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community info | competitions | local events & services | puzzles | recipes | travel



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## NEW CARE HOME

### Opening November

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**Community Open Weekend** 19th & 20th November | 10am to 4pm

THE *Cinnamon* CARE COLLECTION

think local, spend local, **stay local**



## welcome to November 2016

Hello Neighbours,

So October, you've given us some lovely sunny autumnal days but we gave in and the sandals were finally put away the heating went on! Though in all honesty I love the colours of Autumn, wrapping up for cold crisp walks and dark cold cosy candlelit nights and the kids have the excitement of halloween at the end of the month and Bonfire Night in early November. As I write this we are just about to break up for half term, it only seems like last week the children went back to school!

Then of course its the countdown to the dreaded "C" word, though we should really mention it as there are lots of lovely local school and church Christmas Fayres taking place at the end of November - don't forget to check our "Whats On" and pencil them in your diaries now!

The winter always brings with it essential repairs around the house, the sort that we could all ignore for a while in the midst of a care free Summer ... gutters that need clearing, boilers that need servicing, leaking roofs and wobbly fences that need fixing. Our advertisers all report they get really busy at this time of year so don't put off making that appointment, you will find everything you need in the pages of our little magazine full of local trades and community events.

If you are thinking of advertising your business or know of a local business you think should be in our magazines please get in touch or recommend us, don't wait until the New Year and its more affordable than most people imagine, we have solutions to fit all budgets. Supporting truly local businesses and the community is what we are passionate about so please feel free to send us information of whats going on in the local area.

Until next month then.....think local, spend local, **stay local**

*Becky & Rachael x*

Dec'16/Jan'17 copy deadline: **21st Nov 2016**

### We publish:

Waterlooville & Cowplain | 14,750  
Clanfield & Horndean | 7,500  
Purbrook & Widley | 5,000  
Denmead & Hambledon | 3,000  
Portchester & Port Solent | 7,500

### Competition Winners:

Congratulations to last months  
(october'16) Winners:

Guide Dogs Gala Ball Tickets  
= Kim Cowdrey, Purbrook  
£25 M&S Vouchers  
= Paula Johnson, Horndean  
Wine, Chocolates & Flowers  
= Debbie Ayling, Waterlooville  
Denied Beer Festival Tickets  
= Mike Wohlgenuth

**to enter our competitions email:**  
**competitions@stay-local.co.uk**



### Contact us...

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**ST. GEORGE'S CHURCH WATERLOOVILLE  
SERVICES FOR CHRISTMAS 2016  
AND THE NEW YEAR**

**Sunday - December 18th**

- 8.00am Said Eucharist  
10.00am Eucharist & Children's Nativity  
children and families welcome  
6.00pm Christmas Carol Service  
followed by punch & mince pies

**Monday - December 19th**

- 7.30pm Memorial Service - praying for those whose names  
are hung on the Memorial Tree

**Wednesday - December 21st**

- 10.00am Said Eucharist

**Christmas Eve**

- 5.00pm Christingle Service for families and children  
11.30pm The Midnight Mass - followed by wine & mince pies

**Christmas Day**

- 8.00am Said Eucharist  
10.00am Parish Eucharist  
(children are very welcome to bring an opened present to show  
- followed by refreshments)

**Wednesday - December 28th**

- 10.00am Said Eucharist

**Sunday - January 1st**

- 8.00am Said Eucharist  
10.00am Parish Eucharist  
children and families welcome

For details of all services at St. George's Church  
please see the website - [www.stgeorges.church](http://www.stgeorges.church)

**2016 Christmas Masses  
at Sacred Heart & St. Peter the Apostle,  
Waterlooville**

**Christmas Eve (Saturday 24th December)**

- 4.15pm: Children's Mass with crib making and blessing  
6.45pm: Mass with Carols  
8.30pm: Mass (preceded by Carols @ 8.15pm)  
Midnight Mass:  
(preceded by Christmas music & readings from 11.20pm)

**Christmas Day (Sunday 25th December)**

- 10.30am: Mass with Carols  
12.15pm: Mass



The MGC Choir presents



# Spirit of Christmas

**MGC Choir and the  
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# WHAT'S ON

November 2016

A guide to What's On in Waterlooville & surrounding areas in November.



**5th** – Denmead WI Autumn Fair at All Saint's Church Hall from 10am – 12 noon with raffle, cakes and stalls.

**5th** – Havant Bough Firework Display and Bonfire at Stockheath Common from 7.30pm. Free event.

**5th** – Rowlands Castle Fireworks Display at the Recreation Ground, Links Lane. Gates open 5.30pm and fireworks from 7pm.

**5th** - Remember, Remember the Fifth of November when there will be a Flaming Autumn Fair at Denmead Church Hall from 10.00 to 12.00 noon. A Rocketing Raffle, a Dazzling Cake Stall, and some Sparkling Refreshments can all be enjoyed. The room will be alight with a Blast of Bric-a-Brac, an Explosive choice of Books, and a Cracker of a Craft Stall, whilst Tombola will just be a Trick or Treat. All presented by Denmead Evening W.I.

**5th** - Spirit of the South, a female a cappella chorus are singing at the Gosport Music Festival, For info call 02392-451220. Seeking a new Musical Director. E-mail j.f.lambert@ntlworld.com

**5th** - Lovedean Village Hall. Antiques & Collectors Fair from 10 a.m. to 2 p.m

**8th** - Waterlooville Probud Club meet on the second Tuesday of each month at 'The Chairmakers', Worlds End, Hambledon, PO7 4QX. The next meeting will be starting at 12-00 noon. We meet for a drink and a chat with fellow members and after a 3-course lunch, our guest speaker Andrew Negus will give presentation entitled 'Winchester, Part 3'. For more info please contact our secretary, Peter Quine, on 079 2662 0530 or by e-mail to peterpia@outlook.com.

**12th** – Christmas Fair to raise funds for the Ickle Pickle Children's Charity at Waterlooville Community Centre from 11am – 3pm.

**12th** – Oaklands School, Stakes Hill Road, Waterlooville will be holding a Craft Fayre from 12 noon – 3pm.

**13th** – Blendworth Band in Horndean Square for the Horndean Remembrance Parade from 10am - 11.30am.

**13th** – Wandering Witches Fayre at Waterlooville Community Centre from 10am.

**14th** – A talk on Jack the Ripper - discover the truth behind the murders from 7pm at Waterlooville Library. Tickets 02392 252608 or [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop)

**16th** - "Wildfowl and Waders", a talk organised by the Hampshire & IOW Wildlife Trust at St Wilfrid's Church Hall, Padnell Road, Cowplain from 7.30pm – 9.30pm.

**18th** – Commander Crabbe – what really happened? At All Saint's Church, Denmead from 7.30pm.

**18th – 20th** – Christmas Fayre at Stansted House with stalls, food and Father Christmas. 12 noon – 7pm (Friday), 10am -5pm (Saturday and Sunday).

**19th** – Christmas Market from 10am – 4pm at Deverell Hall, Purbrook for the Rowans.

**19th** – Rucksack Appeal for the homeless of Portsmouth at Pompey in the Community, Aston Road, Portsmouth. Fill a rucksack with donations of warm clothing, toiletries and soups etc (or individual items) and take to the centre.

**23rd** – Royal Marine Band Concert at All Saint's Church, Denmead from 7.30pm – 8.30pm – **BOOKING ESSENTIAL** 02392 268565 or [www.allsaintsdenmead.org.uk](http://www.allsaintsdenmead.org.uk)

**24th, 25th + 26th** - HATS will be performing "Treasure Island" at Merchistoun Hall, Portsmouth Road, Horndean at 7.30pm.

**25th** – Adult Christmas Shopping event at Catherington Infant School to raise money for the school 26th – Advent Fayre at Christ Church, Widley from 12 noon – 3.30pm.

**26th** – Christmas event and light switch on from 4pm – 6pm. Lantern procession followed by a sing song around the Christmas tree – lights switched on at 5.30pm.

**26th** – Rowlands Castle NSPPC Christmas Fair in the Parish Hall from 11am -2pm.

**26th** – St Wilfrid's Christmas Fayre, Padnell Road, Cowplain from 10am – 1pm with children's activities, cakes, stalls, raffles and Father Christmas.

**26th** – Christmas Bazaar at All Saint's Church, Denmead from 10am – 11am.

**26th** - Film Night "Eddie the Eagle" Denmead Community Centre, School Lane, at 7.30pm. Tickets £5. For more details call 02392 256132 or visit [www.denmeadca.com](http://www.denmeadca.com)

**26th - 2nd Dec** Waterlooville Scout Group CHRISTMAS FAYRE at St.Georges Church Hall Waterlooville 10am - 1pm Tombola, Chocobola, Raffle, Children's Lucky Dip and much more. Games for all Refreshments: Drinks, Bacon Rolls and Cakes Entry 30p children free.

**27th** – Woofs and Wellies walk at Stansted Park, a Christmas themed day for all dogs – come dressed in festive clothing. Registration from 9am, walk starts at 10am. Further information 02392 237142.



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VALE

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in Waterloo**



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7				9		3	4
	4	1		6	5		8
8	2			7		9	
		9	1	2		6	5
	7	5		4	3	9	
	9			6		2	3
3		2	4			7	1
1	8		3				5

Rating: Easy

1	3	7	4	8	9	5	2	6
5	6	4	3	1	2	7	9	8
9	2	8	7	5	6	1	4	3
2	7	5	8	3	1	4	6	9
4	9	3	5	6	7	2	8	1
8	1	6	2	9	4	3	5	7
3	4	9	6	7	5	8	1	2
7	5	1	9	2	8	6	3	4
6	8	2	1	4	3	9	7	5

October '16 Solution



## Computer Wordsearch

C	O	P	Y	P	D	R	I	V	E	R	N	E
V	E	K	I	R	L	B	U	G	E	U	S	B
E	T	H	E	R	N	E	T	S	T	A	C	R
C	C	S	P	Y	W	A	R	E	U	O	Y	E
M	P	A	S	U	B	T	E	R	P	R	B	B
H	K	V	O	C	N	O	O	V	L	O	E	O
W	A	E	U	M	R	R	A	E	O	I	R	O
I	W	R	N	Y	E	O	F	R	A	N	S	T
N	O	U	D	K	A	N	L	O	D	P	P	R
D	E	I	C	W	N	A	U	L	N	U	A	H
O	U	A	A	R	A	D	I	S	K	T	C	R
W	H	Y	R	V	I	R	U	S	J	P	E	G
S	M	O	D	E	M	D	E	S	K	T	O	P

**Bug**  
Chip  
Copy  
Cyberspace  
Desktop  
Disk  
Driver  
Ethernet  
Font  
Hacker  
Hardware  
Input  
Jpeg  
Keyboard  
Menu  
Modem  
Port

**Reboot**  
Save  
Scroll  
Server  
Soundcard  
Spyware  
Upload  
USB  
Virus  
Windows

Find the words associated with computers in the grid and the remaining letters will spell out a related phrase

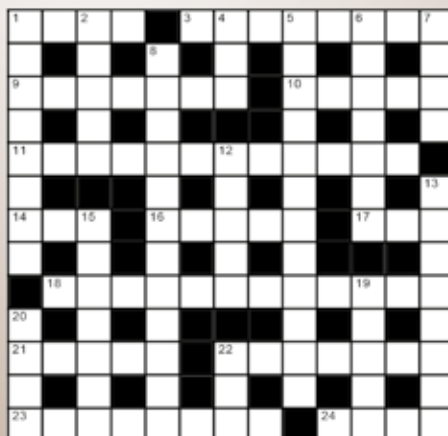
## QUICK CROSSWORD

### Across

- 1 Pulp (4)
- 3 Arrange (8)
- 9 Submerged (7)
- 10 Tablets (5)
- 11 Focused (12)
- 14 Short sleep (3)
- 16 Very angry (5)
- 17 Half a dozen (3)
- 18 Normal (12)
- 21 Innermost digit (5)
- 22 Very tired (7)
- 23 Mumbled (8)
- 24 Hence (4)

### Down

- 1 Drugs (8)
- 2 Piece of cutlery (5)
- 4 Pole (3)
- 5 Sequential letters (12)
- 6 Disease (7)
- 7 Not difficult (4)



- |                       |                       |
|-----------------------|-----------------------|
| 8 Incredible (12)     | 19 Follows eighth (5) |
| 12 Educate (5)        | 20 Stalk (4)          |
| 13 Detonates (8)      | 22 Perish (3)         |
| 15 Factory output (7) |                       |



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**PACK 2:** 1-1.2kg Gammon (serves 4-5), 1-1.2kg Topside (serves 4-5), 12 mini Sausage Rolls, 12 Pigs in Blankets, 450g Pork Sausagemeat & Sage & Onion stuffing mix, 500g Back Bacon, 8 Pork Sausages, Goose Fat (1 jar), 250g smoked Streaky Bacon Price £50.00

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[Facebook/ronreevebutchers](https://www.facebook.com/ronreevebutchers)

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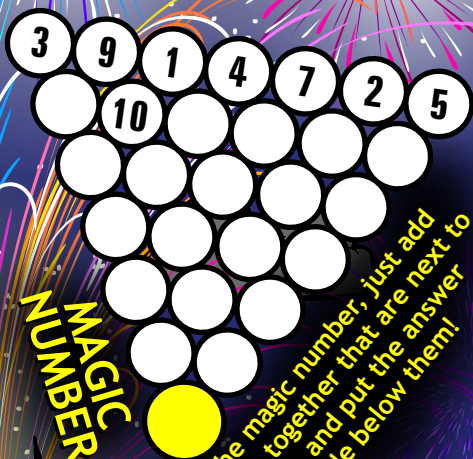
## Number Square

Can you work out the missing numbers?

	1	5	2		3	20
6		4	9	2		32
7	7	8		1	2	26
1	2		8	5	9	34
	1	7		1	2	23
4		3	2		4	24
8	8		4	9		41
40	29	40	29	29	33	

## Bonfire Night Beggars!

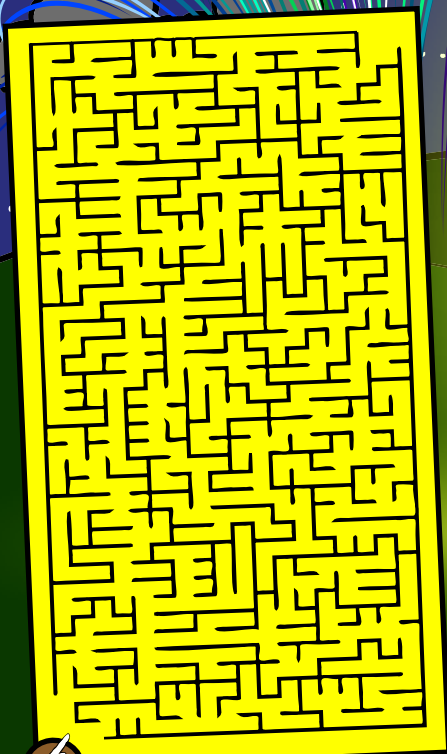
Always remember to be safe near fireworks!



NUMBER MAGIC

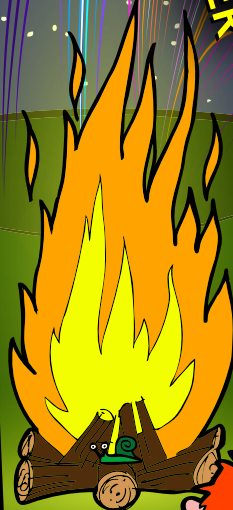
To find the magic number, just add the numbers together that are next to each other, and put the answer into circle below them!

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## Seasonal Recipe

*Venison is a lean and flavoursome red meat which is in season from October through to February. For the best quality, buy from a trusted butcher or farmers' market. This warming casserole is perfect for a weekend supper served with creamy mashed potato and a glass of full-bodied red wine.*



## Venison Casserole

- 1** Place the venison in a bowl and pour over the wine. Add the juniper berries and bay leaves, cover and marinate in the fridge for 4-5 hours or overnight. Remove from the fridge 1 hour before starting to cook the casserole.
- 2** Preheat the oven to 150°C/300°F/Gas Mark 2. Strain the venison from the red wine (reserving the wine). Heat half the oil and butter in a large flameproof casserole dish and fry the venison in 2-3 batches until browned all over, adding the rest of the oil and butter when necessary. Remove the venison with a slotted spoon and set aside.
- 3** Add the onions to the casserole and fry for 6-7 minutes until golden, adding the garlic after 3 minutes. Sprinkle over the seasoned flour and fry for a further 1-2 minutes. Gradually stir in the wine and stock and bring to the boil, scraping any sediment from the base of the casserole.
- 4** Add the venison, parsnips, carrots and half the thyme sprigs to the casserole and season with salt and freshly ground black pepper. Cover and cook in the preheated oven for 1½ – 2 hours until the venison and vegetables are tender.
- 5** Remove from the oven and stir in the redcurrant jelly. Return the casserole, uncovered, to the oven for a further 20-30 minutes. Serve garnished with the rest of the thyme sprigs and with creamy mashed potato, if liked.

- 1.3 kg diced venison
- 425ml red wine
- 1 tsp juniper berries
- 2 fresh bay leaves
- 2 tbsp olive oil
- 25g butter
- 350g shallots or button onions, peeled
- 2 garlic cloves, peeled and crushed
- 2 tbsp seasoned flour
- 300ml hot beef or vegetable stock
- 2 large parsnips, peeled and cut into chunks
- 4 carrots, peeled and cut into chunks
- few sprigs fresh thyme
- salt and freshly ground black pepper
- creamy mashed potato, to serve

**Serves 6**  
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# SMOKEY TREATS FOR BONFIRE NIGHT

The embers of the barbecue have stopped glowing weeks ago, now to be replaced by a roaring bonfire accompanied with the illuminating cascade of fireworks. The air is thick with a mix of cordite and wood smoke, with appetites being satisfied by a plate of bangers, mash and baked beans.

Bonfire night is a visual celebration that lights up the darker autumn nights and your choice of what to drink will equally light up your party. I have chosen two South African wines and two whiskeys all reflecting a smokey profile. These drinks accompany the evenings theme and the nature of the cuisine served at bonfire night celebrations, adding a warm complex beverage to enjoy as the embers of the fire dwindle in the garden.

The first of my selection is Porcupine Ridge Syrah from Swartland, South Africa this excellent wine is produced from the star of South African wine making Marc Kent. The wine delivers a full bodied wine presenting dark fruit, chocolate, coffee with a smokey finish. The fourteen percent alcohol is warming but completely balanced with the fruit and body of the wine and perfect for matching with complex rich smokey food.

My second choice is Cederberg Waitrose foundation Shiraz, the wine is produced on our foundation in South Africa. The wine is a rich expression of ripe red fruit, elegant oak

influence and a peppery, smokey, spice finish. This rich full bodied wine has a hefty fourteen and a half percent alcohol, though as with the previous choice it is beautifully balanced and is made for bonfire night parties.

The perfect spirit to accompany a smoke filled bonfire night is Talisker Syke single malt from the Isle of Skye. This is not a peat monster but a whiskey produced with maturation taking place in a combination of refill and toasted American oak casks. The result is a sweet vanilla, toffee, honeyed and subtle smoke on the nose, with the palate adding citrus, white pepper and finishing with a dry spice and smoke characters.

The Lagavulin 16 year old single Malt Islay is a completely different beast this is a brooding peat monster, not for the novice or faint hearted. A true expression of what made the southern end of Islay whiskey the reputation it has today. The nose grabs you with its combination of smoke, iodine, sherry and vanilla. The palate is viscous and rich, a amalgamation of fruity sweetness with malt and sherry. Finishing with a long complex crescendo of spice, dried fruit, vanilla and peat smoke.

Have a safe bonfire night enjoying your wine and spirits after the fire and fireworks have finished.

John Boyes, Waitrose, Waterlooville



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# Crystal Therapy



Crystals are minerals formed underground from three-dimensional repeating patterns of atoms. A crystal's appearance depends upon the natural characteristics of its type, and the conditions in which it grows. Some take on strange shapes, some are very small and others grow very large, developing over thousands of years.

The repeating chemical structure of crystals is said to invest them with a kind of memory; this means that crystals have the power to hold energies. You may hold a quartz crystal with the intention of filling it with your love, and this is what is meant by programming a crystal. You do not need any wires or a special connection with God - all you need is intention and focus. The crystal will remember your love, which will then permeate any environment in which the crystal is placed.

Crystals can remember negative as well as positive energies, and so will sometimes need to be cleansed. A piece of amethyst will actually help to cleanse a room of heavy energies, for example: Anger; though this means that the amethyst, which will retain an element of that negative energy will itself occasionally require cleansing.

There are various ways of cleansing crystals. One of the most common is to submerge them in salt water (sea water is excellent,) for a couple of days, then run them under the tap to clean off the salt. Remember that some crystals, such as Selenite are water soluble, so an alternative method is needed. This can include: burying crystals in the garden for a few days, leaving them for a while in a stream (pick a slow-running one or they may no longer be there when you come back for them!) or leaving them outside overnight in normal water to bask in the moonlight, or by using Reiki.

Different crystals have different energetic properties; for example: a Tigers Eye can aid those seeking clarity, while Lapis Lazuli is said to expand our awareness and help us attune to our intuition. Rose Quartz is calming and sometimes referred to as the stone of gentle love.

Many of the books available contain lists of crystals and what each one means; these meanings are simply interpretations of the energy each crystal carries. Some may consider a crystal with a fresh, lively, citrus feel to it to give zest and promote optimism, therefore helping to reduce depression. With a little practise and intuition, anyone can interpret the immediate characteristics of a crystal.

For example, red is the colour of action, and red crystals can invigorate and enliven in the same way that the blood in your body gives life. White or clear stones such as quartz may help you to figuratively see more clearly. Purple stones may assist in transformation and change. By all means read and digest the definitions in books, though please realise that it is important to form your own opinions.

You do not need to know the exact properties of every crystal in order to buy one, although this may help. It is more important to be receptive and allow yourself to be drawn to a crystal that will have meaning for you. If you are in a shop, simply stand in front of a group of crystals, close your eyes and relax, and when you open them choose the one you feel most drawn to.

The right crystal can affect the energy of an environment, and the energy it holds can influence you whether you simply hold it in your hand or place it by your bed or on the mantelpiece. Crystal healers use their knowledge of the stones and of the patient in the healing process. There are various methods of healing with crystals, such as placing crystals on and around a person while they are lying down, or using a wand or point to focus love, energy and intent on the other person in a way that relates specifically to their ailment and needs.

As with many objects used for divination and healing, a crystal can only do harm in the wrong hands. A crystal healer only uses a crystal as a tool. A great crystal does not make a great crystal healer, just as a great paintbrush does not make a great painter. It is recommended to buy crystals from reputable suppliers, and after receiving them it is wise to cleanse them.

Use your intuition and you cannot go far wrong. If one day you feel a crystal no longer belongs in your home, it may be time to give it away. As you change you may find that you want different crystals around you, although many will stay with you happily for a long time.

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## WEAR IT WITH **PRIDE**

As Remembrance Day approaches the sale of poppies becomes more evident on street corners, in shops, at schools and places of work. Since 1921 the Royal British Legion has been responsible for the appearance of the the poppy as a symbol of remembrance and hope. In its first year 9 million were produced and were sold out almost immediately. A year later a poppy factory was set up to cope with demand which enabled disabled ex-servicemen to gain employment. Since those early days, the selling of poppies have helped millions of armed forces personnel, veterans and their families.

There have been many theories over the years about the right way to wear a poppy. The Royal British Legion say there is no right or wrong way to wear a poppy, but others decree men should wear them on the left where medals go, and on the right for ladies as a widow would wear her husband's medals on the right. Many choose to wear it on the left over their hearts.

Veteran, Peter Godsmark, came up with his own theory of what the poppy represented which went viral. He said the red represents the blood of all those who gave their lives for freedom, the black for mourning of those who did not have their loved ones return home, and the green leaf for the grass and crops growing and future prosperity after the war destroyed so much. He felt the leaf should be positioned at 11 o'clock symbolising the ceasefire on the Western Front at the 11th hour on the 11th day of the 11th month in 1918.

But according to the Royal British Legion as long as the poppy is facing upwards with the stem down, there is no right or wrong way to wear one. Today, it is common to see poppies wore on hats and bags and attached to cars, buses, planes, public buildings and landmarks, including man-made, knitted or enamel poppies. The Royal British Legion believe that the poppy is a symbol of

remembrance and hope, not a symbol of death or a sign of support for war or a reflection of politics or religion. On Armistice Day on 11th November the two minute silence was first introduced in 1919 when Sir Percy Fitzpatrick sent the suggestion to King George Vth who gladly accepted the proposal. But the idea originally came from Capetown where a two minute silence meant a minute of thanksgiving for those who returned and one minute to remember the fallen. Originally the holding of a poppy to their lips during the silence showed the nation that they were ready to mark those who had died for their country.

On 13th November, Remembrance Sunday, villages, towns and cities will hold their own remembrance services in churches and around war memorials with prayers, readings and quotes from a poem by Robert Laurence Binyon, *"They shall not grow old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them"*. After such ceremonies it was the custom to leave your poppies at the graveside or war memorial. Who can forget the sight of the 888,246 ceramic poppies at the Tower of London in 2014? One for each soldier of the British Empire who was killed in World War One.

Richard Hill Brown, Area Co-ordinator said, "In 2014, with the centenary of the Great War and the impact of the poppies at the Tower, we managed to raise £25,400 in the Waterlooville area and last year the amount was £28,395 ,which is far and away the most we have collected". The poppy is as relevant today as it was when first introduced as the work of the Royal British Legion still continues to provide financial, social and emotional support for those who served or are currently serving in the British Armed Forces, and their families. Let us all wear our poppies with pride.



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# SAVE A DOG AND HELP A VETERAN



Everyone knows a dog is a man's best friend and even more so when the dog is helping someone with an illness as they have the instinct to know when a person is in distress. Stan and Joan Spooner of Denmead are volunteer fosterers for Service Dogs UK, a charity which provides assistance dogs for servicemen and emergency services personnel suffering from Post Traumatic Stress Disorder. They became involved in the charity when their daughter was friends with one of the co-owners, Garry Botterill, a Sergeant in the West Sussex Police, and volunteered them as possible dog foster parents.

PTSD is an anxiety disorder that develops as a result of a traumatic experience and the sufferers have flashbacks, nightmares, feelings of suicide, difficulty in feeling emotions, fatigue, loss of trust, a feeling of isolation and often struggle with daily life in work and at home. For those in the armed forces, PTSD is often triggered by combat and for those involved in emergency services it can be triggered by life threatening experiences, such as horrific accidents. Engaging with a dog can give them a sense of security, has a calming effect and helps boost confidence. Owning a dog also brings a sense of responsibility and provides a routine and a purpose to go out meaning veterans have to be committed to the dog.

Research shows that interaction with dogs provides therapeutic benefits and using rescue dogs makes an unique partnership. Advantages of a veteran – dog partnership includes lowering stress levels and depression, lowering blood pressure, anxiety, startle responses and emotional numbness. It increases a sense of calm, a positive sense of purpose and patience and improves sleep and emotional state. There is a mutual beneficial relationship between man and dog which is essential to the health and well-being between the two.

Being a volunteer fosterer means being committed for 4 – 6 weeks at a time helping rescue dogs from the Dog's

Trust to socialise in the volunteer's own home. They attend training sessions together and learn how important it is to be patient and kind to dogs which may have had their own traumas. This fostering enables the dogs to be assessed for suitability before going for further training with qualified trainers of Service Dogs UK to be partnered with a veteran. The advanced training takes 9 months between dog and possible owner to establish suitability, and both are reassessed each year.

Service Dogs UK covers Post Traumatic Stress Disorder sufferers in East Hampshire, West Sussex and Surrey and train their dogs to Assistance Dog International Accreditation and only use rescue dogs from the Dog's Trust, as both veterans and dogs have battle scars and being able to help each other empowers them. The dogs are carefully selected with the right qualities meaning they can go anywhere with the veteran as a team. They give comfort and can distract when their owner feels tense and can recognise stress and anxiety and redirect the person to more positive activities such as petting.

Stan said, "It is a relatively new charity which needs more fosterers and funds as training, food and vets fees are given free so I try and arrange social events to raise funds". "It's a rewarding pastime and gives great satisfaction knowing you're not only helping some-one with PTSD, but also a rescue dog". "I attended training sessions with Kelley Honour at Waterloooville who waived her fees and within 3 weeks the dog had received a Kennel Club Award certificate". "To see a veteran and a dog working together is fantastic and makes a huge difference to both parties".

*More information on Service Dogs UK can be found on their website [www.servicedogsuk.org](http://www.servicedogsuk.org) or have a chat with Stan on 02393 071965. (photo : Service Dogs UK)*





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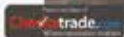
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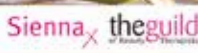
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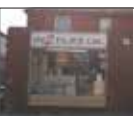
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# COMMUNITY NOTICES & INFO



**Alzheimers Society Dementia Advice Service**  
023 9289 2034. Drop In to see an Adviser for info & advice on dementia at Clanfield Surgery on the 1st Thurs of month 1.30-4pm



**The Rowans Hospice**  
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**St Georges Market**  
St Georges Church Hall Waterlooville every Thursday 9.30-11.30 all welcome - free admission



**Renaissance Social club**  
for active, unattached over 50's info: Rosann 02392 755870 / Jim 02392 829309 [renaissance50@yahoo.com](mailto:renaissance50@yahoo.com)



**Solent Guild of Wood Carvers**  
Have you ever wished to carve wood? info: Gill Sadler on 02392 599153 or Jean Cripps 01329 667798



The **National Trust** Portsmouth and District Centre. Meets Second Thursday of month 7.30pm at St George's Church Hall, Waterlooville. Info: 02392 241297



**Denmead Bridge Club**  
Weekly meetings, Mondays 7pm - 10pm, Denmead Community Centre, for more info: Georgina 01489 878016



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**Volleyball** - Weds 11am-1pm & 10am-12pm Sports Hall Portchester Community School White Hart Lane. Mixed group, M&F. 20 - 70+ age group All welcome, £3.50p/Session



**Age Concern - Cowplain**  
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**Waterlooville Probud Club** Monthly meetings 12noon to 3pm at *The Chairmakers* at World's End, note new venue. Info: 02392 594112 or email: [colincox364@btinternet.com](mailto:colincox364@btinternet.com)



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**Home Start** Support & Friendship for Families - Parents Needed for more info: 02392 241234 or [info@homestart-havant.org.uk](mailto:info@homestart-havant.org.uk)



**Help in Bereavement Social Club** (registered charity)  
Meet 2nd Monday of every month at St George's Church Hall, Waterlooville. 10am - 12pm. All welcome. For more info please phone Linda on 07834457284 or email [lindahome@ntlworld.com](mailto:lindahome@ntlworld.com)



**Acorn Community Centre**  
Wecock Farm Waterlooville for more info call 02392 258423 or visit [www.acorncentre.org.uk](http://www.acorncentre.org.uk)



**Cascade - Ladies Harmony Chorus**  
Meets Wednesdays 7.30-10pm at All Saints Church Hall, Catherington Call Caroline on 07834700664



**Waterlooville & Purbrook Good Neighbours Group**  
Info: 02392 266005 [www.stgeorgesnews.org/goodneighbours](http://www.stgeorgesnews.org/goodneighbours)



**Naomi House & Jacks Place**  
Hospices for children & young adults 01962 760060 / 01962 843513 <http://www.naomihouse.org.uk/>





**Hampshire County Federation of Womens Institute** Group Info:  
01962 852721 or visit <http://www.hampshirewi.org.uk/hantswis.htm>



**Waterlooville Community Centre**  
ASDA Car Park 02392 256823  
cafe open Mon-Sat 9am - 4pm  
[www.waterloovillecommunity.org.uk](http://www.waterloovillecommunity.org.uk)



**Caterpillar Crafts** Waterlooville Baptist Church. Children 0-12 More Info: Helen 07590 404580 [info@caterpillar-crafts.com](mailto:info@caterpillar-crafts.com)  
[www.caterpillar-crafts.com](http://www.caterpillar-crafts.com)



**Community Coffee Cup** Every Saturday morning 10 - 11.30 Westbrook Community Hall, Tempest Ave, Cowplain PO7 8NU.  
Info on local community events and services.



**Community Innovations Team**  
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02392 484687 [cit.havant@hants.gov.uk](mailto:cit.havant@hants.gov.uk)



**Every Saturday Junior Volleyball** (10-18yrs)  
10am-12pm at Horndean Technology College Sports Hall. First 6 sessions free, then £2 per session. All welcome. No booking - More info: Bev Cooper, [hantssecretary@gmail.com](mailto:hantssecretary@gmail.com)



**Purbrook Horticultural Society**  
Meets at Deverell Hall on 1st Thursday of month 7.30pm. Info [www.purbrook-horticulturalsociety.org.uk](http://www.purbrook-horticulturalsociety.org.uk)



**Spirit-of-The-South, Ladies Harmony Chorus** based in Havant, meet every Tues eve 7.15pm - 10 pm. For more info call Joy on 02392 641997 or Sandra on 02392 451220.



**Denmead Community Centre**  
School Lane, Denmead  
Call 02392 256132  
email: [manager@denmeadca.com](mailto:manager@denmeadca.com)



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**Springwood Community Centre**  
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[www.springwoodcommunitycentre.com](http://www.springwoodcommunitycentre.com)  
Tel: 02392 230330 for details.



**Christ Church Portsdown Good Neighbours**  
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Hampshire Fire & Rescue	02380 644000
<b>Hampshire Police / Non Emergency Number</b>	<b>101</b>
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