

The Rotherwick News

January/February 2025

Volume 37 Edition 1

... Stop Press ... Dog Applies for Vacancy at the Village Hall



**"You can't blame a dog for trying but not quite the applicant
I was looking for."
See P15 For details**

Get Gardening



Well, it's another new year already! One of my Christmas presents was a book on composting, 'Composting Made Easy', which didn't exactly make me jump for joy! I've yet to read it all but it seems there is a lot more to it than I imagined AND a lot of hard work. I've never been keen to turn our compost heap (and I'm not the only one in our household who isn't) instead things just get tossed on and left so the 'no-turn composting' section has my attention. There is apparently a day in the year called 'Composting aware day' which is on 29th May 2025. Why it's in May I don't know but I might find out when I've finished reading.



I was fascinated by an article I read recently about holly trees in The Times (www.the-times.com). I thought holly bushes and trees had either smooth edged or spiky leaves, I didn't realise that the holly is really rather clever and can have both on the same tree. This variation of leaf-form is called 'Heterophilly'. Those within reach of rabbits, deer etc. are at the lower part of the tree and sometimes only on the outside of the tree are spiky whilst those nearer the trunk or further up and out of the reach of grazing animals are smooth edged. The spikes prevent the leaves being eaten but take a lot of the tree's energy to produce so the holly doesn't produce spiky leaves where they are not needed. However, if the tree's smooth leaves are found to be eaten by taller animals they will soon produce new spiky leaves further up the tree. I took out the binoculars and had a look at our holly tree to see if it was true! The trees for life website mentions that 'the spines on the distinctively-shaped holly leaves can act as miniature lightening conductors, thereby protecting the tree and other nearby objects' which is why they were often planted next to houses. There are many myths surrounding the holly but it seems this is one myth that is true!



Leaves from the same tree



Happy New Year

Catherine

To All my valued customers,

The festive period was extremely busy for a number of reasons which meant that I missed thanking you in the January edition for all for your kind cards, best wishes and thoughtful gifts throughout the festive season... my sincere apologies.

Post-Christmas has continued to be busy with a constant flow of mail, packets and parcels for all the residents of Rotherwick, Hartley Wespall and Newnham. The good news is this means that by the time you read this I have hopefully been able to thank many of you in person, as well as via this message.

My condolences to those who have lost family and friends throughout the year, however I do hope that all my customers had an opportunity to spend precious time with loved ones over the holiday period.

It has been wonderful to see so many new faces over the past year and may I take this opportunity to welcome you to an amazing village.

It has been my pleasure to serve both my long-term residents and the 'new faces' during 2024 and I would like to wish all my customers health and happiness for the year ahead... keep you and your loved ones safe and I look forward to seeing you throughout 2025!

Mark, The Postman



2025
HAPPY NEW YEAR

From the Rotherwick News team.

**May your heart be
light,
Your days be bright
and
Your year be just
right.**

Child of the 70s

When I was a kid we had conker fights,
Played out all day til on came the street lights.
Rolled marbles, played Jacks and Hopscotch too,
Skipped rope, Knock Down Ginger, always so much to do!

If mum and dad went out, it was to a Berni Inn,
They'd drink Babycham, Snowballs and a Party Seven tin.
Everyone smoked cigarettes wherever you went,
To the shops for ten John Players I'd be sent!

A 10p mixed bag of sweets, all half a penny,
It seemed to last forever, you'd get so many!
Flying saucers, Fruit Salads, Black Jacks and white mice,
Gobstoppers, pink shrimp and milk bottles were nice.

Crisps were plain and came with salt in a packet,
Toy guns had caps that made a bit of a racket.
TVs were bulky, we watched in black and white,
There were only 3 channels, and they went off at night.

We didn't stream music, it came on vinyl of black,
Or an audio tape or even an eight track.
On Top of the Pops we'd watch the Top Thirty,
Try to dance like Pans People, though mum said they were flirty.

TV was Bagpuss, Rainbow and Why Don't You?
Fingerbobs, The Clangers and Scooby Doo.
Crackerjack, Jackanory and Mr Benn,
Play Away, Andy Pandy and the Mr Men.

Some toys I remember and loved without shame....
Weebles Wobble and Simon the memory game.
Holly Hobbie, Space Hopper and Etch A Sketch,
Evel Knievel and a man called Armstrong that you could stretch.

I look back with fondness and feel I was blessed,
Us kids had more freedom, I don't recall being stressed.
We had less pressure on us than the kids of today,
We could just be children, run wild and play.

Kitty Neale - abridged

Thanks to Marion Robak for sending in this poem
which must be a trip down memory lane for many!

ROTHERWICK VILLAGE HALL Monthly News



New Year - (new) Hall Refresh

There has been a recent flurry of activity in the Hall over the festive period. Firstly a very well attended choir performance to the village to highlight what is practised every Wednesday evening, followed by the ever popular annual wreath making event which once again filled the hall with foliage, frivolity and fun!!

In the background, we would like to say Santa and his elves (or hall fairies) also worked their magic in ensuring the Hall looked smart and fresh for events such as those mentioned, villagers wanting to book a family party, happy couples wanting to book their wedding reception, the list is endless. But no, it wasn't the elves, it isn't the fairies, it's the work and passion of the village hall committee that really make the magic happen!!

The hall has had a total refresh (redcoration) of the ladies' toilets and the committee room's peeling radiators now look newly painted and clean.

Some of you may have read Amanda Palmer's thought provoking article in last month's magazine (also on p 15 of this edition) asking us all to consider what would happen if the hall stood empty, unloved and unused. We really hope some of you will consider joining us on the committee and sharing the load... and the fun! Let's breathe new life into our hall in 2025.

It kicks off with the very popular Burns Night on the 25th, come on villagers, what's next?!!

Jenny Gordon

*In a society that has you
counting money, pounds,
calories and steps, be
a rebel and count your
blessings instead.*

Lisa Heckman

Heckfield, Mattingley and Rotherwick Church Services

You are very welcome to join us in February 2025



SUNDAY

1st February

11am

HECKFIELD

Holy Communion

9th February

8.30am

11am

6.30pm

ROTHERWICK

Holy Communion

Morning Worship

Evensong

16th February

8.30am

11am

MATTINGLEY

Holy Communion

Matins

23rd February

8.30am

11am

HECKFIELD

Holy Communion

Morning Worship

*www.whitewaterchurches.co.uk
Details of all our activities and services are on our website.
Download our Notice Sheet from the front page.*



Heather Merricks

I have received so many lovely cards and letters that it would take me a month to reply to them all, so can I cheat and say via RN a heartfelt thank you to you all, not only for the cards but also for the personal support I am receiving. Rotherwick has always been blessed with good people, and it is times like this that you feel it personally.

Heather loved this village and would have been touched by your love for her.

My loss is profound after nearly 63 years of marriage but with the help of a wonderful family and you my friends, I think I'll survive!

Tony



Brioche Bread and Butter Pudding



This is an indulgent and delicious bread and butter pudding from Mary Berry on The Happy Foodie website.

It is just the job on a cold winter's day when you are looking for a tasty but easy comfort pudding and not counting calories too much!

I divide the recipe quantities by three for two people and don't bother brushing with melted butter.– I just spread the slices lightly with butter before placing in the bowl. Sue

1 x 300g (11oz) brioche loaf II use brioche rolls)
50g (2oz) butter, melted, plus extra for greasing
100g (4oz) sultanas
3 tbsp demerara sugar

Serves 6

For the custard:

3 eggs
75g (3oz) caster sugar
150ml (5fl oz) double cream
600ml (1 pint) full-fat milk
1 tsp vanilla extract
1 small lemon finely grated zest

1. You will need a 28cm (11in) wide-based round ovenproof dish, and a roasting tin large enough to place it in.

2. Butter your round ovenproof dish. Cut the brioche loaf into 1.5cm ($\frac{5}{8}$ in) slices and brush each slice with melted butter on both sides. Arrange the slices in a spiral in the buttered dish and scatter over the sultanas.

3. To make the custard, place all the ingredients in a large bowl and whisk together by hand until well mixed. Pour the custard over the brioche in the dish and gently press the exposed bread crusts down into the liquid. Sprinkle with the demerara sugar and leave to stand for about 30 minutes (see tip). While the pudding is standing, preheat the oven to 180°C/160°C fan/Gas 4.

4. Half-fill the roasting tin with boiling water, and place the ovenproof dish in this. Bake in the oven for about 40 minutes until golden on top and puffed up. The layers will shrink down a little on cooling. Serve warm with cream.

Photo Gallery



Thank you to Eve Wort , Scarlett Jones and Amanda Palmer for these fab photos.





Quiz of the Month

January Questions

All the questions relate to events that took place between January and March 2024

- 1. The British TV drama *Mr Bates vs The Post Office* was on our screens in early 2024. What was the name of the faulty accounting software provided by Fujitsu?**
- 2. Houthi rebels were targeting cargo ships in which sea?**
- 3. Who said: "Being an honorary Scouser is one of the best things I could ever have achieved in my life"?**
- 4. In February, actor Ian Lavender sadly passed away. In which English city was he born and raised? (Hint: His character in *Dad's Army* gave a visual clue)**
- 5. In a huge break with tradition, what is to be axed from Australian five dollar bank notes?**
- 6. Name the F1 boss who was making tabloid headlines over his texts**
- 7. Which town's by-election was dubbed the most divisive and chaotic in modern British history?**
- 8. It was disclosed that Nicola Sturgeon had deleted all her messages on what platform?**
- 9. Harry Clark won series two of which television series?**
- 10. The website Archewell was rebranded to what website address?**

'Quizinquisitor'

Answers to last month's quiz are on page 16



Filling a Blank Page

We have an unfilled page in the Rotherwick News this month, which is why we always appeal for your news to fill it.

I am therefore going to bore you with my New Year Resolution. I seem to recall I wrote about last year's resolution too, but I can't remember what it was. Obviously not very worthwhile.

However, this year I have resolved not to buy any clothes or make up for a whole year and see how many benefits I reap as a result. I should imagine financial and revisiting my youthful creativity with outfits when I took the same few pieces I owned and made them look like a whole new outfit each weekend. Thing is that the only person who really cared was me! Well me and my mother who would exclaim "Are you wearing that again?" as I paraded my latest piece of vogue! I suppose she had a point, there is only so much you can do with a pair of jeans and a top.

My big concern is my mental health! My penchant for all things glamorous is very strong. I am high on addicted. The amount of will power this will require is huge. I have started well. I saw a cardigan I fell in love with and thought if I persuade my husband to buy it for me it won't count. He was a willing participant, but I decided it was cheating, showing weakness. It was replaced on the shop floor and I ushered us out to avoid temptation again.

I can easily buy a lipstick when we are out for a coffee in Festival Place. I haven't done it yet and we have been for coffee.

So, will my mental health suffer or will it do me the world of good as I display strength and resilience not giving in to my ridiculous whims, adding to an already exploding wardrobe and make up bag.....actually" trunk as in travelling" would be more accurate.

Watch this space, I may make myself accountable and update you monthly.

I may have to if we have another unfilled page.....get writing Rotherwick, particularly if you haven't enjoyed the above!!!!

Amanda Palmer

We will be watching this space Amanda—good luck!!

Want to lose weight?

If you're overweight, losing weight has many benefits. Not only may it help you feel better, but it might also help reduce the risk of developing high blood pressure, heart disease and Type 2 diabetes. **Fact:** The practice population has 20% of its patients that are obese!

Small, but simple changes to what and how much you eat and drink can help you lose pounds.

How to eat healthier meals

It can be tricky to know what to do with your meals if you're trying to lose weight. Here are some quick tips to help.

**Veg: go for 2 or more**

Aiming for 2 or more portions of veg in a main meal means half your plate.

**Protein: prize it!**

Always include some protein – like beans, pulses, fish, eggs, meat or other types. It helps you stay full.

**Carbs: stick to wholegrain**

Carbs like potatoes, bread, rice or pasta should make up no more than a third of your meal – and try to have wholegrain versions where you can.

**Fish: try twice a week**

If you eat fish, try to have 2 portions a week. At least 1 portion should be oily fish like sardines, salmon or mackerel.

**Dairy: keep it light and low**

Pick lower-fat and lower-sugar options for milk, cheese and yoghurts.

**Oils: choose unsaturated**

Go for olive, sunflower and rapeseed oil, which have unsaturated fats.

**Spreads: be sensible**

Choose lower-fat spreads and only eat it in small amounts.

**Water: stay hydrated**

Drink 6 to 8 cups of fluid a day. Water, tea, coffee, soup... They all count!

Aim to eat at least 5 portions of fruit and vegetables a day, but the more you eat, the better! They are a good source of fibre, low in calories and great to snack on.

Eat the Right Portion Size

Everywhere we look there are large and extra-large portions of food and drink; leaving many of us not knowing exactly what a normal portion looks like.

The following simple tips can help you stay on top of the amount you eat and gain some portion control.



Scale down when plating up

Try using smaller plates and bowls to help reduce your portion sizes at mealtimes.



Made to measure

When cooking, try measuring ingredients such as oil, butter and ghee using a teaspoon.



Self-serve and skip seconds

Keep an eye on your servings. At family mealtimes, remember to serve out your own portion and say no to seconds.



Spread the veg

Try to make sure you have at least 2 portions of veg as part of your meal. This helps to cover your plate with low-calorie, fibre-rich, filling foods, leaving less room for higher-calorie ingredients.



Make a meal of it

Turn off the TV and avoid other distractions while eating – if you're not focusing on your food, it can be easy to eat too much or too fast.



Weigh your food

Use kitchen scales to weigh your ingredients before you cook. This will help you stick to the suggested serving sizes.

Mealtime Inspiration

Healthy eating needs healthy recipes so you don't want them to be dull!

Whip-up dozens of tasty, affordable family meals with easy step-by-step recipes from the NHS website: <https://www.nhs.uk/healthier-families/recipes/#collections>

- Did you know that Whitewater patients can self-refer or be referred to Weightwatchers if you meet the criteria; [and its free!](#)
- Whitewater GP's can refer patients to a weight management programme supported by the NHS or an exercise prescription scheme at Hart Leisure Centre

You can download the free NHS Weight Loss Plan?



Remember, small steps every day can make a big difference to you and your family

INTERESTING FACT: Due to an increase in patient numbers, GP's in England see around 30 million patients every month. Yes, that's over half the entire English population in just one month. Food for thought!

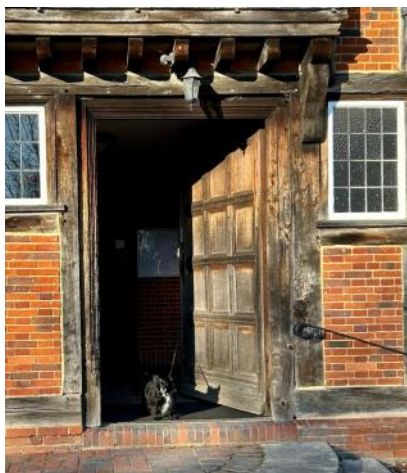
PPG Contact Details: (Nb: The PPG is not able to deal with any medical or personal matters)

Email: Whitewaterppg@gmail.com
www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :

www.whitewaterhealth.nhs.uk

Telephone (Hartley Wintney - 01252 842087); (Hook - 01256-762125)



Teddy's Tour

Me in The Grand Entrance playing spot the dog!



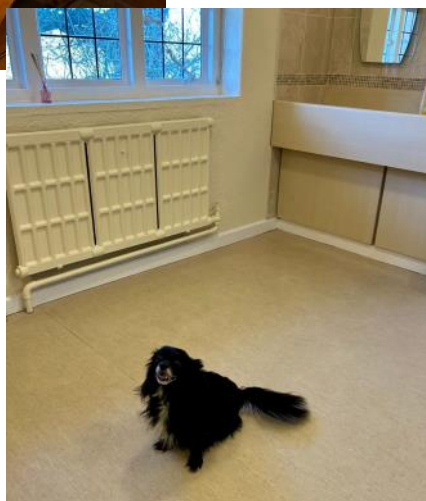
The Grand Staircase



Paparazzi pic with Pistol Palmer of Rotherwick's Got Talent fame.



The Committee Room.....
The Control Room!
Can you Fill one of the empty seats?



Freshly painted Ladies Powder Room thankfully vacant !

As you can see from the photos on the previous page, only my little dog responded to my offer of a tour (see below). You may have missed the appeal below featured in last month's Rotherwick News. Once again, if you are interested in something new and worthwhile for 2025 and would like to participate in village life with a friendly bunch do get in touch with me... Amanda Palmer (featured on front cover !) at mands789@icloud.com. Happy to repeat the tour and chat on a no obligation basis.

ROTHERWICK VILLAGE HALL



To Be Or Not To Be

Have you ever considered what Rotherwick would look like if the Village Hall stood empty and unused. With no hirers of the hall, weddings etc coming and going, breathing life into the magnificent space, what would happen? Would unwelcome visitors take up residence in the car park? Would squatters move in, coming as they do, with all their squatters rights? The grounds, uncared for would be overgrown, the hedges growing every which way, weeds sprouting and brambles overtaking. The building would look sad, no longer the wonderful centre piece of our lovely village but a blot on the landscape.

Thanks to a donation made by Henry and Julia de Forest from Oysterbay, New York, USA the Hall was built. A Declaration of Trust was drawn up in 1931 (amended 2013) detailing how the Hall should operate. Under this trust the Hall should consist of up to ten elected management committee members.

There are currently four members on the committee.

The Hall, in order to 'stay alive', requires maintenance and in order to be maintained it needs an income. That income comes from various village groups, hiring on a weekly basis. Weddings take over whole weekends. Celebrations in the form of christening parties, birthdays. It has been booked for band rehearsals/recordings. The Hall has featured in television series too, booked through the booking secretary, a role separate from the committee and currently filled.

All of this and of course the maintenance is managed by the committee as well as wages paid, insurance, fire safety and certificates etc. Terms and conditions are written, altered, policies created- think covid and all that required. We meet once a month.

Continued on next page

However, if those 4 resigned would paragraph 1 become a reality?

If the 4 became 8 the load would be shared.

If you would like to know more about the hall, the running of it and possibly joining I would be glad to show you around the hall, answer questions over a coffee in an informal setting with no obligation. If there is a lot of interest perhaps an open morning can be arranged on a drop in basis. I would be very pleased to meet you and you can put a face to at least one of the committee members!

Amanda Palmer

Contact me at mands789@icloud.com

December Quiz Answers

1. Always popular at Christmas, who wrote the book 'The Snowman' on which the TV animation was based?

RAYMOND BRIGGS

2. The song 'Do You Want To Build A Snowman' comes from which Disney movie?

FROZEN

3. Which country did the USSR invade on Christmas Eve 1979?

AFGHANISTAN

4. Which UK Christmas number one hit single has this as its first line? 'Are you hanging up a stocking on your wall'?

MERRY XMAS EVERYONE (Slade)

5. From which European country did the modern-day tradition of a Christmas tree originate?

GERMANY

6. Which is the highest order in the hierarchy of Angels?

SERAPHIM

7. The modern Santa Claus was based on traditions surrounding which fourth-century Greek bishop?

ST NICHOLAS

8. In which Panto would you find King Rat?

DICK WHITTINGTON

9. Often used in Christmas floral displays, what is *Euphorbia pulcherrima*?

POINSETTIA

10. 'Clarion call for the loyalists' is a cryptic clue for which Christmas carol?

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NOTICE

ROTHERWICK VILLAGE HALL

AGM

The management committee of Rotherwick Village Hall (RVH), being charity trustees, do hereby give notice of an Annual General Meeting on Thursday 6th March 2025 7pm at the Hall.

All residents of the village are invited to attend to receive a report from the management committee for the past year following which the committee will retire all together. Those present at the meeting aged 18 or over can then vote to elect and/or re-elect the members of the RVH Management Committee.

Notice dated 2nd January 2025

If anyone would like to put their name forward for election to the management committee to help run your Hall, please notify either the Secretary, Sue Whistler 08456 099877(10am-7pm) or secretary@rvh.org.uk , or any member of the present committee.

There will be wine and nibbles to savour during the meeting with the chance to chat to the present committee and also discuss what is involved if you are thinking of joining.



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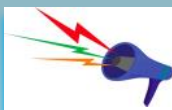
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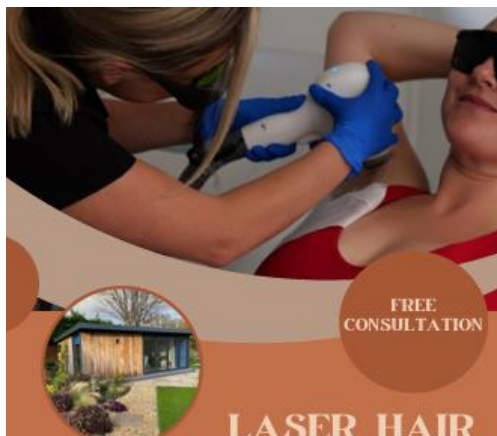
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The magazine is distributed to all houses in the village and contains the personal data sent in by readers, residents, advertisers, charities, local organisations and members of the wider community. The magazine is also published and stored securely on the Rotherwick Parish Council website forming an historical archive of village life. If you do not want your photos or other personal data to be published on their website please contact the Rotherwick News editors at rotherwicknews@yahoo.co.uk

A note about photos

It is great to have photos in the Rotherwick News to add interest and bring an article to life. A picture paints a thousand words as they say. However, the editors are aware that photos are also personal data and as such will take every care to ensure that privacy is respected.

Before publishing any photo, the editors will always seek your permission, or in the case of children, the permission of the parents before publishing any photos sent in by a third party. This will be sought either verbally, by email or text. You may be asked to give written permission for the photo to be used. This maybe in the form of an affirmative reply to an email or text. It will be assumed that by sending in a photo of yourselves, including your children, you are giving permission for it to be published in print and online. NB: photos of children are not published in the online version.

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Hook Surgery		01256 762125
Hook Care Group		08450 941549
Whitewater School	Mr Glen Golding – Executive Headteacher	
	Mr Steve Moore – Executive Head of School	
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Hart North Police (based in Aldershot, non urgent)		101
	Hart.North.Police@hampshire.pnn.police.uk	
Rotherwick Village Hall	Booking Secretary	secretary@rvh.org.uk



Macmillan Nurses

I'm sure you all know of the work they do in support of Cancer Patients and their families.

They are always in need of more cash but this doesn't need to be the folding stuff! If you save your old inkjet cartridges they can be recycled and Macmillan receives the cash.

The Village Magpies have agreed to take them or just put them in an old envelope and pop them through my door "Feldheim" Wedmans Lane.

Inkjet cartridges ONLY originals or compatibles.

Looking Ahead



6th February— Village lunch at the Coach & Horses. To book, please contact Tony Merricks anthony@merricks.me.uk

25th January '25 Repair Café at the village hall 10am—1pm

25th January '25 Burns Night Ceilidh at the village hall

6th March '25 Rotherwick Village Hall AGM 7pm at the hall see p 19

That would be good to go in the Rotherwick News!"



Thank you to the people who have contributed to this month's magazine.

Please keep your articles and photos coming—they bring the magazine to life and it is so interesting to see and read about people we all know and love.

As always you can send photos and articles to
rotherwicknews@yahoo.co.uk by 10th of the month.
What could be easier?



Please visit www.rotherwick.org.uk
for Rotherwick Parish information and sign up for Parish Alerts