

THE GAUNTLET

THE LOCAL MAGAZINE FOR THE SOMBORNES AND ASHLEY

JULY 2026



PUBLISHED BY THE CHURCH IN THE SERVICE OF THE PARISH

DELIVERED FREE TO THE RESIDENTS OF THE SOMBORNES AND ASHLEY

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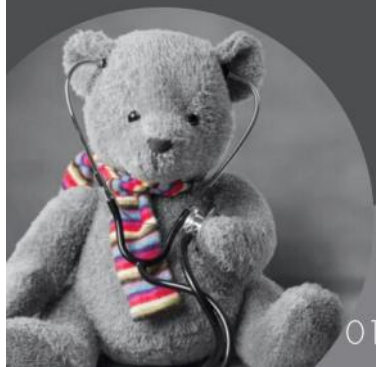
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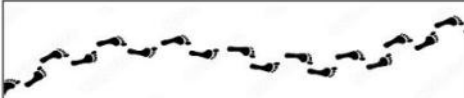
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Romsey (Thurs pm)

Wherwell Village Hall (Fri am)



Carolyn Ryan 01794 388743 ryan_carolyn@hotmail.com



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LOCAL OPERATOR 07542 853564

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Useful names and numbers

Parish Church

Priest in charge:
Rev Tom Benson 01794 368335
tbenson09@aol.com

Licensed Lay Ministers:

Howard Rowe 01794 388400
Sabine Kirby 01794 765273

Wardens:

Joan Appleyard 01794 388224
joanappleyard@aol.co.uk
Janet Ingleson 01794 388618
janetoingleson@gmail.com

PCC Secretary:

David Pye 01794 388405

Treasurer & Gift Aid Sec:

Carol Kent 07919 825152
carolkent-treasure-kings-
somborne@outlook.com

Flowers: Pollyann Monk 01794 388482
pollyann@afmonk.co.uk

Methodist Church

Minister: Revd Peter Rayson 02381 780560
Stewards: Marilyn Bolton 01794 389356
Marion Downing 01794 388121

Roman Catholic Churches

Hampshire Downs parish 01962 852804
St Swithun Wells parish 02380 273882

Village Hall

Bookings: Sarah Pennington 01794 389354
(tel. after 7.30pm please) or email
bookings@ksvillagehall.uk

Epworth Hall

Bookings: Marion Downing 01794388121
marion.downing@yahoo.co.uk

Doctors

Stockbridge surgery 01264 810524
www.stockbridgesurgery.co.uk

Broughton surgery 01794 301210

Pharmacy

Stockbridge Pharmacy 01264 810624

Schools

Somborne Pre-School 07530 893773
King's Somborne School 01794 388381
Danebury School 01264 810555

Police

Action Fraud 0300 123 2040
www.actionfraud.police.uk

Crimestoppers 0800 555 111

Police non-emergency 101
www.hampshire.police.uk

Police emergency 999

Parish Council

Jordan Matthews
clerk@kingssomborne-pc.gov.uk

Borough Councillors

Stewart MacDonald 07803 594872
Ian Jeffrey 01794 388872
Alison Johnston 01794 500610

County Councillor

David Drew 01264 357024

Member of Parliament

Caroline Nokes MP 020 7219 1468
caroline.nokes.mp@parliament.uk

Local Authority

Test Valley B C 01264 368000

Village Website

www.thesombornes.org.uk

The Gauntlet

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Distribution: Carolyn Ryan 01794 388743

Please deliver articles for *The Gauntlet*
to **thegauntletmag@hotmail.com**

See our colour online edition
at the village website (see above)

Village Directory

Allotments

Contact: Susie Upfield 01794 388198

Badminton Club

Monday evenings in the Village Hall

Contact: Sue Jackson 07891930684

Bellringing

Every Monday 7.30pm - 9.00pm.

Contact: Clare Thomson 01794 388268

Catherine Edwards Trust

Provides grants to village students

Contact: David Bevan 07769 682696

Computer Café

First and third Tuesday every month 10.00am - 12.00 at the Village Hall. Hands-on support and advice for all ages and experience on using internet, email etc.

Contact: Roger Stephens 07483 211834

Cricket Club

Contact: Rachel King 07809 289861

Christians Together Home Group

Bible study group. Usually third Friday of the month at 10.30am. All welcome.

Contact: Barbara Heffer 01794 389126

Dial-a-Ride

Trips to Romsey every Wednesday, for senior citizens and disabled people, at 2.00pm. Fare £3.75.

Contact: 01264 356808

Drop In Coffee Morning

Coffee morning at the Epworth Hall. Every Tuesday (except the second in the month) at 10.30am.

Contact: Marion Downing 01794 388121

Epworth Lunch

Lunch for over 50s at the Epworth Hall. On the second Tuesday in the month at 12.30pm.

Contact: Marilyn Bolton 01794 389356

Friends of King's Somborne Church

Contact: Sandie Pepperell 01794 388021

Football Club

Contact: Andy Gannaway 01794 388733

Garden waste scheme

Garden waste will be collected in w/c 6th and 20th July 2026.

Household waste

Non-recyclable household waste (black bins) will be collected in w/c 6th and 20th July 2026.

Recyclable household waste (brown bins) will be collected in w/c 13th and 27th July 2026.

Julian Contemplative Prayer Group

Meetings for people from any denomination who are seeking a place for silent prayer and contemplation

Contact: Jane Duncan 01794 388059
janeduncan329@gmail.com

Messy Church

Meets 3rd Sunday of each month in term time, 3.00pm - 5.00pm at the Methodist Church.

Contact: Sam Barnes 07742 077114
sambarnesyouthworker@gmail.com

Neighbourcare

Transport to essential appointments.

Contacts: Sue Jackson 07470022396

Parent, Baby & Toddler Group

Informal friendly get-together for babies, pre-school children, parents and carers. Every Wednesday 9.30am - 11.15am in the Village Hall.

Contacts: Kate Johnson 07831 123893
ksparentandtoddlergroup@gmail.com

School Association (PTA)

Social and fund-raising events to benefit the school and its pupils.

Contact: Alex Hodge 07904 005570
kssa.contact@gmail.com

Scouts

Beavers Mondays 6.00pm

Contact: 11th Romsey Scouts @gmail.com

Village Directory (continued)

Services for the over 50's

Contacts: Sue Jackson 07891930684
suejackson884@icloud.com
Gill Butler 01794 388831
gill_butler@outlook.com

Short Mat Bowls Club

Meet alternate Tuesday afternoons in the Village Hall.

Chair: Julia Bowen 01794 389631
Julia.Bowen@landsker.net

Somborne Café

Every Tuesday 10.00am—1.00pm in the Village Hall

Contact: Alistair Dodds 07831727271
sombornecafe@gmail.com

Somborne Community Cinema

Second Thursday of each month

Contact: Roger Stephens 07483 211834
hello@sombornecommunitycinema.co.uk

Somborne & District Society

Meetings held on the fourth Wednesday of each month at 8.00pm, usually in the Village Hall.

Contact: Linda Aucock 01794 388542

Somborne Garden Club

Meets as advertised for talks and visits, for all garden lovers.

Secretary: Nickey Buckley 01794 388694
nm.buckley@yahoo.co.uk

Somborne Needleworkers

Meet each Thursday at 2pm at the Parish Church.

Contact: Eileen Humphries 01794 388427

Somborne Players

Amateur Dramatics Society. For both children and adults.

Contact: Rebecca Rickard 07748 189864
rebeccarickard65@gmail.com

Sombornes Pre-School

Early Years education for children aged from 2 to school age.

Contact: Rebecca Lane 07530 893773

Somborne Sessions

Details: www.sombornesessions.co.uk

Contact: Trevor Ryan 01794 388743
info@sombornesessions.co.uk

Somborne Singers

Weekly meetings to sing ballads, songs from shows etc. every Tuesday at 7.45pm in the Parish Church.

Contact: Howard Rowe 01794 388400

Somborne Sisterhood W I

Meets on the first Wednesday of each month at 7.30pm in the Village Hall

Contact: Kathryn Lee
sombornesisterhood@gmail.com

Somborne Solo's Group

Meet 3rd Wednesday of the month for lunch at a local pub. For people who are on their own.

Contact: Sue Fundrey 07720746516
sue.fundrey@btinternet.com

Somborne Speedwatch

Contact: Nicola Pye 01794 388405
nicola@yewbank.net

Village Hall

Ian Newnham

Contact: chair@ksvillagehall.uk

Wednesday Wanderers

Walk on the third Wednesday morning of each month

Contact: Margaret Heffer 01794 389126
heffers@btinternet.com

Women's Fellowship

Meets on the fourth Wednesday of each month at 2.30pm in the Epworth Hall.

Contacts: Marion Downing 01794 388121
Marilyn Bolton 01794 389356

Women's Institute

Meets on the second Wednesday of each month at 7.30pm in the Village Hall.

Contact: Linda Aucock 01794 388542

Working Men's Club

Various entertainments.

Contacts: Rob Draper 07960 995 280
Heidi Barnes 07943 818 019

King's Somborne Children's telephone box library & book swap

We're really excited to share a lovely new community project with you — the **King's Somborne Children's telephone box library and book swap**.

Over the past few months, we've been gathering donations of good quality children's books, and thanks to the generosity of everyone involved, we now have an amazing collection. During half term, we sorted through all the donations and filled the village telephone box, which has been fitted with shelves ready for our young readers to enjoy.



The books are arranged to suit all ages. At the bottom, you'll find boxes for babies and toddlers, with books then moving up through KS1, KS2, KS3 and beyond as you go up the shelves.

The idea is simple, children can **borrow a book, swap a book, or**



simply take one to read. There's no pressure to bring a book in exchange; they can just enjoy reading and return it when they're ready to choose another.

To help keep the library focused and suitable for young readers, we kindly ask that **only children's books are added to the box**. Please **do not leave adult books**, as the library is intended specifically for school-aged children.

We hope this will give all children in the village and parish the chance to discover new stories, try new authors, and develop a lifelong love of reading.

Please do spread the word and encourage your children to pop by, pick a book, and enjoy a little reading adventure!

Thank you so much for your support.

Lisa Johnson

The Churchwardens
and Parochial Church Council
of Somborne with Ashley
request the pleasure of your company

at the LICENSING of the Revd Ann Devereux
by Right Revd Rhiannon King,
Bishop of Southampton
at St Peter & St Paul's Church, King's Somborne
on 7th July 2026 at 7.30pm.

Drinks and light refreshments will be available for all in the
School Hall after the service.

RSVP by 2nd July 2026 to

joanappleyard@aol.co.uk or janetoingleeson@gmail.com

ALLOTMENT FLOWER SHOW AND BBQ

Saturday 25th July



Kings Somborne Allotments will host a
Veg and Flower show.
All entries must have been grown on the
allotment site but attendance is open to
everyone.

The site will be open from 3pm with judging,
including various fun categories (odd shaped
veg, best scarecrow etc), starting at 4pm and
ending with a BBQ at around 6pm.

Please join us for a fun afternoon of flowers,
vegetables and food! Fingers crossed for the
weather...



Three Hilarious Short Plays!



Jim Jam by Robert Scott

By arrangement with Lazy Bee Scripts

Jim, his wife Mary, and one of their sons, Will, are all stuck in a traffic jam. Jim's frustrated, Mary is trying to stay serene and Will is desperate for the loo.



Bad Reception by Paul Vincent

By arrangement with Lazy Bee Scripts

Kayleigh and Lucy are put in charge of their school's reception desk for the morning. To get herself out of a fix, Kayleigh pretends to be the Headmistress when answering the phone, setting up a chain of events that spins out of control...



The Kidderminster Affair from Farcicals by Alan Ayckbourn

This amateur production of *The Kidderminster Affair* is presented by arrangement with Concord Theatricals Ltd, on behalf of Samuel French, Ltd.
www.concordtheatricals.co.uk

Sexual intrigue at Teddy's garden barbecue. Is his secret liaison with his neighbour, Penny, about to leak out? Will his wife Lottie discover the awful truth about Kidderminster? Will Penny's husband and best friend Reggie ever get hold of the right end of the stick? Will he burn the barbecue? Or indeed resolve the mystery of the slow puncture?



SCAN HERE

FOR TICKETS

Friday 17 July 2026 at 7:30

TICKETS ON SALE FROM

www.ticketsource.co.uk/somborne-players



Marquee Markets

Are you new to the village or have you lived here for some time?

Marquee Markets – what is that all about!

Well, for the past fifteen years, every Saturday in August, a marquee has been erected in the church grounds, tables and chairs are set out and there are stalls selling cakes, produce, books, etc., also a grand draw.

This is a fund raising effort in aid of the parish church. It costs approximately £1,000 a week to cover the cost of our parish priest and keep the heating on!

Would you be interested in coming to help?

We would love to hear from you.

Please contact:

Linda Aucock 01794 388542 or

Louise Causer 01794 389364.

Do come along and enjoy a cup of coffee and a piece of cake and browse the stalls.

Photos for the cover

We now have the cover of *The Gauntlet* printed in colour by a commercial printer. To ensure that the printed pages are back in time to be collated with the rest of the magazine, I need to send them before the 15th. So, I can only consider photos for the cover if I receive them by the **12th**. To make sure that they reach me without delay, please now send them directly to me at harvey.saunders1@btinternet.com

This month's cover photo was supplied by Margaret Heffer

Cricket Club News

Catches win matches...or not!



The season is in full swing now...halted only by player availability for a couple of weeks. A family team, funnily enough people have other priorities... but another reminder we could always do more depth (not necessarily strength) in the team.

Have you got a dusty cricket bat in the shed that yearns to be called back into action? Or are your teenagers showing an interest? Perhaps they have a weekend team they already play for, we'd love to see them on a Wednesday playing for their village!



The sun was out on Wednesday and another close game; Somborne's men are warmed up now which means more runs...but oddly no more catches. Sadly our winning streak was ended predictably by Leckford...boo! We're unlikely to win the return leg on the vast ground at the top of the Leckford estate, but that won't stop us giving it a good go!

Having moved back into the village, I'm consciously aware of the sounds of cricket cheers and leather-on-willow that resounds around the amphitheatre that is the rec and fields at the centre Somborne. We hope it brings a smile and a reminder of the simple joys of village life... and don't worry, there'll be no nightclub incidents or controversy with this cricket team!

Rachel King

King's Somborne Village CropSwap

Do you make, bake or grow and have excess you would like to 'swap' at a weekly CropSwap?

Every Monday starting on 20th July

6.30-7.30pm at The Working Men's Club

Bring anything you have from the garden (veg/fruit/eggs or flowers) or you've made (jams, cake, marmalade, sourdough or chutney) and swap it for anything on the table !

Just turn up, everyone is very welcome

For more information
Contact Sonya Whittick

sonyaje@hotmail.com 07736669923

King's Somborne Women's Institute

On Wednesday 10th June members were welcomed by our President Sarah Pennington ready to see the summer months and all that this has in store! Our speaker was Dr Nick Willoughby – the title of his talk was: Life of Fish and Ships. He opened the talk saying if he were a teacher it would be “Show and Tell “ but instead he was a Marine biologist. Nick’s career spanned many years as an Aid Worker and marine biologist in fisheries and coastal zone management, advising the government on sustainable fishing.

He explained that fish farming was a huge topic for discussion and Aquaculture requires careful site selection, rigorous water quality management and strict regulatory compliance. His interest however was in much more sustainable fishing using hooks and lines.

Nick was very passionate about his subject and proceeded to share with us many facts and statistics about fish farming around the world. He believes the average adult consumes 5 kilos of fish per year!

He had set before him an array of interesting artefacts he had collected advising the government on sustainable fishing.



He had close encounters with venomous snakes, giant squirting clams, a vicious 18ft crocodile, a coup in Fiji, caviar and vodka parties in the Caspian Sea.



The crocodile skull mounted on a frame



Beautiful shells and coral, a nose extension from a sawfish.

He concluded by opening a debate on the existence of the Loch Ness monster, he believes it to be an 18ft sturgeon!



Our next meeting will be on Wednesday 8th July in the village hall 7.30pm we will welcome again Steve Herra for another of his series of talks this time entitled Body Through The Porthole.

Louise Causer

SOMBORNE COMMUNITY CINEMA

Rental Family 12A

Thursday 9th July 2026

2025 Comedy Drama: 1h:49m

Set in modern-day Tokyo, RENTAL FAMILY follows an American actor (Brendan Fraser) who struggles to find purpose until he lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. As he immerses himself in his clients' worlds, he begins to form genuine bonds that blur the lines between performance and reality. Confronting the moral complexities of his work, he rediscovers purpose, belonging, and the quiet beauty of human connection.



Send Help 15

Thursday 13th August 2026

2026 Thriller, Action, Dark Comedy: 1h:53m

Linda Liddle, from strategy and planning, (Rachel McAdams) an overworked analyst, and her arrogant nepo-baby boss Bradley Preston (Dylan O'Brien) survive a plane crash near Thailand and must cooperate to survive on a remote jungle island while their workplace power dynamic collapses around them.



Tickets for films are just £6 each and are available from the Somborne Community Cinema web site at www.sombornecommunitycinema.co.uk or at the door on the night.



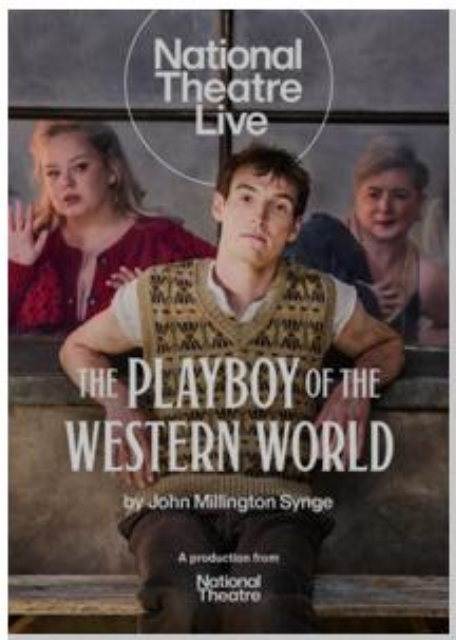
King's Somborne Village Hall



Doors open at 7.15pm and the films start at 8pm leaving plenty of time to get your drinks and snacks from the well-stocked bar.

SOMBORNE COMMUNITY CINEMA

PRESENTS



Saturday 25th July 2026

at King's Somborne Village Hall

Doors open 6:45pm Curtain up 7:30pm

Tickets £10 + booking fee online at

www.sombornecommunitycinema.co.uk

or at the door on the day

Bar and Refreshments will be available

Under 16s must be accompanied by an adult

Resilience planning – home preparation

Following the recent article on resilience, this guide sets out practical checklists to help households prepare for the loss of essential services, including power, water, internet and communications.

Adapt the suggestions to suit your household, local circumstances and any specific medical or accessibility needs.

Resilience is strongest when communities work together. Consider what you can share with neighbours, friends or family, and be especially mindful of elderly or vulnerable people nearby who may need assistance during an incident.

Preparation should start now. Incidents can occur with little or no warning, so it is worth building simple household reserves before they are needed.

Water

Allow at least three litres of water per person per day, mainly for drinking and cooking. If the mains water supply fails, Southern Water may provide bottled water, but distribution is likely to take time. Keep an emergency water supply at home so you can manage during the initial period.

- * Keep a reserve of bottled water, either bought or filled from the tap.
- * Store water in a cool, dark place. Check it once or twice a year and replace it if it tastes or smells unusual.
- * If you are unsure if water is safe to drink, boil it.

You can also freeze some water in plastic bottles. They will act as ice packs during a power cut and can be used as drinking water once melted. Leave space at the top of each bottle to allow the water to expand as it freezes.

Food

Most households have enough food for at least 24 hours, but resilience planning should aim for a minimum of 72 hours.

Choose food that is filling, energy-rich and safe to store at room temperature. Prioritise items that can be eaten immediately, prepared quickly or cooked with little water. A simple way to build reserves is to add one or two extra items to your regular shop.

Useful items to keep at home include:

- * **Non-perishables:** Grains, cereal, pasta, rice, couscous, instant mashed potatoes, milk powder, tortillas, crispbread, crackers, and spices.
- * **Tinned goods:** Tomatoes, vegetables, fruit, soup, and ready-to-eat meals.
- * **High protein:** Dried or tinned meat and fish, chickpeas, beans, lentils, and cheese in a tube.
- * **High fat:** Cooking oil, pesto, sun-dried tomatoes in oil, tapenade, peanut butter, nuts and seeds.
- * **Energy boosts:** Fruit custard, jam, chocolate, honey, protein bars, and dried fruit.
- * **Drinks:** Coffee, tea, hot chocolate mix, fruit drinks, juice, or milk.
- * **Food for young children:** infant formula, oatmeal, and baby food.

Power and heat

If the power goes off during cold weather, your home can lose heat quickly. Consider using one room only, covering windows with blankets and using rugs to reduce heat loss through the floor. Useful items to keep at home include:

- * Warm, all-weather outdoor clothing,

clothes made of wool, thick socks, beanies, gloves, and scarves.

- * Blankets, sleeping mats, and sleeping bags.
- * Alternative heat sources that don't require electricity – wood burner, a gas or paraffin heater.
- * Camping stove or barbeque for heating and cooking food
- * Candles, tea lights, and fuel for heat sources.
- * Sufficient torches for each member of the household and batteries.
- * Matches, firelighters, and a fire extinguisher.

Safety is essential. Generators, camp stoves and charcoal grills must always be used outdoors and at least 20 feet away from windows. Never use a gas hob or oven to heat your home. Turn off or disconnect appliances and electronics, as power may return with short surges that can damage equipment.

Communication

During an incident, it is important to receive updates from official sources and to stay in contact with family, friends and neighbours where possible. Consider keeping the following items available:

- * FM Radio powered by batteries, solar panels or a winding mechanism.
- * Extra batteries.
- * Mobile phone and a charged power bank.
- * Phone charger for a car.

In a widespread power outage or regional cyber-attack, internet and mobile networks may fail. An FM radio with its own power source is therefore a particularly important item.

Toilet

If there is no water, for example

because of a large-scale power cut or water-supply failure, you may not be able to flush the toilet. Plan alternative ways to manage waste safely and hygienically.

If you have a water butt, rainwater can be used for flushing. If flushing is not possible, you may still urinate in the toilet but put toilet paper in a lidded bin or bucket instead.

For solid waste, line the toilet bowl with a plastic or bin bag, or use a portable toilet or lidded bucket. Cover waste with compost litter or sawdust. Take particular care when storing or disposing of waste especially in warm weather.

Useful items to have available include:

- * Toilet paper.
- * Wet wipes, hand sanitiser.
- * Plastic bags or garbage bags.
- * Compost litter or sawdust.
- * Bucket with a lid.

Medical

If you rely on electrically powered medical devices or refrigerated medicines, speak to your doctor or pharmacist about what to do during a prolonged power outage. Ask how long medicines can safely be stored at higher temperatures and get specific advice for any medication or equipment that is essential for life.

General emergency kit

- * Camping stove or gas barbecue with spare gas canister.
- * First aid kit.
- * Torches and batteries.
- * FM radio with batteries.
- * Candles, matches and firelighters.
- * Enough cash to cover at least 72 hours of essential spending.

Richard Peck, Parish Councillor

Public Switched Telephone Network (PSTN) Switch Off - January 2027

What is changing?

The traditional phone network is being replaced by a digital system. The Public Switched Telephone Network (PSTN) is an analogue, legacy platform that uses underground copper wires to provide phone lines.

This ageing infrastructure can no longer reliably support modern requirements. It is becoming increasingly fragile and more prone to failure.

When will the switch-off happen?

The original cut-off was expected in 2025, and some homes may already have moved to the new digital system, which is delivered through an internet connection.

For homes that have not yet switched, the final cut-off will now take place in

January 2027. You should not delay in preparing for the change.

How to prepare

- * Use the PSTN Switch-Off Checklist (p17) to guide your preparation.
- * Check whether any services in your home rely on a traditional phone line, such as alarms, care devices, payment terminals, or other connected equipment.
- * Speak to your phone or broadband provider if you are unsure what action you need to take.

Further guidance

Further guidance and advice can be found from BT Business and GOV.UK.

Richard Peck, Parish Councillor

Coffee morning/sale for Jane Scarth

The sun shone and there was a hive of activity at the Epworth Hall on Saturday 13th June to raise money for Jane Scarth in Romsey. There were refreshments with homemade cakes and stalls of plants, books, jigsaw puzzles, cakes, knitted toys, homemade cards and raffles. There was a very happy, relaxed atmosphere and it was lovely to see so many people enjoying themselves.

The money taken that morning, in addition to some donations, raised an amazing amount of £750. We would like to thank all those of you who came and supported us that morning and a special thanks to those of you who gave up your Saturday morning to run a stall.

Back in May of this year, our Women's Fellowship group invited a representative from Jane Scarth to come and speak to us about the work of the charity. It proved to be a very interesting and informative afternoon, as a result of which, we followed up with this fund raiser.

Jane Scarth is a fantastic charity in Romsey and has been a support for several people in our village. If you are unfamiliar with the work of this charity, please look them up on their website. The work they do is invaluable in supporting people locally in so many different ways who are affected, one way or another, with cancer.

Marion and Marilyn

The PSTN Switch-Off Checklist

The UK's landline network is being switched off. Don't wait to be contacted. Here's what to do now, in plain English.

STEP 01 Don't wait. Start planning now

Your provider should write to you before your line is switched, but letters can come late, get missed, or not arrive at all. We've heard from people whose lines stopped working with no warning. Acting early gives you choice and avoids the rush.

STEP 02 Ask your provider when your area is scheduled

The switch-off is rolling out area by area across the UK. Call your provider and ask directly. Don't wait for a letter. Knowing your date helps you sort everything else in good time.

STEP 03 Check if your home phone will still work

Most older corded phones that plug directly into the wall socket will not work on the new digital network without an adapter. Check with your provider. Many will supply one free of charge, or replace your handset.

STEP 04 Check any personal or medical alarm

If you or someone in your home uses a telecare device, such as a lifeline pendant alarm, fall detector, or emergency call button, contact the alarm provider before anything changes. These devices often rely on the phone line and may need replacing or reconfiguring.

STEP 05 Check your home burglar alarm

Many home alarm systems use the phone line to contact a monitoring centre if they're triggered. Contact your alarm company to ask if your system is switch-off ready.

STEP 06 Know what happens if the power or internet goes down

Unlike a traditional landline, your new digital phone needs your broadband router switched on and working. If the power goes out or your internet drops, it won't work. **The Phonely app** means you can still make and receive calls from your mobile using mobile data, so you're never left without a phone.

STEP 07 Ask your broadband provider about emergency call backup

Your broadband provider is required by Ofcom to offer you a way to call 999 during a power cut, usually a battery backup unit for your router, free of charge if you rely on your landline and don't have another device, such as a mobile phone. Contact them directly to find out more about battery backups.

STEP 08 Write down your key phone numbers today

In case of any disruption during the switch, keep a few important numbers written down somewhere easy to find: your doctor's surgery, a family member, and your provider's customer service number.

STEP 09 Ask for help, sooner rather than later

You don't have to figure this out alone. Your provider must offer assisted migration support, and charities like Age UK can help. The earlier you ask, the more time there is to get it right.

King's Somborne Working Men's Club

What's on — July and August 2026

Regular Opening Hours - The club is open every **Friday to Monday from 6:00pm**, providing a welcoming place to meet friends, enjoy a drink, and take part in club activities.

Games Night – Friday 4th July - Join us from **6:00pm** for a fun-filled **Games Night**. Bring your friends and enjoy an evening of entertainment and friendly competition.

Bingo Nights The club opens at **6:00pm**, with eyes down for **8:00pm**. Our popular bingo evenings return on:

Saturday 5th July

Saturday 12th July

Saturday 2nd August

Skittles Every Monday - Whether you're a seasoned player or trying it for the first time, come along for **Skittles every Monday**. The club opens at **6:00pm**.

Darts Competition – Friday 25th July. Club open from 10:00am

Think you've got what it takes to hit the winning double? To enter, message **Curt Bent** or **Kings Somborne Working Men's Club** on Facebook, or email kswmcsecretary@yahoo.co.uk.

England World Cup. - We'll be showing all **England World Cup** matches, with dates and times to be confirmed as the tournament progresses.

The **Semi-Final and Final** will be shown at the club on: **14th July, 15th July and 19th July** Club open from **6:00pm**, with an **8:00pm** kick-off.

Adults-Only Quiz Night – Thursday 17th July. Club open from 6pm. Quiz starts: 8pm. Put your knowledge to the test at our **Adults-Only Quiz Night**. Gather your team and join us for an evening of trivia, laughs, and friendly rivalry.

Everyone Welcome! Whether you're joining us for sport, bingo, darts, skittles, quizzes, or simply a social evening, we look forward to welcoming you to Kings Somborne Working Men's Club.

For updates and event information, follow us on Facebook.

HAMPSHIRE & THE ISLANDS HISTORIC CHURCHES TRUST

**helping to maintain the historic churches in
Hampshire and the Isle of Wight**

RIDE AND STRIDE 2026

Saturday 12th September 2026

Most of the churches and chapels in Hampshire and the Isle of Wight will be open.

- Have a family fun day out and discover the beautiful churches and chapels on your doorstep, by taking part in a sponsored cycle, walk or journey by car or horseback too if you wish.
- Enjoy a warm welcome along the way!
- Help to preserve our churches for future generations.

Visit the HIHCT website www.hihct.org.uk
or contact Phil Carr on 07860 107012

Women's Fellowship

At our April meeting we welcomed Charlotte from Romsey Young Carers to speak about the work they do. The charity covers the Southern Test Valley area and works with children from 8-18 giving both physical and emotional care.

Support is given in schools as well as after school and at weekends. There are a range of activities such as games and crafting and they also have residential trips, and weekend camps with outdoor activities such



as kayaking, climbing and paddleboarding .

They are only a small charity and we were pleased to be able to give a donation. Thank you all .

Marion and Marilyn

Village diary for July 2026

Every Monday	6.00 pm	Beavers
	6.00 pm	Monday Club at the Club
	7.30 pm	Badminton (September to April)
	7.30 pm	Skittles
Every Tuesday	10.30am	Drop in coffee (except the second Tuesday)
	10.00am	Somborne Cafe
	7.45pm	Somborne Singers
Every Wednesday	9.15am	WI Walking Group
	9.30am	Parent, Baby and Toddler Group
	2.00pm	Dial-a-ride
Every Thursday	2.00pm	Needleworkers

1st	WI Sisterhood AGM	7.30pm	16th	Minibus to Mudeford	10.00am
7th	Computer cafe	10.00am	17th	Somborne Players - Three short plays	7.30pm
7th	Licensing of Rev'd Ann Devereux	7.30pm	19th	Messy Church - picnic and games on the Rec.	3.00pm
8th	WI	7.30pm	19th	World cup final - TV at the Club	from 6.00pm
9th	Community Cinema	7.15pm for 8.00pm	20th	'CropSwap'	6.30pm
13th	Parish Council	7.00pm	21st	Computer cafe	10.00am
14th	Epworth Lunch	12.30pm	22nd	Women's Fellowship	2.30pm
14th	Short Mat Bowls	2.00pm	22nd	Somborne Society AGM	7.30pm for 7.50pm
15th	Church Friends visit Roche Court		25th	Allotment Flower show & Barbecue	4.00pm
15th	Wednesday Wanderers	10.00am	25th	Comm'y Cinema— National Theatre	6.45pm for 7.30pm
15th	Somborne Solo's	Lunch	26th	Short Mat Bowls	2.00pm
15th	Contemplative Prayer	7.30pm			

District diary for July 2026

Markets

Hampshire Farmers' Markets

5 Jul *Petersfield*

5 Jul *Romsey*

18 Jul *Fareham*

10–12 Jul *Lymington Seafood Festival, Lymington High Street Multi-day boutique food market*

17–19 Jul *Winchester Foodies Festival, Winchester Broadway Touring food celebration*

25 Jul *Ringwood Antiques & Decorative Arts Market, Ringwood Market Place Specialist street market*

North & Central Hampshire

3–5 Jul *Basingstoke Festival Finale Weekend, Last of the town's massive outdoor arts festival*

10–12 Jul *Summer Diesel Gala, Alresford (The Watercress Line) A weekend for heritage rail enthusiasts*

17 Jul *Symphonic Ibiza at the Foodies Festival Blending iconic Ibiza dance anthems with spectacular lasers*

25 Jul *Wessex Folk Orchestra, Chawton (Jane Austen's House) Lunchtime concert*

26 Jul *Music in the Park, Alton Public Gardens Bring a blanket and snacks for an afternoon of live music*

South & Coastal Hampshire

3 Jul *Behind the Scenes Tour, Portsmouth Historic Dockyard*

13 Jul *Onwards Portsmouth 100th Anniversary – Lion Sculpture Trail*

24 Jul *Farnborough Airshow 2026 A major aviation event with flying displays & exhibits*

30 Jul–2 Aug *Wickham Festival 2026, Wickham Showground Award-winning live music and folk festival*

Throughout July *Hydrangea Walk (25th Anniversary), Sir Harold Hillier*

Gardens Peak bloom time

West Hampshire (New Forest)

4 Jul *Swedish Takeover Car Rally, Beaulieu National Motor Museum Volvos, Saabs, and custom builds*

5 Jul *Simply Land Rover, Beaulieu National Motor Museum Filling the arena with owner club showcases*

19 Jul *The Hidden Glades Nature Walk, Exbury Gardens & Steam Railway A rare, expert-led summer walk*

19 Jul *Simply Japanese, Beaulieu National Motor Museum Classic and custom Japanese performance vehicles*

28–30 Jul *New Forest & Hampshire County Show, New Forest Showground (Brockenhurst)*

Active & Outdoor Hampshire

5 Jul *Hampshire Hawks vs. Kent Cricket, Utilita Bowl (Southampton) Sporting entertainment for the T20 Blast*

11 Jul *Round the Island Race 2026, The Solent (Cowes/Southampton) One of the largest yacht races in the world*

12 Jul *The Solent Coast Wildlife Trek, Lepe Country Park A rugged, educational guided trek*

18 Jul *The Hamble Twilight Kayak Safari, River Hamble Country Park An active, guided evening paddle*

26 Jul *The Summer Forest 10K Trail Run, Moors Valley Country Park An organized, multi-terrain race*

Karen Bolton

What's on in July 2026

Museum of the Iron Age (Andover)

18 Jul – 2 Aug *The Time Detective*

Agency: Uncover the clues hidden in the past

22 Jul *Wednesday Craft Club: Soap Knapping* Children can shape their own prehistoric-style tool

25 Jul *Meet the Ancient Britons:*

Bringing history to life with costumed interpreters

Winchester Cathedral

4 Jul *London Concertante presents A Night at the Opera* Finest opera arias and overtures

7 Jul *Behind Locked Doors Tour* Step beyond the public spaces of the Cathedral

24 Jul *Libera Choir in Concert* The internationally acclaimed boys' vocal group

The Gurkha Museum

24 Jul *Sustain to Victory: Resupplying the 14th Army* Lieutenant Colonel Mike Tickner presents

Sir Harold Hillier Gardens

6 Jul *Outdoor Qigong* Join in this ancient Chinese practice of flowing movements

9 Jul *Meet the Arb Team* Discover a day in the life of an arborist

11 Jul *Romsey Festival Gala Concert* Open-air, "Last Night of the Proms" style picnic concert

17–18 Jul *Summer Soul Picnic Concert*

Lively evening out in the gardens with Motown and soul classics

23–31 Jul *The Summer Superpower Trail* Brand new self-guided family trail

31 Jul *The Big Butterfly Guided Walk* Beautiful daytime nature walk

Houghton Lodge Gardens

24 Jul *The Glass House Yoga Retreat*

One-day wellness escape featuring Hatha yoga sessions

Hawk Conservancy Trust

11 & 25 Jul *Sunset at the Trust*

Featuring two separate birds of prey flying displays against a twilight sky

Mottisfont

10 Jul *Romeo & Juliet Live Outdoor Theatre* Open-air performance of Shakespeare's classic tragedy

23 Jul *Sherlock Holmes & The Hound of the Baskervilles* Outdoor family theatre fun

29 Jul *The Jungle Book Musical Adventure* Outdoor musical adaptation with audience interaction

Army Flying Museum

11 Jul *Wallop Wheels & Wings 2026*

Classic aircraft, historic supercars, military vehicles, and live air displays

25 Jul–30 Aug *Summer of Flight* Flight-themed crafts and hands-on activities

28 Jul *Model Making with Models for Heroes* Make and paint your very own scale plastic model

Whitchurch Silk Mill

7 Jul *Victorian Silk Production Tour* Guided tour around the UK's oldest working silk mill

Andover Town

19 Jul *Andover Carnival* The town's flagship community celebration with live entertainment

Romsey Town

8 Jul *Opera in the Garden* The Cromwell Arms hosts this spectacular showcase of opera

11 Jul *Beggars Fair* A lively, free community festival fills the main streets

Karen Bolton

Theatres

Theatre Royal Winchester

3 Jul *Atrium Live!: Live Music with J Fashole-Luke* Tasty tipples, great sounds, and cosey vibes

5 Jul *The Makings of a Murderer* A chilling journey into the minds of the UK's most notorious serial killers

11 Jul *A Night with Integr8 Dance* A thrilling night of diverse performances

18 Jul *Fringe Funnies: Comedy Afternoon* Rising stand-up comics test out their brand-new material

22 Jul *Timeless Voices of Jazz* Bringing the elegance and emotion of classic jazz into the modern era

30 Jul *Peter Pan* Musical adaptation of this classic adventure, performed by a talented local youth ensemble

Chesil Theatre Winchester

14–18 Jul *Much Ado About Nothing* An open-air production re-imagined against a post-WWII backdrop.

29 Jul - 1 Aug *The Curious Incident of the Dog in the Night-time* Based on the novel by Mark Haddon

Plaza Theatre Romsey

4 Jul *Legends Of Motown* A high-energy, 7-piece tribute band

5 Jul *A Celebration of the Spitfire* An evening of lectures

11 Jul *Cinderella Dance Show* Southampton Dance Academy

The Lights Andover

10 Jul *The ELO Encounter 2026* A tribute night to Jeff Lynne's Electric Light Orchestra

20–24 Jul *Before the Fringe 2026* A multi-day comedy festival showcasing top circuit comedians

The Arc Winchester

16 Jul *Ania Magliano: Work in Progress* The critically acclaimed comedian returns to the stage

17 Jul *Beyond the Streets of London* Live storytelling and performance

31 Jul *The Alter Eagles* One of the country's top tribute acts returns

The Berry Theatre Hedge End

11 Jul *Platform Dance Annual Show 2026* Showcasing routines in a variety of styles

15–18 Jul *Bugsy Malone* Spectacular local stage production of the famous prohibition-era musical comedy

Mayflower Theatre Southampton

2 Jul *Stitches Comedy Club* A fast-paced night of live stand-up

8–11 Jul *Oklahoma!* The classic musical comes alive on stage

23–25 Jul *Toto the Ninja Cat and the Great Snake Escape* A fun, claws-out musical adventure

Salisbury Playhouse

6–11 Jul *Jekyll & Hyde* A gripping gothic musical adaptation of Robert Louis Stevenson's classic tale

14–18 Jul *Our Man in Havana* A satirical theatrical adaptation of Graham Greene's famous spy novel

Kings Theatre Portsmouth

10 Jul *Tina Live - A Tribute to Tina Turner* Celebrating her spectacular life, career, and rock anthems

31 Jul *ELO Again - Back to the Blue Tour* A symphonic rock tribute night

New Theatre Royal Portsmouth

5 Jul *Gary Delaney: Gary On Laughing* The undisputed king of the one-liner arrives with a brand-new show

17 Jul *Dreamcoat Stars* A vibrant musical concert featuring past stars performing massive West End hits

Karen Bolton

TEST VILLAGES U3A

Thursday 2nd July in Chilbolton Village Hall

Lands End to John O'Groats by bike

Two weeks, two wheels, two charities, one goal. Paul Fox will talk about the motivation, preparation, survival and satisfaction of completing one iconic bike ride along the length of Britain. Come and meet the rider, the bicycle and the mascot that turned aspiration into perspiration in June 2025. A journey of personal challenge and achievement.

Thursday 6th August in Chilbolton Village Hall

From Bench to Chair

Our local MP Caroline Nokes will talk to us about her life in politics. She represents Romsey and Southampton North constituency and is currently one of three female Deputy Speakers in the House of Commons.

Doors open at 1.40 pm for the presentation followed by refreshments

New members are very welcome to attend our meetings.

Summer Garden Party

Thursday 25th June from 6 to 8pm

The annual members party in the delightful grounds of Horsebridge Station. Ticket £10 includes a finger food buffet and drinks. Tickets available at our June meeting or contact Sue Parish on 01264 810549 or sueparish@gmail.com

U3A is a UK-wide network of groups that provides the opportunity to socialise and learn for fun.

Find out more at: u3a.org.uk, or see the latest on our Test Villages group at: testvillages.u3asite.uk

DO YOU LIKE TO WALK?

Every Wednesday at 9.15a.m. a group of us from the W.I. meet behind the Parish Church, beside the John O'Gaunt sign and walk together exploring the local countryside. We walk for a couple of hours with occasionally a stop for coffee on the way and very occasionally even cake and always a good chat.

If you would like to join us we would be delighted to see you.

Either come to the John O'Gaunt sign one Wednesday or phone me, **Frances Shone, on 388626** for more information.

Somborne and District Society



In May we offered the rare opportunity to hear a well-received talk on the Avro Vulcan B2 by David Silver, someone who worked on, and flew in, one of Britain's most iconic military aircraft.

This year the society committee is undergoing further changes, and it has become *critically* important for new people to take on active roles. We need someone to record the minutes at committee meetings, someone to act as liaison to our speakers, someone to take a front-of-house role at our talks to welcome guests, and one or more people to organise our social events like the summer picnic. There are plenty of other ways you can also help the society and contribute to maintaining the history of your local community.

The society does more than organise talks and have a picnic! We publish a quarterly newsletter and booklets: we run the John of Gaunt Competition for primary school aged children to help them engage with their local history; we

organise visits; maintain a local history archive; we also aim to have exhibitions and run stalls at the Marquee Markets, School Summer Fair and the Christmas Fair. Membership of the society is just £15 per year and renews in July. If you value the history of your local area, please consider taking on an active role in the society and contact me to find out more (email address below). It isn't necessary to join the committee for some roles.

The talk after the AGM is by Sabrina Mercer, who will take us on a journey through the history of energy in the UK and further afield. From wood, coal and gas to wind, solar and beyond. How energy fuels progress as well as wars, and why geology & geography matter.

Steve Silver-Warner (Chair)

somsoc@silver-warner.co.uk

Notice is hereby given that the Annual General Meeting of the
Somborne and District Society
will be held in the King's Somborne Village Hall on
Wednesday 22nd July 2026, arrive at 7.30 pm for a 7.50 pm start

The AGM is followed by a talk from

Sabrina Mercer

**Head of Strategy for Siemens Energy in the UK & Ireland
on The Energy Sector Through The Ages.**

Keeping cool in the summer

- Drink plenty, especially water
- Wear light coloured, loose clothes
- Use suncream when going out
- Indoors, close curtains & use fans
- If you feel tired, dizzy, sick or are at all worried, call the surgery



Friends and Family Feedback

Our recent patient feedback showed that 97% of patients reported that the service they received was very good or good. Most of the negative feedback was around the length of time patients were waiting at the surgery to be seen for their appointment.

Why am I not seen on time?

21% of our patient population (1 in 5 patients) are aged 70 and over. As we age, we are often diagnosed with multiple medical conditions. This means that the care we are providing to patients can be more complicated and require more time. Unfortunately, this is not always easy to predict meaning that our GPs and Nurses may run late occasionally. We try to keep patients informed of any significant delays e.g. longer than 30 minutes.

If being seen on time is crucial for you on a particular day, please ask for the first appointment of the clinical session.

Help with ageing

Age Concern Hampshire can help patients with filling in forms such as attendance allowance and blue badge forms. They can also do benefit checks and provide information and signposting to other services.

To contact them ring 01962 868545. Or you can visit the website: www.ageuk.org.uk

Somborne Speedwatch

If you would like to help slow down the traffic coming through the village, please

Contact Nicola Pye 01794 388 405 nicola@yewbank.net

Somborne Sisterhood



History lesson 2

The threat of torrential rain was not enough to deter the Somborne Sisterhood attending the sequel to last year's amazing historic tour of King's Somborne led by Tricia Silver-Warner, and it did not disappoint.

Last year, we did the East side of the village comprising the church, Winchester Road and more. This time, we started at the village hall with a recap of the Roman influence and more. We moved on to the history of various properties along the Romsey Road and the deer park. We were reminded about the toll houses and how people avoided the one from Winchester to Stockbridge by using Cowdrove Hill; another way our village became important, besides a potential metal works. We proceeded up Palace Close and into the top of the playing fields where we learnt about John O'Gaunt's Palace and the various mounds in the fields.

We thanked Tricia and scuttled home for a hot drink, all declining the cold drinks we brought! Looking forward to the next already!

Apologies for any misinformation; there were so many fascinating facts, even for those of us who have been here some time, and I cannot remember them all. Those who came along with be spouting historical nuggets of interest for weeks!!

Next month on July 1st is our AGM and a talk by the Trinity Centre. 7.30pm Epworth Hall

Rebecca Rickard



Caroline Nokes coming to King's Somborne

The Somborne Sisterhood is delighted to announce that Caroline Nokes is coming to speak to us on August 5th at 7.30pm in the Village Hall. Caroline will be talking about her life and role as a deputy speaker as well as her experiences and life in the political arena. This will be an open meeting, which means that everyone is invited. Make a note in the diary, as it is sure to be a fascinating evening. Cake and coffee as well as a raffle. Cash only.




LONGSTOCK
 Village Fete
SATURDAY
5 September 2026
12.30 - 4.30 pm

Otterbourne Brass Band
BBQ Bar Teas
Dog Show Sheep Racing
Tug o' War Laser Tag Axe Throwing
Coconut Shy Golf pitch 'n putt
Tombola Bottle Stall
Books
Produce, Cakes & Jams
Grand Draw

**Come and help us raise funds for
 our church & playground,
 while everyone has fun!**



Stockbridge Amateur Dramatics Society presents:

A PLAY IN A WEEK SUMMER SCHOOL

Calling all 9-14 Year Olds


**Learn to Act / Make Friends /
 Have Fun / Build Confidence /
 Learn New Skills / Perform**

Stockbridge Town Hall, Mon 3rd - Fri 7th Aug
 9am - 4pm, Performance Friday 7pm

Price: £200
 To secure your place
 contact Sarah at:
stockbridgeamdrams@gmail.com

SADS

Summer concert



**ANDOVER
 CHAMBER
 CHOIR**

RHYMES AND RECOLLECTIONS

A Choral Collection of Childhood Songs

Andover Chamber Choir is set to transport audiences back to the carefree days of youth with their charming and evocative upcoming concert, "Rhymes and Recollections: A Choral Collection of Childhood Songs".

The programme touches on the universal themes of innocence, memory and comfort, and Andover Chamber Choir invites everyone - from those who grew up singing these tunes, to music lovers discovering them anew - to join them for an evening of musical reflection and joyful recollection.

The concert takes place at 7.30pm, Saturday 18th July, Farleigh School, Andover, SP11 7PW. Tickets are £15 on the door or £12 in advance from The Lights (in person and online) or through choir members. Under 16s are admitted free.

Proceeds are in aid of Andover Young Carers, providing vital support and respite to young carers in Andover and the surrounding area.

7.30pm Saturday 18th July 2026
 Farleigh School
 Andover, SP11 7PW

Tickets: £15 on the door, £12 in advance, under 16s free. Refreshments included.
 Available at The Lights, Andover (in person and online)
 and through choir members.



Proceeds in aid of Andover Young Carers.

www.andoverchamberchoir.org.uk

The Importance of Being Earnest



By Oscar Wilde

£14, Thurs 2nd, Fri 3rd & Sat 4th July 2026
Doors 6pm, 7pm start, The Burrow, Longstock

Visit: <https://www.ticketsource.co.uk/sads>
Or call 01264 513 676

SADS
Stockbridge Amateur Dramatic Society

John o' Gaunt Field Path

Following a period of better weather, the contractor has now added the top layer to the new path and completed the work.

Church Wall

The contractor has completed the initial repairs to the church wall, focusing on the stretch from the gate on Church Road down towards the war memorial. Unfortunately further investigation has found several additional areas that need repair, with the wall as a whole in poor condition. The Parish Council has allocated additional funds to continue the works, but this is likely to be a longer term project as more inspections are undertaken.

Shape Our Village

Further to the Parish Assembly, a meeting was held in the Village Hall on

3rd of June to kick-start community involvement in planning for the future of the shop/pub, and investing in children's equipment/youth activities. There was excellent engagement, with two groups set up to continue investigation. The Parish Council thanks everyone who came along and those that subsequently volunteered to steer the two groups.

Parish Council

The next Parish Council meeting is on Monday 13th July at 7.00pm.

Parishioners are welcome to attend and bring to the attention of the council any matter of concern.

Andy Jaggard

King's Somborne Parish Council

*The Friends of the Church of St Peter
and St Paul, King's Somborne*

The second event of this year is a visit to Roche Court Educational Trust and New Art Centre at East Winterslow on **Wednesday 15th July** with a guided tour. The entrance fee is £15.00 per person which includes coffee and cake!

'D' Orange is arranging the visit so please contact her on 01794 388235 for more details. Sorry **NO** dogs are allowed. All are welcome to join us.

JOG Fest — a fantastic success

This amazing event was expertly organised by Ali, Phil and the team from the John of Gaunt. Their detailed and comprehensive planning over eight or nine months certainly paid off and the result was a tremendously enjoyable day which raised over £7,360 for the two selected charities.

Ali lost her Dad to dementia soon after she and Phil took over the John o' Gaunt and was devastated that he did not get to see her living her dream of running a very successful pub. She grew up in Sutton Scotney, where her parents ran The Coach and Horses. Because of this, she chose to support **Dementia UK** with this event, as well as **Hampshire Search and Rescue**, whose work involves a high number of call outs to dementia patients.

On 30th May the sun shone brightly on the JOG Fest site, already set up with a stage, a bar, food stalls and marquees, ready to receive the workers, musicians and fest-goers for an exciting afternoon of great music, fun and laughter. There were activities for children and plenty of refreshment: as well as the bar, the Buffalo Farm from Broughton served hungry participants with Buffalo burgers alongside Philippine street food from Ariel.

The afternoon was rounded off with a massive charity raffle,



Thank you for your donation of
£3,681.62 for JOG FEST on
behalf of Joginn limited

followed in the evening by an amazing charity auction. Both were wonderfully supported by local businesses and friends who had donated gifts and prizes.

Everyone appeared to enjoy themselves enormously and many were dancing until late in the evening.

A few days after the event, Ali and Phil were delighted to be able to hand over two cheques, each for £3,681.62, to Dementia UK and to Hampshire Search and Rescue.

They would like to thank everyone who supported them in any way to make the first JOG Fest such a success. A special thanks goes to Andrew Day and Compton Estate for “donating” the use of the site for the event.

In response to the many requests, it has now been revealed that there will be another JOG Fest next year — certainly something many will look forward to!



Presenting the cheque to Hampshire Search and Rescue



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Spedan's Natural Trust Open Day

Saturday 18th July

10:00 - 15:00

Starting at the Leckford village hall

Postcode: SO20 6JG

Come and learn about biodiversity in Leckford

- Bird Ringing Demonstration
- Beetles & Bugs exhibit
- Moths exhibit
- Pollinators exhibit
- Guided walk on the Leckford Estate

This is an outdoor event and attendees are
invited to bring their own lunch.

To book a FREE place email:

spedantrust@gmail.com





Summer Marquee Markets

Come and Enjoy Saturday Mornings

August 1st, 8th, 15th, 22nd, 29th

10.00 – 12.00

In The Church Garden

Cakes Books Plants Produce



Tea Coffee Cakes

Weekly Raffle with Super prizes

Contact Linda Aucock on 388542 or Louise Causer 389364
If you would like to help

Salmon with Crunchy Parmesan Topping served with French Beans and Mangetout Salad and Tomato sauce

A summery dish—serves 4

- | | |
|--|--------------------|
| 4 fillets of salmon—skinned | 1 bunch of parsley |
| 50g grated parmesan | 1 lemon quartered |
| 75g bread—cubed salt and pepper | |
| 75g butter—melted and extra for greasing | |

Homemade Tomato sauce

- | | |
|-----------------------|---------------------------------------|
| 2 tbs olive oil | 1 finely chopped onion |
| 1 x 450g tin tomatoes | 1 tsp Worcester sauce—to taste |
| 1 tsp sugar to taste | small bunch of fresh basil or parsley |

French Bean and Mangetout Salad with Hazelnuts and Orange

- | | |
|-------------------------------|---------------------------------|
| 300g French beans—trim ends | 1 Orange |
| 300g mangetout—trim ends | 2 tbs nutty oil (if available!) |
| 50g hazelnuts—already skinned | 3 tbs olive oil |
| 20g chives—roughly chopped | salt and pepper |

Method

1. Heat oven to 200deg. Line baking tray with foil and brush generously with melted butter. Lay fish on foil and season.
2. Whizz cubes of bread and parsley until fine and like breadcrumbs. Add parmesan, melted butter and seasoning and whizz again. Spread mixture onto fish and drizzle a little more butter over. Bake in oven for about 8-10 minutes until brown.
3. Meanwhile fry onion in oil. Add tomatoes and basil or parsley—simmer for about 10 minutes.
4. Liquidise and season, adding sugar and Worcester sauce to taste.
5. Brown hazelnuts in frying pan and roughly chop.
6. Blanch beans in boiling water for 4 minutes, adding mangetout after 3 minutes. Drain and cool under cold water.
7. Cut off orange rind and slice into fine strips.
8. To assemble—mix all ingredients in a bowl, toss gently, then taste and adjust seasoning.
9. Serve with salmon fillets, lemon quarters and tomato sauce.

Enjoy! **D**

Services for the over 50s

Sue 07891 930 684 & Gill 01794 388 831

Do contact us if you need any support or have anything that is worrying you.

Blue Badge applications, attendance allowance, pension credit, dementia support services etc

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From The Parish Registers

13th June Blessing ceremony for George Elliot at Ashley church



Messy Church

Picnic and games on the Recreation Ground on 19th July
All families are welcome!



Julian Contemplative Prayer Meetings

These meetings are for those, from any faith or none, who are seeking the opportunity to practice silent prayer and contemplation in the companionship of others.

The meetings are held on the 3rd Wednesday of every month at 7.30pm. The venue is 1 Highfield Cottages, off Strawberry Lane, Up Somborne.

If you would like to know more, please contact Jane Duncan on 01794 388059 or 07766 811 623.

All are very welcome.



The Catherine Edwards Trust

The Catherine Edwards Trust makes modest but useful grants to students who are staying on in education (6th form, College etc) or apprenticeship after leaving Secondary Schools this summer. Grants usually take the form of books or equipment for the course not supplied by the college or employer.

Please give me a call if you have any questions

David Bevan - 07769 682696

Church services in July

Parish Church

Sunday, 5th July—Fifth Sunday after Trinity

08.00am Holy Communion (1662)

10.00am Morning Worship

Readings:

David Evans: *Romans 7.15-25a*

Christine Ball: *Matthew 11.16-19, 25-end*

Tuesday, 7th July

7.30pm Licensing of the Revd Ann Devereux

Sunday, 12th July—Sixth Sunday after Trinity

10.00am Holy Communion

Readings:

Fi Chilton: *Romans 8.1-11*

Linda Aucock: *Matthew 13.1-9, 18-23*

Sunday, 19th July—Seventh Sunday after Trinity

10.00am Holy Communion

Readings:

Louise Causer: *Romans 8.12-25*

Sandie Pepperell: *Matthew 13.24-30, 36-43*

Sunday, 26th July—Eighth Sunday after Trinity

10.00am Holy Communion

Readings:

Antony Chilton: *Romans 8.26-end*

Alwena Rowe: *Matthew 13.31-33, 44-52*

Methodist Church

July 5th

10.30am Holy Communion

Rev Peter Rayson

July 12th

10.30am Chapel Anniversary

Rev Howard Mellor

July 19th

No morning service

3.00pm Messy Church

July 26th

10.30am

Mrs Sandra Timms

Roman Catholic Churches

St Thomas' Stockbridge

St Joseph's Romsey

St Andrew's N. Baddesley

Details of services at RC churches, see:

www.hampshiredowns.org.uk and

www.stswithunwellsparish.org.uk

Parish Home Group

Weekly on Thursdays, 7.30 - 9.00pm during term time

Contact Howard Rowe for details

howard_rowe@btopenworld.com or 01794 388400

The Minister's Last Word

Do you ever wonder just what it is all about? I would be surprised if you don't. But then again, would you actually want to know the answer?

At one point in *The Hitchhiker's Guide to the Galaxy*, we find philosopher, Vroomfondel, confronting computer programmer Lunkwill and demanding, "rigidly defined areas of doubt and uncertainty."¹ He is doing so in order that the work of philosophers be protected from the possibility that the ultimate question of life, the universe and everything could actually be answered. Just lately, I find myself agreeing with him although from rather the opposite viewpoint. It does seem that the areas of doubt and uncertainty affecting all our lives are growing ever larger and it would make things much easier if they could be limited to rigidly defined areas.

For example, between me writing this and you reading it will be somewhere in the region of two weeks; how much is going to have changed in that time? Will Scotland have won their group at the World Cup? Will England have won a match? Will the peace agreement between the USA and Iran have been signed and will it have held? Will we still have the same Prime Minister? If I knew the answer to any of these questions, I could be a very wealthy man by the time you are reading this!

The problem with areas of doubt and uncertainty is that they make us anxious. Whether it is over something important or something trivial, we become anxious because we do not feel in control of our world. The more the uncertainty, the more anxious we become and then because we are anxious, we become unable to manage even those things we can control.

We may think of anxiety as a modern disease but there is no doubt that it has been a problem throughout human history and, while research shows that people of faith are generally less anxious than those without faith, it is still a problem for many. It was recognised as a problem by ancient Greek philosophers and we can also find in the Bible many occasions of people struggling with anxiety. Whilst the Greek approach was a stoic one, in the Bible we can also find comfort and support for the people of the time and for us today. The book of Psalms gives many examples where the psalmist releases their anxiety in a rant against the perceived injustices and against God. Having let it all out, the psalmist is then able to calm down, reflect and know that ultimately everything is in God's hands. There is not space to include it here but, as an example, you could read psalm 23.

So, if you are struggling at this time with anxiety, with doubt, with uncertainty, don't keep it to yourself. Follow the example of the Bible; write it down, say it out loud, shout it to the heavens. Tell God why it is wrong, tell God why it is unfair and then let God respond.

Peter

The Revd Peter G Rayson BSc MA

Superintendent Minister, Winchester, Eastleigh and Romsey Methodist Circuit

¹ **Adams, Douglas.** *The Hitchhiker's Guide to the Galaxy*. London : Pan Books, 1979.



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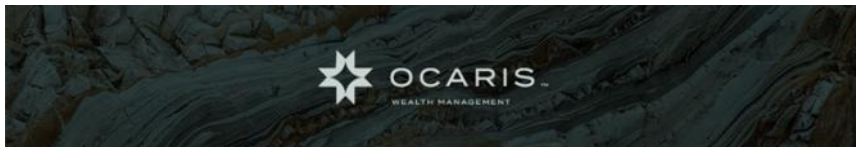
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