

The Rotherwick News

August/September 2021

Volume 33 Edition 8

End of Term Fun Role Play at Mother & Toddlers



Absolutely Agnes...

As Agnes sits down to write, the Olympics are in full swing, and whether it's the pool or the ponies- there is much to be proud of....Go Team GB!

This summer of sport has made Agnes reflect on her own sporting abilities.....if only weeding, reading & gin-consuming were Olympic sports, Agnes would be in her element!

And what else is happening in the world? Well, according to Sara Coleridge's nature poem (1802-1852)

'August brings the sheaves of corn, then the harvest home is borne'

The fields behind the house certainly look ready to be harvested and Agnes looks forward to how different the village looks once the fields are cleared of their current crops....a whole new landscape to explore, right on our very doorsteps.

Talking of exploring new things, September always reminds Agnes of that 'Back to School' feeling...a sense of apprehension, new stationery & itchy jumpers...and crumble, always crumble!



The village has been so quiet whilst the school sits empty, Agnes looks forward to hearing the children playing on the field as she sits at her desk to work.

But for now, Agnes is off to enjoy the fact that torrential rain has stopped and the sun is shining & with any luck she can find a dry spot to sit & enjoy her evening gin...Chin, chin everyone!

Warmest wishes

Agnes

PS. If you would like to see more of what Agnes is up to, do follow her village adventures:

Instagram: [absolutely_agnes](#)

Facebook: [absolutelyagnes](#)

WOODLAND EDGE HABITAT

“What’s that?” you might ask! We all know them as “hedges”. They have been around at least since AD 800 as evidenced by Anglo-Saxon charters, from which the technique of hedgerow dating has also been developed. Each species within a 30-metre length equals 100 years. I’m not sure we could all get away with that with our own hedges, though!



In years long past hedges would have had varying heights and a selection of plants, including dogrose, guelder rose and hawthorn, plus many more native plants, which all provided habitats for wildlife. Hedges were also used to mark land ownership in times past, and to prevent stock from moving between fields.



Our oldest hedgerows, often on Parish boundaries, were cleared by the first Bronze Age farmers. From Roman times through to mid-18th century many more

hedges were planted. It would seem that the more recent hedges are mostly dominated by Hawthorn, and those from between the 18-19th centuries are usually straight and planted with Hawthorn.

Some hedges might also be overtopped by ash, oak or other standard trees, adding to the wildlife benefit. Much of our wildlife will nest, shelter and search for food in the hedgerows.



And if you *WERE* to see any hedges that are curved at the end, they were designed to allow room for oxen to turn with a plough (no hope for Henry and his combine, then!).

These days it is generally considered that hedges which are broadest at the bottom, cut in an A-shape, are probably the best (for gardens, at least) as they allow light and sun, and moisture to reach the whole hedge, encouraging growth from top to bottom.

But, never mind what the traditional hedges looked like – have you noticed the pristine and recently smartly-trimmed hedges appearing around Rotherwick (now that nesting season is over)? For a start, the approach to the village and over the cross-roads from Hook Road is an absolutely great “Welcome” to the village. Well done you folks!



There are also so many other residents throughout the village who take pride in their hedges but, within this article (and with no particular preference) are views of just a few of our village hedges after their trims. Many more admirable exam-

ples can be seen, including those still in “training” or renovation stages, which have slipped through the net, for now, but you might spot them on your next walk and, next year, they’ll look even better!

Keep clipping!

Lin Humble



By the way, I remember being told, when we first moved to Rotherwick, that the village was very proud of its hedges and the many accolades received in that respect. In fact if you’re new to the village, you might wish to read the Rotherwick Conservation Area Character Appraisal and Management Proposals document from August 2011 at Hart.gov.uk which mentions hedges around the village.



Dear Reader,

We need your help. The cost of printing the new all colour magazine is draining our limited financial resources. At the moment we are funded only by the advertising revenue which simply isn't enough to cover costs.

As you know we are a voluntary organisation ,the magazine has been going for many, many years and we almost lost it altogether. Now it boasts a writing team of 9 as well as 3 Editors. The feedback we have received is very positive and we are hoping slowly but surely to raise its' profile again by encouraging some live events – eg Afternoon Tea hosted by our junior bakers is one idea.

We hope you agree we are worth supporting with a small annual donation in order to keep going and continue to deliver to all 225 homes in the village. There is no obligation to donate— we will maintain every household delivery but we would be enormously grateful to all who feel they would like to help.

Thank you from the Editors,

Amanda, Jenny and Sue

For donations with a suggested amount of £10, our bank details are:

Acc No. 43394811. Sort Code 090666.

Acc name is, The Rotherwick News

The Bank is Santander.



I wrote recently about one of our residents taking up bricklaying at the end of her already successful career rather than at the beginning. (That is a nice way of saying she isn't 20!) I was able to see the fruits of her labour one sunny evening whilst we discussed world affairs and other important matters (my new hair do was one) over a glass of bubbles! What a lovely job she made of her brand new wall.

Here's the thing though. I happen to know yet another Rotherwick resident has taken up bricklaying at the end, rather than beginning of yet another successful career. Does that mean that The Rotherwick News has become a media platform and has our original bricklayer become an INFLUENCER upon that platform?!

Who would have thought that a local mag run by three over 50s (hair do included) would reach those dizzy heights !!

AP

DAVID MATTHEWS

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Musings on Cider

As a West Country girl at heart, cider reminds me of the parties of my youth where plastic bottles of Woodpecker or Merrydown cider were the order of the day. As my own offspring discover the newer brands of this ancient brew, which all seem to be fortified with sickly sweet fruit flavours, I am intrigued to reflect on how this age-old tippie has reinvented itself.

Figures show the UK drinks more cider than any other country in the world, in fact we apparently drink more than all other countries combined! Over half the apples grown in the UK go to make cider.

Looking back further into the origins of cider it appears it has been popular since well before Roman times and like many other things it was the invading armies who brought with them much of our cider culture. The Romans introduced new apple cultivars and orcharding techniques and the Norman invasion of 1066 brought tannic apple varieties well suited to cider making and state of the art pressing technology. In the seventeenth century cider became popular with the aristocracy and even Charles 1 was said to prefer it over wine.

Controversially, there is evidence to suggest that the 'methode champenoise' actually came from England in 1633 when a certain Sir Kenelem Digby designed a



stronger glass bottle which could withstand the pressure from bottle fermentation in the making of sparkling cider. Dom Perignon, the French monk often credited with inventing champagne was not born until 1638. It is also interesting that the English cider glasses of that time had tall sides and closely resembled modern champagne flutes.

True cider enthusiasts frown upon the modern cider which only needs 35% apple juice to be called 'cider'. They advocate that true cider is 100% juice, naturally fermented with an individual taste that reflects the apple variety and the weather of that particular growing season. Thankfully with cider experiencing an explosion in popularity it seems there are enough varieties of both commercially produced and craft ciders to suit all palates.

Did you know? A pommelier is a cider sommelier.

Sources- The history and origins of cider – Jane Peyton
History of cider in the UK – theorchardproject.org.uk

Saxons and Clunching

Let's start with Clunching.

Clunch - Early 19th century, lumpy, thickset.

Clunch - Soft limestone capable of being easily worked.

Clunch - Traditional building material of chalky limestone rock.

Clunch - Chalk lump, very common building material.

So back at the beginning of July, we were back at Butser Ancient Farm near Petersfield, Hampshire. We were there along with other veteran volunteers, helping with the build of the Bronze Age roundhouse.

The Bronze Age house was progressing nicely. All the oak posts were in position and two panels of hazel hurdles were being used as walling. On the outside of the house there were two large sections of turf. Anyone who has ever visited Scandinavia has probably seen houses made out of turf. This house is also going to be made out of turf, but why?

So a quick recap. The footprint of this Bronze Age house was uncovered at Dunch Hill, Wiltshire by Op Nightingale. A not for profit organisation utilising Archaeology as a veteran recovery programme. Following some charitable fund raising it was given the go ahead to build the first ever earth walled Bronze Age house EVER built based on British Archaeology.

This visit consisted of Evan and myself, along with a few others to continue with the clunch walling. Chalk pieces smashed, bashed and in some case almost powder, mixed with straw and then add water to make a lovely mixture that when its compressed together forms an almost cement like structure. It was turned and churned by hand in a wheelbarrow, then tipped on-to the existing dried out portion of wall and hammered into position.



I managed to hold the shuttering still whilst the others took the mallets, made from a holly tree and pounded the air out of the sloppy mixture so it formed a tight bond. It takes a few days to dry before adding more.

Now while that is drying let's take you on a trip to meet some Saxons. Larkhill, Wiltshire. Salisbury Plain to be precise. The year is approx 600AD we are talking the 7th Century

and we had been invited to visit and take part in an archaeological dig. Both very excited, we arrived at the site and one of the first people we spoke to was Prof Alice Roberts of "Time team, Britain's Biggest Dig and Digging for Britain" TV programs, to name but a few. We were given part of the ring around the main burial to excavate so we carefully and slowly layer by layer removed all the spoil. The site looked to have one main burial within the ditch that we were working on, but approx. 20 outside of the ditch.

These hadn't all died at the same time, it wasn't a mass grave. It was a standard Saxon burial ground that over time had the deceased from the local village added as they had moved on.

Their records if they had any were maybe not as good as our modern Christian records as they sometimes cut into a previous grave when burying their newly departed. For instance, Evan spent the afternoon cataloguing and bagging up one of the said skeletons that had in fact been buried half in someone else's grave.

He was working alongside an experienced lady that explained to him how and why they record everything and also why some of the phalanges were missing. (Finger bones). These are often along with the smaller toe and vertebrae the first to usually completely decay.

She explained why most of the skulls look like they've been struck with an implement, just due to age and the softer internal material rotting away and the weight of the soil compressing and breaking the bone structure.

Some of the items found were very intricate and didn't automatically mean it was a female grave. More explanation as to whether the pelvic bone had a very acute v shape or a more larger u shape (female) or the skull had a pronounced brow (male). The clues they look for were amazing and down to knowledge learnt over the years. Obviously there is a lot more to it than this but hopefully you get the drift. More detailed analysis will follow with DNA and Isotopes to determine migration and inheritance.



The whole day was amazing! We both got to put our Time Team heads on and actually be part of a proper Archaeological Dig. The graves were made in the chalk soil which allowed them to be preserved due to chalk's porosity ability allowing the water to drain. If it had been normal soil they wouldn't be there anymore as they would have left no trace.

For updates on the Bronze Age build at Butser Ancient Farm, you can visit or access Butser plus. This is a professional behind the scenes video content and well worth it.

You never know, you might see someone you know.

Ramblings of Rotherwick

Get Gardening

IT'S TIME TO MEASURE THOSE SUNFLOWERS. Mine has flowered, it's not the healthiest looking sunflower but I didn't think I would have any! Yours probably have probably flowered too? We'd love you to send in a photo and a note of the height and we can hopefully then announce the tallest in the September's Edition of the Rotherwick News. (Please send photo and size to rotherwicknews@yahoo.co.uk.)



On a different note, I went to have a look at Sue and Richard Whistler's garden when they opened to the public in July. I've walked past it a number of times with my husband but in all the years we have been in Rotherwick have never been to look at the garden (my excuse is children and work both of which have now disappeared!) until now. Firstly, I was amazed at how many people were visit-

ing and secondly, how much was in the garden. There were thoughtfully located seats on which to have a cup of tea and a slice of cake whilst taking in the welcoming atmosphere and/or the view across the field, and not only flowers and fruit trees but an immaculate vegetable garden. It was a lovely garden that had a bit of everything but felt tranquil and a pleasure to be in. If you didn't go this year and if it's open next year do make a



point of visiting.

I was so impressed by their vegetable garden (and the fact they have enough potatoes to last almost a year!) it has encouraged me to rethink ours. Our vegetable bed is in a low part of the garden and so the wet weather we had in June/July did it no favours. I had to bin our waterlogged peas, beans and rocket. However, I did manage to get a handful of peas which were delicious before they eventually gave up the ghost. Most of the lettuce and tomatoes thankfully seem to have survived. I'm planning to plant some more lettuce and have found one called 'All The Year Round Lettuce' which might be worth a go and according to the 'Gardeners World' website it's not too late to plant another crop of rocket. However, as I write this, the temperature is 31 degrees so I think I'm going to have to wait a little longer before planting otherwise they will be dying from a lack of water!! Although, this weather doesn't seem to be a problem for the fig tree we planted a few years ago which we have kept bushlike rather than treelike.

To ensure you have a crop of figs each year one tip someone gave me was to never remove any small figs that are left on the tree that don't ripen. Since last year it provided us with more figs than usual, I shall be taking his advice again this year, although I'm not seeing a lot of figs at the moment, fingers crossed the weather warmer will make a difference.

I must admit I never used to like figs but having our own changed my mind as, like most things, they are a lot nicer fresh, but I had no idea they were pollinated by fig wasps! Apparently, the average female fig wasp often travels tens of kilometres in less than 48 hours to lay her eggs in another fig (probably something I didn't want to know!) or that fig trees have no blossom on their branches (something I never noticed) as the blossom is inside the fruit! Many tiny flowers produce the crunchy little edible seeds that give figs their unique texture. The Romans believed figs could prevent aging – if only!

Catherine Bolt



Overheard at the bus stop



Never in my life would I have imagined that my hands could consume more alcohol than my mouth!!

Insect Insight: The Wasp Man

When your toddler casually swats away 5 wasps whilst playing by the back door you know there's trouble nearby. Our homes in Rotherwick seem to be ideal for bees and wasps to nest in, whether you've got gaps in your roof, timber panels or teak garden furniture to gnaw for nests, there's plenty to offer.

A couple of months ago BBC Radio 2 launched the Big Bee Challenge to keep Britain's bees buzzing. The idea being to encourage everyone to do one thing, large or small, to help the bees - with lots of tips available on their website. There's so much out there about bees and their importance, and rightly so, but wasps always get a bad rep.

There are some 30,000 identified wasp species around the world! But most wasps are actually solitary, non-stinging varieties. And all do far more good for humans by controlling pest insect populations than harm.

They are divided into two primary subgroups: social and solitary. Social wasps account for only about a thousand species and include formidable colony-builders, like yellow jackets and hornets.¹ These are the kinds we meet at our picnics, in our drinks and on our fallen fruit. They are also the ones we often want removed from our homes.

Regardless, they are also very important in the environment. Wasps are predators and as such they play a vital ecological role, controlling the numbers of potential pests like greenfly and many caterpillars.

It been estimated that the social wasps of the UK might account for 14 million kilograms of insect prey across the summer. A world without wasps would be a world with a very much larger number of insect pests on our crops and gardens.

As well as being voracious and ecologically important predators, wasps are increasingly recognised as valuable pollinators, transferring pollen as they visit flowers to drink nectar. It is actually their thirst for sweet liquids that helps to explain why they become so bothersome at this time of year.²

¹ [Wasps | National Geographic](#)

² [What's really the point of wasps? - BBC News](#)

Perhaps our least cute animal to feature in the magazine this year (but don't worry I'll make sure we cover ticks at some point too), at least we know they aren't all bad in the great scheme of things. Suffice to say, the toddler was a bit disappointed that The Wasp Man removing the nest in our brickwork turned out to be perfectly friendly Colin – and he didn't look remotely yellow or black, although the protective suit offered some consolation! Colin I'll have some fairy wings at the ready to accessorise for next time 😊



Credit: Getty Images

FACTS:

- Wasps live everywhere except Antarctica³
- There are about 9,000 species of wasp in the UK⁴
- On average, the normal worker wasps lives for 12-24 days. The average lifespan of any queen wasps can be around one year. These life cycles can vary depending on the different types of wasps, but for most cases, the queen's lifespan is around 10-12 months.⁵

³ [Fun Wasp Facts \(easyscienceforkids.com\)](https://easyscienceforkids.com/fun-wasp-facts/)

⁴ [10 things you didn't know about wasps | Berks, Bucks & Oxon Wildlife Trust](#)

⁵ [Wasps Life Cycle: Wasps Seasonality Information | Best Bee Brothers](#)

Whereas social wasps use their stingers only for defence stinging solitary wasps rely on their venom to hunt.⁶

Some wasps make homes by chewing wood into a pulp. In ancient China people saw wasps doing this and applied the same method to making paper.

Once a wasp colony has ended, their nest is often used by other species including hoverflies.

Each nest is only used by wasps from spring until the autumn. The workers and normally the queen die. The newly mated queens (at least 1000 per nest) are the only ones that survive the winter, creating a new nest the following year.⁷

Beware – when a wasp stings or is killed the ‘smell’ of its venom causes other wasps to become more aggressive.⁸

⁶ [Wasps | National Geographic](#)

⁷ [10 things you didn't know about wasps | Berks, Bucks & Oxon Wildlife Trust](#)

⁸ [Wasps | How do Wasps Nest & Other Facts about Wasps - The RSPB](#)

Spotted outside the Coach and Horses



The Bean Club pre war cars lined up outside the Coach and Horses.



This poor little chap wasn't allowed in the line up
...he isn't pre war !!



THE OLYMPICS



You may remember I wrote an article noting the magnificent efforts of Helen Glover, working very hard to secure her place at the Olympics whilst looking after her 3 small children. Of course, she was successful and although she just missed a medal, I read that she felt just getting to the compete in the Olympics was an achievement.

As I watch many of our British competitors win medal after medal and listen to the commentary and discussion about the competitors it makes me wonder at the utter single-minded dedication of them. Some have battled injury to get there, probably working through pain. One of the female cyclists was being interviewed re her training programme to include a small plastic tent in which she rode her bike whilst a boiling kettle poured out clouds of steam to replicate the humidity she would experience in Tokyo. "You would have to want it to do that," she commented.

Charlotte Worthington's path to gold was not easy since UK Sport withdrew funding in 2017 and she had to continue working shifts in a restaurant using her time off to go to competitions. Her big break came when she was eligible to receive funding from British Cycling so she could pursue her passion as a career. (Manchester Evening News. Frodshem and Maidment- July 2021). She was able to give up the shifts at the restaurant and give her cycling her all. Her self-belief is admirable.

I watched the ceremony, presenting Matt Whitlock with his Gold after defending his pommel title. His emotion was so evident as the National Anthem was played. The feeling of that must be amazing and make it all worth it. He must be bursting with pride and indeed I am in awe of them all. As Helen Glover said, just getting to the Olympics is an achievement.

AP



Attendance Allowance



Attendance Allowance helps with extra costs if you have a disability severe enough, that you need someone to help look after you.

You do not need to have someone caring for you already in order to claim.

You could be eligible if you...

- Have reached State Pension age
- Have a physical disability, mental disability or both
- Need help with personal care, such as getting washed, or someone to supervise you, for your own or somebody else's safety
- Have needed this help for at least 6 months (unless diagnosed with a terminal illness, in which case, you can claim straight away)

Did you know?

- There are two different rates (rates for April 2021 - March 2022):
 - £60.00 per week if you need help in the day or night
 - £89.60 per week if you need help in the day and at night
- It is not means tested, it is tax free and it won't reduce any other income received
- It may entitle you to, or increase, other benefits such as Pension Credit, Housing Benefit or Council Tax support
- You are not obliged to spend the benefit on a carer or other care. You may wish to spend the money on other services that assist you in day-to-day living. To obtain a claim form, contact the Attendance Allowance helpline on: 0800 731 0122 / text phone: **0800 731 0317**. Find out more: www.gov.uk/attendance-allowance

Need help to apply?

- Age Concern Hampshire's Information Service can check if you are likely to be eligible, and can help you complete the form – over the phone or a home visit, if needed. Call **0800 328 7154** or email info@ageconcernhampshire.org.uk

For more information, contact your local Village Agent

Mandy on 01256 762008



Drinks on Ninian's Terrace



**Rotherwick Village
Hall**



**Saturday September 11th
7.30pm onwards**

**Bring your family and friends and join your
neighbours on the patio**

Children welcome

Complimentary nibbles

**Colin's Bar will be there for you to buy
drinks**

**Last Night of the Proms finale on screen
Chairs, blankets, tables welcome too!**

**Any questions please feel free to ask one of the
committee or contact Ray**

Email: chairman@rvh.org.uk

Tel: 01256 763834

Thinking of joining your local scout group? **Taster Session**

We are holding an Open Taster session at our Scout HQ. There will be fun activities for the children and a chance to chat with our team about joining the group. There will be a selection of activities and you can go round each of the bases, ending with a talk at 3.30pm

When: Sunday, 19th September 2.30-4pm

Where: 1st Bramshill Scout Den, Rotherwick

Contact:

Sue on thewhistlers@btinternet.com or

Melissa on melissa.Salisbury@hampshirescouts.org.uk
for more information and let us know if you would like to come along.



Use of Photos in the Rotherwick News



Please Read the Following Carefully

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 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 may be 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.

**And all aboard for the Year 6
leavers!**





**Calling all
explorers!!!**

Rotherwick Summer Nature Trail

**MONDAY 26 JULY - FRIDAY 3 SEPT
ORGANISED BY WHITEWATER PTA**

**Have some fun this summer and follow
the quiz trail around Rotherwick. For
more information scan the code below.**



*scan me with the camera on your
phone !!*



We are really excited to share with you a fun summer activity that we have organised for all of our Whitewater school families and our local community to enjoy!

The Rotherwick Summer Nature Trail will run [from Monday 26th July until Friday 3rd September](#). The trail starts from Whitewater C of E Primary School and there are 20 markers to find along the route, which is approximately 5km in total. Simply scan the relevant QR codes on the signage outside school to view the map. Don't worry though, you do not have to complete the route all in one go, you can always break it up and come back another day to complete it. At each marker on the route you will also find a fun nature quiz question to keep everyone entertained! There is no charge for taking part in the trail and quiz, however, there will be an option

Lisa's Recipe of the Month...

The World's Best Brownies



Over the years I have tried many brownie recipes – none have matched this one. It's my go to brownie recipe – try it, you won't be disappointed.

Ingredients

500g chocolate*

75g butter

3 eggs

175g sugar

175g self-raising flour

Pinch of salt

1 tsp vanilla essence

Makes 18-24

Method

1. Preheat oven to 190C (170C fan). Grease and line a baking tin measuring 20x28 cms or similar.
2. Roughly chop 400g of the chocolate. Melt the remaining chocolate, along with the butter, in a heatproof bowl over a pan of simmering water. Leave to cool a little.
3. Whisk the eggs and sugar together in a large bowl until smooth, then gradually beat in the melted chocolate mixture. Sift the flour and salt over the mixture and then fold in, along with the chopped chocolate and vanilla essence.
4. Turn the mixture into the prepared tin and level the surface. Bake for 30-35 mins until risen. The centre should be just firm to the touch (when cooked, the mixture will still be very soft under the crust - it becomes firm during cooling). Leave to cool in the tin. Turn out and cut into squares. Store in an airtight container for up to one week. The brownies can also be frozen.

* For white chocolate brownies (also known as blondies), use only white chocolate.

For ordinary chocolate brownies, use dark chocolate.

For ordinary brownies with white chocolate chips, melt dark chocolate at stage 2 and add a mixture of chopped white and dark chocolate at stage 3.

We have had some very complimentary feedback from villagers who have tried Lisa's recipes and just want to say thanks to Lisa for continuing to tempt our taste buds each month by sharing her favourite recipes with us.

PPG News

The PPG is working with local organisations as we review the provision of defibrillators in the area. It is hoped to add units to the community as new locations are identified. We would recommend that you have the **Save a Life app** on your smart phone. This provides information on local defibrillators and information on operating them.



We have previously mentioned the **what3words app** and again it is very useful to enable emergency services to locate you. Recently services could not locate a patient in Edenbrook (Fleet) where the app would have resolved the situation. Both Apps are available for iOS and Android phones.



Please look out for our monthly updates in local stores where we will be posting them to ensure that we can reach more of the community.

WHO DO I CONTACT?	
	
CONTACT PPG FOR:	CONTACT PRACTICE FOR:
Joining PPG	Health related concerns
Providing information	Medication requests
Seeking information	Appointment requests
Sharing ideas and solutions	Complaints
Contact Details	Contact Details
Whitewater Health PPG	Hook Surgery
01256 678671	Tel: 01256 762125
whitewaterppg@gmail.com	Hartley Wintney Surgery
	Tel: 01252 842087
	nhccg.whitewaterhealth@nhs.net

CORRECTION

We would like to apologise as the incorrect email address for Whitewater Health was printed in the Patient Participation Group Update in the August edition of the local magazines.

The correct email address to contact the Practice for medical or personal matters is:

✉ nhccg.whitewaterhealth@nhs.net

Rotherwick News Team turns Paparazzi (sort of)

My daughter Katie and I were informed (by someone who reads Facebook better than me) late Friday night, of the forthcoming wedding being held in Heckfield Church on Saturday of Ant of Ant and Dec fame. The guests were all staying in Tylney Hall apparently. Despite the fact that we were almost asleep on the sofa we laced up our trainers, put the lead on the dog (decoy) and grabbed every torch in the house (we might be hours waiting for the shot) and we were off in search of celebrity photos for The Rotherwick News. We were expecting to be stopped at every turn by large security men but NO !!! To our delight we had a clear pathway (pitch dark, thank goodness for the torches) to Tylney and Katie knew all the short cuts. As we headed up the central path to the Hotel, buses appeared carrying passengers. "This must be them," we thought . Cameras at the ready we moved in closer. They alighted, went straight into the Hotel, we couldn't see anything or anyone! We failed at the first hurdle. The dog enjoyed the walk though.

Next morning, undaunted by our failure the previous night, we set off for Heckfield Church to see what was going on. Trainers laced, dog, ...you know the routine (no torches required) . On arrival, we parked opposite Heckfield Village Hall only to discover we had forgotten the dog's lead in our haste. I wasn't sure we looked so convincing carrying the dog under-arm but we carried on regardless. Security was arriving and we didn't feel so brave in the daytime. Nothing much seemed to be going on so we went home, not least because doing a stake out with a wee dog under your arm barking at everything that moves doesn't lend itself to inconspicuous! (and he was heavy).

WE WENT BACK We HAD to get those pics. Just as well we did.

This time trainers laced, dog AND lead, poo bags and treats (yes we were ready for anything) . We parked in the layby on the main road and headed purposefully down the road that leads to Heckfield Place. To our astonishment we made our way all the way to the Church with no problem, no security telling us to turn round. There, in front of us was a beautifully decorated archway leading to the Church pathway. Infront of that was barricades holding back the Paparazzi... yes, just like you see on TV! Sadly The Rotherwick News doesn't have a PRESS badge (but that is about to change now that Katie and I have a taste for the 'high life') so we were behind the barrier for "the ordinary people" ...all two of us !!

Eventually (as in 2 hours later ...how dedicated are we on your behalf?) the buses we had seen on our midnight walk the previous night appeared full of guests including celebrities you would recognise, Philip Schofield, Stephen Malhern, Frank and Christine Lampard etc (no Amanda Holden, no Holly Willoughby ...Katie not happy !!). 2 became a crowd as more 'ordinary people' arrived and it turned in to a very jolly affair. Ant and Dec were as bouncy as they are on TV, making a huge effort to acknowledge the waiting crowd (Katie brightened). The bride appeared to oohs and ahhs. Click, Click, Click went the Paps et al. Then Mr and Mrs McPartlin appeared to a huge cheer. Katie moved around as best she could to get a decent photo of the bride and groom who of course were at a bit of a distance, thereby missing the best shot of all which was the car with Bride and Groom, passing the crowd at close range with Ant, window down waving with his new wife. Katie didn't make it back in time for the shot!

We did our best! We are booked on to a course "Beginners guide to Paparazzi".

AP



So fame comes to Rotherwick! Well...very close anyway.

Thanks Amanda & Katie for sharing your new found paparazzi skills with us!



Your Wellbeing Matters

Below is a list of FREE useful apps you can download from the Apple Store or from Google Play. These apps are an easy way for you to access immediate information to help improve your mental health and wellbeing.

Mindshift CBT



Helps with: anxiety and stress

How can it help: Mindshift CBT is a free self-help anxiety relief app that helps you reduce worry, stress and panic by following evidence-based



Helps with: worry

How can it help: The Worry Tree app aims to help you take control of worry wherever you are. Use the app to record the things you're worried about and access cognitive behavioural therapy techniques to help you notice and challenge those worries, along with creating an action plan to help you manage worry



WRAP - Wellness Recovery Plan

Helps with: all mental health

How can it help: WRAP lets you create your own personalised plan to help keep you well by recording what makes life more difficult for you and what helps you - you can then email this to anyone you want to have a copy.



Helps with: low mood, stress and resilience

How can it help: Living Life to the Full offers free online courses to help you understand your feelings and their causes, build your confidence and find solutions to help you feel happier or calmer.



How can it help: Learn to relax and manage everyday life in the present moment through one or more of the 1,000s of free meditations available from a variety of countries and renowned mindfulness teachers.



Mood Tools - Depression Aid

Helps with: mood management

How can it help: Mood Tools lets you easily track and record your mood, helps identify what things are having an impact on your mood, and suggests activities you could try to improve your mood.

Apps recommended by NHS clinicians

Have you seen?

When walking down the bottom of Strouds Green Lane and across towards Hartley Wespall we came across lots of tiny frogs no bigger than a thumb nail so beware you don't step on them!

And then some local sheep having their woolly coats removed.....



Watch out in water

“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”

Coroner's report, bath seat drowning of 7-month-old

Drowning happens silently. A drowning child can't speak or control their arms. They slip quietly under the water. It's only in the movies they splash about and cry for help. It's a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.



Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water.

Baths

- Bath seats are great for supporting your baby in the bath but they're not safety aids – a baby shouldn't be left alone in one even for a moment as they can slip out
- Get everything you need ready before bath time because you'll need to stay with your baby or young child all the time they're in the bath
- Don't rely on your toddler to keep an eye on the baby while you pop out for a towel, as they're still too young to understand danger.

In the garden

- Empty the paddling pool out after you've used it
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Make sure your child can't get to the neighbour's pond
- Be alert to ponds or pools when visiting other people's homes.

Older children – can still get into difficulties. They may over-estimate how strong a swimmer they are or under-estimate risks in the sea or open water.

Out and about

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards
- Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can't see.

At the beach

- Teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsock is flying and always keep an eye on them.

 www.capt.org.uk

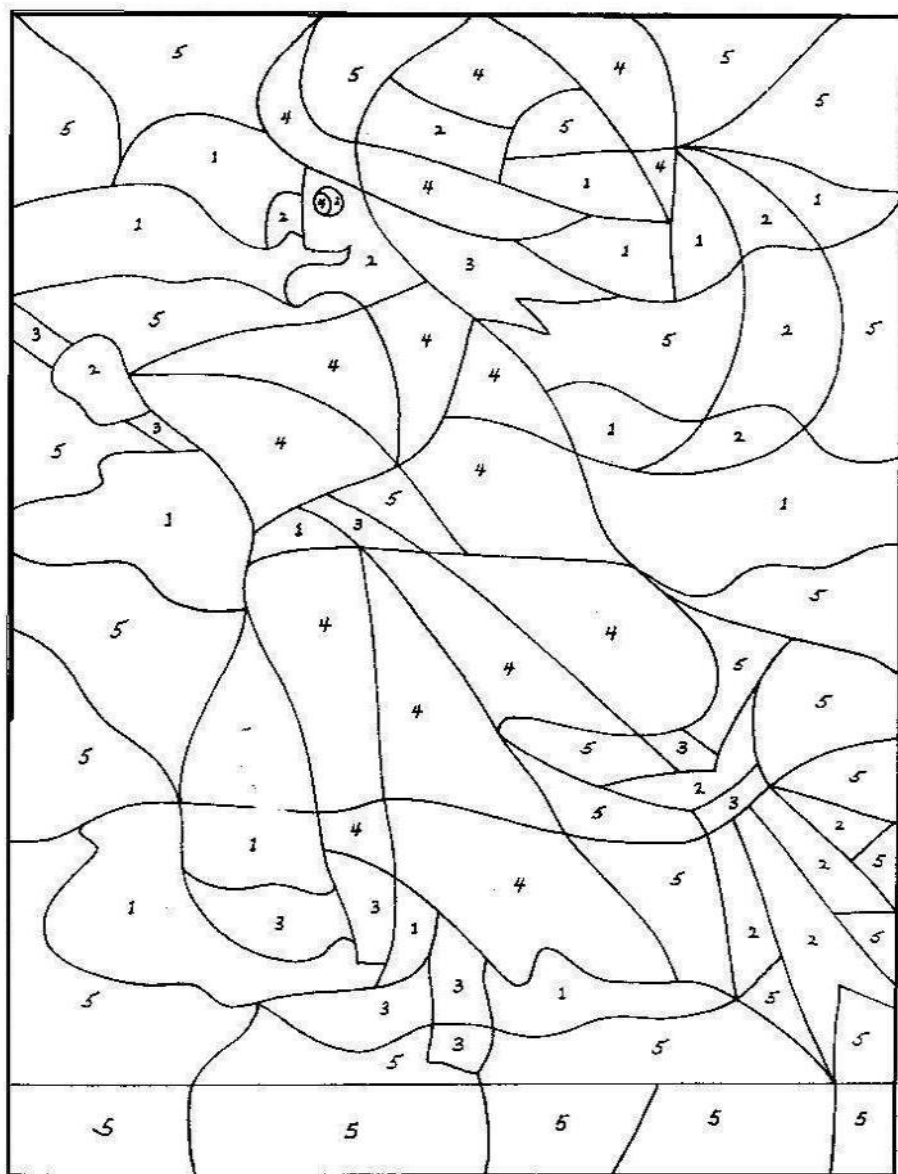
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Hart North Police (based in Aldershot, non urgent)		101 Hart.North.Police@hampshire.pnn.police.uk

Rotherwick Community Support Network

The Rotherwick Community Support Network was set up in anticipation of the first Covid lockdown in March 2020 and supported several early requests for prescriptions and shopping.

As time has progressed and people have found the support they need, the associated phone line has been used less and less such that the number has now been stood down.

However, although the phone line has been discontinued, the network itself is ongoing with no plans to disband. There is an associated WhatsApp group of over 25 members around the village ready to connect and respond when needed – if you would like to access any support or be added to the group, please do let me know.

Nicky Howell s 07787 541927
Kernets

A message from Rachel Johnson—Parish Councillor

As the Parish Councillor who attends the quarterly policing priorities Meetings, I am keen for Rotherwick residents to inform me of any concerns they have or questions they wish me to ask, on their behalf, at these meetings. It is our opportunity to have a direct link with the Hart Rural Neighbourhood Policing Team.

Email Rachel Johnson on rachel.johnson@rotherwick.org.uk

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for Rotherwick Parish information and
sign up for Parish Alerts.



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Take away sample menu

(please see full menu on Facebook or our website)

Haloumi fries , sweet chilli jam	£5
Pop Corn Chicken with sweet chilli jam	£5.5
BBQ chicken wings, blue cheese dip & celery	£7.5
Beef burger, cheddar & fries <i>add bacon</i>	£10
Crispy chicken burger, chips	£9
Butter Chicken curry with mushroom and garlic rice	£10
Pie of the day with mash or chips, vegetables and gravy	£12
Beer battered cod and chips with tartare sauce and peas	£9.5

Every Sunday delicious roasts £12

We are working hard to make sure pub is safe for you and us!
Stay safe and hope to see you all very soon,
Lee and team



**The Falcon
Rotherwick**

01256 765422

info@thefalconrotherwick.co.uk

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

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

Most of the articles are signed by their author but not all. For those articles that appear to be "anonymous" the editors would like to give a mention to Lottie Girling, Marion Robak, Jenny Gordon, Dan Pearce and Harriet Steger for their contributions this month.

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 to rotherwicknews@yahoo.co.uk or the Rotherwick News mobile 07849471227 **by 10th of the month.** What could be easier?



Have you visited Rotherwick Parish Council's Facebook page yet?

Search Rotherwick Parish Council and like their page to receive their latest posts.



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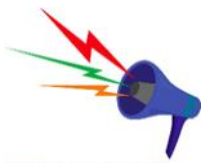
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Let's give a shout to...



Wishing

Sebastian & Mark

from Wogsbarn Cottage

lots of luck in their new home as they leave Rotherwick for exciting new pastures.

We will miss you lots.

The Girlings

A big Rotherwick

welcome to

Selina ,Ron and family

and to Danni and Joel,

all recent newcomers to

Cowfold Lane.

From Marion Robak



Where will the wheels on this bus take our Year 6 Whitewater leavers?

Next stop: Year 7 please!

Good luck in your new schools.



Let's give a shout out to all those young people who received their GCSE and A Level results last week!

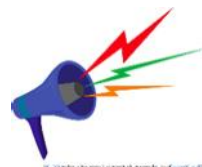
Good luck with your next step on the way.

Send in your message
(a photo would be nice but not compulsory!)
to rotherwicknews@yahoo.co.uk and we will post them here.



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Let's give a shout to...



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A shout out to Will Hare from his mum and dad

Will has just finished his school career with 7 GCSE's and finally had the opportunity to complete his DofE Bronze expedition on that incredibly hot weekend in July.

Well done Will

Looking Ahead



Upcoming dates for events at the village hall

September 11th – Drinks on Ninian's Terrace at the Village Hall

November 6th – Fireworks

December 3rd/4th/5th – Christmas activities/film show—details to follow

December 8th – the village hall committee are hoping to arrange a Christmas wreath making workshop —details to follow