



## **Newsletter October 2015**

We are very lucky to have the support of Bombay Sapphire in the production of the hardcopy version of this newsletter for those not using email. Thank you Nik Fordham for arranging printing for us for the last few months. This greatly cuts our print cartridge budget and gives us much better quality print!

This month we focus on a 17th Oct combined village clear up which the archers, tennis club, Millennium Green and PC are all participating in. We just need as many residents as possible to spare some time too! We have a long list of jobs to make Freefolk & Laverstoke spick and span.

We've got support from various organisations for our Men's Shed inaugural meeting on 19th Oct. Also our Lady Rose Hall activity teachers all have news. Read on for this and more!

Your copy of the October [Overton News & Views](#) is available at this link.



## Sat 17th October Village Clear Up

The PC is combining forces with the archery club, tennis club and Millennium Green Trust for a village clear up on Sat 17th October. Kicking off at 10 am, outside Lady Rose Hall, we'll be working during the day on a long list of activities to improve our village. And... we'd like to enlist your support!!

Included on our list of jobs is trimming the outer side of the archery hedges, dismantling the old garages in Freefolk/nettle clearing, clearing/preparing for planting the rear side of the Lady Rose Hall Ramp and cutting back Millennium Green overhanging trees. As you can see we'll need volunteers from all parts of the villages. Hope you can make it even if only for an hour or two! See you there!



## Update: Test Valley Men's Shed

It is encouraging that there is much support from various interested organisations for our 19th Oct Men's Shed meeting. We are delighted to be welcoming representatives from the Andover Men's Shed group, from Hants County Council (Wellbeing team) as well as our Basingstoke and Deane Community officer. We have potential offers of funding support for equipment already. Only last week we were offered some large floorstanding pieces of equipment but we're not able to take advantage until a group is formed and building (pavilion) secured.

Although we have been focussing communication on recreational workshop type activities - wood work, metal work, mechanic etc. skills sharing and training - there is no reason why the group cannot undertake other activities of a less practical nature e.g. improving computing skills or even offering a social meeting/ coffee space.



## Watership Building plans v2

Planning permission is being sought for the erection of a detached building in the garden of the Watership pub ref:15/03134/FUL. It is to provide 4 guest rooms following demolition of existing outbuildings.

This new single storey plan follows from a plan that had been submitted earlier in the Spring. This had attracted resident and PC feedback which included comments that 5 double height rooms would be too dominant and height should be restricted.

The new plan will be discussed at the PC meeting on 13th Oct. To view the plan please visit: [B&D planning website](#) or contact Nicky Nicklin on 07725 368012.

For those reading about this for the first time, the Test Valley Men's Shed formation meeting will be at 7pm on Monday 17th Oct at Lady Rose Hall. The first task of the group will be creation of a charity and the development of the pavilion into a workshop and storage. Please pass the word around to anyone interested in such a group from Whitchurch, Overton and the local villages.. The PC are currently liaising with local WIs and the Overton Age Concern Village Agents.

If you would like any further information see the [UK Mens Shed Association site](#) and please contact Nicky at [laverstokeclerk@gmail.com](mailto:laverstokeclerk@gmail.com) or on 07725 368012. Alternatively just turn up at the meeting. See you there!



## LRH Sports Updates

Our 3 teachers of Yoga and Kettlebells have the following updates:

**Yogamaniac (of ladder trick fame above)**

Come and chillax with yoga on Fridays at



## Senior Coffee Morning 10th Oct

**Our senior citizens group is hosting a fund raising Coffee Morning** on Saturday 10th October 2015 in the Kingfisher Day Centre Laverstoke at 10.00 a.m.

Anyone who has any Nearly New (only) Bric-A-Brac etc. please contact one of the Committee Members below and they would be delighted to come and pick it up! Unfortunately they are unable to accept any electrical goods.

Sue Walker on 01256 893574; Rita Giffen on 01256 893430 and Mady Oram Chairman on 01256 895396 say "Come and have a cup of coffee with us - we look forward to seeing you all on Saturday 10th October. "

10-11am in Lady Rose Hall  
Contact Samantha on: 07884384399 or [Yogamaniac@hotmail.com](mailto:Yogamaniac@hotmail.com)

### **John Ruffell Kettlebells**

John's kettlebell class on a thursday evening is moving by 30 minutes following feedback from a number of you that a 7.30pm (rather than 7) start is much easier to make. John's contact details are 07910 736432 or [johnruffellfitness@live.co.uk](mailto:johnruffellfitness@live.co.uk).

### **Yoga with Gloria**

Hypo-fit 2 hour Workshop on 10th Oct 2015: abdominal and core training. This workshop will use are the very latest techniques for deeper abdominal training using Hypopressive (low pressure) breathing and postural exercises to work the abdominal muscles. It comprises low impact exercise - anyone can do it, no sit-ups or crunches in sight! Benefits of these techniques are flatter abs and reduced waist size, stronger core and pelvic floor, prevents or eliminates stress incontinence or urinary leakage when you exercise, Improved lung capacity and better performance in other sports activities or daily life, Re-shaping tummy muscles - safe for postnatal women who want to get their tummy back. Improves sex drive and erectile function in men, prevents organ prolapse and hernias. Venue - Lady Rose Hall Laverstoke 2-4pm. Contact Gloria on



## Archer's new mower does the trick!

A new club mower and some dry spells have enabled the Black Arrows to "reclaim" some of the formerly boggy areas of their field. In the past they have sacrificed mowers to the bog and had to use four wheel drive to get them out. They have borrowed an agricultural strimmer from member Les Soper Dyer who voluntarily does most of the work. Thanks to Les for the great progress.

On 26th September the club hosted its end of summer outdoor shoot with competition round varying in distances from 90 meters to 5 meters. A total of six dozen arrows was shot by each competitor.

The club has called a workday on 17th Oct to coincide with the village tidy up. It is hoped that sufficient members will be available to repair and realign the archery fencing and assist in the general tidy up too.

On 24th October 1-4pm the club is holding a "Try the Sport" in aid of the

07584 621857 or

[yogawithgloria@gmail.com](mailto:yogawithgloria@gmail.com).



## It's Poops again!

Sorry to be indelicate but we're getting reports of an increase in dog littering again along Priory Lane and Batts Lane. In the past we have requested the use of poop bags disposed of at home. However we're now getting feedback from residents of the unpleasant disposal by other people of the poo bags in their dustbins along those lanes.

So this has led to an interesting debate amongst the parish councillors! A dog poo in a doggy poop bag takes (apparently) 1000 yrs to decompose! The general consensus on the internet is that they cause more problems to the environment and nature than the poop itself which will biodegrade with the help of mother nature. A normal dog poo (depending on diet) can take up to a year

Basingstoke & Dean B.C. Mayor's three chosen charities for the year: Inspiro, Basingstoke Multicultural Forum and The Ark Cancer Centre Charity. Participants will be asked to pay £1 for three arrows, for as many goes as they like. The highest score of the event wins a prize....

Persons using the "permitted" footpath through the Archery Range, especially when coming from the pavilion PLEASE observe the "DANGER" signs that are put out when archers are shooting. It is only due to the vigilant eyes of the archers that a number of possible serious accidents have not happened. The club will also be using the field in the daytime during the winter so be cautious all year round.

On 1st Oct the archers have been asked again to entertain some of Bombay Sapphire visitors with a "Try Archery" session. On 5th November they are intending to have a bonfire at the far side of the archery range.

The next beginners course with free spaces is scheduled to start on the 22nd January, indoors at Testbourne School. If interested please contact [Peter@OvertonBlackArrows.Org](mailto:Peter@OvertonBlackArrows.Org). Booking forms will be sent out in December.

to degrade to the point where you can no longer see it at all. So can we please encourage people to get their dogs to poop in the bushes or if on a path to use a stick to shove it well out of walkers way deep into the undergrowth!

We also had feedback from a dog owner, following our chicken killing report in the last News&Views, asking that chicken owners contain their chickens and don't let them out to roam!



## Fracking....

Some of you may have seen in the local press news that fracking licences are being awarded in our area. We have done some digging (pun intended). We are indeed just within licence block SU44 (area of 100km<sup>2</sup>) the eastern box of the L-shaped 2 blocks on the map above (above Southampton). The licence applications have been received, analysed and assessed in accordance with the requirements of the Conservation of Habitats and Species Regulations



## Millennium Playground Developments

**Plans for the Playground refurbishment are moving forward.**

The Millennium Green trust were recently visited by Ian Tilbury and Colin Phillimore (County Councillors) to review the plans. In the next few months they will start to apply for grants and also start fund raising. This is where we will ask the community to get involved. Please watch this space for more details!

In the meantime the Millennium Green also urges everyone in the Village to get involved in the clear up on Saturday October 17th.



*Parish Council*

## PC Meetings



## Lady Rose Hall Class contacts

[Kettlebell Fitness](#): 7.30 - 8.30p.m. Thursdays with

2010. It appears that a licence has been granted for these 2 blocks with no conditions imposed.

However licences **do not give consent for drilling or any other operations or development**. Potential operators will still need to obtain planning permission, consent from landowner etc before any development can commence. As The Test, one of the country's most beautiful and well renowned chalk streams, runs through the village it would be interesting to see how fracking would work alongside this. With current low oil prices the short term economic argument for fracking is weakened but Government appear keen to ensure we're more self sufficient in oil and gas. For further info on fracking the [Gov.uk website](#) has some interesting articles. The PC are keeping an eye on the situation.



## Contacts

[L'stoke and Freefolk Facebook](#)

Next meeting dates:

13<sup>th</sup> Oct

10<sup>th</sup> Nov

8<sup>th</sup> Dec

12<sup>th</sup> Jan

9<sup>th</sup> Feb

Laverstoke and Freefolk PC meetings start at 7.30pm with up to 15 mins public time. Anyone is welcome to attend to ask questions, make suggestions or air views on local issues during the public time. Time will be split equally between the number of people wishing to speak. After public time parishioners are welcome to stay on but they are unable to interrupt the Council meeting. Venue: Lady Rose Hall, Laverstoke Lane. Note: no meeting is held in August.

John Ruffell Tel: 07910

736432

[Yoga Friday](#): 10 -

11a.m. [Yogamaniac](#)

Tel: 07884 384399

[Yoga Monday](#): 7- 8.30p.m.

[Yoga with Gloria](#) on: 0758

462 1857

### **Other dance or fitness**

**sessions:** Does anyone know a teacher who may be interested in running a class here on a Wednesday evening? Let [Nicky](#) know: 07563 942360

To book the hall for your events see

[www.ladyrosehall.co.uk](http://www.ladyrosehall.co.uk)

## **Easyfundraising Link**

### **Millennium Green**

[Easyfundraising](#) link. Sign up to support Laverstoke and Freefolk Millennium Green. When you shop online, through this site, a donation is made. This is FREE to you.

## **St Mary's**

[laverstokeandfreefolk.org.uk](http://laverstokeandfreefolk.org.uk)

**Nicky Nicklin, Parish Clerk:**

**Tel. 07563 942360 email:**

[laverstokeclerk@gmail.com](mailto:laverstokeclerk@gmail.com)

**Bob Hough, PC Chairman:**

**Tel. 07990 570035 email:**

[laverstokeclerk@gmail.com](mailto:laverstokeclerk@gmail.com)

**Newsletter:**

[lfparishcouncil@hotmail.co.uk](mailto:lfparishcouncil@hotmail.co.uk)

**Lady Rose Hall:**

[www.ladyrosehall.co.uk](http://www.ladyrosehall.co.uk)

**Bombay Sapphire Resident's**

**Help Line Tel.:** 01256 890078

**Our neighbouring web-sites:**

The [Official Whitchurch web site](#)

The [Original Whitchurch web site](#)

[Overton Parish Council web site](#)

**Our Local Sports Clubs**

[Whitchurch Tennis Club](#)

[Overton Black Arrows Archery](#)

[Club](#)

[Overton Rugby Club](#)

**Our Local Day Care Centre:**

[Kingfisher Day Care Centre for the Elderly](#)

## **services**

Holy Communion Services  
take place at St Mary the  
Virgin on the 1st, 2nd and  
3rd Sundays of each month  
at 9.00 am (based on the  
much-loved traditional Book  
of Common Prayer)

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**Our emailing address is:**

[laverstokeclerk@gmail.com](mailto:laverstokeclerk@gmail.com)

**Our mailing address is:**

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