# PIDDLE WALLEY

News and Views

Help needed

July/August 2023

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01300 452101 VETS DEFIBRILLATOR CONTACT NUMBER

#### DATES FOR YOUR DIARY

#### July

2nd Piddlehinton Village Hall breakfast, 9-11.30am.
9th Car Boot Sale, Vicarage Field, Cerne Abbas
14th Twinning Group EGM, 7-8.30pm Memorial Hall
15th Piddlehinton Fete, The Old Rectory, Piddlehinton

23rd Gardens Club Sumer lunch

25th Parish Council meeting, Memorial Hall

28th Lunch Club

31st Gardens Club meeting, Memorial Hall, 7.15

#### August

3rd Thursday Club Summer Barbeque, 12.00 (members only)

6th Piddlehinton Village Hall breakfast, 9-11.30am

10th Advertising and Editorial deadlines

19th Gardens Club Summer Show, 2.00-4.00

28th Gardens Club meeting, Memorial Hall, 7.15

28th Piddlehinton Gym Grand Reopening, 10am until 3pm

29th Parish Council meeting, Memorial Hall

No Lunch Club in August

#### We need your help!

The Piddle Valley News and Views has been a popular part of our village life since the mid 1980s. It is a great source of local information and access to local trades and businesses who advertise in the magazine. It's managed by a small team of unpaid volunteers as a Community Interest Company and financed through advertising space sold in the magazine. Producing six editions each year involves time and effort on the part of the Editor to collect articles, contributions and photographs, and to pull all that together into a magazine to send to our printers. Advertising and finances in general are managed by our Treasurer.

We are in urgent need of new volunteers, principally a new Editor and in slower time someone to take on the advertising and finances. Without new volunteers who have the time and enthusiasm to manage the magazine it may well have to close at the end of this year.

If you are interested and would like to know more then please call Andrew Rennison on 07565 426208.

#### 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.

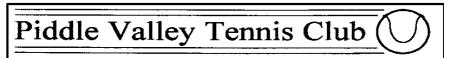
Examples of what we have given grants for include: university accommodation fees, vocational/practical courses and assistance with apprenticeships, but these are just the tip of the iceberg. In a good year we make grants totalling £80k.

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(0	1300 348272)
Hannah Murphy	1300 348564)
Richard Drewe	1300 348253)
Olivia Steven(0	1305 567095)
Nathan Ritson(0	7827 441490)



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Single Junior £12 per year

Visit - http://piddlevalleytennis.googlepages.com/, call 01300 348277

#### ADVERTISING RATES AND DEADLINES

		The court of the c	
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 and Editorial deadlines

10 August 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: accounts@piddlevalley. info

Proofreading: June Dobbs Distribution: Ann Jordan

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

#### \*\*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 the magazine. 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.



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#### MEMBERS OF PIDDLE VALLEY PARISH COUNCIL

## Alton Pancras Piddletrenthide and Plush

**Dave Abbott – Emergency Officer for Piddletrenthide** 

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

**Andy Howard –** Playing Field and 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 and Conditions Working Group

**Paul Fox** 

#### **Piddlehinton**

Please driv

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

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

#### **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 meetings will be held in the Memorial Hall on – Tuesday 25th July, 29th August.

#### Waste collection arrangements

Recycling & Food – July 11th, 25th (Plush 10th, 24th). Aug 8th, 22nd Plush 7th, 21st).

General Waste & Food – July 4th, 18th (Plush 3rd, 17th, 31st). Aug 1st, 15th, 29th (Plush 14th, 28th).

#### Piddletrenthide Shop

This now has now closed down and is no longer trading. Nearest shops are Charlton Down, Cerne Abbas & Buckland Newton.

#### Postal collections

Please be aware that the collection times from all the post boxes in the Valley have changed.

	Monday-Friday	Saturday	
Former Piddletrenthide Shop	0900	0700	
White Lackington	0900	0700	
Piddlehinton	0900	0700	
Snowdrop Corner	0900	0700	
Alton Pancras	0900	0700	
Plush	0900	0700	
Dorchester Sorting Office	1800	1800	
Charlton Down PO	1600	1800	

Puddletown PO	1600	1800
Cerne Abbas PO	1600	1800

#### Parish Council Website

The Piddle Valley Parish Council has its own dedicated website, following the introduction of the General Data Protection Regulations. Their web address is now:

www.piddlevalley-pc.org.uk

#### **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 5th June 2023.

#### **Piddlehinton**

#### Pending:

FUL/2023/02764 Little Puddle Farm Rectory Road Piddlehinton Dorchester DT2 7TG. Carry out alterations to convert building into 4 No. Commercial / Business / Service units (Use Class E(g)).

FUL/2023/00150 Carters Barn Farm, Piddlehinton. Construct revised parking area.

FUL/2023/01906 Carters Barn Farm, Piddlehinton. – Retain stabling and Lunge Ring.

FUL.2023/02234 Carters Barn Farm, Piddlehinton. - Certificate of lawfulness to continue using agricultural building for horse stabling with associated tack rooms and welfare facilities

#### **Granted:**

HOU/2023/02373 20 High Street Piddlehinton Dorset DT2 7TD - Install new wooden steps from first floor to garden and remove existing full height window. Install new door in place of window.

CLE/2023/01715 4 London Row Piddlehinton Dorset DT2 7TP - Certificate of Lawfulness to continue occupying the dwelling and its curtilage without complying with Condition No. 1 of Planning

Permission No. 214639 dated 15/01/1969

FUL/2022/05382 Unit 48, Enterprise Park. Erect extension,

landscaping, parking and service area.

FUL/2022/06898 Units 36,40 & 45 Enterprise Park Piddlehinton -Demolish units 36,40 & 45 and erect 3 no. blocks of industrial units (9-22) for B2, B8 & E class use

Refused: None

#### **Piddletrenthide**

#### Pending:

FUL/2022/07394 Site barn adjacent to Lackington Mill White Lackington - Conversion of former agricultural barn to 1no. dwelling, replace existing attached outbuildings with single storey extensions & erection of detached double garage (amendments to previously approved planning permission P/FUL/2021/01348 P/HOU/2022/04135 Astra, Plush, Dorchester, DT2 7RJ - Planning Appeal on refusal of permission to Erect three bay garage with first floor accommodation (demolish existing garage) - Appeal Reference: APP/D1265/D/22/3312485

#### **Granted:**

FUL/2022/07476 Jersey Farmhouse Piddletrenthide - Erect front and side extensions to dwelling. Covert barn to annex with open car port, garden store and studio/study, alterations to re-clad and fenestrate ancillary outbuildings. Form new vehicular access & erect infill wall to block existing access. Change of use of land to residential garden (demolish outbuildings

HOU/2022/07403 Lackington Mill, White Lackington, Piddletrenthide. Erect extension to the existing pool house 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.

#### Withdrawn:

FUL/2022/05978 Nettle Cottage Egypt Piddletrenthide Dorchester DT2 7QZ. Demolition of store & erection of building to provide a swimming pool enclosure, plant room, shower room & garden store.

#### www.piddlevalley.info

Retain change of use of part of the land from agricultural to garden land

Refused: none

#### Alton Pancras

#### Pending:

P/VOC/2023/02324 Blades Main Road Alton Pancras DT2 7RS - Ground floor side infill extension and new dormer, extended gable and first floor extension (with variation of Condition 2 of Planning permission P/HOU/2022/04603 to allow approved plan numbers to change to align with latest design drawings).

#### Granted:

HOU/2022/04603 Blades Main Road Alton Pancras Dorchester DT2 7RS - Ground floor side infill extension and new dormer, extended gable and first floor extension

Refused: None

Andy Howard / 01300 348406

#### Piddlevalley.info

Our current website **piddlevalley.info** is now "getting on a bit" and we are working hard in the background planning and building a new one at piddlevalley.life. We'll keep the old one running for a while yet while we migrate some of the old content over, or move it to more appropriate places such as the Parish Council or Benefice web sites.

First up on the new site will be the What's On events page, and our advertisers. We'll let as many people know about the change using the current site, posters and social media, so keep an eye out for more news.

In the meantime, if you have any suggestions for things you'd like to see on the new site, let us know.

June Dobbs (junedobbs@gmail.com)

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#### 30TH ANNIVERSARY FOR OUR LOCAL TWINNING!

16 of us, including two Hardye's pupils, celebrated our 30th anniversary in Normandy one sunny weekend in May. We are so pleased to still be encouraging educational links for young people. It was generally agreed to be the best visit yet!

We stayed with French families and were treated to local outings (Longueville benefits from its proximity to the coast and to Mont St Michel) ... plus a day out in the heart of Normandy, visiting a true 'Sleeping Beauty' style castle at Lassay, with its typical pepperpot-style medieval towers.



Afterwards, an equestrian display of thoroughbred Percheron horses, a beautiful breed that they are endeavouring to save from dying out. One big surprise came with one of the young riders on an enormous ox – so gentle that it came to the equestrian centre as

## DORSET LOCKSMITH

Tel: 01305 250042 Locks, Safes, Keys companion to one of the largest heavy horses and has learnt dressage to entertain the many visitors.

The 30th anniversary was marked in great style with a gala dinner and beautifully decorated celebration cake and entertainments (noncompulsory!) from both Brits and French.



The French excelled

in their generosity and friendship and the exciting events they had planned for several months to mark this significant anniversary. They very much want the Twinning to continue and hope to visit us here in the Valley in 2024.

#### EGM July 14th 7-8.30pm Memorial Hall

We are therefore very enthusiastic about welcoming them next year ... and are holding a Meeting in July to make plans AND HOPEFULLY WELCOME NEW MEMBERS!

What better time to join the Twinning and experience our links to Normandy? Everyone is welcome and spoken French isn't needed ... between us we have a great friendship based on tangled Franglais, a lot of laughter ... and pétangue!

Why not give it a thought? Jo Thornton will happily provide more info before the July 14th meeting. 01300 348670



#### **LUNCH CLUB**

Friday 28 July No Lunch Club in August Friday 29 September Friday 10th November Friday 15 December (Christmas Lunch)

If you would like to join us please telephone Ann Hawker on 01300 348329





#### 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.

We can offer a 4 or 8 weekly service.

#### 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

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#### PIDDLEHINTON VILLAGE HALL

Piddlehinton Village Hall is available to hire on regular or occasional basis. Plenty of space with a cosy atmosphere, and a fully equipped kitchen. Ideal for holding classes and hosting groups. Venue for parties and events (or even for families to get together, share a meal and/or play games or indoor sports (table tennis).

Piddlehinton Village Hall may be hired by the hour (£7.50), With a reduced charge for  $\frac{1}{2}$  day and full day hire. Tables, chairs, tea urns, crockery and cutlery are also available for hire off-site

To book Piddlehinton Village Hall, please call Pam on 01300 348474, text 07919 199986 or email phvhcom@outlook.com

#### Piddlehinton Village Hall – upcoming events

July 2nd Village Hall breakfast, 9-11.30am.

August 6th Village Hall breakfast, 9-11.30am.

Village Hall breakfast, 9-11.30am.

#### Piddlehinton Village Hall breakfast

Prices are very competitive! Come along. Enjoy a good breakfast and a sociable chat with friends! Breakfasts are cooked to order. At busy times you may want to enjoy a coffee/tea whilst you wait!

#### Piddlehinton Village Hall Coronation Luncheon

What a lovely time we all had celebrating the King's Coronation at our village lunch, and what a feast we had.

A very big thank you to all those who shopped, prepared, cooked and served. They then did the mammoth task of washing up, tidying up and leaving the Hall spic and span for the next users of the facilities. (Ruth Read and Rosemary Cook)

The Village Hall Committee would like to express their thanks to all those who attended and the many who sent messages after. We would like to produce a record of the event for display in the Hall, however we were very remiss and took no photos. If anyone has any pictures of the event, we would very much appreciate them being sent to phyhcom@ outlook.com for inclusion to give the atmosphere of the occasion.

#### Piddlehinton Village Hall Bingo

Just got home, laden with prizes from the Piddlehinton Village Hall Bingo night. Such fun! Eyes were down, the numbers were called and the hall was full of the sound of dobbers frantically dobbing! There was drama and laughter – the perfect evening and great fun for old and young. We can't wait for the next one.

Thanks to the committee. (By Claire Hudson)

So pleased that you enjoyed yourselves, and THANK YOU! Villagers support at such events is vital to raise funds to maintain Piddlehinton Village Hall as a community asset.

#### Table Tennis Club

Young or old, beginner or talented, serious or social, call 01305 848104 or email phyhcom@outlook.com

#### Short-mat bowls - last chance!

Piddlehinton Village Hall has a Short Mat Bowls mat, bowls and related equipment. If there are a few people in the Valley who would like to play, we can arrange a have-a-go session in Piddlehinton Village Hall at a time to suit. Call **01305 848104 or email phyhcom@outlook.com** 

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#### 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 / 101300 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.

#### 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.

#### **Volunteers Needed Urgently**

The Piddletrenthide Memorial Hall is run by a group of dedicated volunteer Trustees. Without them the village would not have a functioning hall. For a while now we have been working without two of our important posts. We urgently need a Booking Secretary to organise

our regular and occasional bookings and to oversee hire of equipment. In addition we've been operating for a while without a Secretary to the committee which involves all the normal secretarial duties.

The booking secretary post comes with an annual honorarium of £300. Whomever volunteers does not necessarily have to be a trustee or attend committee meetings. It would be good if a new secretary could be a trustee.

At present existing trustees are filling these roles but this is not sustainable.

If you value the hall and what it provides and have bit of spare time and would like to know more please contact the Chairman Ian Condon on 01300 348250 / 07767 059761

Thank you.



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

#### 2nd July

	Zna July	." / 4/94 //:
9.30am	Holy Communion	Hilton
11.00am	Family Service	Piddlehinton
11.00am	Holy Communion	Piddletrenthide
6.00pm	Evensong	Cheselbourne
	9th July	
9.30am	Holy Communion	Alton Pancras
9.30am	Holy Communion	Cheselbourne
11.00am	Holy Communion	Plddletrenthide
11.30am	Lay-led Service	Hilton
6.00pm	Evensong	Piddlehinton
	16th July	June -
9.30am	Holy Communion	Melcombe Horsey
11.00am	Holy Communion	Piddlehinton
6.00pm	Evensong	Hilton
	23rd July	100
9.30am	Holy Communion	Piddletrenthide
11.00am	Holy Communion	Hilton
6.00pm	Evensong	Alton Pancras
6.00pm	Evensong	Piddlehinton
	30th July	
11.00am	Benefice Holy Communion	Piddletrenthide

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

#### **6th August**

9.30am	Holy Communion	Cheselbourne
9.30am	Holy Communion	Melcombe Horsey
11.00am	Family Service	Plddlehinton
11.00am	Holy Communion	Piddletrenthide
11 20am	Motting	Lilton

#### 13th August

9.30am	Holy Communion	Alton Pancras
11.00am	Holy Communion	Plddletrenthide
6.00pm	Evensong	Plddlehinton
6.00pm	Evensona	Hilton

#### 20th August

9.30am	Holy Communion	HIIION
11.00am	Holy Communion	Piddlehinton
6.00pm	Evensong	Cheselbourne

#### 27th August

9.30am	Holy Communion	Alton Pancras
11.00am	Holy Communion	Melcombe Horsey
11.00am	Mattins	Plddletrenthide
11.30am	Lay-led Service	Hilton
6.00pm	Evensong	Piddlehinton

#### A 'THANK-YOU' FOR THE CORONATION LUNCH

What a lovely time we all had celebrating at the Coronation Lunch for King Charles. Congratulations on how well organised it was; what a superb feast we had.

A very big thank you to all those who shopped, prepared, cooked and served and then did the mammoth task of washing up, tidying up and leaving the hall spic and span for the next users of the facilities.

Ruth Read and Rosemary Cooke

#### PIDDLEHINTON LIVING CHURCHYARD PROJECT

You probably remember back at Easter we launched the Piddlehinton Living Churchyard Project at St Marys Church. Since then we have held lots of popular events and recorded the wildlife. We started by making bat and bird boxes and enjoying an Easter treasure hunt. Lots of people came, young and old and we made more than enough boxes. Many have been put up around the churchyard. We are still looking for some 'community trees' though to put up the extras. Any suggestions?

In May we were joined by the Dorset Wildlife Trust and the Dorset Bat Group to investigate the bats in and around our church. Over 20 local people came to use the many bat detectors. It was a beautiful warm, moonlit night and we





discovered four different types of bat, many of which had been roosting in the church. Full details of the results of the survey can be found on our website.





Later in the month a group of us went on a churchyard surveying afternoon to find out how other living churchyard groups create beautiful wildlife habitats accessible to all. We have since made a couple of 'hay meadow' areas within the churchyard. For this we used willow prunings donated by Sue and Jos Belgrave, to make an informal fence. As I write, one area is currently a mass of oxeye daisies, quaking grass, plantain, rough hawkbit and many others. We will be using different mowing regimes on each area thanks to Tim who has looked after the churchyard so well for years. Checkout the church noticeboard and the website for a full list of plants we've spotted. Please also

add your own sightings by writing on the form in the porch or dropping me an email at piddlehintonlivingchurchyard@gmail.com . We will be running more formal events throughout the year to monitor the effects eq on butterflies, moths and flowers.

We are very grateful for all the support we've received from the community. Please do come along to support our events or to spend a quite moment or two in the churchyard.

For further information please visit the website at https://piddlehintonliving.wixsite.com/my-site Photos courtesy of Julian Wardlaw and Helen Kemm



#### HEDGEHOGS IN THE VALLEY

In the Piddle Valley, we are fortunate to have abundant evidence of hedgehogs living in our gardens and fields. Across the country these enchanting creatures are facing a steep decline, so here are three simple ways we can support their well-being and coexistence with us in the valley.

#### 1. Keep a wild corner

Hedgehogs seek refuge in hedges, foliage, long grass, and shrubs which makes them vulnerable to harm during strimming.

- Carefully inspect the area before gardening or landscaping to avoid accidentally injuring hedgehogs
- Keep a wild area with long grass and log piles to provide habitat for the hedgehogs and the beetles, caterpillars, worms and grubs that they prey upon

#### 2. Provide fresh water

Hedgehogs are thirsty creatures. They need access to water at all times especially in dry periods as they get dehydrated very quickly.

- Place a shallow dish, with stable and sloping sides, in a quiet and secluded spot near cover
- Keep the water container clean and regularly refill it to prevent bacteria or algae growth

#### 3. Make holes in fences and walls

Hedgehogs travel 2-3kms a night in search of food and a mate and need to move easily between gardens. Talk to your neighbours and create a hedgehog highway via holes 13cm sq. in fences and walls.

In our valley, we have the privilege of coexisting with these endangered creatures. By avoiding or taking extra care when strimming, making holes in fences and providing water sources, we will support their continued presence and well-being. Let's work together to make this Hedgehog Valley a true haven for these beautiful creatures.

For more information, please visit: British Hedgehog Preservation Society – www.britishhedgehogs.org.uk/ Hedgehog Street – www. hedgehogstreet.org/





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#### THANK YOU FROM DORCHESTER POVERTY ACTION

Dorchester Poverty Action (DPA) has been incredibly busy over the last year. The number of grants given out to those living in the DT1 and DT2 postcode areas has increased by 47% on the previous financial year. None of this would have been possible without the amazing support from local individuals, churches, business, trusts and community groups.

Between April 2022 and March 2023 £63,000 was donated to the charity and £63,000 was distributed in a variety of ways across DT1 and DT2 to those experiencing financial problems. Only 1% was spent on admin costs, which mainly was printing and insurance, as everyone at DPA is a volunteer.

From the £63,000 donated, £16,500 was given out in Co-op vouchers by 11 referring agencies e.g. Social workers, health visitors, mental health teams, Care leavers' support workers. Working closely with Citizens Advice, who are a key referring agency, other small grants were given out through them to individuals at crisis points. £3,000 was spent on school shoes and school uniform. School shoes are a major expense for a family especially at the beginning of the autumn term as children's feet grow so quickly.

This year 208 grants were given to families and individuals compared to 141 last year. These included several washing machines, nursery equipment, furniture for a family escaping an abusive situation and a young care leaver, car repairs to get to work, flooring for a family with a toddler, a cooker, a double bed and mattress. Each of these items can place a huge strain on a household when the money coming in just does not meet the outgoings, however hard Citizens Advice try to help them make ends meet. Thank you so much to all our donors.

DPA's next fundraising event is a coffee morning on Sat 1st July at the United Church Dorchester, South Street and then in September watch out for our Cream tea in a beautiful Puddletown garden.

https://www.dorchesterpovertyaction.org.uk/



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#### DORSET COUNCIL 20MPH POLICY

The Parish Council has received communications from residents who are concerned about the traffic speed through our villages. We are also aware of other groups in the Valley who have asked the question 'what would it take to get a 20mph zone introduced?'

The Road Safety Team at Dorset Council recently held a seminar to explain the aims of their 20mph Policy and the routes to install 20mph schemes as part of highway improvement schemes that would have maximum benefit for affected communities, or as a result of a road safety review. They consider three criteria for the introduction of a 20mph limit:

- They are in towns or villages where there is a depth of residential development and high levels of pedestrian and cycle movement, or there is a potential for high levels of pedestrian and cycle movement if a 20mph scheme was introduced.
- Where existing mean speeds provide a realistic opportunity for compliance.
- · There is significant community support

#### How would the Piddle Valley fit these criteria?

#### Criteria A

Based on the definition of a village provided by the DfT, and the likely network hierarchy of the B3143,the Parish Council believe that some of our village roads might qualify for a 20mph speed limit. Alton Pancras, parts of Piddletrenthide and Piddlehinton may meet the criteria, but it is unlikely to be applicable on Rectory Road or the full length of the B3143 from Church Hill Piddlehinton to Church Lane Piddletrenthide.

#### Criteria B

DfT guidance states that 20mph schemes should be self-enforcing If the mean speed is already at or below 24mph. Introducing a 20mph speed limit through signing alone is likely to lead to general compliance, and mean speeds above 24mph are likely to require additional traffic management or enforcement measures. Based on the

last traffic survey commissioned by the Parish Council in 2019 none of our roads would qualify, with mean speeds ranging from 24.2mph on Rectory Road Piddlehinton to 35.6mph on Church Hill Piddlehinton. Alton Pancras fared best with a mean speed of 30.6mph.

#### Criteria C

The best chance of getting a 20mph speed limit is with significant community support. At the moment the issue has only been raised by a small number of residents. Before we can consider pursuing this further we will need to ensure there is a broad consensus. As an initial survey we ask residents with a strong opinion, either for or against a 20mph limit, to contact the Clerk (email piddlevalley@ dorset-aptc.gov.uk or phone 01305 757307) by the 25th August in order that we can judge the level of support at our August meeting.

The full costs of investigation, design, implementation and future maintenance would have to be met by the parish council. There is a risk of abortive expenditure given our limited resources. The Speed Limit Order process also includes a statutory period of public consultation and a subsequent decision by Dorset Council's relevant area Planning Board after consideration of any objections to the proposed 20mph scheme.

Chris Ebdon
Chair Piddle Valley Parish Council

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### www.piddlevalley.info



Thanks to Ian Showell for these photos from the Alton Pancras fete.





Jane and husband Tony ran the Toy Stall at the Piddletrenthide & Plush fete.

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# PIDDLE VALLEY GARDENS CLUB By Jasmine Pettals

Meetings are held once a month, usually on the last Monday evening, in the Memorial Hall, Piddletrenthide.

Doors open for refreshment at 7.15pm and the talk begins at 7.30pm.

For any further details please contact Sally Condon 01300 348250 or email riverpiddle2@btinternet.com or come along to a meeting.

#### Summer Show

The Summer Show is almost upon us and gardeners throughout the valley will be growing fruit, vegetables and flowers to enter in show classes on Saturday 19 August. In addition there will be classes for baking, preserves, photography and crafts. Everyone is welcome to enter and the show schedule is available on the Gardens Club page of www.piddlevalley.info or direct from Show Secretary, Ian Condon on riverpiddle@btinternet.com.

#### Recent Events

In April members enjoyed a willow workshop and its great to see everyone looking so happy with their willow spiral obelisks. Club member Fran Welby (kneeling, centre) from Alton Pancras, led the session and was ably assisted by Sally Condon. Thanks to lan Condon for the photo.



At the club meeting on 24 April, members heard from Deborah Harris of Church Farm Flowers, Winsham, Somerset. Club secretary, Janet Keen, recounts the talk from Deborah, From Seeds to Sales - Growing Flowers for Floristry here:

Our speaker for 22 May had to cancel with just hours to go. Janet Keen was super quick to secure another speaker for our meeting that evening, Derek Dexter, a champion grower of fuchsias. This was a super session and Derek was amusing and knowledgeable about his subject. He shared photos of his green houses and detailed how he manages the particular requirements of his plants. We were given several top tips for growing fuchsias as well as general gardening. For instance, did you know that tomato ketchup is excellent for cleaning secateurs and hedge trimmers? Just paste onto blades, leave for 24 hours for small implements and 3 or 4 days for hedge trimmers, and then clean off. This should leave blades beautifully clean.

We heard that pinching out fuchsia tips after 3 pairs of leaves have formed should cause our plants to thicken. Also to avoid over watering as this is more likely to kill off plants than under-watering. If you're intending to enter fuchsias into shows, Derek suggested we remove open flowers 2 weeks before the show to allow for the next display of flowers.

At the end of Derek's session, we were able to purchase young fuchsia plants from a wide selection, including several unusual varieties.

### The remainder of the 2023 programme comprises:

23 July Summer Lunch

19 August Summer Show, Memorial Hall

25 September An Evening with Apples, growing, tasting and recipes

7 October Harvest Supper 30 October Ian Condon - Tresco

27 November Talk by Gardens Group – My Seasonal Shopping

Basket

10 December Christmas social evening and buffet

### National Garden Scheme At Ivy House

In the absence of being able to 'Open' our garden this year, we have

### www.piddlevalley.info

been raising money for this charity by selling plants 'OFF MY JOLLY TROLLEY' (aka Ivy House Plants) We're delighted that in the last three months £416.00 has been raised, so many thanks to all who have regularly supported us, despite the Shop now being closed. The takings will be totalled every three months so please keep on buying!

**Bridget Bowen** 

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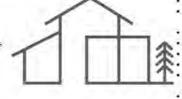
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#### THURSDAY CLUB

We have been making the most of the brilliant Summer weather on our trips out and about!

In May we visited Holme for Gardens and enjoyed the sight of the Spring blossom and tulips before lunching together in the brilliant cafe. In June we went on an adventure with our Mystery Tour by coach and enjoyed sharing lunch together in the Castle restaurant (destination secret as I write as this trip happens in 2 day's time!)

On July 6th we're off to Butterfly Conservation at Ryewater Nursery, Bishops Down near Sherborne with its specifically created (now 100 acre, but originally 10 acre) habitat to encourage different butterfly species. There will be two types of visits on offer, one exploring both the habitat that's been created in the last 30 or more years and then a visit to the Butterfly Houses: the other group who have more limited mobility will be directed straight to the Butterfly Houses.

We will travel by car and meet at the site at 10.00am. Anyone needing a lift, please let us know ... Afterwards we will enjoy lunch together at a local pub.

On August 3rd from 12.00 we'll be holding our usual Summer Barbecue at Prue Jakeman's house in Piddletrenthide. (if wet at the Memorial Hall)

Please note: this is for members only.

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### Summer Show

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Saturday 19th August 2023 at The Memorial Hall, Piddletrenthide, Dorchester, Dorset, DT2 7QF

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Full details from Ian Condon tel 01300 348250

See/print the schedule on www.piddlevallev.info (look for Piddle Valley Groups - Clubs & Societies - Gardens Club)

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#### RECIPE CORNER

This summer salad recipe, called 'Tropical Bliss Salad', was provided by the ChatGPT AI programme:

### Ingredients:

- 2 cups mixed greens (such as baby spinach, rocket, and lettuce)
- 1 cup fresh pineapple chunks
- 1 ripe mango, peeled and diced
- 1 small cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh coriander leaves
- 1/4 cup unsweetened shredded coconut
- 1/4 cup cashews, roughly chopped

### For the dressing:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon honey/maple syrup
- 1/2 teaspoon grated fresh ginger
- Salt and pepper to taste

### Instructions:

- 1. In a large bowl, combine the mixed greens, pineapple chunks, diced mango, cucumber slices, red onion, and cilantro leaves.
- 2. In a small pan, toast the shredded coconut over medium heat until golden brown. Keep an eye on it, as it can burn quickly. Remove from heat and let it cool.
- 3. Sprinkle the toasted coconut and chopped cashews over the salad.
- 4. In a separate small bowl, whisk together the extra virgin olive oil, lime juice, honey/maple syrup, grated ginger, salt, and pepper.
- 5. Drizzle the dressing over the salad and gently toss to coat.
- 6. Serve the Tropical Bliss Salad immediately and enjoy the burst of flavors and textures!

This salad combines the sweetness of pineapple and mango with the refreshing crunch of cucumber and the nutty goodness of cashews and toasted coconut. The dressing adds a zesty and tangy touch, bringing all the flavours together. It's a perfect summer salad ...

#### 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-profit-making 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 Tuesday 25th July, 29th August 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.



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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





## UPDATE FROM DORCHESTER & SHERBORNE OFFICES OF CENTRAL DORSET CITIZENS ADVICE

### Package holidays

We've booked a package holiday abroad, but after a friend's recent terrible experience when things went wrong on a similar trip, we are wondering what help is available if something similar should happen to us?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, the Citizens Advice website has lots of information about what to do and what compensation you may be eligible for.

Firstly, tell the company or travel agent you booked with as soon as possible. This way you're more likely to be able to get it sorted quicker. If you don't say anything until you get home, you might get less or no compensation at all.

If your holiday trip turned out to be lower in value than the one you originally booked you can make a claim for 'loss of value'. For example, if you paid for a deluxe room but only got a standard one, and it wasn't sorted out at the time you can claim back the difference in value. You can also claim compensation for any extra money you have to spend while away; for example the hotel was a bus ride away from the beach rather than across the road as advertised. This is called claiming for 'out-of-pocket expenses'. If this does happen make sure you keep all your tickets or receipts for things like bus journeys.

If big parts of the trip you booked didn't happen, or services weren't provided - for example a planned two-day excursion was cancelled and no alternative was organised - you can make a claim for 'loss of enjoyment'. You can also make this claim if something happens that causes you distress or disappointment, such as the pool was closed for the whole of your stay. Note there's no strict guidance on how much you can claim for loss of enjoyment but any claim you make must be reasonable.

However, you can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather. Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised, you may be entitled to compensation for breach of contract. You might also be able to claim from your travel

insurance – check if your policy covers this.

If you're still not sure what to do, call the Citizens Advice consumer helpline 0808 223 1133 or our general Adviceline 0800 144 8848 between 10am and 4pm Monday to Friday, or check local office opening times at https://centraldorsetca.org.uk/

For advice on benefits or any other issue you can visit Citizens Advice website, call our Adviceline on 0800 144 8848 between 10am and 4pm Monday to Friday, or check local office opening times at https:// centraldorsetca.org.uk/





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### WHAT'S GOING ON AT PIDDLEHINTON GYM?

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 07990 921084
Tennis	Tuesday afternoons from 3:30pm to 5:30pm Contact Caroline on 07887 856462
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 5:30pm Contact Caroline on 07887 856462
Plush Cricket Club	Tuesday Evenings 7:30pm to 9.30pm Contact Ben on 07903 607240
Hardy Country Bowmen	Thursday mornings from 10am to 12pm Email caroleastment@gmail.com
5-A-Side Soccer – Prototype Electronics Sponsored	Thursday afternoon from 5pm-6pm Contact 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 I0pm email info@weymouthrc.co.uk

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
Drama	Storage. Rob Sansom on 07703 584029
Prototype Electronics Overflow Parking	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.comm







# Piddlehinton Gym hosting grand reopening after major repairs

Piddlehinton Gym, a historic, rural community hub that provides affordable facilities for indoor sports and recreational activities on Piddlehinton Enterprise Park, will host a grand reopening on Monday 28th August 2023 at 10am until 3pm. The grand reopening follows after a two-month closure for major refurbishments including a complete replacement of the original 80-year-old roof, new lighting, and several other improvements.

The event is free to attend and, as well as showing the improved facilities on offer, will include a sports showcase for attendees to get involved in or watch a range of sports and activities available at the gym. These include remote control car racing, badminton, 5-a-side soccer, bowls, junior tennis, table tennis, and fitness equipment.

The refurbishments have been made possible through donations from individuals, local businesses and groups including Downing Renewables & Infrastructure Trust, Prototype Electronics, Jade Aden, Conduit Mead, Piddle Valley Parish Council, Wessex Internet, Piddle Valley Badminton, Weymouth Remote Control Car Racing, Hardy Country Bowmen, Purbeck Archers, and Dorchester Drama, and volunteers who have given up their time to assist with the renovations. Many of these will be at the reopening event so you can find out more about them and their support for community projects.

"I'd like to thank everyone for their support, it really shows the power of the community in protecting important rural assets. In particular I'd like to recognise the core team; Adam White, Mike Healey, Chris Ebdon & Kenn Duffield as well as Jill Haynes and Dorset council's Assets team without whom this challenging milestone would not have been achieved. I am excited to show the results of our efforts in the improved facilities on offer" Paul Hayes, Chairman Piddlehinton Gym Ltd Charity.

For more information regarding the opening, visit the Piddlehinton Gym's Facebook page event: https://fb.me/e/ZkLi3HFp.





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### FRIENDS OF CERNE ABBAS SCHOOL (FOCAS)

Friends of Cerne Abbas School are holding Car Boot Sale on Sunday July 9th. Join us on the Vicarage Field, Cerne Abbas and get yourself a bargain! Open to cars and sellers from 8am, gates open to buyers from 9am. £2 entry, kids go free! Bacon rolls available!

To secure a pitch please email kirstysturmey@outlook.com Pitches are £10/car. All proceeds to Cerne Abbas First School and St Mary's Church.



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### **Puddletown Surgery**

Tel 01305 848333 Athelhampton Road, Puddletown, DT2 8FY

#### NEWS FROM PUDDLETOWN SURGERY MAY 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 ringing to speak to Clare Stickland, Practice Manager, on 01305 848333 or 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 (Saturday 8.30 – 11.00)

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

### **Upstairs** development

Work has now begun on the upstairs part of our building. This is something we have been wanting to do for many years. Please bear with us whilst the works are taking place. The builders hope to keep disruption to normal services as minimal as possible however there will be times when it is noisy.

### 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 email: pudletown.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.

### Saturday nurse clinics

For your convenience, we now offer Nurse/HCA assistant clinics on Saturday mornings several times each month.

### Foodbank

We continue to support the Puddletown Foodbank. Please drop any donations of suitable foods in the box just inside the main surgery doors

### NHS Health Checks

The NHS Health Check is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, or dementia. As we get older, we have a higher risk of developing conditions like high blood pressure, heart disease or type 2 diabetes.

A free NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer.

If you are eligible and invited to book an NHS Health Check, please do contact the surgery to book an appointment.

### Facebook page

Please like our Facebook page We use this page for sharing information about health promotions, emergencies at the surgery such as power cuts or snow and sharing general information from the Primary Care Network.

Please do not use it to book appointments, request medication or ask questions relating to your treatment. Ring 01305 84833 or use the eConsult facility on our website www.puddletownsurgery.co.uk for these enquiries.

We hope that you find the page useful, and we will endeavour to keep you informed using all the usual channels as well. To find our page search for Puddletown Surgery, look for our logo and follow us.





### **CERNE ABBAS SURGERY**

### Breast screening

All women aged 50 up to their 71st birthday are invited for breast screening every 3 years. The screening team send out first invitations to screening sometime between your 50th and 53rd birthdays. They are currently sending invites to eligible patients of Cerne Abbas Surgery so please look out for this and book your appointment. There is lots of information available at https://www.nhs.uk/conditions/breast-screening-mammogram/ to help you understand what happens when you go for a breast screening appointment. Note that breast screening invites are not sent by the surgery.

### Tick bites

Tick bites are a common problem in rural areas, particularly in the summer months. Generally, if the tick is removed there are no problems, but occasionally a bite can lead to Lyme disease which is an infection caused by being bitten by an infected tick. The first and most common symptom is a rash that spreads out from the site of the tick bite.

The following will reduce your risk:

- If possible, avoid areas where infected ticks live particularly in the summer months. When out in the countryside, keep to paths and away from long grass or overgrown vegetation, as ticks crawl up long grass in their search for a feed.
- If living or visiting a tick-prone area, when outdoors wear longsleeved shirts and long trousers tucked into socks. Light-coloured fabrics are useful, as it is easier to see ticks against a light background.
- Inspect your entire body each day to check for ticks and remove any

that are on the skin. Make sure that children's head and neck areas, including scalps, are properly checked (and don't forget to check your dogs too!)

If you do have a tick, remove it as soon as you can, ideally with a tick removal tool. These can be purchased online at vets or pet shops.

- For more information on how to remove a tick please go to www. lymediseaseaction.org.uk/about-ticks/tick-removal
- For more information on Lyme Disease please go to www.patient.info/infections/lyme-disease-leaflet

### First Contact Physiotherapist

New muscle or joint pain? Did you know that you can book directly to see our First Contact Physiotherapist Chris Brookes?

Chris works with us on Friday, and can prescribe pain medication, order blood tests and x-rays, and refer you on to hospital services where necessary. Our GPs encourage you to book an appointment with Chris first as he gives you faster access to expert diagnosis and you'll leave with the advice and exercises that you need to start tackling the problem.

Please speak to one of our receptionists to book an appointment.

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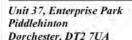
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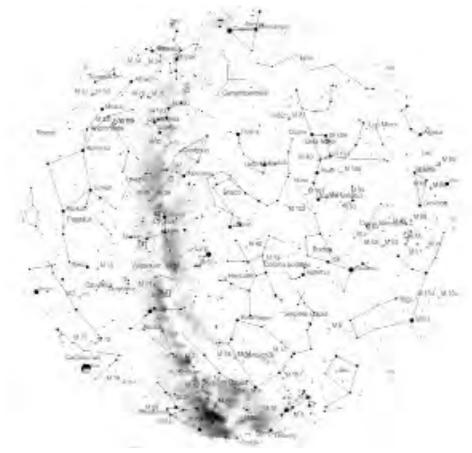


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### WHAT TO LOOK OUT FOR IN THE NIGHT SKY: JULY/AUGUST

The chart below shows the whole night sky as it'll appear at 10pm on August 1st (south at the bottom, north at the top, directly overhead in the middle). You can see the core of the Milky Way above the southern horizon, with a great many globular clusters to the right, including M13 and M92 higher up. Just above the northeast horizon is the constellation of Andromeda, with the eponymous galaxy. The chart also shows Saturn rising above the east southeast horizon, on its way to opposition on August 27.

August also means the it's time for the annual Perseid meteor shower (peak is on the 13th).



If you're interested in learning more about stargazing, why not check out my books (available from Amazon): A decade in stargazing, Demystifying Visual Astronomy and The WOW! list. (Kevin Quinn)

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