throughout this coming year. She told me that she would like to call me 'her little thin bloke' instead of 'fat bloke'. However, this has been changed all because we ate too much over the Festive period.

Prior to Christmas, I had slimmed down quite nicely, losing almost a stone in weight. Now with the temptation of chocolates, biscuits, mince pies and fatty cheeses, I am back to what I started at - fat. Next Christmas, I have decided that I will fast the whole of the holiday. The CO has just said to me, 'fat chance'. Moving on, I must have a moan. Why is it that supermarkets have this habit of closing a till just before you are going to be served? This happened to me twice in the same day and then again a few days later. I had been queuing for about six hours, (well it seemed that long), when just as it was my turn, the familiar white notice was placed on the checkout, 'THIS TILL IS CLOSING'. I wouldn't have minded but I had to go to the back of another queue, which was almost 75 yards long and then, slap my face with a lettuce leaf, the same thing happened when I eventually arrived at this till. I am sure this was done intentionally. I thought, they must know that Grahame, the CO's husband is at the till, 'You know, the little fat bloke. Let's close the till and wind him up.' The CO told me not to be so ridiculous, the checkout assistants need to have a break. I agree, it's quite right that they do, but, every time I'm at the checkout? Rant over! Changing the subject completely, What about those people who have a

birthday in a leap year? That's nothing to leap about, I think. It must be quite strange to have a birthday on 29th February and then for the next few years celebrate it on another day. I wouldn't know if I'm coming or going. The CO says that I never know this anyway, that is nothing different. She can be so cruel. I decided to do a little research into why this happens and I acquired this information below from the www.britannica.com

The Gregorian calendar's oldest ancestor, the first Roman calendar, had a glaring difference in structure from its later variants: it consisted of 10 months rather than 12. In order to fully sync the calendar with the lunar year, the Roman king Numa Pompilius added January and February to the original 10 months. The previous calendar had had 6 months of 30 days and 4 months of 31, for a total of 304 days. However, Numa wanted to avoid having even numbers in his calendar, as Roman superstition at the time held that even numbers were unlucky. He subtracted a day from each of the 30-day months to make them 29. The lunar year consists of 355 days (354.367 to be exact, but calling it 354 would have made the whole year unlucky!), which meant that he now had 56 days left to work with. In the end, at least 1 month out of the 12 needed to contain an even number of days. This is because of simple mathematical fact: the sum of any even amount (12 months) of odd numbers will always equal an even number—and he wanted the total to be odd. So Numa chose February, a month that would be host to Roman rituals honouring the dead, as the unlucky month to consist of 28 days. Despite changes

in the calendar as it was altered after Numa's additions—alterations that include the shortening of February at certain intervals, the addition of a leap month, and eventually the modern leap day—February's 28-day length has stuck.

So there you have it, if your birthday is on a leap year, blame the Romans, it's their fault and it all comes down to superstition. I'm beginning to wonder if the two checkout people were Romans and believed that it was against their superstition to serve me. It's food for thought.

Before I go, I must tell you about one of my Christmas presents. I had wanted a particular Norah Jones album and I was delighted when a member of my family gave me this. In fact, I was elated. That is until I opened the sleeve. To my dismay I saw that the vinyl record was not Norah Jones as stated on the cover. It was the best of Doris Day. I thought it was a wind up, but no, when I put it on the record deck, it was Doris Day. I could not believe it. How could this happen? Whoever had packed the record must have noticed it. The CO said they had done it on purpose just to wind the little fat bloke up. That is true, it did and I decided it must have been a Roman who had done it. They probably thought that Norah Jones was against their superstition and decided to send me a Doris flipping Day album. I could not believe it and if I told them, no one else would either. Anyway, who knows, I may begin to like her music. Dah!

Grahame

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Holistic Tips for Winter Health.

I am pleased to announce the new format of 'Feeling Better' 2022 will now consist of four seasonal articles Winter, Spring, Summer and Autumn.

In this first article I will explore how to build and maintain general health

and wellbeing throughout the winter months of Dec, Jan and Feb. Beginning with looking at the evidence that supports the use of dietary supplements, especially those connected to boosting immunity. For some adjusting diet to include more substantial and nourishing foods in order to stay fit and well as the weather turns colder is natural. Unfortunately for others this is not the case and the risks associated with poor diet or malnutrition can become very real at this time of year.

During autumn and winter the government advises everyone take 10 micrograms Vitamin D to help regulate the amount of calcium and phosphate in the body. To keep bones, teeth and muscles healthy and to support general health (1). Known as the sunshine vitamin it is obtained by the action of sunlight on the skin and from eating oily fish – such as salmon, sardines,

herring and mackerel. Red meat, liver, egg yolks and fortified foods (some fat spreads and breakfast cereals). Deficiency symptoms = bone deformities in children, and bone pain caused by osteomalacia in adults. Vitamin C is also known as ascorbic acid and recognised for maintaining healthy cells, skin, blood vessels, bones and cartilage and helping to heal wounds. Also helpful for arthritic joint pain (2). A daily supplement may be taken, however good levels of Vit C can easily be obtained by eating a wide range of fruit and vegetables. Deficiency symptoms = Scurvey. The minerals Selenium and Zinc are known for supporting the immune system (1). Selenium is found in Brazil nuts, fish, meat and eggs. It helps prevent damage to cells and tissues. Taking 350µg or less a day of selenium supplements is unlikely to cause any harm. Zinc is found in meat, shellfish, cheese, bread and wheatgerm. It helps with making new cells and enzymes, processing protein, carbohydrate and fat in food and wound healing. Do not take more than 25mg of zinc supplements a day unless advised by a doctor. Lifestyles change alongside the weather with many tending to stay in-doors for longer and take less exercise in the wintertime. Becoming less active has a negative effect on the entire functioning of the body as blood/oxygen must circulate, muscles need to be worked and joints need to move. Weakness and stiffness can be avoided by creating a simple routine of daily stretches or seated exercises in the home. There is a huge amount of help via the intranet and many local

yoga/pilates classes are now delivered by zoom. If we do get a sunny day take yourself out- side into the fresh air for a walk. This is good for the body and soul. Looking after ourselves holistically includes supporting psychological wellbeing. If stressed or anxious take time to rest and reflect. Mindfulness and Meditation are good techniques to learn for support. Low mood can often be lifted by doing things that gives pleasure like a hobby or interest or makes you feel good about yourself. Professional help can be found, self refer to Counselling, Steps to Wellbeing or contact your GP. It's always good to remember that Spring is just around the corner and it won't be long before the days start to get brighter and longer. (1) <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/> (2) Vitamin C May Help to Reduce the Knee's Arthritic Symptoms. Outcomes Assessment of Nutraceutical Therapy. Umberto Ripani, 1 Paloma Manzarbeitia-Arroba, 2 Sandra Guijarro-Leo, 2 Javier Urrutia-Graña, 2 and Alessandra De Masi-De Luca3 MedArch2019Jun; 73(3)173-177 Contact Tel 01305 784986. abigailwring@btinternet.com www.dorsetclinicalreflexology.co.uk Abigail is fully qualified, insured and DBS checked with over 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

Local news

hospital managers for the return of this service, originally closed at the very beginning of covid. We are told there is currently a 2 week waiting list locally for x-rays, and we very much think Portland X-ray should be brought back.

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Jo 01305 826479, and Giovanna 07421995096

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