

# Register

## Magazine

Issue No 381 January 2023



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

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Photo: Iain Ross

**of our Practice Newsletter. We hope you like our new Practice Logo! Our publishing team have been busy creating a new logo for the Practice and are also working with a website designer to create a new Practice website, which will hopefully go live in the New Year.**

We have worked with our Patient Participation Group to provide a professional but patient friendly website, designed to give you the best experience whilst being easy to navigate and to quickly find the answer to any question you might have. We will contact patients when the new Website goes 'Live'.

### Christmas Hours

Mon 26th Dec CLOSED  
Tue 27th Dec CLOSED  
Mon 2nd Jan CLOSED

If you need medical advice or attention when the surgery is closed, please call 111.

If you have a life-threatening emergency call 999.

You can access further help and information by visiting [www.nhs.uk](http://www.nhs.uk)

### A Message from our Reception Team

Please do not post Epi-Pens, or other injectables through our letter box. This can pose a risk of needle injury to our receptionists when gathering up the post.

We are not able to take your unwanted medicines. If you have any medicine that you no longer take, please take these to a pharmacy for disposal.

Thank you.

### Managing your Blood Pressure (Hypertension)

Hypertension does not cause symptoms but if it is not treated, it can cause damage to the heart, kidneys, and brain and increases your risk of heart attack and stroke. Good control can significantly reduce your risk of developing these serious illnesses. It is a good idea to buy a blood pressure machine to use at home, but we have one at the surgery for you to pop in and use any time you wish. Everyone's blood pressure naturally rises and falls over the course of a day and some people can be stressed or anxious when having their blood pressure taken at the surgery, making their blood pressure higher than it normally is (known as the 'white coat effect'). Measuring your blood pressure at home while you go about your everyday life can help give your doctor a more accurate picture of your blood pressure.

If your Doctor asks you to take some blood pressure readings at home, (normally over 7 days), you should monitor your blood pressure in the morning and again in the evening. Try to take the readings at the same time every day. Take two readings leaving at least one minute between each and write the readings down.

• Many factors can make your blood pressure rise for a short period of time; therefore, you should not smoke, drink caffeine, exercise or feel a need to use the toilet before taking your reading.

• Always measure your blood pressure in the same arm. Ideally use the arm your doctor or nurse uses when they take your blood pressure.

• Do not wear any tight or restrictive clothing around the arm you are measuring your blood pressure in. Avoid rolling up tight shirt sleeves.

• You should rest for at least five minutes before measuring your blood pressure. During this time, you should sit down in a quiet place, try to relax and avoid speaking to anyone.

Write down your AM and PM readings for 7 days along with the date taken and bring this back to the surgery.

### Stay well this winter

If you're worried about your health, don't delay, your NHS wants to see you. Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long-term conditions such as heart or kidney disease, COPD, asthma or diabetes. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather can aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to help stay well this winter.

### Make sure you get your COVID-19 booster and flu vaccinations.

All those who are at greater risk from the COVID-19 and flu viruses should take the extra protection offered by vaccination this winter. If you are aged 50 or over, or pregnant, or have a weakened immune system or long-term health condition, you will be eligible to receive your free COVID-19 booster and flu vaccinations.

The NHS will email or text you when it's your turn to be invited for your COVID-19 vaccination. You can book your COVID-19 booster

## Local news

### Preston and Sutton Poyntz Cllr team

**Wishing all residents a happy new year and hope you and your family had a good Christmas.**

It was a very busy Christmas season for us over December attending as many events as possible. It always comforting to see the community spirit this time of year starting the month at Macpherson house's coffee morning which raised £350 this was followed by the Springhead coffee morning in aid of Fortuneswell ward at Dorset county hospital.

The following weekend I was very honoured to announce the Sutton Poyntz Christmas light switch on and then the next day attend the Preston village craft fete. Attending events is a very helpful way of meeting new residents and picking up issues as well as supporting good causes. As well as attending events we've been getting on with the job all members of your Councillor team helped clear leaves from area's around the ward including Preston and Oakbury drive we've also had the path between Preston road and Telford

close swept of leaves. We also arranged for potholes on Preston and Littlemoor road to be filled in. We also recently did a big push on reporting blocked drains in the area if you are still aware of a drain that is blocked within the Preston and Sutton Poyntz area then please get in touch. As we enter 2023 we will continue to serve this ward to the best of our ability so please do get in touch with any issues.

Cllr Louie O'Leary  
Littlemoor & Preston ward  
07809905412  
Cllrlouie.oleary@dorsetcouncil.gov.uk

### Royal Crescent & Preston Road Practice

Winter Newsletter 2022  
[www.royalcrescentsurgery.co.uk](http://www.royalcrescentsurgery.co.uk)

We wish All Our Patients a very Happy Christmas and a Healthy New Year.  
From All the Staff at the Surgery.

**Welcome to the Winter edition**

vaccine using the National Booking Service online via [www.nhs.uk](http://www.nhs.uk) or by calling 119.

For a flu vaccination please contact the surgery – we have appointments available and look forward to seeing you.

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night. Make sure you're receiving all the help that you're entitled to.

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. Visit [www.simple-energyadvice.org.uk](http://www.simple-energyadvice.org.uk) and [www.gov.uk/browse/benefits/heating](http://www.gov.uk/browse/benefits/heating)

### Keep active

There's strong evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. Regular exercise can help improve your mental health, reduce the risk of falling and can be beneficial for recovery if you do get ill.

Try to reduce the amount of time you spend sitting down during the day. Break up your time spent being inactive by walking around your home or standing up from your chair during TV advert breaks or when you're on the phone. There are many activities you could do at home, such as walking up and down stairs, dancing, gardening, housework, or taking part in online fitness classes. It doesn't matter what you do, as long as it's something you enjoy and keeps you moving. For tips on keeping active go to [www.nhs.uk/keepactive](http://www.nhs.uk/keepactive) or have a look at [www.ageuk.org.uk](http://www.ageuk.org.uk)

### Mental health support

We all feel down from time to time, no matter our age. But if you've not been feeling yourself for a while, talking therapy could help you feel better. Speak to your GP about NHS Talking Therapies. Your GP is there to help you and can refer you to the right service. Steps2Wellbeing Offer psycho-

logical therapies for mental health conditions such as depression, anxiety and stress.

You can self-refer by visiting: [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)

If you or a loved one are experiencing a mental health crisis, you can call your local NHS mental health helpline for 24-hour advice and support: [www.nhs.uk/urgent-mentalhealth](http://www.nhs.uk/urgent-mentalhealth)

### Check your medicine cabinet.

Ask your pharmacist what medicines should be in your cabinet to help you and your family this winter. Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter illnesses such as colds, sinusitis, or painful middle ear infection (earache). Your pharmacist can help if you need any advice. To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief. For more information search 'medicines' on [www.nhs.uk](http://www.nhs.uk)

## Overcombe WI

### November and December 2022

Our November meeting was well attended despite the wet weather and we very much enjoyed the talk on the history of Balsons Butchers from Bridport. Balsons have been selling meat in Bridport for over 500 years, starting off in the market square where the animals were brought, slaughtered and then sold. Richard Balson who spoke to us is the 25th generation to run the business. He put it into perspective when he said that King Henry VIII was on the throne! The company started business only a few doors away from the present shop. Anne of Cleves, Henry's fourth wife was born in the same year as the start of Balsons, Thomas Wolsey Archbishop of York was made a Cardinal and the following year the first published account of the discovery of North America was announced. The company still endeavour to sell as much local produce as possible.

The shop is now also a delicatessen and sells memorabilia in the form of mugs, tea towels aprons and books. Richard and his wife were warmly thanked for an interesting talk. Many of our members have visited the shop which is a delight to browse.

December saw our Christmas Fay-

re which was very well attended. There were various stalls and coffee and homemade cake on offer. It was very busy and there was a lively happy atmosphere.

Our December meeting was our Christmas party. We invited Fiona Penny a local florist to demonstrate the making of a Christmas door wreath and a table decoration. Many of you will remember Fiona who ran Sunflowers in St Thomas Street. Fiona is still working but runs the business from a purpose-built studio at her Broadway home. She would be delighted to hear from you if you require any flowers or accessories. She can be contacted on [www.fionapenny.co.uk](http://www.fionapenny.co.uk), where you can see what she can offer.

Fiona managed to produce both these items within an hour and they were beautiful. Pre Christmas, Fiona sells a full kit of everything needed to make these including instructions. The members thoroughly enjoyed it and were amazed at the speed they were produced.

This was followed by a buffet supper and a glass of something and the distribution of the secret Santa gifts.

We sang "The 12 Days of Christmas" with each table taking a part. This was very amusing and after finishing with 'We Wish You A Merry Christmas' we went home, happily full of Christmas spirit, filled with food and determined to try to make a Christmas floral arrangement. I wonder how many achieved this.

Happy New Year and take care.

*Jackie Greet  
President*

## The Wyke Regis Society

[www.wyke-regisociety.com](http://www.wyke-regisociety.com)

Minutes of the General meeting held 7pm Tuesday 8th Nov. 2022 At Wyke Regis Working Men's Club, Portland Road Contact Georgina Skipper, [g.skipper@btinternet.com](mailto:g.skipper@btinternet.com) for apologies and agenda

**Treasurer's Report:** The HSBC business banking problems have been resolved although they are still charging monthly for the current account.

**Chairperson's Report:** There was a report to police of criminal damage in Wyke Square of door bells being broken and pulled off. A display about the solar power array will be held at Willowbed Hall,

Chickerell on Tuesday 28th 6-8pm.

### Councillors' Report

It had been reported that the roof on the Old Rectory on All Saints Road had been raised with the renovations, this was denied by the builder working on the building. The top floor attic has now been made into apartments and the roof which was in a poor state has been completely renewed.

The 206 bus route is under threat as it is not much used by fare payers.

The World Heritage Organisation has become involved in the Portland Incinerator discussions.

A speed alert monitor is to be placed on the top of the hill on Lanehouse Rocks Road, this is to control the speed of the traffic approaching the hilltop with no sight of the road ahead.

### Portland – Dorchester Traffic Corridor

There will be significant road changes between Weymouth and Dorchester with improvements to junctions on Lanehouse Rocks Road and the crossing to include the new housing estate entrance, and the junction at Portland Road and Wyke Road where the graveyard corner will be changed. There will also be a new junction by Tesco on Lanehouse. The size and number of lorries using these roads to get to and from Portland Port has increased dramatically. Lorries being directed up Lanehouse Rocks Road and back via Buxton Road and Boot Hill has not made any significant difference to the air quality on Boot Hill.

**Memorial Hall:** Bookings are seen to be coming in again and maintenance on the building is kept up to date. Residents have complained about the seagulls nesting on the gully between the Hall and the cottage which causes a blocked down pipe every year. Remembrance Day large poppies are on the lampposts again, contributions can be made at the Smugglers. Knitted poppies also available at the Wyke Library.

**Church:** All Saints Church has been running visits to the tower, this has proved popular with the magnificent view from the top and the chance to ring a bell. The Tower tours will begin again in the spring. Bookings will be available.

**Wyke Square:** The planters in the Square have improved with two

*Continued on page 6*

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residents keeping some of them tidy but there are still four that need upkeep.

We have been given permission to put up bird boxes on the little green at the back of Lymes Close. If anyone has an interest in this please contact the Society. If you are handy at making bird boxes let us know.

A problem with 'fly tipping' in the Square is being monitored.. A complaint was made to the Society about rubbish left outside a house near the Social Club. The resident making the complaint was directed to the Dorset Waste Partnership (the rubbish is still there).

The cost to the Society of the new bin in the Conservation Area by the trough was raised. KW to investigate.

Residents in Wooland Gardens and Portland Road have had reminders about the upkeep of the large wall that is on both sides of the road from Foords Corner to the footpath for Rodden Close. The wall is in a poor state in places. Some trees have been removed as they were undermining the wall. Ivy and shrubs have been cut back. Part of the wall is in the conservation area.

**Wyke Christmas:** All seems to be going along well for the annual Wyke Christmas Fayre. The Social Club and Church are running it this year. The problem of power for the Christmas tree lights is ongoing, with a cost of about £3,000 to install the socket. The Society has asked if an estimate can be produced to show where the cost of this is coming from as the wiring is already in place on the lamp and only a socket is needed.

**Planning:** There were no new planning issues

**Footpaths and Highways:** The Society has contacted the Council and the Rangers about the problem of small motor bikes and cyclists using the footpath along the Fleet. Cllr Wheller will take up the problems and speak with the Rangers. It was noted that there are no signs on the footpath to advise people that it is only a footpath.

Residents feel there is still a safety problem with the entrance to Tesco on the Portland Road and the lines that have been put in make little difference. It has been suggested that concrete planters like the pots in Wyke Square could be put in place to deter the traffic using the foot path. Yellow lines still have not been put in place outside the Smugglers Pub. The yellow lines would give the traffic more space to pass stationary buses, and give a better traffic flow. We have been waiting for 3 years for these lines to be put in. Cllr Wheller will find out why this has not been done.

**Air quality monitoring:** Mr Walsh will contact All Saints School to find out if any pupils would be interested in monitoring the air quality on Portland Road. There used to be a rain and wind monitor at the infant school which would be useful if still working.

**Anti-social behaviour:** again, residents have reported problems with drug dealing in the area. Main problem areas still seem to be Wyke Gardens, the Police have been informed. Residents must report whatever problems they see in relation to drug dealing or any other anti-social behaviour.

**AOB:** Complaints have been made about the holiday site at Martleaves, Rymead Lane. Caravans and holiday homes seem to be inhabited on a permanent basis; the Council have been told

about this situation.

Concern was raised about the new deep berth that is to go ahead at Portland Port. This time the concern is because of the dredging that would need to be done. Dredging pulls up all the sediment and chemicals that are filtered under the sand and shingle. There is concern that it will filter through to the sea life, mainly crabs and lobster. Ships are doing fuel transfers on Portland Harbour, a concern if there should be any spillage in the harbour.

There has been a lot of work going on at the old Ferrybridge Inn site., mainly piling as most of the area is made up land and quite unstable. There will be apartments and a restaurant there eventually.

Power supply has been a problem in parts of Wyke, Wooland Gardens has suffered multiple power cuts, low power on appliances and flickering lights. When called out, SSE were prompt to repair the problem and it was found the power in the box at Shrubbery Lane was only 214 volts when it should have been 240 volts. This has been going on since the end of the September and the question was asked if it has anything to do with the connection of solar panels at the school.

There could be a pontoon near the Pavilion for the use of Cruise Liners wanting to dock in Weymouth. This would reduce the buses on Buxton Road used to transfer passengers from the Port.

Meeting closed at 8.45pm.

## Wyke Regis Horticultural Society

**Happy New Year! The Trading Post in Rylands Lane is back open and selling seed potatoes! Another Year, another crop of tasty veg to get started.**

Free propagation workshops from

2pm on Saturday afternoons, if you need help. Membership costs £10 a year - pay now and valid until March 2024! Contact enquiries@wrhs.org.uk or leave a message on 01305 759668.

Next meeting is Tuesday January 10th 2023, 7pm at Wyke Workies, Portland Road.

Members and non-members welcome.

## Wyke Regis WI

**Happy New Year everyone. We start the year with our monthly coffee morning on 3rd January and will continue to host these on the first Tuesday of the month throughout the year.**

At our monthly meeting on Thursday 12th January we will be discussing the campaign proposals put forward by the National Federation of Womens' Institutes.

2023 is Wyke Regis WI centenary and we will be busy in January and February planning our programme of activities both for our regular meetings and for this special year. We have already decided to hold an Open Day in May, a picnic in August and a Beetle Drive in October. Watch this space for more details throughout the year and check out the noticeboard outside our hall in Gallwey Road. Visitors and new members always receive a very warm welcome.

## The Burns Night Dinner

**Saturday 21st January 2023 Osmington Village Hall**

7.00pm arrival, toast and Split the Haggis, Poems & Singing, Scottish reels, 10.30pm Toasts and Auld Lang Syne.

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### Short Mat Bowls

If you haven't played this game, then there may be an opportunity for you to try! Several new villagers have expressed an interest in re-starting the club.

This is likely to be on a Monday or Tuesday evening. If you are interested then please contact Derek at [deordee@talktalk.net](mailto:deordee@talktalk.net) or Roger at [roger.c.dilley@gmail.com](mailto:roger.c.dilley@gmail.com).



### Weymouth's Peace Gardens given prestigious award

The Royal Horticultural Society and South West in Bloom have given an award to Weymouth's Peace Gardens, describing it as a place for 'quiet reflection and relaxation'.

The 'It's Your Neighbourhood' Level 4 – thriving award was given to the gardens which are managed by volunteers and located at The Nothe.

They carry out all the work in the gardens to make them a lovely

place to visit.

They were also responsible for securing funding to overhaul them, so this is a great accolade for them. Congratulations to everyone involved!

Judges said: "The Peace Garden is an area of quiet reflection and relaxation... The mix of carefully designed areas such as the labyrinth, the concrete block seats and the lovely arched walkway are seamlessly blended with the canopy of shady trees and the more natural garden areas.

'Planting of agapanthus, Shasta daisies, roses, day lilies and grasses all cope with this year's dry

season. The curved design invites visitors to explore the garden and enjoy the different moods it offers.' Weymouth Peace Garden is a community garden created to promote a commitment to peace and understanding in the local area.

The garden lies on the site of an old burial ground, once owned by the Religious Society of Friends (Quakers). In the 17th and 18th centuries the Quakers offered the burial ground not only to their own community but to other 'non conformists' of Weymouth & Portland too.

In 1925 the deeds of the Burial Ground, now known as Quakers Grove, passed to the Mayor and the Council of Weymouth & Melcombe Regis. Sadly, the site fell into disuse and became overgrown with dense brambles, ivy, saplings and thick undergrowth. The Volunteers across Weymouth & Portland started work in September 2009 to clear the site, draw up a design, plant bulbs and shrubs, lay paths and introduce seating to produce a garden of calm and meditation that is now enjoyed by local residents and visitors.

People are encouraged to find their own way around this secluded garden. Visitors can experience

walking the labyrinth, enjoy a time of silence amongst the landscaped garden or prefer a moment of reflection by the peace pole.

Historically, Quakers have worked for peace, justice and equality, making the site of the garden a perfect place to honour their strong commitment to peace and a perfect place to honour their strong commitment to peace.

The garden is managed by a dedicated group of volunteers with the support of Weymouth Town Council. The volunteers are proud to continue the message of peace and all they ask is that visitors respect the contemplative nature of the garden and the personal space of others.

Situated in Barrack Road (adjacent to the Nothe Tavern), the garden is open all year with working parties taking place on the first and third Saturday of the month from 10am. Anyone with a bit of time to spare is welcome to join us.

If you are interested in holding an event in the peace garden, please email: [weymouthpeacegarden@hotmail.co.uk](mailto:weymouthpeacegarden@hotmail.co.uk)

### Christmas Day Harbour Swim

**Sunday 25th December 2022**

Every year thousands of people line the harbour at Weymouth to witness this annual Lions event which has become a landmark event for the town.

For those brave enough to suffer a Christmas morning dip, the 70-metre-plus distance starts from the Cove on Trinity Road and finishes across the water opposite the Harbour Master's office on Custom House Quay. Swimmers are split into up to 10 groups of 50, with some swimmers racing across the distance in just a few minutes. Safety is a major con-

dition. *Continued on page 9*



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Armistice Day (also known as Remembrance Day) everyone here at Friary Care wanted to show our sombre respect and gratitude for the countless many, who sacrificed so much in conflicts across the world.

To mark this occasion, we decorated the homes and proudly displayed our poppies. As so many others did we held the two minutes silence.



We will raised a glass to all those affected by conflicts, and to salute those who have been, or still are, in our care. We shall always remember.

PS. The Food Standards Agency has just rated both our home's food hygiene standards as very good .



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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sideration, and swimmers are required to purchase a ticket and are counted into the water at the start and counted out at the opposite end. Sea canoeists from the RNLI are on the water and are able to assist swimmers who get into difficulty. Help is also on hand from *MV Freedom*, a local charity that enables disabled people to enjoy boat trips around the outer harbour and Portland. On Christmas Day it helps the Lions by providing a ferry service across the harbour. It's estimated that spectator numbers were well over 1,500 in 2021 supporting a total of 360 determined swimmers. The whole event lasts for just over an hour and many of those who take part then go on to enjoy a well-earned pint with perhaps a turkey lunch in a local public house.

email k2brookes@aol.com for further details.

## South Dorset Caledonian Society

**Holds weekly Scottish Country Dancing classes including Ceilidh dance practice at the Willowbed Hall, Chickerell on Monday evenings, 3.45pm to 5.45pm.**

Beginners welcome. £3 per head. Includes tea/coffee. You do not need a partner. The society also holds St Andrews Day Celebrations, Burns Night, Ceilidhs and other events.

For further details contact: Frank 01305 835075. franktough2@btinternet.com

## Library Talk

**Friends of Weymouth Library's Saturday talk on 14th January at 10.30am is about Cecile Neville, Richard III's mother, a remarkable woman and great beauty who outlived her four sons, two of whom became kings.**

Tickets can be obtained from the Library at £3 for non-members and £2 for members. All welcome.

## Family History meeting

**The first meeting of the year for the South Dorset branch of the Somerset & Dorset Family Society will take place Friday January 20th. at the slightly earlier time of 2.30pm. The speaker will be Anne Brown from Shire Hall, Dorchester with a talk entitled '150 Years of Courtroom Drama.'**

The meeting will be held as usual at the St Aldhelm's Church Centre, Spa Road, Radipole. Admission is £2.

Non-members welcome, for more information call John on 01305 776008.

## Fairbridge Trust The Bridge Fair Trade Shop

### A Warm Room With A View

A reminder that we will be open right up until Christmas Eve for any last minute purchases but will then be closed until Tuesday 3rd January. A few of our volunteers are away during January and so during January we will have shorter opening times, these are Tuesday - Saturday from 11.00 until 3.00.

Some of you may not realise that above the shop we have a seating area which has a fabulous view over the marina and, if you time it right, is the perfect spot to watch the Town Bridge opening. We offer freshly ground coffee served in a cafetiere, tea and hot chocolate so whilst we don't offer a barista range of coffees what we do offer is a warm welcome and a relaxing, warm location to catch up with friends and watch the world go by. During January all drinks will be 50p so take advantage of this offer to discover our warm room with a view.

We can be contacted on 01305 772842 or by email at thebridge-fairtrade@gmail.com

The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ  
Opening times in December are Monday - Saturday 10.00am - 4.00pm.

We would like to thank everyone who has supported us over the past year and wish all our customers and indeed, anyone reading this, a joyful Christmas and a very happy 2023.

## News from trading standards

**Find a trader and check you can trust them**

Sometimes it can be difficult to know where to turn to choose a reliable trader. The following points can help you to select wisely and reduce the possibility of problems.

Use a Trading Standards approved 'Buy with Confidence' trader. Visit [www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk)

to search for local traders around your postcode, or call the Citizens Advice consumer helpline who can search for you on 0808 223 1133. Ask friends and family to recommend traders too.

Get three quotes in writing before starting work. Unlike an estimate this is a fixed price for the job and should not change. Check that the price is inclusive, that it details all work that you have requested and there is a timescale from start to finish.

Make sure the trader provides a genuine address and landline phone number. Rogue traders can hide behind mobile phone numbers and false addresses. Established traders too are less likely to disappear in the middle of a job. If the trader is a member of a trade association, they may have a code of practice for extra protection and a service to help resolve disputes. They can give you more details about the trader and protection offered.

Make sure the trader has insurance to cover any damage. If a guarantee will be provided, then check whether this is insurance backed so you are protected even if the trader goes out of business. Agree not to pay for the work in advance and keep back some money until the work is completed.

Pay the full bill when you are happy with the work. Money retained can be used to pay a third party to complete or put work right.

Never agree to go with a trader to the bank or building society to withdraw money, even if this might seem a kind offer, it is usually an aggressive practice under consumer law for a trader to do this.

Pay by credit card where possible, you will often get extra protection under section 75 of the Consumer Credit Act.

## Radipole & Southill Horticultural Society

**The society will be holding its next meeting at the Southill Community Centre on Tuesday 10th January starting at 7.30pm.**

A representative from The Gardens Group (of which Poundbury Garden Centre is a part) will be talking about growing fruit and vegetables on your patio, helping us all to make best use of our available space for home food production.

The event is open to members and

Continued on page 12

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# Over the Hill

With Chris Hubbard

**As senior citizens we have come to accept that our physical abilities may have diminished a little over the years. As a personal example, when holding up both my arms, the right-hand reaches to the skies while my poor left-arm lags behind and only achieves two thirds of the same height and then only after considerable pain in my left shoulder. Ahhhhhh.**

Also senior citizens might not be quite as quick now as they used to be when remembering names, faces or why it was that we came upstairs. But what we do have on our side is experience, and considerable amounts of it. Anything that happens has some-time, somewhere happened to us before. You can work out your level of experience by answering some simple questions in this exclusive 'Over the Hill' survey.

Do you recall Green Shield stamps?

Did the AA patrolman on his motorcycle and sidecar salute your father's vehicle?

Was the playing of the National Anthem the sign that television coverage had ended for the day? Were you expected to use hand signals on your driving test?

Was Wednesday early closing day in Weymouth?

If you answered 'Yes' to all five of these questions, then you have passed with flying colours and proved yourself a bone fide Senior Citizen. Four correct answers is still very creditable, three is not bad and less than three, go back and have another go. Practice makes perfect.

So let's turn some of that experience to promoting education. When we were younger we drank water when we were thirsty, often from drinking fountains. In my youth there was even a clean supply of Adam's Ale into a horse trough in the centre of Pontypridd, my hometown. But over recent decades an obsession with drinking lots and lots of water has reached enormous heights - or should that be depths? This arises from an official recommendation that has become accepted fact, which is that an adult needs to drink at least two litres - that's

about eight glasses - of water every day to remain healthy. This has led to many people carrying bottles of the stuff, often exotic and certainly overpriced. sipping it everywhere - on buses, in churches, in shops and even in pubs.

But a recent study published in the journal 'Science' looked at the water intake of 6,000 people aged from eight days young to 96 years old. The study was supported by some groundbreaking medical investigations that I would love to share with you but there isn't space, and I don't understand it anyway. The paper was co-authored by Yosuke Yamada of the National Institute of Biomedical Innovation, Health and Nutrition in Japan and Professor John Speakman of the less grand sounding but non-less prestigious University of Aberdeen. Yosuke - he can call me Chris - says that the current recommendation is not supported scientifically, and most learned persons are not sure how it arose. Prof John - he can call me what he likes - concludes that 'a 'one-size-fits-all policy' for water intake is not supported by the data.' One reason being that previous thoughts on the subject failed to consider the water we get from our food, and how much exercise we take.

Now senior citizens knew this even before the study. If we were to imbibe eight glasses of water every day, we wouldn't be able to stray more than a few yards from a toilet for fear of an accident. Incidentally, why are such visits called Comfort Breaks? A more accurate description would be Discomfort Breaks. And 'woke' was something we did first thing in the morning. Now it's - well, I'm not sure what it means, but it has nothing to do with opening your eyes at first light.

But I digress. Another piece of scientific news relates to Langton Matravers on the Isle of Purbeck, near Swanage. That last bit of location information was added for all our readers in the southern hemisphere (hello possums) who might not be quite up to speed on Dorset villages. Anyway, there are apparently three norths - grid north, geo-

graphical north and magnetic north. Bet your sat nav didn't know that. The first two norths are always in alignment - so why bother to have two names for them, you might ask, but hey ho. However magnetic north is constantly changing, a bit like my In-house Adviser's mind. Mike Greaves of the Ordnance Survey tells us - or me, really, and I am passing on the information - that for the first time ever, and not likely to happen again, all three norths will be in the same place, depending on where you are in Britain, as magnetic north moves across the country. So if you rush to Langton Matravers and look for north on your magnetic compass you will also be looking at the other two norths. This effect moves east and will be at Poole around Christmas - now that's an unusual seasonal gift - before moving upcountry later to places such as Berwick-on-Tweed. Aussie readers are on their own locating that.

Hopefully you agree that these

are fascinating facts about water and the frozen north (or frozen my house as we try to save energy costs). There are many more such facts that will feature in future editions. You can fast forward here if you want to, because what follows are the adverts for what is coming in those future editions. There will be news about Wales, interesting even if you cannot sing, play rugby or have never worked down a coal mine. Plus riveting technical discussion of the Metaverse, whatever that is. Something much talked about by Elon Musk, who is a real person and not a brand of perfume. But returning to today, it is also a fact that without fail every December a new year follows the festive period, so what I would like to do is wish you, your family, friends - everyone you hold dear - a happy, healthy and peaceful New Year.



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non-members and further information can be obtained on 01305 788939.

## Folk Festival back on full song for 2023

**The Wessex Folk Festival is to return to its traditional, two-day format over the weekend of June 3 and 4 next year.**

After a period of uncertainty when the organising committee was unable to appoint new officers, the return of three former long-term members has assured the future of the popular free festival that brings folk music and Morris dancing to Weymouth harbourside. Bob Ford will return to head the team as Chair, supported by former-Chair Mike Donovan, who takes over as Treasurer, and Ann Newman, who comes back as Festival Coordinator. Experienced committee members will stay on to carry out other key roles, joined by Ann Pettifer as Secretary.

'I am really pleased and excited to be leading the talented team running the next Wessex Folk Festival,' said Bob Ford. 'We have been running folk festivals in the historic and lovely harbourside in Weymouth for over 20 years now, and it's recognised as one of the largest, totally free folk festivals in the country. So please put these dates in your diary now and watch out for the exciting line-up of national and local folk acts, sessions, workshops and dancing coming your way next June.'

Disrupted by the Covid pandemic, the Festival returned last year after a three-year break, running for only one day during the Jubilee weekend with a single stage instead of the usual two and without the atmospheric trade and food stalls along the quayside. The Wessex Folk Festival website at [www.wessexfolkfestival.com](http://www.wessexfolkfestival.com) will carry full details of the Festival.

## 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 Ian Fleming introduced his fictional secret service agent in the novel *Casino Roy-*

ale. 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.  
The Scottish Hall, Shelbourne Road, Charminster, Bournemouth BH8 8QZ

Thursday 12th 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](mailto:iaincampbellgo@yahoo.co.uk)  
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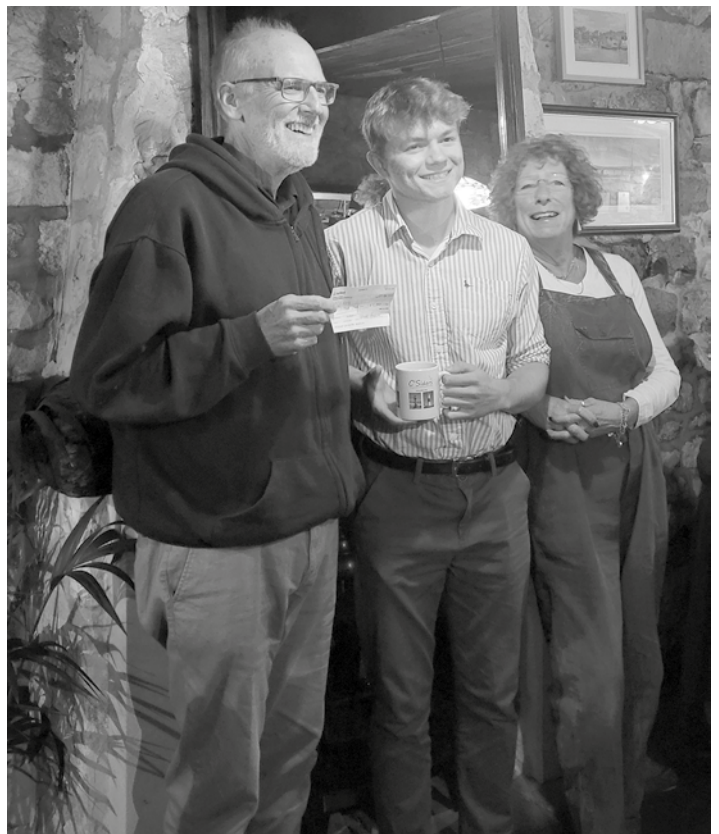
## Fundraising Hero Runs into the C'SIDERS Anniversary Meal!

**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 C'SIDERS! Will is pictured handing over the cheque to group Chair



Peter Meacham and Member Karen Thornton.

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. Our January meeting will be led by Ashley Jones, Regional Fraud Protection Adviser, South West Regional Organised Crime Unit. With scams and fraud becoming ever more prevalent and sophisticated, this is a topic in which we all need to take an interest. Ashley will be coming to talk to us about scams and fraud, as specifically how to avoid falling foul of them on Monday 16th January 2022 at 7pm. Moonfleet Bowls Club, Knightsdale Road, Weymouth.

Please do get in touch for further details: [info@csiders.org](mailto:info@csiders.org); [www.csiders.org](http://www.csiders.org); 07430 695462.

## Weymouth & Dorset Music Festival 2023

**Saturday 4th March at St Aldhelm's Church & Church Centre, Weymouth, 9am - 5pm.**

Entries are now open online at: [www.weymouthmusicfestival.co.uk](http://www.weymouthmusicfestival.co.uk)

Play a Musical Instrument? Sing? Soloists, Duets, Groups & Choirs. Closing date for entries: 1st February 2023.

Perform to an audience and get feedback from our expert adjudicators

The Festival is held all day 4th

March and a Festival Concert on Friday 10th March at 7pm. [www.weymouthmusicfestival.co.uk](http://www.weymouthmusicfestival.co.uk)

## Weymouth Saturday concerts

**The first concert in 2023 will be at 2.00pm on Saturday January 14th**

At St Mary's Church, Weymouth. Leo Popplewell, cello, and Antonina Suhanova, piano, will play Cello sonatas by Shostakovich and Brahms, Bach Gamba suite no 2 And a piece by Janacek. Further information from Tomasa via [tomasas@sherwoodfam.plus.com](mailto:tomasas@sherwoodfam.plus.com)

## Weymouth and Portland Ladies' Probus

**The AGM of the ladies' Probos group was held on the 16th November 2022.**

A change of venue and week of the meeting was proposed. The meetings will now take place on the 4th Wednesday of the month in a room at the Brewers Fayre, Lodmoor, Weymouth.

The speaker for the 25th January is yet to be confirmed.

At the AGM reports were given from each of the serving committee members.

A new chairman was elected to-

Continued on page 14

# All Saints & St Edmunds Churches

**Christmas Greetings and blessings from the Parish of All Saints and St Edmunds, Wyke Regis and warm wishes for the start of 2023. Please come and join us to share our warmth.**

Our Rector, Br Alasdair, Rev. Betty Port and LLM Janet Hall wish you all a very Happy Christmas and New Year.

**All Saints Church, Wyke Regis Sunday 18th December 6.00pm:** Service of 9 Lessons and Carols, All Saints Church. The traditional nine lessons and carols service is a beautiful service that has a special place in many people's Christmas celebrations. The majestic sweep of the Bible readings and carols lead us gently into the miracle of Christmas Day.

**Thursday 22nd December from 7pm.** Carols in The Wyke Smugglers. Come and join church members and pub goers to sing and spread good cheer.

**Saturday 24th December 4.00pm:** Family Christmas 'Angels Service', All Saints Church. Angels are coming to Wyke Regis again!

**All through December,** look out for angels in the streets of Wyke Regis. If you find one, it is yours, so take it home and give it a Happy Christmas. Once we let them fly, we have no idea what happens to them, so if you find one please let us know where it was (Email: janethall103@gmail.com) or maybe put a photo on our All Saints Church Wyke Regis Facebook page.

There will be a lot more angels in All Saints Church over Christmas and especially at the 'Angels Service' on Christmas Eve. We hope to see you there too!

**Saturday 24th December 11:30 pm:** Midnight Mass, All Saints Church. The first Eucharist of Christmas. A traditional and reflective service giving you the opportunity to take a deep breath before plunging into the joy of Christmas Day. Sing traditional carols and share in the bread and wine. Enter the church on Christmas Eve and walk out on Christmas Day.

**Sunday 25th December 930am:** Parish Family Eucharist, All Saints Church. All are welcome as we come together for our Christmas Day Eucharist.

**St Edmund's Church Saturday 24th December 6.00pm:** Family Carol Service, St Edmund's Church.

Join us at St Edmund's Church on Lanehouse Rocks Road for a service of carols, readings and fun. Bring your family and friends too and share the enjoyment and Anticipation of Christmas.

**Sunday 1st January 2023 11.00am:** Parish Family Eucharist, St Edmund's Church. Celebrate the first Eucharist of 2023 with us at St Edmund's on New Year's Day. Everyone is welcome.

Throughout the Advent and Christmas periods we will continue to offer our regular range of services at All Saints and St Edmund's churches, as follows:

- Fridays (except 30th December): 10.30am Said Eucharist, All Saints
- Sundays (except 25th December and 1st January 2023): 8.00am Said Eucharist, All Saints
- Sundays (not including first Sunday of the month): 9.30am Sung Eucharist, All Saints
- First Sunday of the month (except 1st January 2023): 09:30 Caf e Church, All Saints. Service for children, with toast and refreshments followed by a short service of music, praise, prayer and a story for all the family.

- Sundays (except 25th December): 11:00 Sung Eucharist or Sunday Worship, St Edmund's
- All Saints Church is open for visits and private prayer from 10.00am to 12.00 noon on Monday, Wednesday, Friday and Saturday. Please call in.

- We are also introducing a Warm Space on Thursday mornings where all are welcome and soup will be served from mid-morning and over lunchtimes.
- Mother and Toddlers Group is held at 1.00pm every Wednesday at St Edmund's Church in term-time, with Toddlers Praise on the first Wednesday of the month. Everyone is welcome. Please bring along your children and grandchildren and meet up with others. All welcome.
- Coffee Morning at All Saints, each 3rd Saturday of the month from 10.00am - 12.00 noon, with tea, coffee, cakes, book stall, companionship. All are welcome. Next one is on Saturday 21st January.

- Livestream: The main parish service continues to be livestreamed from All Saints at 9.30am on Sunday Mornings which means that

you can access it 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.parihofwykeregis.org.uk/live/>
- Our weekly Pew Sheet is also published on our website with up-to-date news and readings



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gether with a new vice chair. In the main serving members remained on the committee. There was one new committee member and two role changes.

A Christmas dinner has been booked at the Lynch Lane Garden Centre Cafe in December. The Christmas meal held there last year was a resounding success. The January meeting on the 25th is a new venue for us all. New members will be welcome to join us. If you require further information please contact Mary Gregson

(chair) marygregson@sky.com or Sarah Simpson(secretary) sarah\_simpson2@talktalk.net

## Sutton Poyntz Village WI

**A very small group of hardy members congregated to plant the tree to honour the late Queen on the 24th November.**

As it turned out the most terrible heavy downpour of rain arrived at exactly the time as we were plant-



ing it and while those with sense hid in the porch of the Mission Hall (see attached photo) some of us soldiered on and got soaked to the skin but at least it was planted. It is a quince tree and should, in time, bear lovely blossom and fruits. After extensive research the tree is planted with a support pole at an angle. This angle has been much debated but I can assure all local 'experts' and critics that it is the recommended thing to do! Only time will tell! I hope to live long enough to see it come to fruition!

On December the 7th we had our Christmas party. It was a really enjoyable affair, because we have had a number of new members join us in the last year we started with a short 'getting to know you' game which involved throwing

a ball made out of wool around the room. This was followed by a twenty-question fun Christmas quiz compiled by our treasurer and quiz supremo Val Dawe. Some of the questions were quite easy but some a bit more testing, but while the idea was that we would do it as individuals there was a great deal of cheating went on and one member excelled by completing the quiz as the answers were given and then tried to claim the prize! She was dealt with!

After the quiz we had the most delicious spread of wonderful food brought by members to share, we even managed special platters for members needing vegetarian and gluten free diets. All very impressive and very generous and tasty.

Continued on page 16





# Head Style


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- Wednesday 9.00 - 5.00
- Thursday 9.00 - 6.00
- Friday 9.00 - 6.00
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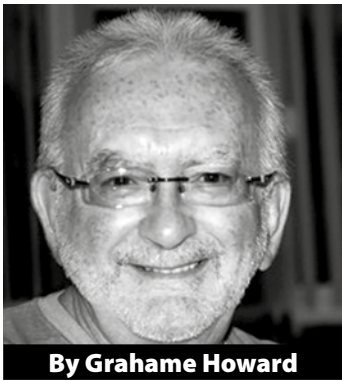
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By Grahame Howard

### The Sycamore Tree

Well, what a couple of months it has been. Back in November, we decided to contact a tree surgeon to come and do some surgery on our Sycamore tree.

It was years old and had grown to some size. To give you an idea how old it was, we moved here in 1986 and it was fully grown then. Getting on for 40 years, it had become quite bedraggled, tall and possibly unsafe. It also cut out a lot of light, from us and our neighbour, Henry. He was always polite about it but, we could tell, he prefer it if it was cut down. So this is what we decided to do. Henry was so pleased, I thought he was going to do some cartwheels round his garden. Now, at 80+, I didn't think this would be a good idea so, we had a cup of tea instead.

Henry told me about a tree surgeon who was not only good, but reasonably priced as well so, as soon as he had gone home, I gave him a ring. He said he could do this and arranged a date for the third week in November.

Just in case you know nothing about Sycamore trees, I copied this from the internet. It shows the pros and cons of having one and may show you why we made the decision to have it cut down.

#### The facts about a Sycamore Tree

The largest deciduous tree in the eastern United States, sycamore trees can grow 75 to 100 feet (23-

30m) tall with a similar spread, and even taller under ideal conditions. The trunk may be as much as 10 feet (3m) in diameter.

Sycamores have strong wood with several uses, but as the tree ages, a fungus attacks and consumes the heartwood. The fungus doesn't kill the tree, but it makes it weak and hollow. Wildlife benefit from hollow sycamore trees, using them as storage chambers for nuts, nesting sites, and shelter. The enormous size of sycamore trees makes it impractical for the average home landscape, but they make great shade trees in parks, along stream banks, and in other open areas. They were once used as street trees, but they create a lot of litter and the invasive roots damage sidewalks. You may still see them along streets in older suburban neighbourhoods. Many problems are associated with sycamore trees. They're fairly messy, shedding a generous supply of leaves, seed balls, twigs, and strips of bark. Tiny hairs on the seed balls irritate skin, and can cause respiratory distress if inhaled by sensitive people. Wear a mask or respirator and gloves when removing the seeds from a seed ball. The leaves and leaf stems also have a coating of hair when they are new. The hairs shed in spring and can irritate eyes, respiratory tract, and skin.

A sycamore's spreading roots often infiltrate water and sewer lines and damage sidewalks and paved areas. The trees are susceptible to several insect infestations and fungal diseases. These conditions rarely kill the tree, but often leave it looking bedraggled by the end of the season.

By: Jackie Carroll, [gardeningknow-how.com](http://gardeningknow-how.com)

What this article doesn't say, is that in the Autumn, Sycamore's shed helicopter type seeds that settle on the ground and re-seed themselves. By the next season, if you

are not careful, you have a forest of two inch high Sycamore Baby Trees and they grow very quickly. Therefore, one of the sensible things is to get rid of them totally.

On the day arranged for the tree to be cut down, the tree surgeons turned up. They walked around the house to view the said tree and, with that, the heavens opened and it rained for the next 3 or 4 days, non-stop. The tree surgeons understandably took off and we didn't see them until the second week of December. I was beginning to think they were not coming and the CO, began her chuntering - non-stop. 'Hey, little fat bloke, when are they coming?' I assured her that they would be here but, couldn't say when. 'Well that's not good enough, fat bloke; you need to ring them.' I told her that I would and suggested that she may wish to do it herself. I assured her that I would hold the ladder. Sadly, somehow she didn't like this idea and went off chuntering at high speed.

The surgeons arrived the next day and began their work. The CO watched them like a hawk to make sure they were doing it right. I went into the garden to have a chat with Henry (not the cat, he can be unsociable) no, Henry next door. He was practically euphoric as he watched the skill they used to lower the cut branches down for shredding. He then went off down his garden and began chatting to them. I hadn't a clue what he was up to and I left him and went back in the house. By this time, the CO had my binoculars out still looking at them. I wasn't too sure if she was looking at them or their skills.

The next minute, she rushed into the garden and I noticed her having a few words with Henry who was walking up our garden carrying some of our logs. Apparently, he had been doing this for some time as I noticed a small pile over his fence.

I managed to quieten the CO down and spoke with Henry. 'Well you didn't need them, you haven't got a wood burner and sooner than them being shredded, I thought I would take them.' This started the CO off again who told him he was stealing as they were our property. He saw her point and apologised. Then the CO relented and said she was just wound up by it all and said, 'Of course you can have them Henry, sorry'

All was well, except that I may have cut my own throat because I told Henry that the CO had a short fuse at times. She hasn't spoken to me since. Henry didn't mind though because he had at least a years supply of logs to burn.

I might plant another tree.

Bye

Grahame



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We next enjoyed singing Christmas carols and songs, we were very ably accompanied by our all-star band, The Ukeladies. This band goes from strength to strength, it's led by Liz Slee and has recently been playing for residents at Queen Charlotte's Residential Home. Our members were in fine voice and all joined in adding to the 'Christmassy' feel to the party.

We followed this with the distribution of the secret Santa gifts donated by members.

It was a very happy and fun party and members said how much they enjoyed themselves.

A very big thank you to the committee for organising it and for the many helpers and washer uppers who made it such a success.

Our next meeting is on 4th January when we will be having a games meeting and will be talking about and voting on the resolutions we as a local group would like National WI to pursue.

Sue Davis  
President  
Sutton Poyntz Village WI

## Round Table splashes out £1,000 to Portland Gig Rowing Club

Portland Gig Club is the latest local group to benefit from a £1,000 donation thanks to Weymouth and Portland Round Table.

Table Chairman Adam Luckhurst visited the gig club's base at Portland Marina to meet members

and present a £1,000 cheque to support the community charity, which rows throughout the year offering social and competitive rowing.

Mr Luckhurst said:

"I was delighted to visit and get to know the Portland Gig Club members and present them with a cheque for £1,000 on behalf of Weymouth and Portland Round Table.

"Since the Round Table re-established this year following Covid we've extended our activities to Portland as well as Weymouth. The Gig Club is a perfect example of where we can make a real difference to local good causes.

'I'd like to thank our sponsors and the public for continuing to donate during these increasingly challenging times. Big thanks also go to Round Table members and supporters too, our donations are only possible due to the time and effort they commit to supporting their local community.'

This year Weymouth and Portland Round Table, made of up volunteers from local businesses, has made donations to local good causes including Fancy's Farm on Portland and Chickerell Primary School, with more donations set to follow in coming months.

Round Table members have raised thousands of pounds at fundraising events, including running a Gin Bar at Weymouth Fayre in the Square festival in May, with more set to follow into 2023.

Following the donation of £1,000 to help The Famous Old Spa in Weymouth purchase a defibrillator the Round Table is now raising

funds to support the introduction more of these life-saving machines in public areas.

More information and donation details can be found on the Round Table's Just Giving page at [www.justgiving.com/campaign/defibrillators](http://www.justgiving.com/campaign/defibrillators)

Weymouth Round Table is a registered charity made up of committed volunteers with varying backgrounds, trades, skills and talents with an ethos of loyalty, tradition and good will, who want to make a positive difference to the town.

Find out more and get in touch at [www.weymouthroundtable.co.uk](http://www.weymouthroundtable.co.uk) Portland Gig Club is a community based Charity open to adults of any age and young people over the age of 11, welcoming accomplished rowers or those new to the sport of Cornish Gig Rowing. Based at Portland Marina, the club rows throughout the year and is a way to improve fitness, build community spirit, enjoy the local environment and meet new people. More details can be found at [www.portlandgigrowingclub.co.uk/](http://www.portlandgigrowingclub.co.uk/)

## A journey through the woods - from your hospital bed

Hospital patients in Dorchester can visit the woods around Thomas Hardy's birthplace without leaving their beds, thanks to a partnership between arts organisation ScreenPLAY and Arts in Hospital.

ScreenPLAY's wellbeing journey Rites of Way with Mr Hardy is now available through the Arts in Hospital website so patients can listen to stories and poems from the woods and imagine they are there. Dramatherapist Sharon Hayden, co-creator of Rites of Way explained that although the idea of the project is to listen when you are in the woods, people not able to get there can get still benefit.

'Through listening to the stories, poems and songs you can imagine you're in the woods, surrounded by trees or standing by the pond, maybe visiting Hardy's birthplace and that sense of being there can be a still moment in your day. For those in hospital, we hope the app can bring a sense of the woods and the relaxing feeling of being there.'

Arts in Hospital manager Suzy Rushbrook said they were delighted to be able to make Rites of Way available. 'People are often surprised to learn that we manage

## Pipe Band outside the Albert Inn, Wyke Regis

(Right) These two photos were kindly sent in by Fiona Freeman on behalf of her father Ken, we have no information on the date or occasion.

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# The Ridgeway Churches



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

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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 (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](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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the biggest collection of contemporary prints, paintings and sculpture in Dorset, but of course when you're a patient sometimes you just want to lie back and listen.' The app is optimised for mobile phones so people can listen on their headphones and choose stories and poems through the seasons linked to four locations in the wood - Hardy's Cottage, Rushy Pond, the Wood and the Coppice. The website <https://dchartsinhospital.org.uk> includes links to a series of podcasts expanding on the themes in the app. All the work was recorded in and around Hardy's Cottage and includes specially commissioned music by alt-folk Good Habits band, Bonnie Schwarz and Pete Shaw. Poems are read by actors Rod Drew, Perwina Whitmore and Bethany Baskett and the stories of the trees told by Environmental arts therapist Ian Siddons Heginworth. The project was developed by ScreenPLAY artists Sharon Hayden and Alastair Nisbet in partnership with the Thomas Hardy Society and Dorset Council, with funding from the Heritage Lottery, Dorset Council and Gulbenkian Rural Fund.

## Arts Council England continues support of Artsreach

**The Arts Council England announced that Dorset based charity Artsreach will remain as a National Portfolio Organisation, successfully securing three years of funding to support rural touring in partnership with Dorset's rural communities.**

Phil Gibby, Area Director, South West, Arts Council England said: 'We're pleased to be welcoming Artsreach back into the Arts Council's 2023-26 National Portfolio programme. Their fantastic calendar of cultural activity reaches people across Dorset. Their programme of performances and creative workshops connects rural communities, organisations and artists to make a real difference to people's lives. This renewed funding helps us to achieve the vision we set out in our strategy Let's Create - so that there are more opportunities to take part in creativity, and be inspired no matter where we live.' Since 1990 Artsreach has provided people living in rural Dorset with access to professional live perfor-

mances and creative arts projects in rural venues and communities, at affordable and accessible prices. Its programme is delivered in partnership with a large network of community volunteers and together the scheme coordinates around 150 high quality professional events every year, usually in village halls and often in rural isolated communities right across Dorset.

Artsreach Director Kerry Bartlett said 'This continued support from Arts Council England is invaluable in enabling us to continue to deliver our programme of cultural activity, enriching and positively impacting the lives of people living in rural Dorset by connecting and empowering communities. Our volunteer promoters work tirelessly to make Artsreach events happen in their communities, and this funding recognises both the work they do, and the quality of the artistic work presented on the Artsreach programme now, and over the last thirty-two years.'

Chair of Trustees, Patricia Pryor said 'We're delighted that Artsreach continues to be included in the ACE national portfolio. This is recognition of the important role Artsreach plays in our rural communities and testament to the hard work of our network of promoters. Congratulations!'

The confirmation of this grant funding, combined with the support Artsreach receives from Dorset Council, will ensure that the scheme is able to continue to bring professional live performances and creative arts projects to rural venues right across Dorset, in turn helping to nurture strong, healthy communities.

To find out more about Artsreach and the current programme, visit [www.artsreach.co.uk](http://www.artsreach.co.uk)

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Continued on page 22

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We are offering a discounted Health Check for members and non-members, reduced from £29.95 to just £15. You will receive a 30 minute consultation with our qualified Exercise Referral Personal Trainer and a Lifestyle Check too. The offer is valid until 31 January 2023.

### What your Health Check will involve?

Your 30-minute consultation with our qualified Exercise Referral Personal Trainer will include the measuring of your body composition, which includes weight, muscle mass and visceral fat, along with a blood pressure check. Unique segmental measurements too! A lifestyle questionnaire will also be used to help our trainer gain perspective of your life and overall wellbeing. Our trainer will then make recommendations to you based on your results.

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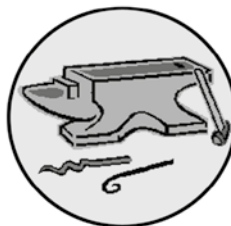
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vice and practical support to families who live in the West Dorset, Weymouth & Portland and have at least one child under the age of 5. We have two types of volunteer roles, helping directly with families, or working with our enthusiastic team of trustees.

To become a home visiting volunteer, you will have a lived experience of parenting and have 2-3 hours a week available to support a local family. Our families need a wide range of support. This can range from parenting guidance to budgeting or help to get out of the house and connect with their local community. We need all types of volunteers; all levels of life or professional experience is valuable.

Our trustees are a hands-on team with a range of backgrounds and experience. They play a vital role in shaping the strategic direction of the charity, fulfilling our purpose and business goals. Becoming a trustee would be a great role for someone who would love to be part of Home-Start but can't commit to the regular home-visits. All our volunteers undertake at least 28 hours of training taken over an eight-week period beginning at the end of January 2023. You will also be given regular ongoing support and guidance with a dedicated member of staff, including supervision every six weeks and numerous training opportunities throughout the year. What our volunteers say:

'Thank you for giving me the opportunity for being able to feel like I could make a small difference. I think Home-Start is a phenomenal organisation.'

'Volunteering gives structure to my week and maintains and im-

proves my confidence in retirement that one can still make a useful and positive contribution to society'

To find out more please telephone Helen on 01305 265072 or email [office@homestartwestdorset.co.uk](mailto:office@homestartwestdorset.co.uk). You can see more about the work we do on our website [www.homestartwestdorset.co.uk](http://www.homestartwestdorset.co.uk).

**Wyke Ladies Club 2022 has seen Wyke Ladies Club have a splendid year even though speakers and events had to be cancelled at the last minute for a variety of reasons. Our programme planner Di has had a horrendous year with trying to get replacements, but she has done a marvellous job.**

On the first Monday of each month, we have a speaker meeting, and this is just a selection. We started the year with Armchair Yoga, followed by The History of Handbags. We have had a flower demonstration by Jay who has a flower shop in Abbotsbury Road. Check out his web page for a look at some of his marvellous flower designs. We have learnt a lot about the rivers of Dorset from Bob Ayers, had a meal at Weymouth Golf club during a tremendous thunder and lightning storm. A talk about domestic abuse, a difficult subject, was educational and sensitively dealt with. We finished our year on a high with mulled wine, sausage rolls and mince pies, singing and dancing to the marvellous Ed Hintze.

On the second Monday of the month, we have coffee at various venues from Bowleaze Cove to Portland and we have visited Pubs, Hotels, Garden Centres,

members' homes and the Sailing Academy together with various coffee shops.

On the third Monday we have various social events that have taken us to the Nothe Fort, Dorchester Museum, a lavender farm at Shillingston (this on the hottest day of the year) and Langham Wine Estates for a tour and wine tasting. We have had a Cheese and Wine evening, Bingo and a Spooky Cocktail night and we finished with Christmas lunch at The Turks Head. We have also been to Cineworld to see two films. Downton Abbey and Mrs. Harris goes to Paris.

We also have a book club, scrabble club and a walking group.

We start 2023 with a talk and demonstration about life saving and how to use a defibrillator. Later in the month, we will have coffee at the Moonfleet Bowling Club and then skittles at Wellworthy's.

We hope that 2023 will be a kinder and less fraught year and wish all readers a Very Happy 2023.

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

**I hope like me you were able to attend the Wyke Christmas Street Fayre and agree that the new team did a terrific job with the organisation. It was a terrific event and a beautiful day, if a little cold.**

I was able to have a proper talk with more of the stall holders this year which was really nice.

It was great see the Scouts out in full force and the Brownies and Guides. I was astounded hear someone say 'Are there still Brownies?'. Of course there are still Brownies they are as relevant today as they ever were, as are Guides and the scouting movement. It is great to see our young people out and about helping with various projects from planting bulbs and trees to litter picking and taking part in surveys. I have recently retired as District Chairman of Weymouth and Portland Scouts and will miss judging the cooking competitions! Children and young people can have so much fun playing and working together out of the environment of school. The biggest hold back to these and other organisations is volunteers to help run them.

Sadly after over thirty five years

Weymouth's Talking Newspaper is to close, for the same reason, the lack of people to take on administration roles. This is such a shame as there are still 50+ recipients of the 'newspaper' but thankfully there are new technologies now available to keep these people in touch with local and national events and news. The next few months will be spent making sure that they are equipped and trained to make use of this.

I hope in the New Year to go into top gear in re-launching Weymouth and Portland Access Group, which will spread out across Chickerell as well and encompass very much more than just wheel chair users and those with mobility problems. If you are living with a disability, mental or physical, hearing or sight loss, long term illness please keep in touch with me, we will need volunteers to help with organisation, both young and the not so young, there is a role for everyone, from transport to making tea and beyond.

The Warm Welcome Drop-ins are coming into their own as the temperature drops, do keep an eye out for a centre near you and drop in for a cup or tea or coffee cakes or biscuits and even a mug of soup and roll. Everyone is welcome and it is nice company.

I have no further news on the fate of the 206 or other buses across the Borough at present. But one fact remains, if the government wants us to get out of our cars they must provide adequate funds for a proper public transport system.

I hope you all enjoyed the Christmas Tree with its fantastic lights in the Square this year. I thought they looked terrific. It was touch and go that the electrics would be in place, and I can't deny I had a few sleepless nights. But we now have a shiny new connection which will be available every year not only for the lights but for PA and other systems. I'm very grateful to Dorset Council, but in particular to a new member of staff at Weymouth Town Council who really pulled out all the stops and came up trumps. My thanks again to the kind businesses and local people who donated to the cost and to WTC who gave us a top up grant.

With the change from a Borough to a Town Council Weymouth has made community a firm priority. We have already seen projects that have hung about for ages come to fruition – the Marsh Skate Park, the Sculpture and Art Trails and there is so much more they



can do. At Dorset Council I continue to be very involved in the care of our looked after children. I find it very sad that some children will not be with their birth families this Christmas but I am confident that they are in safe and happy homes where they are being well cared for. I am constantly impressed by the commitment DC staff make to all our children, I am proud to give them all the support I can. If you have a small property let do consider, would it be suitable for a young person who is leaving care? A care leaver does so with full support and mentoring and can make a very good tenant and you will be doing such a good deed.

I know I often talk about fostering, and it is not always the right time or maybe just not possible for you to make that commitment but there are other roles just as valuable and equally rewarding. Could you mentor or support a young person? Share your hobby, your passion – fishing, railways, bird watching, quilting, swimming? Could you be an advocate?

Housing is still and will be a problem for a long time yet. We do not have enough houses across the County, we are not building enough houses of the type we need. Luxury homes are very much that – luxury homes – going to wealthy retirees, second home owners or holiday let companies. We need starter homes for young couples, young families and older people who suddenly find themselves alone. Dorset Council have a number of plans but they need to be implemented much more quickly, in partnership both with our social housing providers and with housing developers. The one luxury we don't have is time.

And so we start another year – 2023, a few projects have reached their conclusion many are still

ongoing. Dorset and Weymouth Councils are coming into the final year of their first terms with all out elections in May 2024. Could you do better as an elected representative? Talk to one of the political parties or to an existing councillor. Council staff will always provide you with advice on what the job entails and how to go about things.

I hope you and your families all managed to get together over Christmas, that you were all still friends at New Year and I wish you all the very best, the very healthiest, happy and peaceful New Year. 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.

I have been suffering from intermittent but frequent power cuts over the past few weeks and this has affected my ansaphone – if you have left a message and I haven't responded please call again. I have received a few messages without contact details recently.

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). Facebook – [cllrkatewheller](https://www.facebook.com/cllrkatewheller).

Please be sure to access the Covid 19 booster vaccination as well as annual flu jabs. If you have youngsters in your household please make sure they are up-to-date with all their vaccinations. Many old diseases that we haven't seen for ages are reappearing. Please continue to stay safe – hands – face - space.

God Bless. Kate.

*Cllr Kate Wheller.*

## Warm Welcome Weymouth

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[www.facebook.com/warmwelcomeweymouth](https://www.facebook.com/warmwelcomeweymouth)

### Thursdays

St Joseph's Church Hall, 1 Stavordale Road, Westham DT4 OAB Warmth, refreshments and a separate quiet area 10.30am - 2.30pm.

Ebenezer Church Hall:

Corner of Abbotsbury Road/Cromwell Road, Westham DT4 OJQ Warmth, refreshments and a separate quiet area 10am - 12 noon

Weymouth Family Church Bethany Hall:

14 Westham Road, Town Centre DT4 8NP  
Coffee morning 10.30am - 12 noon

St Aldhelm's Church lounge: Spa Road, Weymouth DT3 5EW

Serve yourself refreshments and light lunch 10am - 1pm

Weymouth Bay Methodist Church: 32 Melcombe Avenue DT4 7TH

Light refreshments and a separate quiet area 10am - 12 noon

### Fridays

St Paul's Church Hall: 58 Abbotsbury Road, Westham DT4 OBJ Warmth, refreshments and a separate quiet area 10am - 4pm

### Saturdays

St Paul's Church Hall: 58 Abbotsbury Road, Westham DT4 OBJ Warmth, refreshments and a separate quiet area 10am - 4pm

### Sundays

Don't forget - Churches are open on Sundays too from anything from Breakfast Church to a range of Services, all are very welcome.

## A Warm Welcome at Wyke

All Saints Church is introducing a Warm Space on Thursday mornings where all are welcome and soup will be served from mid-morning and over lunchtimes.

Wyke Regis Library are offering a Cuppa and Company every Friday from 10.30am to 12.30pm.

## The Churches in Radipole give you a Warm Welcome

Throughout the coming winter months the churches are providing a warm space and everyone is welcome.

### Mondays

St Aldhelm's Church lounge, Spa Road  
12.30pm - 3.00pm Light Lunch followed by activities.

### Wednesdays

St Ann's Schoolroom, Radipole Lane, 11.00am - 1.00pm Soup lunch and refreshments.

### Thursdays

St Aldhelm's Church Lounge, Spa Road, 10.00 am - 1.00pm Serve yourself refreshments and a light Lunch

### Fridays

St Aldhelm's Church Centre, Spa Road, 2.30pm - 4.00pm Friday Friends with refreshments

For more information call Jackie on 07902 217942 or Cherry on 07514114680 or email [keepintouch@gmail.com](mailto:keepintouch@gmail.com)

## Copy & Distribution Dates 2023

Issue	Copy Date	Distributed from
February	Monday 2 January	Monday 16 January
March	Monday 6 February	Monday 20 February
April	Monday 6 March	Monday 20 March
May	Monday 3 April	Monday 17 April
June	Tuesday 2 May	Monday 15 May
July	Monday 5 June	Monday 19 June
August	Monday 3 July	Monday 17 July
September	Monday 7 August	Monday 21 August
October	Monday 4 September	Monday 18 September
November	Monday 2 October	Monday 16 October
December	Monday 6 November	Monday 20 November
January 2024	Monday 4 December	Monday 18 December
February 2024	Tuesday 2 January 24	Monday 16 January 24

*Dates may be subject to change*

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