

# Village & Valley

**SUMMER 2019**

The magazine of the  
Rowlands Castle Association



# AQUA

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**SUMMER 2019**

### CONTENTS

## Village & Valley

The magazine of the  
Rowlands Castle Association

5	Message from Chair
6	Parish Council News
8	East Hants District Council
10	Hampshire County Council
11	Neighbourhood Plan
12	Community and RCA events
14	We need you
15	St Huberts
16	South Downs Rambler
18	Village Fair in Pictures
26	Local knowledge
29	RVS
33	Gardening club
34	War memorials
35	Emsworth flower club
36	The centre spread
38	Painting society
39	St John's
40	Fracking
40	Woman's Institute
44	Heritage Centre
46	St John's Primary
47	Summer glories
50	Church on the green
51	Girl guides
52	Health and wellness
54	Science thoughts
56	Cricket
57	Village picnic
60	Further afield
64	The RCA
	Numbers to know

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 you should provide at least one image (max 10MB) to accompany your article.
- Please provide your image(s) as separate 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:**

*Due to print deadlines late submissions might not be considered for publication.*

## / 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 below:  
**ads@rowlandscastle.com**

## / 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**

**To post a message to the Grapevine send your email to**  
**info@rowlandscastle.com**

## / COVER PICTURE

Village Fair fun. More on pages 18 - 25.

## / YOUR RCA COMMITTEE 2018/19

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## RCA ONLINE

[www.rowlandscastle.com](http://www.rowlandscastle.com)

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

ksphoto.co.uk

## / RCA CHAIR REPORT

### LETTER FROM THE CHAIR

*Helen Penfold*

Hopefully, by the time you read this, we will all have enjoyed the summer fair, with all its attractions, on a lovely sunny day, on the village green. The fair is organised by a small committee of volunteers who work very hard to make the fair so enjoyable and successful every year. The RCA appreciates the big contribution that the fair makes to the village – Thank you so much to all the volunteers and to those who organise the horticultural show which is so much part of the fair.

The May Day picnic was well attended, and the RCA ran the BBQ, as usual. We raised over £800, for the Rowans Hospice and we made this sum up to £1200, from RCA funds. Blendworth brass band and the Evolution twirlers entertained us very well, and the Vintage cars proved popular too. Our thanks to Morrisons who gave us a donation towards the cost of the bread rolls. Thank you to everyone who supported the event.

**Firework update:** The Parish Council and the RCA is continuing to work together to try to find a way in which a second exit can be put into the recreation ground, so as to meet current health and safety

guidance. There have been many challenges, but we are still hopeful that a solution can be found, which will enable the 2019 fireworks to take place. The RCA really appreciates the help and support of the Rowlands Castle Parish Council in our shared hope that the annual fireworks can continue in the village.

We are trying hard to keep our village clean and tidy. Please support our monthly litter pick, on the last Saturday of every month, meeting at the flag pole at 10.30am, with free bacon butties at mid-day, to say thank you, from the RCA.

We need new members on the committee. We're a friendly bunch and would make you welcome. Please do join us if you have a bit of spare time and you would like to feel more part of the village.

Best Wishes,

Helen Penfold  
chairman@rowlandscastle.com  
07557 276242

## WHAT HAS THE PARISH COUNCIL BEEN DOING?

*Lisa Walker*

*Clerk to Rowlands Castle Parish Council*

### General 'Stuff'

First, we welcome back parish councillors Frank Ball, Peter Cross, Andy Lee, Liz Longman, Jon Moss, Chris Stanley and Bill Wilson who were elected uncontested in May. We bid a fond farewell to former parish councillors, David Hooper and John Smart, who did not stand for re-election; we thank them for their hard work. We look forward to our newest 'recruit', Jonathan Livitt, joining us formally at our next Council Mtg, having been co-opted on to the Parish Council in June. Rowlands Castle Parish Council (RCPC) still has one vacancy which it is very keen to fill. If anyone is interested in becoming a parish councillor and contributing to the life of the community, please contact the Parish Office on 02392 413044 or [clerk@rowlandscastlepc.org.uk](mailto:clerk@rowlandscastlepc.org.uk).

We also pay tribute to D Cllr Nigel Wren who died at the end of March this year. We all recognise his considerable contribution to his community as a local businessman, fire-fighter, parish and district councillor; he is sorely missed by many.

The Parish Office is being kept very busy dealing with a variety of residents' comments and enquiries, all of which are reported to the monthly Council Mtgs. Councillors and staff have also attended a variety of meetings and training events over the last 3 months including Butser Community Partnership, East Hants Association of Parish & Town Councils, the Hampshire Association of Local Councils Annual Conference and the Society of Local Council Clerks' Regional Training Seminar. Their attendance helps to keep councillors and staff up-to-date with local government legislation and issues, and also provides useful opportunities to share experiences with other parish councils.

RCPC is trialling a new agenda format for its meetings in order to deal with those items requiring a decision towards the beginning of the meeting whilst minds are at their 'freshest'.

### The Latest on Traffic Calming Measures

Some readers may have already noticed the new picket-fence style signage on Manor Lodge Road and Finchdean Road, on entering the village. Additional railings have also been installed on Manor Lodge Road and further white-lining and speed limit reminders added to Finchdean Road. These measures were possible under Hampshire County Council's Community-funded Initiative which allows local organisations such as RCPC to fund minor traffic calming and pedestrian safety measures, with the works being advised upon, designed and carried out by HCC contractors.

This financial year under the Initiative, RCPC will pursue further traffic-calming proposals for Durrants Road and on towards Manor Lodge Road, on Woodberry Lane and in Finchdean. We are in the early stages of these proposals and may have to wait a while to receive HCC's views on what is feasible under the Initiative. We'll keep residents informed of any major developments.

### What's Coming Next?

RCPC will soon be progressing various other projects budgeted for this year. These include the design and installation of a new Village Information Board (aka 'Village LECTERN') to replace the old one at the eastern end of The Green. The nearby bus stop is also due to get a revamp, and we're looking to install appropriately-themed signage marking the entrance to the South Downs National Park near Finchdean.



RCPC has also commissioned its contractor to clear the footway along the Deerleap Verge back to its original width, once other projects are complete, to aid drainage especially during heavy rainfall.

### What's the latest on the Proposals for a 2nd, Emergency-only Access way at the Rec?

The Working Group continues its hard work and in-depth investigations into the feasibility of providing a second, emergency-only access way from the Rec. Such an access way would fulfill the requirements of the Safety Advisory Group (convened by East Hants District Council) and the Health & Safety Executive, and allow the annual fireworks display to continue in safety.

This issue was one of the main topics at the Annual Parish Meeting on 15 April. RCPC was grateful to those residents who attended, some of whom spoke giving their views on the proposals. There were a number of issues with the original proposed location of the access way so the Working Group is currently exploring the feasibility of an alternative location to see whether it would satisfy safety requirements. These investigations are necessarily taking some time and the Working Group anticipates being able to make substantial recommendations to Council on 22 July. Residents are welcome to find out more about the proposals from either RCPC or Rowlands Castle Association websites, and can comment thereon via

[feedback@rowlandscastle.com](mailto:feedback@rowlandscastle.com) or by contacting the Parish Office direct. Other than the long-established annual fireworks display, RCPC has no intentions or plans for any other large-scale events on the Rec.

### What's happening with Developers' Contributions?

East Hants District Council (EHDC) has announced new arrangements for the allocation of some developers' contributions. There will be a series of two-month 'windows' during which local organisations can apply for funding from these contributions. For more information, contact your local EHDC Community Officer or see [www.easthants.gov.uk/s106-east-hampshire](http://www.easthants.gov.uk/s106-east-hampshire).

Bellway has agreed to RCPC's proposals for spending the £40,000 of contributions specifically allocated for the Recreation Ground so now we're just waiting for EHDC to progress matters. RCPC keeps lobbying to have the £500,000 in transport contributions from developments within the Parish spent in as 'joined up' a way as possible to address highways and speeding issues around the Parish. As previously stated, RCPC remains acutely aware that development beyond the Parish (in north Emsworth and east of Horndean) will significantly increase vehicle usage of the roads leading up the mini-roundabout system by the Shell Garage.

## / RC PARISH COUNCIL NEWS

*Continued...*

### **Trees Matter**

RCPC is responsible for over 100 trees in the Parish, all of which will be subject to a survey by a qualified arboriculturalist in July this year. In September, he will also be taking a closer look at Rowlands Copse within the King's Meadow Estate, which was conveyed to RCPC some years ago. His subsequent recommendations will guide RCPC's spending on tree- and Copse-related matters over the next few years. Residents should note that sometimes even works that seem fairly minor can be quite expensive, especially if additional 'at height' equipment is required.

### **Climate and Environmental Concerns**

RCPC acknowledges the issues surrounding climate change and is urging Hampshire County Council to adopt a Climate Pledge similar to that of West Sussex, which provides a simple and direct message to help residents commit to making small changes in key areas. RCPC appreciates that climate change is a major concern for all ages and particularly for the younger members of our community who will have to deal with the impact.

Likewise, RCPC is pushing for the verges on country lanes (i.e. those from Finchdean, Old Idsworth etc) to be cut later in the season in accordance with Plantlife's Good Verge Guide. This would allow a greater biodiversity of plants to flourish and seed before being cut down. RCPC is also leaving sections of grass at the Rec and Finchdean Green uncut to encourage greater biodiversity.

### **A 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.

## / EAST HANTS DISTRICT COUNCIL

# NOTES FROM EAST HAMPSHIRE DISTRICT COUNCIL

### **Malcolm Johnson**

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

Well as I'm sure many of you will remember the local elections on the 2nd May turned out to be something of a wakeup call to the government at Westminster with a ripple effect running through many local council results. At East Hampshire the Conservative group, while retaining their majority, lost eleven seats to other parties with the Liberals now forming a small opposition for the first time in ten years. A number of previous Alton councillors lost out to a strong push by the local Liberal group. May I thank those of you who kindly supported my return as the ward councillor for the now enlarged ward of Rowlands Castle, Finchdean and Idsworth. I will continue to work for all who live in the ward irrespective of political allegiance. I have been fortunate to retain my place on both the planning and licensing committees.

With the mention of planning you will recall that in my last report for Village and Valley I described how the work was moving forward on the creation of the new Local Plan, the "bible" for planners and developers in those parts of the district outside the National Park. Well following the public consultation back in February some two thousand comments were registered with the planning development team at EHDC. These are now being digested and where they provide useful and constructive proposals are being incorporated into the emerging new plan. When all that work is completed the revised draft plan will be published

for further public comment which in turn will inform the final version that will be offered to a government planning inspector for final approval. This last stage will probably take place towards the end of this year or early in 2020. When the inspector finally issues his/her report and the plan is found to be "sound" it will become the Local Plan for East Hampshire outside the Park and as mentioned above will set the agenda for planning for the period up to 2036 though it will be reviewed every five years.

This complex process is driven by the government's National Planning Policy Framework document which sets the national agenda for planning. Continuing on the planning topic, those of us from the southern parishes of Rowlands Castle, Finchdean, Idsworth, Hordean and Clanfield who sit on the Land East of Horndean Development panel are still waiting to hear back from Bloor Homes, the developer, with answers to a number of significant questions that were raised with the company back in the winter. Once those questions have been satisfactorily answered it is expected that the company will come forward with an outline application for the major part of the site. Some of you may well have seen that the company recently submitted an application for a development of age

restricted housing on land to the north of Rowlands Castle Road. This has yet to be determined by the planning committee.

The new East Hampshire welfare and community support funds are now fully launched and I know of local organisations who are applying for financial support from those funds. The Communities Support Team at EHDC are the people to contact for further information about how to apply. My councillor grant funding for the current year is now available so for smaller local projects don't miss out on this offer and go to the EHDC web site for further information.

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 924 12096.



## A NEW WAY TO CONTACT YOUR COUNCIL

Residents will soon be able to contact East Hampshire District Council easier than ever before thanks to an online customer system which will allow people to check Council Tax payments, report issues and find out what they need, when they need it.

Residents can already set up their own My EHDC accounts which can be used to access various services, such as reporting abandoned vehicles. This year the system will be enhanced to widen the scope of services residents can access 24/7.

During 2019, Council Tax payers will be able to access their secure account on-line, check what they owe, see when the next payment is due or set up a Direct Debit. Customers claiming Housing Benefit or Council Tax Support will be able to view their claim and check payments.

Landlords whose tenants receive Housing Benefit will be able to check payment information.

Later this year, customers who wish to buy a service or report a problem with services such as garden waste or refuse will be able to do this through their My EHDC account.

Customers will also be able to report problems with their refuse collection via a 24/7 telephone line. Cllr Nick Drew, EHDC Portfolio Holder for Governance and Legal, said: "By investing in technology, we have the potential to move more than 60 per cent of our telephone calls to a more convenient and flexible way for customers to contact us."

Customers can create a MY EHDC account right now at [my.easthants.gov.uk](http://my.easthants.gov.uk)

## ROWLANDS CASTLE NEIGHBOURHOOD PLAN PROGRESS REPORT

*Ian Young*  
Steering Group Chairman

The Steering Group continues to work closely with East Hampshire District Council (EHDC) and the South Downs National Park Authority (SDNPA) to ensure that the Rowlands Castle Neighbourhood Plan draws on and is consistent with the Local Plan (LP) of each authority. The SDNPA LP is due to be adopted in the near future while a second public consultation on the EHDC LP is due to be held in the coming weeks. The Steering Group (SG) is also consulting local organisations and groups to inform the development of NP policies. Guided by our vision to preserve and enhance the character of Rowlands Castle Parish, the SG objective continues to be to ensure that the Neighbourhood Plan and both Local Plans are fully 'joined up' and that they reflect the needs of the Parish and the aspirations of its residents. Most of the policies to be included in the Neighbourhood Plan have been discussed by the SG in recent weeks, and are being finalised.

Following analysis of the responses to the 'Housing Needs Survey' questionnaires distributed to all households in the Parish last autumn, your views about the type of new development that you need in the Parish during the next planning period - from 2020 until 2036 are being taken into account in the development of the Neighbourhood Plan.

As previously reported, many responders did not wish to see significant new development in Rowlands Castle in the near future, particularly because of current building developments, and because of traffic and parking issues. Requirements for those in larger houses to downsize were identified. These and all other comments have been recorded and are now

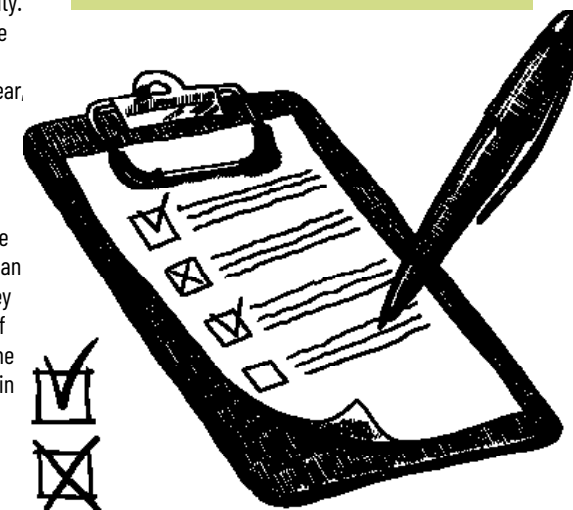
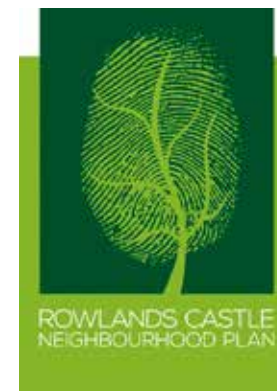
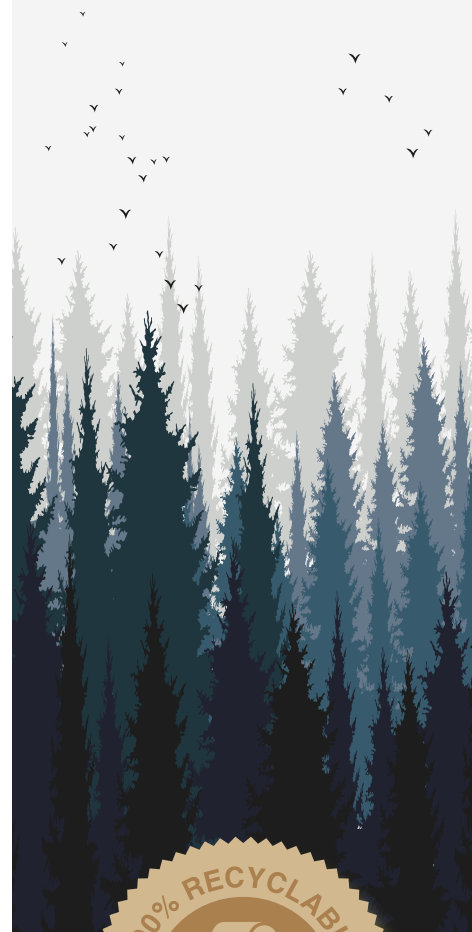


Illustration: [www.freepik.com/free-photos-vectors/business](http://www.freepik.com/free-photos-vectors/business)

providing evidence for developing the Neighbourhood Plan policies.

The Steering Group continues to meet regularly to develop the Plan, if you would like to join the SG to contribute in this, or any other way, or if you would like further information on development of the Neighbourhood Plan, please contact Gill Whatley at the Parish Office - by phone (02392 413044) or email ([projects@rowlandscastlepc.org.uk](mailto:projects@rowlandscastlepc.org.uk)).



## RECYCLE YOUR MAGAZINE

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

## / COMMUNITY EVENTS



### RCWI

7:30pm  
Second Monday of each month  
No meeting in August  
Parish Hall, Links Lane

### RVS LUNCH CLUB

12:00 pm - 1:30 pm, every Thursday, Parish Hall  
Contact: Carol Milford 02392 412321

### WOMANS FELLOWSHIP

2:00 - 4:00 pm  
First and third Tues afternoon of the month.  
No meeting in August.  
St John's Church centre.

### LITTER PICKING IN ROWLANDS CASTLE

29 June - 10:30 a.m.  
Meet at the Flagpole on the Green.

Please join us to pick litter and keep our village clean and tidy. Any one is welcome to join us  
Sandwiches will be served at noon to all litter pickers.

#### PLEASE BRING YOUR OWN HI-VIZ VESTS AND GARDENING GLOVES

Litter pickers and bags will be provided  
Full bags to be put in the bin at 34 The Green

These litter picker events are organised by the Rowlands Castle Association and will be regular on the last Saturday of the month.

11. 11. 11.

### REMEMBRANCE SUNDAY 2019

Sunday November 10th.

Armistice Day is Monday 11th November. The Union Flag on the Village Green will be lowered at 11 o'clock for the 2 minute silence. The 11th hour of the 11th day of the 11th month.

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

### ALTON ABBEY

'In Accord' with Sue Lampard and her 14 piece a cappella choir. To be held in Alton Abbey Church  
Friday July 26th 7.30pm with a short interval.

As part of their performance, the audience will learn how A Cappella singing works, and hear how the parts build up to make the harmonious sound of the full chorus. There may even be some audience participation in harmony singing! The Concert will be followed by wine and light refreshments in the Cloister garden

Tickets £15.00  
available from "Tickets", Friends of Alton Abbey,  
Alton Abbey, Beech, Alton, GU34 4AP

Cheques should be made payable to  
"Friends of Alton Abbey".  
Please include a SAE & a telephone number and/or email address  
For more information email:  
friendsofaltonabbey@gmail.com

## / SAVE THE DATE - RCA EVENTS FOR YOUR DIARY

### MAYDAY PICNIC & BBQ ON THE GREEN

MONDAY 4TH MAY 2020  
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

### CHILDREN'S CHRISTMAS PARTY

SUNDAY 15TH DECEMBER 2019  
11:00-1:00 pm  
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.



### RCA QUIZ NIGHT

Saturday 19 OCTOBER 2019  
Parish Hall

Always popular, come for the fun, food and prizes  
Contact: secretary@rowlandscastle.com

### LITTER PICKING

Litter Pick on the last Saturday of each month.  
We meet at the Flagpole on the Green at 10am on the Saturday with our own picker sticks, yellow hi viz vests and rubbish bags. Wear garden gloves as well!  
Key areas covered are The Green, Redhill Road and the Station approach.

Free, bacon butty afterwards!

We shall send out a reminder for these Litter Pick days via the Grapevine, during the week before.

### 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



## ROWLANDS CASTLE ASSOCIATION

We welcome new committee members and other helpers for May Day picnic, the October Quiz, November Fireworks night, and monthly litter pick.

Please contact Helen Penfold  
chairman@rowlandscastle.com

## ROWLANDS CASTLE U3A

RC U3A needs volunteers for Committee Members, we hold 9 mtgs per year.

Please contact Chairman on website  
[www.u3asites.org.uk/rowlands-castle](http://www.u3asites.org.uk/rowlands-castle)

## ROWLANDS CASTLE HERITAGE CENTRE

We are seeking two more Trustees (legal, financial or surveying skills), members for the Management Working Group (ten meetings a year), a Treasurer, Archivists, , researchers and writers. We also welcome attendants for our iconic model railway now on display at Stansted House.

See our guidelines for 'Volunteering Practices':  
[www.rowlandscastleheritagecentre.org.uk/volunteering-in-our-community/](http://www.rowlandscastleheritagecentre.org.uk/volunteering-in-our-community/)

Please contact Alan Evers, chairman RCHC:  
Tel: 02392 412433 Email:  
[chair@rowlandscastleheritagecentre.org.uk](mailto:chair@rowlandscastleheritagecentre.org.uk)

This page is provided as a service to all community groups within the village.  
If you have opportunities for volunteers, or are seeking volunteers, please send us the information for listing on this page.

## / ST HUBERTS

# NEWS FROM THE IDSWORTH CHURCH FRIENDS TRUST

Andrew Callender  
Chairman, The Idsworth Church Friends Trust



Due to the building repair work taking place to St Hubert's over the course of the summer, The Friends has reduced its programme of events for 2019.

Our major fund-raising event of the year has been the 'Flanders and Swann' evening held in the Parish Hall on Saturday 6th April. Over 150 attended the event and a total in excess of £2,350 was raised. Although the programme had to be altered at the eleventh hour due to the ill-health of Michael Mates, William Godfrey entertained an enthusiastic audience splendidly; this included music from Noel Coward, Peter Skellern and Richard Stilgoe, in addition to the Flanders and Swann favourites.

On Wednesday 24th April, the Friends' AGM took place at the church. This was followed by a fascinating talk by Tanya Heath of Oriel College, Oxford entitled, 'The Medieval Life of St Hubert's'. The audience of

some 60 people became medieval peasants and were introduced to a flavour of life at that time with reference to the 14th century wall paintings.

Those who have visited the church in the last few months will have appreciated the new post and rail fence, together with pedestrian and disabled access gate, giving an enhanced view of the church from the road. This is part of the Friends' Shared Identity Project with the South Downs National Park aimed at making the visitor's outing to St Hubert's all the more user-friendly. An Interpretation Panel together with visitor guide leaflets to the church is in the pipe-line.

Do look out for the Friends Stall at the Rowlands Castle Fair on Saturday 6th July when the trustees will be on hand to share our news and to tell you a little more about the current work project to the East Wall and Window of the church.



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

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.

**AUTUMN issue: 18th October**

PLEASE NOTE:

*Due to printing deadlines, late submissions cannot be considered for publication.*

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:  
[editor@rowlandscastle.com](mailto:editor@rowlandscastle.com)

## / SOUTH DOWNS

**Mark Miller**  
East Hampshire Community Rail  
Partnership Officer  
07900 103296

We are delighted to inform you of the return of the South Downs Rambler Rail Bus link this Summer between Winchester and Petersfield rail stations.

Please find attached the bus timetable and a detailed bus stop map.

The service will operate every Sunday and Bank Holiday between 7 July and 8 September, taking in breath-taking views of the South Downs and visiting most of the tourist attractions on route.

So, now there is really no excuse not to explore the South Downs Way and this beautiful part of Hampshire. ENJOY!

[www.easthampshirerail.co.uk](http://www.easthampshirerail.co.uk)  
[www.facebook.com/easthampshirerail](https://www.facebook.com/easthampshirerail)  
[www.twitter.com/easthantsrail](https://www.twitter.com/easthantsrail)

## TICKETS



## BUS INFORMATION

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ALSOULD	£4.40	£7.50

WYNTON JUNCTION		
CHICHESTER		
WYNTON JUNCTION	£6.40	£7.50
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[bluestarbus.co.uk](http://bluestarbus.co.uk)

bluestarbus.co.uk

winchester station

Winchester Station

Winchester Station

Winchester Station

Winchester Station

Join us on **Bluestar** from 7 July to 8 Sept 2019

EXPLORE the South Downs Way by Bus

winchester station

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### SUNDAYS & MONDAYS

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Windsorville Secondary	0930	0930	1030
Windsorville Science Centre	0930	0930	1030
Charncliffe Road AHSF outside car park	0930	0930	1030
Home Aspern @ Home events	0930	0930	1030
Remembrance Appeal For Ice	0930	0930	1030
West House grounds	0930	0930	1030
Olds Hall	0930	0930	1030
Old Windsorville Hill opposite car park	1030	1030	1030
Home High Drive	1030	1030	1030
Lyngham House grounds	1030	1030	1030
Windsorville Station Road footpath	1030	1030	1030

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Photo: Kat Ashley



Photo: Rilia Varandas



HOWLANDS CASTLE HORTICULTURAL SHOW



Photo: Kat Ashley

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Photo: Matt Hancock



Photo: Katharine Schäffli



Photo: Martha Dombey



Photo: Kat Ashley





Photo: Katharine Schäfli



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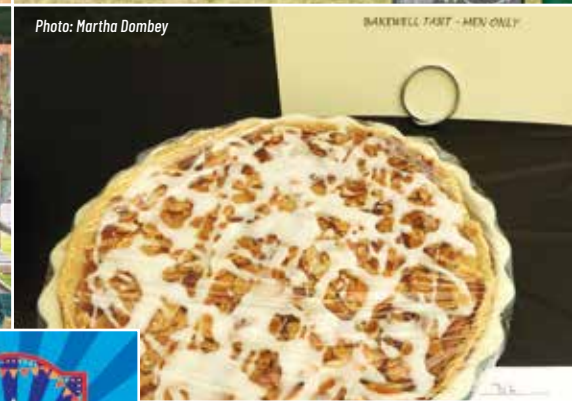


Photo: Martha Dombey



Photo: Emma Scholes



Photo: Alexandra Wright





## THE STORY BEHIND THE KINGS STONE

Mary Jane Lomar

On May 22nd 1944 The Holt and Stansted woods were full of armed camouflaged soldiers. The Green at Rowlands Castle was covered with tanks and armoured vehicles and an air of excitement and anticipation filled that bright sunny day.

Soldiers and school children (who wondered why the King was not wearing a crown) lined the B2149 and watched King George VI review the troops and wish them Godspeed.

Miss D.N. Martin of Redhill House was one of the spectators and felt that the occasion should not go unmarked and helped by the then Dean of Winchester spent the last six months of her life planning the Memorial Stone pictured here.

Within hours of the news on June 6th that D Day was a reality, all the soldiers, tanks and vehicles had left, many soldiers throwing their money onto the road as they passed the village school saying "we shan't need that anymore"

For many years the Memorial was neglected. A story exists that an irate Rowlands Castle OAP wrote to Prince Philip complaining that the Stone had been allowed to fall in disrepair. A reply by an equerry regretting he could only forward the information to the appropriate authority resulted in the request being acted upon by the Council's Estates Offices telling Rowlands Castle that the Stone would be maintained in perpetuity.

In 1984 it was refurbished with a new wall behind it and ceremonies of remembrance are held there. To the left of the Stone we find a very attractive residential estate Kings Meadow.



### VISIT OUR ACCLAIMED WORKING MODEL RAILWAY

Set in the centre of Rowlands castle, this scale model shows the troops, vehicles and trains as they were during the approach to D-Day in 1944.

On display at Stansted House

Sun, Mon, Tues and Wed

1 - 4pm from Easter until the end of September

Admission is free, admission to Stansted House is extra

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



### Contrasts Contemporary Jewellery Fair

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



# WOMENS FELLOWSHIP IN ROWLANDS CASTLE

A group of very enthusiastic local ladies meet twice every month with the exception of August. We meet on the 1st and 3rd Tuesday afternoons between 2 and 4pm. at St John's Church Centre at the top of Redhill Road.

We always begin our meetings with a rousing hymn and continue with a programme of activities suggested by members -including games, quizzes, craft, debates, beetle-drives, What's My Line, also seasonal meals and some outings. We round off the afternoon with a cuppa and posh biscuits. We hold our AGM every November. Members will make you most welcome if you would like to join us.

Please contact Gill at St John's Church Centre Parish Office on 92410111

## ROWLANDS CASTLE RVS LUNCH CLUB Together for Older People

Rowlands Castle RVS Lunch Club continues to meet every Thursday in the Parish Hall.

It's a great way to socialize and meet old and new friends, catching up on each other's news and discussing many events (Very often how the world is changing!) We really do have a sociable time, sharing a meal together and our wonderful volunteers try to make it a special time for everyone.

Currently we are at maximum with 32 service users however if anyone would like to join us on Thursdays from 12:00pm to approx. 1:30pm (no rush to get away) we will try and find space for them as changes do occur regularly.

Wherever possible we offer to pick up and take home our service users who are no longer able to drive themselves. If you have some time to spare, maybe once a month or more, please contact us and we will guide you through joining the Royal Voluntary Service.

For more information please contact  
Carol Milford 02392 412321 or Sue Leonard 02392 412108

Carol Milford RVS Volunteer Coordinator and Treasurer  
Sue Leonard Assistant RVS Volunteer Coordinator

ROYAL  
VOLUNTARY  
SERVICE  
Together for older people

/ RC RVS

## CELEBRATING AN ANNIVERSARY

Carol Milford  
RVS Volunteer Coordinator and Treasurer

Sue Leonard  
Assistant RVS Volunteer Coordinator

Rowlands Castle RVS Lunch Club celebrated its 37th Anniversary in June with celebratory meal, which was much appreciated by all of our members.

This is an amazing achievement by the many volunteers that have been involved with providing this excellent service, which has become very much part of our community here in Rowlands Castle, and thanks go to everyone who has made it such a success over the years.

We currently have 18 Volunteers and 7 Volunteer Drivers with a membership of 31, which takes us to our capacity, requiring us to have a waiting list.



A BRANCH OF  
ROYAL  
VOLUNTARY  
SERVICE

During our year we have served over 1250 meals, which included special celebratory meals for Christmas, Easter and our Anniversary.

Members were also invited to Hordean Technical College a special Christmas Lunch with entertainment, which is, served by the staff and students.

As the needs of our members becomes more important with a helping hand and care, we can never have too many volunteers particularly drivers as more members require transport, so if anyone has a couple of hours a month to volunteer and join our team, please contact us.

It only remains to say a heartfelt thank you to everyone for all their support.



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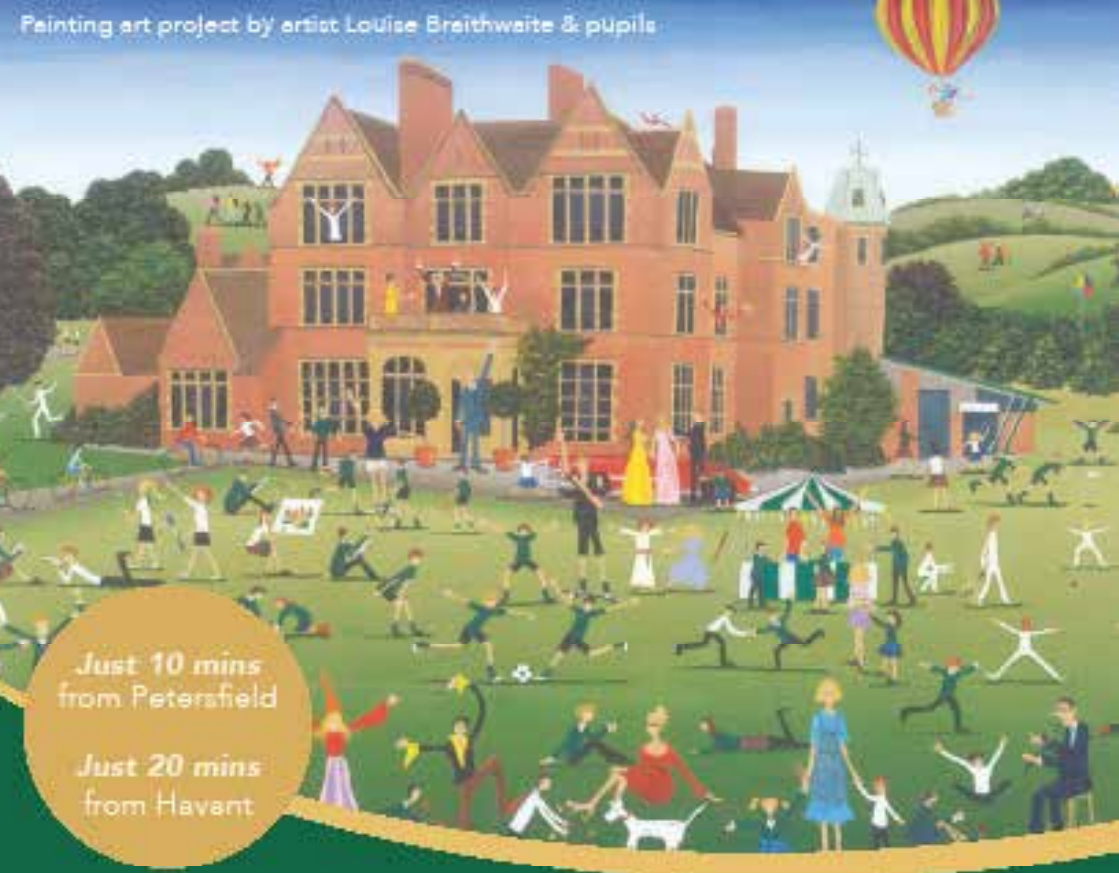
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## / GARDENING CLUB

### GROWING AND GARDENING SPRING/SUMMER 2019

*Dave Mitchell*  
Chairman

Another year is marching on for the Gardening Club, meeting every third Wednesday of the month at The Church on the Green 7.30pm until about 9pm with guest speakers. All welcome, members free, guests £3 including coffee.

'Organic Gardening' by Paul Templeton was our most recent speaker – a talk which maybe should have been entitled 'So You Think You Are Organic – well think again?'. Saving and filtering rainwater rather than using drinking water, (and saving money in the process). Growing the right trees and plants for bees and insects in a no chemical, no dig environment. Next meeting is a visit from 'The Plant Doctor' Roger Hirons talking about propagation. He will be bringing plants to sell.

The Spring Show on Saturday April 13 was a success, although entries were down on last year, despite re-thinking some of the categories. Next year will be April 4 with more different categories alongside the familiar ones.

The July 17 & August 21 meetings are replaced by daytime garden visits. A chance to relax in the sun (hopefully) in someone else's garden. The first is to Andy McIndoe's garden near Romsey, and the second to Woolbeding near Midhurst. Sign up at the June meeting – a few places left – coaches provided.

New members are always welcome – especially those moving into a new house and struggling with a 'developer's' garden. Come along to a Wednesday meeting and introduce yourselves to us so we can get to know you.

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





## ROWLANDS CASTLE WAR MEMORIALS

Bob Raley,  
St. Johns Church

At this important time, having commemorated the Centenary of WWI, and the 75th Anniversary of the D Day Landings, the Parish Council is arranging for the names of five casualties of war to be added to the War Memorial that have not been previously recorded. All five came from families in this Parish and their deaths are recorded in St John's Church or in its churchyard. They were either killed during one of the world wars, or died subsequently as a result of injuries or afflictions sustained during the conflict. Their names and details are noted below.

To coincide with this work, both the War Memorial and the King's Stone will be cleaned and renovated, aiming for completion in time for our next Remembrance service at St John's Church on Sunday 10 November 2019.

- **Lt Richard Marriott, MC, 1st Kings Shropshire Light Infantry (WW1).**

He was awarded the Military Cross in 1915. He was killed in action near Ginchy on the Somme on 18 September 1916 aged 22 and his grave is in the Guards Cemetery at Lesbœufs, France.

- **Pte W R Hutchings, 28th Bn Canadian Inf (WW1).**

Died on 2 February 1919 aged 28. He was the son of John and Eleanor Kate Hutchings of Rowlands Castle.

- **Major Sir Frederick LF Fitzwygram, BT, MC, Scots Gds (WW1).**

On 18 December 1914 he received a serious shrapnel wound in the head and on 17 May 1915 he was wounded again during The Battle of Festubert in a raid on German trenches and taken prisoner and interned by the Germans in Belgium. Initially reported missing he was eventually repatriated on 26 December 1918. He died 5 May 1920 aged 35 as a casualty of the Great War. His family owned the Leigh Park Estate.

- **Capt Leslie KV Brown, MC, Royal Irish Regt (WW1).**

Died on 3 July 1924 aged 36 (from TB, exhaustion and heart failure as result of WW1). An old boy from Portsmouth Grammar School he served throughout WW1, seeing service in France, Gallipoli, Serbia, Egypt and Salonica.

- **Lt Cdr Stuart Forbes Mitchell, RN (WW2).**

Died in Melbourne after a long illness on 26 December 1943, aged 46. His ashes were scattered off Spithead from HMS Brigadier on 28 September 1944.



## A FLORAL FEAST AT STANSTED GARDEN SHOW

Pat Shergold, Committee Member

Emsworth Flower Club again delighted many visitors to the Chapel in the grounds of the house at the annual Stansted Garden Show in June. This year the theme was 'A Floral Feast'.

Several club members are residents of Rowlands Castle, and took part in the decoration of the Chapel with imaginative displays. This was achieved with 2 days of hard work by many ladies prior to the show. Amongst the displays were, 'A Teddy Bear's Picnic', a Beatrix Potter interpretation of Peter Rabbit coveting lettuce, and other garden produce, and arrangements including 'flowers' made from red hot chilli peppers. The club have chosen 'Hampshire and Isle of Wight Air Ambulance' as the charity for all their fund raising events in 2018.

The total sum raised over the weekend for this worthy cause was £1457.45. Further funds will be raised at the Stansted Christmas Fayre to be held 21st - 24th



November 2019, when the club will decorate the Chapel with a Christmas theme.

Emsworth Flower Club meets in St James Church Hall, Emsworth at 2pm on the 4th Friday of the month, Jan - June and Sept - Nov. New members and guests are very welcome. If you like flowers, come to one of our monthly meetings to see a demonstration. For more information telephone Vanessa 02392 789282 Web-site: [Emsworthafternoonflowerclub.wordpress.com](http://Emsworthafternoonflowerclub.wordpress.com)







## RC PAINTING SOCIETY

Jan Roblin

The annual Silver Cup Awards were held in April. Submissions were entered anonymously and members voted in the 15 different categories for their favourite paintings. Suzanne McGowan and Fiona Chaâbane organised an America Supper which was enjoyed by all those attending. The worthy winners pictured are: John Huffell, John Richards, Martin Gebbett, and front row left to right, Pat Hoper, Barbara Wood, Maureen Molyneux, Yvonne Bromley, Joan Adams and Diane Colwell. Well done to all members, those who took part producing work of a high standard and everyone who helped the evening run smoothly.

At our Annual Exhibition and Sale this year the stewards received many compliments about the exhibition. Members showcased original works of art. Congratulations to Pat Hoper who won 'Best

in Show' for her acrylic painting 'Expectations'. Thank you to all the visitors who came along and contributed to make the weekend a success.

Tuesday is the day for our current picnic and painting days. This summer these social occasions go right through until 3rd September meeting at the RSPB at Pagham. If you would like to join us on a Tuesday please look at the web site for further details.

Our next programme starting in October celebrates our 50th Year as Rowlands Castle Painting Society.

The first two demonstrations for October are

- 8th October (7.30 - 9.30pm) Elizabeth Baldin is an experienced artist working in all media. For this demonstration Elizabeth will be working in acrylic ink and watercolour.

- 22nd October (7.30 - 9.30pm) Debbie Hinks is a life drawing tutor and has been a professional illustrator for over 25 years. Debbie will be using pastels for this clothed figure demonstration. Non members welcome at a cost of £5 for demonstrations.

Information on any of the above can be found at <http://www.rowlandscastlepaintingsociety.co.uk/>



## RECENT CELEBRATIONS

Pam Ewing and Terry Monahan  
Churchwardens

Since the last issue of this magazine, we have joyfully celebrated Easter and welcomed Pentecost, with 10 days of prayer leading up to it – Thy Kingdom Come, an initiative established by the Archbishops of Canterbury and York 4 years ago, and now a world-wide phenomenon supported by Christians of all denominations, actively praying in all sorts of ways for all people to know the love of God. The 10 days started on Ascension day here with a picnic and Choral Communion service at Idsworth Church attended by members of the churches of Rowlands Castle, Blendworth, Chalton and Idsworth and Catherington and Clanfield – all the local churches that are looking for new vicars. The 10 days ended on Pentecost Sunday with another Picnic attended by about 2000 members of churches from Portsmouth Diocese, in the grounds of Portchester Castle

### NEW VICAR

We are anticipating that 1 full-time vicar will be appointed for the parish of Rowlands Castle and the benefice of Blendworth, Chalton and Idsworth. This does not mean that we will be part of the same benefice – Rowlands Castle will stay separate. The interviews for the posts will take place on July 16th.

### BEHOLD, THE MAN!

Many members of St John's are looking forward to taking part in the production of 'Behold, the Man!', a community play about the life of Christ, to be performed in Havant Park on August 17th and 18, with the actor James Burke-Dunsmore writing, directing and leading the cast. This will be the third production by the Havant Passion Play group.



### HOW TO PRAY

Looking forward to the Autumn, we are planning to run a course on Monday evenings in the Church Centre, on 'How to Pray'. If you are interested, see more on our website:

[www.saintjohnschurch.org.uk](http://www.saintjohnschurch.org.uk)  
or phone the Church Office on 023 92410 111

We look forward to seeing you at the Village Fair, or in Havant Park in August, or at any of our regular services.



## MARKWELLS WOOD... RESTORED

Ann Stewart

The oil site at Markwells Wood, Forestside, is no more. In December of last year the original well was plugged and abandoned. Since then the well pad has been removed, the soil that had been dug up to form the bund around the site has been restored, and the access road has been removed. In the autumn new trees should be planted on the site, and in time the woodland should be restored.

This is great news for the people of Forestside and the surrounding area.

The fight to prevent drilling in the National Park and through the important aquifer has been eventful and protracted. A well was first drilled at the site in 2010/2011. At the time the oil company announced there could be as much as half a billion pounds worth of oil at the site. However, after six months the site was found to be uneconomic, abandoned and the licence sold off for £1.

The site was due to be restored by September 2016, but late in 2016 the new licence owners applied to drill four new wells. In the following months the National Park received around a thousand objections, including objections from the Environment Agency and Portsmouth Water. The oil company was asked to provide further, more detailed information, but this too failed to satisfy these important consultees. The local campaign group, Markwells Wood Watch, raised funds through crowdfunding to commission a hydrogeology report. This found that the water source in the area was likely to be particularly vulnerable, a Source Protection Zone 1, as is much of Rowlands Castle. In May 2017, two days before the application was due to go to the National Park Planning Committee, the oil company withdrew their application.

Since then, and throughout 2018, the oil company maintained they were revising their planning application. Early in the year the National Park issued them with a Breach of Condition Notice and instructed them to restore the site. Instead the oil company tried to get an injunction against any protest activity, including legal activity, at the site, despite the fact that there never had been any protests at the site. When campaigners went to court to oppose this, the oil company dropped Markwells Wood from their injunction application.

Even the final restoration has not been without controversy. The supervision of the well abandonment was found to rely largely on self-reporting by the company. Neither the Oil and Gas Authority or the Health and Safety Executive have visited the site.

However, finally, this saga is almost over. Markwells Wood Watch would like to thank the many people who helped and supported us over the last years. Our particular thanks go to the landowners to the access track. Their withdrawal of permission to access the oil site was the final blow. We hope to celebrate in the autumn when we see the trees returning to the site.





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/ WOMANS INSTITUTE

## 73 YEARS AND COUNTING

President: Jane Pickering  
[rowlandscastlepres@hampshirewi.org.uk](mailto:rowlandscastlepres@hampshirewi.org.uk)  
Secretary: Cathy Craggs  
[rowlandscastlesec@hampshirewi.org.uk](mailto:rowlandscastlesec@hampshirewi.org.uk)

Now in our 73rd year, our membership remains at around 85 – we have welcomed several ladies who have recently moved to the village. Our meetings aim to provide interesting and stimulating talks/demonstrations enabling members to have fun whilst providing an opportunity to make new, and often long lasting, and supportive friends.

At our AGM we supported a National WI Resolution calling on local/national government to take action in light of the reduction in local bus services. A second Resolution was also passed urging WI members take action to raise awareness of the importance of cervical screening.

In May we held our Spring Fair in the Parish Hall which was a great success. We shall be at the Village Fair as usual with an array of crafts, preserves and more and our ever-popular Human Fruit Machine will make an appearance!

We have visited the newly reopened D Day Museum in Southsea and a trip to the Poppy factory in Richmond is planned. Theatre trips include 'Oklahoma' at Chichester Festival Theatre in August. Amongst our talks we have enjoyed a virtual tour of Westminster Abbey and an inspirational evening hearing about the work of the world-renowned Great Ormond Street Hospital for Children. Our Good Cause last year raised £800 for the New Blendworth Centre and this year we shall be supporting the Parish Hall.

theWI  
INSPIRING WOMEN



It was the WI who began the Keep Britain Tidy crusade after passing a resolution at its 1954 AGM to start a national anti-litter campaign and we continue to campaign on important issues such as reducing plastic waste.

If you would like to know more, come along to a meeting and enjoy a cup of tea/coffee or a glass of wine with us. We meet on the second Monday of each month (except August) at 7.30pm in the Parish Hall, Links Lane. Drop us an email if you've got any questions and/or to let us know you're coming along!



## JUNE 6TH 1944 D-DAY THE BEGINNING OF THE END OF WW2

Alan Evers

Chair, Rowlands Castle Heritage Centre

If like me you watched on the TV, or where lucky enough to attend any of Ceremonies either here in Portsmouth or over in Normandy, you would have been struck not only by the vast undertaking and the immense of pre-planning that had to have happened before a single ship set sail, but by the human stories that went with it. The readings of personal letters written some only to be sent posthumously, to love ones and family, heart wrenching all of them. One of my silly quips, 'it's sunny let's hit the beach', had a very different connotation that day, no sun and certainly no welcoming from the locals, for the many their first trip abroad was to be their last, so very sad!

Our village, Rowlands Castle had an important role to play in the build up to this momentous event, having a Station and the Stansted Estate next door, it was the ideal place for Troops, Canadian, American & British, to be 'hidden' in the forest area, the many tracks we can walk along now, where laid by the Military to move hardware in and out, away from prying eyes from above. The Station allowed equipment, supplies and the troops to 'de-trained' to use the technical term. There are several villagers still living here now, who can remember all this happening, as a daily part of life, over that short period. I am sure several friendships would have been struck up, so many short lived, for the children seeing so many Tanks and other military equipment must have seen like great 'fun' little knowing of what was about to happen in the coming days. (Sorry to seem so glum about this, but the Ceremonies brought home that there is no glamour in War!)

As many will know the Heritage Centre was set up to purchase the icon Model Railway showing a snapshot of daily life in the Village, Cira May/June 1944 three and a half years ago. It is currently on display again up



Registered Charity number 1174495

at Stansted House, for the third year running, Sunday to Wednesday, 13.00 to 16.00 free to view the model, but there is a charge to see the House itself. The detail is fantastic in every aspect, the buildings, the gardens 'digging for victory', you can tell the difference in the cabbages and leeks, for example. Goods and Passenger trains have been customized to show them as they were in 1944, some with troops hanging out of the windows. All the Military equipment, tanks, trucks etc were actually here in the village then, even the Troop uniforms are correct. No wonder it won so many awards for its Builder Peter Goss, these are also on display in a cabinet in the Model's room. Along with details of how it was built, comparisons between the real thing and the models. Every time you look at the Model, you will find something different and new. We have had over 1,700 visitors already since the Easter opening, have you been yet?

If these recent events have triggered memories you would like to share with us, stories, personal or general, of family or friends who were actively involved we would be very pleased to hear from you, a picture or two, newspaper cuttings, anything relevant you think could of interest to us and others, which, with your permission, can be added to our ever growing Website, [www.rowlandscastleheritagecentre.org.uk](http://www.rowlandscastleheritagecentre.org.uk)

The Website has many interesting articles, pictures, of past and present-day life in the village and surrounding areas, neighbourhood plans, past Calendars, links to the Model Railway, take a look for yourselves. There is a Timeline of the area, going back to the Mesolithic 6,000 to 3,000 BC (surprisingly, no-one has come forward with any pictures as yet!!) Room for plenty more! So please feel free in coming forward with anything you have.

As for an actual Centre, we are still exploring the possibility of using our Grade 2 Listed Station, part of which is unused, two rooms down stairs and three upstairs, part of the old Station masters living quarters, but discussions with Network Rail and Southern Rail 'on-going' as they say. Other possible sites are being actively looked for, any ideas?

We are actively looking for a Treasurer, nothing too complicated, part of the working team, monthly meetings, interested? Please contact Alan Evers Chair.

### How to get in touch

Alan Evers

[chair@rowlandscastleheritagecentre.org.uk](mailto:chair@rowlandscastleheritagecentre.org.uk)

The website, Alan Drinkwater

[editor@rowlandscastleheritagecentre.org.uk](mailto:editor@rowlandscastleheritagecentre.org.uk)

To be a volunteer running the Model Railway,  
Malcolm Smith [malc.smith39@tiscali.co.uk](mailto:malc.smith39@tiscali.co.uk)

Do not forget, check out our Website;

[www.rowlandscastleheritagecentre.org.uk](http://www.rowlandscastleheritagecentre.org.uk)





## ST JOHNS SCHOOL PTA SUMMER FAIR 2019

Craig Eves  
PTA

After months of planning, the St. Johns PTA committee proudly presented the 2019 Summer Fair on the rainy afternoon of Saturday 15th June. We were promised that the rain would pass, and thankfully it did, with DJ Catz of Gallifrey supplying the hits to boost the mood.

This year, we introduced several new stalls to the fair, with each class concepting and manning their own stalls. The Lego Tower Challenge proved popular, with local dad Matt Hancock taking the tallest tower trophy (42cm in just 1 minute).

Our famous skateboard ride got another outing, with the kids once again experiencing the exhilaration of zooming down and our mega raffle was also a big draw with prizes kindly donated by HPD Estate Agents, Goodwood and many other local businesses. A special thanks go out Lauren (Yr 2) who was awarded our prestigious Golden Ticket (unlimited rides and more) in exchange for selling an amazing £70 worth of raffle tickets.



Congratulations also go out to our 'Design a Mr Men Competition' winners:

Artur (Yr R) with Mr Joni  
Lily L (Yr 1) with Mr Derik  
Eloise (Yr 2) Mr Loving  
Lenny (Yr 3) Mr Silly  
George (Yr 4) Mr Football  
Ruby (Yr 5) Mr Emotion Bot  
Chloe N (Yr 6) Mr Grand

Although the final amount is to be confirmed, we're once again looking at a profit in excess of £4,000. I hope you'll agree that this is a great achievement for our village school!

A massive thank you is owed to all parents, pupils, teachers, staff, businesses and volunteers who gave up their Saturday to support our cause. It truly was an event with tonnes of community spirit that we have come to expect from our lovely village.

Wish to help at any future events? We'd love to hear from you! Email [chair@stjohnspta.com](mailto:chair@stjohnspta.com)



## SUMMER GLORIES

*Tony Wright*

We have seen the iridescent fresh leaves emerge and crown the lanes and paths around the village. We have heard the merry twitterings as flurried feathers tousled in the hedge and at last after seeming months, the smell of rain has evolved into stair-rods stabbing the cracked earth to liberate fresh sweet grasses. Our walks have enjoyed the speckled splendour of wildflowerfields behind Finchdean, carpets of garlic like snow and smooth rich mossy comfort through the thicket. Midsummer is upon us.

Photos: Tony Wright



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## / CHURCH ON THE GREEN

### SUMMER IS HERE AGAIN

*Jace - Student Pastor*

Quoting the obvious but where does the time go? No sooner is Christmas here, then Easter comes, then the Summer holidays, then Autumn and then back to Winter! When you look back, you seem to have achieved so much and then it all becomes distant memories.

Life is so short and as the Bible reminds us, that 'our life is like grass and all their glory is like the flowers of the field, the grass withers and the flowers fall but the Word of the Lord endures forever.' (1 Peter 1: 24 and 25) Since the last magazine, much has gone on at Church on the Green, including our fantastic annual Musical Evening in April, where not only were all the musicians and performers top notch and over £200 was raised for a children's disability charity but the audience were magnificent and generous. In fact, we had the best turnout since the event started seven years ago..... needless to say that we will definitely be holding another Musical Evening next Spring!

In May, we had an open morning for anyone in the Village to come and take a look at our newly renovated Chapel. It was lovely to see some of our dear Villagers look around, all the while enjoying hot drinks and freshly made cakes.

The Summer Fair is nearly here and it's a great way for the whole community to get together and enjoy everything that this great annual event has to offer! We, at Church on the Green will be serving hot and cold drinks plus cream teas, cakes and savoury items, all from inside the Church at very reasonable prices. Again, this will be another great opportunity for everyone to look around our refurbished Chapel. It just remains for us all, at Church on the Green, to wish you all a very pleasant Summer and to take care of yourselves and each other. God bless.

## / GIRLGUIDES

### 1ST ROWLANDS CASTLE RAINBOWS

*Lorna Hancock*

We've had a very exciting year in Rainbows as we have launched into our first year of the brand new girlguiding programme. The girls have been learning all sorts of new skills and we have even had one of our Rainbows, Amy Lawler becoming one of the very first to achieve the brand new prestigious 'Rainbow Gold Award'!

As well as lots of fun within the unit we have also had fun trips out including a Fairy and Unicorn day at 4 Kingdoms adventure park, an exclusive girlguiding viewing of the new Mary Poppins film, and just recently we joined other Rainbows along with Brownies and Guides for an overnight at a PGL adventure camp, where the girls got to try Zip wiring, archery and aeroball among other things.

I don't come from a girlguiding background as many leaders do, I just took the unit on as a mum trying to

stop it from closing down a few years ago. I have to say the more I have become involved over the last 3 years, the more I am impressed with how girlguiding has evolved and the amazing opportunities it provides for girls as young as the Rainbows aged 5/6 in such a safe environment, and to see the older girls in Brownies and Guides away from their families for days making new friends, supporting each other, trying new things and growing in confidence, makes me very proud to be part of it all.

If you would like your daughter to join girlguiding please go to the join us section on the girlguiding website and fill in her details. The earlier you can do this the better as some units like us do have long waiting lists.

Please also see: [www.girlguiding.org.uk](http://www.girlguiding.org.uk)





# HOW PHYSIOTHERAPY CAN HELP WITH OSTEOARTHRITIC KNEES

Natalie March

Osteoarthritis (osteo- bone, arthr – joint, itis – inflammation) is a problem which affects the lining of your joints.

In a healthy joint the ends of each bone are covered in a smooth lining called cartilage. This allows for easy gliding between the bones and pain free movement at the joint. Osteoarthritis (OA) causes thinning and/or roughening of this cartilage and can result in pain, stiffness and swelling. The knee is the largest joint in the body and so is one of the most commonly affected by osteoarthritis.

Osteoarthritis can be diagnosed with an assessment from your physiotherapist or doctor and can be confirmed by an x-ray. However, it is important to know that often damage seen on an x-ray doesn't correlate with symptoms. Some people experience high levels of pain and disability with minimal joint damage and likewise others have severe joint damage and yet display very few symptoms.

There is a common misconception about osteoarthritis that, once the damage is done, there is nothing you can do. Whilst you can't repair the damaged cartilage, you can reduce your symptoms, improve your ability to use your knee, and minimise future damage. As a last resort, some people do require surgery, but there are lots of conservative options you can try before that.

## Advice for management of osteoarthritis

**Pace your activities** – avoid the 'boom and bust' cycle. This is when you have a good day and decide to get everything done whilst you can. This then leads to a flare up of your symptoms the following day and you are unable to do anything because of the pain. You wait until the pain subsides and then the cycle continues again. It is better to do little and often.

**Exercise** – keeping the muscles that support your knee joint strong and supple can make a really big difference to the symptoms of osteoarthritis but remember 'pacing' applies to your exercises too!

**Weight management** – decreasing the amount of load going through your joints makes a big difference to the amount of strain the joint takes, particularly in load bearing joints such as knees. Evidence shows that being obese can increase your risk of osteoarthritis by a factor of 3, and even a 5kg weight loss can reduce your risk by 50%.

**Orthotics** – foot position can play a part in the strain going through your knee joints in some people. Sometimes a simple off the shelf foot orthotic that helps support your arch with comfortable, supportive footwear can make a big difference to your knee pain.

**Remain physically active** – aim for 150 minutes of exercise over a week, walking, running, cycling, swimming, whatever makes your heart beat a bit harder. Physical activity guidelines can be found at the Arthritis Research UK website, but be conscious of pacing yourself!

*Here are a few exercises that you can try at home for your knee 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.



## KNEE BEND

- Lie on your front. Keeping your thigh down, bend your knee as far as you easily can.
- Hold for 10 seconds, repeat 10 times 2 times a day

## INNER RANGE QUADS

- Lying flat or sitting up.
- With the knee supported on a towel in a bent position.
- Pull toes up towards you, squeeze thigh and straighten the knee.
- Hold out straight for 10 seconds, repeat x 10 x 3, 2 times a day



- Sitting in a firm chair.
- Slowly straighten the leg, hold it straight for 10 seconds repeat 10 times 2 times a day

## KNEE EXTENSION



## QUADRICEPS STRETCH

- Lift heel to bottom.
- Hold onto your foot with your hand, keep knees together and hips level.
- You should feel the stretch in the front of the thigh
- Hold 30 seconds, repeat x 2, 2 times a day



Here is a testimonial from one of our patients who has knee osteoarthritis: "Natalie is very skilled and sensitive in her approach. I have been for treatment on my knees and always come away with increased movement. She gives further exercises to work on before the next appointment.....I even do them! Although there is still some stiffness, which is probably a result of age and wear and tear, I have much less pain and better movement than in the past, which I didn't believe was possible. Thank you to Natalie" (Mr. H)

## 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)



## THE UNIVERSE

Frank Philpot

Spare me a second with thy wandering eye.  
Glance at my fruits that here before you lie.  
Judge me not second in the race to find  
The joy that all men seek, their peace of mind.

See how I move at the speed of light  
In real time nought can stay my flight.  
With imagination I will show  
That imaginary space is not all there is know.

'Now' is the surface of an ever growing sphere,  
Inside's the past, outside is where the future will appear.  
All space is held on the spherical shell,  
Though from here only three dimensions are seen well.

Particles with mass do whirlpools make  
Fields of force that give and take.  
By bending and spinning the surface sheet  
Till' at their point of creation the particles meet.

## NEW MEDICINAL TREATMENTS

Richard J Leach

A doctor (typically a specialist consultant) has the ability to prescribe their patient anything that will be clinically beneficial to them. Sometimes the medicines are still in clinical trials (i.e. in development) or are unlicensed (i.e. not officially approved by the Regulatory Authorities, which, for the UK, is done by the MHRA). Hospitals will have a budget for supplying unlicensed medicines to certain patients via a mechanism called Named Patient Supply programs:

Named patient programs provide controlled, pre-approval access to medicines in response to requests by physicians on behalf of specific ("named") or cohort of patients before those medicines are licensed in the patient's home country - Article 5 - DIRECTIVE 2001/83/EC Community code relating to medicinal products for human use.

[A.K.A – Managed Access, Controlled Access, Compassionate Use, Unlicensed Use]

In the UK, there is a strict hierarchy to be followed when a physician selects a medicine to be used:

Most preferred	1 <sup>st</sup> UK or EU licensed medicine	Lowest risk
<div>Preference</div> <div>↓</div>	2 <sup>nd</sup> Off-label use of a UK or EU licensed medicine	<div>Risk</div> <div>↓</div>
	3 <sup>rd</sup> An imported product licensed in another country	
	4 <sup>th</sup> A Special product manufactured in the UK by an approved Specials manufacturer	
	5 <sup>th</sup> An imported product not licensed in source country	
Least preferred		Highest risk

Imagine a scenario in which an American pharmaceutical company have developed a novel treatment for a certain cancer or a rare disease. The drug may (but does not have to) be licensed in the USA but not licensed in the UK or EU. A British physician can prescribe this unlicensed drug if they believe it could be clinically beneficial to their patient. As a patient, it is always worth investigating if new treatments are available and speaking to your consultant (sometimes even consultants may be unaware!).



## RC CRICKET CLUB EARLY SEASON REPORT

Jonathan Law  
DACD (Rowlands Castle) CC

Favourable Spring weather saw pre-season ground-work completed as planned and DACD took to the field on 28th April for the first game of the season.

With opponents Woodfalls CC electing to bat early inroads were made and after 20 overs they had reached 88-6. The wicket was playing well but pace off the ball was the order of the day with DACD using 4 spinners. Woodfalls steadied the ship with a 76 run 7th wicket partnership before closing the innings on 190-8 off 40 overs. The bowling highlight was veteran spin twins Dave Richardson and Ray Smith picking up 2 wickets apiece.

Opening batsmen Meredydd Hughes and Tim Barton were soon in their stride with a partnership of 74 for the first wicket and with further support from the middle order DACD reached 167-3 off 31 overs. 24 to win off 9 overs with 7 wickets in hand, what could possibly go wrong! In typical DACD fashion we collapsed to 188-7 leaving 3 to win off the last over but with Dave and Ray keeping their cool the winning run was scored with 2 balls to spare.

The opening win was followed up with a 20 over success against MCC. With 4 batsmen scoring 20+ our total of 125 proved too much with MCC reaching 71-8. The opening spells from Russ Phillips (2-12) and Mike Whyatt (2-3) reducing MCC to 15-4 off 8 overs were pivotal.

Unfortunately the 3 subsequent games saw the wheels come off. 2 midweek defeats (both going to the last over) were followed by an abject Sunday performance against St James. Bowled out for 84 we eventually lost by 6 wickets.

Playing Record P 5 W 2 L 3 Cancelled 8



Photo: Sarah Stinton





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## GREAT DAYS OUT

### NORMAN KNIGHTS TOURNAMENT

Arundel Castle, Arundel, West Sussex, BN18 9AB

13 July - 14 July  
10:00 - 16:30

It is 1138 and the Norman Knights Tournament will celebrate the marriage of the Dowager Queen Adeliza de Louvain and William de Albi. 12th century knights, squires, archer and men-at-arms will face off in a foot tournament on the lower lawns of Arundel Castle.

With competitions using a variety of weapons, the free-style fighting of the combatants will be the nearest reproduction of tournament combat seen outside of the 12th century.

With storytelling, falconry display, have-a-go-archery and a tented encampment of crafts and displays, there is plenty to see and experience over the weekend.

### ALTON BUS RALLY

Mid Hants Railway - The Watercress Line, Station Road, Alresford, Hampshire, SO24 9JG

21 July  
10:00 - 17:00

Join one of Britain's largest FREE bus rallies with a static exhibition of buses and coaches of all shapes and sizes from a variety of eras and operating areas. There is also a large display of classic cars, lorries, vans and motorcycles as well as emergency services vehicles.



### NEW FOREST & HAMPSHIRE COUNTY SHOW

Brockenhurst, Hampshire, SO42 7QH

30 July - 1 August  
08:00 - 18:30

Taking place in Brockenhurst in the heart of the National Park, the New Forest Show offers visitors 30 acres of showground for the whole family to explore.

Showcasing the very best of the New Forest and Hampshire, the Show brings together livestock and equine competitors, local producers, local businesses all topped off with lots of delicious food and drink and an exciting timetable of main ring attractions. No matter whether you want to socialise with friends and family, taste delicious food and drink, learn about the New Forest or take advantage of networking opportunities, there's something for the whole family to enjoy at the New Forest and Hampshire County Show. Over 600 trade stands.

### WINCHESTER CHEESE & CHILLI FESTIVAL

Garrison Ground, Bar End Road

17 August - 18 August  
10:00 - 17:00

The Cheese and Chilli Festival is a family show offering something for everyone. There are approximately 100 trade stands selling cheese and chilli associated products as well as craft and retail goods. Entertainments include Crazy Golf, Human Sized Table Football, Falconry displays, Punch & Judy, Balloon modelling, Magic Shows, a Treasure Hunt, free garden games, children fun rides and inflatables, live music from local bands, cooking demonstrations and talks from well known guests including Chilli Oly.

This listing is provided as a community service. The editor, RCA committee and associates accept no responsibility for any changes, cancellations or inaccurate information. You are advised to always check an events status before attending.

### WICKHAM FESTIVAL

Blind Lane, Wickham, Fareham, Hants, PO17 5HD

1 August - 4 August

The outskirts of historic Wickham village provide a picturesque setting for one of the safest and most relaxed festivals of the summer. Enjoy some great live music.

Wickham is rated by many as one of the safest, most relaxed and family-friendly festivals in the UK. They were voted 'Best UK Festival, cap. under 15000' at the Live UK Music Business Awards in October 2015. Each year the festival introduces new ideas and keep what works.

This year there will be four stages at Wickham Festival. So as well as established artists there will be plenty of opportunities to listen to up and coming young talent who are given the chance to showcase their talents. Wickham Festival is particularly keen to promote local artists and they're sure you'll discover some great acts throughout the weekend.

It's not all about the music - You can also enjoy a wide range of family entertainment.



### BATTLE PROMS PICNIC CONCERT AT HIGHCLERE CASTLE

The Spring Arts & Heritage Centre, : 56 East Street, Havant, Hampshire PO9 1BS, Havant, Hampshire, PO9 1BS

3 August

16:30 - 23:00

The 19th annual Battle Proms Picnic Concert at Highclere Castle, Highclere: A Summer celebration with music, Spitfire, cannons, cavalry and fireworks overlooking the iconic architecture of the "Real Downton Abbey".

The Battle Proms is a summer celebration with a full programme of captivating classical music from the 60-piece New English Concert Orchestra, complemented by toe-tapping vintage vocals and a breath-taking Spitfire aerial display by The Grace Spitfire, which is accredited with shooting down the first enemy aircraft over the Normandy beachhead on D-Day, 75 Years ago.

There's even a sensational freefall demonstration by The Red Devils parachute team, dramatic Napoleonic cavalry displays and ground-shaking live fire from over 200 cannons!

These quintessentially British 'party in the park' concerts feature magnificent musical firework displays, culminating in a flag waving, sing-a-long spectacular including all the 'last night of the proms' finale favourites such as Jerusalem, Rule Britannia and Land of Hope and Glory!



## GREAT DAYS OUT

Continued...

### WHEELS WHEELS WHEELS

The Brickworks Museum, Swanwick Lane, Swanwick, Southampton, Hampshire, SO31 7HB

18 August

11:00 - 16:00

Steam Up Sunday focusses on things with wheels. The courtyard will be full of cars, buses, bikes, motorbikes – it's a real opportunity for local enthusiasts to show off their prize possessions. There will also be a display of Meccano with yet more wheels! The museum has lots to see and do, both inside and out. Activities for children, craft stalls, free parking, café for light refreshments. Miniature train rides subject to weather and volunteers.



### SOUTHAMPTON BOAT SHOW

Mayflower Park, Southampton  
SO15 1HJ

13 Sept - 22 Sept

The biggest marine event hits the South Coast in September, so whether you're an expert or only just finding your sea legs, Southampton Boat Show is not to be missed. The show offers a fun-filled, action-packed day out, for families or individuals old and young!

Stroll around the show's spectacular marina, where you can see over 300 boats of all classes, shapes and sizes, whilst you soak up the last of the summer sun in beautiful surroundings.

Browse the very latest products and services from boats and fashion to electronic gadgets and equipment from over 500 exhibitors. Many are happy for you to climb aboard their boats, so make the most of the opportunity to try before you buy. There will be special show prices, so **make sure you grab a bargain!**

### SIR HAROLD HILLIER GARDENS'S FAMILY SUMMER'S END

Sir Harold Hillier Gardens, Jermyn's Lane, Ampfield  
Romsey, Hampshire, SO51 0QA

31 August  
19:00 - 21:20

Celebrate the end of the summer at Sir Harold Hillier Gardens with the talented 75 piece orchestra and singers, Pops Incorporated UK. Internationally known having performed in Washington USA, Canada and Disney Land also the Royal Festival Hall London. They will be performing well known hits and vocals for the whole family, taking inspiration from West End shows, films and a good helping of well known contemporary music for all to dance and sing along.

This open air picnic concert concludes with a spectacular firework finale.

A brilliant family evening out with free children's entertainment, circus skills and pond dipping, all set in the beautiful Gardens. Gates open at 6pm for you to enjoy your picnics.



### INTERNATIONAL VULTURE AWARENESS DAY

Hawk Conservancy Trust, Visitor Centre, Sarson Lane,  
Weyhill, Andover, Hampshire, SP11 8DY

7 September  
10:00 - 17:00

For us, every day is vulture awareness day. If you would like to join the global celebrations of these incredible birds, join us for this year's International Vulture Awareness Day to learn a bit more about them and the problems faced by populations across the world.

### WINDSOR FESTIVAL

Various locations, Windsor, Berkshire, SL4 1LD

15 September - 29 September

In 2019 Windsor Festival celebrates its 50th anniversary.

Each year we invite the world's finest musicians, writers, artists and local performers to entertain and delight festival audiences, to celebrate Windsor's special place as a royal town, and to inspire the next generation of artistic talent and creativity.

The anniversary Autumn programme will be announced in June - please check back for more information or visit [windsorfestival.com/autumn-festival](http://windsorfestival.com/autumn-festival)

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# THE ROWLANDS CASTLE ASSOCIATION

Martha Dombey



## 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 600 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)

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## Pilates



Rowlands Castle Parish Hall  
Wednesdays 7 - 8 pm

WHAT CAN PILATES DO FOR ME?

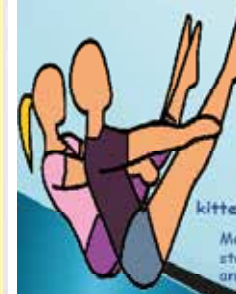
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## THE LAST LAUGH



## 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 below: [ads@rowlandscastle.com](mailto:ads@rowlandscastle.com)

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## / NUMBERS TO KNOW

## WHAT WHERE HOW WHEN

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  
Hampshire  
PO9 6BN  
T 02392412846

### Practice in the Park (Dentist)

4 Basing Road  
Leigh Park  
Havant  
Hants  
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  
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ENVIRONMENTAL HEALTH IN  
AND AROUND THE VILLAGE

# DOG FOULING SCOOP IT, BAG IT, BIN IT

## THE LAW

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



## / NUMBERS TO KNOW

continued

### Havant Library

T 0300 555 1387 9.30 - 5pm, Monday to Saturday

### East Hants District Council

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

### Hampshire County Council,

T 0300 555 1375

Use [www.hants.gov.uk/aboutthecouncil/contact](http://www.hants.gov.uk/aboutthecouncil/contact)  
for a list of relevant numbers.

Open 8:30am to 5pm

### Rowlands Castle Parish Council

The Parish Office is 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, Hampshire  
PO9 6BW.

T 02392 413044

E [clerk@rowlandscastlepc.org.uk](mailto:clerk@rowlandscastlepc.org.uk)

W [www.rowlandscastlepc.org.uk](http://www.rowlandscastlepc.org.uk)



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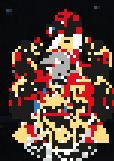
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