



ASHFORD HILL with HEADLEY



March 2024

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Parish Magazine team

Publisher – Patrick Taylor – patrick@ourparishmag.com – 07584 322832

Designer – Anna Liddeatt – a.liddeatt@btinternet.com – 07788 604415

Advertising – Carol-Anne Rhatigan – carol_anne_rhatigan@hotmail.com – 07715 554371

Distribution, Headley – Penny Stewart – penny@holdrop.co.uk – 07831 851094

Distribution, Ashford Hill – Philip Crisford – philipcrisford1@gmail.com – 01189 813085

PCC members & officers

Priest in charge – Revd. Pete Williams – vicar@stmaryskingsclere.co.uk – 07946 567431

Churchwardens – Penny Stewart (Headley) – penny@holdrop.co.uk – 07831 851094

Patrick Taylor (Ashford Hill) – patrick@pitthousefarm.com – 07584 322832

PCC Treasurer – Colin Scott-Malden – colin@scottmalden.plus.com – 0118 9813767

Other PCC members – Lorainne Cusworth – loricusworth@hotmail.com

Rachel Chamings – rhamings69@gmail.com

Terry Richardson – tedbeddoes@yahoo.co.uk

Church Admin – Emma Rivers – administrator@stpaulsashfordhill.co.uk – 07422 687125

A Quick Comment from our publisher, Patrick Taylor

As we run up to Easter at the end of this month, we have 2 lovely articles focusing (1) on Daffodils, a wonderful sign of Spring Time, and (2) on preparing your table for an Easter festive meal. My thanks to Manda Russell Robbins and Eliza Scarborough, respectively, for brilliant articles.

We also have another new contributor, James Williams, who, over the next few months, is going to encourage us all to keep fit – see page 17.



Church Services & Rota – March 2024

Services in our churches this month will be as follows:

Date	03-Mar	10-Mar	17-Mar	24-Mar	29-Mar	31-Mar
Time	9:30 AM	9:30 AM	9:30 AM	9:30 AM	2:30 PM	9:00 AM (please note)
Service type	Holy Communion	Morning Worship	Morning Worship	Holy Communion	Good Friday Service	Easter Sunday Communion
Where	St Peter's, Headley	St Peter's, Headley	St Paul's, Ashford Hill	St Paul's, Ashford Hill	St Peter's, Headley	St Paul's, Ashford Hill
Chalice	Penny Stewart	N/A	N/A	Patrick Taylor	N/A	Patrick Taylor
Sidesperson	Paddy Dring	Ann Hoddinott	Heather Taylor	Lorraine Cusworth	Penny Stewart	Lorraine Cusworth
Reader	Paddy Dring	Penny Stewart	Patrick Taylor	Heather Taylor	Paddy Dring	Heather Taylor
Intercessor	N/A	N/A	N/A	Patrick Taylor	N/A	Patrick Taylor
Altar Colour	Purple	Purple	Purple	Purple	Hangings removed	White
Service Leader	Neil Britton	Rev. Pete Williams	Rev. Pete Williams	Neil Britten	Rodolph de Salis	Rev. Pete Williams
Readings	John 2: 13-22	John 19: 25-27	John 12: 20-33	Acts 2: 1-21	TBD	Mark 16: 1-8 & Acts 10: 34-43

This month, services will be held at St Mary's, Kingsclere as follows:

Date	Time	Type of service
03-Mar	10:30am	Holy Communion
10-Mar	10:30am	Morning Worship
17-Mar	10:30am	Morning Worship
24-Mar	10:30am	Morning Worship
29-Mar	10:00am	Good Friday Service
31-Mar	11:00am	Easter Day Communion

Every Thursday at 10:30am, there is a service, either Holy Communion or Morning Worship, held in St Mary's, Kingsclere

Other Church Activities

Please continue to look out for notices via the Church email list run by Emma Rivers. If you are not signed up to our mailing list, contact **07422 687125 or email: administrator@stpaulsashfordhill.co.uk**. Our online calendar is also updated regularly so please look there for the most up to date information.

A letter from our Vicar, Revd. Pete Williams



Hello,

I was recently at a church leadership conference in Leicester, where one of the keynote speakers declared that “2024 is the year of open doors”. He went on to talk about how important it is that we close the doors from 2023 to step through the open ones in 2024, and encouraged us to think about the difficult things we’d experienced last year, and whether we can “close the door” on any of these, to leave them firmly behind us. This may well be far easier said than done, but choosing to let go of the effects of hard times – the resentment, hurt, unforgiveness, anger even – is something we do have control over.

Making a choice, for example, to leave the anger of an injustice behind us, and instead to look forward with optimism and hope is a liberating thing to do. It may take a few attempts; we may find ourselves back in old thought patterns a few times before we’re truly free, but if we can manage it, then we are far more able to embrace the new thing that may come our way – the open door of 2024, even.

As we head towards Easter, I’ve been thinking afresh on this idea of closing and opening doors.

On Good Friday we remember the flogging and crucifixion of Jesus Christ, and His death. It seems to me that if we do a good job of leaving difficult times behind us – of firmly closing the door, if you will – then the effects that an event have had on us should be as good as dead.

So, this Easter, on Good Friday specifically, I’d like to challenge you to name your “deaths” – what are the things from last year, or even from years ago, that you are consigning to the grave? How are you going to bury them, once and for all? What doors are you closing, locking, and throwing away the key to?

Then, on Easter Sunday, as we celebrate Jesus’ rising to new life and the hope that brings us, certain that light has overcome darkness, I’d like to encourage you to claim your new “births”.

What new life are you going to embrace? How will your hands & heart be free to give yourself fully to this new birth? What doors are you going boldly to walk through, unencumbered by baggage from your past?

Easter Sunday is a glorious day for the church, a day that points to the new life we have in and through Jesus, with all the opportunity and expectancy that comes with a new venture. My prayer for you, as you read this, is that you too can use this Easter as a springboard into a new, brighter, future, and that there are open doors ahead of you that will lead to life, joy & peace.

Happy Easter!

Bless you,

Pete

How to Create the Perfect Easter Tablescape



Looking to host your own spectacular seasonal feast this Easter? Over the years, the table setting has become just as crucial to the party success as the food you serve and here we share the tips you need to create a visual masterpiece. The best part is that you can do it in advance and save yourself any on-the-day stress and just focus on the hosting.

Choose a Colour Scheme

Pastels are naturally popular for Easter, but it's also fun to add bright and bold hues through glassware, ceramics, candles and decorations. Start with a beautiful linen tablecloth that fits in with your theme, it will be the foundation of the table adding texture and depth.

Make a Statement with Crockery

Swerve the eggs and bunny motifs and choose something that still feels festive but won't sit at the back of the cupboard gathering dust until next Easter. Mix and match the plates and glasses to work with the total look, complementing your colour scheme.

Keep it Kitsch

You can't have an Easter table without some on-theme accessories, and we love this rattan rabbit set from Mrs Alice which is perfect dotted amongst a centrepiece of flowers and beautiful bud vases filled with blooms. You can buy pretty pale blue hen's eggs in some supermarkets, speckled quail's eggs, or coloured foil chocolate eggs to scatter along the table.

Style Your Centrepiece

Make the centre of your table the focus of your setting. The key to making a statement is adding height to the overall table aesthetic with candles, varying size vases and floral arrangements, although be careful to arrange your place settings so that the candle heights still allow your guests to speak and see each other!

Don't Forget Your Napkins

As a novel alternative to a traditional napkin ring, why not try folding a linen napkin in two diagonally, then tying it with string or ribbon around a painted or chocolate egg for a fun Easter 'bunny ears' effect. Small details like this really help achieve the wow factor for your guests. You could also use an egg as a placement card, writing on it with a calligraphy pen.

Flowers are as Important as the Food

The spring scents of narcissus and hyacinths are perfect. Potted herbs or lavender will also add a seasonal feel, presented in wicker baskets or terracotta pots for a natural, garden look. Of course daffodils will brighten up any table and you can just pick them from your garden.

Create an Easter Tree



Whether you want an activity for the children or a rustic table centrepiece, the Easter tree is a perfect choice and easy to make with a few simple steps.

1. Head out on a spring walk and forage some branches, or otherwise you could pick up a small bare branch tree from your local garden centre.

2. If using bare branches, trim them down and leave them natural or paint them a neutral colour, any old paint samples at home will work. Then place your branches in a medium to large vase and arrange them.

3. Now the fun bit, decorating the tree, and it's much easier than the Christmas version. Simply glue or stick string loops and ribbons to the tops of any light Easter eggs or egg decorations you want to adorn the branches.

Hobbycraft also makes some ceramic rabbit decorations that can be coloured and painted before hanging in place.

4. Why not try marbling some eggs, it's a fun activity with children and easy to do with your store cupboard essentials. Start with a glass bowl and mix one cup of hot water, one teaspoon of white vinegar, and 5 drops of a pale food colouring. Dip your egg and let it fully dry before putting it in a separate bowl containing 20 drops of food colouring with one cup of warm water and one tablespoon of vegetable oil for the marble effect.

Eliza Scarborough

A Homage to Daffodils

Wordsworth's famous poem is always in the top 5 most loved poems in English. His encounter with daffodils in the Lake District has become a romantic expression of our relationship with nature. They are radiant beauties that bring hope to the heart after the long winter months. A A Milne also wrote charmingly about daffodils laughing off winter in his poem Daffodowndilly.

*She wore her yellow sun-bonnet,
She wore her greenest gown;
She turned to the south wind
And curtsied up and down.
She turned to the sunlight
And shook her yellow head,
And whispered to her neighbour:
"Winter is dead."*



The native flowers *Narcissus pseudonarcissus*, or *N. obvallaris* aka Tenby daffodil, are delicate and small, recognised by their 6 pale yellow petals, which tend to be thinner and have more of a teardrop profile than other daffodils, with a vibrant yellow trumpet in the centre and are smaller than commercial variations (of which there are 36 species and over 26,000 cultivated varieties). The daffodil is the national flower of Wales, although only since the 19th century, promoted by Lloyd George



who thought them more attractive than leeks! Traditionally a daffodil is worn on St David's Day / Dewi Sant, the patron saint of Wales on 1st March. Also known as the Lenten Lily, associated with resurrection and Easter, and in Eastern cultures it is the flower of wealth and good fortune. Daffodils have been used throughout history in medicine, despite being toxic. Its bulb contains Galantamine (also found in the snowdrop bulb), for the treatment of Alzheimer's, and in Eastern Europe for treatment of disorders including the central nervous system for dysfunctional motor and sensory symptoms. Their allure however, led them to be associated with vanity, when the Greek God Narcissus fell in love with his own reflection and pined away, transforming into a gold and white flower!

The National Trust hosts Daffodil Festivals at Cotehele Estate in Cornwall (18th - 26th March) where over 5000 have been planted along the banks of the River Tamar – some varieties date back to the 17th century. Petworth Park in West Sussex has a Spring Festival

(23rd March - 4th April) with displays of over 4000 to create a sea of daffodils. And local gardens will be opening their gates to enjoy these hosts "of golden daffodils beside the lake beneath the trees, fluttering and dancing in the breeze" from William Wordsworth's memorable poem. Wherever they grow they can be considered the flower that brightens us all after long, cold winters.



These glorious golden harbingers of Spring are grown commercially, especially in Wales, and Cornwall. Like mining, daffodil fields have marked the landscape, and there are networks of tiny fields west of Mousehole and also in the Isles of Scilly. Smaller than tennis courts, these old flower fields, called quillets, are safe from the wind between high hedges, on south facing terraced cliffs. Also grown and even more valuable than the 'Golden Harvest' of daffodils and blooming earlier than anywhere else in Britain, are delicate Cornish violets, carnations and anemones. From Victorian times to the 1960s fragrant bunches of these sped overnight by rail to reach the London markets each morning.

The Lent Lily
by A E Housman (1859-1936)

*'Tis spring; come out to ramble
The hilly brakes around,
For under thorn and bramble
About the hollow ground
The primroses are found.
And there's the windflower chilly
With all the winds at play,
And there's the Lenten lily
That has not long to stay
And dies on Easter day.*

*And since till girls go maying
You find the primrose still,
And find the windflower playing
With every wind at will,
But not the daffodil,
Bring baskets now, and sally
Upon the spring's array,
And bear from hill and valley
The daffodil away
That dies on Easter day.*



*'The first day of Spring is one thing,
and the first Spring day is another. The
difference between them is sometimes
as great as a month'*

Henry Van Dyke (1852 - 1933)

Manda Russell Robbins

Headley Shop newsletter March 2024

Post Office assistant required

An important and essential part of our offering at the Shop is the services provided by the Post Office. Fortunately, we were not affected by the well publicised difficulties experienced at other post offices. At the present time, we are still seeking to recruit a part-time assistant to work with Debs McCann who has been with us for almost three years and is very experienced as she was formerly a Post Office trainer. Training will be provided so post office experience is not necessary. The hours are 16 ¼ per week working two consecutive days from 9.00 until 17.00 with an hour for lunch and a half day every other Wednesday. **If you would be interested or know of anyone who would be, please contact Carol-anne Rhatigan through the Shop on 01635 268849 or via the contacts/comments page on the Shop's website www.headleyshop.org.uk.**

Whilst on the subject of the Post Office, we are finding, with the closure of various bank branches in Tadley and Thatcham, that increasingly our Post Office is used for banking services so here is a reminder about the services that it offers:-

- Cash and cheque deposits, cash withdrawals and change ordering
- For business customers, we offer a "Drop & Go" service
- Parcels can be delivered and collected from the Post Office at your convenience for no extra charge
- Foreign exchange and foreign exchange ordering; currency ordered before 1pm will be available for collection the next working day
- Euros and multi-currency travel cards are kept in stock. Buy back of Euros and US Dollars is also available (subject to conditions)
- Amazon Click & Collect service

If you need any additional information then please call Debs on the Post Office direct number 01635 269801.

Easter is at the end of March this year and we have chocolate eggs of various shapes and sizes for sale in addition to our usual wide variety of confectionery.



Easter is also a time for hot cross buns and those provided by Halls our bakery suppliers are very popular. Halls is a fourth generation family business started in 1902 based in Stroud who deliver to us weekly. In addition to the buns, they also supply a complete range of rolls, speciality breads, confectionary and traditional cakes including gluten free products. You can view their full product range on their website and we can order any specific items and reserve them for you, if you wish.

On new products, we are now starting selling premium medium dry cider produced locally from apples at the Herriard Estate by Hydes Cyder Co.

A happy Easter to you all from The Management Committee

Opening Hours – Shop:

Monday: 6:00am – 5:30pm
 Tuesday: 6:00am – 5:30pm
 Wednesday: 6:00am – 5:30pm
 Thursday: 6:00am – 5:30pm
 Friday: 6:00am – 5:30pm
 Saturday: 6:30am – 12:30pm
 Sunday: 7:30am – 10:00am

Opening Hours – Post Office:

Monday, Tuesday, Thursday & Fridays:
 9:00am – 1:00pm; 2:00 – 5:00pm
 Wednesday: 9:00am – 1:00pm
 Saturday & Sunday: Closed

Contact details:

Tel: 01635 268849
 Email: headleyshop@hotmail.co.uk

What's on in MARCH & beyond

If you are arranging any event which you would like mentioned in this magazine, please do let me know. Send details to patrick@ourparishmag.com
 Please take note of the following:

The Community Café – Headley Community Shop – is open every Tuesday from 2:30 - 4:30 pm.

Ashford Hill Garden Club – Wednesday 13th March – Ashford Hill Village Hall, starting at 7:45pm. Doors open at 7:30pm. Visitors are welcome with an entry charge of £5.

The Village Lunch – The next lunch will be on Friday 8th March – 12.15 -1.45 pm, in the Community Room at Headley Village Shop. Homemade soup and a filled roll £5.00. All are welcome.

Parish Council meeting – The next meeting will be on Monday 11th March at Ashford Hill Village Hall, starting at 7:30pm.

If you have any issues or questions you want to put to our Councillors, this is your chance to do so. They work for our good. Attend the meeting and show your support. <https://ashfordhillwithheadleypc.org/>

The **Annual Parish Meeting** of the Ashford Hill with Headley Parish Council will be held at the Headley Village Hall on Monday 8th April 2024 stating at 7:30pm. Reports from local clubs & organisations are welcomed to be presented at this meeting either in person or sent to the Clerk at: ashfordhillheadleypc.co.uk

What's on in March at Shipinnarts



(The Ship Inn Country Hotel, Ashford Hill RG19 8BD) <https://shipinnarts.org/>

Tickets on Eventbrite, or direct from The Ship 01189 814504 – if paying on the door on the day, please bring cash – thank you. Our new QR code to link to events

March 1st Friday Open Mic 7pm

March 3rd Sunday 3 - 5pm **FAMILY EVENT 'The Hands-On Company Puppets with Jo'**

The children enjoy a puppet show with Jo Bryant, they make sock puppets and use them to create their own puppet shows. **Tickets £10 for children, Adults FREE. Children must be accompanied by an adult. Biscuits and drinks. Tea and Coffee.**

March 12th Tuesday Crafts at Shipinnarts 11am - 2pm



Our Board Game Bonanza is going very well every second Thursday in the month and the next one will be on Thursday 14th March, a selection of board games will be available in the library for anyone who would like to play a game. Our jigsaw afternoons are also proving very popular and one will be out every Tuesday during opening hours for anyone to "have a go".



Kingsclere Rugby Football Club

The next home game in on Saturday 16th March against Farnham 4th 's. Kick-off will be at 3 pm. You are very welcome to come and watch.

A fitness workout with a ball for everyone from 16 to 70+. The club runs this every Wednesday evening between 7.00 - 8.00pm.

Jobs in the Garden for March

Well, thank goodness we have not had a repeat of last winter. All the plants effected last year bar one, the choysia, have regrown to some extent but now need shaping into something decent and as yet there are no mortalities from this winter.

You may now have broad beans set in the greenhouse together with onions and leeks from seed. These need around 10 degrees centigrade to think about germination, so be patient. Most hardy annuals could now be planted as seed in the greenhouse – antirrhinums, sweet peas, pansies etc. Seeds requiring 15-18 deg C to germinate could be started in a warm propagator if you have one, but don't be in too much of a rush as there is plenty of time from the end of March into April. Leave the softer seeds – courgettes, squashes, beans and sweetcorn until middle to late April. Dahlia tubers, lilies and begonias could all be started in large pots from the middle of March and dormant fuchsias could be encouraged to shoot new growth by spraying daily with warmish water. Also start feeding the dormant plants with a half dose of tomorite/miracal-gro as a liquid feed instead of watering. Here are a few jobs to be going on with:

Lawns

- Remove mole hills and repair worn patches
- Cut on a high setting, weed and feed
- Lay turf before the end of the month
- Clean up/sharpen the mower and replace the oil

Shrubs, roses and climbers

- Continue planting pot grown shrubs and roses, use root grow, expensive but good
- Finish pruning roses, buddleia and the summer flowering clematis. Do not hard prune the winter flowering clematis as these should be flowering soon on last year's growth. Only prune the early summer varieties down to 3-4 feet, these may flower twice then rather than a single session. Type 3 varieties which flower from late summer onward should be pruned hard down to the first large emerging buds on 3-5 stems
- Tidy up overgrown climbers
- Finish planting trees, roses and shrubs
- Don't forget the Wisteria

Flower Borders

- Tidy up, fork over removing weeds etc. and give plants a feed with fish, blood and bone or something similar
- Apply mulch at 2-3 ins thickness
- Divide up perennials and replant

Tubs and containers

- Sow seeds for the plants you need for your tubs and containers, petunias, begonias etc.
- Clean out all your containers in readiness for planting up in late April

Vegetable Garden

- If the weather has been kind and the soil has dried out a little, we may be able to sow the first of the outdoor garden vegetables.
- Plant out onion sets and shallots
 - After preparing the soil, sow onions, carrots, parsnip, peas, broad beans etc.
 - Plant out module grown brassicas. Remember the pigeons will eat all the cabbage plants if not protected
 - Towards the end of the month plant out the early potatoes

In the Greenhouse

- Finish cleaning out the greenhouse
- Sow tomatoes, chillies etc. in a propagator at 15-18deg C. Also half hardy summer annuals
- Start begonias and summer flowering corms into growth in pots or boxes
- Do not over water anything as wet and cold is the biggest killer
- Pot up the plug plants as these arrive



For the February meeting of the Garden Club, we had a talk on pruning which we hope was well received.

The March meeting is a social evening with members discussing their plant problems, solutions and outcomes amongst themselves. The usual tea and biscuits will be available perhaps with a social tippie for those wishing to bring a tippie along. We will also be discussing the future of the club as we are experiencing difficulty with finances beyond the end of this year. Please do try to attend if possible.

M.E

Ambling Around – In the Footsteps of Romans

This month we step outside our parish and review a walk around and on the walls of Calleva Atrebatum, an important Roman town. The name means ‘the wooded place of the Atrebates’ – a Celtic tribe.

The Route: Travelling by car, from Ashford Hill, it’s approximately 6 miles to the car park at Calleva. From there it’s a short walk (250 metres) to the West gate of the Roman Wall. At this point there are three options shown on the finger post: straight on is along what was the main street of Roman Calleva (the only route possible for wheelchair users); turn left for a walk along the top of the Northern wall; turn right for a walk along the base of the Southern wall (this route has the most information boards). Apart from the central route it can be slippery and rutted so good walking shoes are recommended.

Estimated Time and Distance: It’s only 1.5 miles around the walls which should take approximately 1 hour but in addition there are information boards to read and also the amphitheatre and church to visit.

Start Location: Calleva car park at **SatNav** – RG7 2HP; **What3Words** – shall.perfumed.prospered; **OS Explorer** – 175 639624

Parking: Only park in Calleva car park as there’s no space on the minor roads surrounding the walls. The car park is gated with a height restriction of 1.8 metres and is open 1 Apr-30 Sept (8.00-19.00); 1 Oct-31 Mar (08.30-16.00).

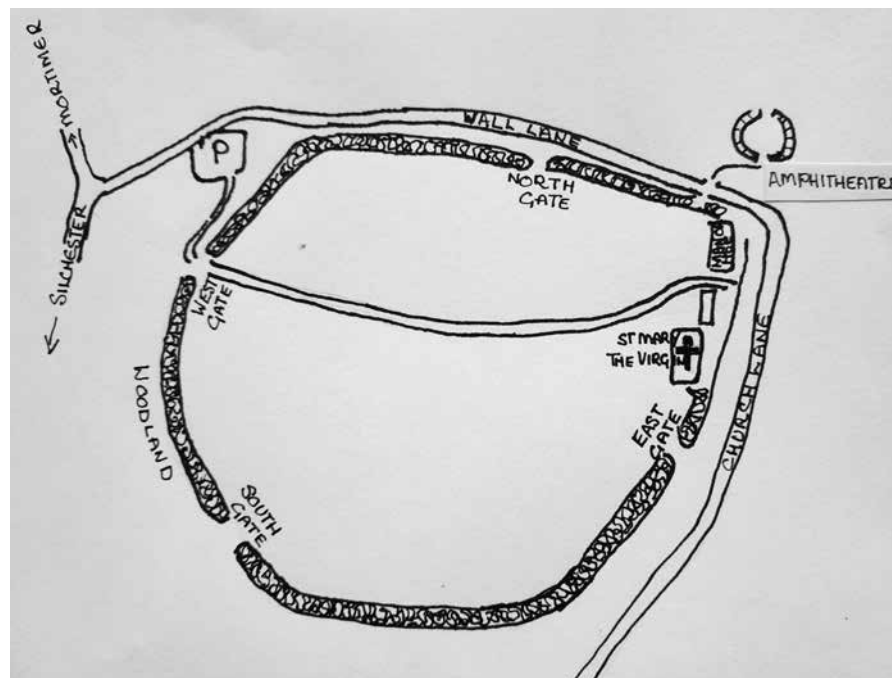
Dogs are required to be kept under close control.

Brief History. First settled by the Atrebates, circa BC10, the Romans arrived shortly after AD43. Calleva became an important centre largely because of its position in the Roman

road network. Located on the London to Bath road it also had roads to Winchester (and beyond to Exeter) and to Cirencester (and the north west). Initially with an earth rampart for protection the wall structure visible today was built in AD270 and reputedly in less than 3 months. It was 3 metres thick at the base and required more than 40,000 tons of materials. At its most populous, in the 3rd century, Calleva had over 10,000 inhabitants living in the 40 hectare site. With the collapse of its Empire the Romans withdrew from Britain in 409 and Calleva gradually declined and was abandoned by the 7th century. Almost all the stone above ground used in the buildings was reused by the Saxons (renaming the area ‘Silchester’) and the walls were reduced in height from over 7 metres to around 4 metres. The excellent Information boards provide a significant amount of further detail and Reading Museum (free entry) has an entire gallery devoted to explaining life in Roman Calleva supported by many artefacts from the site recovered during archaeological digs. This includes the iconic, bronze ‘Silchester’ Horse which for the Atrebates was a spiritual symbol to their Gods. It was found in the Roman Basilica in 1870.



Places of Interest. Today the houses, streets and public buildings of Calleva lie hidden beneath fields but there are interesting places to visit along the walk.



Amphitheatre: Outside the walls at the eastern edge of town this open-air arena, built between AD 50 and 70, was for public entertainment. This is believed to have included gladiatorial fights and animal baiting. After a major upgrade in the 3rd century to the oval shape of today the amphitheatre could accommodate up to 9,000 spectators.

St Mary the Virgin Church: This Grade 1 listed building dates from the beginning of the 12th century. It is the only surviving building from the medieval village of Silchester which was devastated by the Black Death in the 1340s. The church has a beautiful wooden vaulted ceiling with massive wooden piers apparently holding up the bell tower (in fact this tower is now steel framed). In addition the benches have delicately carved ends displaying Bible plants – chestnut, apple, rose, etc. Also of note are the medieval wall paintings in the window recesses of the chancel and the ‘Glastonbury’ chair situated to the left of the alter. This chair,

from 1906, was made from the oak of an excavated Roman water channel. There are many other interesting aspects to this building detailed on leaflets available in the church. Outside, in the graveyard, stands a magnificent Yew tree which is over 400 years old and has a circumference of over 4 metres.



We hope you enjoy this interesting and historical walk. If you have any comments about this walk or Rights of Way in our parish, please contact us at ahahrightsofway@gmail.com.

Ashford Hill and Headley Rights of Way Wardens.

A recipe for March

There are so many variations these days, some more difficult than others. I've recently seen recipes for hot cross scones? Never seen before but I think I'll give those a go. This however is a good one to start with if you've never made them before. I made this recipe when I lived and worked in Hong Kong and from the first batch, they went down like hot cakes!..(sorry). Simple tip, make lots and make a hot cross bread and butter pudding with them or toast them and add crispy bacon and melted cheese. Delicious either way.

I hope you enjoy.

Ingredients

625g strong white flour
45g chilled butter
45g golden caster sugar, plus 2 extra tbsp
1 tsp each salt
1 tsp ground cinnamon
¼ tsp ground allspice
¼ tsp grated nutmeg
1½ tsp fast-action dried yeast
1 egg
275ml milk, plus 4 extra tbsp
100g raisins
25g chopped mixed peel
Oil, for greasing



Method

1. Sift 500g of the flour into a large glass or ceramic bowl. Cut up the butter and rub in with your fingertips until it resembles breadcrumbs. Stir in 45g caster sugar, salt, cinnamon, allspice, nutmeg and yeast. Beat the egg in another bowl, then mix it into the dry ingredients with 275ml milk, until you have a soft, pliable dough. Tip the dough out onto a lightly floured surface and knead for 5 minutes, until smooth and elastic. Gradually work in the raisins and peel. Return to the bowl and cover loosely with oiled cling film. Leave in a warm place for 1 hour, until doubled in size.
2. Tip the dough onto a lightly floured surface and knead well to knock out all the air, then cut into 12 pieces. Put your lightly floured hand – slightly cupped, with fingers open – over 1 piece, then rotate your hand in a circular motion, pressing down on the dough to create a neat ball. Repeat with the rest of the dough. Put on 2 greased trays, spaced apart. Cover with oiled cling film and leave in a warm place to rise for 30 minutes.
3. Preheat the oven to 200°C/fan180°C/gas 6. Sift the remaining flour into a bowl and stir in about 125ml tap water to make a smooth wet paste. Spoon into a freezer bag, snip off the corner and pipe a cross over each bun. Bake for 15 minutes until golden.
4. Meanwhile, put the extra milk and extra sugar into a pan. Heat gently to dissolve the sugar, then boil for 2-3 minutes until syrupy. Brush the glaze over the warm buns. Transfer to a wire rack to cool. Serve split open and toasted with lots of butter.

I hope you all have a wonderful Easter.

Toby Barrett



MOVE BETTER, LIVE BETTER



ABOUT ME

Before I start writing regular articles into this Magazine I wanted to introduce myself.

My name is James Williams and I have been a personal trainer in the local area for over a decade helping my clients obtain and sustain healthier lives by helping build their strength, flexibility and fitness through resistance and strength training.

THE BENEFITS OF RESISTANCE TRAINING

I believe highly about the importance and benefits of resistance training for all ages but even more so as we get older and hit our "golden years". Here are some of the reasons why you should be doing some form of resistance training:

- **Empowering Independence** - Resistance training isn't about bulging muscles, it's about making our bodies the healthiest and most resilient to help with daily activities such as getting up off the floor, carrying groceries to enjoying hobbies.
- **Improved Bone Density** - As we age our bones become more fragile, leading to higher chance of fractures and osteoporosis, thankfully resistance training helps bolster bone density.
- **Elevated Mental Health** - Not only does resistance training improve your body it will help improve your mind. Helping to combat stress, anxiety and depression.

Keep an eye out for future articles as I will be telling how you can improve your strength and your health.

If you enjoyed this article please get in touch using any of the methods below:



E: James@jswfitness.com
www.jswfitness.com

ASHFORD HILL with HEADLEY
PARISH COUNCIL MINUTES OF
THE MEETING HELD ON MONDAY
8th JANUARY 2024

Present

Mr S Hoskins (Chair), Mr P Clark, Mr S Dunn, Mrs K Parker, Mrs K Saunders, Mr J Sunley and the Clerk, Mr S Marshall. Cllr Mellor, Cllr Rhatigan and Cllr Bound were also present together with members of the public.

1. Apologies

Apologies had been received from Cllr Woodford and Cllr Morrow.

2. Declaration of interest

There were no declarations of interest.

3. Minutes of previous meeting for approval

The minutes of the meeting held on Monday 11th December 2023 were approved and signed by the Chair.

4. Matters arising

The Chair had requested that the Clerk compile a paper to reflect all outstanding issues from previous minutes in order not to lose track of matters that still needed to be resolved. The updated paper would be the basis for discussion under agenda item 4 for forthcoming meetings.

The paper was worked through at the meeting and would be amended according to the updates provided by Councillors and the Clerk.

The matters arising from the paper that had been partially concluded or that required further action included;

- Cllr Mellor had recommended to the Highways department that road surface warning signs be added to the C111 where it narrows significantly near to Tan House Cottages

- Cllr Clark reported that a meeting was scheduled later in the month with Cllr Rhatigan and Mark Smallfield from BDBC to discuss the potential of a site for allotments

- Cllr Sunley confirmed that the two outstanding issues relating to the new goal posts and nets for Ashford Hill recreation ground and the relocation of the defibrillator to the Ashford Hill Village Hall location, would be dealt with before the next meeting

- Cllr Sunley agreed to look at the broken wooden bollard at the Ashford Hill recreation ground car park

- Cllr Bound kindly agreed to add more information to the County Council's website regarding the problem of detritus on pavements on the A339 in Headley

- Cllr Saunders agreed to take photographs of the re-laid pavement following works undertaken by Gigaclear and send them with a supporting statement to 'Streetworks'

- Cllr Woodford to resurrect CSW membership and liaise with the local police authority reference to confirming that the proposed equipment for monitoring motorists' speeds was the only approved equipment and only available from Westcotec – covered in emails from Cllr Woodford on 16 & 17 December 2023 supplemented by email sent by Chair asking who the new Co-ordinator is to replace Cllr Woodford

- Cllr Mellor had requested an outline of a specification from the Parish Council following its request for a public pavement to be installed along Thornford Road in Headley

5. Highways

Cllr Dunn advised the meeting of the sighting of wild deer near to major roads in the area.

The ongoing flooding of the highway near to Fair Oak Farm in Ashford Hill was discussed again but it was concluded that very little could be done to resolve the problem, as gulleys and drains whilst maintained were inadequate to cope with the volume of recent rainwater and further rainwater draining off the adjacent agricultural land.

Following a question from the Chair, Cllr Bound kindly agreed to report further information as it related to his original logging on the County Council's website for work required to clear the detritus on the pavements on the A339 between Headley Tyres and the county border at Knightsbridge.

6. Planning Applications

23/03106/HSE – Laurazan, Ashford Hill Road, Headley

- Proposed two-storey front extension
 - First floor rear extension
 - Render existing dwelling and replace roof tiles
 - Rear extension to detached home office to form new garage - alternative scheme to that previously approved.
- No objection

7. Reports

County Councillor's report

Cllr Mellor reported on the backlog of jobs relating to highway repairs because of the recent flooding conditions and because of the flooding limited road gritting would be taking place. The County Council was undertaking a full review of the cost of street lighting in the county with a view to further restrictions on the times of operation. Cllr Mellor further reported that it was projected that the County Council would be operating at a level of financial deficit by 2025/26 when reserves would need to be used. The County Council would be consulting with the electorate regarding their opinions of where savings and cuts could be made in expenditure and encouraged Parish Councils to express their opinions as part of the consultation.

Cllr Mellor concluded his report by confirming that local roads like the B3051 and C111 would not be allowed to have their statutory speed limits decreased and if Parish Councils sought to implement lower speed limits on minor roads, the project cost would be at the expense of

the Parish Council concerned.

Borough Councillors' reports

Cllr Rhatigan reported that the 'Sawmill' housing development application had been deferred and it was now proposed that only 14 houses form the development. The deferred scheme would still include social housing which Cllr Rhatigan concluded was of a high standard. Cllr Rhatigan further reported that the Borough Council's enforcement team had curtailed the selling of used cars in Ram Alley.

Cllr Bound had previously sent the Clerk his report which had been forwarded on to Parish Councillors and reiterated how useful and interesting he had found a recent presentation by the local police authority during a Hannington Parish Council meeting. The Chair requested the Clerk to ascertain more facts about a potential presentation to Ashford Hill with Headley Parish Council and its meetings' attendees. *

Chair of the Parish Council's report

Headley Children's Play Area

Ady Miles was undertaking repairs starting on 8th January. Mr Miles had also been asked to repair the broken bench support reported by a Litter Warden as well as repairing a resident's fence damaged from a fallen tree from the recreation ground in Thornford Road in Headley. The Chair and Mr Miles had also discussed the options for a potential path from Thornford Road to the Headley Pavilion.

Picnic Bench opposite Headley Community Shop

Post meeting note

It had been confirmed that the new bench had been delivered and was awaiting installation in an agreed location.

Headley Recreation Ground Football Pitch

Following approval at the previous Parish Council meeting Scofells have applied their Quadraplay treatment (a tractor

mounted implement which will brush, roll, spike and tine the surface giving a multitude of benefits).

Fallen Tree across Thornford Road

In addition to the fallen tree that damaged a resident’s fence, another tree had died and fallen towards the road but had been stopped by another tree. The RoW team will investigate removing it. *

Basingstoke and Deane Local Plan Update

The Chair commented on the new version of the National Policy Framework which was to be debated by the Borough Council’s Cabinet this week which hopefully would result in the much-needed additional protection against unsuitable speculative housing development in the Borough.

Electric Vehicle charging points – possible locations

Following Cllr Morrow’s invitation to offer suggested future locations for the charging of electric vehicles in our area, the Chair would be recommending that consideration be given to the charging points being in the Ashford Hill car parks.

Boot Camp – Ashford Hill recreation ground

The Chair again requested an Ashford Hill Councillor to meet with a David Cahill who had expressed interest in setting up an exercise class on the recreation ground. It was agreed that the Clerk would make further enquiries directly with Mr Cahill. *

Parish Councillors’ reports

Cllr Clark reported on the safety hazard that was being caused by wet algae on the flooring in the Ashford Hill playground. The Clerk was asked if he knew of a contractor that could resolve the problem and Cllr Dunn and Cllr Clark agreed to discuss the problem further. *

Cllr Parker expressed her appreciation to Cllr Mellor for his recommendation to the County Council’s highways department to install road surface warning signage on

the C111 at Tan House Cottages where the highway narrows significantly.

Following discussion, Cllr Parker and the Chair would discuss further the need for additional funding for additional first aid training for RoW volunteers. Cllr Parker also encouraged residents living in Ashford Hill to volunteer for the essential work undertaken by the RoW volunteers as there was currently only one volunteer from Ashford Hill.

Cllr Dunn informed the meeting that football matches on the pitch at Headley recreation ground had been paused in order to preserve the quality of the pitch which was still in good condition despite the adverse weather conditions. Cllr Dunn further reported on the questionnaires that were being distributed with the Parish Magazine relating to the idea of installing a ‘multi use games area’ on Headley recreation ground and which were seeking the opinions of residents for such a facility on the recreation ground.

8. Recess

There were no questions or comments for the Chair from the public.

9. Financial statement

The Lloyds TSB current account of the Parish Council stood at £6305.53

The Lloyds TSB deposit account of the Parish Council stood at £27,802.55

10. Accounts for approval & payment

Mr S Marshall – Clerk’s expenses – Jan-Mar 2024 – £406.12

Mr S Marshall – Advance payment of new picnic bench for Headley recreation ground – £466.80

The Chair declared the meeting closed at 8.35pm.

Ashford Hill Educational Trust

The Trust was set up to assist residents of Ashford Hill or Headley, irrespective of age or means, to help with educational activities and recreational training.

The deadline for applications is two weeks ahead of each meeting. All applications must be accompanied by receipts.

2024 Meeting Dates

10th April, 17th July, 16th October

Contact Julie.bassett1@btinternet.com
07500 927707

Kingsclere Charities - Welfare Charity

The Charity helps anyone resident in the Parish of Kingsclere and Ashford Hill with Headley regardless of age or means. Grants have been given towards mobility aids, medical equipment, such as nebulisers and aids to make life easier for the sick and less mobile; and travel costs to and from hospital.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website: www.kingsclerecharities.org

Kingsclere Charities –

The Robert Higham Apprenticing Charity

This Charity promotes the education and training of young people aged 16 - 25 resident in Kingsclere, Ashford Hill or Headley.

Grants are awarded to assist with the cost of: Equipment, books and specialist clothing required for learning or training in a stated subject, and expenses incurred in travelling to and from home to place of learning.

Contact: Jan Pearce

Email: kingsclerecharities@iname.com

Website www.kingsclerecharities.org

Kingsclere Charities Meetings:

2024 Meeting Dates

18th April, 20th June

19th Sept, 21st Nov

Village hall contacts & hire rates

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Mrs J Maylen	01189 813653
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All day	£135.00

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Mrs K Saunders	01635 269408
www.headleyvillagehall.com	
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Headley Pavilion hire

Steve Dunn	07802 911112
Hourly rate	£8.50
Children’s party rate	£50.00

Local representatives

Parish Council

Contact the Councillors via their email address which are all structured in the same way, viz: cllr.firstname.secondname@ashfordhillheadleypc.org – e.g. see the Chairman's email address

Chairman – Stephen Hoskins – cllr.stephen.hoskins@ashfordhillheadleypc.org

Ashford Hill ward councillors – Joe Woodford; Paul Clark; Jules Sunley

Headley ward councillors – Kathryn Saunders; Steve Dunn; Karen Parker

Clerk – Steven Marshall: clerk@ashfordhillheadleypc.org – 07714 001778

Basingstoke & Deane Borough Councillors

Ken Rhatigan – cllr.ken.rhatigan@basingstoke.gov.uk – 07850 530319

Kerry Morrow – cllr.kerry.morrow@basingstoke.gov.uk – 07725 819021

Mike Bound – cllr.mike.bound@basingstoke.gov.uk – 078336 12735

Hampshire County Councillor Derek Mellor – derek.mellor@hants.gov.uk – 07712 695491

Member of Parliament Kit Malthouse – kit.malthouse.mp@parliament.uk – 01264 401401

Hampshire Police & Crime Commissioner Donna Jones –

www.hampshire-pcc.gov.uk/contact-us – 01962 871595

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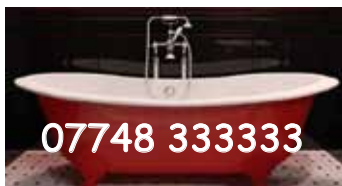
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