PIDDLE VALLEY

News and Views

Jan/Feb 2023



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Cover photo coutesy Susan Ward, Piddlehinton

DATES FOR YOUR DIARY

January

- 6 Valley Twinning, Fete des Rois, Memorial Hall
- 8 Breakfast 9-11.30, Piddlehinton Village Hall
- 11 Memorial Hall AGM (all welcome)
- 20 Barn Dance in the Memorial Hall
- 27 Lunch Club
- 28 Soup Saturday, 11.30-2.30, Piddlehinton Village Hall
- 30 Garden Club AGM
- 31 Parish Council Meeting (see p 43)

February

- 2 Thursday Club Meeting, 2.30, Memorial Hall
- 3 ArtsReach in the Memorial Hall James Rowland *Learning to Fly*
- 5 Breakfast 9-11.30, Piddlehinton Village Hall
- 14-18 The Pajama Game, 7-10.00pm, Buckland Newton Village Hall
- 17 Barn Dance in the Memorial Hall
- 24 Chinese Night, 7.30, Piddlehinton Village Hall (Limited numbers, please book on 01300 348474)
- 24 Lunch Club
- 27 Garden Club Container planting
- 28 Parish Council Meeting

March

- 3 Valley Twinning Quiz
- 12 ArtsReach in the Memorial Hall FiFi La Mer, French Music
- 30 Valley Twinning AGM

June

10 Piddletrenthide & Plush Fete, the Manor House, Piddletrenthide

For a full list of Gardens Club events, see page 32

01300 452101 VILLAGE EMERGENCY TELEPHONE SERVICE (VETS) DEFIBRILLATOR CONTACT NUMBER

THE BRIDGE EDUCATIONAL TRUST

Educational grants

The Bridge Educational Trust is a Piddle Valley based charity that provides grants to individuals who wish to further their educational aspirations.

Do you need financial help to realise your educational development and future ambitions, whether young or old? Thanks to a generous endowment from the Bridge family with a local connection through an 18th Century goldsmith, the Trust is able to provide individual grants to those in the Valley in particular and rural Dorset more generally.

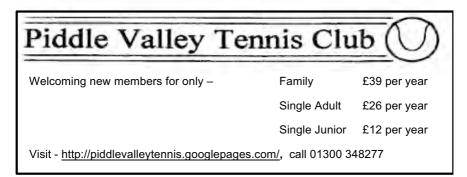
Examples of what we have given grants for include: university accommodation fees, vocational/practical courses and assistance with apprenticeships, but these are just the tip of the iceberg. In a good year we make grants totalling £80k.

For further ideas and to see if you meet our criteria please visit our website at: https://www.bridgeeducationaltrust.org.uk

Applications should be submitted through the website and Trustees meet in February, June and October to decide on grants. The deadline for applications is three weeks before these meetings and is displayed on the website so please check.

If you would like to discuss a possible application in advance of a submission please feel free to contact one of the local Trustees:

Nick Harland
Hannah Murphy
Richard Drewe
Olivia Steven
Nathan Ritson



Dimensions (w x h)	page proportion	annual (6 issues)	single issue
128 x 180mm	Full page (b/w)	£96.90	£25.50
	inside front + back (colour)	£140	£35.70
	back cover (colour)	£200	£51
128 x 88mm	Half page	£81.60	£20.40
128 x 58mm	1/3 page landscape	£61.20	£15.30
62 x 88mm	1/4 page	£51	£12.24
Small ads	per line		£4.10

Advertising & Editorial deadlines

10 Feb 2023

Editorial team

For free articles for inclusion in the magazine contact: Editor: Kevin Quinn editor@piddlevalley.info For paid adverts for inclusion in the magazine contact: Andrew Rennison on 07565 426208 or by email to advert@piddlevalley.info

For payments/accounts information contact: Treasurer: accounts@piddlevalley.info

Proofreading: June Dobbs

Distribution: Ann Jordan

Webmaster: Andy Howard 01300 348406 / webmaster@whitepuppy. co.uk

Printed by Creeds of Bridport.

Alternatively, articles, payments, etc can be sent to:

By post/hand:

PVNV Postbag, Village Stores, Piddletrenthide, DT2 7QF

with kind permission of the Shop Team.

Disclaimer

Whilst every effort is made to ensure the accuracy of advertisements and copy in this magazine, we cannot accept responsibility for any information given or claims made by our advertisers or contributors. You send it in, we put it in.

Piddle Valley News and Views needs your input!

The PVNV team is always on the lookout for interesting, informative and/or entertaining content for inclusion in the magazine. Whether it's a brief comment, short letter, or a longer piece. Contributions can be about the Piddle Valley specifically or the wider Dorset area and/or beyond.

Do also send in your submissions for cover photos. **These should be in portrait orientation**, large enough to fill the front cover, and with the subject occupying the centre of the photo, with space above and below for the text.

editor@piddlevalley.info



MEMBERS OF PIDDLE VALLEY PARISH COUNCIL Alton Pancras Piddletrenthide & Plush

Dave Abbott - Emergency Officer for Piddletrenthide

John Cox – Emergency Officer for Piddletrenthide, Clerks Terms & Conditions Working Group, Community Transport Group, Playing Field & School Committee, Transparency Code Working Group

Andy Howard – Playing Field & School Committee, Transparency Code Working Group

Lisa Murray – DAPTC representative

Jenny Sherwood – (Vice Chair) – Planning representative for Piddletrenthide, Emergency Officer for Plush, Defibrillator Working Group

David Latimer - Clerks Terms & Conditions Working Group

Paul Fox

Piddlehinton

Chris Ebdon (Chair)-Councillor Chris Ebdon, Piddlehinton Parish – Dorset Council ROI Member of the following:

Planning representative for Piddlehinton, Finance & Clerks Working Group, Defibrillator Working Group, Road Safety Working Group, Transparency & Policy Working Group.

Councillor Maria de Figueiredo – Piddlehinton Parish

Pam Lock

Emergency Officer for Piddlehinton, DAPTC Representative, Community Transport Group, Rights of Way Footpath Officer

Samantha Paulley

Parish Clerk

PIDDLE VALLEY PARISH COUNCIL

Meetings

The Piddle Valley Parish Council meets in Piddletrenthide Memorial Hall, normally on the last Tuesday of the month, at 7.30pm. Meetings start with a "Democratic period", during which any local resident may personally raise direct to the Council any matter that affects the Valley community. So, if you have something important to say, please either contact your local Parish Councillor or raise it during the start of the next meeting.

Please also note that minutes of meetings are published on their website, so if you do not wish your name to appear, please state this before beginning speaking.

The next scheduled PC meeting will be held in the Memorial Hall on – Tuesday 31 January and Tuesday 28 February, 2023.

Waste Collection arrangements

Piddle Valley:	Recycling & Food	Rubbish & Food
January 2023	10, 24	3, 17, 31
February 2023	7, 21	14, 28
Plush:		A. S. S. S. S. S.
January 2023	9, 23	2, 16, 30
February 2023	6, 20	13, 27

Postal collections

Please be aware that the collection times from all the post boxes in the Valley have changed. There is a full list on page 13.

Parish Council Website

The Piddle Valley Parish Council has its own websiteat: www. piddlevalley-pc.org.uk

You can also access the website through the "Parish Council" tab on the www.piddlevalley.info website if you prefer. You will be automatically redirected to the new website.

Planning applications list

The new Planning pages of https://planning.dorsetcouncil.gov.uk/ are an easier and more accurate and up to date way of you keeping track

of the status of any particular application.

Planning applications listed here are for general information only and cannot be guaranteed to be fully accurate, comprehensive or up-to date due to News & Views publishing timetable. The list was prepared on 12th December 2022.

Piddlehinton

Pending:

FUL/2022/06267 Little Puddle Farm – Convert two redundant farm buildings to commercial storage use B8.

CLE/022/05338 Little Puddle Barn – Cert of Lawfulness for exclusive holiday accommodation by owner.

Granted:

HOU/2022/04121 2 High St – Erect single and two storey extensions

FUL/22022/02250 Unit 8, Enterprise Park – Demolish unit and replace with 5 flexible use starter units.

Withdrawn:

FUL/2022/03822 Muston Down Farm – retain mobile home as Farm Worker accommodation.

Piddletrenthide

Pending:

HOU/2022/07403 Lackington Mill, White Lackington,

Piddletrenthide, - Erect extension to the existing pool house

HOU/2022/06526 2 Old Malthouses, Smiths Lane, Piddletrenthide – relocate main entrance door and create canopy over.

HOU/2022/06308 Lackington Mill, White Lackington,

Piddletrenthide – Erect two storey rear extension, new front dormer, and a balcony on the west elevation. Demolish single storey rear extension. Installation of PV solar panels on existing tennis court.

FUL/2022/05978 Nettle Cottage Egypt Piddletrenthide Dorchester DT2 7QZ -- Demolition of store and erection of building to provide a swimming pool enclosure, plant room, shower room and garden store. Retain change of use of part of the land from agricultural to garden land.

Granted:

FUL/2022/05116 Barn adjacent to Lackington Mill – Create new access, turning area and erect two-bay garage.

Withdrawn:

VOC/2022/06985 Hazel Barn(formerly known as Site barn adjacent to Lackington Mill) White Lackington DT2 7QU – Conversion of former agricultural barn to 1no. dwelling, replace existing attached outbuildings with single storey extensions & erection of detached double garage (with variation of condition 2 of planning permission P/ FUL/2021/01348 to amend approved plans)

Refused:

HOU/2022/04135 Astra, Plush.- Demolish existing garage and erect 3 bay garage with accommodation over.

Alton Pancras

Pending:

None

Granted:

HOU/2022/04603 Blades, Main Rd. – Erect side extension, Dormers, extend gable, add first floor extension.

Refused:

None

Andy Howard / 01300 348406

PIDDLE VALLEY NEWS AND VIEWS WEBSITE

Don't forget our web site which includes a variety of information about what's happening, and more information about the Piddle Valley than we can include in this publication. If you have any updates, please email webmaster@whitepuppy.co.uk

www.piddlevalley.info

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Opening hours

Monday-Friday 8.30am-1.30pm Saturday 9.00am-12 noon Sunday closed Post Office Thursdays 8.30-10.30am

Selling

Daily papersFresh fruit/vegSelf serve Dorset milkDorset butter/cheesesHoney from PiddlehintonDorset beer/cider/wineBread/cakes/pies from Evershot Bakery Ltd (Monday, Wednesday,
Friday and Saturday)

Orders can be taken via telephone or email.

For bread/cake/pie orders please place by 10am for the next delivery.

New range of fresh and frozen butcher meat/cooked meat

Staff

We would welcome a new member of staff – hours by arrangement. Please enquire within.

POST OFFICE SERVICES

Piddletrenthide Village Stores

An Outreach Post Office Service operates on: Thursday 08:30-10:30.

Chris from Cerne Abbas Post Office will usually be hosting this outreach and will be more than happy to assist you with any queries on the services provided.

Piddlehinton Mobile Post Office

An Outreach Post Office Service operates on: Thursday 11:00-13:00

Other Post Offices in the vicinity

Charminster Village shop Charlton Down Stores Cerne Abbas Village Stores Puddletown Dorchester Main Post Office on Trinity Street Milborne St Andrew Stores

Last Postbox collection times (as at 26/11/2022)

	Monday-Friday	Saturday
Piddletrenthide Shop	16.30	11.00
White Lackington	09.00	07.00
Piddlehinton	09.00	07.00
Snowdrop Corner	09.00	07.00
Alton Pancras	09.00	07.00
Plush	09.00	07.00
Dorchester Sorting Office	18.00	18.00
Charlton Down PO	16.00	18.00
Puddletown PO	16.00	18.00
Cerne Abbas PO	16.00	18.00

WINDOW CLEANING SERVICE

Commercial and residential window cleaning – We clean up to 65 ft from the ground using the latest water fed pole system which uses purified water.

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Gutter cleaning service

Why not get in touch for a free no obligation quote to have your gutters cleared we can empty up to 4 floors. We use a Gutter Vac from the safety of the ground, so no ladders are needed.

Other services we offer.

Soffit and fascia cleaning Pressure washing for driveways/walls Render cleaning Grass cutting

If you would like to book any of the above services, then please contact JAMIE on

Mobile: 07977106487 Email: jbhandyman@hotmail.com Home: 01305 821134



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Susannah DuValle SAC DIP REHP

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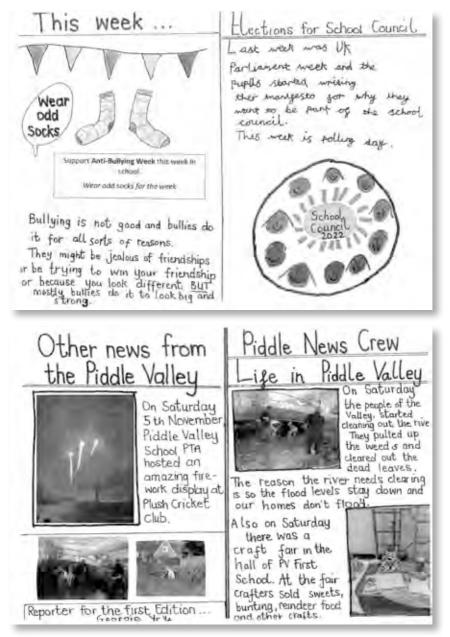
BENEFICE OF THE PIDDLE VALLEY, HILTON AND ANSTY, CHESELBOURNE AND MELCOMBE HORSEY

1 January 2023 Altar Colour :White Num. 6: 22-27 Psalm 8 Gal 4: 4-7 Luke 2: 15-21	Naming and Circumcision of Jesus 10.00 am Benefice Communion	Piddlehinton
8 January 2023 Altar Colour-White/ Gold Isa. 60: 1-6 Psalm 72: 1-15 Eph. 3: 1-12 Matt. 2: 1-12	<i>Epiphany (from 6 January)</i> 9.30 am Sung Communion 10.30 am Sung Communion with Melcombe Horsey 11.00 am Matins 6.00pm Sung Evening Prayer BCP	Alton Pancras Hilton Piddletrenthide Piddlehinton
15 January 2023 Altar Colour: White Isa. 49: 1-7 Psalm 40: 1-12 1 Cor. 1: 1-9 John 1: 29-42	<i>Epiphany 2</i> 9.30 am Sung Communion 11.00 am Horsey Half Hour 11.00 am Sung Morning Prayer BCP 11.00 am Communion CW	Cheselbourne Melcombe Horsey Hilton Piddlehinton
22 January 2023 Altar Colour: White Isa. 9: 1-4 Psalm 27: 1-11 1 Cor. 1: 10-18 Matt. 4: 12-23	<i>Epiphany 3</i> 11.00 am Sung Communion Joint Service with Alton Pancras 6.00 pm Sung Evening Prayer BCP 6.00 pm Sung Evening Prayer BCP	Piddletrenthide Piddlehinton Hilton
29 January 2023 Altar Colour-White/ Gold 1 Kings 17: 8-16 Psalm 36: 5-10 1 Cor. 1: 18-end John 2: 1-11	Epiphany 4 (5th Sunday) 10.30 am Benefice Communion	Hilton

BENEFICE OF THE PIDDLE VALLEY, HILTON AND ANSTY, CHESELBOURNE AND MELCOMBE HORSEY

5 February 2023 Altar Colour-White/ Gold Mal. 3: 1-5 Psalm 24 Heb. 2: 14-End Luke 2: 22-40	The Presentation of Christ in the Temple9.30 am Said Holy Communion10.00 am Family Service Joined by Cheselbourne10.30 am Baptism	Alton Pancras Piddlehinton Hilton
12 February2023 Altar Colour :Green Gen. 1:1 – 2:3 Psalm 136: 1-9, 23-End Romans 8: 18-25 Matt. 6: 25-End	2 Before Lent 9.30 am Sung Communion 10.30 am Sung Communion with Hilton 11.00 am Matins 6.00 pm Sung Evening Prayer BCP	Alton Pancras Melcombe Horsey Piddletrenthide Piddlehinton
19 February 2023 Altar Colour-:Green Exod. 24: 12-End Psalm 2 or 99 2 Peter 1: 16-End Matt. 19: 1-9	<i>Next Before Lent</i> 9.30 am Sung Communion 11.00 am Horsey Half Hour 11.00 am Sung Morning Prayer BCP 11.00 am Communion CW	Cheselbourne Melcombe Horsey Hilton Piddlehinton
22 February 2023 Altar Colour-Purple Joel 2: 1-2. 12-17 Psalm 51: 1-18 2 Cor. 5: 20B-6: 10 Matt. 6: 1-6, 16-21 or John 8: 1-11	Ash Wednesday 6.00 pm Communion and Imposition of Ashes	Alton Pancras
26 February 2023 Altar Colour-Purple Gen. 2:15-17, 3:1-7 Psalm 32 Rom 5: 12-19 Matt 4: 1-11	1st Sunday of Lent 11.00 am Sung Communion with Alton Pancras 6.00 pm Sung Evening Prayer BCP 6.00 pm Sung Evening Prayer BCP	Piddletrenthide Piddlehinton Hilton

A REPORT FROM THE PIDDLE VALLEY FIRST SCHOOL



Thanks to Georgie, Year 4





PUGSLEY REVILL

Please telephone Nick Gill or Kevin Andrews for a local and personal service. Home visits to suit 01305 267353

Accounts Preparation Audit Taxation advice New business advice VAT Returns Bookkeeping & payroll Sage & QuickBooks support & training Company formation & secretarial services

> 18 High West Street, Dorchester, Dorset, DT1 1UW Email: admin@pugsleyrevill.co.uk

PIDDLETRENTHIDE MEMORIAL HALL

Fit Moves Classes are designed to suit all ages and fitness levels with a mix of dance, cardio, conditioning and stretching. Come along on Tuesdays from 10.00-11.00am and have a go! KFA Registered teacher/REps level 3 instructor. Contact Sarah Mitchell 01258 817288

Gardens Club, Thursday Club and other events held at the Hall have more variable programme dates. For more information on these see under the relevant section in the newsletter.

To hire the hall, including well-equipped kitchen with large dishwasher, please contact the Bookings Officer: Wayne Butcher, waynebutcher1@btinternet.com / 01300 348447

Kitchen hire for events You can hire the kitchen, with range cooker and generous worktop space, to prepare food for events elsewhere, like weddings and parties.

Tables, chairs, tea urn and crockery are also available to hire separately for outside events. Caretaker contact: Ann Hawker 01300 348329

Piano hire

Toying with the idea of learning to play the piano ... but you don't own one? Or perhaps you'd like to give your child that chance?

Piddletrenthide Memorial Hall has a good quality piano available for practice. If you're interested, contact Wayne Butcher, waynebutcher1@ btinternet.com / 01300 348447

The piano has not been used for some time, so 6-8 weeks' notice would be needed to allow for two tunings and changing the castors' height, which is currently unsuitable for play.

VALLEY TWINNING

A small group of French visitors arrived to a warm reception from members at the Thimble Inn on September 1st. After settling into their host families they all enjoyed dinner together.

On Friday 2nd September they were treated to a lovely walk round Sherborne Castle grounds, lunch at the Butterfly house at Castle Garden Centre and a guided tour of Sherborne Castle. In the evening we all sat down to an excellent meal at The Thimble Inn.

The following day was spent at the Dorset Show, an experience enjoyed by all. The day ended at the Memorial Hall for the Gala dinner. The evening was rounded off by us all singing together.

If you are interested in joining the Twinning group please contact Liz Messer on 01300 348

Forthcoming events

Fête des Rois	Memorial Hall	6th January
Quiz	Memorial Hall	3rd March
AGM	Brace of Pheasants	30th March
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PIDDLETRENTHIDE LUNCH CLUB

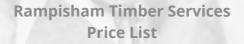
We are pleased to report that Lunch Club has, once again, been awarded the 5-star Food Hygiene Certificate from the Council. Thank you to all our volunteers for making this happen.

The Lunch Club met on the last Friday of October and enjoyed cottage pie with roast potatoes, cabbage and carrots and home made rice pudding for dessert, followed by tea or coffee and After Eight chocolate mints.

The Christmas lunch was held on Friday 9 December, cooked by Gloria and with mince pies made by Chris and Jill.

Dates to put in your diary for the next Lunch Club meals are Friday 27 January and Friday 24 February.

If you would like to join us please ring Ann Hawker on 01300 348329 to book your place.





"Wet wood contains moisture which creates smoke and harmful particulates when burnt. As well as being harmful to your health and the environment, this can damage your stove and chimney and is an inefficient way to heat your home"

Firewood and the law

- Businesses selling firewood are now required by legislation to ensure that their product has been legally and sustainably sourced. This means that the timber has come from woodland that has a minimum of a felling licence agreed by the Forestry Commission.
- Firewood, in both small retail bags and bulk loads, must have moisture content of less than 20% when sold. This must be accompanied by Woodsure's Ready to Burn logo, giving you the confidence that your wood fuel has 20% moisture content or less.
- Please note that your logs will reabsorb moisture if not stored correctly.



	L.J.
Product	Price
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BECOME A HOME-START VOLUNTEER TODAY YOU CAN MAKE A DIFFERENCE!

"We make a living by what we get, but we make a life by what we give" Winston Churchill



Becoming a volunteer with Home-Start West Dorset will give you the opportunity to help families when they need it most. Home-Start West Dorset is a local independent charity which has been set up to give friendship, advice and practical support to families who live in the West Dorset, Weymouth & Portland area and have at least one child under the age of five. We have two types of volunteer roles, helping directly with families, or working with our enthusiastic team of trustees.

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

• Our **trustees** are a hands-on team with a range of backgrounds and experience. They play a vital role in shaping the strategic direction of the charity, fulfilling our purpose and business goals. Becoming a trustee would be a great role for someone who would love to be part of Home-Start but can't commit to the regular home-visits.

All our volunteers undertake at least 28 hours of training taken over an eight-week period beginning at the end of January 2023. You will

also be given regular ongoing support and guidance with a dedicated member of staff, including supervision every six weeks and numerous training opportunities throughout the year.

What our volunteers say

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

"Volunteering gives structure to my week and maintains and improves my confidence in retirement that one can still make a useful and positive contribution to society."

To find out more please telephone Helen on 01305 265072 or email office@homestartwestdorset.co.uk. You can see more about the work we do on our wesbsite www.homestartwestdorset.co.uk.

We look forward to hearing from you.



Courtesy Susan Ward.





WELCOME TO ROB'S VINYL VAULT

Great albums of all time

Everybody will have a different opinion on that. For me, that's what makes music so amazing and the younger generation will. I'm sure, in years to come add to this wonderful list.

I started becoming interested in this subject back in the very early 80s as a teenager, only having what was then in the top 40 to call upon. It has taken me all these years to build up a knowledge of what I believe to be the classic albums. There are many, all spanning the years and genres. I'm not going to do a list, because tomorrow I'll look at it and want to change it. Instead, I'm going to select this album, which, I believe, is one of the true greats, and with the sad passing of Christine McVie recently, seems even more poignant.

Fleetwood Mac, Rumours

I hope some of you agree. This is a truly one of the great albums ...



If you have a hobby/interest/passion/area of expertise, why not share it with the valley? Drop the editor a line at: editor@piddlevalley.info

PIDDLE VALLEY GARDENS CLUB

Wishing everyone a happy and successful gardening New Year. We have a lot to look forward to with a full programme of Gardens Club events throughout 2023 and we welcome members old and new to club meetings. Guests are very welcome too.

The Club enjoyed a successful 2022 with numbers at our events increasing as the year went on. Once again, club events feel just as they should thanks to members taking an active part and committee organising a super programme.

I missed our meeting in October and which I hear was excellent. I'm most grateful to Jenny Lauste for the following account.

63 • 80

In October, 28 members listened to a riveting talk entitled "**The Rivers** of **Dorset – Chalk Streams to Harbours**" given by Bob Ayres of Griffin Walks and Talks. Using slides of maps and photographs through the ages we learned some interesting facts about our local rivers of which there are at least 35.

Bob explained that the wide band of chalk running across much of Dorset and over which many rivers run including the Piddle, Stour and Frome, made for fantastic fishing in clear waters. The Frome, which is the largest river in Dorset, running from Evershot to Poole is ecologically perfect for Brown Trout, Grayling, Salmon and Sea Trout. Maintaining excellent water quality remains a huge challenge, with run off from the surrounded land being the biggest polluter. A fish called the Stone Loach in the Frome acts like a canary in a coalmine forewarning us of polluted water. The Brit is one of the top 5 cleanest rivers in Dorset and is inhabited by Brown Trout helped to swim further upstream by a recently built 'trout ladder'.

Dorset place names are often derived from river names hence Cerne, Weymouth and Bridport. Apparently, the Victorians disliked the name "Piddle" and changed it to "Puddle" but nevertheless some "Piddles" survived. Dorset rivers continue to be used in food production. In the past brewing and rope making industries in Bridport polluted the water. Rivers supported grain production; millstones near rivers still being in evidence today. Currently the River Wey supports a watercress and fish farm.

Much wildlife is supported by the river ecosystems. Dorset Wildlife

Trust has introduced beavers into the rivers in the Kingcombe Meadow area in West Dorset. The new owner of Mapperton House is also demonstrating an interest in supporting the ecology of his local rivers.

Humans continue to monitor, control and utilise Dorset rivers to their advantage. The River Hooke, for example, has been slowed down by leaving the brash from coppiced hazel in the water. In contrast, Charminster Bridge was recently rebuilt to speed up water flow to alleviate flooding in Charminster. A new Hydro scheme at Fiddleford Mill on the Stour harnesses water to power 100 local homes.

Many people enjoy the recreational opportunities afforded by their local rivers such as canoeing, wild swimming and the infamous annual RNLI Raft race on the River Brit.

Further entertainment was had by Ian Condon rising to the speaker's challenge of naming a Dorset river which had gone unmentioned; the Lyme. We had a chuckle with Pru for whom the second half of the talk went rather better after someone donated her a new hearing aid battery!

Jenny Lauste

03 • 80

At our November meeting we were jointed by Adam from the Gardens Group, who gave an engaging account of **jobs to be doing in our gardens over the winter**. Adam emphasised that having good quality secateurs, kept sharp and clean, is a must for gardeners, ensuring clean cuts and preventing spread of disease. Numerous top tips were given and I particularly enjoyed the recommendation to use cleansing hand gel for wiping clear used plastic plant labels and also for cleansing secateurs blades

Keeping to the 3 'D's when pruning many shrubs and roses is important, so targeting dead, damaged and diseased plant material is important. Removing dead growth and about a third of other growth from shrubs will help to prevent disease and damage and also encourage fresh growth. Leaving seed heads on perennial plants feeds wildlife, it looks lovely and can also increase the frost threshold. It's good to split plants every three to four years to improve productivity by reinvigorating the plants.

Making compost is beneficial to our gardens and is timely given the swirls of leaves accumulating across our lawns. Compost is good mulch, helping moisture retention, suppression of weeds, as well as improving

soil condition. Its best not to compost diseased leaves and twigs though and these should be either burnt, where possible, or alternatively sent to a composting facility where sufficient heat is applied to kill off spores, etc. Homemade compost is brilliant and comes at next to no cost.

Members were reminded that from 2024 it will no longer be possible to buy peat-based compost. There's been a long lead-in to this, brought about by environmental concerns. Peat is effectively a non-renewable resource because it takes many thousands of years to form.

So, members learned that there's more than enough to be getting on with in the garden right now. A gardener's role is year round and whilst it's more difficult to make time for gardening in the winter, there's plenty to do. Adam imparted some great tips and context for members. It was a super evening, leaving us with ideas for our winter programme of gardening. It's to be seen if this will translate into action.

Christmas Social – In December our seasonal social event was the usual fun evening, with nearly 40 members gathering to enjoy wine and a delicious array of finger foods, enlivened by a seasonal quiz (thanks to Ann for the quiz). We had a lot to talk and laugh about and the Memorial Hall looked beautifully festive. It was a super lead in to Christmas.

2023 – The first event of the New Year is our **AGM** on 30 January and this is also a social gathering with wine, cheese and nibbles. Ian Condon will be giving a timely talk about preparing daffodils for the show bench. As the Spring Show is in March, Ian's advice will be really useful in helping us identify which varieties should go into which classes. Do you know your trumpet narcissi from your double daffodils? Are you confident of displaying your daffodils/narcissi to best advantage in the bikini vases on the show bench? Ian's session is going to help us exhibit our flowers. For sure, this is one not to miss.

The remainder of the 2023 programme for your diary:

Julie Haylock – Container Planting
Discount evening
Spring Show, Memorial Hall
Deborah Harris – From Seeds to Sales Growing
Flowers for floristry
Richard Surry – Friendly Garden Invertebrates
Outing – Guided tour and talk by Simon Goldsmith at
Holmes Gardens
Summer Lunch

August (tba) Summer Show, Memorial Hall
25 September* An Evening with Apples, growing, tasting and recipes
7 October* Harvest Supper
30 October* Tresco or Living Willows (tba)
27 November* Talk by Gardens Group – My Seasonal Shopping Basket
10 December* Christmas social evening and buffet

*Meetings held 7.30pm in the Memorial Hall, Piddletrenthide

Club meetings are open to members and guests (\pounds 2); new members and guests are most welcome.

Jasmine Pettals

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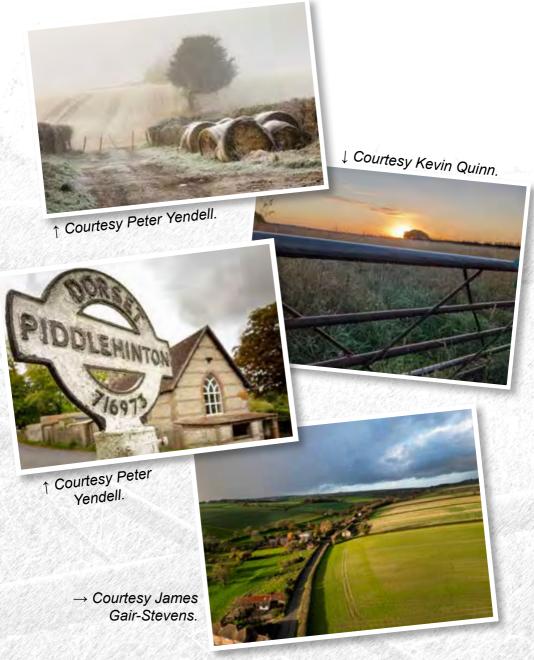


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THURSDAY CLUB

Our Thursday Club meets at 2.30pm in The Memorial Hall Piddletrenthide on the first Thursday of the month (but not January)

In the colder months we have a talk, entertainment or quiz followed by a raffle and shared tea (bring a plate of sandwiches, biscuits or small cakes etc) tea/coffee provided and enjoy a chat with members and make new friends.

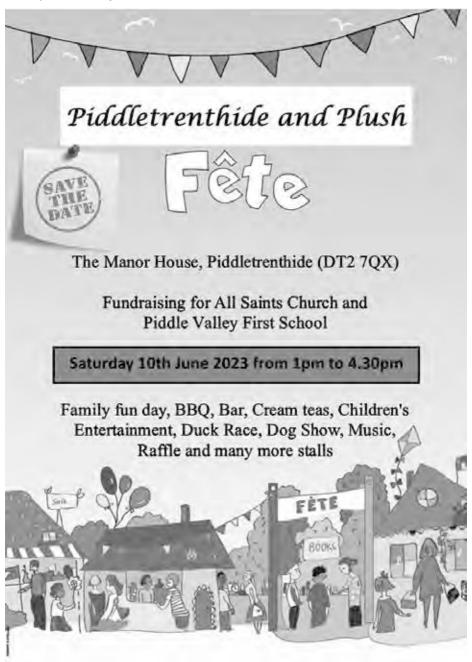
In the warmer months we're out and about visiting local places of interest by car (lifts can be arranged) and once a year we venture further afield by coach ... or in 2023 we may even have a trip by train!

If you would like to join in please turn up on Thursday February 2nd when we will hold our first meeting of 2023.

A varied programme of events is currently being planned! For more information please contact:

Bridget Bowen (Entertainments Officer) Tel: 07586 377675





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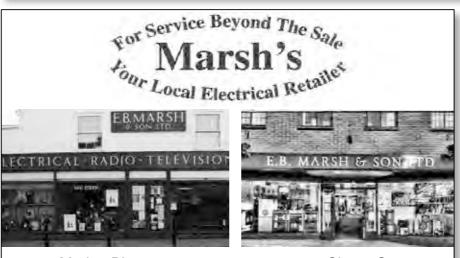


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James Rowland Learning to Fly

Artsreach is delighted to present a brand new show from award-winning storyteller James Rowland, featuring his captivating mix of theatre, comedy and music

LEARNING TO FLY sees James tell the story of a remarkable friendship he made when he was a lonely, unhappy teenager with the scary old lady who lived in the spooky house on his street.

It's about connection, no matter what the obstacles; about love's eternal struggle with time; about music and its ability to heal.



It's also about her last wish: to get high once before she dies.

Uplifting, big hearted and hilarious, this show is James' first since his acclaimed Songs of Friendship trilogy, which included '*Team Viking*'. Suitable for ages 13+, this show runs for just over an hour, with the opportunity to meet the artist after the show.

"Joyous... flooded with love" The Stage "Thrilling... one mighty, passionate epic" The Scotsman "Captivating... a generous, deepening hymn to friendship" Sunday Times

£10,£5(u18s) in advance online at artsreach.co.uk Or Kelvin Bland: 07786 880676/01300 348112 Bar & nibbles Suitable 13+

Friday 3rd February 2023, 7.30pm

FUNDS FOR COMMUNITY PROJECTS AVAILABLE

It has come to the Parish Council's attention that Dorset Council holds funds (Section 106 monies) that are allocated to our three Parishes. These funds, which come from contributions from developers, can be used to provide financial support for groups to enhance public open space and cultural and leisure facilities. The amounts available are relatively modest, but across the three Parishes around £7,000 has been allocated.

Eligible projects must be for parks, gardens, play areas, allotments, amenity open space, green space, community halls, watersports and indoor and outdoor sports facilities. Some improvements/modernisation to make better use of existing facilities, the purchase of non-personal equipment and capital projects (e.g. buildings, building improvements, public art and equipment) are also covered.

Any organisation can apply provided that it is a voluntary, non-profitmaking group, charity, town or parish Council, or business managing/ providing a community facility. Applicants must show that they are capable of managing the project / facilities and sustaining it in the long term and demonstrate that it is, if appropriate, democratically managed, following a constitution, holding regular meetings and producing annual accounts.

There are some limitations to be aware of. Funding cannot be used for revenue support for projects or for design and planning fees. Applications should demonstrate community support and demonstrate clear needs and benefits. A grant can pay for all of the project, but applicants are also encouraged to seek funding from other sources. Projects must demonstrate both how they will be maintained in future years and how they will provide long-lasting benefits for local people and/or visitors.

The Parish Council would like to invite groups to come forward with their suggestions for projects that would benefit the community which may qualify for funding. We are aware of a couple that have expressed an interest already: The Piddlehinton Millennium Green Trust and Jock's Paddock in Plush. We would appreciate any groups to bring their ideas to the next meeting of the Parish Council at 7.30pm on 31st January at Piddletrenthide Memorial Hall or through your parish councillor (https:// piddlevalley-pc.org.uk/members-of-piddle-valley-parish-council/). Whilst groups can apply independently, the Parish Council would like to help facilitate the process to the benefit of our community.

Piddle Valley Parish Council



20'S PLENTY FOR PIDDLEHINTON, WHITE LACKINGTON, PIDDLETRENTHIDE AND ALTON PANCRAS

A number of residents of White Lackington are considering campaigning for a 20 mph speed limit through the area if there is sufficient support from residents. We are also aware that a number of residents of Piddletrenthide have contacted the Parish Council about the same issue, and we know that Piddlehinton also suffers traffic problems. Therefore, it might be possible to campaign for a reduced limit throughout the existing 30 mph speed limit covering the three settlements and also Alton Pancras if there is enough support. We would initially like to get some idea as to whether this would be supported by local residents. Please contact us if you would like to comment on whether or not you would support the campaign and your reasons for doing so, including letting us know which area you live in. There will obviously be a more formal consultation with residents at some stage, but we just want to gauge whether or not the support is there at present.

Contact details:

PiddleValley@20splentyforus.org.uk Kim Jones – 07990 501207 Sue Belgrave – 07960 126774 Mandy Gair-Harris – 07899 813737

Background information on 20mph speed limits

Accepted as normal by local authorities where 25m people in the UK live, including the whole of Wales and (soon) Scotland. 20 mph is global best practice where people mix with motor traffic. **Popular**: Government and other surveys consistently find 70% support in residential streets which rises after 20 mph limits are introduced. **Affordable and cost effective**, with multiple societal, environmental, economic, and climate benefits.

Prioritise quality of life: 20 mph helps to create places where human activity, including walking, cycling and social interaction, takes precedence over traffic.

Safer: The UK's Department for Transport estimates that a speed reduction of 1 mph in built-up areas reduces casualties by 6%. 20 mph schemes typically lead to up to 20% fewer casualties.

Better for the environment: 20 mph reduces CO_2 emissions by 26% and NOx by 28% compared with 30 mph and is 50% quieter. **Enforceable**, like any speed limit.

Little impact on journey times: The 'stop-start' nature of traffic in built up areas is a much more significant factor.

Speed reductions occur, even without regular Police enforcement, to the benefit of all road users. Note: all new car models will have in-car speed limiters from 2022.

Few signs needed: 1 or 2 signs on entry and some repeaters to remind drivers and no need for physical calming.

Sustainable: Ties in closely with other policies to address climate change, improve air quality and enable more people to walk and cycle – especially for short journeys.

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THE ALTON PANCRAS TRUST

The Alton Pancras Trust has been operational in its current format since 1989. It is registered with the Charity Commission under charity number 800977.

Trust Objectives

To promote such charitable purposes for the benefit of the inhabitants of Alton Pancras in the county of Dorset and the immediate vicinity as the Trustees shall from time to time think fit.

The official wording of the Trust Deed (above) has been interpreted by the Trustees to cover grants for the following:

- Small projects for the general benefit of the village of Alton Pancras.
- · Personal grants or loans for educational or social purposes.
- · Alleviation of hardship following illness or injury.

Examples of recent grants provided include:

• Substantial contribution to the cost of the Millennium Bench at Burnt House Bottom, and to its subsequent maintenance.

• Matching village contributions towards the cost of railings along the river through the village.

- Supporting the Village Map and The Village History projects.
- Funding the establishment and ongoing costs of the Wildlife Area in the water meadow.

• Purchasing marquees and tents for use of the village, particularly for the annual village fete.

• Funding a permanent store for village assets including marquees and tents, fete equipment, and Church equipment.

The Trustees also agreed to buy each child living in the village, aged under 18 years old on 2 June 2022, a memento of the Platinum Jubilee.

Applications

Any resident of Alton Pancras may propose a use for Trust funds which are in keeping with the Alton Pancras Trust's defined objectives.

Any such proposals, and any applications for assistance from individuals, which may be made in confidence, can be made to any of the Trustees, and all proposals and applications will be considered by the Board of Trustees at its next full meeting.

Please take a look at our website : https:// altonpancrastrust.org/

Applications should be sent to Heather Bland (Trustee) on shadowhamlet57@gmail.com





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RECIPE CORNER

We were planning that this issue of the PVNV would mark the start of **recipe corner**, but alas the tight deadline due to Christmas meant that the our chief contributor wasn't ready. However, so we can get the ball rolling, I (ed.) present:

Spicy roast aubergine and peppers, with lemon/lime couscous (serves two)

Ingredients

1 aubergine, 1 pepper, olive oil, 1 can of chopped tomatoes, 1 can of black-eye beans, 1 chili and 1 clove of garlic, 1 lemon (or lime), 200ml of couscous, a handful of green olives, salt (or soy sauce) and pepper to taste.

1. Chop an aubergine into 1-inch chunks and place in a roasting tray with some similarly sized chopped pepper. Toss with some olive oil and pop in the oven at 160 degrees for about 45 minutes (or until soft and nicely roasted).

2. While the veg is roasting, add a dollop of olive oil to a large frying pan and gently heat a chopped chili and a clove of garlic until the latter just begins to colour.

Stir in a can of chopped tomatoes and a can of drained black-eye beans and simmer until the sauce thickens (add more water if it gets too thick). Season with lots of black pepper and soy sauce (or salt).
 When the roast veg is done add them to the tomato sauce.

5. Place about 200ml of couscous in a measuring jug and add the juice of a lemon (or a lime) and add 400ml of boiled water.

6. When the couscous has absorbed all the water, serve into bowls and add the vegetables/sauce/beans, and throw in a handful of drained green olives.

Enjoy!

Be sure to look out for the next issues, when we hope to feature some 'proper' recipes. However, if you have your own favourite recipe to share (your own creation), send details to the editor@piddlevalley.info

UPDATE FROM DORCHESTER & SHERBORNE OFFICES OF CENTRAL DORSET CITIZENS ADVICE

As an older person could Pension Credit boost your pension income?

In these difficult financial times the Government is concerned that around 2 million older people could boost their income by claiming Pension Credit (PC) but have not done so! Perhaps you know an older family relative or friend who could be eligible?

For those who have reached State Pension age, PC tops up your weekly income to £182.60 if you are single, and £278.70 if you have a partner, There are some circumstances where PC can still be paid if your income is higher, or you have some savings.

Eligibility for PC can be complicated; some key points are:

- no National Insurance payments record is required
- you can still be working and claim PC if your income is not high
- any savings over £10,000 will affect the amount of PC paid

• If you receive other benefits such as PIP, Disability Living Allowance or Attendance Allowance the weekly Guarantee Credit amount can pay more than the minimum income threshold of £182.60

• PC can be backdated 3 months provided entitlement conditions were met throughout that time

PC is also important as it is a passport to other benefits, including free TV licence

For more information, please go to Citizen Advice website: https:// www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/pensioncredit/before-you-claim-pension-credit/check-if-you-can-get-pensioncredit/s. This includes a calculator and information about how to claim PC online or by phone.

If you would like help and advice with this or another problem that is bothering you, telephone our freephone Dorset Advice line number on 0800 144 88 48 between 10am and 4pm, Monday to Friday, or check our local offices opening times on:

www.centraldorsetca.org.uk



WHAT'S GOING ON AT PIDDLEHINTON GYM?

dqMore than you might think in fact. There are sports and other activities to stimulate all ages and abilities. If you'd like to be more active and join one of the locally run associations, why not get in touch with one (or more) of the clubs below? All welcome new members.

PIDDLE VALLEY BADMINTON	Monday Evenings 7:30pm-9:30pm Contact Adam on 07990921084 Tuesday afternoons from 3:30pm to 5:30pm & Contact Caroline on 07887 856462		
TENNIS			
CASTLEBRIDGE BADMINTON	Tuesday Evenings 7:30pm to 9.30pm Contact Alan on 01258 817512		
FAMILY BADMINTON	Wednesday Morning 10am to 11am Contact Maria Defing on 07956 323749		
TENNIS	Wednesday afternoons from 3:30pm to 5:30p Contact Caroline on 07887 856462		
HARDY COUNTRY BOWMEN	Thursday mornings from 10am to 12pm Email caroleastment@gmail.com		
5-A-SIDE – PROTOTYPE ELECTRONICS SPONSORED	Thursday afternoon from 5pm-6pm Contact Scott on 07949 379666 or John on 01300 3480		
ROLLER HOCKEY	Thursday evening from 7pm-9pm Contact Kev on 07857 869835		
TENNIS	Friday afternoons from 4pm to 5pm Contact Caroline on 07887 856462		
REMOTE CONTROL CARS	Friday Eve 6pm to l0pm Contact Al Mailer on 07787 380541, or email info@weymouthrc.co.uk		
	** SATURDAYS ARE CURRENTLY FREE**		
PURBECK ARCHERS	Sunday mornings from 10am to 1pm Email kennduffield@btinternet.com		
HARDY COUNTRY BOWMEN	Sunday afternoons from 3pm-5pm Bryan Tucker on 01258 88119,or Mike Healy 01300 348001		

DRAMA	Storage Rob Sansom on 07703 584029
PROTOTYPE ELECTRONICS	Parking
OVERFLOW PARKING	Duane on 01300 348058

Looking for a venue to run a club or hold an event?

Piddlehinton Gym could be the place for you; Main hall (~33m x 12m) with 2 Badminton courts on Sprung wooden floor (suitable for Netball, Zumba, 5-a-side soccer, Dancing, Training etc). Kitchen, Gym equipment, Meeting area, Table Tennis, Storage. Heating, Disabled changing rooms and toilets. Parking for ~40 cars. Contact Paul Hayes (Chairman) on 07930 337459 or email piddlehintongym@gmail.com



LOCAL GYM IN DESPERATE NEED FOR FUNDS TO STAY OPEN

Piddlehinton Gym, a local community hub for indoor sports and recreational activities on Piddlehinton Enterprise Park, is fundraising to keep its doors open. It is used by over 200 people and 10

organisations every week for badminton, 5-a-side football, archery, junior tennis, remote-control car racing, roller hockey and more.

The Gym has provided affordable facilities to support the wellbeing of local residents and employees for over 15 years. However, the building's 80 year-old roof leaks badly during heavy rainfall, and must be replaced as it can no longer be repaired (due to safety concerns). Without raising the necessary funds, the Gym will need to close in the next year. This means the local community will lose the facilities which include the 32m x 12m main hall (2 badminton courts) with sprung wooden floor, raised exercise area with multi-gym, exercise bike and electronic treadmill, plus club room with table tennis table, kitchen, disabled toilet and changing rooms, storage and a large car park.

Piddlehinton Gym is run by a charitable voluntary management committee formed in 2007. It is a large gymnasium space for the benefit of the local community for indoor sporting and recreational activities.

The Gym was originally built as part of a military camp on requisitioned land in 1941. The camp served as a D Day Marshalling Area and housed the US 67th Armed Field Artillery Battalion and two US Infantry Divisions. Glenn Miller and Joe Lewis (the Boxer) entertained troops in the hall. After the war the camp was used as a base for National Service and subsequently as a resettlement centre for Ugandan Asians, and more recently has been designated and developed as an Enterprise Park for small businesses.

The building has a long history of serving the country and local community. In 2007, it was leased from the Dorset Council under a 99-year non-repairing lease by Piddlehinton Gym Charity, run by local volunteers. The charity was formed to manage the facilities and has invested more than £15k over the past six years on maintaining the building including multiple roof repairs. This is funded directly by the gym users and the Gym is operationally stable, generating a small surplus most years used to improve the Gym.

"This project is critical for the sustainability of this local community resource. Rural sports facilities are in short supply and a negative impact on the wellbeing of the local community would occur if the Gym is forced to close" says Paul Hayes, Chair of the Piddlehinton Gym Charity.

To date, Piddlehinton Gym Charity have secured $\pounds 25,000$ of the $\pounds 100,000$ required to replace the roof, thanks to the Piddle Valley

Parish Council, Jade-Aden (as the first corporate sponsor), plus the clubs that use the Gym. The charity has applied for various funding grants but are now reaching out to the local public and organisations to help keep this vital community resource open.

There are several ways you can help:

Become a corporate sponsor for the Gym, and as a thank you, beside positive publicity, the archery club is offering a free taster session on a Saturday and the Monday badminton club offer the first week free.

Donate via the GoFundMe page: https://www.gofundme.com/f/ piddlehinton-gym-new-roof-fund

Join one of the clubs. New members are always welcome.

Use the facilities for your club – it is open 7 days per week from early morning to late evenings, subject to availability.

Email piddlehintongym@gmail.com to learn more.

For more information, contact Paul Hayes. Email: piddlehintongym@ gmail.com, phone 01258 818051



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Join us for an amazing stay in Edinburgh. We have included an attraction pass allowing you to travel on the sightseeing buses, a visit to the Edinburgh Castle, Palace of Holyroodhouse and Royal Yacht Britannia. To top it all of we have included a visit to Edinburgh Zoo - home to the only pandas in the UK. We include coach travel into Edinburgh city centre and back or why not try out the local buses, as our hotel is on the main bus route and the bus stop is just outside. If this is not enough, on one of the evenings we will visit the famous Kelpies - all lit up at night.

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01305 851697 www.crosswaystravel.co.uk

UPPER PIDDLE FLOOD RISK MANAGEMENT SCHEME

The Environment Agency held a community drop-in event at the Piddletrenthide Memorial Hall on November 17 to publicise their Upper Piddle Flood Risk Management Scheme, and would like to thank everyone who came down. The scheme aims to explore a combination of options for reducing the flood risk to the Piddle Valley (PV), including



"natural flood management, engineered solutions and property-level resilience". The Upper Piddle Valley catchment covers the area between Alton Pancras and Puddletown – see the map below.

They are looking for local knowledge from the PV community to gather information about the flowpath – the route that heavy rainwater takes on its journey over land to the floodplain or river. At this stage, they want to gather additional information on the source of flooding, and where it is flowing; where tiny streams are forming and where springs are starting. They would like photos of any streams or run-off water be sent to their email address:

riverpiddleFRMS@environment-agency.gov.uk

For more information, please visit their Citizenspace:

https://consult.environmentagency.gov.uk/fcrm/upper-piddleflood-risk-management-scheme/

This consultation closes on 8 January 2023.









Puddletown Surgery Tel 01305 848333 Athelhampton Road, Puddletown, DT2 8FY

NEWS FROM PUDDLETOWN SURGERY JANUARY 2023

I am writing to keep you up to date with events at Puddletown Surgery, and share important health messages and updates. If there are any other matters you would like us to address, please let us know by calling Clare Stickland, Practice Manager, on 01305 848333 or e-mailing clare.stickland@dorsetgp.nhs.uk Surgery and Dispensary Opening Times Open morning surgery is available Monday to Friday 9.00 – 10.30. Please arrive before 10.30am.

We are open Monday to Friday 8.30 – 18.30

8.30 - 9.00 On the day telephone consultations with the doctors. 9.00 - 10.30 Open Surgery: where access to the doctors will be in order of arrival (arrive before 10.30am).

15.30 - 16.00 On the day telephone consultations with the doctors. 16.00 - 18.00 Pre-bookable telephone and face to face appointments with the doctors.

Saturday 8.30 - 11.00

8.30-9.00- on the day telephone consultations with the doctors (Please note open surgeries on a Saturday has not returned)

First Contact Physiotherapy

In the UK, an average of 30% of GP appointments are for musculoskeletal (MSK) problems. Having physiotherapists work within GP practices and take over these appointments, means that patients get seen quicker and recover faster. Plus – the workload is reduced for GPs helping to ease pressure off general practice.

The benefits of First Contact Physiotherapy:

- Faster access to MSK care
- · Longer more in-depth appointments
- Reduced waiting times
- · Reduced referrals to other NHS departments
- · Higher quality of care

This service offers a direct appointment for patients reporting bone, joint or muscle problems, with a specialist physiotherapist onsite at the surgery, instead of them seeing a GP. This gives the patient faster access to expert diagnosis and advice and exercises to start tackling the problem. The physios can also refer on to hospital services where necessary, order tests and write prescription. It is reported that nationally just 5% of patients choose to see a GP afterwards and 96% would recommend the service to friends and family.

Please contact reception to book an appointment. Self-referrals welcome

Patient Participation Group News

On behalf of the staff and patients at Puddletown Surgery, we would like to say a huge thank you to Terri Gill for her years of service as part of the Patient Participation Group (PPG). She has brought a wealth of knowledge and experience to the group and helped us to deliver a high level of service to our patients. Terri performed the role of secretary to the group for many years, so we are now seeking someone to fill this position. We always welcome new member to join the PPG

The group meets quarterly on a Wednesday evening. The PPG works closely with the surgery in representing the views of all our patients. No special skills are required, just an interest in improving the quality of healthcare locally.

If you are interested and would like to discuss, without obligation, please contact:

Clare Stickland Practice Manager 01305 848333 or clare.stickland@dorset.nhs.uk

Are you a carer?

You may not consider yourself a carer as caring is often something we do for family or friends without question, and without defining or labelling it as such.

If you help someone because of their illness, frailty, disability, a mental health problem or an addiction and they couldn't manage without your support then you are a carer. You could be helping with household tasks such as cleaning or cooking, providing transport to medical appointments, assisting with personal care, administering medication, or providing emotional support.

By registering as a Carer with us we may be able to offer you further support to take care of your own health such as free Covid and Flu vaccinations, quarterly Carers newsletters with information on local events, referrals to dedicated carers services for specialised support and more.

To register as a carer please call us on 01305 848333 or or email: puddletown.reception@dorsetgp.nhs.uk marking for the attention of Kate, Carers Lead. Alternatively let a member of staff know when you are next in the surgery.

Food Bank Collections

Between the high cost of living, food shortages and fuel crisis, many of us are struggling and food banks need our help now more than ever.

We are still collecting non-perishable, long-life food and essential items which we donate on behalf of the patients and staff at Puddletown Surgery to the Dorchester Food Banks.

If anyone in the village is delivering to the foodbank, we would be happy for you to deliver our donations too.



Courtesy Peter Yendell.



CERNE ABBAS SURGERY

New Year's Resolutions

Lifestyle change doesn't have to be huge and overwhelming. Sometimes the smallest changes add up to the biggest impact. Why not take it easy this January and ease your way into a healthier you with some simple and achievable bite-sized wellbeing boosts. Download the LiveWell Dorset Small Change calendar, and get ready for 31 days and 31 ways to improve your health and wellbeing: https:// www.livewelldorset.co.uk/articles/small-change-campaign/

Mental health

The winter months can seem long and dark, and for many people, this leads to feeling low. Seasonal Affective Disorder affects around 2 million people in the UK, and the Met Office has some advice on how to keep it in check. https://www.metoffice.gov.uk/weather/warningsand-advice/seasonal-advice/health-wellbeing/winter-and-mental-health

If you feel in urgent need of help with your mental health you can find out how to access support here. https://www.nhs.uk/nhs-services/ mental-health-services/get-urgent-help-for-mental-health/

Also, Samaritans is a non-judgemental listening service, available 24/7 if you feel you need to talk. https://www.samaritans.org

If you're struggling with your mental health, we're here to help you, please ask to speak to one of our team.

Staying warm

Now the cold weather has hit us, it's worth bearing in mind some of the advice available online. British Gas has some advice on the most efficient ways to keep your home warm in winter. https://www. britishgas.co.uk/the-source/beat-the-weather/warm-home-winter.html

The Met Office also offers advice on ways to keep your home warm

in winter. This article also links to some of the support you could receive to help with the cost of living. https://www.metoffice.gov.uk/ weather/warnings-and-advice/seasonal-advice/your-home/keepingyour-home-warm-in-winter

Remember that if you were born before 26th September 1956, you are eligible for the Winter Fuel payment to help with your fuel bills. Follow the link to show you other payments you might be entitled to. https://www.gov.uk/winter-fuel-payment

Long Covid HOPE programme

The Long Covid Regional Team have been working with the HOPE programme to deliver the HOPE Programme for Long Covid.

This is a self-management course and is available to those who may require support through the recovery of Long Covid. It is free of charge programme delivered digitally over the course of 8 weeks. The first course date is 09.01.23 but there are also courses in February, March, and April. There is no inclusion/exclusion criteria, so open to all affected by Long Covid. Please also note that participants do not have to have been referred to a Post Covid Clinic.

Please see the following website for more details:

www.h4c.org.uk/courses

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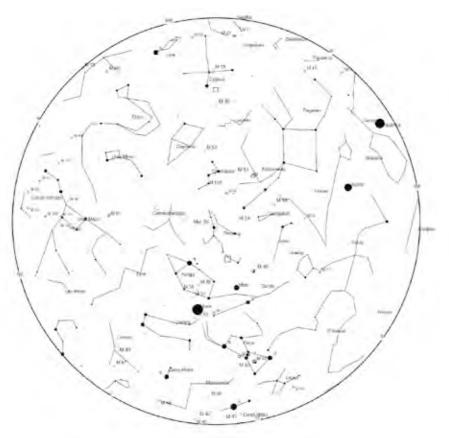
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SOME THINGS TO LOOK OUT FOR IN THE NIGHT SKY IN JAN/FEB

Why not have a go at finding the Andromeda galaxy (notice how the upper three stars of Cassiopeia form an arrowhead that points directly to it.

Comet C/2022 E3 (ZTF) will be at its closest point to the Sun on January 12, and on February 1, it will pass the Earth at a distance of 0.28 Earth/Sun distance while flying across the constellation Camelopardalis.

Early January will see the peak or the Quadrantids Meteor Shower, an above average shower, with up to 40 meteors per hour at its peak!



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