# Issue No 378 October 2022



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Front cover: Weymouth Rowing Club training gig 'Kingfisher'. See page 21. Photo: Iain Ross

formation and encouragement to come to a meeting, please contact.

Yvonne Skinner (chair) on 01305 779815 or Sarah Simpson at sarah simpson2@talktalk.net.

### **Wyke Regis Horticultural Society**

The Trading Post in Rylands Lane is open following refurbishment by hard working members during August. Café is open, too. **Peat Free Compost now in stock!** Many pesticides are half price. Onions are in, garlic is due.

This is your local garden club, so bring in your plants to sell. Membership is only £2.50 in October, valid until end of March.

Opening times Weds 2 - 4pm and Sats 9.30am - 12.30pm.

For more information, email enguiries@wrhs.org.uk or phone 01305 759668.

### **Preston and Sutton Poyntz Councillor team** update

It was a very busy summer for your Councillor team. The Haven license application was a very contentious issue that we led on with support of the residents. We would like to thank everyone who helped deliver leaflets, attended our meetings plus the two council meetings.

The license for outdoor music and drinks was granted despite our objections but with conditions. Haven will be publishing info on how to contact them to complain about excessive noise during events. Please ensure you copy us in as well to help co-ordinate the issue. We also have a Whatsapp group for residents to monitor the situation, if you wish to join it please contact Cllr O'Leary on 07809905412.

A leak at Overcombe Court caused great disruption with Wessex Water promising action within 10 days. We felt this was not acceptable so ourselves and Dorset council secured a next day solution and visit

Sutton Poyntz we are looking at volunteers to help set up a community speed watch similar to the one in Littlemoor which help patrol trouble spots. Please contact Cllr O'Leary if you wish to know more or volunteer.

Cllr Louie O'Leary on behalf of the Preston and Sutton Poyntz Councillor team. Cllrlouie.oleary@Dorsetcouncil.gov.uk

Cllr Louie O'Leary Dorset Councillor Littlemoor & Preston Ward

Littlemoor Community Centre Canberra Crescent Litlemoor DT3 6AH Weymouth Dorset 07809905412

We have attended a number of community events including the Sutton Poyntz Victorian fete and the St Andrews School fete. We are very happy to see the bench along Overcombe corner has been finally repaired after Cllr Dickenson lobby hard for action. We are working on bench repairs across the ward. Speeding has long been an issue in Preston and

### **Family History meeting**

The October meeting of the South Dorset branch of the Somerset & Dorset Family History Society will be on Friday 21st October and will feature popular Dorchester speaker Brian Bates with a talk entitled 'Seventeenth Century Dorches-

As usual, it will be held at St. Aldhelm's Church Centre, Spa Road, Radipole at 3pm.

Non members are welcome. Admission is £2. For more information call John on 01305 776008.

### **Great Big Green Week**

24th September - 2nd October Organised by The Climate Coalition, the first Great Big Green Week took place between 18 -26 September last year, and was the largest event for climate and nature ever seen in the UK.

Over 5000 events celebrated how communities are taking action to tackle climate change and protect green spaces. This year it takes place between 24 September and 2 October and is hoped to be even bigger. Other organisations have joined the coalition including the National Trust, RSPB and the Women's Institute. The RSPB has organised events at both their Radipole Lake and Arne reserves, details of which can be found on their website.

As we all become more aware of our responsibility to protect our beautiful planet All Saints Church, Wyke Regis and several other churches in the Weymouth area, are planning to become Eco Churches and have been awarded bronze awards, the first step on

# Local news

### Wyke Regis WI

We did not have a general meeting in August but most of our interest groups continued over the summer, so many good books were read, artistic talents nurtured, great songs sung and lovely things crafted! We are looking forward to our September meeting when Jay Cockett, a local award winning florist, will be demonstrating how to make a stunning floral display.

On 11th and 12th October (7.30pm) our talented singers group will be staging their autumn concert, Show Stoppers. Look forward to fun and frivolity with songs from well-known musicals including Carousel and 42nd Street. Tickets can be purchased on the door or beforehand from the WI (contact details below).

Now the evenings are drawing in, we have decided to move our monthly meetings to daytime. From October to March the general meeting will be held on the second Thursday of the month at 2pm. At our meeting on 13th October we are looking forward to learning about the Hedgehog Trust. If you would like to join us,

please contact the WI. Phone: 07719312901 secretary@wykeregiswi.org.uk www.facebook.com/wykeregiswi www.wykeregiswi.org.uk

### Weymouth and Portland Ladies' **Probus**

August Bank Holiday is now in the past, the Seafront Fireworks are done and here is September already. Brings us thoughts of routines returning, children back at school, and soup makers coming out of the cupboards.

PROBUS resumes on September 21st, at 10.00am in The Piano Bar at the Pavilion.

We have a speaker, Amy Brennan, who will be looking and speaking about any antique jewellery that members bring to the meeting.

We will also be discussing our AGM which is in November. Nominations for new committee members need to be with the Secretary by the October meeting.

New members are always welcome to join us and for more inthe journey. One of the criteria for becoming an Eco Church is to be a Fairtrade Church as caring for the environment has long been established as one of the 10 principles of Fairtrade. All Saints will be holding a coffee morning with a fair trade stall and talk on the importance of fair trade from 10 – 12 am on Saturday 24th September, to launch their week of activities celebrating the Great Big Green Week.

Climate change is hitting those in low-income countries the hardest. Increasingly extreme, unpredictable weather is destroying crops and the land used for growing them. This leaves farmers and workers who are already underpaid with even less to spend on essentials such as education, medical treatment and even food Fairtrade Producer Networks are supporting their members with training and equipment for sustainable farming techniques allowing them to diversify in order to survive the ever changing conditions they are facing.

We can all make small changes in our lives to reduce waste and conserve energy but one positive change to make is to think about where your food comes from and look for Fairtrade alternatives in your shopping basket.

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

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

# Fundraising Success for C'Siders!

C'Siders' were delighted to hear that Will Fahie from Shaftesbury was to run in the Bath Two Tunnels Marathon. Will was aiming to raise funds for C'Siders. As marathon runners go, Will is a real youngster, having recently celebrated his 18th birthday.

He did a splendid job on the run, coming home 17th out of the143 starters and winner of the under 20s prize. Will's fundraising efforts were amazing too, with £1000 raised for our charity.

Will has been invited as C'Siders guest of honour at our forthcoming anniversary meal and celebrating our 6 years as a local

Continued on page 6



Will\_Fahie with medal

# How dost thou say that? And other ways we used to say it

There were so many ways to say "you" in the not so distant past. The Bible uses "ye" as well as "you" (if you are used to the King James 1600ish version). "Ye" is used as a subject, like "I, they, he she", whereas "you" is an object, like "me, them, him, her". It also uses "thou", which is always singular with "you" as the plural. Nowadays we also hear "youse" as a plural, which could be handy as most of us have lost "thou".

Thanks to films like Witness we know the Amish people in mid-North America have managed to hang on to "thou" but they don't seem very reliable when it comes to "thee" and "thy" - someone should tell them that "thee" is the object and "thy" is possessive, so the same part of speech as "my, your, his, her, their". And "thine" is like "mine".

The Bible also uses "yea" rather than "yes", and we often hear "aye" in reports on Commons votes. We would use all three of them as agreement these days, but it used to be that "aye" was used as an agreement (as it still is in Scotland and in the Commons) whereas "yes" and "no" used to be contradictions. If you have learnt French, "oui" would be "aye" and "si" would be "yes". If you ask "Is he good?" the answer in Shakespeare's time would be "aye/yea" (he is good) or "nay" (he isn't). However, if you said "isn't he good?" the answer would be "yes" (meaning he isn't good) or "no" (meaning he is). This sounds horribly confusing, so it is hardly surprising that we have opted for a more straightforward yes and no ... although we may feel we need to say "yes, he isn't".

GS

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Our two care homes in Weymouth are Kingsley Court and Friary House



On Friday 29th July we all enjoyed a lovely trip out to Bowleaze Cove in Weymouth. We headed out on the bus and arrived at the cove in time for a fish and chip lunch. The sun was shining, and it was such a treat to sit back and relax with a tasty lunch and an amazing view of the beach and sea. We finished off our day trip with a stroll out to the veranda and ice creams all round. We will definitely be back again!

Come and join us and make your home in one of our care homes in Weymouth, call the owner of Friary Care, Peter Fry, on 01305 78 78 11 or visit <a href="www.friarycare.co.uk">www.friarycare.co.uk</a>

Or

Come and join our staff team, our pay rates are in line with the Real Living wage, we offer a comprehensive pension scheme and operate as an inclusive team, come and talk to our staff to learn more.



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\*Priced per pair, not each, full pricing on our website

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Continued from page 3

support group will be made all the more special by Will's presentation of a cheque to us on the night.

### C'Siders upcoming dates are as follows:-

6th October: Afternoon tea, coffee and cake, Anning House at 3.45pm.

17th October: Chinese Kites Workshop with Eve Hannay; Moonfleet Bowls Club at 7.00pm.

3rd November: Afternoon tea, coffee and cake, Anning House at 3.45pm.

**21st November:** Annual General meeting; Moonfleet Bowls Club at 7.00pm.

1st December: Afternoon tea, coffee and cake, Anning House at 3.45pm.

Group activities and outings have included a trip along the Jurassic Coast aboard MV Freedom, a river cruise from Poole to Wareham. We even have some intrepid members about to start paddle boarding lessons at the OTC.

Our regular activities such as a cancer rehabilitation exercise class and weekly table tennis sessions are still available.

With so many activities, there has never been a better time for cancer patients and carers to join C'Siders. Please do get in touch for further details: info@csiders.org; www.csiders.org; 07430 695462.

### **Greenhill flowerbed** display honours disability charity

Each year, Weymouth Town Council's gardeners skilfully recreate the logo or crest of a local charitable organisation in a fitting floral tribute.

The eye-catching beds are planted at Weymouth's Greenhill Gardens for everyone to enjoy, providing a popular attraction for residents and visitors to the town.

MV Freedom were chosen as the

charitable organisation for 2022, which is fitting in the Queen's Platinum Jubilee year because the organisation was awarded the Queen's Award for Voluntary Service last year. The charity provides access to the sea for people living with disabilities.

# **Concerts Changes**

### come Weymouth Saturday Concerts

For the season from October 2022 to March 2023. Weymouth Music Club will be holding their concerts at St Mary's Church in Weymouth (moving from Weymouth Bay Church) on Saturday afternoons from 2pm until 4 pm.

With the Yamaha grand piano, it is possible to programme solo pianists. We hope that people can take advantage of public transport where possible; there is some

The music club is in its 77th year, having started as an offshoot of the Civic Society.

Concert details on www.weymouthmusic.org.uk, and brochures from Tomasa Sherwood, tomasa@sherwoodfam.plus.com or phone 01305 770820.

The first concert is on Saturday October 15th at 2pm and features James Gilbert, clarinet and Julian Chan, piano, followed on November 5th by Dominic Delgavino, piano, , playing Bach, Brahms, Schubert and American composer,

# **Weymouth Sunday**

Weymouth Sunday concerts be-

parking behind the church.

Amy Beach.

### **Preston Road Surgery**

As we move into Autumn, many people will be experiencing some worry and unease regarding the current energy situation. Healthy Homes Dorset can offer FREE Impartial energy advice for EVERYONE.

This includes finding out if they can install insulation or replacement heating systems for you (in some cases completely free of charge) or if there are other programmes that can offer you funding to do this.

Call Freephone 0300 003 7023 or text INSULATION followed by your name to 07984 440584 and they will call you back. Or visit www. healthyhomesdorset.org.uk

Appointments are available at Royal Crescent Surgery with Citizens Advice, who can ensure you are getting all the help you are eligible for and make sure you are receiving any benefits or allowances that you might be entitled to.

For your wellbeing we offer appointments with a Social Prescriber. Social Prescribing link workers connect people with local community activities and services that can help improve your health and wellbeing. They can help support you to improve your physical health, find employment or volunteering opportunities or learn a new skill. They have access to ways to improve your emotional wellbeing through befriending schemes, peer support or arts and leisure activities.

Please contact the surgery to book an appointment with the Citizens Advice Team or a Social Prescriber.

Steps 2 Wellbeing can offer help for people with low mood or worrying thoughts. Call 0300 123 1120 or visit www.steps2wellbeing.co.uk

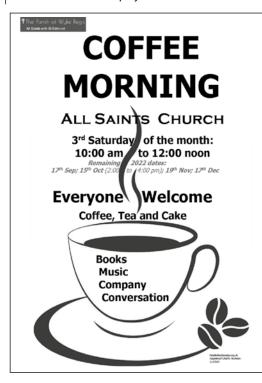
Flu Vaccinations - Flu Clinics will be held throughout October and November at Wey Valley School. All eligible patients will receive an invitation from the Practice to book a time to attend, invitations will start with the more vulnerable patient groups.

If you receive an invitation but are unable to attend a clinic, please contact the surgery for other options available.

**COVID Booster Vaccinations** - If you are eligible for a Covid Booster vaccination you will be contacted directly from the NHS Vaccine Service either via text, phone call or you may receive a letter inviting



Greenhill flowerbed display honours MV Freedom





you to book your vaccination appointment at a vaccination centre or pharmacy.

(Please note the Practice are not involved with booking Covid vaccinations)

The following people should be offered a COVID-19 booster vaccine this autumn:

- Residents in a care home for older adults and staff working in care homes for older adults.
- Frontline health and social care workers
- All adults aged 50 years and over
- Persons aged 5 to 49 years in a clinical risk group.
- Persons aged 5 to 49 years who are household contacts of people with immunosuppression
- Persons aged 16 to 49 years who are carers.

The primary aim of the COVID-19 autumn booster programme is to increase immunity in those at higher risk of severe COVID-19 during winter 2022 to 2023.

# New Service Starting 19th September

Digital Volunteers at Preston Road Surgery every Monday 9.30am – 12pm.

We are very pleased to offer a new service at Preston Road Surgery. Every Monday morning patients can pop along to a drop-in service at the surgery to learn how to access the digital services available at the surgery.

Following a patient survey in Weymouth & Portland, we found that a majority of people had access to the internet and used it to stay in touch with loved ones, to do internet shopping and banking but less than half had ever considered managing their health online.

We have trained digital volunteers who are able to show people how to access their patient record, order repeat prescriptions, view test results, check their Covid passport, book appointments and fill in an eConsult form, amongst others.

The service is aimed at people who have access to the internet and would like to know how to access their health information online. Maybe you just need some initial help setting up online services and navigating the site? Come along to the surgery on a Monday morning with your laptop, tablet or smartphone and some photo ID (if possible).

Maternity Leave – Dr Kirstie Stone Dr Stone is now on maternity leave and whilst she is away the team at the practice will provide care for her patients. Please continue to contact the Practice in the usual way.

### **New GP Registrar's**

Welcome to Dr Katharine de Kretser and Dr Jacob Stone who have joined the Practice as GP Registrars.

GP Registrars are fully qualified and have a great deal of hospital experience. They will work at a GP Practice for their final year before qualifying as a GP.

All GP Registrars are appointed a personal trainer from the Practice who will help supervise and guide them through their time at the Practice.

When booking an appointment, you may be offered an appointment with a GP Registrar.

### **Carers Support Dorset**

Carers Support Dorset are offering a drop-in session at The Weymouth Information Shop, (on the Esplanade) on a monthly basis where carers can pop in to discuss their caring role with one of the Carer Advisers.

Other services are also available such as Help and Kindness – A local independent charity that offers friendship, advice and practical support to families in Weymouth and Portland. Age UK and First Point are also there to offer support and answer any queries that the carers may have.

Do you provide support to a friend, relative or neighbour who would not manage without it?

- Are you helping someone with everyday household tasks like shopping, cleaning, cooking, washing or dressing?
- Do you provide transport to medical appointments, emotional or mental health support?

By doing these things you are considered to be a carer and there is support available in Dorset specifically for you.

Tell your GP surgery if you are a Carer. You will be added to a carers list and be contacted from our Care Coordinating team who can support you in your role.

Or contact Carer Support Dorset who provide support to people of all ages who provide care and support to another adult living in the Dorset Council area.

Tel: 0800 368 8349

Email: admin@carersupportdorset.co.uk

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### Continued from page 7

with surgery matters, be the first to know of new services, receive updates, newsletters and items of interest by email? ...Or maybe you would like to have your say on the services we offer?

Why not join our Patient Participation Group?

Just email preston.prg@dorsetgp. nhs.uk and ask to be added to the

PPG email group or ask at reception. There is no obligation to attend any meetings, you can just receive emails and be kept informed.

Next Meeting – Tuesday 4th October 1pm - 2.30pm.

Held via Zoom and Face to Face at Royal Crescent Surgery.



### Farewell and Happy Retirement!

Nurse Brenda retired from General Practice at the end of July. Brenda has worked at Preston Road Surgery since 1987 and her laughter, friendship and nursing skills will be very much missed by staff, colleagues, and patients alike.

We wish Brenda a Long and Happy and Healthy Retirement.

A message from Brenda...

'The time has passed so quickly since I started at Preston Road Surgery in 1987. Unfortunately, due to my recent fall I was unable to say goodbye in person to the many patients and friends I have come to know over the years.

I would like to take this opportunity to say goodbye to all the wonderful people I have had the privilege to meet during my time as a nurse at the Surgery

Thank you

Brenda

### **Osmington Art Group**

We meet each Thursday afternoon in term time at Osmington Village Hall from 2.00pm till 4.00pm. Bring your own art, whatever it is, and draw, paint, collage, in a relaxed atmosphere and pause for tea and cake or biscuits (and a natter), at half time.

Not sure? Well pop in and come and meet us any Thursday afternoon and you will be made very welcome. Need more information? Phone Sheila 01305833150 or email sheilaedmonds@hotmail.com.

### **Family History meeting**

The October meeting of the South Dorset branch of the Somerset & Dorset Family History Society will be on Friday 21st October and will feature popular Dorchester speaker Brian Bates with a talk entitled 'Seventeenth Century Dorches-

### ter.

As usual, it will be held at St Aldhelm's Church Centre, Spa Road, Radipole at 3pm.

Non members are welcome. Admission is £2. For more information call John on 01305 776008.

# News from Trading Standards

### **Button Battery Safety**

Button batteries are used to power everyday items including car key fobs, remotes, and children's toys, but if swallowed, they could badly injure or kill a child.

Button batteries react with saliva to create caustic soda, which is the chemical often used to unblock drains. If a child swallows a button battery and it gets stuck in their food pipe (oesophagus), it can burn a hole and cause internal bleeding, or even death. If a button battery gets into the stomach, it can also cause significant tissue damage.

Larger lithium 'coin cell' batteries (about the size of a five pence piece) are the most dangerous. Smaller batteries can be inserted into places such as ears and noses, causing serious injuries for children if undetected.

- Store spare batteries securely and out of children's reach. Be careful when opening multi-packs of button batteries to ensure they do not fall on the floor.
- Know what products use button batteries and check that the button battery compartment is secure. Put products with unsecured button batteries out of children's reach. Under product safety regulations, button battery compartments in toys are required to be secured.
- Educate older children about button batteries including why they should not play with them or give them to younger children.
- Discard dead button batteries straightaway as even dead button batteries can still have enough power to badly hurt a small child. When you remove a button battery, store it securely, and recycle it properly and promptly.
- Act promptly if you suspect a child has swallowed a button battery, take them straight to the nearest A&E department or call 999 for an ambulance. Take the battery packaging, toy, or gadget if you can, to help staff identify the battery. Symptoms may not be obvious. Your child might be coughing, gagging, or drooling, or pointing to their throat or tummy. Unclear or fluctuating symptoms mean it is important to be vigilant. Do not let your child eat or drink and do not make them be sick.

### **Royal Manor Theatre**

The weather outside is scorching, and things are also heating up at the Theatre! We're getting ready to welcome the fabulous B-Side festival and we're gearing up to get back on stage with 'A Bunch of Amateurs' the superb love letter of a play to Amateur Dramatics written by Nick Newman and Ian Hislop, of Private Eye and HIGNFY fame. It's going to be terrific!

The joint production of the Hardy shorts by Rose and Anne Marie Goldthorp and supported by the Royal Manor Theatre has now wrapped! The films will hold their premiere at the Theatre in November. It has been a great privilege to be part of this and give the op-

portunity for our members to be involved.

'Riding Out' on October 5th, sees cycling superstar Simon Parker share the highs and lows from his 3,427 mile cycling expedition around the of the UK during the global pandemic. Supporting the book of the same name, 'Riding Out' guests will be taken along for the ride via a series of intimate anecdotes, high quality short films, photos and audio clips. Simon has seen success with documentaries and books and is a leading light in the cycling world. Not to be missed!

As mentioned, the A Bunch of Amateurs rehearsals have started. We're all having a great time bringing this marvellously funny production to you all in a few Months. Performance dates are October 17th to 22nd. See you there!

Finally, the event you've all been waiting for, Rocky Horror Night is coming back in November! So excited to see you all again, in your best costumes for a good old fashioned singalong with a great experience.

If you want to get involved in anything we do, either in the Theatrical Arts, or helping maintain our beautiful space with your carpentry or DIY skills. Get In Touch!

There is always a place for you at the Theatre.

www.royalmanortheatre.co.uk 138a Fortuneswell, Portland, Dorset, DTS 1LT

Enquiries: 01305860792 Box Office: 033 36 66 33 66.

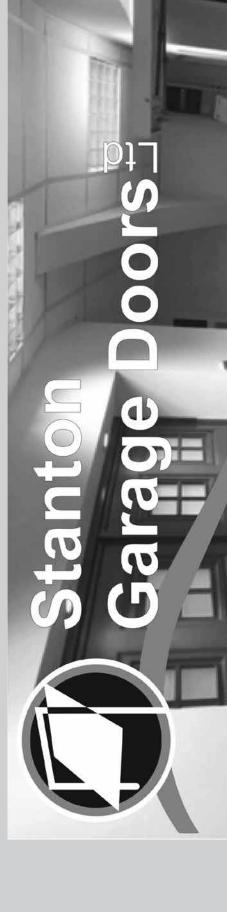
### **Overcombe WI**

Our first meeting this autumn started with a thunder and rain storm and we were delighted that around 40 members turned out despite the weather.

They were then treated to an excellent talk by Alan Jenkins who spoke on Counter Terrorism & Extremism. Alan had worked within the police force for many years before working in this unit. He started by inviting any of our members to butt in and interrupt if they had a comment or a question which certainly gave a very lively aspect to the evening. Alan spoke on how we can help spot those who may be drawn into supporting these groups, what to do if anyone has concerns however ridiculous they may seem. An extremely interesting evening.

Before our formal meeting members enjoyed a cuppa and a chat. Our various clubs, walking, craft,

Continued on page 12



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As regular readers will be aware, my In-house Adviser is a font of knowledge on all things social, financial and intellectual, apart from the fine and ancient game of Rugby Union, where I have just a slight edge. Recently she told me that the powers that be are predicting that cash will be redundant in five years time. Yeah, right. My dear old Dad had little time for such pronouncements. He often told the story that back in 1938 when, after visiting Munich, Neville Chamberlain announced that he had secured "...peace for our time" - but Dad then spent the next five years fighting a world war Not by himself, I hasten to add.

Then as a young lad my dentist told me "Don't worry, this isn't going to hurt". The truth is those ancient drills were so painful that my younger brother bit the dentist's hand in shock and was forever banned. Not that he missed out, for his teeth were always more robust than mine because he had far fewer fillings.

More recently President Trump made so many statements of dubious value that it would take too long to list even a few of them. So cash will be redundant in five years time? Yeah, right. To phase it out loses so many advantages. For a start it's accepted country-

wide, if you aren't upset by those strange banknotes they have in Scotland. We lived there for a while, and on visits south offering a Scottish £5 in a pub was greeted with shock, horror and disbelief. Much the same result as if ET had gone into Tesco and announced "ET phone home". After the shock, horror and disbelief they would probably have tried to sell him a mobile phone.

But I digress. It is the same cash that goes into every payment machine. They all take identical notes and coins. You may not have the ones you need but you can with a bit of luck obtain them. Take for instance, in a car park. In the old days - that's any time before last week - on approaching the payment machine you read the charges, typed in your car registration on a tiny keypad handily placed somewhere down around your knees, bunged in the correct money and it would drop a ticket receipt into the puddle at your feet. Now you have to use your mobile phone, which is likely to have inexplicably run out of charge - it was fine last week - to call up one of many possible car parking payment apps. But you never have the one you need, and it downloads at super slow speed and after five minutes just stops. That's technical progress for you. Another advantage of cash is

that it is self limiting. As a youngster you could tuck a pound note in your pocket and go for a good night on the town. When the money ran out, you'd had enough. Unless of course you had squirrelled away the bus fare in another pocket. In which case you could afford another pint of delicious Watney's Red Barrel, then walk home. It is now far too easy to rack up a large debt as all you have to do is tap the card machine to pay. Especially since they raised the maximum amount allowed to a million guid or some such ridiculous figure.

At the Dorchester Car Boot sale recently I was waiting in the snack van gueue – Bert's Diner, name changed to protect the innocent – to buy my cup of tea. In front of me was a 'youngster' between 25 and 45 years of age who ordered a bacon butty and a cup of coffee. Bert - not his real name - dropped some bacon onto the hot plate to cook while his lady assistant poured a cup of coffee and said that'll be £4.25 - not the real amount as my Inhouse Advisor doesn't approve of eating between meals so I don't know the cost of a bacon butty. Though I do know that they smell delicious. Another digression. Bert says that'll be £4.25 please at which point the 'youngster' offers his card. Now on the large menu at the back of Bert's Diner, on the pillars on either side of the van and on the cold drinks machine are posted large notices on which are written in huge letters "Cash only please". When these are pointed out to the 'youngster' he mumbles something and walks

away, leaving Bert with cooking bacon and an unwanted cup of coffee. Seems as though not carrying any cash reduces some people's observational and intelligence capabilities.

However - and there's often a 'however' - on reading the Business and Money section of a Sunday newspaper it turns out that the story of the demise of cash actually comes from the boss of the UK's biggest ATM network. He has said that the use of the hole in the wall cash machines has fallen by 40% since BC (Before Covid) and it will soon not be economical to maintain the system. So it's not actually the use of cash that is being phased out, but our ability to get our hands on it. And don't even think about going into a bank for some from your own account. They treat you as a criminal trying to pinch THEIR money. Without sight of your driving licence, passport, the inside leg measurement of your great grandfather and the name of your next door neighbour when you were born they won't let you make a cash withdrawal.

At one time supermarkets offered a cashback service when you paid at the till but I haven't tried it for a while. Probably another useful service to bite the dust. The only hope now is that Bert (not his real name) and the chap who sells the programmes at Dorchester Rugby home games continue to take cash. Otherwise I'll have to download a Bert's Diner app just to get my tea.

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Continued from page 9

books, singing are all continuing with many member enjoying these extra aspects of the Women's Institute. These are open to any member.

Jackie Greet President

# Pumpkin Carving and Wildlife Event

The Friends of Radipole Park and Gardens will host a free pumpkin carving event in the gardens on Saturday 30th October. Funding for the event comes from Weymouth Town Council's 450 grant scheme.

To celebrate the 450th anniversary of Weymouth in style, Weymouth Town Council are funding a variety of community events which capture the history of our town. A full list of events and more information about Weymouth 450 can be found on the Town Council's website.

Around 100 free pumpkins will be available to be carved by children – under supervision – with prizes awarded to the top three designs. There will also be an awareness and discovery trail to discover, run by the Leonard Cheshire charity whose volunteers have been busy knitting autumn-themed items which will form part of the inclusive trail.

Weymouth Town Councillor Jon Orrell will also be at the event with his apple press.

He said: 'This is a fantastic community event for all to enjoy, so as well as the pumpkin carving, do bring along your apples to be pressed and don't forget your containers to take away your freshly pressed apple juice.'

As darkness falls, the pumpkins will be lit up to create a light spectacular - and in a nod to local history, carvers will choose which side of the path to display their pumpkins on with one side representing Weymouth and the other side Melcombe Regis. This is in reference to the two very separate historic towns. There was a fierce rivalry between the two towns, which ended 450 years ago in 1571 when Queen Elizabeth I declared that a bridge would be built across the harbour to combine the two.

Pumpkin carving runs from 3pm to 6pm. More information can be found by exploring The Friends of Radipole Park and Gardens' new website. The website was funded by a lottery grant and contains upto-date information about Radipole Park and Gardens, events and activities, latest news stories and blogs, and information on how to become a member of the Friends Group.

The Friends of Radipole Parks and Gardens, in partnership with Weymouth Town Council, applied for lottery funding from The National Lottery Heritage Fund and The National Lottery Community Fund. The bid was successful, and they were awarded £1,013,400 (70% of total project cost of £1,441,401) to make improvements and changes to Radipole Park and Gardens.

Mike Goulden, Chair of Radipole Park and Gardens Friends Group, said: 'We are looking forward to welcoming families to the park for this exciting pumpkin-carving event. All the details, including the history of the site, can be found on our new website, which we are thrilled with. We hope people will use the site to keep up-to-date with all the amazing activities the park and gardens have to offer to residents and visitors.'

### Weymouth Beach Motorcross

9th October 11.00am - 5.00pm Weymouth & Portland Lions Club and Purbeck Motocross Club will be teaming up again later this year to bring you this high-flying motocross extravaganza on Sunday 9th October,. Right here in Weymouth, right on the beach.

The event will once again see the award winning pristine sands of Weymouth Beach transformed into a motocross course, complete with bumps and jumps and all the thrills and spills of the race. This event attracts thousands of spectators and some of the best riders in the world. Together with

riders of all abilities, a superb location and setting, combine to make this event one of the most sought after and most eagerly awaited event on Weymouth's tourist calendar.

# National Trust South Dorset Association

Tuesday11th October at 2.30pm "Arts and Crafts Houses and Gardens" a talk by Paul Atterbury.

Presented by the National Trust South Dorset Association.

St Aldhelm's Church Centre, Spa Road, Weymouth, DT3 5EW.

NTSDA members £3 Non- NTSDA members £4 (no need to book in advance)

Contact: johannanl@hotmail.com or 01300 320794.

# Friends of Weymouth Library

# Francis Burroughes – The Wonderful World of Glass

The Friends of Weymouth Library (Fowl) are hosting a talk by Francis Burroughes on the Wonderful World of Glass on Saturday 8th October at 10.30am.

This will be held in Weymouth Library in support of the library's events and activities. Booking is essential. £2.00 for members, £3.00 for non-members. Please contact Weymouth Library on 01305 762410 or email weymouthlibrary@dorsetcouncil.gov. uk

### **Hardy Quilters**

Hardy Quilters meet at Osmington Village hall on the 4th Monday of the month, with a varied programme. The doors open at 9.30am.

We are looking for new members, all abilities are welcome. Please contact Jenny - straitjen@hotmail. co.uk - for more information, or telephone 07909170014.



### Sutton Poyntz Village WI

We had an excellent number of members attending the meeting to hear about the work of 'The Horse Course' a charity based in Weymouth where people of all ages from eight years up and suffering from anxiety and other Mental Health and social problems are helped.

Martin Clunes is one of the Patrons of The Horse Course, people needing help can be referred there by doctors, teachers, mental health workers and social workers and we heard how after two hours a day for five days people are usually remarkably helped to learn tools that reduce their anxiety to much more manageable levels.

The staff there are trained in a very special way to enable the people attending to learn from the responses from the incredibly perceptive horses who pick up on the levels of anxiety and body language. Participants learn to let go of their tensions and find a neutral and calm state where the horses trust them. And when the horses feel they can trust they will perform all kinds of fun activities like kicking a ball and being led around an arena. From these sessions participants learn all kinds of skills that then help them in life generally at home and school and in relationships.

Some of the many things learned by participants include assertiveness, breathing properly, taking responsibility, empathising and relaxing. All skills that enable them to live more ordered lives where they feel better for having more control of all aspects of their lives.

A great deal of research has and is taking place because the concept of learning in this way is being evidenced as unusual but highly successful.

We thoroughly enjoyed the talk, delivered by Rene Dewhurst a trainer at the Horse Course and an excellent speaker that we would recommend to any other group looking for knowledgeable and enthusiastic speakers. Anyone wanting to know more should check out their website on www. thehorsecourse.org.

With summer fading away members have the autumn programme to look forward to with Skittles starting up again, a members meal at the New Inn at West Knighton in October and a coach trip to Bath for the Christmas Mar-

Continued on page 16

### Plaque unveiled in Weymouth to commemorate the Dieppe raid in 1942

On Friday 19th August, a plaque was unveiled commemorating 80 years to the day since No 4 (Army) Commando unit carried out a daring raid in Dieppe.

No 4 was one of three commando units selected for the Dieppe raid. Under the command of Lord Lovat, No 4 Commando landed on the right flank of the main landings and successfully silenced a German gun battery. This was the only complete success of the operation, which was eventually aborted, after less than ten hours, following heavy losses.

Her Maiesty's Lord-Lieutenant No 4 (Army) Commando'. of Dorset Angus Campbell and the Mayor of Weymouth Cllr Ann Weaving joined by Weymouth resident and naval historian Alvin Hopper, and Weymouth Town Council's Armed Forces Covenant Champion Cllr Christine James unveiled the memorial plaque.

Representatives from veterans' associations, and councillors from Weymouth Town Council also attended, along with family members of Arthur Robinson, aged 98, a survivor of No 4 (Army) Commando unit who still lives in Weymouth,.

On 19th August 1942, the men of No 4 (Army) Commando unit carried out their daring raid in Dieppe, which helped pave the way for the success of the D-Day landings. The unit carried out vital training at the Defence Training Estate at Worbarrow, Lulworth to prepare for the splinter operation code-named Operation Cauldron. Two commemorative plaques - one in Worbarrow, one in Weymouth - have been commissioned to honour their bravery.

Former Chairman of the Weymouth and Portland Residents Association, Alvin Hopper, is the inspiration behind the Commando plaques, which he says 'will serve as an important reminder of the coastline's history as well as acknowledge the vital role played by

Tim and Carolyn Robinson, Arthur Robinson's son and daughter-inlaw live in Osmington attended the ceremony along with other members of their family.

Commenting on what it would mean to Arthur to have the unit recognised in this way, Carolyn said: 'It would mean everything to Arthur, and for the comrades that were left behind; whose faces still haunt him. Having this recognition for the Commandos means so much and it's an honour that No 4 unit are commemorated in the town because they were from Weymouth. They were just boys! He would be very proud.'

Cllr Ann Weaving said: "It's an honour to learn that Number 4 (Army) Commando unit was formed in Weymouth in July 1940. After exercising around the Weymouth area, they went on to do more intense training in Scotland before returning to Dorset to prepare for the Dieppe raid. So, it's fitting that we have a duplicate memorial in Weymouth to help more people remember the elite crew who took part in this operation.

'And on behalf of Weymouth Town Council, I would like to pay tribute to Alvin Hopper and colleagues in the army for bringing this important piece of history to life again.'



### History

No 4 Commando was formed in Weymouth on 21st July 1940, when the first intake of 500 volunteers arrived. The unique nature of the commandos immediately became apparent when every man was held responsible for finding his own quarters.

As commandos were expected to be fighting troops, they had no administrative personnel, such as clerks and cooks for example. To assist them with living 'off camp', with no cook house all ranks were given a daily allowance and a ration card, the allowance being 67 pence for officers and of 34 pence for other ranks. This arrangement meant that commandos lived on civilian rations, while the rest of the armed forces had the more plentiful military scale of rations. Lieutenant Colonel CPD Legard,

5RIDG and the Regimental Sergeant Major W Morris held their first parade on 22nd July 1940, at Weymouth Pavilion. The volunteers were informed of the intended role for the commandos and that training would be "tough and demanding and any who could not measure up to the standard required would be returned to their parent unit without any leave of appeal".

Training started immediately and concentrated on physical fitness, weapons training, movement across country including cliff climbing, obstacle crossing and raiding operations. Weapons training was limited by the lack of anything other than the personal weapons (rifles and pistols) that each man had brought with him. Machine guns or anything heavier were not available at the time.

In August 1940, some officers and non-commissioned officers (NCO) were sent to Achnacarry in the Scottish Highlands on a commando course. These men were then responsible for teaching the rest of the unit.

No 4 Commando remained at Wevmouth until 13th October 1940, when it boarded trains for Scotland. Arriving on the River Clyde at 06:00 the next day, The move to Scotland became permanent and No 4 Commando were based at Ayr.





Arthur Robinson, 98, of Weymouth, from No 4 Commando unit. Photo courtesy of Arthur's family.



Troops of No 4 Commando

### All Saints & St Edmunds Churches

All Saints Church on Portland St Edmund's Church in termtime, Road, Wyke Regis is open for the following:-

### Sundays

8.00am Said Holy Communion 9.30am Sung Holy Communion followed by coffee.

### Wednesdays

10.30am Holy Communion. All Saints.

will be a Café Church at 9.30am especially for children, with toast held at All Saints from 10.00am and refreshments followed by 12 noon, with tea, coffee, cakes, a short service of music, praise, book stall, companionship. Please prayer and a story for all the fam- join us; all are welcome. ily. All are welcome.

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

### St Edmunds Church, Lane House **Rocks Road**

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

Toddlers group is held weekly at book.com/groups/allsaintswyke/

with Toddlers Praise on the first

Wednesday of the month. Please bring along your children and grandchildren and meet up with others. All welcome.

**Tuesdays** 5.00pm - 6.00pm. A quiet evening service on line with reflections and prayers can be shared live, or watched later, using the links below.

The first Sunday of each month On the 3rd Saturday in the month a Coffee Morning will be

All Saints Church is open for visits Livestream: The main parish service continues to be livestreamed at 9.30am on Sunday Mornings which you 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 Wednesdays 1pm - Mother and Facebook - https://www.face-

Parish website - https://www. parishofwykeregis.org.uk/live/

Our weekly Pew Sheet is also published on our website with up-todate news and readings.

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

If you would like to make contact with your local church, we can be contacted on Tel: 01305 784649 **Fmail** info@parishofwykeregis. org.uk

"Have you visited our labyrinth in the upper churchyard, to the east of the church? Pop by and have a wander round. Good for communing with Nature, an aid to mediation or just plain fun! The more the merrier as the pathways need the tramp of happy feet to keep the grass at bay."

### Events at All Saints Church, Portland Road, Wyke Regis

During September the on line 5.00pm Tuesday meditation will be on the theme of Creation with prayers, poems and readings. This is Livestreamed for watching later if necessary.

### Saturday 17th September

Coffee Morning 10.00 am- 12.00 and Tower Tours

Coffee, tea, delicious cakes, chat, and excellent book stall. Also, another chance to book yourself on a guided tour of All Saints church tower: climb the 100 steps to the top to enjoy the 360° panoramic view that awaits and see the bells at first hand

Visit the parish website, www. parishofwykeregis.org.uk/events/, for full details and to purchase tickets.

### Saturday 17th September

Promenade Concert with Weymouth Concert Brass.

Tickets available online at www. parishofwykeregis.org.uk/events/

### Saturday 24th September

Bellringing Basics course starts at All Saints church. See article elsewhere in this issue for contact details.

### Saturday 24th September to **Sunday 2nd October**

Big Green Week. More details of All Saints church BGW events will be found elsewhere in this maga-

### **Dates for your diaries** Sunday 2nd October

Café Church at 9.30am this month will include a blessing for family pets. Please bring them along, in boxes, cages or on a lead to receive a special blessing.

Followed by:

Parish Harvest Lunch and Skittles at St Edmund's Hall, Lane House Rocks Road. Bring and share lunch.

### Saturday 8th October

Quiz Night 7.00pm in the Memorial Hall, Chamberlaine Road. Contact Jeff Thomas on 07710 096174 to reserve your table.

Singing for Fun. Tuesday 11th October. 2.00pm All Saints Church. All Welcome.

### 13th and 27th October

Fellowship Craft Group meet in church at 10.00am.

### Saturday 15th October

Coffee Afternoon 2.00pm 4.00pm and Tower Tours See details above for 17th September Coffee Morning

### Saturday 22nd October

Film Night 7.00pm in the Memorial Hall. An opportunity to enjoy a classic film (and a glass of wine). Contact Jeff Thomas on 07710 096174 to reserve a seat.

### **Sunday 6th November**

Choral Concert by Nota Bene 6.0pm

### Knitting for the Mission to Seafarers.

(A Note from Rev Betty Port) Good news for all those knitters who have been creating hats, gloves and scarves for the Mission to Seafarers. It has not been possible to post them to Mission to Seafarers HQ in London for over two years now. A lovely lady has volunteered to take them in her car to the Liverpool branch of the Mission on October 12th. Hooray! Please leave them on the back pew on the north side of the All Saints Church where they will be stored until that time.

Thank you Rose and thank you knitters!

### To advertise in the **Register Magazine** please call 01305 833900 or email:

info@registermagazine.co.uk

### **ORGANIST WANTED** All Saints Church, Wyke Regis

Duncan Honeybourne, one of our organists and former Director of Music, has recently accepted an exciting post in London and will not be available to play so regularly at All Saints. We are therefore looking for an organist to join our friendly music team at All Saints. The church has a fine 2 manual organ, with two couplers and fifteen stops, which was built by Henry Jones in 1884 and was fully cleaned and restored five years ago.

Whilst previous church organist experience would be an advantage, we are also happy to consider applicants who may be looking to develop their range of competencies.

All Saints is a lively church in which community engagement and participation in church life are important elements. We are open to successful applicants bringing in new ideas as well as supporting our current pattern of worship: our regular services are mostly in the choral tradition and are led by a good-sized mixed adult choir.

Appointment subject to enhanced DBS checks. For more information about the role contact Derek Griffin: derekrgriffin@gmail.com

Applications should be sent to Jeff Thomas, Churchwarden: thomas6314@aol.com. Closing date Friday 30th September 2022.



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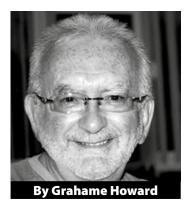
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### What A Month!

Well, that was some sun wasn't it? I'm talking about that hot spell we had in July. I'm writing for the October issue now, so it can be quite difficult to keep in touch when you're that far ahead. Anyhow, did you enjoy it? Some love the hot weather, some loathe it. I'm of the former and can't get enough of the roasting hot sunshine. Mind you, I don't go as far as getting sunburnt. That is not nice and yet, it's something that the holidaymakers do all the time.

During our hot weather, I have been so busy, unbelievably so. It started with the CO having a bad back. One minute she was walking around like an Olympic athlete, (albeit one from 1940) the next she has twisted her back and she takes 45 minutes to walk 3 paces. Every moment she made an awkward move, she cried out in agony. Charlie, Henry and possibly some of the neighbours wondered what on earth was going on. I really felt for her, however, that was until I realised that I had to do everything because she couldn't get around. There were pots to wash, meals to prepare and cook, washing to take care of, animals to feed, housework to carry out, beds to be made, shopping and we must not forget the ever growing CO's lists

of jobs to complete. I thought to her, 'I know about everything at least I would be let off the list of duties but no, she added to it. Yes, I know that many of you are thinking, 'I do this everyday, what is he moaning about?' I know that but, I have a busy life style, writing takes up time you know and what with the endless lists the CO places on my desk. I'm worn out.

Then to add to all of this, Henry (the cat not him next door) became quite poorly. He has renal failure and every now and then he takes a nose dive. The last one cost us £1400 at the vet's. this time the visit wasn't that bad, £600. But, even though the cost stung us quite a lot, it was worth it to see him back to his old self about 10 days later. Not to be outdone, Charlie's annual check up was also due so, it was back to the vet's again. I think we have just about paid for that building by now.

The CO started to pick up after about 10 days, she could now walk 5 paces without screaming out which was a great improvement. There were added problems however, because of the lack of mobility, she had swollen feet and couldn't get any of her shoes on, except a pair of old plimsols. I thought about telling her to walk on her hands but, didn't think it would go down too well. It was not helped by the fact that family from the Midlands wanted to visit. At first I thought they wanted to stay but after having a near seizure, they told me they would be coming with their caravan. The pressure was lifted.

Of course, the CO still tried to interfere while I was carrying out the many tasks I had to do. She does that because she says that she knows best. I did feel like telling her to get her own dinner then but thought better of it. I also thought about saying

and do everything right and as soon as you learn to comply with what I tell you to do, the more peace we will have in the house'. Now, I did say that I considered saying this but, as I would like to live a little longer, I decided to put this on hold for a while.

Eventually, she made a recovery and was able to shuffle around quite well. She even joined me in a trip to the supermarket. We were astounded to see Christmas puddings and mince pies on sale. This is ridiculous, I mean shop early for Christmas yes, but in August surely not. But, the shopping world has gone crazy. Have you noticed how the size of some products have shrunk in size and risen in price? Take toilet rolls for instance, they are so small to what they were a month or so back. Even soap appears to have lost its 'soapiness'. A tablet of soap is not only smaller but I think that a certain part of the 'soapiness' has been taken out but again, the price has gone up. The only two things in a supermarket that are larger, are the baskets for getting as much Grahame shopping in as possible and the price. I know I sound like Victor Meldrew and, some people have

said I even look like him. Pagans, that is all I can say to that. But where was I, the thing is, this is the price to pay for allowing me to have to do the weekly shopping and stock the kitchen with products. Where I never took a lot of notice, I now realise that we are being ripped off.

Someone said to me that they could see us being subject to The Poor Law again, what with the ever increasing cost of living. Probably that is a little drastic and none of us want that at all, but what with the impending energy bills, shopping costs and everything else, the future may look a little bleak.

But be encouraged, I have so much housekeeping skills now, you could always employ me to come and take care of your household. No? Ok, I'll have to get on with my many tasks instead. I had just completed the task list the CO had given me last month, and I felt good. Not any longer, she has given me a much more lengthy one. I bet you sympathise with me, don't

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Continued from page 13

ket at the end of November. The next members meeting is planned for the 5th October, a talk 'A Dorset Garden at Eype' by Paul Atterbury (of Antiques Roadshow fame).

Sue Davis President Sutton Poyntz Village WI

### **Christmas Cracker Quiz** Night

Start the Festive Season by coming along and experiencing the

festive fun and laughter generated at this quiz night.

Most of the tickets have already gone... so don't delay! Preston Village Hall, Weymouth Friday 2nd December 2022 at Enjoy a hugely fun mini panto 7.30pm

Teams of up to 6 persons. Joker cards for doubling points. Different subject rounds. Tickets £12 including light supper. Bar on site. Card payments are available

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### **Osmington Events**

Osmington Village Hall is 21 this December! If you have any pictures of the old hall, or of the early days of the new one, may we borrow them please?

We'd also like to hear your stories about the old hall and we'd love to hear from the 'Hallraisers' who worked so hard to raise funds for the building of the lovely village hall that we have now.

Please contact us via email osmingtonhallbookings@gmail. com or 07816 832554 (Picture attached)

### Phoenix Table Sale -**Osmington Village Hall**

Sunday 2nd October 11am - 4pm Tea, coffee and cake from 11am, light lunches served from 12.30pm Free Entry, Free Parking. All profits to locally involved chari-

ties and good causes.

07816 832554 to book a table.

### Gigspanner at Osmington Village Hall

Friday 25th November - Doors at 7.45 for 8pm on stage

Tickets £18 from 07816 832554 or osmingtonmusic@gmail.com

It's been a while since we saw the mighty Peter Knight in Osmington, so we're delighted to wel-

Wyke Regis WI

Coffee Morning

10:00 - 12:00

1st Tuesday of each month

WI Hall, Gallwey Road

come Peter Knight's Gigspanner back to our stage.

The trio, Peter Knight with his violin, Roger Flack on guitar and Sachet Trochet playing Drums, are taking a break from The Gigspanner Big Band before going on to other things - this might be one of the last appearances of the trio or

### **Friends of Weymouth Library Quiz**

The Friends of Weymouth Library popular annual quiz is back! Sign up your team now for Wednesday 23 November 7pm.

Book at the Library Desk, ring 01305 762410 /750557. £12 for a team of up to six. Help and observers and those without a team welcome, ring 01305 750557 or email fowl8521@gmail.com

### **Quiz Night**

Saturday 1st October, 7.00pm, doors open 6.30pm. St Nicholas' **Church Broadwey, DT3 5DN** 

£10 per person which Includes Ploughman's Supper

Prizes, raffle, cash bar, mobile phones not required!

All proceeds to Weymouth Foodbank and St Nicholas' Church Repair Fund. Tables of up to six must be booked in advance by emailing susanamalik@yahoo.com

### **Preston Village Market** Saturday 1st October, St Andrew's Church Rooms, Church Road, DT3 6BU

We will be running our market from 10am.- 12.30pm. Come and see what we have to offer and choose your Christmas gifts from our many crafts and cards.

The Autumn bulbs will be there to buy. There will be much more on offer including Traidcraft and Avon products.

Delicious refreshments on offer. This time we will be raising funds for Dorset Search And Rescue and St Andrew's church funds.

Free entry but donations to our chosen charities would be much appreciated.

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

"Events dear boy events" A quote from Harold Macmillan – This piece will be very different from the one I

Continued on page 19





Debbie

• Saturday 8.30 - 1.30

### Karen - 07484 647558

Portland Methodist Church Hall Monday 5.30 & 7.00pm. Tuesday 9.00 & 10.30am. Wyke Working Men's Club Tuesday 4.00, 5.30 & 7.00pm.

### **Debbie - 07986 709671**

Preston - Monday 5.45pm. Littlemoor - Tuesday 5.45 & 7.15pm.

### Teresa - 07854 402259

Upwey and Broadway - Tuesday 9.30 & 11.30am.

### Sue - 07810 232016

Lanehouse - Saturday 8.30 & 10.00am.

### Call now for more information





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# The Ridgeway Churches



† Holy Trinity, Bincombe; † St Nicholas, Broadwey; † St Nicholas, Buckland Ripers; † St Francis, Littlemoor; † St Osmund, Osmington;

### † St Andrew, Preston; † St Laurence, Upwey.

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

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

The Weymouth Ridgeway Team offers a wide range of services and a warm welcome to all.

### Normal Sunday worship in church

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. Broadwev

10.15amSt Francis, Littlemoor

10.30amSt Osmond, Osmington (2nd/4th/5th)

11.00amSt Laurence, Upwey

4.00pm St Nicholas, Buckland Ripers

6.30pm St Francis, Littlemoor (Presence Service)\*

6.30pm St Francis, Littlemoor (4th) Celtic Prayer

\* \*A charismatic service, time to sing, pray & reflect

### **Weekday Worship**

7.30pm Tues Candlelight Service St Andrew
12.45pm Wed Prayer Meeting St Francis
8.00am Thur Morning Prayer St Francis
11.00am Thur Communion St Laurence

### S¶ACES to grow in faith

Tue 10.00am Ridgeway Bible Study Group [fortnightly] Preston

(01305) 834604

### Who's Who

**Team Rector** 

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

### **Team Vicar**

Rev'd Philip Elliott

(Holy Trinity, Bincombe; St Laurence, Upwey; St Nicholas, Broadwey; St Nicholas, Buckland Ripers)

The Vicarage, 526 Littlemoor Rd, Weymouth. DT3 5PA (01305) 459971 weymouth.west.ridgewey.vicar@gmail.com (day of rest Monday)

### **Team Administrator**

Shirley Mitchell, The Team Office, 4 Church Rd, Preston, Weymouth. DT3 6BU (01305) 837147

weymouth.ridgeway.team.office@gmail.com

### **Community Angels**

A volunteer service offering companionship, errands, home visits, lifts to appointments, activities, shopping etc (01305) 834866 standrewsangels@hotmail.co.uk

### **Hall Hire**

St Andrew's Church Rooms, Preston,

Shirley Mitchell (01305) 837147 sachurchrooms4@gmail.com

St Francis' Community Room, Littlemoor

Anne Field (01305) 832532 anne\_field@talk21.com

### **Mission Hall, Sutton Poyntz**

Maureen Morris (01305) 835533

### **New Weymouth Ridgeway Team Ministry Newsletter**

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

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



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Continued from page 16

started writing a few weeks ago.

No mention now of the Tour of Britain Cycle Race or the 'Sofa Session' with Dorset Council staff and members meeting residents in the town centre.

Seeing her Majesty the Queen with former prime minster Boris Johnson and the new prime minster Liz Truss on the television it was not hard to see how frail she was becoming but also feeling a pride in her continued commitment to her role within the United Kingdom. The strain of recent years and, of course, the loss of her husband Prince Phillip had clearly taken its toll.

Over recent days we have heard stories from so many sources of her love of horses and dogs but also of the people not only of Great Britain but the Commonwealth and the wider world. She clearly loved to travel and to meet new people and learn new things. Her curiosity for life and her humour were well known and evident. Everyone seems to have a story to tell.

Like many other Mayors across the country I had the pleasure, with my husband, of visiting Buckingham Palace for a Royal Garden Party. (yes I tried the cucumber sandwiches, with no crusts). Standing very close to her Majesty I was amazed to find I was taller than her! I knew she was quite short but smaller than me, that I didn't know. So that's my story.

I was chairing a meeting at County Hall when the death of Queen Elizabeth was announced; I asked for a minutes silence and then adjourned the meeting. Driving home very shortly afterwards I was glad to see that the flag outside the New Town Hall was already flying at half mast.

Weymouth Town Council is a new authority with a young and somewhat inexperienced work force. They have been required to step up to the mark in the past few days and they have done so admirably.

Today I attended a reading of the Proclamation of the new King, held at the Jubilee Clock and read by the Leader of the Council Cllr David Harris.

We ended by singing God Save the King; it will take us a little time to get used to that.

Arrangements have been made for flowers to be laid in Greenhill Gardens, these will later be gathered up, composted and used when planting a memorial tree

within our platinum forest in keeping with the late Oueens wishes. The staff is now making arrangements for a memorial service to be held in Greenhill Gardens next Saturday 17th September. This location was chosen to provide sufficient space for as many as possible to attend. I hope that many of you were able to be there. I know many of you will have attended services in your own places of worship

Many of you will have a listened to the very poignant tribute made to his mother by King Charles and to his promise to us his subjects. It must have been incredibly difficult for him. His reign will be very different. She, a very young women when she came to the throne, untried and untested and largely unknown. We know King Charles well, his thoughts and his opinions. He was a very small boy when she came to the throne, I wonder if he remembers a time when his mother was not Queen? A new King and a new Prime Minister starting out within the same week and in the most challenging of times. They both will need our best wishes and our prayers over the coming months.

Books of Condolence have been placed in our public libraries and in our churches for residents to sign.

Please remember; the best way to contact me is by phone 07850 060947; 01305 839747 ( you can leave a message on either number - but remember to leave your name and phone number) or to email me at cllrkate.wheller@dorsetcouncil.gov.uk.

Please continue to stay safe hands - face - space.

God Bless. Kate Cllr Kate Wheller.

### A Morning with the **Bearded Tits**

### 1st and 8th October 8.00am -10.00am

Come and witness the unusual feeding habits of Bearded Tits (Reedlings) this rare reedbed resident at RSPB Radipole Lake.

As autumn gets underway, our wildlife faces many challenges. At RSPB Radipole Lake nature reserve, one of the more elusive reedbed residents has to change its diet completely in order to survive the long, cold winter. The bird in question is the strikingly beautiful and rather comically named hearded tit

The reserve is home to a large number of bearded tits who, like many other birds, spend the summer months feasting on insects. However, to avoid having to migrate south in winter as birds such as swallows and warblers, the bearded tits change their diet to reed seeds in winter. The seeds are extremely tough so the birds use a nifty trick to make the seeds easy to digest – they eat grit. And the RSPB has come up with an ingenious way to help the hungry birds. Bearded tits don't have teeth, and their bills aren't built to crack open the tough shells, so they also have to eat grit which grinds the hard seeds into a digestible pulp. Here



at Radipole Lake, we put the grit out on trays so the birds can easily access what they need. This results in a great opportunity for you to see bearded tits up close. booking Advanced click here to buy tickets: https:// events.rspb.org.uk/browse? filter[schedule]= 1190 RSPB Member - £10.10 Non-RSPB Member - £12.50 Photo credit: Ben Hall (rspb-imag-

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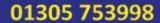






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### **Weymouth Rowing Club Gigs**

### **Cornish Pilot Gigs**

A Cornish Pilot Gig is a 6 man rowing boat, 32 feet in length and a 4ft 9in beam. They are Clinker built with Elm on Oak.



Their specification is based on the Trefry, a gig built in 1838 and still in regular use by Newquay Rowing Club. Their original use was to take pilots out to incoming ships in the Atlantic approaches. The fastest gig would be in with the best chance of securing the pilotage fees. Originally a commercial venture, now the sport of gig racing has become established throughout the West Country to the South Coast, Wales, Ireland and beyond. Holland, France, the Faroe Islands, Australia, Bermuda and the USA are just some of the overseas gig rowing communities The club have four traditional wooden gigs Sir Tristan, Penny,

Isolde and Tristan and three training gigs. Kingfisher is a fibreglass training gig and was launched in April 2013 and as our first training gig, is a helpful addition to the club as she can be stored on the water, making it easier for our Junior crews to launch. The growth of the club resulted in the need for a second training gig and Mixen joined Kingfisher in Spring 2013. White Nothe is our newest training gig and she arrived at the beginning of June 2020.

Text and photo: Weymouth Rowing

www.weymouthrowingclub.com





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# **Organisations**

### Aquafit

Exercise in the water with a smile. Tuesday & Thursday mornings at Osprey Leisure Centre. All abilities welcome. No need to be able to swim. New members always welcome. For further information please ring Margaret on 01305832944 or 07977191547.

### **Beachview Community Centre,**

Beachview Close, Wyke Regis, DT4 9JA. My Place Dorset run a lunch club, every Friday from 12.00. Please call Michelle Wilson to pre book on 07920 428039.

# 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.

### **Community Angels**

Volunteer Support- Do you need neighbourly help or could you volunteer to help someone? Please 'phone 01305 834866 for more information.

### **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 Monday of the month on Zoom and the third Monday of the month at The Moonfleet Bowls Club, Knightsdale Road (Near Weymouth Swimming Pool) DT4 0HU. Meetings start at 7pm. 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**

Friends of Weymouth Library (FOWL) group supports and promotes our Library. We have a free knit & natter and informal coffee morning (free biscuits too!) on the first Tuesday of each month from 10.30 and all are welcome. Our programme of events, talks quizzes and socials raises money for library projects and equipment Membership is £6 pa but non members welcome to our events. More details from 01305 832613/750557 or fowl8521@gmail. com www.fowl2017.wixsite.com/fowl

### **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.

### **Harbour Poets**

Meet in Weymouth Library & Learning Centre from 2-4 pm on the first Tuesday of each month to read and discuss poetry, and share writing we are working on. All are welcome to join us. No bookings required.

### **Ladies Social Badminton**

Players needed for ladies badminton group. Friendly group, social games, not league. Meet Tuesdays at Redlands Sports Hub. Details Rosemary 01305 832456

# 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 (Broadwey). 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 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 Art Group**

We meet each Thursday afternoon in term time at Osmington Village Hall from 2.00pm till 4.00pm. Bring your own art, whatever it is, and draw, paint, collage, in a relaxed atmosphere and pause for tea and cake or biscuits (and a natter), at half time. Phone Sheila 01305833150 or email sheilaedmonds@hotmail.com.

### **Osmington Leisure**

Table Tennis is held on Wednesday 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 Village Hall**

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

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9.30am. Sung Holy Communion
St Edmunds, Lane House Rocks Road.
Every Sunday 11.00am Holy Communion or Prayer Service of the Word
Every Wednesday in term time - Mother and Toddler group. 1.00pm.
1st Wednesday of the month - Toddler Praise 1.00pm.

Please see our block of parish information earlier in the paper.

### Preston Pre-school

Where learning is fun, in a free flowing environment indoors and outdoors. Children from 2 years. Funded places available.

Monday – Friday 8.45am to 2.45pm For more information, phone 07826515321, e-mail prestonpreschool@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 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

### **Repair Cafe Weymouth**

Volunteers repair broken items in return for a donation. Events are on the second Saturday of the month from 10.30am - 12.30pm, except July and August., The Top Club, Louviers Road, Littlemoor DT3 6AY with free car parking. Items repaired include electronics, electrical, IT (PCs, laptops, gadgets and games), mechanical including tool sharpening, gluing, clocks, jewellery and sewing.

See www.repaircafeweymouth.org or 'Repair Cafe Weymouth' on Facebook. Email repaircafeweymouth@gmail. com.

### **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

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.southdorsetcaledonians.org, e-mail: sdcssec@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 3pm and the talk at 3.30pm. Contact no is John on 01305 776008.

### **South Dorset Woodcarving Club**

Tuesdays,Upwey Old School Village Hall 7- 9 pm

Club Secretary Jennie Vallins jennyanddavev@btinternet.com 07920144332.

### SSAFA

Pilgrim House, 1 Hope Street, Wey-

mouth, DT4 8TU. (By appointment

Urgent enquiries: 01202 742934. Office Number - answerphone: 077 26127 532.

### The Light Spiritualist Church

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

### The Menzies Art Group

We meet in the Menzies Room at the rear of the Upwey and Broadway Memorial Hall, Victoria Ave, DT3 5NG on a Thursday morning from 9.30 -12.30. (starting from 6 July) We currently have a few spaces available for enthusiastic painters! For more information please contact Carol on 01305 787769

# 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 Hospicecare 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 Classical Recorded Music Society

Meets on second and fourth Mondays of the month at 7.30pm - September to Christmas and February until the end of May. Meetings held at Weymouth Connect, Grosvenor Road, Weymouth DT4 7QL. Parking available. Please contact Mrs Roz Hope. Tel: 01305 815747, email: rozhope6@yahoo.com for further details. New members warmly welcome!

### Weymouth & Portland Holzwickede Twinning Association

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

# 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 07733333274, 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)

Weymouth Angling Club, Commercial Road, Weymouth, Thursday evnings 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, Bethany Hall, Westham Road, next to Wilko. 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 Drama Club**

A local drama club for adults and young people, meeting on various nights during the week.. For information on how to join, please contact the secretary, Jacqui Trent on 07709601567 or curtainraisers7@gmail.com www.weymouthdramaclub.com Weymouth East Scout & Guide Groups Beavers - Friday 5.30 - 6.30 Cubs - Wednesday 6.30 - 8.00 Scouts - Friday 7.00 - 9.00 Explorers - Thursday 7.00 - 9.00 Brownies - Thursday 5.00 - 6.15 weymoutheastscouts@gmail.com

### **Weymouth South Scout Group**

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

Tuesday - Cubs aged 8 to  $10\frac{1}{2}$ , 6.00 - 7.30 pm.

Explorers aged  $14\frac{1}{2}$  to 17, 7.45 - 9.30pm.

Wednesday - Scouts aged 10½ to 14½, 7.00 - 9.00pm.

Thursday - Cubs aged 8 to  $10\frac{1}{2}$ , 6.00 - 7.30pm.

Friday - Beavers aged 6 to 8, 600 - 7.15pm.

For general inquiries: weymouth-

southgroup@gmail.com

To join our waiting list: weymouth-southwaitinglist@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@hsme.co.uk

### **Weymouth Floral Design Group**

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

### 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

Monday - C'Siders - Cancer Support Group Table Tennis from 2pm to 4pm. Tuesday - Weenies - A group for Toddlers and their parents/carers from 9.30am to 11am.

Tuesday - U3A Table Tennis from 2pm to 4pm.

Tuesday - Prize Bingo from 7pm to Lea on 07973 268836.

9pm.

Wednesdays - NHS Leg Club from 9.30am to 11.30am.

Thursday - NHS Leg Club from 9.30am to 11.30am.

Friday - NHS Leg Club from 08.45 to 11.30am

Sunday - Wargames - all ages- mid-day to 5pm.

### **Wyke Regis Library**

Mon - 10am - 1pm; 2pm - 6.30pm Wed - 10am - 1pm; 2pm -5.30pm Friday - 10.am-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. Monday – Friday 8.45am – 3.15pm. Term time only. From 3 years. For more information tel: 01305 782470 or email us at infoffice@ 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 WI

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

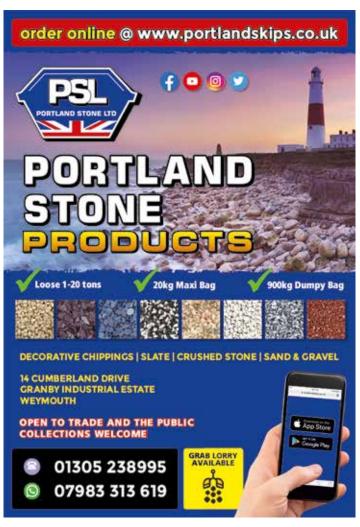
www.facebook.com/wykeregiswi www.wykeregiswi.org.uk

### Yoga

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



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