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News

Wyke Christmas Fayre Half way through the year and preparations for this year's Wyke Christmas Fayre are in full swing.

The Fayre is taking place on Sunday 7th December in and around the square in Wyke Regis. Plenty of stalls in the square, in the Memorial Hall and in the Skittle Alley in the Social Club, where you will also be able to find Father Christmas. There is also face painting, various singers to entertain you throughout the afternoon and a best dressed dog competition.

If you are interested in a stall, please contact wykechristmas@ gmail.com for more information. Also, if you have a couple of hours spare and would like to get involved, we always appreciate a helping hand on the day. See you there!

Wyke Regis Horticultural Society 1925-2025

The Society is 100 years old, please come and celebrate with us! On Saturday 26th July we

will be holding a barbeque at the clubhouse to celebrate our centenary.

The Trading Post will be open from 9.30am until 3.30pm that day. Tea and cakes available all day and the barbeque from 12.00 midday. There will also be a display of material from our archives.

Non members are welcome at all these events, including shopping. The Trading Post will be closed for the whole of August, re-opening on Wednesday 3rd September 2.00pm to 4.00pm.

The Trading Post in Rylands Lane is open on Saturdays 9.30am to 12.30pm and on Wednesdays 2.00pm to 4.00pm. Membership costs £10 a year. For more information: email enquiries@wrhs. org.uk.

Sutton Poyntz Art Exhibition

The Sutton Poyntz Art Group will be holding their annual art exhibition Saturday 23rd August and Sunday 24th August in the Mission Hall, Sutton Poyntz.

Visitors can expect a diverse range of paintings and meet the artists. Doors will open at 11.00am until 4.30pm and the entry is free. Tea/coffee and delicious homemade cakes will be available at a cost of £3.

Overcombe WI

June in Overcombe WI began with a 'Races for the Roses' meeting to celebrate the WIs 44th birthday. Members arrived dressed to the nines, prepared for a Ladies Day at the races with a difference.

They were welcomed with a glass of pink nosecco and prepared to buy a raffle ticket in support of their favourite hobby horse. A large course hosted 'riders' with moves dictated by the roll of a dice. Surprisingly the yellow horse won both races! The evening was rounded off with a cupcake iced to look like a rose.

The subgroups met as usual during the month and we completed the month with a preliminary round quiz for the annual Dorset Federation event. Twenty members enjoyed a night of quizzing with home made cake.

Weymouth Concert Brass

Traditionally, the summer holidays are busy periods for seaside town brass bands, and this year is no exception for Weymouth Concert Brass. Our August schedule is dominated by regular Monday evening performances on Weymouth seafront, before the fireworks displays later.

Here's our full holiday programme: 6.00pm Wednesday 23rd July: Weymouth Seafront (RNLI fundraiser)

1.45pm Saturday 26th July: Borough Gardens bandstand, Dorchester

7.00pm Monday 28th July: Weymouth Seafront

7.00pm Monday 4th August: Weymouth Seafront

Saturday 9th August: Easton Gardens, Portland

7.00pm Monday 18th August: Weymouth Seafront 7.00pm Monday 25th August:

Weymouth Seafront Hope to see you on one of those

Hope to see you on one of those dates, perhaps?

As ever, the band is always keen to hear from prospective new players. We normally meet once a week on Thursday evenings at St Edmund's Church Hall, Lanehouse Rocks Road.

To get in touch, or for further information, contact us at weymouth-concertbrass@gmail.com, or find us on Facebook or X.

Fairbridge Trust Supporting Palestinian Farmers

Zaytoun CIC is a social enterprise founded in 2004 to support Palestinian farmers through fair trade. They invest 100% of their profits to further this mission.

The founders of Zaytoun were inspired by a love of Palestinian culture, communities and cuisine, supporting farmers whose families have been cultivating their lands for thousands of years and continue to do so despite the challenges and impossible situations they now face. Zaytoun offer a much wider range than we stock but we do now have Medjoul Dates, Olive Oil and Olive Oil soap in the shop.

Medjoul Dates are known as the

'King of Dates' due to their size

and caramel succulence. They are rich in fibre and potassium making them a perfect treat for any time of the day but they are particularly delicious with a cheese-board. We sell the 250g size box. Palestine is the home of the olive tree and their award-winning extra virgin olive oil, with its warm peppery taste, connects you with farmers whose ancestors have tended their trees by hand for countless generations. We have

the 250ml size bottle.

Our classic unscented olive oil soap is handcrafted by a family business in Nablus, using timehonoured traditional methods. Nablus is one of the oldest cities in the world; now situated in the West Bank, north of Jerusalem; with a long tradition of soap production. Nabulsi soap is celebrated for its gentle, moisturising effect. Rich in olive oil it is suitable for vegans and is a nourishing choice for everyday use, restoring the skin's natural softness. This soap is also available with lemon or sage added so please let us know if you would be interested in either of these.

Zaytoun is an independent organisation, not affiliated to any political party, religion or ideology in Palestine or the UK. Their mission is simply to sustainably and transparently support the livelihood of Palestinian producers through fair trade and to celebrate Palestinian culinary and cultural heritage by making their produce available

to customers in the UK. It was an honour to meet Heather Masoud at the recent BAFTS Conference. Heather is a co-founder of Zaytoun and now works as their Operations Director, regularly visiting the producers in Palestine who are all very grateful for the support they are receiving from customers here in the UK.

Melanie, from FairtoTrade, was also at the conference. Melanie works closely with artisans in Bethlehem who make olive wood holding crosses and decorations which FairtoTrade import. She commented on how much it means to those artisans to be able to continue to work and sell their crosses to customers here.

We can be contacted on 01305 772842, by email at thebridgefairtrade@gmail.com or follow us on Facebook.

The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ. Open Tuesday-Saturday 10.00am-4.00pm.

Friends of Weymouth Library

For the Friends of Weymouth Library talk on Saturday 5th July we will be going treasure hunting with Kevin Patience.

He will tell the story of man's endeavours to recover gold and silver bullion out of the depths, from earliest times to the present day, including a recent recovery of 110 tons silver coins.

The talk begins at 10.30am in Weymouth Library, tickets can be obtained at the Library at £2 for members and £3 for non-members. Refreshments are provided and everyone is welcome.

For more information phone the Library on 01305762410 or phone 01305832613.

Disturbed a Hedgehog nest?

Do you know what to do if you disturb a nest of baby hedgehogs? First of all, take a deep breath and don't panic. Hoglets are always best looked after by their mum until they are independent. Hand feeding very small hoglets is tricky, so please don't try and look after them yourself.

Here are some scenarios:

The disturbed nest can stay where it is for 6-7 weeks: Cover it over and monitor to see that mum is still looking after her young.

The nest cannot remain where it is: It is important to catch mum before she runs away. Find a deep box, add torn up newspaper or an old tea towel, and put mum into it. Wear gloves to avoid getting vour smell on the babies and put them in with mum. Cover the box to prevent mum climbing out and contact a rescue immediately.

Mum has been scared off from the nest: The maternal instinct is strong. Watch the nest from a distance for 2 hours. If she does return and you can leave the nest where it is, monitor to see that all is well. Mum may move her babies elsewhere overnight.

Mum has run off and doesn't return: Hungry abandoned babies make a high pitch bird-like squeak. Put the babies in a box with a warm hot water bottle and call a rescue immediately.

Jo Morland, Hedgehog Friendly Portland, 07815 012163 or on Facebook.

Charity Angels UK Dorchester Fashion Show

A unique fashion show, raising funds for Against Breast Cancer

2025 sees the return of the **Charity Angels UK Dorchester**

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Fashion Show following the success of the 2023 fashion show.

The Show in 2023 was an amazing event, raising nearly £9000 for the Against Breast Cancer charity and raising awareness about breast cancer. The Show featured 14 local women as models, all of whom had personal experience of breast cancer. They strutted their stuff on the catwalk to show how far they have come and that you can look good and feel terrific even after such a difficult diagnosis. Their courage and strength raised funds for Against Breast Cancer supporting research into secondary breast cancer

The Show 2025 will take place on Thursday 16 October (6pm - 9pm) at the newly refurbished Dorchester Arts. A range of local retailers will provide outfits for different 'scenes' in the show. We are delighted that RiskSTOP Group Ltd and CG Fry and Sons are, once again, offering their support as Gold sponsors.

Our sponsors say why they are proud to support the Show.

'At RiskSTOP Group, we put people at the heart of everything we do, which is why we're once again Dorchester Fashion Show, raising funds for Against Breast Cancer. It's a brilliant event, full of heart, and we're delighted to be a small part of it.'

'CG Fry is honoured to support this valuable charity which helps so many people, including some of our own staff members.'

Every year over 55,000 women and approx. 400 men are diagnosed with breast cancer in the UK. Survival rates have improved hugely in the last 30 years with

treatment tailored to individuals and their specific breast cancer. However, around 8,000 women will lose their lives to what is still a scarv and cruel disease.

Few, if any of us do not know someone who has been touched by breast cancer. Women and families talk of their shock, the devastating side effects that can occur - hair loss, weight gain, low level infections. Part of their recovery is rediscovering themselves and learning to live with this new 'normal'. The Charity Angels UK Dorchester Fashion Show aims to help with this important rediscoverv.

Tickets for The Show will be available from September at £30 per head to include a fizz and canape reception, entertainment and a commemorative programme.

For more information please coniane@charitvangels.co.uk or contact us via our Facebook page Charity Angels UK Dorchester Fashion Show.

Friends of Lodmoor Country Park

supporting the Charity Angels UK The Friends of Lodmoor Country Park in Weymouth are celebrating summer with a free Summer Sparkle in the Park, DT4 7SX. Sunday 10th August 2.00pm-4.00pm.

> A range of craft activities with a nature theme will be on offer for children of all ages to make plus a tree trail competition. Come and ioin the fun! More info on Facebook or email lodmoor- friends@ hotmail.com.

Continued on page 4





Interior & Exterior

General Maintenance

Citizens Advice Parcel Scams

Q I got a text asking me to click on a link to reschedule a parcel delivery. I was waiting for a parcel from Royal Mail, so I clicked and was asked to make a payment. Luckily, my daughter told me the text is a scam but I almost gave away my personal details. How can I spot this type of scam in the future?

A Parcel delivery scams are becoming increasingly common. Those involving texts and emails are known as phishing scams. They aim to trick you into giving away your personal and financial details. Scammers do this by enticing people to click on links which can lead to fake websites.

While scammers can pretend to be from any parcel delivery company, many of them choose Royal Mail because it's the largest delivery company in the UK. These scams can be in the form of a text or an email or phone call. There are also reports of fake 'Something for You' cards, which Royal Mail leave when a delivery attempt fails.

andscape BUILD

Here are some tips on how you can stay vigilant and spot the signs of a parcel delivery scam:

If you're waiting for a parcel and get a message that asks you to pay to get it, or reschedule the delivery, it's usually a scam.

Don't click any links or attachments in the text or email.

Parcel delivery scammers often pretend to be from an organisation like Royal Mail, and can try to make you click on a fake version of the company's genuine website. To check if a link is genuine, hover your mouse over the link without clicking on it, or press and hold on the link on a mobile device. You should be able to see the address the link goes to, so you can check it's the same as the company's official website address.

Make sure you check the address carefully - fake link addresses can look similar to the genuine address.

If you get an email, check if the email address matches the sender's name or organisation

If there's something you're unsure about, don't feel pressured to act. Royal Mail has a helpful page of delivery scam examples at https://www.royalmail.com/help/scam-examples. You can check if you think something you've seen online, or in a text or email you've

received, might be a scam, using an online tool on the Citizens Advice website.https://www.citizensadvice.org.uk/about-us/information/advice-on-scams/.

Southill Gardening

The club will be holding its Summer Show at the Southill Community Centre on Saturday 9th August from 2.00pm to 4.00pm.

The event is open to all and provides an opportunity to see the various exhibits of fruit, vegetables, flowers, floral art, cookery and handicrafts submitted by our members. Refreshments will be available. Further information on the show or the club in general can be obtained from Nigel Smith on 01305 788939.

Royal Manor Theatre

Wonderful Summer Happiness to you all! With the fantastically creative and imaginative performance of Holes a near, but distant, memory, we must thank all those who helped out and through creative will helped manifest such a fantastic expe-

Continued on page 7

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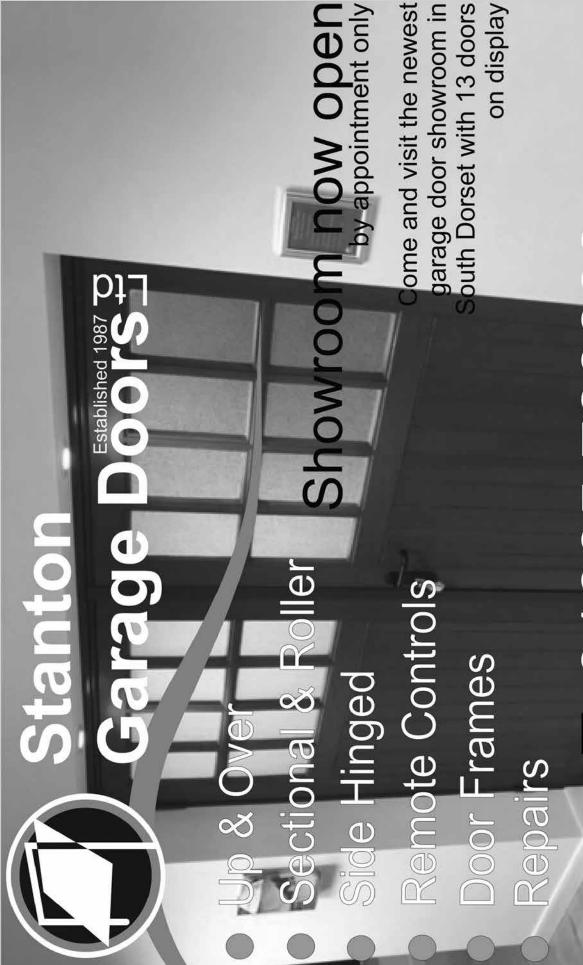
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From the quality of the actors on stage to the determination of backstage to the spellbinding work on Audio Visuals, this truly was a groundbreaking piece of work from the Royal Manor Theatre (even if we do say so ourselves). We are not done for summer though, oh no! Preparations for our next production, 'Humbleboy' have now entered initial rehearsals and pre-production. A tale of bereavement, growth, and happiness, centered around the art of Apiculture, or rather, Bee Keeping with a splash of Hamlet thrown in. Not to be missed when it opens in October.

Our Summer Variety Show will be on Saturday July 5th, featuring performances from Wessex Musical Theatre, the Royal Manor Theatre players and other local acts. The fun starts at 6.00pm on Saturday 5th July for only £2 entry. Tickets online, or on the door.

On Saturday 19th July the Playmakers will dazzle audiences with their Summer Show! This doublebill performance features a captivating Murder Mystery in the first half, followed by the beloved tale of Peter Pan in the second. We are incredibly proud of the Playmakers' immense talent and believe they are truly the most gifted group we've encountered. Tickets are £6 and are available online, or on the door.

In August we have a first for the theatre, with a visiting Spoken Word performance from the Jawbone Collective, based out of Bridport, they are bringing their Omniverse to the Royal Manor Theatre on 15th August. A spoken word experience not to be missed. In September we welcome b-side, back to the theatre for more Art and Culture as part of their annual b-side festival.

Stay tuned for more from your local Royal Manor Theatre on Portland, and get in touch if you want to experience the best that community theatre and amateur dramatics has to offer.

Ramblers retrace the steps of Dorset's former clay miners

A group of enthusiastic ramblers from all over the country have completed a two-day walk along the forgotten track beds of Dorset's clay mining tramways and railways that fan out across the heathland and plantations between Corfe Castle and Poole Harbour.

After a special guided tour of the Purbeck Mining Museum, near Norden, the group walked the Middlebere Tramway to Middlebere Quay and then followed the old Pike's Railway from Ridge to Furzebrook. They then walked from Norden to Goathorn Pier on the southern shore of Poole Harbour following the route of the old Fayles Railway and the Newton Tramway before ending up at the old Swanage Pier Tramway. With special permission from the landowner, they also enjoyed a picnic lunch at Goathorn Pier.

'It really was a very enjoyable visit for everyone in the group', said Graham Gibson who organised and led the walk on behalf of the Railway Ramblers.

'The visit to the Purbeck Mining Museum was a perfect way to start the ramble and we are indebted to Nigel Cox, one of the museum's volunteers, for his very informative guided tour of the venue and engine shed. It really is a little gem of a place. We loved the authentic atmosphere of the old clay mine with its adit mine shaft. The model railway dioramas, the videos and the myriad of original mining ephemera also helped to bring to life an industry that has quite literally shaped this area of Dorset.'

The visit to the Purbecks was the latest regional trip organised by members of Railway Ramblers, a national group with hundreds of experienced walkers who focus their walks on the country's disused and lost railways. It was also the latest in a growing programme of group visits hosted by Purbeck Mining Museum volunteers, where visitors are given special guided tours around the venue

The museum is housed in a recreated mine building at Purbeck Park near Norden station on the Swanage Railway and is open most days from 11.00am to 4.00pm. More information on the Purbeck's clay mining industry, full details on the museum's opening times and information on the roles and opportunities for volunteers can be found at www. purbeckminingmuseum.org.

Dorchester RNA Skittle

Dorchester RNA Skittle Tournament and Charity Raffle Evening

Monday 18th August

Friday 22nd August

Friday 29th August

Wednesday 20th August

Wednesday 27th August

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Hits the Mark for Local Charities In a much-anticipated community celebration of service, friendship, and support for local causes, the Dorchester branch of the Royal Navy Association (RNA) hosted its annual **Skittle Tournament and Charity** Raffle Evening on Friday, 6th June 2025, held at the Trinity Club in Dorchester.

Organised by the Dorchester RNA and generously sponsored once again by Drumgrange Ltd, a leading Portland-based defence and technology firm, the evening welcomed local veteran groups, charities, and supporters to compete and connect over a traditional game of skittles.

Teams representing Dorchester, Portland and Weymouth RNAs, the Fleet Air Arm Association Weymouth and Portland Branch, Drumgrange Ltd, and the Friends of MV Freedom brought energy, enthusiasm, and a bit of healthy rivalry to the lanes.

The night belonged Drumgrange Ltd, who not only claimed the overall trophy but also earned the top men's score. The ladies' medal was awarded to Angie Cole, who played for the Friends of MV Freedom team.

Continued on page 10

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dently asserted that 'Senior Citizens are never too old to learn.' But it looks as if yours truly is the exception that proves the rule.

Two months ago, I mentioned in some detail the close personal connections that my familv and I had formed with the Royal Family over many, many decades. This was a basic mistake, because His Majesty could not mention me in his Birthday Honours list without appearing to favour those he knows well. Hence my absence from the List for vet another six months, until the New Year at least. I might even have to consult Mrs Barnacle of Wyke as she is an expert in such things.

In the meantime, in a world where there is such a lot of bad news, there were a couple of items of good news that you might not have noticed. You had probably been under the impression that the Milky Way Galaxy - of which of course Earth is part - was heading towards the Andromeda galaxy at about 100kms per second or 21,600 miles per hour in real money, with a more than 50% chance of a collision between them in a mere four billion years from now. This would prove most unhealthy for all concerned, and I for one was making sure my seat belt was firmly fixed. No doubt you remember the advertising campaign of yesteryear 'Clunk, click every trip.' Nowadays the signs say 'Is your child in the correct car seat?' My Junior In-house Adviser and only child, who is of an age to be retiring shortly, would not take kindly to me enquiring about such matters. But I digress.

Regarding the imminent highspeed collision between us and Andromeda, new research has been published by Professor Peter Johansson and his team at Helsinki University using data from space telescopes. Prof Pete - he can call me Chris - suggests that computer simulations show that in most cases the two galaxies pass so far apart as not to affect one another. The chances of a collision are now rated at only about 2%. As you are certainly very relieved at this very good news you may also be interested in the calculations that support this change. I would love to explain them to you at great

Last month's Over the Hill confilength; unfortunately, there is not enough space here, and sadly they are totally incomprehensible to me. However, Mrs Barnacle of Wyke says that the report of the calculations in the journal 'Nature Astronomy' is very thorough and has set her mind, such as it is, at rest. So contact her if you want the full details.

> The other item of news that you might have missed concerns a corgi. This is a breed of dog much loved by our late Queen Elizabeth II, who had a goodly number of them. The dog in question is a Pembroke Welsh Corgi which is a breed known for its herding abilities and distinctive short legs and long body. Which my In-house Adviser thinks is also a good description of me. But I digress again. This particular Pembroke Welsh Corqi is called Fuzai - not Chris. Fuzai is not a Welsh name but means 'Lucky Boy' in Japanese. However, this Fuzai is a two-year-old explosive sniffer dog - which means that he sniffs for explosives, not goes bang himself - with the Chinese Police. Hope that you aren't too confused by this mix of nationalities. If so, send me your name and address on a twenty-pound note and a detailed explanation will wing its way to you by return. But I digress yet again.

> From an early age Fuzai showed his aptitude for discovering explosive materials. He swiftly sniffed his way onto the training course and graduated with smelling honours. After formally joining the police force, he further demonstrated his skills whilst on operations. But it was not just this ability which brought him to public attention. Fuzai is about two years old. This means that in human age terms, he is equivalent to a fourteen-yearold ie a teenager, with a teenage boy's attitudes to everything. For instance, he was caught sleeping on duty. Bad enough, but worse, much worse – trigger warning here for Mrs Barnacle's benefit - he was observed weeing in his food bowl. Now this is not the behaviour expected of someone in the police force, especially someone in the bomb squad. But worse was to come, for he was caught on camera grabbing a cooked sausage from a young girl and, having stolen it, taking a bite before running off. The

crowd were greatly amused by his behaviour and the young lady herup the sausage and eat the rest of it herself. His taking a bite of someone else's hot dog (pun intended) is fully understandable. Would you want to eat out of a food bowl with wee in it? Anyway, Fuzai's handler apology but far from considering this an outrage, half a million people now follow Fuzai on social mefor Pembroke Welsh Corgis are always cute. The clue is in the name. Hopefully these two items of good news have raised your spirits. They

certainly have mine. Hang on a minute. My In-house Advisor has just pointed out to me, with some glee, that in all the photographs of our King Charles III and David Beckham, Charles - he will call me Chris when we next speak - and Dave appear to know one another very well indeed. However, this has not stopped Dave becoming Sir David Beckham. So my friendship with the Royal Family is not why I have been overlooked yet again. Some of you no doubt consider that the real reason is because I do not deserve such recognition, but this is so obviously ludicrous that it can be safely ignored.







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More than just a sporting occasion, the event's core mission was community support. With both a Rum Raffle and a Prize & Bottle Draw, the event raised a commendable £625. These funds will directly support the Friends of MV Freedom, which provides accessible sailing experiences for people with disabilities, and Dorchester County Hospital Charities, supporting essential local healthcare services.

As part of the proceedings, Drumgrange Ltd's Richard Fagan presented a £500 sponsorship cheque, which was received with thanks by the event organisers and representatives of Friends of MV Freedom.

Reflecting on the evening, Dorchester RNA leaders praised the turnout, spirit, and shared purpose of all involved.

"It's events like this that remind us what community means, bringing people together, celebrating our naval heritage, and supporting causes that matter deeply to us all."

The Dorchester RNA and the Weymouth & Portland Fleet Air Arm Association continue to engage their members and the broader community through inclusive, meaningful activities. Their joint efforts strengthen intergenerational bonds, foster mutual support, and honour the values of service, remembrance, and resilience. The Skittle Tournament is not just about tradition; it's about impact. The funds raised will go a long way in helping local charities do what they do best: change lives. The evening ended with smiles, medals, and a shared commitment to do it all again next year. For more information about future events, community work, and how to get involved, please visit: www. royal-naval-association.co.uk Fleet Air Arm Association Weymouth and Portland Branch: www. royal-naval-association.co.uk/ fleet-air-arm-association-weymouth-branch

Wyke Regis WI

The Annual Meeting of the National Federation of Women's Institutes was held on line this year, so Wyke Regis made arrangements for members to take part by meeting in the Scout Hall in Rylands lane where there were facilities for all present to take part.

As well as the business there were

two speakers: the potter Emma Bridgewater and Angel Strawbridge of 'Escape to the Chateau' fame.

The speaker at the last monthly meeting was Phil Broomfield, Lead Garden Volunteer at the Russell Coates Art Gallery, Museum and Garden., Bournemouth. He spoke on the restoration and development of the garden accompanied by a Power Point presentation showing key areas of the garden, both past and present.

There will be no meeting in August but members will meet at the Nothe on14th August for the annual picnic.

Preston Village Market and Coffee Morning

Saturday 2nd August

Our next market will be held in St Andrew's Church Rooms, Church Road DT3 6RZ, 10am - 12.30pm. Come along and see what we have to sell this time. Of course there will be delicious refreshments on offer. At our last market we raised £160 for our chosen charities.

This time we are raising money for the following:

The Friendly Food Club. Dorset's Cooking and Food Education Charity delivering cooking workshops and training sessions in the community. Helping people to cook and eat great fresh food together.

St Andrew's Church Fund. Serving the local Community

A warm welcome awaits you. Free entrance but donations to our chosen charities would be gratefully received.

Thousands Gather To Attend Events During Weymouth's Armed Forces Weekend

The Mayor of Weymouth has expressed her thanks to spectators and participants in Weymouth Town Council's flagship Armed Forces Weekend which took place on Saturday 21st, Sunday 22nd, and Monday 23rd June.

Huge crowds turned out in their thousands to enjoy the celebrations with members of the public treated to a fantastic display of military vehicles at the Jubilee Clock on Saturday 21st June. The vehicles then travelled in convoy along the Esplanade to the D-Day Centre in Castletown, Portland. Musical entertainment was also provided by The Decadettes and the South Wales Police Band. There were also charity and awareness stalls from various associations set up near the Jubilee Clock throughout day where As One Theatre Company also performed WW2 Homefront Voices A String of Pearls.

On Sunday 22nd June, crowds lined the promenade to watch an open-air service take place, including a wreath laying ceremony. Marching bands, military vehicles, veterans, ex-service association members, standard bearers and cadets then paraded along The Esplanade towards Weymouth Pavilion. South Wales Police Band, South West Area Sea Cadet Band, Wessex Military Band, The Decadettes and The Dolphin Marching Band provided an afternoon of live music.

The Armed Forces Weekend celebrations concluded on Monday 23rd June at 10.30am, with the Mayor of Weymouth leading a ceremony to raise the Armed Forces Flag outside Weymouth Town Council's offices, The New Town Hall.

Cllr Caroline Nickinson, Mayor of Weymouth, said: 'Armed Forces Weekend is one of Weymouth Town Council's flagship events. I was honoured to lay a wreath on behalf of the town during Sunday's service and it was great to see so many people enjoying the array of activities that had been organised.'

'I would like to say a very big thank you to all our veterans and Armed Forces personnel who took part in Sunday's service and made it very, very special for us all.'

News from Trading Standards

The UK's Ban on Single-Use Vapes

A vape, also called an e-cigarette, is a handheld electronic device that heats a liquid which usually contains nicotine, flavourings, and other chemicals, into a vapour that users inhale. Vapes can be lightweight, colourful and are made in many different flavours.

While originally introduced as a smoking cessation tool, vaping has become increasingly popular, especially among young people. On 1 June 2025 the UK banned the sale of single-use vapes, which are

disposable vapes that cannot be refilled or recharged. Designed for short-term use they are typically discarded after just a few days. As a result, they became a major source of waste and pollution.

Before the ban, nearly five million single-use vapes were thrown away in the UK each week. Most ended up in general waste or as litter, posing serious environmental and safety risks. Their lithiumion batteries can cause fires in waste facilities, while their plastic casings and chemical residues can pollute land and water.

Importantly, the ban also addresses growing concerns about youth vaping. In the UK it is illegal to sell nicotine vaping products to under-18s, or for adults to buy them for under-18s. Despite this, disposable vapes were the most used products amongst underage users, with a guarter of 11 to 15-year-olds reportedly using them. Nicotine is highly addictive, and the long-term health effects of vaping remain unclear. Withdrawal symptoms can include anxiety, headaches, and difficulty concentrating.

Public support for the ban was strong, with nearly 70% of respondents in a 2024 consultation backing the proposal.

Following the ban on disposable, single-use vapes, a vape can now only be sold if it is refillable and rechargeable, so no longer just a single use product.

Please report anyone you see selling disposable vapes by visiting www.citizensadvice.org.uk/consumer or phoning the Citizens Advice consumer helpline on 0808 223 1133. Your information will be passed to Trading Standards.

Two new exhibitions in one venue

Holy Trinity Church in Weymouth, Trinity Road DT4 8TJ), from 18th to 31st August, opening hours 11am to 4pm.

'Hope': An interesting exhibition of artwork created by clients of The Lantern Trust, a local charity supporting marginalized and vulnerable people.

'Mexican Experience': A vibrant collection of work inspired by Mexico, created by local artists. It will include informative displays on Mexican art, culture, folklore, flora, and fauna - brought to life with both 2D and 3D artworks. For example, we'll feature a traditional Día de los Muertos (Day of the

Continued on page 13



Glastonbury Tor and **Festivals**

It has been suggested that the terraces around Glastonbury Tor form a kind of maze that guided pilgrims up the sacred hill. The hill has a long religious history with evidence of Pagan and early Christian settlement on it. If you walk to the top of it today you will find the partial ruins of a church.

The original wooden church was destroyed by an earthquake in 1275, and the stone Church of St Michael was built on the site in the 14th century. Its tower remains, although it has been restored and partially rebuilt several times.

King Arthur is traditionally believed to be buried at Glastonbury Abbey, in Somerset, England. While the historical existence of King Arthur is debated, Glastonbury Abbey became strongly associated with him, particularly after monks claimed to have discovered his grave there in 1191.

Location of the Tomb:

The alleged remains were placed in a tomb in the abbey church, specifically in the choir, before the high altar.

Description of the Tomb:

Antiquary John Leland described the tomb in the 1530s as being made of black marble, featuring four lions at the base, a crucifix at the head, and an image of Arthur carved in relief at the foot.

Political Significance:

The discovery of Arthur's grave at Glastonbury was a significant event with political implications. It helped to solidify Glastonbury's claim to antiquity and was used to bolster the English monarchy's claim to rule over Britain. It also helped to diminish the idea of Arthur returning to lead a rebellion on behalf of Wales.

Theories and Legends:

While the Glastonbury claim is well-known, other sites in Britain, such as Bedd Arthur in Wales. are also associated with Arthurian legend and potential burial places. However, Glastonbury Ab-

bey remains the most prominent and widely recognised location linked to King Arthur's burial.

Glastonbury Abbey was destroyed primarily due to the Dissolution of the Monasteries under King Henry VIII in the 16th century. This period saw the dismantling of monastic institutions across England, partly to consolidate royal power and wealth. Abbot Richard Whiting, the last abbot of Glastonbury, was executed for treason after resisting the dissolution. Glastonbury is also very famous for its annual music festivals.

There have been 39 Glastonbury Festivals since the first one in 1970. While the festival has been held annually in most years, it also takes fallow years where no festival is held to allow the land to recover. The 2025 festival, currently taking place, is the 39th edition. The festival is unique in itself because Glastonbury does not last for more than 3 days in a year. It is a 'city' made up of tents. The area, where the festival is held every year, is nothing but a vast country grassland which is rented by the owner of the land. The tents are pulled out after the festival.

The 2024 festival saw artists Dua Lipa and SZA headline the festival, as well Coldplay, who topped the bill for the fifth time. In doing so, Coldplay broke the record for most headline appearances, overtaking The Cure who have headlined four times. 17th November 2024, tickets for the 2025 Festival sold out in 35 minutes. Tickets cost £373.50, plus a £5 booking fee, an increase of £18.50 on 2024. On January 2025 it was reported that the festival had doubled its profit to the year March 2024, bringing in £5.9million pre-tax, donating £5.2 million to charitable organisations in the same period. On 3rd January 2025, Neil Young was confirmed as the first headliner for Glastonbury 2025. In June 2025, during Glastonbury 2025, the Eavis family announced that the festival would not be organised in 2026. (Info gathered from Wikipedia)

How about you? Did you go. Did you see us there? I was headlining one evening but, I lost my voice and somebody called Rod Stewart took over. It was a shame really because the CO had brought along her maracas and was going to do her solo spot. She was quite disappointed really. Actually, I come from a musical family. I sang in a band in the 1960/70's around the Midlands clubs. We were called The Five Fellas. My brother was also a professional singer around the club circuits. Since then, my family have followed the tradition. My son was in a band around the Weymouth circuit and my youngest daughter sang solos around Weymouth until she joined a group. The group was formed by her son Jaime (my grandchild) following his stint at music college and they perform as Circus of Thieves all over the Dorset area. Jaime can play anything, piano, keyboards, guitars, violin, drums just to name a few and has turned out a highly talented musician. Hopefully, Glastonbury may be a future booking for him. Anyway, back to reality, have you Grahame been enjoying the hot sun? I must admit, I love it but am cautious to spend too much time in it. That

rules a lot of gardening out, much to the CO's disgust. Her list of things to do is getting longer as the day go on. I have sticky notes all over the place and if it goes on, I'll have to get an assistant to help me. Then again, the CO wouldn't pay them so that's blown that thought away. I must admit though, she does help quite a lot. The thing is, when she does I can never find the tools she used as they are all in her 'safe place'. If that is the case, then she should do the jobs herself. I am working on telling her that as well. But at the moment I'll stand on the side of caution for a while.

Anyway, I must go as I have some other jobs to do. Bye!

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12

Dead) shrine.

Opening Day (18th August, from 5pm):

A talk on Mexican art, culture, and folklore.

Performances by a Mexican folk dancer before and after the talk. Mexican snacks available after the event (proceeds to benefit The Lantern Trust).

Children's Art Competition:

A chance for children to create Mexican-inspired art during the exhibition, with materials provided on site at scheduled times.

All activities are free to attend, apart from the refreshments on opening day, which will be sold in support of The Lantern Trust.

Weymouth Civic Society Announces 2025 Award Winners

Weymouth Civic Society held its Annual Awards Evening on Wednesday 19th June at the historic Nothe Fort, recognising outstanding contributions to the built environment and civic life in the local community.

Keith Holdaway of Weymouth Civic Society said:

'These awards reflect the depth of creativity, care, and commitment shown across our community – from the smallest acts of artistry to major housing projects that respect our town's character and heritage. Every contribution helps make Weymouth a better place to live, work and visit.'

The Mayors of Weymouth, Cllr Caroline Nickinson, Portland Cllr Charlie Flack, and Chickerell Cllr Andrew Reid, were in attendance. The awards were presented by Directors of the Weymouth Civic Society, James Farquharson and Graham Perry.

The Awards are split into two categories: the long-established Built Environment Awards, which highlight excellence in design and restoration, and the Civic Awards, which celebrate individuals and groups making a difference to Weymouth's cultural and community life.

Civic Awards Arts and Culture Award

Jane Fuhrmann received this year's Arts and Culture Award for her environmental art trail initiative, which transformed ordinary telecommunications boxes into colourful, thought-provoking artworks with environmental

themes.

Heritage Award

The award for Heritage recognised the wonderful work by a collaboration of parties on the High Angle Battery in Portland. The team improved and preserved the heritage of this historically important site and have made it accessible to a wide range of visitors. Rediscovering the High Angle Battery is a partnership of Dorset Council, Portland Town Council, Island Community Action, Heritage experts and the community.

Lifestyle Award

A shared Lifestyle Award was presented to two elusive creative groups, the Knit-wits and the Knitoholics, for their imaginative knitted decorations of street furniture along the South Harbourside. A Society spokesperson quipped: 'Tracking down Banksy would have been easier than finding who did the knitting.' The winner wishes to remain anonymous.

Built Environment Awards

Blue Plaque Award (Niall Laming) This year's prestigious blue plaque was awarded to 106 Weston Road, Portland, a fine, new build house which replaces a derelict farmhouse and barn. The Society praised the careful attention paid to both design and detail, and the sustainable construction, including the excellent and imaginative re-use of local stone from the old buildings and boundary walls. Niall Laming received the award.

Certificates of Merit

Two contrasting projects received Certificates of Merit:

The Clock House in Greenhill Gardens (Greenhill Community Trust CIC), designed by two members of the Friends of Greenhill Gardens, was highly commended for its attractive design, which reveals and showcases the restored clock mechanism while enhancing this much-loved public space.

The Marquis of Granby (Hall and Woodhouse Limited) on Chickerell Road was commended for its significantly improved appearance, achieved through the imaginative redesign of the stark end gables and other features. The work successfully preserved the building's distinctive character while being carried out alongside broader refurbishment works.

Commendations

Four projects were commended:

The single storey Coopers Mews at Brewers Quay (Brewers Quay (Weymouth) Limited), given a new lease of life by its conversion into three new dwellings,

Brewery Reach (Brewers Quay (Weymouth) Limited), a new development on Newton's Road, designed to reflect the area's historic brewery character with apartments and six townhouses.

Nicholas House (Sovereign Network Group) on Buxton Road, a new building on the site of the demolished St Nicholas Church, was commended for providing 18 affordable apartments which, while contemporary in design, bring a greater unity in materials and scale with the local surroundings. The fourth Commendation was for the small group of new houses fronting Lanehouse Rocks Road (Betterment Properties (Weymouth) Limited), which fit in with the street scene, and include sustainable features: this also has the benefit of providing a new entrance into the Curtis Fields development, avoiding a location which was previously planned but most unsuitable, half way up the steep hill towards Wyke.

Letters of Appreciation

Five additional projects were recognised with letters of appreciation. Three of these were for the initial phases of projects which have not yet been completed.

The fine and careful restoration of the façade of The Rectory (DJ Property) on St Thomas Street (formerly the Clipper pub), with appropriately designed new windows for this important Georgian building.

Phase 1 of the major new housing development at Nottington Park (C J Fry and Son Limited), with retention of the natural woodland as part of the scheme.

The restoration and repainting of Greenhill Gardens' chalets (Friends of Greenhill Gardens), a huge task for volunteers to take on, with a substantial amount achieved so far, but with considerable ongoing work still needed.

At 49 St Mary Street (Betterment Properties (Weymouth) Limited) near St Mary's Church, the replacement of unsuitable windows has made a notable improvement to the historic street frontage.

The newly launched Fossil Trail (We Are Weymouth), featuring a series of fossil sculptures around the town, which adds a welcome addition to the range of interesting and educational trails around Weymouth.

News continued on page 16

High quality care in Weymouth

At Anning House care home in Weymouth, our highly trained teams are experts in providing high quality care from residential, nursing and dementia care, to short term care.

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At our 'good' CQC rated home our team is passionate about supporting you to enjoy a fulfilling life. We'll learn all about your interests and preferences so we can create a fully personalised lifestyle plan that you'll enjoy; whether it's gardening, cheese and wine socials or playing chess.

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Hear what relatives have to say

We recognise the importance of friends and family staying involved in their loved one's care and lifestyle plan and our regular relative meetings are popular.



In our recent relative survey, 92% of families were impressed with how Staff treating their relative with kindness, dignity and respect ^ and 93% were happy that they were made to feel involved and valued by the home. ^

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To find out more about Anning House call 01305 896 970 Anning House, Cross Road, Weymouth, Dorset, DT4 9QX careuk.com/anning-house

^Care UK relative survey April & September 2024. Study operated by QRS Market Research, an independent survey agency.

The Ridgeway Churches

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

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

Worship and information is available at www.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's, Osmington (3rd)

9.00am Holy Trinity, Bincombe

9.00am St Nicholas', Buckland Ripers (1st,3rd) 9.15am St Andrew's, Preston (2nd, 3rd, 4th, 5th)

9.15am St Andrew's Church Rooms (1st)

10.30am St Nicholas, Broadwey 10.30am St Francis', Littlemoor

10.30am St Osmund's, Osmington (1st, 2nd, 4th, 5th)

10.30am St Laurence, Upwey

4.00pm St Nicholas, Buckland Ripers (2nd, 4th) 6.30pm St Francis', Littlemoor (4th) Celtic Prayer

Weekday Worship

7.30pm Mon Evening Prayer/Compline St Francis'

7.00pm Tues Together on Tuesday St Francis' Church

7.30pm Tues Candlelight Service St Andrew's. Communion 1st **Tuesdays**

12.45pm Tues Prayer Meeting St Francis' 8.00am Thurs Morning Prayer St Francis' 12.00pmFri Prayer Meeting St Andrew's

(For weekday services at St Nicholas see separate paragraph

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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 (day of rest Monday)

Team Vicar

Rev'd Philip Elliott

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

The Vicarage, 526 Littlemoor Rd, Weymouth. DT3 5PA (01305) 459971 weymouth.west.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

Community Angels

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

Hall Hire

St Andrew's Church Rooms, Preston,

Shirley Mitchell (01305) 837147 sachurchrooms4@gmail.com

St Francis' Community Room, Littlemoor

Anne Field (01305) 832532 anne_field@talk21.com

Mission Hall, Sutton Poyntz

Maureen Morris (01305) 835533.

Preston Village Hall

Julie Witt, Booking Secretary, Preston Village Hall, Weymouth, Dorset prestonvillagehallweymouth@gmail.com. 07742 636511.

New Weymouth Ridgeway Team Ministry Newsletter

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

Ridgeway Churches Diary

Tuesday 5th August Knit & Natter

St Andrew's Church Rooms, Preston

Every 1st Tuesday 10am - 12pm St Francis' Church, Littlemoor Every Tuesday 10.30am-12pm

Thursday 7th August Little Lambs Baby & Toddler Group

9.30am-11.30am. Every Thursday St Francis' Church, Littlemoor £1.50

Please note there is no Coffee, **Cake & Chat in August**

Next meeting 13th September Coffee, Cake & Chat 10am-12pm **Every 2nd Saturday** St Osmund's Church, Osmington £3 per head

Monday 11th August Angel's Lunch Club

12.30pm Every 2nd Monday St Andrew's Church Rooms, Preston. (suggested donation of £7 per head). Contact 01305 834866

Friday 15th August **Osmington Lunch Club**

12.15pm for 12.30pm **Every 3rd Friday** Osmington Village Hall, Shortlake Lane, Osmington

Contact: francesgroves@btinternet.com

Special Events Village Market Saturday 2nd August

10am - 12.30pm Variety of stalls and delicious refreshments

St Andrew's Church Rooms, Preston, DT3 6BU

Carrie Martin Concert Sunday 7th September 3pm

An afternoon of acoustic music Tickets £15 including tea/coffee & cake.

Tickets available from The Team Office

01305 837147 weymouth.ridgeway.team.office@gmail.com

All Saints & St Edmunds Churches

Rector. Rev'd John Mackenzie. www.parishofwykeregis.org.uk

You will find a warm welcome at our friendly and inclusive churches. All Saints, Portland Road, and St Edmund's, Lanehouse Rocks Road.

All Saints Church DT4 9ES

The church is open daily for visitors and private prayer from 9.00am.

Regular church services

Sundays

8.00am Holy Communion BCP (said). First Sunday of the month 9.30am Café Church, with refreshments beforehand.

2nd, 3rd and 4th Sundays 9.30am Sung Holy Communion, followed by refreshments.

5th Sundays Joint Service with St Edmund's, location alternates between All Saints and St Edmunds churches.

Morning Prayer

9.00am Tuesday - Friday. 9.30am Saturday.

Fridays 10.30am Holy Communion (said), followed by refreshments.

Coffee Mornings

10.00am - midday, third Saturday of the month (please see dates below).

Livestream

Our 9.30am Sunday Holy Communion services are also livestreamed. An order of service is published each week so you can join in with the

hymns and prayers. Connect via any of the following links.

YouTube youtube.com/user/ WykeRegisChurch/live

Facebook - https://www.facebook. com/allsaintswykeregis

Parish website - parishofwykeregis. og.uk/live

St Edmund's Church DT4 9HZ Sundays

11.00am Holy Communion with hymns, occasionally alternating with Service of the Word.

5th Sunday joint service with All Saints. **Thursdays**

1.00pm-3.00pm Little Saints Baby and Toddlers Group, during term time. Bring along your children, grandchildren or Godchildren and meet up with others. All welcome. Contact Amy on 07397 805124 if you are interested and would like to know more.

Coffee Mornings

10.00am - midday, last Saturday of each month (please see dates below). Wyke Regis Parish works in our schools, as well as local charities and other organisations.

Men's Breakfast at St Edmund's **Church Hall**

Fancy a chat over a full English

Breakfast? (other options available) Every 2nd Saturday in the month 9.00am to 11.00am, next on 10th May. For more information and to book a place contact: info@ parishofwykeregis.org.uk

Coffee Mornings

10.00am-midday, last Saturday of each month (please see dates below).

Hall Hire

Have an event you need a venue for? St Edmund's beautiful church hall is available for hire at very reasonable rates. Send enquiries to office@parishofwykeregis.org.uk, or contact Amy on 07397 805124 for more information.

Wyke Regis Parish works in our schools, as well as local charities and other organisations. We offer many opportunities for people of all ages to come together, such as Men's Breakfasts, walking groups, craft groups, as well as chances to learn to sing and ring the bells, all of which help towards combatting loneliness and isolation.

Live Local News

In addition to the livestream services at All Saints Church, the parish also runs a live local news programme at 6.00pm on Saturdays and a quiz at 7.30pm the same evening. These can be accessed using the livestream links above.

If you want to get in touch, the parish contact number is 01305 784649 or email office@parishofwykeregis.org.uk

Regular parish activities

All welcome. Get in touch beforehand, or just come along and join in! **Art Groups** – Contact Janet Hall on 01305 839737.

Bell Ringing – weekly practices for ringers of all ages. Contact Michael Dillistone on 01305 784902. **Book Group** – Meets quarterly. Next meeting: Tuesday 5th August, 2.00pm, All Saints Church

Churchyard Working Group – All Saints: 1st Tuesday in the month; St Edmunds: 3rd Tuesday in the month. If you're interested, please

come along armed with gardening gloves and wellies!

Choir Practice – All Saints, 6pm on Friday. Contact Derek Griffin on 01305 772873.

Circle of Friends Lunch – Lynch Lane Garden Centre. 12.00pm, 1st Wednesday in the month. Next meeting 6th August.

Craft Group – 10.00am on Thursdays at All Saints, fortnightly. Poetry Corner – Meets quarterly. Singing for Fun – 3rd Tuesday in the month, 2.00pm, All Saints Church.

Walking Group – meets at Bincleaves Green on Mondays at 10.00am.

Men's Breakfast at St Edmund's Church Hall

Fancy a chat over a full English Breakfast? (other options available) Every 2nd Saturday in the month, 9.00am to 11.00am, next on 9th August. For more information and to book a place contact: office@parishofwykeregis.org.uk

Coming Events All Saints Parish Litter Pick

From 2.00pm, Sunday 27th July Led by the Eco Church team, join us as we do our part to clean up our community. Bring gloves, a bag, and a litter picker if you have one. The pick will start at All Saints Church and aim to finish at the Wyke Smugglers.

Coffee Mornings

10.00am – midday, Saturday 19th July & 16th August

All are welcome to join us for coffee, tea, home-made cakes, Fairtrade stall, books, music and for a catch up with friends old and new. Gluten free available.

St Edmund's Church Coffee Mornings

Saturday 26th July & 30th August All are welcome to join us between 10.00am and 12 noon. Teas, coffees and home-made cakes (GF available). Books, CDs, jigsaw puzzles, and a chance to catch up with old friends and welcome new ones.

Weymouth Family Church

14 Westham Road, Weymouth DT4 8NP. http://weymouthfamilychurch.org.uk/

Sunday 10.30am-12.00

Main meeting. At least twice a month, we share in the Lord's Supper, remembering what Jesus did for us on the cross and declaring it until He comes again, deepening our union with Him.

Monday 10.30am-12.00

Coffee morning with the opportunity to learn Makaton sign language, open to all.

Tuesday 7.00pm – 9.00pm.

Craft evening. Join us for some craft activity and enjoy a chat and a cuppa.

Thursday 10.30am-12.00. Coffee morning, open to all.

Friends of Weymouth Peace Garden

The Garden was originally a Quaker burial ground and is now a calm, tranquil space enjoyed by local people and visitors alike throughout the year.

Situated on the Nothe, next to the Nothe Tavern, unless the weather is bad, volunteers meet every Saturday morning for a gardening working party for 2-3 hours from around 10.15. to approximately lunchtime, with coffee/chat break part way through. It is informal, friendly and new volunteers are welcomed. Gardening expertise is not necessary, enthusiasm and interest are more important.

Holy Trinity with St Nicholas Weymouth

The Harbourside Church

Trinity Road Weymouth DT4 8TJ

Wednesdays 10.00am Said Eucharist

Sunday 8am - Said Communion service (in the Lady Chapel) **Sunday 10am** - Sung Communion service (in the main space) **1st Sunday at 6.00pm** - Open Table - Inclusive service for LGTBQIA+ friends, families and allies (in the main space)

Weekday Services at St Nicholas Church, Broadwey

Tuesdays	8.45am	The Angelus and Meditation	Broadwey.
	9.00am	Morning Prayer	Broadwey
	10.00am	Holy Communion (BCP	Upwey
Wednesdays	8.45am	The Angelus and Meditation	Broadwey
	9.00am	Morning Prayer with Communion	Broadwey
Thursdays	8.45am	The Angelus and Meditation	Broadwey
	9.00am	Morning Prayer	Broadwey
	10.00am	The Holy Eucharist	Broadwey
	10.45am	Coffee Morning	Broadwey
Fridays	8.45am	The Angelus with Meditation	Broadwey
	9.00am	Morning Prayer with communion	Broadwey
Saturdays	8.45am	The Angelus and Meditation	Broadwey
	9.00am	Morning Prayer	Broadwey

Methodist Churches in Weymouth

Churches are available for baptisms, marriages (including same sex marriages at Weymouth Bay) and funerals.

Sunday Morning Services

10.30am Chickerell, North Square, DT3 4DX 10.30am Lanehouse, Lynch Lane,

DT4 9DL 10 30am Weymouth Bay, 32 Mel-

10.30am Weymouth Bay, 32 Melcombe Avenue, DT4 7TH

Sunday Evening Services

6.30pm Weymouth Bay, normally 2nd Sunday in month.

Worship information in available at www.dsw.church

Church Activities Chickerell

Craft and Chat – 1st and 3rd Wednesdays at 2.00pm
Craft and Sew – 2nd and 4th Fridays at 7.00pm
Coffee Morning – last Saturday in the month at 10.00am chickerellmethodist@gmail.com

Weymouth Bay Wednesday

10.00am Coffee Morning – all welcome, tea, coffee, cakes, books and jigsaws to borrow or swap

10.30am Grace Notes, informal singing group for all abilities 2.00pm CAMEO, women's group meets fortnightly

5.00pm Miscellany Band for anyone who plays a musical instrument

Thursday

2.00pm Bible study Group

First Friday in the month

2.00pm Dementia Café for people with dementia and their carers

Last Saturday in the month

9.00am Garden Gang Rooms are available for hire, all enquiries to weybay@yahoo.com or 01305 457510

Arts &

Crafts Week

Weymouth Bay Methodist Church DT4 7TH

Open Monday to Saturday 11th -16th August

Lots of craft stalls and cafe, open every day Cash and card accepted Admission free All welcome

Can you help Read Easy teach adults to read?

If you would like to join a team of people dedicated to helping adults overcome their reading difficulties, then Read Easy South Dorset (RESD) would love to hear from you.

RESD, which covers Weymouth, Portland and Dorchester, offers free one-to-one coaching to anyone over the age of 18 to help them master the skill that most people take for granted. It is affiliated to the national Read Easy charity. 'We are now appealing for more volunteers to join us to boost our team of coaches, 'said RESD team leader Della Spurgin. 'Coaches are paired up with people (called readers) who come to us for help, nor- mally working with them for two half-hour sessions a week in a neutral venue like a li- brary. 'The number of reading sessions to complete the course may vary, according to to the reader's particular circumstances; some may have poor reading skills while others may not be able to read at all. 'Coaches do not have to have specialist knowledge as there is online training, and set course books for them and their reader to work through at the reader's pace.

'There is plenty of support and a huge amount of satisfaction as you see your reader progress. For example, we had one gentleman in his 60s who progressed from hesitantly reading the Janet and John series for young children to achieving his aim of reading Richard Osman's novel, The Thursday Murder Club. ' As well has helping people with the printed word, RESD also has tablets to help readers familiarise themselves with reading and filling up forms online. T o find out more about

joining RESD as a coach, please call Della on 07984 413145, email sdleader@readeasy.org.uk, Irene on 07490 757756, email irene@readeasy.org.uk

Theresa Newton, RESD Publicity Oraaniser

Local Insurer Champions Dorset County Hospital

NFU Mutual Agents and their staff at the Dorchester Agency recently nominated Dorset County Hospital Charity, to receive a donation of £7,899 from NFU Mutual's national £2.33 million 'Agency Giving Fund'.

The leading rural insurer launched this fund, now in its sixth year, to help local frontline charities across the country. The Agency Giving Fund forms part of NFU Mutual's £4m funding pledge for both local and national charities in 2025, to support frontline services in rural communities.

To ensure these donations reach all corners of the UK and are directed to where they're needed most, all NFU Mutual Agencies, with more than 280 offices nationwide, have been given the opportunity to nominate local charities to receive a share of the fund. This donation will contribute to the Dorset County Hospital Charity's Emergency and Critical Care Appeal which will help fund facilities and equipment for the new **Emergency Department and Criti**cal Care Unit, which is currently under construction

Matt Uren, Partner at NFU Mutual Dorchester Agency, said 'This is the fourth year of our partnership with Dorset County Hospital Charity. It's a charity that's close to all of us in the business - and to our

customers and members - and it's a charity we feel very proud to be able to support."

Agency Giving Fund is to support local frontline charities who are providing essential services to people in our community, and our agency felt that Dorset County Hospital Charity was a very deserving cause to champion.'

Head of Dorset County Hospital Charity, Simon Pearson, said, 'We are so pleased to receive this latest donation from NFU Mutual. In total they have donated £20,851 to the Emergency and Critical Care Appeal. Support from local businesses is so important to enable us to fundraise for this essential service at Dorset County Hospital, which will benefit everyone in our local community. We are very thankful for their ongoing generous support.'

For more information about your local NFU Mutual in Dorchester visit www.nfumutual.co.uk/ dorchester. Visit www.dchcharity. org to find out more about the Emergency and Critical Care Ap-

Preston and Sutton Poyntz Councillor Update

It has been a whirlwind month for myself personally all around the glamorous subject of household recycling centres (the tip to us). The Liberal Democrat led Dorset council made proposals without consultation to introduce a booking system for all tips in Dorset.

I felt this was a waste of time and money. Weymouth and many other centres have no issue with people coming across the borders from other counties using our tips or the problem of long queues. Myself and other Conservative councillors put forward a motion to full council set for the 10th July. On 29th June we were told this is a certainty and not up for change however on the 1st July it was full u-turn with the vast majority of the countys' tips being taken out of the system set to come in to place In July. This was a great victory for people power and common sense.

NFU Mutual

: 7,899

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Cllr Louie O'Leary on behalf of the Preston and Sutton Poyntz councillor team

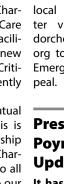
Sutton Poyntz WI July Meeting

Our July Meeting started by welcoming Dave Levi from The **Dorset Waste Partnership who** gave us an informative talk on Waste and Recycling. He gave us a brief introduction then opened up the floor for questions of which there were many! He is part of a team of five officers and a team leader who give talks and roadshows in schools, supermarkets and more. Sometimes they take food caddies to the school gates after a talk so that the parents can be encouraged to recycle food waste.

Dorset is one of the best in the country apparently for recycling, and whilst we don't receive any reward for this the knock on effect is that we don't have as much to pay for our waste to be recycled. He told us that there is no such thing as landfill anymore and the waste is instead taken away to a larger centre. Interestingly he told us that if the Incinerator planned for Portland goes ahead we will not be taking our waste there as Dorset are contracted to another company.

The food waste goes to Piddlehinton where there is a facility that makes it into fertiliser, they hold visits there too. Dave carried on taking questions while we were

Continued on page 19



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"Kismet Hardy"...

The Hardy Monument is an iconic Dorset landmark and from its elevated position just outside Dorchester it can be seen for miles around. The Monument was built in 1844 following a public competition in memory of Vice-Admiral Sir Thomas Masterman Hardy, Flag Captain of *HMS Victory* at the Battle of Trafalgar.

It quickly became a place of pilgrimage as Victorians flocked to the site

to enjoy the panoramic views from the Isle of Wight to Dartmoor. This famous monument is within walking distance of Hardy's birthplace and home at Portesham House. The National Trust purchased the Monument in 1938 and has been in its care ever since.

Thomas Masterman Hardy (1769 - 1839), entered the Navy in 1781 where he fought on the *HMS Minerve* at Cape St Vincent against the Spanish and *HMS Mutine* at the battle of the Nile. These successful engagements caused Napoleon to postpone his invasion of Britain and the probable expansion of French forces into the British holdings in India.

Promoted to Captain, Hardy transferred to *HMS Vanguard* as Flag Captain to Nelson. The two officers were very much alike and became strong allies and friends.

In July 1803, Nelson transferred to *HMS Victory* where Hardy later joined him, witnessing Nelson's last will during the battle of Trafalgar on the 21st October 1805. Nelson was fatally wounded by a French sniper shot. As Nelson's Chief of Staff, Hardy remained on duty during the battle while he kept his dying friend and Commander informed of the battle's progress.

The defeat of the combined French and Spanish fleets at Trafalgar was a pivotal turning point in modern European history.

In recognition for these services, Hardy was created a baronet and played a major part in the state funeral of Nelson which took place on the 9th January 1806 at St Paul's Cathedral.

Hardy later served with distinction on the North American station at Lisbon and was decorated as Knight Commander of the Order of Bath in



Vice-Admiral Sir Thomas Masterman Hardy, Flag Captain of HMS Victory at the Battle of Trafalgar.



January 1815. Promoted to rear Admiral in May 1825, Hardy served at sea until the anniversary of Trafalgar in 1827 and was appointed as First Sea Lord at the Admiralty, retaining the post until 1834. His final appointment was as Governor of Greenwich Hospital for naval pensioners, and he died there in 1839.

Kismet or Kiss me?

Contemporary accounts, suggest that Nelson last words were: "Take care of my dear Lady Hamilton, Hardy, take care of poor Lady Hamilton". He paused then said very faintly, "Kiss me, Hardy".

This, Hardy did, on the cheek. Nelson then said, "Now I am satisfied. Thank God I have done my duty".

The later story, that Nelson's last words were "Kismet [fate] Hardy", aren't supported by any contemporary evidence. In fact, 'kismet' isn't recorded as being in use in English to mean fate until as late as 1830, a quarter of a century after Nelson died. That euphemistic version of events is thought to be a later invention that attempted to avoid embarrassment by covering up the supposed homo-erotic imagery of men kissing. That was misguided in more ways than one, not least because platonic kisses between men at times of great emotion weren't viewed in that way in 19th century England.



Health & Wellbeing

Feeling Better

Abbigail Langstone - Wring BSc, FETC, MAR.



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Sciatica or Piriformis Syndrome?

Sciatica and Piriformis Syndrome are painful conditions affecting the lower back, buttock, leg and foot that impact on overall mobility and quality of life. Identification of the cause of pain is difficult but necessary to produce effective treatment outcomes.

Anatomically, the sciatic nerve originates from the lumbosacral plexus, a network of nerves formed by the anterior branches of spinal nerves L4, L5, S1, S2, S3 which contribute to the tibial portion, and the posterior divisions of the L4, L5, S1, and S2 which con-

tribute to the common peroneal portion.

These nerve roots combine to form the sciatic nerve which exits the pelvis via the sciatic foramen and enters the piriformis muscle (buttock) travelling down the leg through the biceps femoris, semimembranosus and semitendinosus muscles and the hamstring portion of the adductor magnus indirectly innervating all the muscles of the leg. The sciatic nerve divides behind the knee and progresses medially and laterally towards the ankle.

The condition Sciatica often occurs through injury or trauma and sometimes simple movements as twisting at the waist or overreaching can cause irritation or compression of the sciatic nerve in the lower back or spinal lumbar region such as a herniated disc, spinal stenosis, or other spinal is-

sues. Triggering lower back pain, pain in the buttocks and hip, burning or tingling down the leg and into the feet aggravated by sitting, coughing or sneezing with movement such as walking often easing discomfort.

Piriformis syndrome is diagnosed when the piriformis muscle compresses the sciatic nerve creating pain that mimics sciatica with pain in the buttock and upper leg that may radiate down the leg. Prolonged sitting, climbing stairs and running will increase discomfort and pain can be intensified by internal rotation of the leg at the hip. Simply, sciatica is caused by a nerve compression originating from the spine whereas piriformis syndrome is caused by nerve compression originating in the (buttock) muscle.

As the nerve is involved in both conditions it is possible to be diagnosed with sciatica and piriformis syndrome at the same time creating a treatment dilemma for practitioners. The NHS offers physical therapy, pain medication, corticosteroid injections or surgery in severe cases and X-ray and MRI scans to identify if spinal compression is the underlying cause.

Using a holistic approach to address the immediate symptom of pain in these conditions I firstly observe the functionality of the feet. Irregularities in the form and function (including pronation of the foot) will have a knock-on effect in the action of the ankle, knee and hip joints and may affect the lumbar, thoracic and cervical (neck) spine.

Secondly, I will apply pressure using thumb or index finger to specific acupuncture points on the medial side (arch), the plantar (underside/sole) and the dorsum (top) of the foot to identify areas of focus. Thirdly I will massage us-

ing a steady firm pressure the lower leg and whole foot to relax and calm the irritated nervous system with the purpose of releasing tension in the muscles of the lower back, buttock and legs.

The effectiveness of the treatment is recorded using patient feedback. Advice is given on appropriate stretching exercises alongside suggested changes to diet to reduce inflammation generally. Recommendations of Tiger Balm or Arnica applied to trigger points in the foot may be helpful alongside Homoeopathic remedies, vitamins and minerals. I will always refer patients back to their GP if pain is not managed or if concerned with my findings during assessment and treatment. Patients, please note as a holistic practitioner there is another cause of pain I always consider when treating sciatica and that is the emotional link.

Once the sciatic nerve has been triggered for whatever reason it is my experience that it becomes vulnerable to subtle changes in the body's energy. Chemical transmitters are released by the body when shock, trauma or feelings of stress and anxiety are experienced. The nervous system responds and muscles react, creating tension which may re-trigger historic sciatic low back/buttock pain. If you are experiencing pain emotionally, physically or mentally and think I might be able to help get in touch.

I am fully qualified, insured and DBS checked with over 30yrs professional experience specializing in Clinical Reflexology. Nutritional Therapy, Homoeopathy and Counselling Contact Tel 01305784986 abigailwring@btinternet.com www.dorsetclinicalreflexology.co.uk



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NB November edition dates have changed					

having our tea and biscuits!

After tea we then got on with the WI business and also talked about our upcoming visit to Highclere Castle which those of us who are going are very excited about. We then talked about some things we have planned to look forward to in the Autumn. ie; an outing to see WOW at The Pavilion in November and a meal at The Sun Inn in October. Our next meeting will be a Tea Party to held in The Mission Hall Garden in August.

Val Dawe - President

Report from Cllr Kate Wheller

Rodwell and Wyke Regis (DC) and Wyke Regis North (WTC)

I suppose the most significant issue recently has been the proposed booking system for the use of household waste centres across the County.

The Leader and Cabinet members argued that the scheme had been included and voted on in a much more comprehensive tranche of measures, and no further discussion or consultation was required. Many elected members from across all parties disagreed and we all, not surprisingly, received complaints from residents. . The measures would 'combat long gueues' we 'We don't experiwere told. ence long queues' argued residents, 'our recycling centre is terrific and manage everything in a friendly and efficient manner'. 'There will be ' No turning

Back' stated the Council leader in the Echo headline. Just a few days later a press statement was released stating that only four sites of the ten across the County would trial the new booking system. This is the second major 'U turn' of this administration but I do not shout and ieer. Being able to acknowledge your mistake shows strength. In both cases (overnight car park charges and recycle centres) the plans were ill-thought out and flawed. The Leader and the cabinet in each case stepped back, took a second or third look, listened to residents and changed their plans. We should applaud them and I recommend that maybe in future before making such sweeping changes they discuss and listen first.

Each week I see more announcements for the amazing events being staged across Portland and Weymouth as 2025 Towns of Culture continues.

I have just returned from four exhausting days in Liverpool at the Local Government Associations Annual Conference. This is a great opportunity to network with other councils across the country to exchange views and ideas and hopefully learn from others 'best practise'. I took the opportunity to talk cross party with councils similar to our own both at town and unitary level and hope to share ideas with my colleagues in the coming months.

One thing I did confirm, and I am sure you will all have your own thoughts, travelling by rail on Southwest trains was awful poor air conditioning, no buffet

service and poor service overall. Travelling north on Avanti, the air conditioning worked and because it was one of the hottest days we were plied with cool bottled water, we were comfortable, kept properly informed throughout and the staff were friendly and helpful.

Don't forget - If you would like the Mayor to attend your event school council, awards or anvthing else contact the Mayors Secretary at the New Town Hall, Commercial Road.

I mentioned this last month but since I will be visiting Louviers in early September I will mention it again. The association is working to strengthen and extend and strengthen our friendship and ties. If you lead a choir, perform in a band, are an artist or a sportsman and would be interested in extending your range across the channel we would love to hear from you. Perhaps you would like to be an artist in residence in Louviers? Or exhibit? Be part of a master class for french guests or help No idea is silly, no idea is too small or too big. Get in touch. If none of that appeals and you just fancy a closer friendship across the Channel the Society meets once a month and hosts a number of social functions. Get in touch.

By the time you read this our schools will have broken up and the town will be full of visitors and residents enjoying our beautiful beaches, our wonderful parks and gardens and vibrant night-life. The firework displays start soon too, my favourite.

I hope the weather continues to be good, and wish you all a happy summer.

I continue to post on my Councillor Kate Wheller facebook page however if you wish to contact me please email cllrkateheller@weymouthtowncouncil.gov.uk, cllrkate.wheller@dorsetcouncil.gov.uk phone 07850 060947; you can leave a message. I do welcome your thoughts and comments and yes even your complaints. I rarely pick up on messenger. You are always likely to find me around the village and town, at the library, W.I. on the bus or at home. I will continue to attend the monthly coffee morning at All Saints Church, Portland Road, you will be most welcome to join me there to discuss any residents issues. I also try to attend Holy Trinity Church once a month and am happy to talk to vour there.

Cllr Kate Wheller: Wyke North; Rodwell and Wyke - Leader - Labour Group:

Cllr Mike Sewry: Rodwell - cllorganise a sports tournament. rmikesewrv@wevmouthtowncouncil.gov.uk

> Cllr Howard Atkinson: Melcombe Regis - cllrhowardatkinson@weymouthtowncouncil.gov.uk

> Cllr Thomas Taylor: Wyke South cllrthomastaylopr@weymouthtowncouncil.gov.uk

> Cllr Paul Kimber: Portland - Dorset Council - cllrpaul.kimber@ dorsetcouncil.gov.uk

> You can contact Lloyds office lloyd.hatton.mp@parliament.uk if you don't do emails write to PO Box 9788, Weymouth, DT4 4JH









Dame's Violet

Hesperis matronalis Cruciferae Family

Dame's Violet is a medium to tall perennial flower that can be found in hedgerows, and along road verges nowadays after having been introduced into Britain around the 13th century. as a special and attractive flower for garden lovers.

Gradually it spread beyond the garden into the countryside, and can be found today, for example, along Plaister's Lane.

Dame's Violet flowers from May to August, its four-petalled flowers



in white and violet is especially fragrant on summer evenings when it is pollinated by a variety of insects including moths and butterflies. The leaves are shortstalked, lanceolate, and toothed along the edges. The seed pods are long, and can be clearly seen curved upwards from their usually

John Gerard, a 17th century herbalist, recorded the flower as 'a very beautiful kind...having very fair double and white flowers, and John Parkins, again in the 17th century, knew it as 'Sweet Rocket' and 'Summer Lilac'.

The plant's name of Dame's Violet was given this name in France as ' violette de Damas' which translates as 'a violet from Damascus'; this is strange since it is in no way a violet. It has four petals set out in the shape of a cross, a feature which places it in the Cruciferae not the Violaceae Family! It should



be remembered, however that, at the Blest' or the Fortunate Islands. that time very little was known or understood regarding flower

In its Latin generic term, Hesperus, refers to Hesperus, the guardian god of 'the love apple on the Isles of which is an ancient name for the Canary Islands. Its specific name. Matronalis, refers to its decorative use in celebrations once held on March 1st each year during the Festival of the Matrons.

Purple Loosestrife

Lythrum salicaria Lythraceae

Purple Loosestrife is a waterside plant found on the banks of rivers, streams and marshes, on damp waste ground and in abandoned fields. It flowers between June and September, and can tolerate lightly shaded areas.

Purple Loosestrife is a perennial plant which appears regularly each year and is common throughout the British Isles and Ireland where it grows into erect and attractive clumps. The stems are four-sided, and the leaves, which are stalkless, lance-shaped, oval and pointed, are arranged in whorls of two or three around each stem (a).

Its flowers, which are six-petalled in general, are grouped in rings around the upper stems, and are pollinated by longue-tongued insects (b). Each fruit is an eggshaped capsule which contains within each one, many tiny seeds. In times past, the plant juice, being rich in tannin, was used as an alternative to bark oak for tanning leather.

Purple Loosestrife can make an attractive tall plant for a garden if

carefully tended, but introduced into America many years ago, it became a serious weed problem and displaced many of the native wetland plants. Under the right conditions it can reproduce rapidly both by fragmentation of the stems and the root system, and seed dispersal by birds.

The source of the plant's name is somewhat complex. 'Loosestrife', its vernacular name, is a strange name for a plant, and is thought to have been a mistranslation from the Greek, Llysimakhos, which may have been the name of the Greek who discovered it. Another source suggests it could have been derived from 'luo' which translates as 'undo', and 'mackhe' meaning 'battle', although how this relates to the plant appears somewhat obscure. In past centuries, a system called the 'Doctrine of Signatures' was a scheme by which all ailments were treated using plants. It was thought that if any part of a plant resembled part of the human body, then concoctions made from that plant would be a remedy to cure specific illnesses or wounds etc. Any plant with a heart-shaped leaf, for example could be used to treat problems





of the heart. Was it possible that the colour of the Purple Loosestrife petals indicated the plant was a specific cure for bleeding wounds received in fighting and battles?

The plant's Latin name is 'Lythrum salicaria', the word 'lythrum', which is its generic name, stemming from the Greek 'luthron, ' and translates as 'gore' from the purple colour of the petals. A dictionary definition of the word 'gore' is 'the blood which has been shed and clotted', - surely not a very romantic or attractive name for such a tall and handsome plant! Its specific or species name, is 'salicaria' and comes from the Latin 'salix' which translates as 'willow', a name earned from the likeness of its leaves to those of the willow tree.



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Organisations

Accordion Club

Every Tuesday 7.30pm. St Ann's Schoolroom, Radipole Lane, Weymouth. £3.00 includes tea/coffee and biscuits.For more information please email or call Graham. gacrow1907@ googlemail.com. 07733367065.

Aquafit

Exercise in the water with a smile. Tuesday & Thursday mornings at Osprey Leisure Centre. All abilities welcome. 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.

Baby and Toddler Group

0-4 years. St Edmunds Church Hall, Lanehouse Rocks Road, DT4 9HZ. 1.00pm-3.00pm during term time. Free fun, singing, crafts. Please contact Amy on 07397 805124 if you are interested.

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. Mike on 07792846463 or 01305 814600.

Busy Bees

Friendly stitch and craft group meets alternate Thursday 2.00pm-4.00pm in Upwey. For more information contact Joy on 0774 230 5841.

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

Regular meetings, activities and events for anyone affected by cancer. Find out more at csiders.org, search csiderswp on Facebook, email info@csiders.org or ring on 07392 935064...

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 through-

out Dorset and South Somerset. For help and information please call Diana Crowder on 01305 834954 or Sue Bithell on 01305 269293.

Friends of Lodmoor Country Park

Aim to protect, maintain and improve the Park for all to enjoy. We have tree trails, gym equipment, a children's playground all free and we hold events such as Sparkle in the Park, table top sales and Pic-a-Book-Nic. Contact 01305 770772

Friends of Weymouth Library

Supports and promotes our Library. Talks, socials, book sales, knit & natter and quizzes all raise money for Library activities. Membership £6 pa. Secretary 0781 213 9114. Library 01305 762410. friendsofweymouthlibrary.org.uk

Hardy Quilters and Stichers

Meet on the second Monday of the month (not July or August) 9.30am to 12.30pm, St Francis of Assisi Hall Merredin Close Littlemoor DT3 6SB. Contact. chantaldavid1@gmail.com

Island Voices Community Choir

Tuesdays 7.30pm - 9.30pm (in term-time. Peter Trim Hall, St George's Centre, Reforne, Portland. The first session is free and then £6 per week. Contact Anne for information linkusup9@gmail.com or 01305776328.

Ladies Keep Fit

Exercise to music classes for the mature mover. We have a few vacancies at the Southill Community centre on Thursday mornings 9.45am till 10.45am. Please contact Linda 889119. Try the first class free.

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

Mondays in school term time, 2pm - 3.30pm at the Frank Reynolds Community Centre, Dorchester Road, Weymouth, DT3 5BY (Broadwey). Email. elizabeth.ian.messer@gmail.com

Littlemoor Library

Tues 9.30am - 1.00pm.
2.00pm - 5.00pm.
Wednesday 2.00pm-5.00pm.
Thursday 2.00pm - 6.30pm.
Friday 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

At St Andrew's School. Children. 2 years 9 months to school age. Contact jjones@standrews.dsat.org.uk

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 £8.50. Guests arrive at Osmington Village Hall at 12.15 for lunch to be served at 12.30. 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

All Saints, Portland Road, 01305 78464 info@parishofwykeregis.org.uk www.parishofwykeregis.org.uk Every Friday at All Saints. 10.30am Holy Communion followed by coffee. Sundays at All Saints. Possible 8.00am Said Holy Communion 9.30am Sung Holy Communion. First Sunday in month – Café Church. St Edmund's, Lane House Rocks Road. Alternate weeks, Holy Communion or Service of the Word. 11am Mother and Toddlers at St Edmund's. 1pm – 3pm

Please check our block of parish activities elsewhere in magazine.

Pilates classes with Clair Myers

Every Thursday morning St Andrews Church Rooms, Preston 9.00 and 12.30 for beginners and advanced, men and women. cmpilates@live.co.uk

Preston Pre-school

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

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

Preston Table Tennis Club

Wednesdays 7.00pm and 9.00pm, Westfield School, Littlemoor Road. Contact Mick Hogan. E-mail. prestonttc@gmail.com

Preston Pantomime Group

Meets every Wednesday, 7.30pm at Preston Village Hall. New members

welcome from age 14 upwards. Contact Julie on 832620.

Portland Gig Rowing Club

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

Repair Cafe Weymouth

Volunteers repair broken items in return for a donation. Events are on the second Saturday of the month from 10.30am - 12.30pm, except July and August., The Top Club, Louviers Road, Littlemoor DT3 6AY with free car parking. www.repaircafeweymouth.org or 'Repair Cafe Weymouth' on Facebook. E.repaircafeweymouth@gmail.com.

Scottish Country Dancing

Thursday 7.00pm September - May. New dancers welcome anytime. Southill Community Centre, Radipole Lane, Weymouth. DT4 9SF. Details from Judy on 833660.

Social Badminton Players Needed

Friendly groups, non league, Redlands Community and Leisure Centre. Ladies Doubles 10 to 11am Tuesdays Mixed Doubles 9 to 10.30am Fridays Details – Rosemary 01305 832456

South Dorset Caledonian Society

Friendly Scottish Country Dancing including popular Ceilidh dances. Mondays, Preston Village Hall. 3.45pm – 5.45pm £3 inc Tea and Coffee. No partner required, wear soft shoes. Email frank@southdorsetcaledonians. org or phone Frank and Marilyn 01305 835075.

South Dorset Radio Society

We meet on the second Friday of the month, Weymouth West Scout Hall, Granby Close, DT4 0SR from 7.30. www.HamRadioSouthDorset.com, E. stuartvanstone@btinternet.com

South Dorset Ramblers Group

Guided walks for our members throughout Dorset, on Wednesdays, Saturdays, and Sundays. Taster walks available.

www.ramblers.org.uk/go-walking/ramblers-groups/south-dorset-group

Somerset and Dorset Family History Society

St Aldhelms Church Centre Spa Road on the 3rd Friday of the month talks commence at 2.30 pm, preceded by tea or coffee. John on 01305 776008.

South Dorset Woodcarving Club

South Dorset Woodcarving Club Tuesdays, 7 - 9pm - Upwey Old School Hall, Church Lane, Upwey, DT3 5EQ Contact - Jen & Dave. 01305 771742 or Jordi 07368 360908. Find us on Facebook. email. southdorsetwoodcarvingclub8@gmail.com

Southill Short Mat Bowls Club

Meet at Southill Community Centre, Radipole Lane, Mondays 2.00pm and Wednesdays 2.00pm & 7.00pm. First 3 lessons free, then £4 per session. Tuition given. www.southillsmbc.co.uk

SSAFA

Pilgrim House, 1 Hope Street, Weymouth, DT4 8TU. (By appointment only). All enquiries to. 020 4566 9131.

Start your Memoir Courses

Are you ready to write down your memories? Events of your life? What you know of your ancestors? Create a record of your life (or even a book) for your grandchildren and generations to come? To find out more, contact writer Sheena on sheenadearness51@gmail. com or 07875 842399.

The Light Spiritualist Church

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

Watercolour Art Classes

Thursdays, 1-3, Broadway and Upwey Memorial Hall. Starting September 7th. Call Jan 07746 871134 for more info.

Weldmar Hospicecare Shops

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

59, Great George Street. Open Mon -Sat 9am - 5pm. Tel 787825. 10 Hardwick Street. Tel. 777774.

Mon - Sat 9.00am - 5.00pm Weymouth Outlet

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

Weymouth Art Group (WAG)

Meet Tuesday mornings Southill Community Centre. 9am till 12 noon. £2 refreshments available. Friendly group. All abilities. Non teaching, but occasional workshops. Contact Chaircarol.morrison7@icloud.com

Weymouth Astronomy Club

7.30pm second Friday each month St Aldhelm's Church Centre, Spa Road, New members welcome. www.weymouthastronomy.co.uk

Weymouth & Portland Branch, Fleet Air Arm Association

Welcomes serving and veteran members of the Fleet Air Arm. 7.30pm on the first Friday of the month at Weymouth & Melcombe Regis Working Mens Club, DT4 8BT. Contact branch secretary email. faaa.wpsecretary@outlook.com. Facebook "Weymouth & Portland Branch FAA Association" Website www.faaa.org.uk/

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

Weymouth Ind Evangelical Church

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

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 contact details.

Weymouth Choral Society

St Aldhelm's Church Centre, Spa Road, Monday 7.30 to 9.30pm during term time. You can join at any time of the year. www.weymouthchoralsociety. org info@weymouthchoralsociety.org. uk or Melodie on 07929 519973.pmam

Weymouth Drama Club

For adults and young people, meeting on various nights during the week.. For information contact Jacqui Trent on 07709601567 or curtainraisers7@ qmail.com

www.weymouthdramaclub.com

Weymouth East Scout & Guide Groups

Beavers - Friday 5.30 - 6.30 Cubs - Wednesday 6.30 - 8.00 Scouts - Friday 7.00 - 9.00 Explorers - Thursday 7.00 - 9.00 Brownies - Thursday 5.00 - 6.15 weymoutheastscouts@gmail.com

Weymouth South Scout Group

Scout Hut – Ryland's Lane weymouthsouthgroup@gmail.com volunteers welcome

Waiting List - weymouthsouthwaiting-list@outlook.com

Squirrels aged 4 to 6. Mon - 5.30 to 6.30pm

Beavers aged 6 to 8. Wed - 5.30 to 6.45pm & Fri 6.00 to 7.15pm.

Cubs aged 8 to $10\frac{1}{2}$. Tue & Thur - 6.00 to 7.30pm.

Scouts aged 10% to 14%. Mon & Wed - 7.00 to 9.00pm.

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

Weymouth and District Model Engineering Society

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

Weymouth Floral Design Group

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

Whist and Military Whist Drive

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

Further details on 784056.

Whist Drive

Mission Hall, Sutton Poyntz. Every Monday at 7.30pm

Wyke Regis Horticultural Society

Trading Post Openings. Sat 9.30am to 12.30pm; Wed 2.00pm to 4.00pm Annual Membership £10 may be taken out at our shop during opening times. www.wrhs.org.uk

Wyke Regis Community Association

Email. wrca@btconnect.com www.WykeRegisCommunityAssociation.co.uk or follow us on Facebook www.facebook.com/WykeRegisCommunityAssociation/

Wyke Regis Library

Monday 12.00 noon - 6.00pm Wednesday 2.00pm - 5.00pm Thursday 10.00am - 1.00pm Friday 10.00am - 1.00pm Saturday 10.00am - 1.00pm Throughout each month, we also hold a number of free group events in the library.

Scrabble - the 1st Monday of every month - 2.00 - 4.00.

Knit and Natter - the 2nd and 4th Monday of every month - 2.00 - 4.00.
All ages Chess - Mondays - 4.15 - 5.45.
Rhyme Time - Wednesdays - 2.15-2.45.
Lego Club - Wednesdays - 3.15 - 4.15.
Cuppa and Company - Thursdays - 10.30 - 12.30.

Reading Friends - the 2nd Friday of every month - 10.30 - 12.30.

Learn to Crochet - every Saturday - 11.15 - 12.45.

Wyke Regis Pre-School

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

Wyke Regis Medical

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

Wyke Regis Nursery

Shrubbery Lane. A safe, secure, relaxed and friendly environment, offering high quality provision (led by qualified teachers). Nursery housed within Wyke Regis Infant School. Monday – Friday 8.45am – 3.15pm. Term time only. From 3 years. For more information tel. 01305 782470 or email us at infoffice@wykeregisfed.dorset.sch.uk

Wyke Regis Society

www.wykeregissociety.org.uk Meetings second Tuesday two-monthly, 7pm at Working Men's Club, Portland Road. Contact 01305 761993 or georgina.s.skipper@gmail.com

Wyke Ukedelics

Non-profit group of musicians who gig to keep our members and equipment from wear and tear, available for functionss. Dave 07980 32221 or Clare 07837 307932.

Wyke Regis WI

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

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

Yoga

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

Yoga JAX

Thursday mornings 10.30 - 11.30 Hope Redemer Church, Trinity Street, off Hope Square, Weymouth. Basic Vinyasa yoga, gentle, restoring, traditional. Phone 07543 627944.





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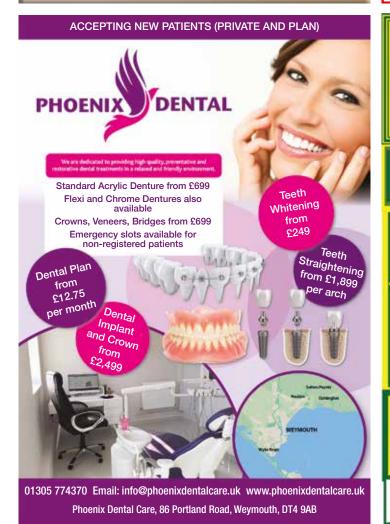




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