Quarterly Edition – December 2019



Charlton Village News

www.charltonvillage.org.uk and Facebook page: Charlton Community Chat

Welcome to the Winter Edition of 2019

The colours of Autumn have been brilliant this year, and now the frosty days are here again making for some gorgeous photos. Welcome to the festive edition with lots of interesting contributions from local residents and businesses.



Autumn Colours photo competition winner – Kim Lund

Christmas Services at St Thomas' Church

Sunday 15th December – 3pm Nativity and Christingle Monday 16th December – 7.30pm Carols around the Tree

Christmas Eve Tuesday 24th December– 3pm 'When the Grinch found Jesus'; 5pm Village Carol Service 11.30pm Midnight Mass

Christmas Day Wednesday 25th December – 10am Christmas Day Service

The Charlton Village News is created and distributed by volunteers and printed by Bulpitt Print Ltd.

The printed quarterly edition is delivered free of charge to over 900 homes and can also be downloaded from the Village website.

<u>Please email</u> any articles, photos, adverts and event details to editor@charltonvillage.org.uk

Please do your best to support **all** of our advertisers, both old and new and mention the Charlton

Newsletter when you do!

Remember to send your photos in for the monthly competition!

Remembrance Day

This year's Remembrance Day service took place at St Thomas' gathered around the newly commissioned Charlton Memorial Stone.

Our huge thanks go to Steve and Brad Aldridge and Lin Smith who masterminded, put up and took down the Street Poppies this year. They looked fantastic and were a fitting tribute to all those that have served in defence of our country.





Update from our Village Church, St Thomas'

St Thomas' Regular meetings:		Contacts:	
Every Thursday	9.15pm Compline	Revd Alex Randle-Bissell, Priest-in-Charge,	
1st Friday of month	2.30pm Holy Communion	01264 512161, Vicar@pastrowbenefice.org.uk	
1st Sunday of month	10.00am Family Service		
2nd Sunday of month	9.00am Holy Communion	Judith Appleby, Benefice administrator, 07999	
	11.00am Young Church	352585 admin@pastrowbenefice.org.uk	
	6.30pm Encounters with Jesus		
3rd Sunday of month	10.00am All age service	Facebook: Family matters in our	
4th Sunday of month	9.00am Holy Communion	villages@pastrow	
	3.30pm Family Play & Praise		
	6.30pm Encounters with Jesus	Website: www.pastrowbenefice.org.uk	
More details and booking form on the Pastrow benefice website			

What is the Pastrow Family of Churches?

We are the churches in the parishes of Charlton, Hatherden with Tangley, Penton, Weyhill, Enham Alamein with Smannell and including Hurstbourne Tarrant, Vernham Dean, Faccombe and Lincoln Holt.

The Alpha Course – update from Ian Smale

The Alpha Courses in our benefice started at the beginning of October and since then around sixty people have participated in groups run at in six homes in the villages of the Pastrow Family of Churches until the end of November.

What is the Alpha Course? It's an 8 week course in which people explore the basics of the Christian faith and ask the big questions of life. People eat together first, listen to a talk and discuss it in small groups. The discussions are a very important part of the process as this is where people voice their own opinions, ideas and questions and share their own experiences.

We had a very special 'away day' on Saturday 2nd November when members of all the groups came together. The venue was the Old Dairy in Hatherden and we are very grateful to Peridot Dunning for the kind generosity in letting us use her wonderful facilities.

Due to the Rugby World Cup, we made a last minute change to the plans for the day. Starting off by watching the Rugby and enjoying bacon baps. Unfortunately, England didn't do too well at all, but the rest of the day went very well as forty people explored the most mysterious but essential part of the Christian faith - the Holy Spirit. We considered questions such as Who is the Holy Spirit? , What does the Holy Spirit do? and How can I be filled with the Holy Spirit?

So, what happens now the course has finished? The journey continues for the sixty people who have all enjoyed participating in the course. We enjoyed eating together and building friendships over the meal table. We enjoyed the talks and we enjoyed the opportunity to chew over with each other the issues that can make such a huge difference in our lives.

Here are some of the comments that participants have given in answer to the question 'What did you think was best about the Alpha Course?':

- Fellowship and laughter; sharing ideas and experience; the Alpha DVD; the structure of the course..."
- "The opportunity to explore my faith in a safe and friendly setting."
- "The day away wonderful! The feeling of love and friendship generated by the course."

Letter from our Vicar, Revd Alex Randle-Bissell

Dear friends

We are now in the season of advent, a time expectation and preparation, and the countdown to the celebration of the birth of Jesus Christ. The Latin word *adventus* literally means 'coming' and traditionally advent was a time of solemn fasting and with violet or even black liturgical colours. How times have changed! The countdown to Christmas certainly doesn't chime with fasting nowadays, apart from perhaps those who want to lose a few pounds in a vain attempt to balance out the pounds gained during the festive madness (I've tried this before, and no, it doesn't work for a vicar either for two reasons; firstly, people around here like to show their generosity through food and make too many mince pies, and secondly, and perhaps far more crucially, I am very, very fond of mince pies...)

Thankfully nowadays, the colours of advent have been replaced mainly by blue, which represents one of my favourite words...hope. I was listening to a radio programme as I was travelling around the parishes some time ago about a professor who was trying to convince listeners that hope was a useless concept for human beings as it took away the power that an individual has for rectifying or dealing with a situation themselves, and hope in this context represents a rather fanciful notion that things might just get better in the future. I was staggered at the limited perception of this theory as he omitted to mention in his arguments that hope is simply not about dreaming of an optimistic outcome but is something far more powerful. Yes, there is our desire to hope for, but as the season of advent demonstrates, the far more significant focus is what we put our hope in.

As we remembered last month and uttered the words 'Lest we Forget' for those who gave their lives in war, I would also encourage us this Christmas to not forget of the incredible hope that is to be found in the story of the birth of Jesus Christ. Such humble and difficult beginnings, but this moment in time continues to resonate with the past, present and future of our shared humanity. His message of love, compassion, equality and mercy have inspired billions of us to cherish hope as one of the binding forces that helps us to 'remember' by demonstrating those qualities in our human capacity to do good and love others.

I look forward to meeting you at one of our services this month to 're-member' this astonishing truth, and I hope in the love of Jesus Christ you have a very blessed Christmas.



CHURCH HALL BOOKING

REDUCED RATES FOR REGULAR BOOKINGS
PLEASE CONTACT MRS JENNIFER HOWES
01264 362139
TO BOOK EITHER THE HALL OR THE FOXCOTTE
ROOM

OTHER CASUAL BOOKINGS

MAIN HALL £11.50 PER HOUR
FOXCOTTE ROOM £7.00 PER HOUR
(Both include use of toilets and kitchen)
MAIN HALL and FOXCOTTE ROOM TOGETHER
£17.00 PER HOUR
(Sole use of toilets and kitchen)

Bin dates over Christmas and New Year

Normal Collection Day – Brown Bin	Revised Collection Day – Brown Bin	
Monday 23 rd December	Saturday 21 st	
Tuesday 24 th December	Monday 23 rd	
Wednesday 25 th December	Tuesday 24 th	
Thursday 26 th December	Friday 27 th	
Friday 27 th December	Saturday 28 th	
Normal Collection Day – Black Bin	Revised Collection Day – Black Bin	
Monday 30 th & Tuesday 31 st December	No change	
Wednesday 1 st January	Thursday 2 nd January	
Thursday 2 nd January	Friday 3 rd	
Friday 3 rd January	Saturday 4th	
The last collection day for Garden Waste is Friday 20th December and these will restart on Monday 6th January		

Parish Council Updates

Community Day 2020

Since we met in early September, some good work has been going on behind the scenes. There will be a Charlton Village Community Day Committee meeting on **9 Dec at 8pm in the Foxcotte Room** to assess progress to date and to confirm the roles and responsibilities of various volunteers. The meeting on **13 Jan at 8pm in the Foxcotte Room** will work up an Action Table.

Bridge to the Park

Good News – funding has been found by TVBC to construct the bridge from Foxcotte Road to the Park to include a footpath from the bridge to the Lakeside Café.

Neighbourhood Plan

The Charlton Neighbourhood Plan completed its Pre-submission in October and an amended version (called Reg 16) should be on circulation before Christmas with an electronic version held on the Parish Council website http://www.charltonvillage.org.uk/community/charlton-parish-council-12680/neighbourhood-plan/. A number of hard copies of the Neighbourhood Plan (Reg 16) will be available for residents to borrow. Please contact cllrcward@charltonvillage.org.uk or cllrcward@charltonvillage.org.uk. The supporting evidence base (a weighty tome) will also be made available at in a ring binder for residents to peruse as required – contact cllrcward@charltonvillage.org.uk.

What next? The next part of the process sees the appointment of an Independent Examiner who will crawl over the paperwork. This could take 4-6 weeks and if all is well, we should see Test Valley sponsoring a Charlton Referendum. For the Charlton Neighbourhood Plan to be 'made' and have legal status more than 50% of those responding to the referendum must be favour of the Plan.

Community Hall

The Parish Council Pre Application for a Community Hall on the Salto Car Park site raised a number of risks. Before the project is formally started, a car park study will be undertaken to confirm sufficient and suitable car parking can be achieved for the Salto Centre and the Community Hall. This is key to getting support from both Salto and TVBC.

High Ropes and Zip Wire

Following the village petition against the proposed High Ropes and Zip wire, it had been hoped to confirm that the project had been shelved/cancelled. The latest position from TVBC is that the project is still live but that they may now consider alternative schemes.

Telephone Box Book Exchange

Having now received all the parts, the telephone box refurbishment is underway and it is hoped that the book exchange will be up and running again in the New Year.

Donation

Compensation payment donated to Parish Council.

A resident was recently awarded a compensation amount of £150 following damage to their property last March. The property in question was a convex mirror and post in part of the driveway shared with the flats at The Green and Upper Charlton House. An A1 Recovery vehicle reversed into the hedgerow, mirror and post causing extensive damage however the driver denied responsibility despite there being witnesses to the incident.

The resident pursued this through the courts and recently the court ruled in his favour. He requested that the cheque for damages should be made to Charlton Parish Council to be used for the benefit of the village. The Parish Council would like to thank him for his generosity and determination.

Monthly Photography Competition

Calling all budding photographers!!!

Charlton Parish are creating an exciting opportunity for the people of the parish to enter into our local Photographic competition.

With the focus lately on excess screen time among children and the need for people to interact and talk more, we feel that it's a great opportunity for the parish to get out and about more and show their creative skills in the form of photographs.

The December category is Christmas Trees or Christmas Decorations

There are two age group categories: Under 16 and Over 16

Photos must not be manipulated in any way by any programmes such as Photoshop etc. Remember to put your name, age and date on your Photo's application.

The Monthly winner will be printed in the Monthly newsletter. There will also be an Annual Award and prize for the Best Picture in each age group from the year's monthly winners. These will be displayed at the Charlton Village Community Day on 20 June 2020

Send your entries to charltonsnaps@gmail.com or via Instagram – CharltonSnaps

Charlton Newsletter

Articles and pictures for the monthly and quarterly newsletters are always welcome. The deadline for input is the 14th of the month before the edition. Articles for forthcoming events should be included about a month or six weeks ahead, but more notice can be given in the Future Diary dates.

Advertising rates are £30/quarter page, £40/half page per quarterly print edition

We rely on input from the village so please send your news, photos, adverts, club updates, recipes etc. Let us know if there is something that you would like to see in the newsletter. You can email the editor on editor@charltonvillage.org.uk





FUTURE DIARY DATES

December (Christmas Services are on the front page)

Saturday 7th, *An Evening of Venetian Music*: Andover Choral Society 7.30pm at ST MARY'S CHURCH, Andover, www.andoverchoralsociety.org.uk

Sunday 8th, 10am – 3pm – Wrapped Up Christmas Event at The Lights

Sunday 8th, 11am – 3pm - Enham Trust Christmas Tree and Craft sale

Thursday 12th – another *General Election*

Saturday 14th - Make we Joy. The Harmonium Singers. St Mary's Church Andover

Sunday 15th – Andover Farmers' and Craft Market Town Market Square 10am-2pm

Thursday 19th - Pete Shaw- Christmas Concert. Fairground Hall, Weyhill, WEOS Tickets only £6 on Door

January

Monday 13th - *Bee Keeping & Their Life Cycle*. Fairground Gardening Club, Fairground Hall, WEYHILL. Doors open 7.00pm start of meeting at 7.30pm

Sunday 19th – Andover Farmers' and Craft Market Town Market Square 10am-2pm

Tuesday 21st – Charlton PC meeting, 7.30pm St Thomas' Church

Sat 25th/Sun 26th *HAMPSHIRE POTATO DAY and SEED SWAP* 10am – 3pm Testbourne Community Centre, Micheldever Road, Whitchurch.

February

Thursday 6th *Young Musician,* Winton School Performance Hall. <u>Christopher.lynn36@gmail.com</u> **Monday 10**th *Designing & Planting A Small Garden* Fairground Hall, WEYHILL. Doors open 7.00pm start of meeting at 7.30pm

Sunday 16th – Andover Farmers' and Craft Market Town Market Square 10am-2pm

Charlton Village Parish Council

The Parish Council meets every month, except August and December, on the 3rd Tuesday of each month at 19.30 in the Foxcotte Room at St Thomas' Church. Press and Public are welcome to attend. Date for January meeting: **Tuesday 21st January 2020**

If you'd like to get involved, please get in touch with the chairperson or see the website and the noticeboards around the village for more information about this opportunity to get involved with the running of our village. The noticeboards can be found at the entrance to Charlton Park on Foxcotte Road and on the verge by the bridge at the entrance to Carters Meadow.

Could you deliver the Newsletter?

We need additional volunteers to deliver the printed newsletter once a quarter (March, June & Sept. Please contact Bridget on bridget.rawlings@ntlworld.com if you would like to help.

How does it work? Each quarter, the Volunteers are contacted by phone prior and a bundle of newsletters are delivered to their address. Most of the Volunteers will deliver to homes near their own address. And, don't worry if you'll be on holiday, or cannot deliver at the time then the delivery job will be picked up by another volunteer.

IN, OUT, AROUND and ABOUT – Editor's picks

If you have a recipe or activity, a place to visit, a walk to share – send them to the editor at editor@charltonvillage.org.uk



IN - Delicious mincemeat and mince pies

I know, it's easy to just buy them. But I love the pastry in this delicious recipe from Katie Stewart in The Times Calendar Cookbook and the homemade Christmas mincemeat from Delia Smith's Complete Cookery is delicious. Check out the Love + Joy Home zero waste store in Weyhill for many of the ingredients!

<u>Mincemeat:</u> 1lb/450g cooking apples 8oz/225g shredded suet (regular or vegetarian) 12oz/350g raisins 8oz/225g sultanas 8oz/225g currants 8oz/225g mixed peel

12oz/350g soft dark brown sugar 2oz/50g almond slivers

grated rind & juice of two oranges and two lemons 4tsp mixed spice

½ tsp ground cinnamon half nutmeg grated 6 tablespoons brandy

<u>Method</u>: Thoroughly mix all the ingredients, except the brandy, together in a large bowl. Cover with a cloth and leave for 12 hours. Then, to prevent fermentation, place in a cool oven for 3 hours gas mark ¼, 120°C for 3 hours. Allow to get cold, stir in the brandy and spoon into clean dry jars, or into your mince pies!

Mince pies: 10 oz/275g plain flour 1oz/25g ground almonds 6ox/175g butter 3oz/75g caster sugar finely grated rind of ½ lemon 1 egg yolk 3 tablespoons milk Filling: 1lb/450g mincemeat 1-2 tablespoons brandy icing sugar to dust

<u>Method</u>: Sift the flour into a basin and add the almonds. Cut the butter into small pieces and rub into the flour and almonds. Add the sugar and lemon rind. Lightly mix the egg yolk and milk and stir into the dry ingredients. Mix to a fairly firm dough, turn out onto a floured board and knead until smooth. Chill the pastry for 30 mins.

Roll out the pastry on a lightly floured surface and use a round or fluted cutter to make 48 circles of pastry. Place 24 of these into a lightly greased tartlet tray. Mix the mincemeat with the brandy and place a teaspoon of the mixture in the centre of each pastry circle. Don't overfill them! Dampen the edges of the pastry and cover each one with a pastry top. Seal the edges and snip two slits in the top of each pie.

Place in the centre of a moderately hot over, 180°C/Gas 4 for 10-15 mins or until golden brown. Dust with icing sugar and serve warm. Makes around 2 dozen. Scrumptious!

OUT – A walk for a wet, windy day!



The dogs / children need fresh air and it's tipping down with rain. and the wind is howling... Where to go? For those who haven't discovered Ramridge Copse, I can recommend it for an enclosed woodland, with good canopy coverage to protect you from the rain and trees to shelter you from the wind.

The circular, flat pathway takes you around the outside edge of the wood and is about a mile in length so just far enough for the dog / children to have had fun! You can find it on the road from Weyhill to Clanville. Just after the left turning into the driveway for Ramridge Park, look out for a scruffy lane on the left. You can drive up there, turn and park. If you get to The Lion at Clanville, you've missed it! Just walk around the side of the gate into the wood and all you have to do is to decide whether to go clockwise or anti- clockwise around the wood! Have fun!

OUT - In the Garden

Whilst there are tidying up jobs to be done in the garden during the Winter months, it's a good time to sit down, pour a cuppa and start planning for next year's planting. Where's better to help you plan the vegetable patch than the annual *Hampshire Potato Day and Seed Swap*? It takes place on **Sat 25th/Sun 26th January** from 10am – 3pm at the Testbourne Community Centre, Micheldever Road, Whitchurch.

There will be talks on the many different potatoes with over 100 varieties of seed potatoes for sale. You'll be able to meet seed merchants also trading vegetable and herb seeds. There will be a seed-swap table too so bring your swaps! £2.00 entrance charge, free for children. Let's get growing!!

AROUND and ABOUT - Love + Joy Home refill store, Weyhill Fairground











If, like millions of other households around the country, you are worried about the state of our environment – have you considered visiting a refill shop? With the amount of waste in the UK set to increase by 30% over the festive period, there's never been a better time to consider your household impact.

The research shows that 7 in 10 of us admit to buying too much food and 125,000 tonnes of food wrap is binned at Christmas. Together with 227,000 miles of wrapping paper and 1 billion cards those are quite some alarming figures. And don't forget the £42 million pounds spent on unwanted Christmas presents.

Refill shops are springing up all around the country, you can buy as much (or as little as you need) but using your own container. Re-using your existing washing-up bottle is such an easy swap – just bring it along where it will be weighed, fill up, re-weigh and pay. With household cleaning, body care, herbs and spices, flour, rice, pasta, beans, sugar, dried fruit, nuts and snacks there is plenty of choice to stock up staples and cut down on the need for packaging. I love going to Sarah's refill store in the Weyhill Fairground and have bought almost all of the ingredients for my Christmas mincepies and my daughter's wedding cakes from there. It's very satisfying to buy just what I need, using my own containers and a warm friendly welcome awaits all visitors. Take a look at Sarah's website www.love-joy-home.co.uk for more ideas on sustainability in the home.

Don't wait until the New Year to make a New Year's resolution, make a Christmas resolution to our environment!

What do Clothes moths and Christmas have in common?

If you're just getting all your winter knits out from storage and have noticed small holes, its highly likely that clothes moths have taken hold. It's the clothes moth larvae that cause the damage by eating through natural fabrics such as wool, cashmere and silk in search of the protein, Keratin.

Even if you put just once worn clothes away, hair, skin cells, food splats and dare I say it, bodily secretions will also attract these little blighters! I've discovered one company that can deal with all of these problems - Total Wardrobe Care, a specialist clothes care company based in Hampshire, provides all sorts of solutions for clothes moth. Some of their products such as the 'Moth box' and the 'Decoy', use pheromones to trap and disrupt the mating cycle. These methods have been tested and are used by the likes of English Heritage and the Natural History Museum to protect priceless artefacts and thanks to Total Wardrobe Care, are now available to the humble homeowner. I've found that the 'Expert Hints and Tips' and blog pages of the website provide a plethora of good advice for getting rid of the clothes moth.

I was so pleased to have found a solution to the moth problem that I looked further and found that Total Wardrobe Care also do a wonderful range of products using **locally sourced** ingredients that would make super Christmas presents. If you're looking for gift inspiration this Christmas, the range includes sumptuously scented products to deter clothes moth. The signature blends, which are produced in the New Forest, use 100% organically grown ingredients such as Vetivert, May Chang, Lavender, Cedarwood, Patchouli, Laurel, Rosemary, Thyme and Clove bud. All these ingredients have been used for centuries to ward off insects, including clothes moth which are put off by strong scents. The blends are available in a range of beautifully presented products such as drawer and wardrobe sachets, drawer liners, essential oil diffusers and linen sprays.

Have a look at Julia's website or some brilliant ideas! www.totalwardrobecare.co.uk

ANDOVER CHORAL SOCIETY - Saturday 7 December 2019, 7.30pm

An Evening of Venetian Music at ST MARY'S CHURCH, Andover, SP10 1DP



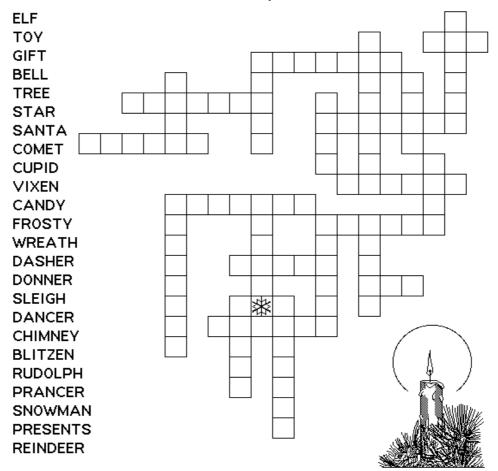
Andover Choral Society present an evening of Venetian music featuring Vivaldi's Gloria. The 'glorious' sunny nature of the Gloria, with its distinctive melodies and rhythms, is characteristic of Vivaldi's music. Together with the delightful Beatus Vir & Cantate Domino by Monteverdi, so typical of baroque music, this will be a joyous evening not to be missed!

We are pleased to announce that the Society are joined once again by wonderful professional soloists and an Orchestra of the highest calibre: The Westminster Chamber Orchestra. They are a passionate group of players with the skill and experience to deliver high-energy and emotional performances. The Orchestra accompanied the choir and professional soloists for our sell out performance of Mozart's Requiem in May 2019. We had wonderful feedback about the high quality of the performance and the audience thoroughly enjoyed the evening. Comments received included "Great evening, we loved it" and "Great to have a packed audience".

Tickets £15 from the choir 01264 396511, or The Lights Theatre 01264 368368 and at www.thelights.org.uk Andover Choral Society are always keen to welcome new members. Rehearsals are on Wednesday evenings, 7.30-9.30pm at Bridge Street Methodist Church, Andover SP10 1BL. Contact Alexandra King, our registrar, if you would like to join-alexi.king@hotmail.com For more information go to our website www.andoverchoralsociety.org.uk

Christmas Crossword

Make all the words fit into this crossword. Each word is only used once.



Look on www.charltonvillage.org.uk and Facebook page: Charlton Community Chat for the solution!

Did you know?...

- 1. Christmas is a contraction of "Christ's Mass," which is derived from the Middle English Cristemasse, which in turn comes from the Old English Cristesmæsse, a phrase first recorded a really long time ago in 1038.
- 2. Hanging stockings out comes from the Dutch custom of leaving shoes packed with food for St Nicholas's donkeys. He would leave small gifts in return.
- 3. The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.
- 4. Boxing Day gets its name from all the money collected in church alms-boxes for the poor.
- 5. The first commercial Christmas cards were commissioned by civil servant Sir Henry Cole in London in 1843. Featuring a family drinking wine, one sold for £8,469 in 2014.
- 6. Robins on cards started as a joke 150 years ago when postmen wore red tunics and were named after them.

Wishing you all a fun filled and happy festive time!

Your Editor

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Email: 7952@greeneking.co.uk

Website:

http://www.gkflamegrill.co.uk/locations/royal-oak-charlton



Jody and all the staff are looking forward to seeing you in the coming months

The Royal Oak is situated in the heart of Charlton Village, has good car parking and offers a warm and friendly welcome to all local residents.

Visit our refurbished interior and our large beer garden for that sunny day.
We have a lively Bar, with a wide selection of beers and spirits, plus large screen T.V's inside and out, showing the very best sporting events available.

We also have a relaxing Restaurant with a wide choice menu and a Comprehensive wine list to make any special event visit, memorable.

Give us a call to book or discuss any special event ..

Check out our Facebook site http://www.facebook.com/RovalOakCharlton

LOCAL INFORMATION BOARD

ST THOMAS' COMMUNITY HALL – REGULAR USERS and CLUBS

CLUB	CONTACT	PHONE	DAY	TIME	COST
Friends of St Thomas'	Mrs P Yates	01264 355766	3 rd Monday	2.30 – 4pm	£1
Playgroup (Gov Funding from 3 years)	Mrs S Hartley	07979 841318	Mon, Wed, Fri Tues, Thurs	09.00 – 12.30 09.00 – 3pm	£4.30/ hour
W.I.	Carol Fielding	01264 350161	2 nd Tuesday	7.45pm	
Brownie Guides (7 -11 years)	Mrs K Ryder	01264 316907	Tuesdays	4 – 5.30pm	£25 / term
Friendship Club	Mrs S Macnamara	01264 364726	3 rd Wednesday	7.30 – 9pm	£1.50
Rainbow Guides (5-7 years)	Mrs E Taylor	01264 394322	Thursdays		£25 / term
Keep Fit	Mrs E Taylor	01264 394322	Thursdays	7.30 – 8.30pm	£4.90
Slimming World	Lisa Langman	07780 605779	Wednesday	7 – 8.30pm	Call Lisa
Charlton Line Dance	Mrs Barbara Long	01264 323630	Mondays	7.30 – 9pm	£2
Young Church	Mrs S Brewer	01264 366394	3 rd Sunday	10.30 – 11.30am	
Circuits Class	Jodie Bascombe	jodieawilliams@ googlemail.com	Friday	6-6.45pm	

LIST OF LOCAL COUNCILLORS and RESPONSIBILITIES

Jacqueline Smith CHAIR	Traffic calming Speedwatch Comms/social media	07938 561609	cllrjsmith@charltonvillage.org.uk
Clive Ward VICE CHAIR	Neighbourhood Plan Resilience Plan, Charlton Leisure, Community Hall Feasibility	07538 596344	cllrcward@charltonvillage.org.uk
Phil Wylde	Planning, Environment, Rights of Way	01264 363142	cllrpwylde@charltonvillage.org.uk
Jody Morgan	Planning, Lengthsman	01264 352893	cllrjmorgan@charltonvillage.org.uk
Caroline Mills	Speedwatch, Rights of Way		cllrcmills@charltonvillage.org.uk
Ian Smale	Planning, Rights of Way	01264 749935	cllrismale@charltonvillage.org.uk
Jen Mulberry	Neighbourhood Watch	07789 391268	cllrjmulberry@charltonvillage.org.uk
Mike Bonaris			cllrmbonaris@charltonvillage.org.uk
Vacancy			
Heather Bourner	CLERK		clerk@charltonvillage.org.uk

Linda Lashbrook	Test Valley BC		cllrllashbrook@testvalley.gov.uk
Zilliah Brooks	Hampshire County	01264 335388	cllrzbrooks@hants.gov.uk

Jodie's Fitness

Wow, what a few months I've had since my last article to you! I became an auntie for the first time, when my sister and her husband had a beautiful baby boy (I'm pre and post-natal qualified for personal training so watch this space for articles in 2020 on post-natal exercise)

In the same week as becoming an auntie, I got married at St Thomas' Church to Seph. My wonderful mum and dad were married at St Thomas' Church 42 years ago and had a similar photo taken to this so it's my favourite!

A huge thank you to the people from my Friday Fitness group who came out in coats and under umbrellas to watch us have photos in the porch after the ceremony

If during these dark and wet autumn and winter months you fancy joining us in a warm and dry church with lots of upbeat tunes for Friday Fitness session (6-6.45pm), please do come along. I promise that everyone will make you feel welcome regardless of your level of fitness.



For our honeymoon we took our 11 year old Labrador to the Lake District for a week – I can't believe it's taken me to 34 years old to go there! It was absolutely stunning and I actually learnt to read a map!

I've been working my way through the TVBC 'Get out and Walk' booklet available at www.testvalley.gov.uk and just got back from a 4 mile circular walk around Abbotts Ann. Going out for a walk for a couple of hours might not always be met with excited faces by children, however I was running some training for teachers this week and they were using apps to identify trees as they walked that they said the children really enjoyed using. I used the 'British Tree Identification' and 'Plant Snap' apps which are free to download and can help make walks more exciting for children.

Do enjoy getting out and about this winter, enjoy putting on your wellies, splashing in puddles and embracing the changing seasons. I know it's not always easy to get out of the house in the winter so why not persuade a friend to join you? But on the Fridays when I get home from my teaching job exhausted, it's joining my wonderful friends to workout on a Friday evening that motivates me to get my trainers on. It really does make a difference!

Have a happy and healthy end to 2019. Jodie Bascombe jodieawilliams@googlemail.com

Andover Gymnastics Club

Cllr Jackie Smith was recently invited to attend Andover Gymnastics Club so that she could recognise the hard work and commitment of gymnasts who are preparing to compete in the Tumble World Championships in Tokyo later this year.

AGC has 3 gymnasts competing in the Senior Worlds competition (fully funded by British gymnastics) and 4 in the Junior Worlds (which is self-funded). The club has qualified more gymnasts to the world's event than any other club throughout the country. This is an achievement that is worthy of recognition in its own right.

Jackie says "I was very impressed while watching them train and wish them all the luck for Tokyo".

To find out more, contact Andover Gymnastics Club on andovergymclub@gmail.com or take a look at their Facebook page @Andovergymnasticsclub



Equipped Pilates and rehabilitation studio with all classes targeted to your individual needs. Pilates Matwork and Large Equipment, Remedial Pilates, Stroke & Neurological Rehabilitation, Suspension training (TRX), Ante natal/Post natal, and Fitness based sessions. Group classes (max 10 people), Small group (max 4 people), Duet & One to One sessions.

Contact details:

Vir Dellino-Musgrave (NVQ L4, REPs L3)

07796 031779

info@equilibrium-pilates.co.uk www.equilibrium-pilates.co.uk



Support for Stroke and Spinal Cord injury patients

Equilibrium Pilates and Fitness (based in Goodworth Clatford) now offers neurological rehabilitation using the Action for Rehabilitation in Neurological Injury (ARNI) approach. ARNI is aimed at those who have suffered from stroke or other neurological conditions and want to optimise recovery after cessation of usual NHS rehabilitation.

Neurological rehabilitation, whether dealing with stroke or spinal cord injury patients or any other type of neurological condition, is an ongoing process which optimises an individual's physical, mental and social wellbeing. The most effective interventions are centered on each individual's goals with a focus on task-specific related activities, function and strength to obtain maximum benefits. It is through repetition, frequency and practice of task-specific exercises that changes will occur.

Our aim is to enhance the individual's ability to manage their own rehabilitation and exercise programme. This is achieved through a variety of strategies and techniques including education in exercise principles after stroke or other neurological conditions, developing skills in goal setting, functional problem solving and self-monitoring, and establishing a programme of regular independent home-based exercise. This can take place in our newly refurbished studio with access to a variety of specific training equipment that is user friendly under the supervision of highly qualified staff.

So, if you suffer neurological conditions, feel free to get in touch, so we can help you improve your quality of living and more importantly build your confidence and become more independent.

For further information, contact Vir Dellino-Musgrave (07796031779; info@equilibrium-pilates.co.uk; www.equilibrium-pilates.co.uk)

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