

# Village & Valley

**AUTUMN 2020**

The magazine of the  
Rowlands Castle Association



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AUTUMN 2020

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The village magazine is published three times a year by the RCA. The aim of the Association is to conserve the character of Rowlands Castle, to provide a channel of communication on matters of local interest and to enhance the life of the village.

## CONTRIBUTION GUIDELINES

The village magazine depends upon your contributions. If you wish to submit material for a future issue please follow the guidelines as set out below:

- Contributions should be between 200-300 words and if possible please provide at least one image (max 10MB) to accompany your article.
- Please send your image(s) as email attachments, NOT as part of a Word doc.
- Please send your copy/text as a 'Word' file or by email.
- Please DO NOT paste photos into a Word doc.
- Please DO NOT 'design' your contribution in Word or any other software.

**PLEASE NOTE** the deadlines below:

**SPRING issue:** 18th March  
**SUMMER issue:** 18th June  
**AUTUMN issue:** 18th October

**PLEASE BE AWARE:**

*Late submissions might not be included.*

## / ADVERTISE IN THIS MAGAZINE

The village magazine is funded entirely by advertising. If you would like to promote your business or services and advertise on these pages please contact Mark Dombey on the address: [ads@rowlandscastle.com](mailto:ads@rowlandscastle.com)

## / THE GRAPEVINE

Grapevine is the village messaging service that sends out emails about events and important information connected to the village. **To sign up, send a blank email to:** [grapevine@rowlandscastle.com](mailto:grapevine@rowlandscastle.com)

**To post a message to the Grapevine send your email to** [info@rowlandscastle.com](mailto:info@rowlandscastle.com)

## / COVER PICTURE

A misty autumn sunrise over the village.

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[www.facebook.com/rowlandscastleassociation/](https://www.facebook.com/rowlandscastleassociation/)



[ksphoto.co.uk](http://ksphoto.co.uk)

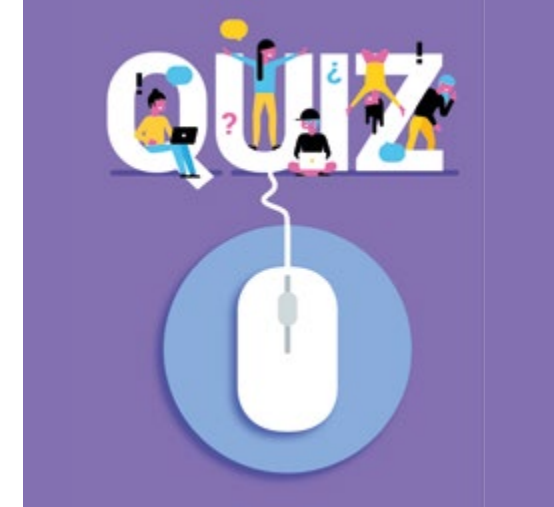
## / RCA CHAIR REPORT

# LETTER FROM THE CHAIR

*Helen Penfold*

As we continue to find our way through these uncertain times, with the prospect of a difficult winter ahead, let us hope that we can still hang on to the positives – though I know that for some residents, coping with illness, bereavement, loneliness and so much more, there is little to be positive about. My son has recently lost a very dear friend to Covid, and trying to support him in his grief, has reminded me, yet again, of how fragile life is, and how Covid has brought terrible losses to so many. Yet life will go on, and we will find a way through – however long it takes to get back to some sense of normality. We have our lovely village, with our shops, our pharmacy, our cafe, our garages and our lovely green – perfect for so many informal, socially distanced gatherings over the last few months, when the weather has been mostly wonderful – whether for a takeaway coffee, a pizza on Monday evenings, a drink or a picnic.

On the 15th August there was a small but solemn commemoration of the 75th anniversary of VJ day, held at the flagpole on the green. Admiral (Retd) Sir Ian Forbes spoke of the huge price paid by so many, as events unfolded in Asia and the Far East, before the final surrender of the Japanese in August 1945. You can read the words of his speech, later on in the magazine. The Rev Vicky Morgan said prayers, and close by was sitting one of our villagers, Mrs Suzanne Maile, who spent part of her childhood as a POW in the Philippines. The last post was played, and the event was well attended by residents of the village.



We are very sad to have had to cancel November's annual firework display as we could not see how to get all our spectators safely on and off the recreation ground, whilst maintaining social distancing. We hope the fireworks will be back in November 2021. We also had to cancel our annual quiz, as the parish hall is not available for social functions, and we could not have managed the distancing, but we did hold the quiz by zoom a few weeks ago, with ten teams of six taking part, and everyone having a very enjoyable and entertaining evening, although mostly in our own homes, rather than all together, and sadly no fish and chips at half time! Our thanks to Kevin and Sue Connell for setting the questions and to Caroline, our newest committee member, who did a great job with the IT challenges. Entry fees will all go to the Rowans and the RCA will match the money raised.

We fear that we will also have to cancel the children's Christmas party but let us hope that family Christmas celebrations can go ahead and RCA events can be back to normal next year, and we are able to hold our AGM in February or March. Let us hope that the autumn continues with days of gentle sunshine, that the winter is short and the second wave does not engulf us all for too long.

Stay safe – and distanced.  
Best Wishes,

[chairman@rowlandscastle.com](mailto:chairman@rowlandscastle.com)  
07557276242



## WHAT THE PARISH COUNCIL DID NEXT...

*Lisa Walker*  
Clerk to Rowlands Castle Parish Council



### **Pandemic and Easing of Lockdown Restrictions**

In accordance with local government guidelines, the Parish Council continues to hold its monthly meetings via Zoom, a video-conferencing facility. Residents are welcome to observe and/or make representations at these meetings, with joining details published towards the top of the relevant Agenda.

With the easing of lockdown in July, RCPC was able to re-open the Play Area and other equipment at the Recreation Ground, although the Pavilion will remain closed at present in common with other similar facilities in the area. RCPC is currently working with the Parish Hall Management Committee to see how feasible it would be to re-open the Hall for use. If deemed so, the Hall is likely to open on a limited basis at first and will require users to undertake various measures to ensure the facility is kept as Covid-safe as possible.

Whilst largely continuing to work from home, Parish staff have been spending some time in the Office in recent months although it remains closed to the public at present due the difficulties of social-distancing etc in what is a fairly small space. After several very busy months dealing with residents' queries, comments and complaints, things seem to have settled down a bit and the Parish Office's inbox is now more manageable.

On a positive note, RCPC has commissioned a local contractor to create a spiral installation on Deerleap Verge of the stones left earlier in lockdown to form a 'snake'. This will serve as a permanent commemoration of the efforts of key workers and volunteers during the pandemic. It has been paid for by a generous donation from an anonymous donor and should be in place by the end of the year.

### **General**

In September, we bid farewell to Jonathan Livitt and thanked him for his hard work whilst on the Council. Then in October we welcomed Victoria (Vicki) Matthews, who joined the Council under its Co-option Policy. We still have a vacancy on the Council so if you're interested in helping your local community by joining this proactive and apolitical Parish Council then please contact us on Tel: 02392 413044 or Email: [clerk@rowlandscastlepc.org.uk](mailto:clerk@rowlandscastlepc.org.uk).

RCPC has made grants to Hants & IoW Victim Support and Plantlife's Road Verge Campaign, the latter having been particularly helpful in informing RCPC's re-wilding plans.

### **The Glory of Trees**

In conjunction with EHDC's Tree Warden Scheme Co-ordinator, we will soon be organising a virtual meeting to engage and inform local

representatives about the Scheme. The aim is to encourage the care and monitoring of existing trees and the planting of more to meet EHDC's stated aim of planting 120,000 trees by 2050. This will contribute to the local effort to combat climate change. It is vital new trees are nurtured to ensure their survival. We must also value existing trees and the contribution they make to our environment, only felling them when it is necessary ie if dying and/or diseased.

### **Planning Issues**

The Government's plans for the most major reform of the planning system in 70 years are upper most in RCPC's considerations at present. We have already urged the local MP to attend a Parliamentary debate on the matter and will be submitting a response to the Government's consultation by the deadline of 29 October. Our main concerns are focused on the very centralised and de-regulated nature of the proposals, their lack of detail and the severe curtailing of public engagement in local planning. The proposals are likely to have widespread repercussions for the Parish, its Neighbourhood Plan and EHDC's Local Plan.

Elsewhere, it has been disappointing to note a number of alleged breaches of planning permission during 'lockdown', these have been reported to EHDC's Planning Compliance Team for action.

On a more welcome note, RCPC has consistently lobbied for a pedestrian link from the Montague Green development to Bridleway 24 that would facilitate a more rural, vehicle-free access to the village centre. Thanks to the efforts of representatives from EHDC, HCC and Bellway Homes, the link has now not only been created but to a higher specification than originally intended. We are hoping the promised link from Oaklands Avenue to B'way 24 will also be delivered in time.

### **What else has been happening?**

After several years of trying unsuccessfully to get either BT and/or South Western Railway to take responsibility for the laurel hedge on the approach to Rowlands Castle Station, which had become so overgrown as to present a hazard to drivers and pedestrians alike, RCPC was grateful to East Hants Community Rail Partnership for its helpful offer to pay the majority of the costs. RCPC commissioned its own contractor to fell the hedge, which was deemed the more viable approach to pruning given the fast-growing nature of laurels and the fact that it's not particularly favoured by wildlife.

Some of you may also have noticed the bins around The Green are getting a makeover to smarten them up. We have also taken delivery of replacement bench slats, so now the grass cutting season is tailing off, our contractor is going to turn his attention to mending those benches in need of some TLC.

### **A Regular Plea!**

Finally, please make time to read the minutes of the monthly Council meetings if you want to keep up to date with what's going on in the Parish – see the Council's website and/or local noticeboards.

Our website also contains lots of information on the work of the Council as well as local events and history. If there's a particular event you'd like promoted on the website and/or on the Parish Council's Facebook page, please let us know.

## NOTES FROM EAST HAMPSHIRE DISTRICT COUNCIL

*Malcolm Johnson*

*Ward Councillor for all residents of Rowlands Castle, Finchdean and Idsworth*

When I wrote to you all back in the summer edition of Village and Valley little did I know at that time, as we appeared to be making good progress in controlling Covid, we would now find ourselves five months later facing more restrictions and rising number of infections. Fortunately for us in East Hampshire currently we are at the medium risk level which is a lot better than many other parts of the country, but we must not be complacent and drop our guard with winter approaching with all that entails we must continue to follow the relevant guidelines and continue taking appropriate precautions.

At EHDC the council has continued to support our residents and businesses with appropriate material and financial support as required with new and updated financial packages for venerable business right across the district. There is a continuing update of what's available from EHDC on its web site as it offers new measures and support.

As I reported back in June the council and its officers have continued to work remotely and much work as been put in place to maintain the council's service to the community throughout the district. At a recent full council meeting, held on line via video conferencing, a new Corporate Strategy policy document was approved setting out a vast range of changes in the way EHDC will move forward to face the challenges of the times in which we're now living.

Over time the desire is to enhance and improve the level of service that EHDC will deliver to the residents

and businesses of East Hampshire. The new Corporate Strategy policy document can be found on the EHDC web site.

It will come a no surprise to read that there has been much discussion and briefing from officers on the recent planning documents published by the government in late summer. In addition to a White Paper that lays out proposals for very significant changes to the planning process there have also been changes made to Permitted Development Rights for planning that have already come into force, as well as new proposals on how housing numbers should be assessed in the future. These new proposals have provoked much debate not only among district councillors on the planning committee but also professionals within the planning world.

EHDC has submitted its own response to the document setting out changes to how housing numbers are calculated, challenging the government's premise that there should be more housing in rural areas like East Hampshire. As I write a formal response from the council to the proposals set out in the White Paper on planning is in draft form awaiting Cabinet approval before submission. Needless to say, another aspect of the consultation on housing numbers also contains more significant changes to how local planning authorities go about producing their Local Plans.

With EHDC's new local plan quite well advanced with the idea to go out for the second consultation in the new year, that has all now been halted currently as the development team assess the consequences of the new consultation on EHDC's local plan. So, as



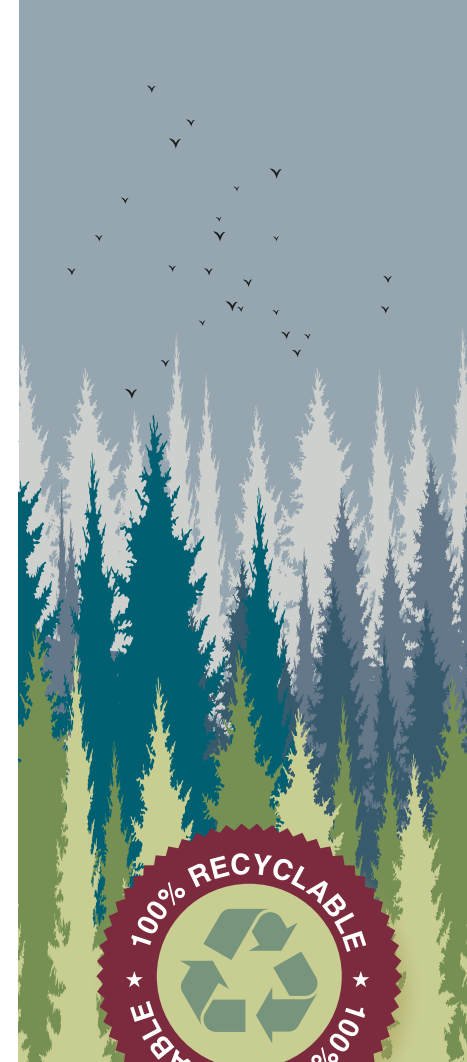
you can imagine the collective impact of these three new documents from the government are creating a significant amount of extra work for the officer teams, something they could do without in the current situation.

The Portsmouth Water Company has now published the assessment of the public consultation that took place earlier in the summer and it is now clearer how this much needed project will look. Just to take one local aspect of the report there is now a proposal for two access routes into the visitor area, one from a point just south of the Land East of Horndean development and one to the south near Warren Park which will give better access from the A3(M) for heavy construction vehicles during the building phase. A hybrid planning application is due to be submitted any moment now.

And finally, as I always end my notes, please remember that on the first Thursday of each month along with our Hampshire County Councillor Marge Harvey and a representative from the Rowlands Castle Parish Council, I can be found in the village café between 1100 and 1200. So, if you have something you wish to raise, we will be there.

I can also be contacted at EHDC via email: [malcolm.johnson@easthants.gov.uk](mailto:malcolm.johnson@easthants.gov.uk) or by phone 02392 412096.

Image: Freepik.com



# RECYCLE YOUR MAGAZINE

*This magazine is printed on FSC (FOREST STEWARDSHIP COUNCIL) approved paper stock which is sustainably sourced and fully recyclable.*

## ACTIVITY UPDATE

*Marge Harvey*

I do hope that you are all fit and well during this awful time.

I would first like to thank all of the businesses for their help during this period, especially the Pharmacy, the Londis shop and Home Hardware and the Bumblebee Cafe, we are so lucky to have these very special people running their business in our village.

Added to that, the very kind people who volunteered their time to help out where ever they could. Without you all, things would have been even worse than they were for us all.

Obviously, during this time, things did slow down quite a lot, with officers working from home and any face to face not happening, but work did still continue. We are doing all of our meetings virtually on Teams and I have to say that it is very different, but works.

The pavements in Woodberry Lane did get renewed and although it did cause a bit of disruption for people having to use the long way round to get to and from the village, they do look a lot better. There is going to be another disruption in Woodberry Lane within the next six months, because there is tree work to be done and the road will be closed for two days during this time, but people living in this area will still have access to their homes.

I have asked for two disabled parking spaces in the village centre as there isn't anywhere for the disabled to park, so hopefully it will be done this financial year.

Please go online if you are able to Hampshire's website and look at all the new things that are being offered, one of these is helping to shape what we do in the future. Please give your feedback to any of the issues being discussed.

I don't know if anyone has noticed, but the traffic in our village seems to have doubled, with many large vehicles coming through the centre. I have been talking to our officers about this and we are going to have a meeting about it. The officers will contact the sat nav people to try and get them to steer the traffic, especially the large vehicles, away from the village. The problem is that many of these drivers are foreign and do not seem to understand or take notice of anything as they often do not speak or understand English.

Please continue to report any problems that you have either directly to HCC or to me and I will do my best to help.

I am still doing my surgery every first Thursday of the month and will be very happy to see you at the Bumblebee, who very kindly allow me to hold my surgery in their cafe.

I am always available by phone or e mail or face to face at home and will be very happy to help out at any time. My phone number is 02392 413858 and my e mail addresses are [marge.harvey@hants.gov.uk](mailto:marge.harvey@hants.gov.uk) or [margeanddave@sky.com](mailto:margeanddave@sky.com).

I look forward to hearing from you in the future and as I will not have another chance, I do hope that you have a very happy Christmas (which I think will be very different this year) and a very happy and healthy New Year and let's hope that next year we will return to the new normal!!!!

Take care and stay healthy.

## ROWLANDS CASTLE NEIGHBOURHOOD PLAN PROGRESS REPORT

*Ian Young*

*Steering Group Chairman*

With the aim of conserving the much-valued attractive nature and character of the Parish, the Rowlands Castle Neighbourhood Plan Steering Group (RCNP SG) has continued to develop the Parish Neighbourhood Plan (NP). The Plan's draft policies have been further developed following the recommendations of a specialist consultant.

A Townscape Character Assessment including a Design Statement, for differing built areas of the Parish, has been produced recently by another consultant working with the SG. This has drawn on the excellent documents produced previously in Rowlands Castle, i.e. the Village Design Statement (2000), the Parish Plan (2008-2018), the Local Landscape Character Assessment (2012), and also the recently proposed Development Guidelines. This Townscape Assessment describes the characteristics of the various built areas, to inform and guide any future developments within the Parish.

The SG continues to develop the NP in advance of adoption of the East Hampshire District Council Local Plan as it progresses, along with the relatively new South Downs National Park Authority Local Plan adopted last year. This approach and the Character Assessment/Design Statement work, seem to remain appropriate with the publication in August of the Government's 'Planning for the Future' White Paper. That consultation may well have an impact on the timescale for completion of the EHDC Local Plan. Further consultation to seek your views on new development from 2020 until 2036, along with views of groups, organisations and businesses on their needs for future developments in the Parish is now intended



ROWLANDS CASTLE  
NEIGHBOURHOOD PLAN

Our agreed vision for the  
Neighbourhood Plan is:

**'To conserve and enhance the Parish of Rowlands Castle as an attractive community, whilst maintaining its separate identity, character and distinctiveness.'**

as soon as possible, subject to the meeting restrictions in force. In the meantime, do you have a favourite view within the Parish? If so, we would be pleased to hear from you, as well as from any businesses or organisations in the Parish.

If you would like to contribute in any way, or if you would like further information on development of the Neighbourhood Plan, or to forward comments on future development needs, please contact Gill Whatley at the Parish Office - by phone (02392 413044) or email ([projects@rowlandscastlepc.org.uk](mailto:projects@rowlandscastlepc.org.uk)).



**11.11.11**

**ARMISTICE DAY 2020  
WEDNESDAY NOVEMBER 11th**

The Union flag on the village green will be lowered at the 11th hour of the 11th day of the 11th month for the 2 MINUTE SILENCE.

Please join with others for this short ceremony to remember those of all the generations who have served this country.

Remembrance Sunday is November 8th 2020

**FOR THE LATEST  
GOVERNMENT ADVICE  
ON CORONAVIRUS AND  
SOCIAL GATHERINGS  
PLEASE GO TO:**

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**MAYDAY PICNIC  
& BBQ ON THE GREEN**

**Monday 3rd May 2021  
12:00 - 2:00 pm**

Fun for all, including music by the Blendworth Brass Band. BBQ on the forecourt of the Fountain Inn. Collection in aid of the Rowan's Hospice.  
Contact: [secretary@rowlandscastle.com](mailto:secretary@rowlandscastle.com)

**RCA QUIZ NIGHT**

**Saturday OCTOBER 2021  
Parish Hall**

Always popular, come for the fun, food and prizes  
Contact: [secretary@rowlandscastle.com](mailto:secretary@rowlandscastle.com)



**RCWI**

All WI meetings and activities have been temporarily suspended.

Members will be kept in touch via our Newsletter.

Potential new members are encouraged to contact our secretary Cathy Craggs on 07494 901075 or 02392 410123 or email: [rowlandscastlesec@hampshirewi.org.uk](mailto:rowlandscastlesec@hampshirewi.org.uk)

**RCA  
EVENTS  
2020/1**

Stay in touch on the Grapevine for more up-to-date information on these events.

**CHILDREN'S  
CHRISTMAS PARTY**

**DECEMBER 2021  
Parish Hall**

The annual RCA Children's Christmas Party in the Rowlands Castle Parish Hall. For children 0-6 yrs (with an adult). Magic Mikey entertainment, lots to eat and Father Christmas. £1 per child and a wrapped and labelled present for Father Christmas to give. Only open to children of the residents of Rowlands Castle.

**REMEMBER:  
WASH YOUR HANDS  
THOROUGHLY**

**HANDS  
FACE  
SPACE**



**GARDEN CLUB  
VIRTUAL MEETING**

"If you are looking to designing or re-designing your garden you may like to Zoom into the next Gardening Club virtual meeting. Jacquie Felix-Mitchell of Oasis Garden Design will talk on the Principles of Garden Design.

Wednesday **18th November** at **7.30 p.m.** and details on how to access the meeting via Zoom will be posted via the Grapevine nearer the time."

**ANNUAL  
FIREWORKS**

**SATURDAY 6th November 2021  
Gates open 5:50 pm  
Fireworks 7:00 pm**

Refreshments, children's rides and the spectacular firework display.

**FIND OUT  
WHAT'S HAPPENING  
IN THE VILLAGE**



**SIGN UP TO THE GRAPEVINE**

Grapevine is the village messaging service that sends out emails to those that have signed up about events and important information connected to the village.

To sign up, send a blank email to: [grapevine@rowlandscastle.com](mailto:grapevine@rowlandscastle.com)

## A VJ COMMEMORATION - 75 YEARS ON ABOUT THE 'FORGOTTEN WAR'

*The address below was made by Admiral Sir Ian Forbes on 15th August 2020*

"We gather today to remember and commemorate Victory over Japan - VJ Day - 75 years on.

The months before the surrender of Japan on 15 Aug 1945 were truly momentous.

In May, Victory was declared in Europe. In July, Britain held a General Election in which the Labour Party won a landslide victory. Churchill left Downing Street and Attlee became Prime Minister.

Between these dates, less than 3 months, the war continued to rage in Asia and the Far East. The brutal Battle of Okinawa, in which the United States lost over 82000 men and the Japanese 117000, prompted a Declaration from the Potsdam Conference by the Allies calling for Japan's unconditional surrender. President Truman told Japan - to surrender or suffer prompt and utter destruction. The Japanese rejected the Declaration.

A week later, on 6 August, the United States dropped the Hiroshima Atomic bomb. 3 days later, the bomb on Nagasaki was dropped. The day after Nagasaki, Emperor Hirohito, whose voice the Japanese had never heard before, told his people and the Allies that Japan would surrender unconditionally.

Thus VJ Day was announced by the Allies - Britain and the Commonwealth - on 15 August 1945.

Against this background, we remember the sacrifices of the British and Commonwealth Forces.

We remember this was a very different war to that in Europe. All war is cruel; the Asia Pacific War was crueller than most.

We remember the war was fought over an area bigger than the Theatres of war in Europe, Africa and the Atlantic combined.

We remember the war involved fighting marked by extremes. Across the vastness of the Pacific, in monsoon drenched jungles, on snow covered hills, and in scorching insect infected tropical heat.

We remember the Fall of Singapore and the Malayan Peninsula that resulted in the surrender of over 80000 British, Australian and Indian troops in Singapore, and a further 50000 in the Peninsula, many of whom became Prisoners of War. In the same time frame, we remember the loss of two of the Royal Navy's capital ships, the Prince of Wales and the Repulse, to Japanese Air Attack, with extensive loss of life.

We remember over 140000 Allied Prisoners, military and civilian, many kept in atrocious and harrowing conditions to work as forced labour on such projects as the Death Railway from Burma to Thailand, during which thousands of Allied personnel and local people perished. We have the privilege of having a child POW who was kept in captivity in the Philippines, Mrs Susanne Maile, sitting behind me here today.

We also remember the British and Commonwealth successes that helped to turn the tide. Notably the Fourteenth Army commanded by General Bill Slim. An army not established until late 1943, and one drawn from people of many Asian nations. It stopped the Japanese invasion of India at the historic battles of Imphal and Kohima. One of Slim's soldiers was Captain Sir Tom Moore who has been so prominent as an example during today's Covid crisis.



We remember South East Asia Command led by Mountbatten of Burma that led the Allied effort that retook the Malayan Peninsula. In this and beyond, units of the Royal Air Forces Third Tactical Air Force, and the Royal Navy's Pacific Fleet played a vital part.

We remember finally that VJ Day is so significant because it marked the end of the Second World War on all fronts. As Prime Minister Clement Attlee stated - the last of our enemies is laid low.

The War against Japan for Britain and the Commonwealth had involved over a million military personnel. British and Commonwealth casualties numbered over 71000 dead and 12000 POWs. Millions of others, from other Nations, military and civilian, lost their lives in this savage War. The cost in human life across the region was staggering. Over 50 million is the number quoted.

Given all this, the words of the King, our Queen's father, George VI, in his broadcast to the Nation on 15 August 1945, truly capture the meaning of VJ Day, then and today.

He said - Our hearts are full to overflowing, as are your own. Yet there is not one of us who has experienced this terrible War who does not realise that we shall feel its inevitable consequences long after we have all forgotten our rejoicings today.

Drawing on these remarks, we remember and commemorate the heartfelt words of the Kohima Epitaph in Kohima Cemetery in North East India.

When you go home, tell them of us and say, for your tomorrow, we gave our today."

*(Editorial: By courtesy of Admiral Sir Ian Forbes, to VJ Day Commemoration, at The Green, Rowlands Castle)*



## ROWLANDS CASTLE PHARMACY PANDEMIC SERVICE UPDATE

*Kay & Nemesh Patel*

*Pharmacy Owners, Rowlands Castle Pharmacy*

*customercare@rowlandscastlepharmacy.co.uk*



We are proud to lead a wonderful Pharmacy team who have performed admirably, working around the clock, sometimes 16-17 hour days to guarantee the pharmacy was fit for purpose each and every single day throughout the pandemic, even through the night (!)- to ensure the residents needs were met during this pandemic. As front-line key workers, effectively risking their lives for the residents of Rowlands Castle, we are forever indebted to our staff. They embraced every challenge, adapted to every guideline, set the standard for community pharmacy within UK, and went over and beyond to ensure each and every patient was kept safe during the pandemic- and continue to do so- as pharmacists, we cannot emphasise how enough how important they are to what we do.

Our pharmacy, with support of local businesses, came together and set excellent examples- not least implementing Social Distancing, Hand Sanitisation adherence and protective screening way in advance of local and national directives- something we have been praised for widely within our profession. Indeed, our lead was noted and complemented by other pharmacies in Hampshire who came to us for advice! The team's attitude and compliance to Covid-19 regulations has been impeccable and we are pleased to report all remained fit and well during the pandemic, and even worked Bank Holidays and Sundays during the lockdown.

Many of you would have benefitted from our pandemic delivery service, in co-ordination with the Rowlands Castle Coronavirus Group. We were flooded with offers of support and help from residents. We are sure you would join us in thanking the following volunteers, for giving up their personal time, they really have been shining stars during the pandemic, and part of our extended family at the pharmacy!- Debbie & Ian Anderson, Sue Arnold, Emma Barnes, Rob Blacoe, Sian and Greg Browne, Gail Beresford, Tim Debens, Sue and Ian Donald, Carol Green, Paul Griffiths, Tanya and Alan Keates, Lucy Reidy, Sue Leonard, Annabel Moth, Helen Oxford, Ellie Rees, Ann White, Katie - thank you all so much for all that you did!

We are sure you will agree, the pandemic has really highlighted what a wonderful community spirit Rowlands Castle possesses, and the help offered by many has been truly staggering, simply from a cup of tea & cake, seat to rest or kind words of positive encouragement- we are humbled and grateful for the support that got us through some very scary and testing times.

The pharmacy continues to operate in a strict 1 in 1 out policy and deliver to those at high risk, free of charge- having now employed our own driver to cater to the community's needs. If you feel you need this service- please do call the pharmacy.



We are delighted to share the pharmacy has received letters of praise from the House of Commons, Lord Lieutenant of Hampshire, National Pharmaceutical Association and many of our lovely patients during the pandemic. Furthermore, we are thrilled to announce our local MP Flick Drummond has nominated Rowlands Castle Pharmacy at the NHS Parliamentary Care 2020 Awards for services to Primary Care within the UK. As owners of the pharmacy, we are extremely proud of this recognition and to simply be nominated amongst thousands of NHS primary care organisations, including GP Surgeries, Pharmacies and Hospitals, within the UK, is a real honour.

Worryingly, the pharmacy sector continues to pose significant challenges to contractors, highlighted in a recent report regarding a joint study by the National Pharmaceutical Association and Ernst&Young forecasting 74% of English Pharmacies to be running at a loss within the next 4 years, given the current financial framework.

Nevertheless, our ethos is very much continue to work hard to protect lives through this pandemic, with the Governments encouragement for pharmacists to administer Winter Flu Vaccinations, and thank those enormously who have had their vaccination in the pharmacy, and vitally contributed to help subsidise, as a small self-funded business without NHS support- our PPE and the free home delivery service to shielding and isolated patients. Please do help protect the NHS and have your Flu Vaccination at our pharmacy. Wishing you all the very best this Winter!

See you all soon!

## AN EXERCISE IN SURVIVING AND THRIVING IN LOCKDOWN

Juliette O'Hea,  
Chartered Physiotherapist, Arthritisfirst

Lockdown came fast, changing the way we live, interact and work. My world was no exception. Taken by surprise, and feeling somewhat bereft, I found myself cancelling all five of my weekly exercise classes not knowing when or if they would restart again.

For the past 12 years I had enjoyed growing my business and I took great pleasure in the company of everyone who attended. The seated exercise classes had brought people together and had proven to be a great way keeping fit, mobile and strong.

Our saviour came in the form of the digital platform 'Zoom', which was recommended to me by my brother. I am not a 'techie' person like he is, but by the end of March I was drawn into this digital world, 'zooming' the exercise classes twice a week with my patients. Finding it simple to navigate, many of my patients signed up, keen to continue their fitness routine and to stay in touch with their friends. Some needed more persuasion, but now reap the benefits.

I have been able to keep up the twice weekly classes from wherever I have access to Wiifi including the Isle of Wight and far West Cornwall. This has meant that few classes have been missed and I have had the added benefit of keeping fit too.

On occasions, I have popped by to see my patients and it feels as though I have been exercising with them for real all along, enabling friendships and support to remain strong.

From next year, I look forward to restarting the classes in the various venues but I have made the decision to continue with a zoom class for those who would prefer to exercise from the comfort of their own home.

Although it has been very tough on so many businesses, I feel that it has given me the opportunity to look at my work in a different light and to encourage those who can, to join me on the journey.

If you would like more information about my classes please visit my website [www.arthritisfirst.co.uk](http://www.arthritisfirst.co.uk) or call me on 07974 238787.



## CHANGES IN THE PRACTICE

Dr Lizzie Smiley  
GP Partner, RC Surgery

There have been a lot of changes in the surgery since March! As many of you will have experienced, in line with NHS guidance, our consultations have predominantly moved to telephone calls, at least to start with. We have also adapted to video consultations and using photos, all with the aim of keeping the waiting room as clear as possible to keep everyone safe. If we are unable to safely manage a problem using these avenues we do, of course, invite people to come and see us face-to-face, albeit with PPE. There have also been changes in the 'look' of the practice. The old carpets have gone and the chairs have been re-covered to make the practice as easy to keep clean as possible for the purposes of infection control. Many thanks to the RCA for their kind contribution towards our new chairs. We have given the ground floor a general 'facelift', re-painting as well as hanging new pictures. We are excited to be working with Rowlands Castle Painting Society who are going to be providing us with their works of art to make the waiting room a beautiful space to be in.

We have a number of new staff members, most notably 2 new doctors. Dr Elly Palmer started with us at the beginning of August as the registrar (a doctor training towards being a GP) and Dr Tanzer who will be working on Friday afternoons. Dr Tanzer works for the Navy the rest of the week and worked with Drs Smiley and Hayes in Somers Town several years ago. It's lovely to have another chap as part of the team. We continue to work with the Primary Care Network (PCN). This offers us the chance to involve a more diverse range of

health professionals, with expertise in different areas, with your care. Presently we have two clinical pharmacists (Raheema and Nicola) and the 'Social Prescribers', but in the fullness of time it is hoped this will expand still further.

Thank you to all our patients for bearing with us as we adapt to our new situation and for all pulling together with face masks and hand sanitising when coming into the surgery. Thank you also for your kind words of encouragement. Let's remember 'this too shall pass'.





## OPENING OF NEW HERITAGE HUB & MEMORY BANK WITHIN THE COACH HOUSE

If you have found yourself lured into green space during lockdown then you may have found yourself in your local park.

Staunton Country Park has offered such escapism for many over the last few months, but its charms continue to be revealed as the £3.5 million restoration to its landscape and historic buildings draws to an end. And along with new facilities (including a new car park by mid- October), there are extra treasures for our visitors to discover or opportunities to take part in.

### **The Shell House & the Beacon**

Two major victories for the park are the completion of the restoration of two fantastic follies, commissioned by Sir George Staunton in the 1820-30s.

The Shell House, built in 1828, was so called because of the shell that used to be plastered inside the grotto. It was designed by British architect Lewis Vulliamy and based on the design of the Chichester Cross, hence the stone crown finial (the ornate dome on top). It housed a treasure trove of curiosities collected by Staunton –lava, a toucan's bills, coral, semi – precious stones etc. The shells were collected from Hayling Island, whilst the outer pebbles from Emsworth beach.

The Beacon, built in 1830 and is a small ionic temple, again by Vulliamy, created using materials from the demolished Purbrook House, near Waterloooville. The Beacon is situated on beacon lawn and is a great welcome to the visitors driving from Rowlands Castle: it just looks grand! The union flag was hoisted as a signal to Stansted Park that Sir George Staunton was home to potential visitors.



### **Memory Bank / Heritage Hub**

One of the ways the new restoration will support the community is by the presence of a new team of volunteers working to preserve the memories of Staunton, both old and new. Previously we have organised projects like the Leigh Park Mansion House Exhibition and have also interviewed key individuals connected to the history of the park.

**Joseph Johnson** a gardener who worked in the park in 1960s – 70s. Joseph used to know the famous Mrs Bilkie (wife of the chauffeur for the Fitzwygrams who owned the estate). He told us about the gardens in his time: “The trees were in good order, the lawns were top class, the avenue was all grass”

**Les Humphries**- the last remaining member of the Six Penny Six told us about his memories of the protest in 1969 and how he spent his time in prison!

**Susan Moss**, who moved to the park in the 50s told us how she takes her grandchildren to the park and they enjoy the little bridges “pretending there are trolls”.

We will be doing socially distanced interviewing (even by telephone) so you too can donate your memories to the history of the parkland. For more information ask our volunteers in the park, at the visitor centre or ring this number: 07395283041

### **The new Phone App**

Ok, so a fair few of us have become, a bit more tech savvy over the last few months shall we say? So a FREE new phone- based website should be a doddle. We've developed this with City Insights and it will be a major new resource for the entire park. Visitor information, plus natural and historical insight will be accessible at the touch of a button. You will be able to listen to rangers and farm team talking about their day-to-day tasks, follow a history tour, and discover where the lost follies are. We are really excited about this app and hope you enjoy it too.





## ROWLANDS CASTLE'S ROLE IN THE SMUGGLING TRADE (1739-1815)

Tim Cowin  
Chairman, Historical Society

Rowlands Castle's role in the smuggling 'trade' between 1739 and 1815 is a largely forgotten chapter in the history of the village

Smuggling is concerned with avoiding 2 forms of taxation –

- Custom Taxes – duties levied on imports
- Excise Taxes – duties levied on exports

Smuggling in Southern England was initially concerned mainly with the avoidance of export duties, particularly on wool. Despite producing some of the finest wool in Europe England did not have a major weaving industry in the middle ages and most wool was exported, making up 97% of exports. English Wool was essential the weavers making high quality fabrics in what is now Belgium & France.

With the growth of English weaving in the 14th Century the government increased in the duty on wool, and at times outlawed its export altogether. Their aim was to boost English weaving by cutting off the supply of wool to the European competition.

A trade in wool smuggling developed, which had widespread public support. Punishments for wool smuggling included the loss of limbs and, from 1662, death by hanging, but there was minimal enforcement due to the lack of a preventative service. Wool Commissioners were appointed to regulate wool export. The unpaid commissioners were expected to maintain themselves out of the fines levied on illegal exporters. This resulted in the seizures of shipments of wool, with the commissioners demanding bribes to permit their export. In 1702 only 91 sacks of wool were seized, out of an estimated 150,000 exported illegally.

The export of wool across the channel created a secondary trade in goods brought back on the return journey. Warehouses on the French & Belgian coast supplied smugglers with goods such as spirits, tea, lace and tobacco.

Britain's war with Spain in 1739 caused major increases in duty, and a huge increase in smuggling. The following 76 years were the heyday of British smuggling. Gangs operated along the coast between Kent and Cornwall. Several operated on Hayling Island and the extensive shorelines of Chichester and Langstone harbours made them ideal smuggling locations as they were difficult to police.

The mainstay of the smuggling operations was the Luger, heavily armed and carrying 50 to 300 tonnes of cargo. On nights when cargoes were landed men and horses from farms up to 10 miles inshore would unload the cargo and carry it to a place where it could be hidden and distributed.

The part Rowlands Castle played was in the distribution of the goods. It lies on the route North from Chichester Harbour and goods could be hidden and moved within the forest without attracting attention. The village, in particular the White Hart public house (the forerunner of today's Castle Inn) became a notorious smuggling centre.

The smuggling trade was more brutal and extensive than suggested by Victorian tales. The smuggling convoys often consisted of hundreds of horses, protected by armed men. Pitted against the smugglers were the 299 riding officers of the preventative service, the nearest in Emsworth. These limited preventative services were commonly unable to confront the smugglers.

Smuggling continued unabated until the end of the Napoleonic wars in 1815, with the high level of duty ensuring that it remained profitable and the risk of capture remaining low due to a lack of resources for enforcement. After 1815 the government was able to tackle the problem of smuggling. The navy patrolled the coastline and watch-houses were built to watch the coast, including one overlooking the causeway to Hayling Island at Langstone.

The main cause of smuggling's decline however was the reduction in duty, which made the economics of the trade unsupportable.



The new season of the Rowlands Castle Historical Society was due to start on 22nd October 2020 with the AGM and a talk by Andrew Whitmarsh on the role played by Rowlands Castle in the D-Day operations.

Historical Society events were put on hold earlier in the year, however it was hoped that it might have been possible for events to resume in the autumn. Given the current Covid-19 situation it is clear that it will not be possible for the planned society events to take place this autumn

As it is not currently possible to hold an AGM the existing committee structure will be retained until the 2021 AGM.

It is hope to resume normal activities in 2021, potentially with a tour of the RC motte & bailey in the spring.



## INTO THE FUTURE

Dave Mitchell  
Chairman

Well – not quite the Summer we expected – so time to make a new plan (Stan).

From November Gardening Cub will be on-line and using Zoom.

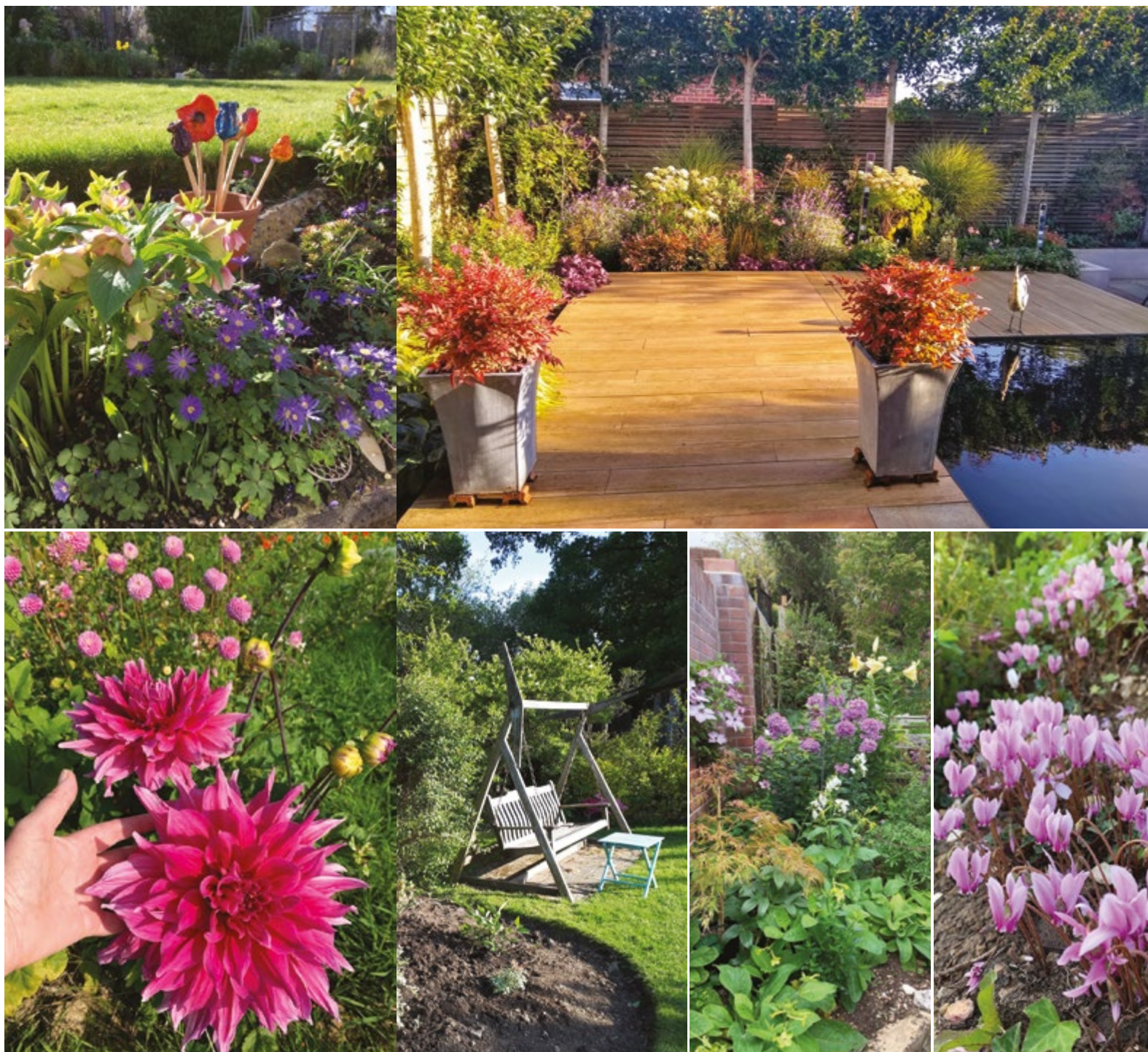
Wednesday 18th Nov – 7.30 open to anyone F.O.C.  
Not ideal, but the best option for the time being.

'Meetings' will be at the usual time – 3rd Wednesday of the Month at 7.30. Details will be circulated on Grapevine, and anyone in the Village is welcome to watch.

Our guest for November will be **Jacque Felix-Mitchell** from Devon. An experienced garden designer – she will be talking about just that – **Garden Design**. Could be useful for new residents in the Village as well as the more established ones wanting to improve their existing plot (WI members may have read about her in the WI Life magazine). **December** will be a garden biased Christmas Quiz. Details on Grapevine later.  
**Guests for Jan and Feb** are still to be booked. We are hoping to have a **show in late March**, format and venue will be decided when we have better idea what is possible.

A useful advantage of Zoom is we are not limited to local speakers, so should be able to have a wider spectrum of topics.

Further details David Mitchell (Chairman) david@mtchl.com or visit the RCA website [www.rowlandscastle.com/](http://www.rowlandscastle.com/) social & cultural, or Grapevine.



Shown above a selection of photographs from Garden Club members



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## / Royal Voluntary Service

### RVS LUNCH CLUB

Carol Milford RVS Volunteer Coordinator

Sue Leonard Assistant RVS Volunteer Secretary

What strange times we are living in ! Covid 19 and lockdown starting in March sadly bought the Rowlands Castle RVS Lunch Club to halt as with so many of our communities clubs and activities.

Unfortunately with continued restrictions the lunch club has been unable to start meeting again, which is so very sad for volunteers and service users alike.

Several of our volunteers transferred their volunteering activities over to the RC Corona Help Group, which was formed to help our community during the lock down.

To ensure we keep up to date with our service users and volunteers we have been Emailing updates, telephoning and sending cards and letters to maintain contact and ensure that everyone is well and managing in these strange times. We in turn receive telephone calls most weeks on Thursday when we would normally be meeting from service users saying how much they miss the social contact and not least their lovely meal.

We hope to hear soon that we can get the pots and pans out again and re start our ever-popular Rowlands Castle RVS Lunch Club, which we are all looking forward to.

In the meantime stay safe, and we thank everyone for their support.

## HAVE YOUR SAY

All content for this magazine is provided by readers like you and new contributions are welcome.

### CONTRIBUTION GUIDELINES

The Village magazine is published three times a year by the RCA. The aims of the RCA are to act as a channel of communication for the village, to conserve its character and to enhance the life of its residents.

Please note the deadline dates:

**SPRING issue: 18th March**

**SUMMER issue: 18th June**

**AUTUMN issue: 18th October**

Contributions should be between 200-300 words. and you should provide at least one image to accompany your article (max 10MB file size). Please include images as a separate file(s), not as part of a Word doc.

Send your contribution to:  
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## / THE CENTRE SPREAD

*Misty autumn mornings over the village and valley*



PHOTOS: Kelvin Schäfli





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## RCWI UPDATE

*President: Emily Olson*

*rowlandscastlepres@hampshirewi.org.uk*

*Secretary: Cathy Craggs*

*rowlandscastlesec@hampshirewi.org.uk*

Sadly, the lockdown forced us to postpone our Annual Meeting from May until September, but this didn't mean we rested on our laurels over the summer. The pandemic saw many of our members continue to volunteer in and around the village as part of the coronavirus support effort and our 'craftier' members sewed scrubs for the NHS and made reusable facemasks.

After our usual August break, September saw a very pleasing number of our members attending our first virtual Annual Meeting. After postal and online voting, a new President and committee were elected to steer us into 2021, and towards our 75th birthday which we very much hope to be celebrating face-to-face!

September also saw us take a step back to normality with the re-introduction of many of our sub-groups, albeit digitally. Our Book Club has 'gathered' to discuss the books which have kept them occupied over the summer and our exceptionally popular craft club has been 'meeting' to share tips and learn skills and techniques. When the weather, and lockdown restrictions, allowed we also managed to squeeze in a few socially distanced walks in the local area (see photo).

It wasn't until October however, that we started to resume our monthly members meetings via Zoom with an engaging talk by Sarah Slater on Sex, Scandal and Salacious Gossip from the Royal Court. We have a packed programme of activities for

**theWI**  
**INSPIRING WOMEN**



November and December including a talk about the history and changing face of Staunton Park and a fun-filled evening before Christmas learning to play the spoons.

As always, you are most welcome to come and see what we're all about. New members and members who have not been a member in the past 10 years can join the WI from October 2020 to March 2021 for just £10.75. Please just contact our secretary on the email/phone number above.





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## RC GIRL GUIDES UPDATE

Very sadly we have to report that following the closure of Rowlands Castle Brownies in July 2019, Rowlands Castle Rainbows has now also closed due to lack of Leaders. We are pleased to report that Rowlands Castle Guide Unit is still fully active. During the nationwide lockdown period from March onwards, girls were emailed activities which they undertook at home so they could continue to earn their badges. These included general interest badges and Skills Building Badges. A number of Guides also took part in a virtual camp undertaking a daily activity for a week and a virtual sleepover County challenge. Activities undertaken included,

pitching tents, building dens, making mug cakes, making zip wires for teddies, raft building, outdoor cooking and learning about relaxation techniques amongst others.

In August we were delighted to be able to meet face to face again in small groups outside so you may have seen the Guides undertaking 'Olympic Activities' on the village green. The Guides are now meeting outside every week undertaking all normal activities under the restriction of 2m social distancing. We are pleased to know we are seen as an 'essential service' and therefore exempt from the 'rule of 6' guidelines. We hope to soon be holding some parts of our meetings indoors again, especially as the winter weather sets in, albeit with open doors and windows and wearing masks.

To enquire about volunteering or joining Girlguiding: [www.girlguiding.org](http://www.girlguiding.org).



## RCGN UPDATE

Ian Hewitt  
Chairman RC GN



At the beginning of Lockdown in March, about 75% of our volunteers were over 70 and had to self isolate, so we were barely able to continue our usual services. However we were enormously grateful to Revd Dr Sarah Baker and the team largely based on St John's Church who rapidly got together and formed the ad hoc Corona Help Group. Indeed Jill and I were clients for the first few weeks and grateful for those who did our shopping for us then. I won't embarrass them by mentioning names but thank you Sue & John (Oops!) and the hundred or so others who volunteered to help out the older and more vulnerable members of the community.

After 15 weeks, the CVHG wound down and Good Neighbours has resumed 'normal service'. About half our current volunteers can now help with car lifts, shopping and other tasks.

Sadly, we bid farewell to another stalwart volunteer, Vera Schymonski, who in 7 years logged 65 tasks.

We wish her well in her new location. And welcome to Frank and Gail who have joined our team of volunteers.

Regretfully, the Spring coffee morning and AGM were cancelled and we await easing of lockdown rules before we can organise any events.

Meanwhile, if you need any help – or know of anyone who may do e.g. with:

- Transport to hospital, library, shopping or a social event
  - Collecting prescriptions
  - Any other neighbourly activity?
- then please remind them of our help line - 0845 519 6641

Please give at least 48 hours notice but don't phone more than 2 weeks ahead.





## WORSHIPPING THROUGH THE CHALLENGES

Rev Vicky  
Terry and Pam (Churchwardens)

We have not been idle over the last strange months. St Johns was very active in setting up and running the Rowlands Castle Help Line during the worst weeks of the Lockdown.

We are happy to announce the the Rev Joy Windsor has been appointed as House for Duty Assistant Curate for the parishes of Rowlands Castle, Blendworth, Chalton and Idsworth. She will be living in Blendworth when she has been licenced, and will be a great help to Rev Vicky Morgan.

If you see a lady in clerical dress in Rowlands Castle, especially in the Vicarage , College, Close – don't be surprised. She is the Venerable Jenny Rowley, Archdeacon of Portsdown (one step below Bishop).

If you have been onto our website or looked at our notice boards, you will know that since July we have been actively worshipping in the Church every Sunday morning. We have also had online services (sometimes pre-recorded, sometimes live-streamed).

Our normal pattern of events is:  
**Sunday at 8am:** Traditional Holy Communion  
**Sunday at 10am:** Family Service

Although the congregation is not allowed to sing, we have had live and recorded music, and we can hum, clap and wave flags – all the while wearing facemasks and keeping 2 metres from each other.

There is also Morning Prayer at 9 o'clock every Monday morning except the first in the month.

We are working hard to plan activities for our younger members, and ways to celebrate Advent and Christmas.

We hope to see you at some of these activities – but check the website to see the latest :

**Website:** [www.saintjohnschurch.org.uk](http://www.saintjohnschurch.org.uk)

Or find us on Facebook:  
<https://www.facebook.com/St-Johns-Church-Rowlands-Castle-119345094816629>



## RC PAINTING SOCIETY

Jan Roblin

Rowlands Castle Painting Society has continued to hold outdoor painting sessions whilst keeping within the current guidelines. Sometimes you do not know who else has turned up to a session until you see the results of their work appear on the RCPS website. The Society will try to continue holding the outdoor painting sessions until the weather is no longer kind to us.

Two historic venues for painting were enjoyed by members recently. The tranquillity of Titchfield Abbey, where the light from gloomy skies to bright sunshine during the day changed the facade of the building. On another week the popular coastal village of Bosham was chosen as the location. Being an area of outstanding natural beauty there was much to inspire the artist from the Grade 1 Holy Trinity Church to the busy quay.

During a visit to the beach area of Eastoke at Hayling Island the weather proved challenging for members. Good periods of sunlight came with extremely gusty winds and although the rain kept

off until early afternoon, some members found the best place for sheltering to paint and draw was inside the car. If you adjust both your steering wheel and move your car seat back you have a ready made support for your sketch book.

The beach huts Eastoke were the inspiration for this cheerful painting 'Huts at Hayling' by Cathy Craggs. Cathy only joined Rowlands Castle Painting Society recently and describes herself as a relative beginner.

These painting days out certainly help us to appreciate the diversity of this beautiful area we live in.

Please take a look at the web site for the latest news about The Society <http://rowlandscastlepaintingsociety.co.uk/>

Unfortunately, we have had to cancel our Annual Weekend Exhibition which was to be held on November 7th and 8th.







*The Colours of Autumn*  
seen around the village





# THE ROWLANDS CASTLE ASSOCIATION



## The Rowlands Castle Website

The Rowlands Castle website has been running for some years now and is moderated by the Rowlands Castle Association. Here you will find information about all aspects of the village from the churches and shops to the various clubs and points of interest. We welcome photographs about the village and the events held in the village that we can post on the website. This is the link to the Rowlands Castle Website [www.rowlandscastle.com](http://www.rowlandscastle.com)

The website is currently being updated and if you have any up to date information or changes to add please email: - [webmaster@rowlandscastle.com](mailto:webmaster@rowlandscastle.com)

## The Grapevine

The Grapevine email system is run by the Rowlands Castle Association committee. It is a channel of communication for the village of Rowlands Castle. It is an automated system and is moderated by two members of the committee to make sure that the items posted are of value and interest to the villagers. The Grapevine posts important notices, messages, events and news. Items of a commercial or fundraising nature are not accepted. There are approximately 750 villagers that view or post on the RCA Grapevine. To date many villagers have found this to be a reliable and useful tool for reminders of events around the village.

To find out how to receive Grapevine postings go to this link: [www.rowlandscastle.com](http://www.rowlandscastle.com)

## The Rowlands Castle Facebook page

The Rowlands Castle Facebook page is run by members of the committee and anyone can send in articles, events, news and photographs to be moderated and posted by the RCA. The RCA would appreciate any new photos of the village, so please send them by private message so they can be moderated and added. One of the highest numbers of audience hits to this page happened in March 2018 when we posted a picture of the snow at St. Huberts church. The photograph was taken by the RCA Magazine Editor Kelvin Shafli and received 2.6 thousand views in one day!

RCA Facebook page: [@rowlandscastleassociation](https://www.facebook.com/rowlandscastleassociation)



## The Village Noticeboard

The Rowlands Castle Association notice board has recently been renewed and is located outside the Londis shop in the village. Here the RCA post notices about events that they organise, the May Day Picnic on the Green, annual fundraising Quiz Night, Fireworks event and Rowlands Castle Children's Christmas Party. The minutes of the committee meetings are also posted here for everyone to view.

To contact the RCA about anything go to: [www.rowlandscastle.com](http://www.rowlandscastle.com)

## / RC HERITAGE CENTRE

## HEADLINE HERE

Alan Evers  
Chair, Rowlands Castle Heritage Centre



Firstly, what a very difficult time we are all having this year, the Covid-19 has certainly changed everything, affecting all the things we do and importantly what we cannot now do! All plans; personal, work, retirement, holidays, leisure have all had to be changed.

Likewise, activities at the Heritage Centre, we knew the Model Railway was not going to be on display up at Stansted House this summer, as their Trustees want to use the room, we have had for the past three summers, as a Family History Room, depicting family events from the Battle of Waterloo, to Queen Victoria. We had hoped to compensate for this by displaying it within the Village on VE Day, VJ Day, the Village Fair, plus any other day/s we could arrange. But of course, all this was not possible, so the Model has been held in storage up at Stansted House, in its custom made boxes.

A few weeks ago, we sent out a Grapevine asking if anyone in the Village had a suitable 'space' we could use to store all the Model's boxes. Very kindly a family game forward to offer an ideal spare space with easy access and with limited disruption to themselves, we will organize the move in early November. We are of course very grateful to them; it will make putting the model up for display and down again within the Village that easier, all this, as when we can or are allowed to do so in the future.

Being a Charity, we are totally reliant on donations for our funding, we had a collection box on display

up at Stansted, thankful many of the visitors added a few coins and the odd note, to the box. It was free to view the model, visitors were only charged to look around the House. Last year we held a couple of Fund Raisers, a Musical Evening and a Garden Party, to raise funds, both of which raised a goodly amount, enjoyed immensely by all who attended. We were planning other events for this year, but of course! So, we are now in the process of signing up to the Amazon Scheme for Charity Giving, this should be up and running shortly, so please take a look next time you use Amazon, a few pennies on each order will soon add up, this will help us maintain the model, keep the Website ever growing and being updated and cover the general admin costs associated with running a Charity.

Regarding the Website, our Editor Alan Drinkwater, has been constantly adding new data and updates throughout the summer. You can catch-up on all things new on the site, by visiting; [www.rowlandscastleheritagecentre.org.uk](http://www.rowlandscastleheritagecentre.org.uk) a mine of interesting facts, figures, pictures, interviews, all very much Village related, current and historical.

There will be an article about the Model, in the second edition of the new free newspaper, the Border Times, due out soon, it covers stories in our surrounding area. There will be pictures as well as a few facts and figures, keep an eye out for it arriving on your door mat.

Please stay safe, for all our sakes.

## NOT AS QUICK AS WE WOULD HAVE HOPED FOR

Jace  
Student Pastor

Wow.....A lot has happened since the last magazine in June! We are still living and in some cases, struggling on with the pandemic of the Coronavirus, which is still very much with us in this present time. With more and more dear people being laid off from their employment, debts on the rise, still more people contracting, or much worse, passing away from Covid-19 and just the whole feeling of fearfulness in the air, this coupled with others feeling isolated and lonely, all in all, things all around seem grim at best! Again, since last writing, I'm sure it is safe to say that all of us in one guise or another would have hoped for a vaccine or better still, Coronavirus to have just disappeared off the face of the Earth altogether! As our heading eludes to, things haven't got better as quickly as we would have hoped!!!!

Quite clearly in the Bible we read that God operates outside the things of time and space, being the creator of the World and everything in it. As humans, we want everything to happen 'yesterday', such is our impatience. God has also not promised us a bed of roses and skies ever blue.....far from it, Christian or not it states that in this life we will have to endure trials and tribulations and we can certainly identify with that right now!

We, at Church on the Green are delighted to say that we are now physically meeting back in the Church building for our Sunday morning services at the usual time of 10.15am and thanks to technology, we continue to stream this live via ZOOM. Please do feel free to get in contact by phone or email (details below) to either 'book a slot' to meet with us in

person or to join us on ZOOM. Our motto about one of our services called Cafe Church was 'It's Church but not as we know it!' but now whichever service we hold in Church the same tagline applies! That said, we still have different speakers, a Sunday School and just a blessed time in meeting up together around God's word all the while adhering to the Government guidelines of hand sanitising on entry, social distancing, no singing, no refreshments after the service and face masks to be worn at all times. In essence, this is the 'new normal' in these present times.

I think it will be true to say for us all, that Christmas won't be the same this year. The festive season is normally a time for families and friends to visit and meet up with each other. It is no different for us at the Church, as in normal times we held our 'Carols over Coffee', Christmas Carol service by Candlelight and Christmas Day service. These times are very precious to us, as this is a time to remember Jesus' birth, sing Christmas carols and enjoy a warm drink and a mince pie! We do intend to hold our Carol service on 20th December via ZOOM but again, please do contact us, visit our website or look at our noticeboards and The Grapevine for more information and any additional updates.

In these times of uncertainty, may we at Church on the Green wish you all a happy and blessed Christmas and new year, knowing that the only real certainty in this life is that Jesus died for us, loves us and those of us that love and trust in Him will have an eternity one day in Heaven.

Take care and may God bless you all.

**Church website:** [www.church-on-the-green.org.uk](http://www.church-on-the-green.org.uk)  
**Email address:** [everyone@church-on-the-green.org.uk](mailto:everyone@church-on-the-green.org.uk)  
**Phone number:** 07751 986453

# We must keep on protecting each other.



HANDS



FACE



SPACE



## 'FILM CHARACTERS' SCARECROW TRAIL

*Matt Hancock*

**Theme: 'Film Characters'**  
**Saturday 7th - Sunday 15th November 2020**

The Rowlands Castle Scarecrow Trail is a community event, this year brought to you by the St John's Primary School PTA. It aims to bring villagers and local businesses together for some fun and some fundraising that will put a smile on everyone's face!

As a usually busy PTA organising such events like school discos and Christmas fairs at this time of year, we are somewhat curtailed by Covid-19. However, that won't stop us completely, and an outdoor trail over the course of 9 days should give us a bit of joy we all need at this time yet in a safe manner.

With the theme **'Film Characters'**, it's going to be entertaining spotting the stars around the village. A terrific activity for all the family, young & old.

A trail map will be available to buy (£2) from the Londis shop on the village Green and there is a 'Guess the Film Character and Film' competition with a prize of £100 up for grabs. With many thanks from one of our community partners, Halls Garage.

There will also be 3 categories, with a prize of £100 each on offer too.

### **Favourite Scarecrow - Adult's Choice.**

Sponsored by Rowlands Castle HomeHardware

### **Favourite Scarecrow - Children's Choice.**

Sponsored by The Robin Hood

### **Funniest Scarecrow**

Sponsored by Harris, Parkes & Drake

All proceeds going towards the village St John's School PTA.

We very much look forward to seeing the imagination of our fellow villagers and the film character scarecrows they come up with!

The PTA would like to thank all of our community partners who have kindly contributed their support for this event.

Gold Sponsor - Harris, Parkes & Drake

Silver Sponsor - Halls Garage

Bronze Sponsor - The Bumblebee Cafe and The Fountain Inn

To find out more, see below:



Facebook @rowlandscastlescawcrowtrail



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With thanks to our Gold Sponsor Harris, Parkes & Drake



## RC ST JOHNS CEC PRIMARY SCHOOL OPEN DURING THE PANDEMIC

*Jayne Pavitt - Head Teacher*

*Nich Granger-Brown - Chair of Governors*

The village primary school has been open throughout the pandemic. During the lockdown period vulnerable children and children of key workers were in school whilst other children were provided with learning activities at home. These were mainly online or could be provided in hardcopy if required. In the last four weeks of the summer term Early Years and Year 1 children returned to school. Unfortunately the school could not enable Year 6 to return but they had an end of term picnic to say goodbye to friends and staff before they progressed to secondary school.

During the summer vacation the school had the second phase of their refurbishment programme financed by the Developer's Contribution from the Glade development [previously the old brickworks site]. The school has now completed its refurbishment programme and is now bright and welcoming. Unfortunately, the old leaky roof still remains despite the school being on HCC waiting list for a replacement roof for many years.

The IT maintenance system had to be retendered as the Hampshire maintenance contract ceased prematurely. So over the summer the new company were in the school reconfiguring the network and servers ready for the start of term.

The school has worked hard on the risk assessments for all children to return to school this September. There are staggered start and end times and children all work in their own classroom bubbles where lunches are also provided. As much



learning as possible is done outside including the Forest School programme. Staff are working to produce more learning materials in preparation for further possible lockdowns.

The Governors meet online to continue to meet their statutory obligations. They would like to thank and congratulate all staff for their hard work and dedication in these difficult times.



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### / LOCAL SPORT

## RC TENNIS CLUB

*Robin Thompson*

### Anyone for Tennis?

Even though the summer months have gone there are still opportunities to play tennis in Rowlands Castle throughout the winter. We have seen many new players at the Tennis Club this year, enjoying the opportunity to be healthy outdoors, and this continues throughout the winter with our Saturday afternoon and other social sessions, team matches and other tournaments, including the Christmas Fun Tournament.

Located in the recreation ground, we have three all weather hard courts, and reduced membership fees for the remainder of the year. Courts are free once you are a member. During the winter, our club tennis mix-ins move to a Saturday afternoon, and these are proving to be very popular, operating in a Covid secure environment in line with Lawn Tennis Association (and Government) guidelines.

One of our new tennis initiatives this year has been the introduction of SILVER tennis. This is for more senior players, who still enjoy playing a game with friends but need a slightly gentler version of the game. We meet every Thursday morning to play doubles, coached by Katie Rowley. Several people have come back to the game (Jane hadn't lifted her racket for 30 years!) and our most senior player is John at the grand age of 91 years young!

We also offer an adult and junior tennis coaching programme throughout the year and still plan to hold a few winter social tournaments to make up for the summer.

So whether you are a regular player, have never played before, enjoy social tennis or used to play some years ago, there is something for you at the Tennis Club.

Please visit our website [www.rowlandscastletenniscub.org](http://www.rowlandscastletenniscub.org) for more details about how to join and contact details.





## THE FORTH DIMENSION

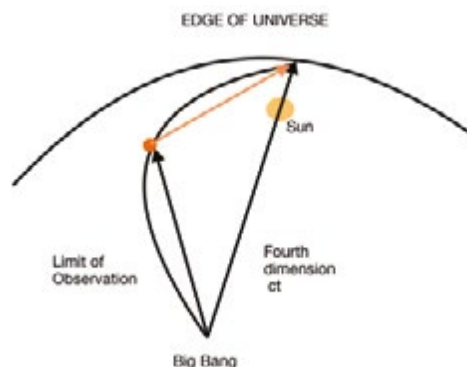
Frank Philpot

4 D space has four dimensions called W,X,Y and Z. The fourth dimension, W is linked to time  $t$  by  $W = ct$  where  $c$  is the speed of light 300,000,000 metres per second. So we are all made of a surface moving at the speed of light away from the big bang.

We can not see the fourth dimension but we need it for anything to move. Relative movement between two objects means that they are moving in different directions through 4 D space.

As  $c$  is the fastest speed nothing can overtake us from the past. Objects not going in the same 4D

direction as we are, fall behind. Distant objects that keep pace with us like the Sun are separated from us by the time it takes for light to come from the object, so the sun is 8 minutes or 144 x 10<sup>9</sup> metres behind us in the W direction, ignoring the effects of gravity. So every thing is moving away from us.



## COPING WITH SAD

Victoria Matthews

When we moved to our lovely village just before lockdown our days were filled with frantic activity during long summer days, and early nights of exhausted, deep sleep.

Eight months on, as winter approaches and the possibility of another lockdown looms, a sense of apprehension is setting in; it may be Seasonal Affective Disorder (SAD).

SAD is a recurring seasonal condition that begins at the end of September and recedes around the end of April. Many of us in Rowlands Castle may experience SAD symptoms and wonder what is wrong. These symptoms include increased appetite with a craving for carbohydrates, weight gain, low mood, increased tiredness and lethargy. Life becomes hard going, and emotional resilience in short supply.

SAD is multifactorial and caused by changing circadian rhythms, regulation of melatonin (sleep regulation), serotonin (mood regulation) and photoperiodism (length of dark hours relative to light hours in a 24 hour period). Many people in the Northern Hemisphere suffer with SAD and the isolating impact of the pandemic risks further worsening of mental health and well being of those who have SAD.

What to do? Understanding why we experience SAD is the first step; it relieves the feeling of guilt that we are not able to rush around as usual. Talking and sharing helps too. If symptoms are severe speak to your GP, as a course of anti-depressants, or counselling may help.

Light therapy can help, and there are a wide range of light devices from floor lamps to dawn simulator alarm clocks.

Creative activities, being outdoors and exercising every day, even just for a few minutes will help. Sharing these activities with others is even more beneficial.

Rowlands Castle is rich in social and support networks. Use them. They will help us to get through these difficult days till spring returns.

[https://www.rcpsych.ac.uk/mental-health/problems-disorders/seasonal-affective-disorder-\(sad\)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/seasonal-affective-disorder-(sad))



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## EXERCISES YOU SHOULD DO FOR OA (ARTHRITIC) HIP PAIN

Natalie March

**Tips and exercises from Award Winning Physio, Natalie March from Physio-logical, a chartered physiotherapist based in Stansted Park, Rowlands Castle and Horndean**

We are excited to announce that our Havant clinic, formerly within the My Fitness Hub Gym, has moved to a new location just 3 miles away set inside the beautiful grounds of Stansted Park, Rowlands Castle. Our Stansted Park clinic is open Monday to Friday from 8am to 6pm and our new address is:

Physio-logical  
Chauffeurs Room, Chauffeurs Cottage  
Stansted Park  
Rowlands Castle  
PO9 6DX

Full PPE and precautionary measures will remain in place to ensure there is minimal risk to you as patients and our staff. All measures are in line with the guidance and regulations specified by our governing body and full details of the Patient Procedure Guidelines for all Clinic Appointments can be found on our website.

Due to the strains on the NHS we have been really busy helping lots of people with back, neck, knee, hip and shoulder pains.

We have been treating a lot of people with OA hip pain, some have OA and are not suitable for a hip replacement, others have hip pain and are not sure if it arthritis or not, others are waiting a hip replacement operation but they want to ease pain and keep strong prior to their operation (waiting lists have gone up with one of my patients reporting a 30 week wait this week to me)

If you are struggling with hip pain, stiffness, you can't walk as far as you would like then physiotherapy can help you help to improve movement, walking, strength and ease pain.

Please be aware of your body and take advice from your GP before exercising or send an email to (enquiries@physio-logical.net) for advice and guidance. When exercising do not push into sharp pain.

### Newsletters:

If you would like to subscribe to our monthly newsletter where we share self help tips and exercises then please email us at [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net)  
For more tips and guidance please visit [www.physio-logical.net](http://www.physio-logical.net)

Here are some exercises to do if you have hip arthritis.

### Hip Flexion (Lying):

- Lie on your back
- Pull one knee to your chest, keeping the other leg straight then repeat on the other side
- Stop where you feel a stretch, hold for approximately 10 seconds and relax.
- Repeat 10 times, 2 times a day



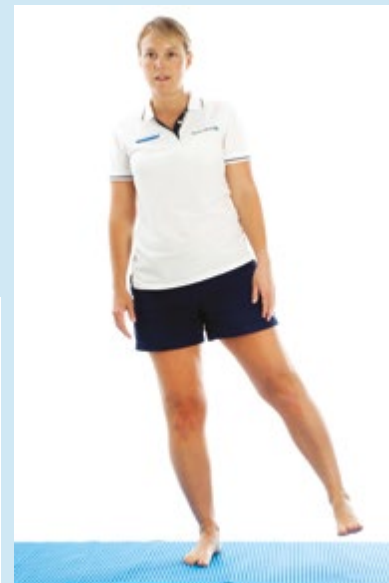
### Bridging Exercise:

- Start with your back and arms flat on the mat, knees bent and feet planted on the floor.
- Squeeze your buttocks, push through your heels
- Slowly raise your hips until your trunk and thighs are aligned.
- Hold for 10 seconds, repeat 10 times, 2 times a day



### Hip Abduction (standing):

- Lift your leg sideways, keeping your toes pointing forwards.
- Also keep your body straight and upright
- Hold onto a chair or work surface for support.
- Repeat 10 times, 2 times a day



Please get in contact with us via [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net) or 07835 712306 or book online at <https://physio-logical.net/contact-us/> if you want some help, treatment or advice.

We can help ease your niggles and aches to enable you to fulfil a good quality of life.



## READERS PHOTOGRAPHS

Julie Anderson couldn't resist sending this recent picture of the Green and says "at this challenging time I think it represents a positive future for all of us to look forward to a bowl of gold at the end of the rainbow.!"



This photo of a hedgehog and badger feeding together comes from Lorena Triggs in Finchdean. She adds "I was worried when the badger started visiting as I had read that they are hedgehog predators!!"

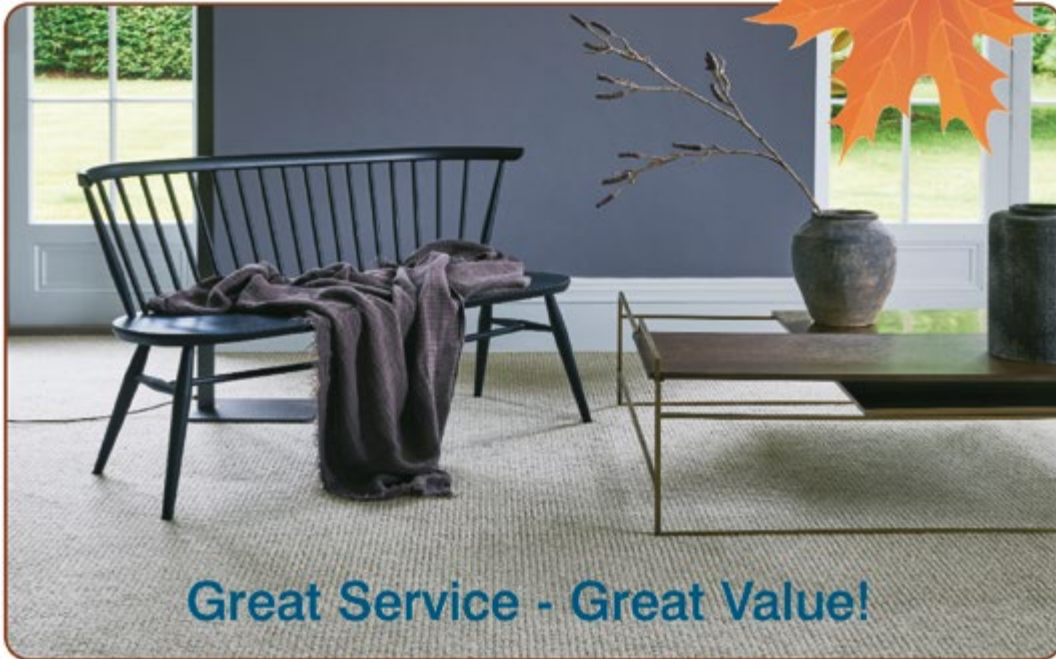


Autumn flax hay burning near Idsworth Old School building  
Photo: Kelvin Schäfli

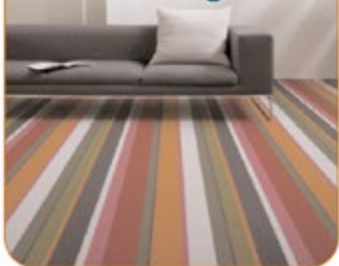


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June Williams BSc (Hons), PGCE, QTS  
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T. 02392413442  
M. 07767772108



## / NUMBERS TO KNOW

|                       |              |
|-----------------------|--------------|
| EMERGENCY             | 999          |
| NON EMERGENCY POLICE  | 101          |
| NON EMERGENCY MEDICAL | 111          |
| ELECTRIC POWER CUT    | 105          |
| GAS EMERGENCY         | 0800 111 999 |

### Rowlands Castle Pharmacy

12 The Green  
Rowlands Castle  
PO9 6BN  
T 02392 413952

### Rowlands Castle Surgery

12 The Green  
Rowlands Castle  
PO9 6BN  
T 02392412846

### Practice in the Park (Dentist)

4 Basing Road  
Leigh Park, Havant  
PO9 5AG  
T 02392 486660

### Recycling Centres

Location: **Behind Castle Inn, Rowlands Castle**  
Waste Accepted: Glass, Textiles  
Location: **Household Waste Recycling Centre, Harts Farm Way, Havant, PO9 1HS**  
Waste Accepted: Go to [www.hants.gov.uk](http://www.hants.gov.uk) for full details or call 0300 555 1389

### East Hants District Council

T 01730 266551, 9am to 5pm, Monday to Friday.

### Hampshire County Council,

T 0300 555 1375  
[www.hants.gov.uk/aboutthecouncil/contact](http://www.hants.gov.uk/aboutthecouncil/contact)  
Open 8:30am to 5pm

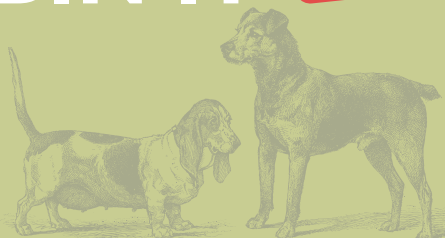
### Rowlands Castle Parish Council

Open to the public between 10am and on 12 Noon on Tuesdays and Thursdays, and at other times by appointment.

Rowlands Castle Parish Council,  
11 The Green, Rowlands Castle

T 02392 413044  
E [clerk@rowlandscastlepc.org.uk](mailto:clerk@rowlandscastlepc.org.uk)  
W [www.rowlandscastlepc.org.uk](http://www.rowlandscastlepc.org.uk)

**DOG FOULING  
AND THE LAW**  
**SCOOP IT  
BAG IT  
BIN IT**



A dog owner or walker must remove their dog's mess from land used by the public. If you don't do this, you may be given a fixed penalty fine of £50 by a dog warden or other council officer. You may also be prosecuted and fined up to £1,000. Responsible dog ownership means always taking a scoop or bags with you, and disposing of any mess in bins provided.

### REPORTING

Report dog fouling online or call  
Animal Welfare on 01730 234319.  
[www.easthants.gov.uk](http://www.easthants.gov.uk)

This notice is provided as a public service announcement. Content sourced from East Hampshire District Council.

# Halls Garage

8 The Green,  
Rowlands Castle  
Hampshire PO9 6BN

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**RAC**  
Approved Dealer



/Halls Garage





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PORTSMOUTH  
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SCHOOL

# DISCOVER MORE

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To find out more about your child joining the school and forthcoming open events, please do call us.

Pre-School | Junior | Senior | Sixth Form  
023 9236 0036 | [www.pgs.org.uk](http://www.pgs.org.uk)