

# Register

Issue No 379 November 2022

## Magazine



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Front cover: *Fly Agaric fungi.*  
 See page 21.  
 Photo: Iain Ross

to help, please get in touch. We have had unexpected expenditure; having approached the Council to ask householders on All Saints Road not to leave their wheelie bins permanently on the footpath, the Council decided to replace the litter bin by the horse trough with a permanent wheelie bin! They have now replaced it with a more suitable one at the cost to us of £450. I have written to the planning department to ask for up-to-date information on their conservation zone policy. Quoting from Historic England's website, 'Designation of a conservation area gives broader protection than the listing of individual buildings. All the features, listed or otherwise, within the area, are recognised as part of its character'. On this basis I feel that the £450 should be refunded.

I also wrote to Wessex Water concerning their five 'serious pollution incidents' in 2021. None of these were in our area. Their response is available. We have a presentation in a short while from the Stop the Portland Waste Incinerator. With the current fuel crisis the incinerator may seem attractive, but it is worth remembering that the UK has pledged to reduce total burning and there are alternatives. I have brought a printout on one heating alternative for your interest. On a more individual level, there is Ripple, a way to offset your electricity costs against a windfarm, but you will have to wait while it is built. Our next meeting is on Tuesday 8th November.

the Hedgehog Trust at our monthly meeting in October. In November (2pm Thursday 10th) Bonny Sartin of The Yetties fame will be telling us about Dorset folk songs. The Yetties were an English folk music group who toured widely and released an album in 1975. The Yetties of Yetminster. Over their decades long career they stayed true to their Dorset roots. The band retired in 2011 at a final concert and ceilidh in Sherbourne. If you would like to come along to the meeting please contact us. Phone: 07719312901  
 Email: secretary@wykeregiswi.org.uk  
 Facebook: www.facebook.com/wykeregiswi  
 Website: www.wykeregiswi.org.uk

## Wyke Regis Horticultural Society

**The Society is now almost peat-free, with several varieties of compost to choose from.**

This compost requires some additives to boost it to the fertility of Peat, but these are readily available. Our new poly tunnels are filling with tasty ideas for salads. Broad Beans and Peas, too. Membership will increase to £10 a year from April, but join before Christmas and it is only £2.50 until then!

The Trading Post in Rylands Lane is open on Wednesdays 2.00pm - 4.00pm and Saturdays 9.30am - 12.30pm.  
 enquiries@wrhs.org.uk

## Fundraising Hero Runs into the C'SIDERS Anniversary Meal

**A fabulous time was had by C'SIDERS members at the anniversary meal at the Galley Bistro. The meal marks the 6th anniversary of C'SIDERS starting up.**

It was a delight to meet Will Fahie, our young marathon running supporter. Will, at just 18 years of age is very young for a marathon runner, distance running has become Will's passion and he ran the Bath Two-Tunnels run in August, coming 17th out of the 147 starters and 1st in his age category. Will, having heard of C'SIDERS and having had a family member diagnosed with cancer, Will directed his fundraising efforts to C'SIDERS. The meal was a fitting occasion for us to thank Will and for him to hand over a cheque for £1000 to

# Local news

## Wyke Regis Society AGM

**Chairman's report (cut) from WRS AGM Tuesday September 13th 2022, Wyke Working Men's Club, Portland Road**  
**Contact: Georgina Skipper, 01305 761993, georgina.s.skipper@gmail.com**

We have been living in interesting times, as the Chinese curse is said to go, and this is our first AGM for two years.

We have fortunately had a quiet time with Pirates Lane, although no doubt there will be more news. I was cheered to see that Exeter magistrates dealt with a similar situation with a fine of £4500 plus costs in favour of East Devon Council.

Our local GP surgery, Wyke Clinic, has had the dubious honour of being voted the worst in the whole of Dorset. According to the website, the Friends seem to still be suspended, and although I'm sure we all avoid bothering them until we really need to, the process of ringing, being told you might get a telephone appointment in the next

three weeks, and then waiting for a phone call to confirm that, is not good. The alternative of course is 111, but this is not intended to be a bridge to other services, as a GP is, nor a service to answer queries about ongoing treatment.

There have been several deer killings by dogs in the area recently and although I have tried various animal welfare societies and the Rangers, no one seems to be particularly interested in dealing with this problem; despite it being an offence to allow dogs to attack wildlife, I have not been able to find anyone with suggestions as to how to tackle it. I am also waiting for the Rangers response regarding the use by cycles of the coast path.

Our historic photo collection has mostly been transferred to digital and the treasurer and I plan to retire the boards with the originals on. This is because the only outing they get is once a year at the Wyke Christmas Fayre, and they could easily be shown on a screen instead, which would not involve carrying heavy boards to and fro. We plan to put the photos in pouches and if anyone would like



Will is pictured handing over the cheque to group Chair Peter Meacham and Member Karen Thornton.

C'SIDERS! In other news, regular activities such as a cancer rehabilitation exercise class and weekly table tennis sessions are still available. As always, newcomers are welcome at C'SIDERS meetings. Here are our plans over the next few weeks.

- 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.
  - 19th December: Fighting Wildfires across the World and nearer to home- Andy Elliot; Moonfleet Bowls Club at 7.00pm.
- Please do get in touch for further details: [info@csiders.org](mailto:info@csiders.org); [www.csiders.org](http://www.csiders.org); 07430 695462.

## News from Trading Standards

**Illegal tobacco**  
Smoking is seriously addictive and is the single greatest cause of preventable illness and avoidable death in the UK. The market for cheap, illegal tobacco, undermines public health.

There are three types of illegal tobacco:

Counterfeit. This claims to be an established, well-known brand. But it's not. It's fake.

Non-duty paid. Legitimate to-

bacco purchased abroad cheaply, brought back to the UK, and sold at a fraction of the UK retail cost.

Unknown brands. Made for the illegal market and unregulated.

Genuine tobacco products are manufactured to strict quality control procedures as manufacturers want all their products to be the same. A consumer will not know what contaminants, in what levels, are contained in their illegal tobacco bought from an illegal supply route.

Tobacco is taxed heavily as a deterrent to persuade people to stop smoking. The unpaid duty

on illegal tobacco was estimated at £2.5 billion in 2017; money that should have otherwise gone towards funding hospitals, schools and other services.

Trading Standards officers who deal with illegal tobacco sellers often also discover involvement with other criminal activity such as drugs, stolen items, counterfeit goods and abuse of the benefits system. Profits made from the sale of illegal tobacco are then fed back into the criminal activities. These issues can have a negative impact on local communities.

The sale of illegal tobacco is not limited to shops, although this is still prevalent. Its sale can take place from private homes, pubs, clubs, car boot sales and via social media such as Facebook. You must be 18 to buy tobacco in the UK. Illegal sellers can target children, recruiting new smokers to keep their business sustainable.

All genuine tobacco products sold in the UK must be sold in standardised (olive coloured) packaging. If tobacco is cheap, then the chances are it is illegal. You can report illegal sales to Trading Standards via that Citizens Advice consumer helpline on 0808 2231133.

## Friends of Weymouth Library

**Brian Margetson – Search for a Lost Farm in Germany**

The Friends of Weymouth Library (Fowl) are hosting a talk by Brian Margetson on his Search for a Lost Farm in Germany Saturday 5th November at 10.30am. This will be held in Weymouth Library in support of the library's events and ac-

tivities. 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](mailto:weymouthlibrary@dorsetcouncil.gov.uk)

## Weymouth and Portland Ladies' Probus

**Our September meeting took place 21st September. We started with some business affairs, drawing Members' attention to the AGM which will be held in November. We will be looking new committee members at that meeting.**

The Current Team have worked together is nice 'Pre-Covid' and have kept the Club alive through Lockdown and the difficult years which followed. We thank them for their commitment and their dedication for last 4 years.

Our speaker, Amy Brenan had come to look at our own antique jewellery, which was interesting on different levels. It was amazing to see so much lovely jewellery and to see who had brought what. The personal stories attached made the pieces really come alive. it was wonderful to see the beautiful settings, and really fantastic stones, some semi precious and others were precious. The colours were so pretty. The valuations of some pieces drew gasps of astonishment from everyone there.

Amy also brought things from her own collection and again, really pretty pieces, all with a story behind the valuations and a place-

*Continued on page 6*



## Wyke in Old Postcards

Buxton Road from the top of Rylands Lane

# FRIARY Care

*All the residents and  
staff at Friary Care,  
shared their memories  
of Queen Elizabeth II*



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



Friary House enjoyed an amazing lunch with our residents at the Hotel Rembrandt.

First, we had a lovely walk to the restaurant and then a wonderful meal with a few bottles of wine, it was so nice to get some fresh air before tucking into our meal.

We are so lucky to have such good friends with whom we can make new memories and continue the fullest life possible.

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 [www.friarycare.co.uk](http://www.friarycare.co.uk)

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ment in time and fashion. Put all that together with her ability to speak well, and it is clear that we had a wonderful morning. Our next meeting is on 19th October and our Speaker is Miranda Pender. Her topic is 'Music and Talk'. An intriguing title. New members are always welcome to join us. We meet in the Piano Bar at Weymouth Pavilion on the 3rd Wednesday of the month, sat 10.00. The meetings start with coffee, followed by a short business meeting and then we usually have a Speaker.

For more information and encouragement to join us at a meeting, please contact Yvonne Skinner, (Chair) on 01305 779815 or Sarah Simpson. (Secretary) at Sarah\_simpson2@talktalk.net.

## Concert

**Ambassadors Big Band at Weymouth Bay Methodist Church DT47TH on Saturday 22nd October at 7.30pm.**

Tickets £10 in advance from Pete 01305812637 or on door £12.

## Christmas Shopping Evenings

**Conkers are on the ground and leaves are falling which means Christmas will be here before we know it. Many people will be rethinking their Christmas spending this year which is all the more reason to make your purchases count.**

Buying a fair trade gift brings joy to the recipient but even more to the person who produced it. Our Traidcraft Christmas cards support 4 different charities all working to combat poverty on a global scale. Traidcraft donates 14% of the purchase price of all cards sold, divided equally among the 4 charities. For those special friends we also have individual cards hand made in Rwanda, either from recycled paper or banana leaf.

We also have a wide range of unusual gifts to choose from. Lanka Kade, who produce our ever popular wooden toys, have introduced some exciting new ranges this season. There are a variety of playsets to encourage imagination including space figures and fairies. Back in stock is a range of traditional basketware from Rwanda and if you haven't yet discovered them we have a beautiful range of earrings produced by a

woman's cooperative in Mexico. The earrings all have sterling silver hooks for those of you who have a problem with other metals. Our range of Swazi candles has increased, perfect for gifts or for your Christmas table. We also have jute bags with Christmas designs to fill with your chosen goodies from our selection of coffees, chocolate, biscuits, jams, chutneys and sauces. These are just some suggestions but if you're looking for something different this Christmas do come and look at our range of gifts, many made from recycled materials including glass, aluminium and bike chain. During October and November we would like to invite organised groups to come to the shop for a private shopping evening. Enjoy a hot drink in our seating area upstairs while you learn more about Fairtrade, ask questions and hear the stories behind some of the gifts we sell. We can cater for up to 12 people and can arrange a time to suit you, any evening after 4.00pm when the shop closes or Monday afternoon if you prefer. If you are interested contact Linda Perry on 07800 507643 or via email at thebridgefairtrade@gmail.com The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ 01305 772842 Opening times are Tuesday – Saturday 10.00am – 4.00pm.

## Island's Community Crafters Go 'Wild n Woolly'

**The Island Community Action (ICA) Community Crafters group has unveiled a new 'Wild n Woolly' art installation at Atlantic Academy, Portland.**

The project, which took the Crafters group three months to complete, features hundreds of hand knitted and crocheted plants and animals – all created to highlight nature's beauty and encourage more people to care for and protect the local environment and its biodiversity.

In total 58 people have contributed to the creation, the oldest being Joan Westman, aged 95yrs and youngest Ruby Hope, aged just 8yrs.

Kim Wilcocks, ICA's CEO said, 'Our Community Crafters initiative was born out of the COVID-19 pandemic, when we were looking for new ways to reduce loneliness and



isolation by supporting individuals to get creative for their community whilst isolating at home. Since then the response has been fantastic and the project has gone from strength to strength, with people joining in from across the Island and beyond – even as far as Kent and Devon.'

The installation will be on display for the next few weeks at Atlantic Academy. Melissa Heppell said, 'We are delighted to have been chosen as the venue for the Wild 'n' Woolly exhibition from ICA Portland.

ICA have been doing an incredible amount of work with Atlantic Academy and the exhibition marks the start of a long term partnership where we will be developing a Wildlife and Growing Garden at the Academy. This garden will showcase a range of environmental aspects of the Island and will provide a chance for students and local residents to get involved and work alongside one another.

Wild 'n' Woolly celebrates everything we love about Portland and its incredible community. Any project that enables children as young as 8 to work alongside the oldest members of our commu-

nity is something that should be celebrated.'

Lead Volunteer, Liz Gingell added, 'I have really enjoyed being part of this and would encourage others to get involved too. It's something that I can pick up and put down as I fancy it. I especially loved helping put the whole scene together, sitting round a big table sewing, being creative and chatting away with my friends, daughters and even grandchildren. It felt like an old fashioned sewing bee, it was a wonderful, warm, friendly and fun atmosphere that got me out of the house and into the community.' Over the following year the Wild 'n' Woolly installation will tour around the Island, while it continues to grow and be added to, cumulating in a larger yarn bombing event.

If you fancy getting involved, either as a crafter wanting to contribute to the next panel or a venue wanting to display the installation, please contact Katy Pascoe at ICA (opening hours – 10am to 2pm, Monday to Friday) / A: The Easton Centre, DT5 1EB / T: 01305 823789 / E: office@islandcommunityaction.org.uk / W: www.islandcommunityaction.org)

Check out ICA's Community Craft-



ers Facebook page or website at: [islandcommunityaction.org/community-crafters](http://islandcommunityaction.org/community-crafters) for more photos and project details.

### Family History Meeting

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

The talk is entitled 'The Great Family Search - and it's all Free.' It will be presented by Charles and Carole Heyermeyer from Family-Search based at Poole England Family History Centre who will be telling how to get the most out of the free family history research site.

As usual, the meeting will be held at St Aldhelm's Church Centre, Spa Road, Radipole, at 3.00pm, starting with tea or coffee.

Non members also welcome. Admission is £2. For more information call John on 01305 776008. Please note that there will be no meeting in December.

### Greenhill Gardens

**Christmas Sing-a-Long**

**Come and along and start your festive season by joining in this hugely popular Fun Christmas Event.**

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<http://www.greenhill-gardens.co.uk>

### Preston and Sutton

**Poyntz Councillor team**

Firstly I would like to pay tribute to her late Majesty the Queen. It was honour as a Councillor to attend memorials at Greenhill Gardens, Littlemoor community centre, and the county service at Sherborne abbey as well the official proclamation of King Charles III at both County hall by the High Sherriff of Dorset and Weymouth Town council at the jubilee clock.

I was also humbled by the number of people who signed books of condolences. I organised one

at Littlemoor community centre which I manned for 9 hours and was very pleased at the number of people who signed it. The outpouring of grief and admiration of her late Majesty gave me great faith in the future of the Monarchy and in the unity of this country. As a staunch Monarchist and a devoted Elizabethan, I had the greatest admiration for the Queen and upon my election as a councillor I voluntary took an oath of Allegiance to her (MPs have to swear an oath councillors do not) and I now pass this onto her heir and successor. My final note on her late Majesty is to quote the Sir Robert Menzies former Prime Minister of Australia when he said of the Queen 'I did but see her passing yet I loved her till I die.'

On the local front we held a residents meeting on Bowleaze Cove way with Dorset highways. Cllr Peter Dickenson has arranged for two boulders to be placed either side of the metal gate by the look-out café to stop cars going round the gate and parking on the field. We also stressed the need for residents to report issues to us to co-ordinate those reports and get a more organised and effective response to those issues. We will also be submitting a request to extend yellow lines at the end of Bowleaze Cove way as per resident's wishes.

We are still looking for volunteers for the speed watch.

We also held our monthly surgery which we will be doing every first Saturday of the month until the end of the year at Preston village hall between 10-11. Next year we will be looking at replacing these with residents meetings at the hall and invite different agencies to come along and discuss issues as a community. Please get in touch with any local issues on 07809905412 and Cllrlouie.oleary@dorsetcouncil.gov.uk

*Cllr Louie O'Leary on behalf of your Preston and Sutton Poyntz Councillor team*

### Weymouth Bay Concert

**Coming up at Weymouth Bay Methodist Church**

November 5th 10.00am - 2.00pm  
Christmas Fayre, free entry. Stalls to tempt you and Bacon Butties at Coffee Bar.

November 12th at 7.30pm. Memphis Jazzmen.

*Continued on page 9*

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November 26th at 7,30pm. Bridport Big Band.

Tickets for both concerts £10 from Pete 01305812637 or on door £12.

## Overcombe WI

**Well, it looks as if summer has actually left us now. The days are still warm but the evenings and especially nights are much more comfortable.**

Our October meeting was well attended and we enjoyed seeing photos taken by Steve Belasco. His talk was entitled 'Confessions of a Press Photographer'. He showed photos back to the 1960s, some in black and white. They were from his time working in Nottingham for the local newspaper, New York where he spent some time and also from Dorset where he again worked for local newspapers. Some were of sports, some of the music scene, royalty and the local landscape and wildlife.

Steve was warmly thanked for his time and many members bought the books of his photographs. The sea and the wildlife from them are now his main interest.

We are planning our Christmas Fayre which will be held at St Andrew's Church Rooms on November 22nd from 10am - noon. All are welcome so please put it in your diaries. There will be various stalls and of course coffee and cake on offer! Come along, perhaps even find the odd bargain or Christmas gift while having a chat. Our various clubs are thriving and many members enjoy these during the time between meetings. Take care.

Jackie Greet  
President

## Sutton Poyntz Village WI

### October Meeting

**Despite wind, rain and road closures our members turned up in their numbers to hear Paul Atterbury talk about the garden that he and his wife created at Eype near Bridport.**

His excellent talk accompanied by lots of photographs held everyone's interest and was very well received by members. We heard how when they bought the house back in 1987 it was purchased as a holiday retreat very close to the sea. It was simply a very basic building but had the added charm of hav-

ing a railway carriage attached. It had no indoor sanitation; it did have an earth closet in the garden though! Significantly the property also included a stream and a field. Paul told us how he bought as a gift to his wife, a course in gardening skills which gave her the ability and confidence to design and plan the massive project of creating a garden that integrated the area surrounding the house and the field attached. He showed us stunning pictures of the process that transformed their surroundings into beautifully laid out gardens. He urged us to never shy away from using big machinery to transform spaces so as to create different level and banks that give the landscape the potential to be a multiply layered space that can then be used to plant everything from trees and bushes to vegetables and shrubs and flowers.

The pictures we saw illustrated how hard work and perseverance can lead to rather fabulous results. By the time the garden was finished the house had been extended and was surrounded by all nature of gardens. A large pond had been allowed to form and was soon found by newts and frogs. Lots of rabbits had to be defeated in their pursuit of the vegetables, a rill and water cascades built to control the flow of water on the site and a small replica of a stone circle was built using a range of different local stone including Purbeck and Portland stone and a chunk of Cornish slate.

It was a thoroughly enjoyable and inspiring talk; Paul still lives in this area and as such an inspirational speaker we hope to have him back next year to talk on another topic. The rest of the meeting was spent talking about our plan to plant a quince tree as a royal memorial to our patron for many years Queen Elizabeth.

We also talked about our plans for a Christmas party, the planned visits to the Dorset WI Annual conference in Poole, our planned trip to the Christmas market in Bath at the end of November our meal out at The New Inn later this month and plans for our 'Birthday' meal next February. So, we have plenty to think about. Our next meeting is on 2nd November an illustrated talk by Steve Belasco 'A cruise along the Jurassic Coast'. Members are invited to bring along items from their own collection of shells and fossils for the monthly competition.

Because of the limit on the numbers that can attend meetings in The Mission Hall we unfortunately cannot take new members at the moment, we do however maintain a waiting list that applicants can join, and also potential members are welcomed as visitors for up to three meetings. In addition to the monthly meeting there's always the 'Chat and Craft and Games' meeting each Monday at 10.00am, where no membership is needed and everyone is welcome.

Sue Davis.  
President Sutton Poyntz WI.

## Weymouth College Town Centre

### Message from the Centre Manager, Julie Ellis

Welcome back to the new academic year!

Here are some new courses starting soon, although as always, more will follow through the year.

English Level 2, Wed and Fri, 9.30-12.30pm

Date: 23/11/22 - 8/2/23

Maths Level 2, Mon and Thur 9.30-12.30pm

Date: 5/12/22 - 9/3/23  
Maths Level 1, Mon and Thur 1.30-4pm

Date: 21/11/22 - 9/02/23  
ICT Level 1, Tues, 9.30-12.30pm

Date: 3/01/23 - 28/03/23

ICT Entry 3, Wed, 1.30-4pm

Date: 4/01/23 - 29/03/23

We also have flexi study options for Maths, English and ICT. Additionally, the centre holds open/information sessions on Monday and Wednesday afternoons for anyone needed advice guidance or access to a computer. Please ring to book.

If you want to improve your maths without the pressure of tests or assessments, then we can also offer our new project Multiply, for people who just want to improve their maths or budgeting skills. We can also offer a workshop for spelling too! Ring the centre for more details.

### What do you have to do to get on a course?

We have courses to suit all abilities, so there is definitely something for everyone! Anyone interested can simply pop in/email/phone us. We will talk through

Continued on page 12

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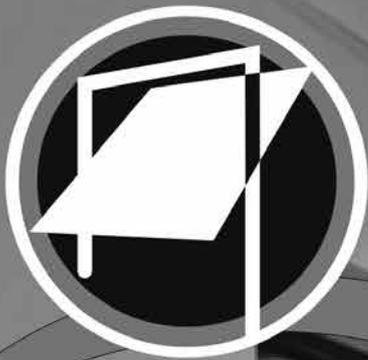
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# Over the Hill

*With Chris Hubbard*

**It was perhaps inevitable that during the many hours of sad yet uplifting television coverage of the passing of Queen Elizabeth II there would be many personal reminiscences of encounters with her late Majesty. It is said that on VE night, when crowds were out in force in London, and elsewhere, celebrating the end of the Second World War in Europe, the young Princesses Elizabeth and Margaret slipped incognito out of Buckingham Palace to join the crowds.**

That very same night I was left with my father while my Mum and my Auntie Glad caught the London Underground from Osterley Station into London to also join in the celebrations. Mum liked to think that somewhere, sometime that night she brushed shoulders, linked hands or sang with the two princesses. Whatever might or might not have taken place it was certainly an evening to remember, and my dear old Mum did just that until well into her nineties, telling everyone that she had been in the crowd with our future queen.

Then my In-house Adviser, together with her Brownie Troop, waited for some hours alongside the main road in Pontypridd, South Wales for the Queen to pass on her way down from the Welsh valleys to Cardiff. A fleeting glimpse, but nev-

er forgotten. And in 1961 my good friend Peter - now a retired Vicar in Bristol, but that's another story - and I shared the Braemar Highland Games with Her Majesty and most of the Royal Family. Security was much more relaxed in those days and the royals moved freely amongst us. But our momentous encounter took place in Weymouth some years later. One afternoon my In-house Adviser and I had crossed the road from the Esplanade to the pavement in front of the Prince Regent Hotel and were walking towards town. Probably on our way to the Crescent Street Surgery which back then was a located in a small cramped house on the corner opposite the fine new building the practice now occupies.

But I digress. As we walked along the pavement we noticed a large, regal looking black car travelling quite slowly towards us. Then we saw the royal standard on the front of the bonnet and realised who it was. Unbeknownst to us - and to most of the citizens of Dorset - the Queen and Prince Phillip had been making a low profile visit to the Naval dockyard and were now travelling home. We were alone on the pavement but waved furiously to make up for the lack of numbers, and her Majesty and the Prince waved back. So we can say, with hand on heart, that they were waving just to us. A memory that I will

hopefully carry into my Nineties, just like my dear old Mum.

It is a bit of a wrench to now be singing 'God save the King'. Only those who have achieved the age of Mature Senior Citizen are able to remember that they sang this for the previous King, George VI. Where have those 70 years gone? Her Majesty was of course in the ATS during WW2. A recent discovery made me wonder whether folks back then were made of sterner stuff than we are today. In the Dorchester Keep Museum the Director, Elliot Metcalfe recognised a sealed package as a probably unique surviving example of an 'Assault Ration Pack'. X-ray analysis of the sealed package proved him right. The contents were intended to keep a soldier going for 24 hours after landing on D-day in Normandy, in case back-up supplies were delayed. Many soldiers must have left Weymouth and Portland carrying such a package, which contained a number of small items - 10 biscuits, blocks of meat, oatmeal, tea, sugar, and milk, 3 pieces of chocolate, boiled sweets and chewing gum - the US influence perhaps? - salt, tablets of meat extract and sugar. Last but not least, four pieces of latrine paper. Now perhaps you might agree that this does not seem a lot to sustain a man who has not eaten for a full day since leaving his ship to climb into a landing craft, probably been violently seasick then pitched onto a beach under intense enemy fire and fought his way, soaking wet, for miles inland. And surely only four pieces of latrine paper is a bit on the short side if he was caught short?

Probably nowadays youngsters would be grumbling about no Wi-Fi connection, the lack of a burger bar and nowhere serving a flat white latte coffee. That's just a made up drink because, like most sensible Senior Citizens, my knowledge of types of exotic coffee is pretty weak, preferring a nice hot cup of tea instead. It is rumoured that a University research project proved conclusively that the graph of the rise in coffee drinking is mirrored by a decline in the size of the British Empire. As I started the rumour the details may not be completely accurate, but you may consider that it sounds plausible. Anyway, it will certainly be worth paying the Keep Museum another visit. The last time was with Grandson George when we found it extremely interesting and were made to feel most welcome. That was some years ago now, for this month he celebrated his 29th birthday which means he for one will definitely not have sung 'God save the King' before. The past has not always been rosy - any Senior Citizen will recall spending school days with friends whose fathers were buried abroad in an immaculately tended war cemetery, and who we will remember next month. But Her Majesty seemed to be a constant, especially recently in a world where everything was changing and not always not for the better. Hopefully when our children, grandchildren and even great grandchildren reach Senior Citizen status they will be able to look back over their lives as we do with ours. Not always perfect, but survivable and with more good times than bad.

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what is involved in a course and make sure you study at a level that is right for you!

## Where are they now? Past student story

We were happy to help Tracey who wanted some help with practising for an interview for a university place. We are always pleased when students return further on in their learning journey! Tracey completed a Level 1 IT course with us in 2018, going on to complete Level 2 in 2019. Simultaneously she got an apprenticeship position in a school as a TA and completed a L3 supporting teaching and learning qualification. During this year, she won apprentice of the year too! Confidence duly and deservedly boosted, Tracey then went on to successfully complete the Access to HE course in 20/21 year. She now hopes to go to university to study social work. Based on past performance, she is sure to smash it, well done Tracey!

## Taking the college to you!

We are conscious that travel costs can be an issue for some people so we are pleased to be able to offer our outreach service again, at Littlemoor on Wed mornings. If you would like an appointment there, please ring 01305 759683 to book.

## Employment News

Success story!

Hope starts here! We were so happy to help Tommy, a young and clever lad, who didn't get the chance to do GCSEs. We were able to sort him out with a flexi English L2 course which he fitted around his work. He is currently doing the same with maths. Additionally, after having help with his CV and general employability advice, Tommy secured a job we signposted him to at Babcock. A permanent position where he can hopefully grow his career – as long as he finishes his L2 maths! He knows that we will work around his needs. As we always say here, we're like Mastermind (with courses) 'If you've started, you'll finish!' Well done Tommy, we're proud of you!

## Stuck in a rut?

If you're fed up in your job, looking to return to the work place or fancy a change, why not take advantage of a free careers interview? They can take place here at our town centre site or by phone. Ring 01305 759683 to book an ap-

pointment.

Get in touch and we can help you grow your knowledge/career/skills and friendship group – learning together is a social activity! Till next time folks!

Julie Gilvear

Careers Advisor/Lecturer,  
Weymouth College

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## Dementia Drop in Cafe

The drop in cafe at Weymouth Bay Methodist Church for Dementia sufferers and carers will be on Friday 4th November from 2.00 - 4.00pm.

Come and chat, sing, play games and have tea and cake. Cost £2 each For more details please phone Esme on 812637.

## James Bond "Licence To Thrill"

The Secret Agent's Links to Dorset.

A fascinating and instructive talk on one of the world's best known fictional characters. The Dorset area's links to James Bond and his creator Ian Fleming will be revealed.

It's nearly seventy years since Fleming introduced his fictional secret service agent in the novel Casino Royale. Since then, his Bond thrillers have been the inspiration for the hugely successful series of movies. This talk finds local connections to characters in the books as well as to some of the stars of the films. The well-known speaker Hattie Miles is an historian, teacher and photographer. All welcome.

Venue: The Scottish Hall, Shelbourne Road, Charminster, Bournemouth BH8 8QZ

Thursday 12 January 2023 at 10.30am.



Entrance fee is £4 payable on the door. No booking required.

Further Information Contact:

Iain Campbell

E: iaincampbellgo@yahoo.co.uk

W: bournemouthcaledonian.com

T: 01305 768446

M: 0771 8476873

## Friends of Dorset County Hospital support Critical Care Unit

The Friends of Dorset County Hospital have made a significant donation to the hospital's Critical Care Unit (CrCU) following receipt of a major legacy earlier this year.

Out of the £125,000 legacy, the Friends have so far funded three specialised transport ventilators.

These will provide the latest in high-quality critical care ventilation from new-born babies to adults of all ages. Their robustness and portability means the equipment can be used in a variety of vehicles including ambulances and helicopters, ensuring the safety of patients being moved around the hospital and during transfer to other hospitals.

One of the ventilators is a special MRI (magnetic resonance imaging) version which is designed to operate within an MRI Suite whilst a patient is being scanned.

Ian Mew, CrCU consultant at DCH said,

'These new ventilators will provide us with the ability to ensure our patients receive the same quality of ventilation care during transportation as they do on our wards. We are very grateful to the Friends of DCH for choosing to support our CrCU department through the legacy they received. This equipment will make a real difference to our most vulnerable patients when they need it most.' The Friends' donation has also funded a versatile Rehab bike for the CrCU which can provide patients in a wheelchair or bed with

a wide range of physical therapy exercises to aid their recovery.

The Friends are committed to providing ongoing support to patients, friends and relatives of the hospital. We can still be contacted by email on friends@dchft.nhs.uk. For further information on how to support all parts of Dorset County Hospital email charity@dchft.nhs.uk or visit www.dchcharity.org.uk

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

I do remember my parents telling me that time goes very much more quickly as you get older – how very true. I am sure this monthly column comes around every two weeks.

I have spent a good deal of time over the last month, and for some time previously on housing matters. The authority has too many people requiring homes and too few houses. Our local social housing providers have exceeded their new builds by over two hundred houses but this is still not enough. We have so many local young families requiring a home of their own obliged to live with other family members but we also have government targets to house refugees. At the other end of the scale elderly people living in houses too big for them or that they are no longer able to afford need smaller homes and we can't accommodate them either. Holiday and second homes have added to this problem. Like so many others I favour taxes placed on people who buy a home to live in for a few weeks each year. In a few weeks time we will look across at darkened windows as the owners have returned 'home' whilst our homeless locals will remain without homes.

(I know many of you will be sitting in darkened rooms in order to save electricity – the rise in

Continued on page 19

# The Horse Chestnut

*Aesculus hippocastanum*

**Obbly, obbly onker!**  
**My first conker.**

**How many times did we, as children sing and chant the above little rhyme each autumn when the conkers fell shiny, round and brown from the horse chestnut trees?**

The Horse Chestnut tree was introduced into Britain from the Balkans in the late 16th century where it was generally grown as an ornamental tree in long avenues, and was very popular by the 18th and 19th centuries in parks and the gardens of huge estates. Its spring flowers were delightfully and imaginatively referred to as 'candles', and its large round chestnut seeds were an autumn attraction.

The Horse Chestnut is a tree that grows rapidly, and requires plenty of space, not only for its height but for its spread. Its wood is a pale cream colour, light but weak thus rendering it of little economic value in carpentry or building but useful in the making of toys. In recent years, however, before the advent of today's developments such as plastic etc, its lightness and ease of shaping rendered ideal for the manufacture of artificial limbs.

The leaves of the Horse Chestnut tree are palmate in shape and composed of 5-7 large leaflets which spread out like a hand and its fingers. A clear horseshoe-shaped scar can be seen on the twigs when the leaves have fallen. Its bark is grey and smooth at first but changes gradually to a brownish rougher texture as the tree ages and, as the large brown buds on their stout twigs form, they be-

come covered with a sticky resin that deters invading insects.

The flowers are mainly 5-petalled, cream in colour with patches of yellow that turn red as the petals age. The seeds, which develop later from the flowers, are the brown and shiny 'conkers', and are protected in growth by the greenish-yellow fleshy seed case which is covered with soft and slightly prickly, fleshy little spines.

Part of the Latin name for the Horse Chestnut tree, ie '*hippocastanum*' is derived from the Greek word '*hippo*' which means 'horse', and '*castanum*' which translates as '*chestnut*'. There are 13 species of Horse Chestnut trees spread widely across Europe and North America. History has it that the tree was first raised from seeds in 1576, in Europe, by a botanist called Charles de l'Ecluse and were later brought to England from Constantinople in the 16th century when they were first recorded by John Gerard in his 'Herbal'.

Because the fruit of the tree was once used as a source of food and medicine in Turkey for the horses, it was named the Horse Chestnut. They were often eaten by cattle and deer, and sometimes ground up as a fattening food for sheep. Today, they are still recommended as a deterrent for moths instead of moth balls.

Whereas, in Britain, its seeds were known as 'conkers', which is short for 'conquerors', the Americans saw a resemblance to the eye of a deer and named them 'buck-eyes'. The game of conkers was originally played with snail shells and cob nuts, the former often with the snail still inside!

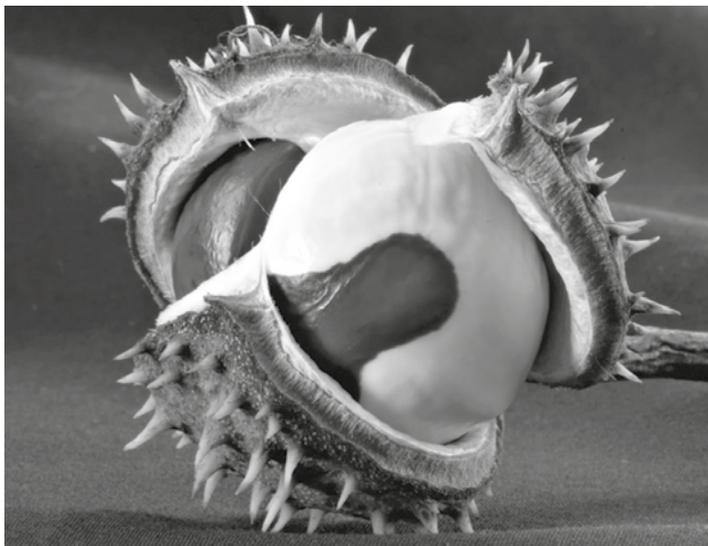
The aim of the game is to smash or break an opponent's conker, taking it in turns to make a hit. Up



to three consecutive shots were allowed providing the first two aims were a miss. Victory could not be claimed however, until there were no pieces of conker left on the string. The winning conker is now a 'one-er'. If it breaks another, it then becomes a 'two-er', but if a two-er breaks a sixer, it immediately becomes an 'eighter'

and so on.

Conkers have been known under a variety of names eg cheggies, obbly onkers and sticky buds, whilst a 'conk' was a game term for a 'bash' at someone else's conker, and anyone past their prime or a joke that had been heard too many times, was an 'old chestnut'!



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### Preparing for Winter

This week I received a request from my GP to make an appointment for my Flu vaccination. This reminded me that winter is on the horizon. Autumn brings a change in the weather that can trigger health issues such as the common cold and seasonal flu and certain pre-existing ailments can become more pronounced.

Many of my patients tell me that they find their rheumatic/arthritis joints become more stiff and painful at this time of year. Whilst pa-

tients that have respiratory conditions report that being exposed to damp cold air will often exacerbate their bronchitis or asthma increasing their need for medication.

My patients have also voiced their worries concerning the impact this winter will have on their general health and wellbeing. This is not only due to them being stressed over the financial situation regarding rising fuel costs. More important to most is the fear that if they become ill they won't be able to get an appointment to see their GP. Whatever the politics of the situation or the chaos that exists not only in primary care but throughout the NHS in the UK I fully empathise with my patients fears. Research has informed policy and decision makers over years that people are living longer. A high percentage of any ageing population will inevitably develop complex health needs. During the winter months it is inevitable that complex patients will require access to medical attention, prescriptive medication and care. Not rocket science just common sense.

As a complementary practitioner I am often asked by patients 'What can I do to help myself stay fit and well'? My answer is always the same, manage your stress, eat a healthy diet and keep mobile. This year I would add keep warm. Stress is considered the single most underlying cause of illness to-day. When emotionally (or physically) stressed all organs and systems of the body are affected and symptoms appear. Patients come to me stressed and in pain very often with disturbances of sleep, digestion, hormone lev-

els etc.....To begin a self-help process I encourage patients to identify their stress triggers. This isn't always an easy exercise as relationships, work or family dynamics are frequently at the heart of the issue. I offer therapies such as mindfulness, counselling, EFT or NLP. For a hands on approach reflexology is especially effective for creating a sense of deep relaxation and when breathing techniques are added, patients become less stressed and pain levels reduce. The Bach Flower remedies are safe and effective homoeopathic remedies reported invaluable in times of crises.

Healthy eating is not complicated cooking and need not be expensive. Buy seasonal vegetables that provide vitamins and minerals and make soups, casseroles, stews in a slow cooker. Proteins for muscle strength and stamina can be obtained from Meat, Fish, Eggs, Beans and Pulses. Tinned oily fish good source of Vit D. It might be wise to support your immune system with a multi-vitamin and mineral or individually Zinc, Vitamin C & D and Selenium. Keep well hydrated with herbal teas such as Camomile or Fennel brilliant for aiding digestion. Homoeopathic Echinacea is a well know immune booster.

Keeping mobile will not only improve your circulation but help your muscles to stay strong. The more you move the more you will be able to move. Movement creates heat so a brisk walk or taking part in an exercise class will help keep you warm. Social interaction from joining exercise groups/classes has been shown to increase mental wellbeing.

If you feel you might need some help or advice visit my website and get in touch for an appointment.

Contact Tel 01305 784986. abigailwring@btinternet.com www.dorsetclinicalreflexology.co.uk Abbigail 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



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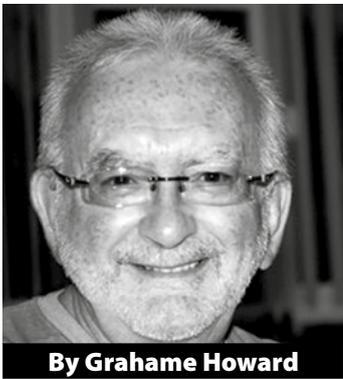
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By Grahame Howard

### Here we go again

It was a very sad September with the Queen's passing. One of the comments nearly all of us were making was, 'She has been there all of our lives'. And she has. I think I was about 6 when she was crowned and travelled all over Britain to greet us all. I was one of the lucky ones; I was on the first row and had a very close view of her and Prince Phillip as the car drove by. It was an amazing memory with everyone waving their Union Jack flags.

The next time I saw her was during my army career. At the time, I was in West Berlin and she came every year for the Queen's birthday parades. Most of the army personnel knew her as 'The Boss', which to us, she was. I must say that she was the best boss I have ever known. Now of course, we have to get used to having a King. This is very difficult to become used to as its a first for most of us. But I am sure that he will be a great King. I have actually met him, shook his hand and spoken to him for a very short while. When I was a social worker, he visited my place of work and I was selected to meet him. He stood in front of me and there was a clock behind him. I know for a fact that I had an eight minute chat with him. He was very polite and encouraging and it really made my day. So that is my claim to fame.

Anyway, there has been lots of things happening with me since we last spoke. So much in fact, that I would need the whole of the magazine to tell you about it all. But one thing that I must share is the CO's strange ways. When she has done the ironing, she folds the clothes up nicely and places them in drawers. If I put one of my shirts on that she ironed the day before, she says, 'I only ironed that shirt yesterday; do you have to wear it, can't you put another one on? It's the same if I ask for biscuits when we have a coffee. 'You don't need any biscuits, you're a little fat bloke but if you eat any of them, you'll be a little fatter bloke.' I have to retaliate, 'Then why buy them in the first place?' 'In case anyone visits', she replies, 'It is nice to be polite and offering them a biscuit is polite.' 'Well, what about me?' I complain.

'You live here and don't come to visit' she says. I remind her that I have lost a stone since I started watching my weight, surely I can have a treat during the day. This of course gets me nowhere, except to receive 'the stare'. I rather expect to sit down for lunch and hear her say, 'You're not eating that sandwich, I've only just made it.' 'It's coming, you wait and see. Hasn't it been cold just lately? It was 16c in our place one day last week but, until we find out what the prices on fuel are going to be, we have to be careful. I looked massive the other day because I was wearing a shirt, jumper and hoodie with a Gillet on the top complete with fingerless gloves. It's quite a good trend to watch TV with a hood up, try it. I even wore a wooly hat in bed one night complete with socks on. Not exactly a sex bomb but must-needs. The next day, I was walking around Dorchester and I could feel a great draught. I put it down to the cold day we were having. When I arrived home, to my dis-

may, I discovered that I had split my jeans. There was a gaping hole in the back. Now, they had not split because of excessive weight. They were actually quite loose. They had also not split down the seam but there was a straight cut down my back pocket. I couldn't work it out. The CO felt that I had turned into a flasher and said she was going to write to the editor to tell him all about it. I've not heard anything so, I guess she didn't. It is such a mystery, the only thing I can think of is that someone may have come behind me, slit my pocket and tried to steal my wallet or mobile. But surely, I would have felt this? It must remain as one of life's mysteries.

On the way home, I had to make another stop and we turned into a narrow opening. The sun was in my eyes and I didn't notice that someone - in their wisdom, had dug in one of these black posts that you see everywhere. Now it was a narrow opening and be-

cause I was dazzled I clipped the flipping black post, scuffing the paintwork on the door and putting a small dent in the bottom of the door and sill. I was not a happy bunny and jumped out of the car and started speaking in a strange, type of language. If anyone witnessed this, I am sorry you had to. I was not my jolly old self. The CO has just said emphasis on the old. It's taken me a week to get over it and I have still got a scuffed and slightly dented door. That's another job for my garage at £1000 per hour.

Do I blame myself, no. It was the sun's fault. It had no right to dazzle me in such a way.

Anyway, see you next month - nearly Christmas

Grahame

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# All Saints & St Edmunds Churches

## All Saints Church on Portland Road, Wyke Regis is open for the following:-

Sundays

8.00 am Said Holy Communion

9.30 am Sung Holy Communion followed by coffee.

Wednesdays until 26th October.

10.30am Holy Communion. All Saints.

Please note: From November the weekday Holy Communion will be on Friday mornings at 10.30, followed by coffee.

The first Sunday of each month will be a Café Church at 9.30am especially for children, with toast and refreshments followed by a short service of music, praise, prayer and a story for all the family. All are welcome.

All Saints Church is open for visits and private prayer from 10.am to 12 Noon on Monday, Wednesday, Friday and Saturday. Please call in.

Fellowship craft group meets on Thursdays 10th and 24th November. 10-12am.

## 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.

**Wednesdays** 1pm - Mother and Toddlers group is held weekly at St Edmund's Church in termtime, 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** 5pm - 6pm. A quiet evening service on line with reflections and prayers can be shared live, or watched later, using the links below.

**On the 3rd Saturday in the month** a Coffee Morning will be held at All Saints from 10-12 noon, with tea, coffee, cakes, book stall, companionship. Please join us; all are welcome.

**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>

Facebook - <https://www.facebook.com/groups/allsaintswyke/>

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

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

## Forthcoming events:

**Saturday 22nd October:** Film Night 7:00 pm in the Memorial Hall Chamberlaine Road. An opportunity to enjoy Hitchcock's classic film North by Northwest (and a glass of wine). Contact Jeff Thomas on 07710 096174 to reserve a seat. Tickets £5.50 to in-

clude wine or soft drink.

**Saturday 22nd October:** Tabletop/Jumble Sale St Edmund's Hall 2:00 to 4:00 pm. Anyone wanting to rent a table for £10 please contact Julie Norris on 07979375263 or Maxine Legg on 07899871785. Refreshments available. All welcome.

## Music

**Saturday 29th October,** Concert by Weymouth Concert Brass, 7:00 pm at All Saints Church (rescheduled from 17th September). Tickets £10.00 to include a glass of wine or soft drink. Not so much a Proms Concert as Music from the Side of the Silvery Sea with lots of favourites.

Purchase tickets on line at: [www.parishofwykeregis.org.uk/events](http://www.parishofwykeregis.org.uk/events), from Gary Hepburn (01305 778169 or Jeff Thomas, (07710 096174, or on the door. Tickets from the original concert date will automatically be carried forward to the new date or refunded if necessary.

**Sunday 6th November:** Choral Concert, Lux Aeterna, by the Nota Bene Singers, 6.00 pm at All Saints Church. To include work by Lauridsen, Gjeilo, Mendelssohn, Gabrielli, Holloway. Ticket price £15 including a buffet supper (Concert alone £10.) From Janet Hall (Tel. 01305 5839737) or Jeff Thomas (07710 096174), or on the door.

Two concerts offer: If you would like to enjoy both concerts we are offering a special two concerts discount; purchase on line - £22.50 including supper on 6th, or £18 without.

**Friday 11th November:** Talk by Michael and Diana Gill, Travels in a Small Boat from 7.15pm in All Saints Church. Tickets, including

a buffet supper and glass of wine followed by the entertaining and informative talk on sailing in Scotland - £10 (£5.00 for talk only). Call Jeff Thomas on 07710 096174 to reserve a seat.

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# Lux Aeterna

*Nota Bene Singers*  
All Saints' Church  
Wyke Regis  
Sunday 6th November 6.00 pm

*John Holloway - Director*  
*Simon Dinsdale - Organist*

*Music by Lauridsen, Gjeilo,  
Mendelssohn, Gabrielli, Holloway*

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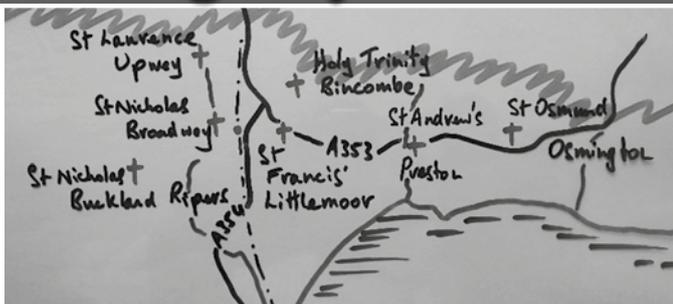


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# The Ridgeway Churches



† Holy Trinity, Bincombe; † St Nicholas, Broadway; † St Nicholas, Buckland Rippers; † St Francis, Littlemoor; † St Osmund, Osmington;

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

*Serving Bincombe, Broadway, Buckland Rippers, Littlemoor, Nottingham, Osmington, Overcombe, Preston, Poxwell, Ringstead, Sutton Poyntz, & Upwey*

Worship and information is available at  
[www.weymouthridgeway.org.uk](http://www.weymouthridgeway.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, Broadway  
10.15am St Francis, Littlemoor  
10.30am St Osmund, Osmington (2nd/4th/5th)  
11.00am St Laurence, Upwey  
4.00pm St Nicholas, Buckland Rippers  
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

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Tue 10.00am Ridgeway Bible Study Group [fortnightly] Preston  
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## Who's Who

### Team Rector

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

### Team Vicar

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

### Team Administrator

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

### Community Angels

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### Hall Hire

St Andrew's Church Rooms, Preston,  
Shirley Mitchell (01305) 837147 [sachurchrooms4@gmail.com](mailto:sachurchrooms4@gmail.com)  
St Francis' Community Room, Littlemoor  
Anne Field (01305) 832532 [anne\\_field@talk21.com](mailto:anne_field@talk21.com)

### 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](mailto:weymouth.ridgeway.team.office@gmail.com) or 01305 837147.

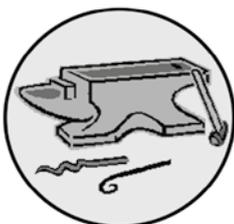
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fuel costs is too great an issue for me to address in this column - do look out for the various initiatives across the town allowing people to access a warm space and a little company)

As a town council Weymouth is far more community focused than it was able to be as a Borough Authority so please watch out for community events and we are always pleased to hear of ideas or projects you would like to promote.

Weymouth Town Council are pleased to provide support in the form of small grants for community groups and projects.

I have spoken about Tumbledown Farm before, I do hope you all know about the exciting things happening there if not do please check their website.

It is a real good news story.

Did you attend the last fireworks of the summer season? I was there with children and grandchildren and thought the show was terrific. We enjoyed having the full sound effects; I know many of you do. It would be good to have your feedback on the low noise fireworks.

Thank you to all those of you who contacted me about accessibility. I am devising a programme of walks with Access group members and Highways reps. To map the area over the next few months.

Plans for Wyke Christmas Street Fayre are progressing well, if you want to know more please contact the new organisers via Wyke Regis Social Club or All Saints Church (Wyke Regis)

If any of the issues I have written about interest you and you would like to know more or provide me with more information, do please get in touch.

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](mailto:cllrkate.wheller@dorsetcouncil.gov.uk).

I hope you are all now accessing the Covid 19 booster programme as well as annual flu jabs.

Please continue to stay safe - hands - face - space.

God Bless. Kate .

Cllr Kate Wheller.

## Second consultation on the future of library services

**Dorset Council has launched the second phase of public consultation to inform how they develop and deliver their library service in the future. Library users and non-users are being asked to share their views. The consultation runs to 22nd December 2022 .**

Libraries are at the heart of Dorset's communities and provide highly valued services, including book lending, activities and events, reading groups, skills and learning, health and wellbeing, information provision, digital access and support, and art and cultural exhibitions. People of all ages can enjoy all of this and more, within a safe and welcoming environment. There are 23 council-run and eight community-managed libraries in the Dorset Council area.

The current library strategy is 11 years old and this consultation seeks to look to the future of Dorset's libraries - how can they best meet the needs of local residents and communities, now and over the next ten years.

Over 7,500 responses were received in the first phase of public consultation, which ended earlier this year. Consultation responses have shaped a new draft Dorset Council library strategy with the mission: To Inspire, Connect and Enable communities through the library service.

## Weymouth celebrates renewal of Purple Flag status

**Weymouth is officially celebrating once more after the town retained the prestigious Purple Flag accreditation for managing its evening and night-time economy for 2022.**

Weymouth Town Council, working in partnership with We Are Weymouth BID recently showcased the town's night-time economy to assessors from the Association of Town and City Management. During their visit, assessors highlighted the work of the town pastors, and the success of al fresco dining in creative a positive ambience. Some of the town's landmarks including the Town Bridge and Jubilee Clock were lit purple on the night.

The award recognises and celebrates the work which has been undertaken in the town to ensure that visitors can have a fun and enjoyable night out between the hours of 5pm and 5am.

Purple Flag is a town and city centre award, similar to the Blue Flag for beaches, which aims to raise the standard and broaden the appeal of town and city centres in the evenings and at night.

## Work starts to expand electric vehicle charging network

**Dorset Council's plans to increase the number of public charge points for electric vehicles (EVs) in Dorset are now underway. This expansion to the existing charging network will see a combination of fast (22kW), rapid (50kW) and ultra-fast (150kW) charging units installed across Dorset; the latter allowing users to charge 100 miles in just ten minutes.**

Increasing the number of EV charging points available to Dorset's residents and visitors is a key action in the council's ambitious Climate and Ecological Emergency Strategy and will be essential if Dorset hopes to meet the government target of becoming a carbon neutral county by 2050.

The new charging points, which are being installed by Joju Charging, are planned for the following local locations:

Nothe car park, Weymouth  
Lodmoor car park, Weymouth  
Swannery car park, Weymouth

Fairfield long stay car park, Dorchester  
Durngate Street car park, Dorchester

Top O'Town short stay car park, Dorchester

For more information on electric vehicle charge points in Dorset, including where you can find them, how to use them, and how much they cost, visit the Dorset Council website.

## Wyke Regis Social Club

**The great carrot competition Earlier in the year members bought a particular strain of carrot seed in order to enter the carrot growing contest.**

Competition was hot, some contestants prepared to offer advice and encouragement to novice growers, others keeping their growing methods and results a deadly secret. Would the drought be good for crops? The lack of rain keep the slugs and snails at bay?

What was the best method of watering little and often, a real soak, rain water or tap. Should you feed your carrots?

The day of reckoning was Sunday 2nd October. Carrots of all shapes and sizes showed on the day, including some fancy dress items; it was a crowded field. This is serious business and the services of Employment Judge Catherine Rayner were engaged. Judge Rayner, taking time out from her exacting role on Employment Tribunals in the South West Region, measured and weighed every entry.

Continued on page 21



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## Fly agaric

(*Amanita muscaria*)

Fly agaric is probably our most recognisable species of fungus, with the mushroom's distinctive red cap and white stalk featuring in countless stories, television shows and even video games! Fly agaric is found in woodlands, parks and heaths with scattered trees. The colourful fruiting bodies can usually be seen between late summer and early winter.

Fly agaric is native to the UK and grows in woodland and heathland among birch, pine or spruce. It has a bright red cap with white spots and white gills. Famous, enchanting and highly toxic.

Fly agaric is the home of fairies and magical creatures and a lover of birch woodland, where it helps trees by transferring nutrients into their roots, but if eaten can cause hallucinations and psychotic reactions.

Immature caps are globe-like or hemi-spherical. Later in life, they are plate-like. They can reach 8-20 cm in diameter. They are generally bright red with white 'warts'.

Fly agaric has a long history of use in religious ceremonies, particularly in Asia. For over 4,000 years it



was the ingredient in a sacred and hallucinogenic ritual drink called 'soma' in India and Iran; while the Siberian shamans would give it out as a gift in late December. It has turned up in many fairy tale stories and features in the story of Alice in Wonderland when she is given some fly agaric to eat. Fly agaric is poisonous and infamous for its psychoactive and hallucinogenic properties. But, reports of human deaths are extremely rare. It was traditionally used as an insecticide. The cap was broken up and sprinkled into saucers of milk. It's known to contain ibotenic acid, which both attracts and kills flies – which gave it its name.

## Local news

Continued from page 19

The winning carrot on height and weight was grown by Michael Wheller, a magnificent specimen. The funniest carrot, which was also quite a size was grown by Dave Philpot. The judge awarded her own special prize to 'Little Lin' for the carrot she would most like to take home to make carrot cake. The contest was great fun and raised £80 for the Veterans Hub in Wyke Regis. Look out for next year's contest.



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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@gmail

## 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.

## Parish of Wyke Regis, All Saints with St Edmunds

ERector: Rev Brother Alasdair Kay.  
Tel: 01305 784649  
Email enquiries:  
info@parishofwykeregis.org.uk  
www.parishofwykeregis.org.uk  
All Saints, Portland Road.  
Every Wednesday: 10.30am Holy Communion  
Every Sunday: 8.00am. Said Holy Communion unless Rector is away.  
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 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 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 week-ends 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: 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 3pm starting at 3.00pm. 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 only)

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

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### 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](http://www.spiritualistchurchweymouth.com)

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### 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

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### 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

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### 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.

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### 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!

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### Weymouth & Portland Holzwickede Twinning Association

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

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### 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](mailto:jeff.cook@faaa.org.uk)

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### 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.

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### Weymouth and Portland Sub-Aqua Club (BSAC)

Weymouth Angling Club, Commercial Road, Weymouth, Thursday evenings 8pm. Contact Ian Joseph 07802658848 or chairman. [wpsac@gmail.com](mailto:wpsac@gmail.com)

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### Weymouth Ind Evangelical Church

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

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### 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.

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### Weymouth Dolls House Club.

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

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### 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 [certainraisers7@gmail.com](mailto:certainraisers7@gmail.com)

[www.weymouthdramaclub.com](http://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](mailto:weymoutheastscouts@gmail.com)

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### Weymouth South Scout Group

Scout Hut - Ryland's Lane

General = [weymouthsouthgroup@gmail.com](mailto:weymouthsouthgroup@gmail.com)

Waiting List = [weymouthsouthwaitinglist@outlook.com](mailto:weymouthsouthwaitinglist@outlook.com)

Monday - Squirrels aged 4 to 6; 5.30 to 6.30 pm.

Scouts - aged 10½ to 14; 7.00 to 9.00 pm.

Tuesday - Cubs aged 8 to 10½ ; 6.00 to 7.30 pm.

Explorers aged 14 to 17; 7.45 to 9.30 pm.

Wednesday - Scouts aged 10½ to 14;

7.00 to 9.00 pm.

Thursday - Cubs aged 8 to 10½; 6.00 to 7.30 pm.

Friday - Beavers aged 6 to 8; 6.00 to 7.15 pm.

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### 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](http://www.weymouth-dmes.co.uk). Andy, Secretary 01305 459677 or [andy@hsme.co.uk](mailto:andy@hsme.co.uk)

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### 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).

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### 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](http://www.weymouthmoviemakers.weebly.com) E: [weymouthmoviemakers@gmail.com](mailto:weymouthmoviemakers@gmail.com) Chairman Anne Vincent Tel: 01305 780140.

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### Whist & Military Whist Drive

Moonfleet Bowls Club, Knightsdale Road. Tuesday, start 2.00pm.

Further details on 784056.

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### Whist Drive

Mission Hall, Sutton Poyntz. Every Monday at 7.30pm

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### 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](http://www.wrhs.org.uk)

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### Wyke Regis Community Association

Email: [wrca@btconnect.com](mailto:wrca@btconnect.com)

[www.WykeRegisCommunityAssociation.co.uk](http://www.WykeRegisCommunityAssociation.co.uk) or follow us on Facebook

[www.facebook.com/WykeRegisCommunityAssociation/](http://www.facebook.com/WykeRegisCommunityAssociation/)

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### 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 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.

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### Wyke Regis Library

Mon - 10am - 1pm; 2pm - 6.30pm

Wed - 10am - 1pm; 2pm - 5.30pm

Friday - 10am-1pm

Saturday - 10am - 1pm

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### 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.

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### Wyke Regis Medical Practice

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

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### 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 [inoffice@wykeregisfed.dorset.sch.uk](mailto:inoffice@wykeregisfed.dorset.sch.uk)

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### Wyke Regis Society

[www.wykeregissociety.com](http://www.wykeregissociety.com)

Meetings second Tuesday two-monthly, 7pm at Working Men's Club, Portland Road. Contact 01305 761993 or [wykeregissociety@gmail.com](mailto:wykeregissociety@gmail.com)

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### 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](mailto:secretary@wykeregiswi.org.uk)

[www.facebook.com/wykeregiswi](http://www.facebook.com/wykeregiswi)

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

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### 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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