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### Great News

**The Neighbourhood Plan has been approved.**

**Turnout was 42.16%.**

**187 votes in favour (97.9%),  
4 against (2.1%).**

**It now becomes part of the planning policy for the village.**

**Thank you for your support.**

*Alan Tyler*

### SERVICE TIMES AT ST. LEONARD'S CLIDDESSEN

**JULY IS FELLOWSHIP MONTH WHEN WE  
VISIT CHURCHES ACROSS OUR PARISH.**

**THE FAMILY FELLOWSHIP SERVICE AT ST  
LEONARD'S IS ON SUNDAY 21ST JULY, 11AM.**

**PLEASE SEE OUR WEBSITE FOR DETAILS OF  
OTHER SERVICES ACROSS THE PARISH.**

### Cliddesden Millennium Village Hall



Yes, we now have table tennis available at Coffee Mornings at Cliddesden Millennium Village Hall.

Please come along to have a natter and make new friends, browse the second-hand book stall, select some pretty stationery from Penny our stallholder, and of course enjoy a good cuppa and a slice of cake!

The 100 club is also drawn here each month.

And, if you fancy, have a turn at table tennis. We have all the equipment you will need.

We meet on the second Monday morning of each month, from 10.30 – 12 noon.

Our next date is 8<sup>th</sup> July 2024.

**Hope to see you there, all ages are welcome.**  
*Gill (01256 359413)*

### 100 Club



Hello members

The draw for June was called at the Coffee Morning held at the Village Hall on 10th June 2024. Here are the lucky winners:

1 <sup>st</sup>	Jane Amos	9
2 <sup>nd</sup>	Rosemary Mansbridge	123
3 <sup>rd</sup>	Emma Ilsley	30

Congratulations

Next Coffee Morning 8<sup>th</sup> July – come along for good coffee, cakes and company.

*Rose Beevers Tel: 475944*  
*100club@cliddesdenhall.org.uk*



## Cliddesden, Farleigh Wallop & Ellisfield Horticultural Society

### The three villages Gardening Club

Chairman: Steve Bowcutt, tel: 324707, email: stephen.bowcut@btinternet.com  
 Secretary: Marilyn Smith, tel: 462584, email: willow.ms@btinternet.com



Hello from Claire!

Double Whammy edition!

8 weeks of glorious sunshine, weed-free flower beds, slug-free lettuce, and self-cutting grass!

Oops, sorry, my unicorn took me too close to a cloud and I bumped my head.

Maybe, one day.....

A well known plant this month, one which might earn itself a name as a 'flower in the wrong place' as it grows wild with great success, self-seeds, and puts down a root system to rival the mighty oak.



Comfrey:

Botanical name:  
Symphytum Officinale:

Family: Boraginaceae

Common names – Knitbone, Boneset, (Greek derivative 'Symphis' meaning 'to grow together, of bones, and 'Phytum' plant)

It might be that my slug-free garden dream could become a reality – slugs love comfrey!

Not the whole plant, just the cut leaves. Place a pile of cut leaves overnight wherever you have a slug problem, and in the morning it will be full of slugs – remove and dispose of. Repeat as necessary.

This plant could just be the lazy gardeners friend – grows in all soil types, self-seeds readily, first-class composting plant, slug catcher, bee attractor.

On the down side – it's nigh on impossible to remove once established, it will spread everywhere, and once fully grown spreads outwards so takes up a lot of room.

Oh, and it's been banned or restricted in several countries as the roots and fresh, young leaves contain Pyrrolizidine Alkaloids which can cause severe liver damage or even death.

However, fresh leaves cut and laid on cuts, bruises, and open wounds will promote healing. And, of course, to aid in the healing of broken bones.

Interestingly, my herb book was published in 1980, and the research/studies banning comfrey date to around 2010.

So I'm not going to give you the recipe for comfrey leaves in cheese sauce, or suggest chopped leaves in salad, or even recommend the decoction of root and leave to ease coughs.

We'll keep this one externally – use it for the bees, the

slugs, and as a pretty gap-in-the-border plant.

And remember children, always read the most up-to-date information before trying something new!

### What's been happening?

Thursday May 30th – Cliddesden Millenium Hall – 730pm for refreshments, 745 start

Graham Bower – Japanese inspired garden elements

A very well attended, interesting evening.

With the added bonus of a deer wandering in the garden outside.

While being very suited to larger garden spaces, the ideas that Graham gave could be adapted and smaller versions added to any size garden.

Taking rocks, plants, and water as the unifying elements in nature it is possible to create an area where rocks represent security and safety, water is the life-giving force, and plants give changing colour and structure through the seasons.

### What's coming up?

Thursday July 11th – Cliddesden Millenium Hall – 730 for refreshments, 745 start

Ben Cross – 'Growing Alstroemeria and the British Alstroemeria Industry'

Ben Cross from Crosslands Nursery near Arundel, is a very lively speaker, he calls the Alstroemeria, or Peruvian Lily, the 'perfect flower'.

He enthusiastically supports the British Alstroemeria growing industry, and tells us how he came to be part of it.

He will bring the long lasting flowers to the meeting for sale.

August 4th – Cliddesden Millenium Hall

THE SUMMER SHOW

Yes, it's creeping round again.

Polish your potatoes, tie up your onions, and reveal your roses.

Flower arrangements, photographs, and, of course, tea & cake.

What more could you ask for on a Sunday afternoon,

### Would you like to join us?

Keen gardeners, new planters, or 'haven't got a clue!' everyone will receive a warm welcome.

Come along and make new friends, get ideas for your own patch of heaven, and have fun.

Email Seumas Foster at [Seumas@cropfosters.co.uk](mailto:Seumas@cropfosters.co.uk)

Or come along to one of our meetings as a guest, and chat to any of the committee about joining.

See you soon

Happy gardening!

Claire

## Village Hall News

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

[facebook.com/CliddesdenVillageHall](https://facebook.com/CliddesdenVillageHall)



### Chairman's Report July 2024

In last month's newsletter, the Village Hall Trustees advised that they were undertaking the development of a 5-year plan. To assist in this, suggestions from the community were sought on how the amenities / facilities provided by the hall could be improved and developed and I would like to thank those who responded.

The Trustees have now reviewed the suggestions received which included a number of small and large capital projects and also requests for the arrangement of additional community social events in the hall.

Given that there was limited support for significant capital projects, which involved extending the useable space of the hall, the Trustees decided during their June meeting that only projects with lower capital costs would be pursued. These would include the following;

- The upgrade of the existing stage, to simplify its construction and provide greater flexibility for use in external letting events. Enabling work has already started and final quotations are being sought to allow the project to proceed in the short term.
- The upgrade of the existing toilet facilities to a modern standard required to attract more corporate and social lettings. Development of proposals for this work will commence during the

latter part of the year and will be integrated into the 5 year plan when costs are known.

A number of suggestions were received concerning the arrangement of additional social events through the year to complement those provided by the Cliddesden Players. The Trustees agreed that in principle this was a good idea and that this subject had been discussed for some time. To allow such events to occur, however, requires the volunteer base supporting such activities in the hall to be increased. This would ensure that the time and effort involved in arranging such events is fairly shared. If you are therefore able or interested in helping us to arrange such events, please contact me on [chair@cliddesdenhall.org.uk](mailto:chair@cliddesdenhall.org.uk); we would really welcome your support.

On this subject we are delighted to note that bookings this year are excellent for the Cliddesden Players summer play "The 13th Floor" on the 28th & 29th June. I hope that you enjoy this production and that the weather improves to provide sunny conditions for the event.

Les Smith, 18<sup>th</sup> June 2024

Hall Management Committee

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

FB: [facebook.com/CliddesdenVillageHall](https://facebook.com/CliddesdenVillageHall)



**theWI**  
INSPIRING WOMEN

# CLIDDESSEN

At our meeting this month, we all enjoyed listening to Wendy, a speaker from The Dogs Trust, although sadly no dogs came along. We discovered that the Trust was founded in 1891 as the National Canine Defence League, with 22 re-homing centres across the UK they re-home 14,000 dogs every year. Sadly they are seeing a significant increase in dogs brought by their owners to the Trust due to the cost of living crisis. With the average time taken to re-home a dog at 46 days. The Charity also has programs to support people who are homeless and those fleeing domestic abuse; ensuring that they do not have to give up their dog whilst searching for a secure home.

Next month we are meeting at The Avenue Garden Centre in Lasham to enjoy an Afternoon Tea. In August we have a movie morning.

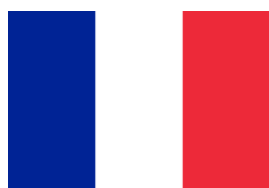
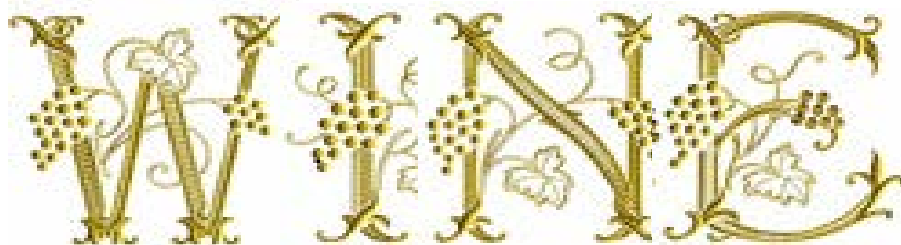
We would welcome new members. Cliddesden WI is over 100 years old and we want to ensure the group is still here for the next generation of women.

If you are interested in joining please contact Julia Ross at [cliddesdenssec@hamsphirewi.org.uk](mailto:cliddesdenssec@hamsphirewi.org.uk).

Thank you

Julia Ross

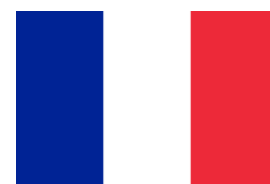
## ST LEONARD'S CLIDDESSEN:



# WALK



6<sup>th</sup> July 2024



IN CELEBRATION OF FRANCE HOSTING THE  
OLYMPICS

WITH WELCOMING HOSTS ACROSS THE  
VILLAGE

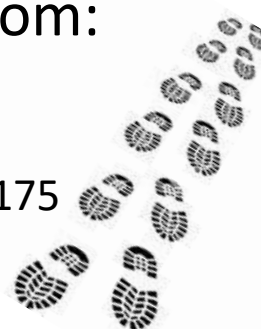
FROM 7.30 PM UNTIL LATE (12ish)

Tickets £12 each available from:



Miche Donaldson  
Nicki Barnes  
Ben Maunder

475721  
07889 236175  
327859



In aid of church funds



## Social and Entertainment Club

### Cliddesden Millennium Village Hall

*'You'll be sure of a warm welcome and a great evening'*

The bar opens at 7.30pm and we start at 8pm. There is an intermission half way through during which ice creams and the bar are available. Admission is only £2 per person.



Thursday 1<sup>st</sup> August

### **The Lost King**

2022, 108 minutes

Certificate 12A

#### **The Lost King**

The Lost King is a 2022 biographical film directed by Stephen Frears.

It's the true story of the search for the grave of Richard III under a car park in Leicester, initiated by Philippa Langley (played by Sally Hawkins) to find King Richard III's remains, and her treatment by the University of Leicester in claiming credit for the discovery. Also starring, Steve Coogan and Harry Lloyd.

The film is a suitable replacement for "The Dig" which we were unable to show.

Please come along no matter where you live, bring as many friends and neighbours as you like.



Thursday 5<sup>th</sup> September

### **Paddington**

2014, 95 minutes

Certificate PG

#### **Paddington**

Paddington is a 2014 live-action animated comedy film written and directed by Paul King.

The film is based on the stories of the character Paddington Bear created by Michael Bond.

Produced by David Heyman, Paddington stars Ben Whishaw as the voice of the title character, with Hugh Bonneville, Sally Hawkins, Julie Walters, Jim Broadbent, Peter Capaldi, and Nicole Kidman in live-action roles.

Hope to see you there.

*Ted Dowson*  
edward.dowson@btinternet.com



**NEXT PARISH COUNCIL MEETING**  
**TUESDAY 02 JULY FROM 7.30PM**  
**IN THE VILLAGE HALL MEETING ROOM**  
**EVERYONE IS INVITED TO ATTEND**

## Who's responsible?

County, District and Parish Councils  
 Landowners  
 Path users



## PUBLIC RIGHTS OF WAY: WHO'S RESPONSIBLE?

### LEGAL DUTIES AND POWERS TO MAINTAIN

*In considering the list below:*

**'Duties'** are actions that a body has a legal obligation to carry out.

**'Powers'** are discretionary entitlements that a body can choose to do; it is up to the individual organisation to decide whether a course of action is necessary or desirable, or justified and achievable.

### **Ensure stiles, gates in good condition**

Duty: Landowner

Power: County Council.

### **To keep back overgrowth growing in from the side or above**

Duty: Landowner

Power: County, District and Parish Councils, Users.

### **To keep down undergrowth, ie vegetation growing up from surface**

Duty: County Council.

Power: Parish Council, Users.

### **To maintain bridges**

Duty: Landowner and County Council.

### **Maintain surfacing and/or drainage**

Duty: County Council

Power: Parish Council.

### **To provide signposting from a road**

Duty: County Council

Power: District and Parish Councils.

### **To provide other signposting and waymarking**

Power: County, District, and Parish Councils.

### **To authorise temporary diversions**

Power: County Council.

## PUBLIC RIGHTS OF WAY

### **Update on Seasonal Vegetation Management on Public Rights of Way across Hampshire**

*Letter to Parishes from Hampshire County Council Countryside Service Area Countryside Access Manager (East)*

Each summer, Hampshire County Council's Countryside Access Group embarks on a programme of priority vegetation cutting to ensure safe and accessible pathways for our communities. Traditionally, this has been carried out by our dedicated Ranger Team and supplemented by contractors. However, this year brings some further changes due to escalating contracting costs.

Over the past three years, we've witnessed a steady increase in contracting expenses, with the cost of this work over doubling. After careful consideration and review of our budget, we regret to inform you that we are unable to sustain our previous priority cutting schedule with contractors.

**To address this challenge, we're seeking to mobilising a larger staff resource from within the Countryside Service. This will involve a combination of programmed works and responsive measures to address reported issues. Additionally, we're exploring partnerships with organisations such as community payback and continuing to support the invaluable contributions of our volunteers.**

If your Parish is concerned about potential shortfalls in vegetation clearance, we're here to assist. We can provide guidance and support on developing your own volunteer network and through the Countryside Access Parish Delivery Partnership Fund (CAPDP). Funding is available to support equipment and training for volunteers in your area.

If your Parish is an existing member of the Lengthsman Scheme, you may wish to consider using your Lengthsman to undertake some of this maintenance work.

With the ongoing financial pressures faced by local councils, we appreciate your understanding as we navigate these challenges together.

Should you have any concerns or suggestions for collaboration, please do not hesitate to reach out, using [pro@hants.gov.uk](mailto:pro@hants.gov.uk). Your input is invaluable as we strive to maintain our public rights of way together for the benefit of all.

**If you identify any issues on the path network please report through our online reporting system at 'problems on rights of way'.**

[www.hants.gov.uk/landplanningandenvironment/rightsofway/reportaproblem](http://www.hants.gov.uk/landplanningandenvironment/rightsofway/reportaproblem)



### DUTIES OF USERS

**Users** = walkers, horse riders, cyclists, carriage drivers, motorists. Users have no specific duties with respect to managing Rights of Way; their only 'duties' are in contributing to the upkeep of the network via their taxes, and to obey the laws of the land.

**DUTY OF CARE** All users owe each other a duty of care. Cyclists on bridleways and byways have a duty to give way to walkers and horses. Motor vehicles on BOATs (byways open to all traffic) must give way to all other users.

### POWERS OF USERS

**Right to use a path** Users have the right to 'pass and re-pass' along the highway, using whatever means is allowed on that type of highway. Users can rest along the way and, perhaps, eat a bite of lunch. (But there is no right to specifically go out to picnic on a public path.) If a user goes beyond their right to 'pass and re-pass' they can be classed as a trespasser. You may take with you items that might be considered to be a 'natural accompaniment' to your journey, including dogs (under close control) and pushchairs.



**BDBC'S COMMUNITY INFRASTRUCTURE FUND** has reopened with the same two-stage process as last year; first round online proposals to be submitted by 19 July. Community and voluntary sector organisations can apply for grants of up to £50,000 to make physical improvements to their premises to improve the user and resident experience, increase income generation and reduce costs and make environmental improvements.

<https://www.basingstoke.gov.uk/infrastructurefund>



#### UPDATE FROM COUNTY COUNCILLOR JULIET HENDERSON

*For full June report please see the Parish Council website.*

#### County Council budget and Future Services Consultation

As a result of the General Election and conventions around making significant decisions during an election period, the democratic scrutiny and Cabinet decisions on the County Council's SP25 (Service Provision 2025) savings proposals have been postponed until later in the year.

We know that the retention of HWRCs and School Crossing Patrols, maintenance of vital community transport routes and the continued provision of homelessness grants to the end of their planned contract term are important to both the public and our partners.

While we will of course consider all the detailed proposals included in the SP25 package, we will also consider what other options may be available so that, should we be minded, we can choose different solutions and timescales at the point of our decision making in the autumn.

If agreed, the proposed changes to services would not commence until April 2025, so there is time for full democratic scrutiny to be undertaken this autumn. The County Council's excellent officer team have been diligent in preparing detailed proposals for the Select Committees to scrutinize and for Cabinet to then consider in due course.

These will only be proposals, while they will be recommended by our officers as part of the package of measures to meet the budget gap faced by the County Council we must, and will, fully take into account their profound impact and the huge public response to the consultation on the proposals 'Future Services Consultation' that ended on 31st March.

*With best wishes, Juliet*

#### REPORT A PROBLEM ON A ROAD, PAVEMENT, PUBLIC RIGHT OF WAY

[www.hants.gov.uk/transport/roadmaintenance/roadproblems/potholes](http://www.hants.gov.uk/transport/roadmaintenance/roadproblems/potholes)  
[www.hants.gov.uk/transport/roadmaintenance/roadproblems/treehedge](http://www.hants.gov.uk/transport/roadmaintenance/roadproblems/treehedge)  
[www.hants.gov.uk/transport/roadmaintenance/roadproblems/flooding](http://www.hants.gov.uk/transport/roadmaintenance/roadproblems/flooding)  
[www.hants.gov.uk/transport/roadmaintenance/roadproblems/paving](http://www.hants.gov.uk/transport/roadmaintenance/roadproblems/paving)  
[www.hants.gov.uk/landplanningandenvironment/rightsofway/reportaproblem](http://www.hants.gov.uk/landplanningandenvironment/rightsofway/reportaproblem)



#### HAMPSHIRE CONSTABULARY'S RURAL TIMES

*'Early Summer edition of our E-magazine now available:*

[www.hampshire.police.uk/SysSiteAssets/media/downloads/hampshire/advice/rural-times/2024/rural-times---early-summer-2024.pdf](http://www.hampshire.police.uk/SysSiteAssets/media/downloads/hampshire/advice/rural-times/2024/rural-times---early-summer-2024.pdf)

'This edition focuses on some of the seasonal crimes impacting rural communities in the summer, including fish poaching. Poaching does not just involve the theft of fish, or individuals fishing illegally, it also sees hardworking riverkeepers threatened, assaulted and harassed.

'The magazine shares advice and information around growing trends of GPS thefts from farm vehicles, large scale thefts of cable and metal from industrial sites, and wildlife crime incidents we have been dealing with.

'We also have input from the Hampshire Ornithological Society, an article from the RSPB highlighting risks of wildfire in nature havens, and input from the CLA about the impact of rural isolation on the farming community.'

#### PARISH PLANNING AND TREE APPLICATIONS AND APPEALS

**24/01393/TDC** (Validated 24 June)  
 Little Acre, Woods Lane. Application for Technical Details Consent for the erection of four new dwellings with associated parking, access and landscaping, in accordance with Permission in Principle 21/01591/PIP.

**24/00617/RET** (Validated 17 June)  
 1A Millars Cottages, Station Road. Revised parking arrangements and associated landscaping in connection with permission 20/00390/FUL (retrospective).

**24/00944/HSE** (Granted 04 June)  
 Jasmine Cottage, Cleresden Rise. Replace existing garage extension and new rear garage extension

**24/00267/RET** (Granted 31 May)  
 1 Chapel Walk. Erection of a porch and rear dormer (retrospective).

**24/00248/HSE** (Granted 05 June)  
 5 Langdale Rise. Single storey flat roof garden room, plus landscaping.

**24/00218/RET** (Pending 05 Feb)  
 1 Chapel Walk. Rear garden walls and landscaping, retrospective.

**23/02733/HSE** (Withdrawn 11 June)  
 1 Chapel Walk. Loft conversion and insertion of windows.

**23/02326/FUL** (Refuse 13 May)  
 Greenlands Nursery, 3A Hackwood Lane. One new dwelling to replace redundant Nursery store/workshop.

**23/02291/RET** (Pending 22 Sept)  
 1A Millars Cottages, Station Road. Variation of condition 1 (plans) and 13 (parking) to match current arrangement; con 4 (landscaping) to reflect change in parking provision, and condition 6 (walls, fences, gates and hedges) to remove tarmac area of (erection of 1no dwelling).

#### TREE APPLICATION

**T/00179/24/TCA** (Approve 03 May)  
 Church Farm Cottage, Church Lane. Fell 1 Goat willow.

#### PLANNING APPEALS

**APP/H1705/W/24/3337500** APPEAL IN PROGRESS The Jolly Farmer. Erection of a four-bedroom dwelling (Use Class C3) using existing access, plus parking and reconfiguration of pub car park and beer garden.

**APP/H1705/W/23/3333310** APPEAL IN PROGRESS Land South of Myhaven. Erection of 28 dwellings, demolition of Newland Lodge.

#### DUMMER APPLICATION

**23/03120/FUL** (Pending 19 Dec)  
 Land At Oakdown Farm, Winchester Road. Demolition of three dwellings, outbuildings etc and construction of storage and distribution units... etc.



# Cliddesden Primary School



Walk to school week allows children to stop, listen, look and think about the green cross code before crossing the road. Children were encouraged to think about potential hazards such as driveways, junctions, parked cars and bends. They were encouraged to work out the safest route to walk even if this meant the journey took a little longer. Walking also gave the chance to learn about the local environment, chat about their day and the benefits of a healthier start to the day. Certificates were available to all children who managed to walk at least once during Walk to school week.

Willow class had an amazing visit to Wellington Country Park. We started off with a Bug workshop, where the children showed off the scientific vocabulary they had learnt in school, greatly impressing the activity leader. We had a quick bounce on the enormous pillow, which turned out to be the highlight of the trip for lots of children. We managed to get the train to ourselves and enthusiastically squealed as we went through the tunnels. We moved onto the farm and saw some fascinating animals including some enormous rabbits and watched a chicken lay an egg!

After lunch we walked round to the dinosaurs, observing some of the different animal habitats on the way. We wondered what habitats dinosaurs would have enjoyed and if they were very different from the environment that exists now.

All of the children were so polite and friendly, showing fantastic listening skills and asking some really interesting questions.

Mrs Robinson – Willow class teacher





Congratulations to our School Cricket Team for performing very well in the Basingstoke Schools Cricket Competition. Held at Mays Bounty, we competed in a group against other local schools. The team won 5 out of their 6 games and this means that they are through to the finals on Tuesday 18 June after school. We will face group A winners St Mary's and then either Great Binfields or St John's.

The children in Willow and Beech classes had a session on riding scooters and Chestnut and Oak had fun on skateboards. Some children were more confident than others but all tried hard and acquired the basic skills.



KS1 and KS2 enjoying their end of half term disco



We like for our children to experience as many different sports and skills as possible. The children had a lot of fun when Alex from Team Rubicon, the UK's leading scooter and skateboard coaching, visited our school.

We will be saying goodbye to our Year 6 children at the end of this term but we look forward to sharing some of their leaver's events with you in the next edition.





**SUMMER FETE**

Saturday 6th July  
12 noon to 3pm

**CLIDDESSEN PRIMARY SCHOOL**

**£1 ADULTS, KIDS FREE!**

JOIN US FOR LOTS OF FUN!

- Traditional fete games •
- BBQ •
- Beer & Pimms tent •
- Second Hand uniform •
- Raffle •
- Tombola •
- and much more!

friendsocliddesden@gmail.com  
RG25 2QU

## Farleigh Parish Playgroup



Cliddesden Millennium Village Hall

Friday Mornings 11am - 12noon Term Time

5<sup>th</sup> & 12<sup>th</sup> July - it is our end of summer term party  
Happy summer everyone

We return after the holidays on 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> September

0 - 4 year olds and their grown-ups

A warm welcome awaits you - we look forward to you  
joining us for a fun and happy time

Cost: £2 (increase to £3 in Sept) donation per family



Contact:

Melanie Qualified in early years (07833 528040)  
Claire Qualified teacher (07757 498653)

## CHILDREN'S SINGING GROUP



Join in the fun!

Learn new songs and meet new friends

Every Friday during term time

End of term Friday 19<sup>th</sup> July

3.45pm snack, 4-4.30pm singing

**ST LEONARD'S CHURCH, CLIDDESSEN**



## Camrose, Gillies, Hackwood & Beggarwood Patient Participation Group

Website: <https://cghppg.weebly.com> Email: [cghb.surgeryppg@btinternet.com](mailto:cghb.surgeryppg@btinternet.com)

### Meeting with Healthcare Resourcing Group (HCRG) 9<sup>th</sup> May

This meeting was at the request of the PPG following the news that Operose were selling their Healthcare business to HCRG. As previously stated the local Integrated Care Board (ICB), who are responsible for letting and monitoring of healthcare contracts, are still undertaking their due diligence process which they hope to complete by the end of this month. The meeting was well attended by CGHB doctors and partners, the Practice Manager, a board member from HCRG and a member of the ICB. Before the meeting we had already notified them of several questions and concerns we had as a PPG, and these were talked through by all present. After a full and frank exchange of views we all felt that this had been a worthwhile exercise, and we left the meeting feeling encouraged that the new owners of Operose were a credible replacement and that under their guidance the services and support provided by them to CGHB could only enhance the level of service provided to patients. Obviously, we will continue to monitor the situation over the coming months, but we do feel that the practice is working hard to steadily improve the patient experience.

### PPG Web Site

The site continues to attract attention across health agencies within Hampshire. Why not have a look and discover the multitude of health-related topics; you have access to several self-referral specialists without visiting the surgery.

### Health Focus

#### *Gardening With Joint Pain and Protecting Your Back.*

10 top tips from physiotherapists to protect your knees and hips:

- Use raised planters or flowerbeds, reducing stress on your knees.
- Use a stool where you can; it can help if you have trouble balancing.
- Garden scooter, wheelbarrows etc. can really help when lifting or carrying.
- Use long handled tools where possible, and a water lance can extend your hose pipe to make watering hanging baskets or far out borders easier without over stretching.
- Use pads on your knees when kneeling, they will help guard your joints when you are pulling out weeds in the ground.
- Use kneelers with handles, to help get up and down safely.
- Wear a knee brace if appropriate.
- Wear footwear which has good grip and an arch support will help for comfort.
- Change positions regularly to prevent repetitive strain injury Gardening keeps you busy but remember to take a break and keep hydrated.
- Ask for help if you need it rather than take risks. If you are in pain then stop. Speak to your medical professional about gardening safely after injury or joint replacement surgery.

#### *Joint Academy*

There is a new entry on our 'self referral' webpage reducing

waiting time and getting you faster treatment - Reduce Back, Hip, Knee Shoulder and Hand pain in just five minutes per day. Download the Joint Academy app to your phone and get started with a personalised exercise program today.

<https://www.jointacademy.com/gb/en>

You will need to enter refer code 6901 when prompted.

#### *Basingstoke and Deane Disability Forum Annual Survey*

This local disability charity wants your input. They want to make sure their services meet your needs, and find out about you, your needs, and what they can do to best support the disabled community of Basingstoke.

All responses are completely anonymous and may be shared anonymously with funding and service delivery partners. They are unable to respond directly to any responses in the survey, however they are always happy to chat on [office@bddf.org.uk](mailto:office@bddf.org.uk), our Facebook page, or on 01256 423869 (Answerphone if not available). To take the Survey please use web address

<https://forms.office.com/e/Thc1A25gsA>

#### *Basingstoke Leg Club - Support needed.*

The Basingstoke Leg Club was created to relieve suffering from leg ulcers and associated conditions, through the implementation of an award winning model that motivates and empowers patients to take ownership of their care, alleviate their suffering and reduce the stigma attached to their condition. The Club and Cafe is run on Friday mornings by volunteers and access is by clinical referral. Treatment at the club is provided by medical staff from the practice. Due to a change in circumstances a new Chairperson and Treasurer are now needed for the club. They would love to hear from anyone who has a few hours weekly to volunteer. More information and contact details are on the Leg Club page linked from the FOOT AND LEG CARE webpage.

#### *Alcohol Awareness Week*

Life can be stressful sometimes and maybe a quick beer or wine can help calm things down a bit. However, some people may develop an unhealthy dependency. With this in mind the first week in July is a national awareness campaign. Follow this link for further information.

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>

### Comments, Feedback & Complaints

The surgery welcomes feedback from patients and strives to learn from us in helping them deliver a first class service. If you do have reason to complain about a service or anything related to the surgery this matter is completely confidential. It will not impact your relationship with the surgery. For Beggarwood and CGHB complaints, please visit the CGHB web site to register your dissatisfaction. The web address is :-

[cghpartnership.co.uk/about-us/comments-and-complaints](http://cghpartnership.co.uk/about-us/comments-and-complaints)

CGHB employ a full time Patient Experience Manager and so you should get a speedy response and certainly an acknowledgement within 3 working days. If you are not satisfied with the way they have dealt with your complaint, you can contact the Parliamentary and Health Service Ombudsman to review your case on 0345 015 4033 or via their website:

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



# VILLAGE DIRECTORY

<b>POLICE</b>	PCSO Andy Jones (Basingstoke Rural South) andrew.jones.13301@hampshire.pnn.police.uk	07775 542 021
<b>NEIGHBOURHOOD WATCH</b>	Simon Barker sibarksy@hotmail.com	07732 100 990
<b>PARISH COUNCIL</b>	www.cliddesdenparishcouncil.info Susan Turner (clerk) Alan Tyler (chairman) Bob Randall Mark Gifford Alison Mosson Dave Rudge	clerk.cliddesden@gmail.com alanbtyler19@btinternet.com rarandall9@aol.com m.gifford1@outlook.com alison@abe.co.uk hugh.rudge@gmail.com 07515 777 060 460 425 359 579 07504 104 621 07721 046 146 07813 070 261
<b>TREE WARDEN</b>	Alison Mosson alison@abe.co.uk	07721 046 146
<b>WARD COUNCILLORS</b>	Onnalee Cubitt Kate Tuck Sheena Grassi	cllr.onnalee.cubitt@basingstoke.gov.uk cllr.kate.tuck@basingstoke.gov.uk cllr.sheena.grassi@basingstoke.gov.uk 07762 067 411 07762 067 411 07561 060 596
<b>COUNTY COUNCILLOR MEMBER OF PARLIAMENT</b>	Juliet Henderson Ranil Jayawardena MP House of Commons, London SW1 AOM	juliet.henderson@hants.gov.uk ranil.jayawardena.mp@parliament.uk 07738 289 849 02072 193 000
<b>MILLENNIUM VILLAGE HALL</b>	www.cliddesdenhall.org.uk Angie Fewster (Vice Chair) Ken Rampton (Caretaker) Pat Rampton (Lettings Secretary) Jo Capehorn (Secretary) Julie James (Treasurer)	2 <sup>nd</sup> alarm contact 1 <sup>st</sup> contact if alarm goes off bookings@cliddesdenhall.org.uk 475 848 461 034 461 034 07528 856 157 363 753
<b>NEIGHBOURHOOD PLAN</b>	www.cliddesdennp.wixsite.com/cliddesdennp	
<b>CLIDDESSEN COMMUNITY CONSERVATION GROUP</b>	cliddesdenconservation.org Alison Mosson (Chairman) Angie Fewster (Secretary)	alison@abe.co.uk angie@fewster.me.uk 07721 046 146 475 848
<b>JOLLY FARMER</b>	thejollyfarmercliddesden.co.uk theJollythai@gmail.com	358 288
<b>CLIDDESSEN PRIMARY SCHOOL</b>	www.cliddesden.hants.sch.uk Kenneth Davies (Headteacher)	321 571
<b>BROWNIES</b>	Sian Banks	333 151
<b>FARLEIGH PLAYGROUP</b>	Claire Nunn Melanie Gill	477 197 07833 528 040
<b>ST LEONARD'S DISTRICT CHURCH COUNCIL</b>	www.farleighcandoverandwield.org.uk Rectory: Vacancy Peter Raine (Church Warden) Val Gofton-Salmond Julian Nunn	peter.c.w.raine@btinternet.com 381 221 474 425 477 197
<b>FILM CLUB</b>	Ted Dowson edward.dowson@btinternet.com	817 238
<b>HORTICULTURAL SOCIETY</b>	www.ellisfield.org.uk/hortsoc.html Marilyn Smith	462 584
<b>WOMEN'S INSTITUTE</b>	Janet Fagg (President) Pat Rampton (Vice President) Julia Ross (Secretary)	jkfagg@gmail.com jrsidhat@gmail.com 461 034
<b>CLIDDESSEN COMMUNITY CHOIR</b>	Ross Palmer rockaxe@gmail.com	359 413
<b>CLIDDESSEN &amp; FARLEIGH WALLOP EDUCATIONAL TRUST</b>	Vicky Tibble (Secretary & Treasurer) admin@portsmouthstates.co.uk	Vicky.tibble@outlook.com By text to: 07552 927 692
<b>AGE CONCERN</b>	The Orchard, White Hart Lane, Basingstoke RG21 4AF reception@ageconcernbasingstoke.freemove.co.uk	423 874
<b>B/STOKE ASTRONOMICAL SOC</b>	www.basingstokeas.org.uk	
<b>HILL &amp; DALE</b>	Jean Frost (Editor) Ben Maunder (Distributor)	hillanddaleeditor@gmail.com 327 859
<b>VILLAGE ARCHIVE</b>	www.cliddesden-archive.uk David Brown dave@cliddesden-archive.uk	
<b>VILLAGE NEWSLETTER</b>	Editor: David Brown Copy date 20th preceding month to: bootofthedailybeast@gmail.com	
<b>CLIDDESSEN CHAT</b>	www.facebook.com/groups/cliddesdenchat	