



ASHFORD HILL with HEADLEY



JULY / AUGUST 2024

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A letter from our Vicar, Revd. Pete Williams



Hello,

Jesus once said, "Come to me, all you who are weary and burdened, and I will give you rest." But where should we "come" to? According to Abraham Joshua Heschel, a former Rabbi from New York, "God is not in things of space, but in moments of time". So, the question shouldn't be where should we come, but when should we come.

This understanding is central to the Jewish tradition of observing the Sabbath. Heschel writes, "The meaning of Sabbath is to celebrate time rather than space. The Sabbath itself is a sanctuary which we build, a sanctuary in time."

God instituted a rhythm of life when He created the universe, which was to rest on the seventh day. In Genesis, we read that "God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." God "made it holy", or in Hebrew, "qadash" – to be set apart, sacred. The Jews call this day Sabbath, which means to cease, to desist. And the "rest" is of a very specific kind, known as menuha. It's a restfulness that makes you happy. It's not that you stop working and sit on the sofa for a day, it's about cultivating an atmosphere to enjoy your life, your world, and your God.

American Pastor, John Mark Comer writes, "We all need a little menuha once in a while, and that's what the Sabbath is for. It's a day when God has our rapt attention... when we sleep in, and are fully available to our family & friends... a day with no to-do list... when we don't accomplish anything, and we don't feel

guilty... when our phone is off, and our email closed... when we enjoy nature.

It isn't a day to buy, to get more. It's a day to enjoy what we already have.

God invites us to join Him in this rhythm of work and rest. And when we don't accept, we reap the consequences. Fatigue. Burnout. Anxiety. Depression. Starved relationships. Worn-down immune systems. Anger. Emptiness. These are the signs of a life without rest. Comer writes, "When we Sabbath, we tap into God's rhythm for human flourishing."

Maybe a whole Sabbath day seems too much for you, but I think how long we give is less important than actually giving some time. You could start with an "occasional" time of menuha – such as an hour over the weekend, and build the time up into your regular routine. What might fill your times of rest?

I'll close with a last quote from Rabbi Heschel: "In the tempestuous ocean of time and toil there are islands of stillness where we may enter a harbour and reclaim our dignity. The island is the seventh day, the Sabbath, a day of detachment from things, and practical affairs, as well as of attachment to the Spirit."

Bless you,

News of plans for our church

We are excited about the plans that we have for the church over the next few months.

First of all, we are planning to launch "Bubble Church" at St Paul's church, Ashford Hill in September. Started at the Ascension Church in Balham during the pandemic years when we all required to stay within our Bubbles, this is a form of service that is specifically designed for younger families, including babies and toddlers. Families sit together on circular carpets (bubbles) on the floor for a service that lasts for approximately 25-30 minutes. It includes puppets, action songs, a Bible story and more. Welcome drinks and a light breakfast are included. This is a service for families of a Christian faith, another faith or no faith at all. It has proved immensely popular and is now being adopted around the country by other CofE churches. We are very excited to have been accepted as a partner church in their national pilot.

If you want to watch a video about Bubble Church, here is a link:

<https://www.youtube.com/watch?v=urMZe0A-IGg>

If you are interested to hear more about Bubble Church, let me know:

patrick@pitthousefarm.com.

Christianity Explored course to be held during October and November

This autumn, we plan to run the well-known Christianity Explored course which, over 7 sessions, explores Mark's Gospel and what it means to be a Christian. The course will be held in the evenings – dates and exact timings are yet to be finalised, although the first session is likely to be on Monday 7th October and thereafter each Monday, excepting the half term one (21st October).

Each evening will start with a simple meal, after which there will be a video shown; and then this is followed by a discussion on some of the issues raised in the video. The evening, including the meal, will last between 2 and 2½ hours. Revd Rupert Shelley (pictured) has kindly agreed to lead the course. As for the question of where the course will be held, this will depend upon the number of people attending.

If you want to read more about this course, look up:

<https://www.christianityexplored.org/courses/christianity-explored/>

If you want to hear the story of one participant on the course, then look at this video:

<https://www.christianityexplored.org/what-is-christianity/real-life-stories/jills-story/>

This is not a course to be frightened of. If you have any interest in exploring what Christianity is all about, come and join us. There is no cost and there is no obligation to stay for the whole course. If you are at all interested, then please contact me, Patrick Taylor at: patrick@pitthousefarm.com

Church Services & Rota – July 2024



Services in our churches this month will be as follows:

Date	07-July	14-July	21-July	28-July
Time	9:30 AM	9:30 AM	9:30 AM	9:30 AM
Service type	Holy Communion	Morning Worship	Morning Worship	Holy Communion
Where	St Peter's, Headley	St Peter's, Headley	St Paul's, Ashford Hill	St Paul's, Ashford Hill
Chalice	Penny Stewart	N/A	N/A	Patrick Taylor
Sidesperson	Petronelle Eastwick-Field	Penny Stewart	Heather Taylor	Lorraine Cusworth
Reader	Petronelle Eastwick-Field	Ann Hoddinott	Patrick Taylor	Heather Taylor
Intercessor	N/A	N/A	N/A	Patrick Taylor
Altar Colour	Green	Green	Green	Green
Service Leader	Neil Britton	Rodolph de Salis	Patrick Taylor	Neil Britton
Readings	Ephesians 1: 3-8	Ephesians 1: 17-21	Ephesians 2: 1-10	Ephesians 2: 11-22

This month, services will be held at St Mary's, Kingsclere as follows:

Date	Time	Type of service
07-July	9:00am	Traditional Service
	10:30am	Contemporary Service
14-July	9:00am	Traditional Service
	10:30am	Contemporary Service
21-July	9:00am	Traditional Service
	10:30am	Contemporary Service
28-July	9:00am	Traditional Service
	10:30am	Contemporary Service
Every Thursday at 10:30am, there is a service, either Holy Communion or Morning Worship, held in St Mary's, Kingsclere		

Other Church Activities

Please continue to look out for notices via the Church email list run by Emma Rivers. If you are not signed up to our mailing list, contact **07422 687125** or **email: administrator@stpaulsashfordhill.co.uk**. Our online calendar is also updated regularly so please look there for the most up to date information.

Church Services & Rota – August 2024



Services in our churches this month will be as follows:

Date	04-Aug	11-Aug	18-Aug	25-Aug
Time	9:30 AM	9:30 AM	9:30 AM	9:30 AM
Service type	Holy Communion	Morning Worship	Morning Worship with Baptism	Holy Communion
Where	St Peter's, Headley	St Peter's, Headley	St Paul's, Ashford Hill	St Paul's, Ashford Hill
Chalice	Penny Stewart	N/A	N/A	Patrick Taylor
Sidesperson	Paddy Dring	Ann Hoddinott	Heather Taylor	Lorraine Cusworth
Reader	Paddy Dring	Penny Stewart	Heather Taylor	Heather Taylor
Intercessor	N/A	N/A	N/A	Patrick Taylor
Altar Colour	Green	Green	Green	Green
Service Leader	Neil Britton	John Price	Registry	Neil Britton
Readings	Ephesians 3: 14-21	Ephesians 4: 7-15	Ephesians 4: 17-24	Ephesians 5: 8-20

This month, services will be held at St Mary's, Kingsclere as follows:

Date	Time	Type of service
04-Aug	9:00am	Traditional Service
	10:30am	Contemporary Service
11-Aug	9:00am	Traditional Service
	10:30am	Contemporary Service
18-Aug	9:00am	Traditional Service
	10:00am	Contemporary Service
25-Aug	9:00am	Traditional Service
	10:30am	Contemporary Service
Every Thursday at 10:30am, there is a service, either Holy Communion or Morning Worship, held in St Mary's, Kingsclere		

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Please continue to look out for notices via the Church email list run by Emma Rivers. If you are not signed up to our mailing list, contact **07422 687125** or **email: administrator@stpaulsashfordhill.co.uk**. Our online calendar is also updated regularly so please look there for the most up to date information.

Defibrillator installed at Ashford Hill Village Hall

A new Defibrillator unit was installed at Ashford Hill Village Hall on Thursday 18th April. With the existing unit at Ashford Hill Primary School inaccessible outside of school hours due to the locked gates, the Parish Council purchased an additional unit to be accessible at any time. It is installed on the North West corner of Ashford Hill Village Hall right next to the B3051.

Should anyone encounter a casualty who is unresponsive and not breathing you should immediately dial 999 to request an ambulance or get someone else to do this for you. The sooner CPR (Cardio Pulmonary Resuscitation) is started the better the casualty's chance of survival. The 999 call handler will ask your location and if the Defibrillator is needed you should send someone to fetch it, staying with the casualty to carry out CPR as guided by the 999 call handler. The 999 call handler will give you the lock code for the cabinet containing the Defibrillator for the person sent to fetch it.



The Defibrillator unit itself is portable (battery powered) and fully automatic, and once the case is opened it gives audible voice instructions from an internal speaker for how to operate it.

The Parish Council would like to thank the Ashford Hill Village Hall Committee for allowing us to site the new unit on their building. This is a potentially very valuable additional resource for our Village, although of course we hope it is never needed.

If anyone phones 999 from the Village Hall, its What3words location is ///factor.feasted.noisy

What's on in JULY / AUGUST & beyond

If you are arranging any event which you would like mentioned in this magazine, please do let me know. Send details to patrick@ourparishmag.com Please take note of the following:

The Community Café – Headley Community Shop – is open every Tuesday from 2:30 - 4:30 pm.

The Village Lunch – The village lunch take place on Friday 12th July – 12.15 -1.45 pm, in the Community Room at Headley Village Shop. Homemade soup and a filled roll £5.00. All are welcome.

There will be no such lunch in August.

Ashford Hill Garden Club – The July meeting on Wednesday 10th July is a members only summer garden party. **There will be no meeting in August.**

There will be a meeting on Wednesday 11th September at Ashford Hill Village Hall, starting at 7:45pm. Doors will open at 7:30pm. Visitors will be welcome with an entry charge of £5.

Parish Council meeting – There are **no** meetings of the Parish Council during the months of July or August.

What's on at Shipinnarts – The Ship Inn Country Hotel, Ashford Hill RG19 8BD

July 5th Friday – Open Mic – free event – come along and join in, or pop by for a drink at the bar.

July 9th Tuesday Crafts – 11am - 2pm please bring own packed lunch. Tea and coffee available. £5 cash on door.



July 20th Saturday – FAMILY EVENT – Summer Panto! **Snow White and the Seven Dwarfs!** – tickets Child £8 (incl. craft activity) and Adult £5. Two performances 11am and 3pm. Please bring own packed lunch/tea depending on which performance you want to come to. This is a ticketed event only. Eventbrite: <https://www.eventbrite.co.uk/o/shipinnarts-44285623453> for the links for adult and child tickets.

August 18th Sunday – “Life is a Cabaret!” with Belle Canto trio – 3 - 5pm – a delicious cream tea will be served. This year they will perform an exciting selection of solos, duets and trios, from the Musical and Cabaret repertoire, ranging from the sultry to the scintillating! This is a ticketed only event. Tickets are £15 each – on above link from Eventbrite – scroll down to find this event.

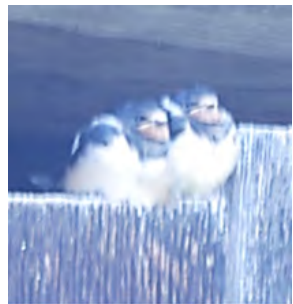
Kingsclere Library – Open Day – Thursday 4th July – 9:30am - 7:00pm

See the Kingsclere Page for more details – page 25.

SUMMERTIME OBSERVATIONS

We have 2 bird cafés outside our kitchen window, and it is a delightful way to spend a few minutes standing and watching the variety of birds who come for their daily rations. We see up to a dozen goldfinches at a time, sitting and chomping for several minutes. They are very choosy which seeds to take, dropping many, as do the siskins who delicately perch on the café too. We have several tit families: great tits and blue tits who dart up to the perches on the feeders, pick up a seed and dash off again to sit on a nearby branch of a shrub or tree and steadily pick at it between their claws, then return for another. We have this year already watched young tits sitting nearby fluttering their wings, waiting for a parent to bring their breakfast. Last year one sat for ages on the door mirror of my car! Occasionally we are privileged with the arrival of long-tailed tits – but they never stay long. ‘Our’ friendly robins also come for their share, sitting on the top of the café watching us through the window before quickly grabbing a seed and taking it away in their beaks. Meanwhile fat pigeons enjoy the spoils on the ground, or flap around the café trying to perch and grab some grub too. The blackbirds also peck about picking up the dropped seeds. Nuthatch couples and a great spotted woodpecker regularly visit, even a linnet appeared one day, which was quite a treat to see; and this year more greenfinches than previously have flown in for a snack. And then one of the pack of squirrels appears and causes havoc swinging on the café thieving his share, scaring everyone else off, only to be vehemently shooed away with a hooter...!

For me, to wake up to a blackbird singing in Spring and early Summer is one of nature’s joys. Their melodious song can encompass a range of sounds and tones, and being clever mimics, we have heard them copy car alarms and telephone ring tones, wolf whistles and even imitate part of the nightingale’s melody! It is the males who sing. Listen, and you will hear that each has his own individual song, and marvel at their inventive repertoires.



Swallows on our old barn door

Where we stay in France birdsong is a constant accompaniment to the tranquillity of this quiet backwater, yet with other birds giving their all, the blackbirds’ harmonies can outshine other birds, including golden orioles and nightingales, and their melodies are also enchanting. And watching swallows dipping and swooping, dancing and chattering to each other across the skies... There are several families of house sparrows living in our hedges and they meet morning and evenings, and their chattering is almost continuous. It’s all rather magical!



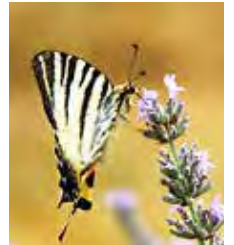
A nest of black redstarts in a French neighbour’s electricity box!
+ 2 photos from our garden

As the years seem to pass more quickly these days, I want to say ‘slow down - let’s look around us’ and appreciate what is there for us all to see and hear nature’s miracles of growth, colour, scent and beauty. Simple pleasures: watching sunsets and sunrises; the clouds chasing each other or drifting across the skies; a stream or river with sparkles of water dancing over the stones. We scurry hither and thither, yet taking a few moments to watch a bee busy flitting between flowers; ants, butterflies and other insects is calming and healing indeed.



River Seillant, Indre France

Watching TV nature programmes we can intrude into the lives of wildlife, both flora and fauna, to the nth degree, and we are privileged to see them in their totally separate lifestyles, yet all totally self-possessed with their ways and beings. To quote from Mary Webb’s book ‘The Spring of Joy’: “The power of this life if men will open their hearts to it (nature) will heal them, will create them anew, physically and spiritually... But those who would be healed must absorb it not only into their bodies in daily food and warmth but into their minds because its spiritual power is more intense”.



Swallowtail butterflies regularly settle on our lavender in France

Having replaced the bamboo clad garden we inherited in 2018, we are now enjoying watching it mature with the introduction of a variety of colourful plants throughout the year, which have blended quite harmoniously! This year the rhododendrons impressed us, as we hoped they would, and now the roses are taking centre stage!

Amanda Russell Robbins



A recent trip to National Trust, Stourhead



Ambling Around – Walking The Wayfarers Way in 3 days

The Wayfarers Way is a 70-mile path, north – south through Hampshire, and I decided to walk it with my son Darren in mid-May this year. We elected for the “3-day option”(!), so that worked out at roughly 25 miles per day.

The walk takes you into the heart of Hampshire providing a fine selection of the coastline, woodlands, gentle rolling hills and rich valley farmlands.

The start @ Combe Gibbet



The start is at Combe Gibbet, on the hill above Inkpen, and this is where you realise that chalk is going to be the main surface for the first 2 days. On the first day we were able to see for miles from the hills across parts of West Berkshire and Hampshire. The path is well marked in this northern section and we kept a steady 3 miles per hour all day, passing close to Highclere Castle and under the A34 close to where Mr De Havilland undertook the 1st ever powered flight in

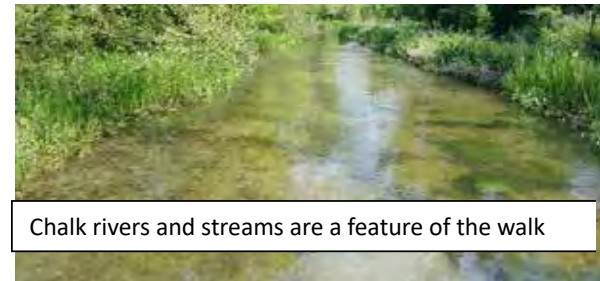
the UK (On 25th September 1910, de Havilland achieved his dream as the Biplane took to the air at Seven Barrows, on the Highclere Estate of his good friend Lord Carnarvon. This first controlled flight signalled the start of what would become one of the most successful and illustrious aviation careers in the world.) In the afternoon we continued over White Hill above Kingsclere, close to Hannington, through the lovely villages of North Oakley and Deane, to a footbridge over the M3, and into Dummer where we finished day 1, 25 miles done, phew.



It had been a hot day, and tough on the feet, I think I had 7 blisters at the close of the day. For the entire 3 days Darren and I were massively helped by my son Stephen who was our support and kept our spirits high with a car full of lunches, snacks, water, energy drinks and even garden chairs and a table at every stop. Was also a special time to chat with Darren about all manner of things, father and son together for 3 days.

Day 2 saw us depart Dummer at around 8.30am in beautiful weather once more. We were very grateful for the dry conditions, had it been raining & muddy this challenge would have been a lot

tougher. We realised that Hampshire is a massive agricultural county, it seemed we were always in earshot of tractors and farm machinery as we crossed beautiful fields of rape seed, corn, wheat, grass etc. The villages of Brown Candover (with an amazing cricket ground), Totford, Abbotstone and others were just a delight to walk through. We forced ourselves to walk past many wonderful looking pubs because we knew that stopping for ale would not assist us in finishing in daylight!



Chalk rivers and streams are a feature of the walk

Another feature of Hampshire are the chalk streams and rivers, which looked stunning in the spring sunshine. One such river is the River Arle, at (not surprisingly!) Old Alresford. This town was by far the largest place we walked though in the first 2 days, a bustling place with many families strolling along the river and through the ancient town. It was also here where we walked alongside and over The Watercress Steam Railway line. Later in the afternoon we came to Hinton Ampner, a National Trust house and gardens, and then a long stretch of farmlands



Hambledon vineyard

and vineyards to Betty Mundy's Bottom (!), and a large woodland full of wild garlic which smelt amazing.

By now we were definitely getting tired, and it was a great relief when after 9 hours and 25 miles walking, we arrived near to Exton, where our B & B awaited with a hot shower, comfy chairs and a pub next door, The Shoe Inn – cheers!

In the morning Stephen cooked up a fantastic full English with all the amazing food provided by the B & B owner, and off we went again, just 20 miles to go (but it turned out to be 25 miles!). The day was once again warm and sunny, in fact for the whole walk we both wore short sleeved shirts, sun hats and shorts, no need for coats or gloves – such a blessing.

Mid-morning saw us arrive at a very large tree that had fallen and blocked the path, so that we had no alternative but to clamber over in quite a precarious manner. It was Sunday morning and the church bells of Hambledon Church could be heard from a few miles away. As we left the village we crossed rape seed fields to the cricket ground, where I began to realise, we had gone entirely the wrong way – my shadow should have been behind me because we were supposed to be going south towards the sea! However my shadow was in front of me – oh dear. On double checking the map, it was clear we had gone about 3 miles in the wrong direction. Phone call to Stephen, and he came in the car to rescue and drive us back to Hambledon church, where we started again, this time going south! By early afternoon

Ambling Around – continued

we were beginning to walk through more urban towns and on tarmac roads, as the Wayfarers Way signs became less obvious. The sun was now making walking along the B2177 above Ports Down very hot and tough on the feet, but the pain was eased by us finally seeing the sea! We walked through business parks and housing estates to Brockhampton where Stephen had snacks ready on the sea wall, it was a beautiful site looking out over Portsmouth, Hayling Island and Langstone Harbour.



Emsworth harbour a beautiful evening finish

After a brief stop, we set out along the sea wall towards Langstone and Emsworth and what we thought was the last 3 miles. After about 500 metres we could go no further, the sea wall was no more, washed away. It became clear that the only way to avoid a 3-mile detour back to the B2177, was to walk across the tidal mudflats, over some reed beds and fence, into an Southern Electric staff car park and round their security barrier. So with our getting lost, and this re-routing, we had added 5 miles to our final day making it 25 miles.

The final 3 miles was around Langstone Harbour, into Warblington and finally along the sea wall into Emsworth. The scene was idyllic with calm water filling the harbour as we walked the final steps

past boats and day trippers to the finish, where Stephen was waiting to greet us with fish & chips and prosecco popping.

This was a really special 3-day 75 mile walk, spending time with Darren and Stephen on an adventure that I will never forget. Thank you, Wayfarers Way, you surpassed all expectations, you didn't make it easy, but you sure made it a challenge to be enjoyed.

Feel free to contact me if you want to know more, or advice on the walk etc.

I decided to walk and support Chapter2, a charity that mentors' teenage boys in Reading who might otherwise get into wrong behaviours. If you would like to support them too, here is my JustGiving page : <https://www.justgiving.com/page/geoff-allwright-wayfarers-challenge>

Thank you, Geoff Allwright.
geoffallwright@btinternet.com



The finish, 27 hours and 75 miles of walking. Emsworth

Photo competition

Another winner decided – congratulations to Kieron Mitchell

Charlotte Jury and her partner, Matt, who are kindly running the photo competition, report as follows: "We had some lovely entries this month making it tricky to choose, but the winning photo is this stunning picture from Kieron Mitchell and Steph who submitted this magical shot above their home in Goose Hill. For those who were lucky enough to be awake for the event, the whole of the country experienced a spectacular Northern Lights display in May. The most extreme geomagnetic storm in two decades made the Aurora Borealis visible much further south than usual. The energised particles released by the storm interact with gases in our atmosphere, resulting in beautiful displays of light in the sky. The photograph was taken in our garden on an iPhone 14."



Entries for the September issue's competition need to be sent to Charlotte at parishpics@outlook.com by Wednesday 7th August.



A recipe for July / August

A little more baking this time. Truly a delicious treat. Shop bought pastry is a great alternative if you don't have the time to make your own. I hope you enjoy!

Gooseberry and white chocolate frangipane tart

Ingredients:

For the pastry

- 160g plain flour, plus extra to dust
- ¼ tsp table salt
- 80g unsalted butter, chilled and chopped, extra to grease
- 1 medium free-range egg
- Splash ice cold water (optional)

For the filling

- 125g unsalted butter, softened
- 125g soft light brown sugar
- 1 medium free-range egg
- 125g ground almonds
- ½ tsp vanilla extract
- 200g gooseberries
- 30g runny honey
- 20g white chocolate

Specialist kit - 23cm fluted tart tin with a removable base

Method

1. To make the pastry, put the flour, salt and butter in a food processor and pulse until you have a sandy texture. Add the egg and pulse again until it comes together as a dough, adding a splash of cold water if needed. Tip out onto a clean surface and bring together into a ball (but don't overwork). Flatten the ball into a disc, then put in a covered bowl or wrap and rest in the fridge for an hour.
2. Grease and flour the tart tin and roll out the pastry until 3-4mm thick. Transfer to the tart case, leaving a few centimetres overhanging all the way around, then prick the base with a fork and put back in the fridge to rest for 30 minutes.
3. Heat the oven to 160°C fan/gas 4 and line the pastry tart with a sheet of foil, moulding it to the shape of the tin. Fill with baking beans or raw rice and bake for 15 minutes, then remove the beans/rice and foil and bake for a further 5 minutes. Once cooled slightly, use a small serrated knife to carefully cut off the pastry overhang.
4. While the pastry blind bakes, make the filling. Beat the butter and sugar together until light and creamy, then whisk in the egg, followed by the ground almonds and vanilla extract. Put the gooseberries in a small pan with the honey and simmer for a few minutes until the honey has reduced a little and coats the gooseberries, then leave to cool completely.
5. Pour the frangipane filling into the tart case. Strain the gooseberries through a sieve and sprinkle them evenly over the mixture. The strained honey can be saved to brush over the finished tart for a glossy shine. Roughly chop the white chocolate and sprinkle it over too—save the smaller pieces and shavings to garnish the tart at the end. Bake for 35-40 minutes, then brush with the honey glaze, decorating with any remaining chocolate and leave to cool for 10 minutes before slicing.



Headley Shop newsletter July / August

Anyone out there with marketing expertise?

The Plunkett Foundation, which supports independent community owned businesses, recently carried out a review of the Shop and made a number of recommendations, some of which have already been implemented.

One area where we need specific help is the effective marketing of the Shop. We have tried a number of initiatives over the years including specific and directed leafleting to particular parts of the community with limited results. If there is anyone who would be prepared to give us advice on how to market the Shop then we would very much welcome a discussion to bring forward ideas. We are not expecting anyone to implement the advice, just provide the ideas, although any help will always be well received.

The Shop has now been run by the Community for 16 years. Being a shareholder in the Shop (cost £10) is open to anyone who wishes to support it and shareholder funds are used for acquiring/replacing equipment and as an emergency cash reserve. Being a shareholder entitles you to attend the annual AGM, on 18 July this year, when we report on finances and other significant events relating to its operation. We are always looking to expand the management team (another recommendation of Plunkett) so if you would like to assist by becoming a shareholder or as a volunteer or committee member, please contact **Carol-anne Rhatigan through the Shop on 01635 268849**.

We are still looking for a driver to undertake newspaper deliveries on our extensive newspaper round from the end of July on Mondays to Fridays. We are also still seeking to recruit a part time assistant for the Post Office. Both are essential roles for the continued operation of the Shop and Post Office. If you would be interested in either of these roles, or know anyone who might, please contact Carol-anne who will provide more details on the opportunities and remuneration, holidays etc.

Hill Farm Juice in the Meon valley have been supplying us with a popular range of apple and other juices for a number of

years. Unfortunately, they have ceased production and our last consignment is already available in the Shop. If you know of a replacement local supplier for comparable products, please put us in touch through Kerena or Sandra, our supervisors.

On products, a reminder about a few items that we sell, handy for the barbecue and general Summer merrymaking :-

- Frozen Tempura prawns, salted/peppered squid and cod goujons
- Fresh and frozen sausages and burgers, beef and vegetarian in addition to other frozen meats
- Wines and a selection of locally produced beers and recently introduced premium medium dry cider from Hydes Cyder Co.

In aid of the solar PV project, we will be holding a Bingo evening on 12 July in Headley Village Hall. You can pre-book your place with tables of 8 and tickets are available at the Shop at £12.50 per person to include a ploughmans. Wine and beer will also be available for purchase. By the time of this event, the solar panel installation should be completed and generating power. This will go some way towards reducing our significant electricity costs.

The Management Committee

Opening Hours – Shop:

Monday: 6:00am – 5:30pm
Tuesday: 6:00am – 5:30pm
Wednesday: 6:00am – 5:30pm
Thursday: 6:00am – 5:30pm
Friday: 6:00am – 5:30pm
Saturday: 6:30am – 12:30pm
Sunday: 7:30am – 10:00am

Opening Hours – Post Office:

Monday, Tuesday, Thursday & Fridays:
9:00am – 1:00pm; 2:00 – 5:00pm
Wednesday: 9:00am – 1:00pm
Saturday & Sunday: Closed

Contact details:

Tel: 01635 268849
Email: headleyshop@hotmail.co.uk

Jobs in the Garden for July / August



Hello everyone. I can hardly believe I am writing an article including August on 12th June!

Despite the seasonally cool weather, some of the recently planted vegetable plants are showing signs of needing water. I am reluctant to get out the hose and have used the watering can, but this is very time consuming.

There are lots of blackfly around and I have been spraying with a washing up liquid mixture which seems to have done the trick.

We have had a disastrous spring with seed failing for sweetcorn, carrots and parsnips, but replacement seed seems to have overcome the problem. Unfortunately, these crops may arrive a little later than planned. Motto – always use really fresh seed for parsnips, carrots and sweetcorn.

Most of our fuchsia collection has also been wiped out by an attack of 'Fuchsia Gall Mite'. These are microscopic sap-sucking bugs which attack all parts of the fuchsia leaves, flowers and the leaf nodes. At the leaf nodes a cankerous lump appears. The flowers and leaves distort and crinkle. According to the RHS, the only solution is to cut out and burn the affected areas. However, this results in misshapen plants and the possibility of re-infection.

Here are a few jobs for the next two months to keep you all busy.

Lawns

- Mow weekly at your preferred height, but if the weather continues to warm up and water is short, raise the cutting height to provide some root shade. I raised mine a week ago.
- If the grass is beginning to brown and there is a prospect of rain apply some lawn food to encourage new growth.

Shrubs, Roses and Climbers

- Most of the summer flowering shrubs will have finished flowering by the end of July. These can now be cut back to reduce height and encourage lower growth and bushiness. On established shrubs remove a third of the old thick stems down to ground level and reduce the height of last year's growth by about a third to a half. Remove all weak stems and cross-overs.
- Roses will largely be finishing the first flush of flowers and could do with a good feed of fish/blood/bone at 2ozs per sq.m. This will help the plants with the strain of flowering.
- Most of the summer flowering clematis will now be past their best (group 2 varieties) and the group 3 will be coming into flower ending in September. After flowering has finished feed with f/b/b at 2oz per sq.m.
- Wisterias will need cutting back to 6ins stems towards the end of July/early August, trimming out any excess growth which is not required for next year. The final trimming back to 2ins needs to be done in early spring.

- Take soft wood cuttings of your favourite shrubs and climbers.

Flower borders

- As the herbaceous border becomes past its best, remove the overgrown stems and deadheads.
- Divide up iris and replant for next year.
- Give the plants a feed of fish/blood and bone or tomato feed.
- Collect any seed you may like from your favourites.
- Take fuchsia and pelargonium cuttings for next year.
- Deadhead the annual plants to encourage further flowers.
- Water well if the weather is continuously dry.

Tubs and Containers

- Feed every two weeks with tomato feed. Deadhead and water regularly.

Vegetable Garden

- Sow late carrots, spring greens, winter lettuce for the greenhouse etc.
- Water as necessary.
- Crop your summer vegetables, potatoes, carrots, summer cabbage, all beans etc.
- Keep the hoe working to control the weeds.

In the Greenhouse

- Tomatoes and cucumbers should now be ready to pick.
- Water at least daily depending upon the weather.
- Shade the plants from sun scorch.
- Damp down paths daily.
- Take cuttings of your favourite plants. Use a mixture 50:50 of sharp sand with general purpose compost. The sand helps to avoid stem rot of the cuttings.
- Don't forget to feed the tomatoes and cucumbers weekly.
- A word on peat free composts – these are extremely variable and often reluctant to hold water. The advice from a local garden centre is, 'water often and lightly'. My advice would be try them all and if necessary mix them together to achieve your preference. Despite what the pundits tell us, in my experience, these composts do not as yet perform as well as the old peat based composts. However, let's keep trying. I have tried three types to date this year with mixed results, hence the mixing.

Many thanks to Peter and Dorothy who have volunteered to hold the club summer party at their home this year. All club members and their partners are invited along for the evening. Enjoy your gardens for the rest of the summer.

M.E

**ASHFORD HILL with HEADLEY
PARISH COUNCIL MINUTES OF
THE MEETING HELD ON MONDAY
13th MAY 2024**

Present

Councillors Mr S Hoskins (Chair), Mrs K Saunders (Vice Chair), Mr P Clark, Mr S Dunn, Mrs K Parker, Mr J Sunley and the Clerk, Mr S Marshall.

Cllr Mellor was also present together with members of the public.

1. Apologies

Apologies had been received from Cllr Woodford, Cllr Bound, Cllr Morrow and Cllr Conquest.

2. Declaration of interest

There were no declarations of interest.

3. Minutes of previous meeting for approval

The minutes of the meeting held on Monday 8th April 2024 were approved and signed by the Chair.

4. Matters arising & Outstanding Action Points

• **Potential allotments site in Ashford Hill.**

May Update: Cllr Clark is still progressing the matter.

• **Use of new APNR equipment**

May Update: The Clerk had placed the order for the ANPR equipment with an early/mid-May delivery.

• **Insurance cover for ROW Wardens**

May Update: The Clerk confirmed that the volunteer Wardens were covered by the Parish Council's insurance policy for both public liabilities cover as well as personal injury cover. In conjunction with the adopted 'Volunteers policy', the Clerk would be devising a series of individual risk assessments covering the normal types of tasks undertaken by the RoW volunteers which would be used in conjunction with written procedures through the 'Co-ordinator'

of the scheme for which Cllr Parker had previously volunteered to undertake with the Clerk.

• **Cllr Dunn agreed to obtain quotes regarding the cost of securing the entrance to the new Headley Pavilion path to prevent damage to the path by vehicles.**

May Update: The best options for this work were still under discussion.

• **The Clerk had requested the grounds contractor to clear tree branches and detritus that had been left after tree cutting on the junction of the A339 and the C111.**

May Update: Work was scheduled to be undertaken on Friday 17 May 2024

5. Presentation by Basingstoke Rural Neighbourhood Policing Team

An informative presentation was made by PS Martyn Evans and PC Simon Denton regarding aspects of rural crime together with the need to report suspicious individuals and vehicles in order to collate information which may prove to be useful in solving future crimes. The Officers provided contact details of how best to contact the police authority together with information regarding 'Hampshire Alert'; the details of which would be available via the Parish Council's website and a future edition of the Parish Magazine.

6. Highways

Via a question from Cllr Sunley, Cllr Mellor explained that asphaltting had taken place on stretches of the B5031 through Ashford Hill in order to extend the lifespan of the road surface in those specific areas of the highway.

7. Planning Applications

24/00707/FUL – Land at rear of Robins Grove, Newbury Road, Headley
- Erection of one dwelling house and associated access – Objection

24/00519/HSE – Hill View, Chapel Lane, Ashford Hill - Partial replacement of boundary wall and associated enlargement of existing vehicular access to former chapel - Objection

- Completion of demolition & replacement of chapel by a 2-storey garage/studio

23/02548/FUL – La Capanna (The Pineapple), Little Knowl Hill, Brimpton Common – Change of use to car sales with retention of living accommodation on first floor – Objection reiterated

8. Reports

County Councillor

Cllr Mellor reported on the ongoing deliberations by the County Council on future budget savings following the public consultation period to which the Parish Council had contributed its comments. Cllr Mellor explained that a large percentage of the County Council's budget was taken up by the costs of statutory obligations that it had to undertake which included social care.

Chair of the Parish Council's report

The Chair reported on the questionnaires that had been sent to specific residents regarding the preferred location of the proposed multi use games area on Headley recreation ground. The Council's preferred location would be the central position that had been proposed and this location would be confirmed in the planning application. The Chair reported that a dialogue had been opened with a local Parish Council who had installed a similar facility.

The Chair asked the Clerk to contact the Universal Services Directorate of the County Council to enquire as to whether they can resolve the flooding onto the A339 from Thornford Road in Headley.*

The Chair confirmed that there would not be a village picnic in Headley this year.

Parish Councillors' reports

Cllr Sunley would provide an article about the recently installed defibrillator at the Ashford Hill Village Hall for the website and the Parish Magazine.

Clerk to the Council

The Clerk had previously briefed Councillors on the receipt of Community Infrastructure Levy funding that had been received in 2023/24 and so far within the current financial year.

9. Recess

Mr Ken Rhatigan expressed his concern about the threats to Headley if 42 homes in Galley Lane were to be proposed as a housing development, which would extend the 'Settlement boundary' of the village. Mr Rhatigan further explained that as had been seen from the recent and successful planning appeals in Ashford Hill, it is only possible to resist large scale development if you can point to an acceptance that a village has taken a proportionate level of development. This is why Mr Rhatigan was requesting that the Parish Council review their objection to the 14 homes for the site adjacent to the Old Sawmill in Headley. The application site would deliver 6 social rented homes, the best and most affordable form of social housing. It would also mean that delivery will be more than BDBC's wish for 40% of 'Social Homes'.

They will meet the Neighbourhood Plan ideal of a 'Mix of homes' that meet Parish needs. It would also deliver excellent quality homes which can be witnessed by the homes already built in the new Meadow Way on the Old Sawmill site. Mr Rhatigan emphasised the need to resist builders and developers building less than 10 homes to avoid their 'Social Homes Responsibilities' such as the application for The Cedars.

Mr Alan Baikie added to the discussion by pointing out that the improved bus

service through Headley would be another reason for the Parish Council to change its objection to support the Old Sawmill development which will make the development much more sustainable as the service now provides a late and Sunday service.

10. Financial statement

The Lloyds TSB current account of the Parish Council stood at £3863.22

The Lloyds TSB deposit account of the Parish Council stood at £49,462.27

11. Accounts for approval & payment

Gallagher Insurance – Annual insurance premium – £1610.49

Bramley Business Services Ltd – Annual internal audit – £390.00

Ashford Hill Cricket Club – Grant towards cost of roll-on pitch covers – £200.00

BDBC – Playground inspections 2024/25 – £1060.90

Scofell – Grounds maintenance – £1399.84 & £150.00

Mr J Woodford – Postage for return of goal post caps – £9.79

Mr S Hoskins – First Aid training for RoW Wardens – £216.00

Mr G Allwright – Planning application fee for MUGA – £359.00

Mr P Williams – Electrical installation of defib. at Village Hall – £365.39

Grave Concerns – Ashford Hill war memorial - clean & repair – £450.00

The Chair declared the meeting closed at 8.54pm.

Obituary

Anne, Annie Foster was brought up in Newbury, where she worked, mainly at Newbury College.

She and her husband Pete had a house built in our parish when they were still newlywed, in the 1960s. Pete promised that they would move to Newbury if she did not like living in the countryside, but she did!

She loved looking at wildlife, welcomed a guinea fowl that made a home in one of their trees, and a stray cat that chose her back porch.

She was a lovely neighbour, always ready to listen and never revealing any secrets to anyone else. She, with Peter as long as he was alive, was a constant supporter of our community shop, whether enjoying the monthly soup and catch up, or buying a daily paper every morning.

We have lost a most kind person, and we miss her so much already. Annie died on April 6th after a long illness. **Lalou**



MOVE BETTER, LIVE BETTER

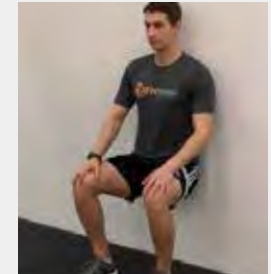
KEEP YOUR LEGS YOUNG: BUILD STRENGTH & BALANCE

As we age, maintaining leg strength and mobility becomes crucial for overall health and independence. Strong legs support daily activities, enhance balance, and reduce the risk of falls, a significant concern as we grow older. Here are 3 essential leg exercises to help keep you living life to the fullest:

1. WALL SIT

Wall Sits will help build strength through the tops of your legs, helping to make daily activities easier. Find a flat surface that you can lean against and drop yourself down so that you are sat at 90 degree angle at your hips (imagine sitting on an invisible chair). Keep your whole back against the wall and hold.

Aim for 30s – 1 minute to build strong legs!



2. STEP UPS

Step Ups are a great exercise to help build strength, stability and balance in your legs, as an added bonus they are also great for your heart and improving your fitness.

Simply find a step or box, the bottom step of your stairs works a treat, and step up and down off it.

Try to complete as many step ups as you can in 30s – 1 min.

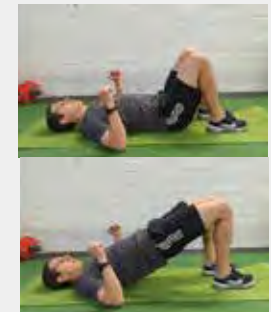


3. BRIDGES

Bridges are a must to improve your strength around your Glutes (Bum Muscles), Hamstrings and Hips, all important muscles to help you complete day to day activities with ease.

Simply lie on your back with your heels in towards your bum. Push through your feet to lift your hips off the ground squeezing your glutes at the top.

For super strong Glutes complete as many good quality reps in 30s – 1 min.



Ashford Hill Educational Trust

The Trust was set up to assist residents of Ashford Hill or Headley, irrespective of age or means, to help with educational activities and recreational training.

The deadline for applications is two weeks ahead of each meeting. All applications must be accompanied by receipts.

2024 Meeting Dates

17th July, 16th October

Contact Julie.bassett1@btinternet.com
07500 927707

Kingsclere Charities - Welfare Charity

The Charity helps anyone resident in the Parish of Kingsclere and Ashford Hill with Headley regardless of age or means. Grants have been given towards mobility aids, medical equipment, such as nebulisers and aids to make life easier for the sick and less mobile; and travel costs to and from hospital.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website: www.kingsclerecharities.org

The Kingsclere Page

Kingsclere Rugby Club



- **Women's Walking Rugby** – The club has held walking rugby games for women from 18 up to 70 + every week (weather permitting) since the inaugural game on Thursday 3rd April. The number of participants is gradually increasing and there are now 12 women who regularly turn up. The sessions are held on Thursday evenings at The Fieldgate Centre between 7.00 - 8.00 pm. Walking Rugby is a very easy game to learn, no experience of rugby is needed & can be played with just 4 a side. It's a great way to exercise, walking as fast or as slow as your body allows with low impact on all your joints, you don't need to be fit to play. The main aim is to enjoy yourself, make some new friends & get a little bit of exercise at the same time.

For more information, please contact Joanna Reed – Moreton Secretary-Kingsclererc@outlook.com or Geoff Curtis Youth-coach-Kingsclererc@outlook.com

- **Men's Walking Rugby** – Thatcham RFC was hosted at the Fieldgate Centre on 3rd June and there were enough players to field 3 teams to play matches. Please feel free to come and join us on Wednesday evenings between 7 - 8 pm.
- **Annual Awards Dinner** – This was held at Sandford Springs on Saturday 11th May. Those who received awards were Jacob Aldridge, Jon Cotter, Oscar Harris, Stefan Morsley and Max Weston.
- **Summer Touch** – The Club will continue to run this on Wednesday evenings at the Fieldgate Centre between 7.00 - 8.30 pm. This is open for everyone from 14 years old and upwards. Touch rugby just like walking rugby is an easy game to learn, no experience of rugby is needed and is a great way to exercise and get fit. Come along and enjoy yourself.

Kingsclere Charities –

The Robert Higham Apprenticing Charity

This Charity promotes the education and training of young people aged 16 - 25 resident in Kingsclere, Ashford Hill or Headley.

Grants are awarded to assist with the cost of: Equipment, books and specialist clothing required for learning or training in a stated subject, and expenses incurred in travelling to and from home to place of learning.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website www.kingsclerecharities.org

Kingsclere Charities Meetings:

2024 Meeting Dates

19th Sept, 21st Nov

Village hall contacts & hire rates

Ashford Hill	
Mrs J Maylen	01189 813653
Main Hall	£9 per hr
Committee Room	£6.50 per hr
Children's parties	£65.00
Evening Party	£80.00
Afternoon/evening	£110.00
All day	£135.00

Headley	
Mrs K Saunders	01635 269408
www.headleyvillagehall.com	
headleyvillagehall@gmail.com	
Hourly rate	£10.00
Children's pm party	£55.00
Evening letting	£65.00
Afternoon & evening	£100.00
All day	£120.00

Headley Pavilion hire	
Steve Dunn	07802 911112
Hourly rate	£8.50
Children's party rate	£50.00

Kingsclere Community Library



Open Day!

On the last general election day in December 2019, the library held an open day. We served bacon rolls and pastries in the morning and cake in the afternoon, accompanied by a cup of tea or coffee or a glass of squash – and invited all comers to visit us! It was a huge success, we had a large number of visitors who popped in and had a bite to eat or drink, or just a look round and a chat. We signed up a lot of new borrowers and thoroughly enjoyed talking to some lovely people.

We are therefore going to do it all again for this general election on July 4th! We will be open from 9.30 am until 7.00 pm so pop in and see us – all food and drink is free, as is signing up as a borrower – we look forward to seeing you there!

Summer Reading Fun

We are running our annual reading challenge again this year and this will start on Saturday 13th July. It is for children of all ages, so come and sign up, read six books and receive a medal, certificate and a chocolate treat.

HOURS Tuesday and Thursday: 1.00pm – 5.30pm; Saturday: 10.00am - 1.00pm

Nicki Lee, Library Phone: 01635 297464 Email: kingsclerelibrary@gmail.com

Local representatives

Parish Council

Contact the Councillors via their email address which are all structured in the same way, viz: cllr.firstname.secondname@ashfordhillheadleypc.org – e.g. see the Chairman's email address

Chairman – Stephen Hoskins – cllr.stephen.hoskins@ashfordhillheadleypc.org

Ashford Hill ward councillors – Joe Woodford; Paul Clark; Jules Sunley

Headley ward councillors – Kathryn Saunders; Steve Dunn; Karen Parker

Clerk – Steven Marshall: clerk@ashfordhillheadleypc.org – 07714 001778

Basingstoke & Deane Borough Councillors

David Conquest – cllr.david.conquest@basingstoke.gov.uk

Kerry Morrow – cllr.kerry.morrow@basingstoke.gov.uk – 07725 819021

Mike Bound – cllr.mike.bound@basingstoke.gov.uk – 078336 12735

Hampshire County Councillor Derek Mellor – derek.mellor@hants.gov.uk – 07712 695491

Member of Parliament Kit Malthouse – kit.malthouse.mp@parliament.uk – 01264 401401

Hampshire Police & Crime Commissioner Donna Jones –

www.hampshire-pcc.gov.uk/contact-us – 01962 871595

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