

FOUR MARKS PARISH COUNCIL Parish News - Sarah Goudie, Parish Clerk

This month is a bit of a milestone. I have now been Clerk to the Council for 6 years and looking back over those years I am quite proud of the various achievements and improvements that the Council have been instrumental in bringing about during my time in post.

This month's news includes the co-option of a new Councillor, Neil Bonter, who formally joined the Council at July's meeting. Neil is already a well-known member of the community as the Chief Executive of Streetwatch and will bring another new dimension to the Parish Council and we look forward to his contribution.

FOUR MARKS 10K

Despite being one of the hottest days of the Summer, over 70 runners turned up on the day and ran either the



10k or the 4k, some coming as far away as Purbeck, Dorset.

Full results and times are on the website, however congratulations to the overall male winner, Stuart McLay, who completed the course in a very fast 38.06 and female overall winner, Claire Tillyer, in 51.26.



The Parish Council would like to thank our sponsors: Alton Sports for the prizes, Garthowen Garden Centre for providing a water stop and impromptu and very well received 'run through' shower, and Naked Grape for the water to keep everyone hydrated.

Thanks too, to Four Marks & Medstead Rotary, Streetwatch and everyone else who turned up to volunteer on the day, and of course to Philip Scrase from Alton Runners who co-ordinates the run on our behalf and without whom the event just would not happen. This was our third year and each year we learn something new, but judging by the positive comments, this year we nearly got it right, apart from the weather of course, which is out of our hands!

Four Marks Primary School organised the children's races this year, and they had nearly 30 entries, for the both the 500m and 1km runs. Thank you to Emma, who is already planning next year's event.

We are already looking forward to next year, and hopefully will have a date soon.

FURTHER VILLAGE IMPROVEMENTS

As part of our ongoing village improvement programme, the Parish Council has provided some new

style notice boards, which have now been erected at Oak Green, Swelling Hill Pond and the Recreation Ground. Each has the postcode for identification purposes, so if there is an incident at any of these sites, the location can be given to the emergency services.

By the time you read this, I am hopeful that the final outstanding project may well have also been completed - to replace the cemetery gates, which are in excess of 50 years old and have gone passed the authentic ancient look to that tired, broken and dilapidated look.

Sadly we are rather worryingly experiencing some mindless acts of vandalism at the Recreation Ground at the moment so if you see anything suspicious please ring 101.

If you have any other ideas for improvements to the village please let me know either by contacting the Parish Office or by attending any Council or Committee meeting.

As a result of discussions at the July Council meeting it has become necessary to hold an Extraordinary Full Council meeting in August. This will be held on Wednesday 15th August 2018 at 7:30pm in the Village Hall, and is being held solely to discuss and agree the draft promotional material and final details for a public consultation on the provision of community facilities within the Village. Full details will be published in next month's Four Marks News as well as being widely publicised in the local press, social media sites, websites and notice boards to ensure full community participation.

EAST HANTS DISTRICT COUNCIL

Ingrid Thomas
District Councillor

The developments currently under construction have been causing a great deal of distress to residents who are suffering from dust over everything, noise and having to stay inside with the windows shut during our current heat wave. Every sympathy goes out to all those affected, the environmental health team at East Hants have now served notices on both Bellway and Bargate with regard to noise and dust and will be monitoring the sites closely. Lets hope that things improve considerably.

At the Bellway liaison meeting this week a vivid description was given of the noise created by banging a metal silo with a metal pole early in the morning. Such behaviours should not happen when existing neighbours are so close; these development companies need to show more respect for their neighbours.

I would like to draw to your attention the application that has been received by East Hants to add another 58 houses to the land already being developed behind Friars Oak. This is a speculative application in a similar way to the Gladman application a couple of months ago. We have more than a five year housing land supply, it is not an allocated site and therefore building

in the countryside, all local plan policies have full weight. It would be helpful if you could once again put pen to paper or keypad to work to write a letter of objection to this application (through the planning pages at East Hants ref 25256/045) As the application is against policy it should be refused but the applicant is likely to go to appeal and the strength of local opinion would help the case.

Another meeting about the Benjamin children's homes was held this week. It is very disturbing to hear that boys are still climbing on the roof of one of the houses, items are being thrown into neighbours gardens, rubbish left on the pavement and once again a boy has gone missing. The residents who go along to these meetings are very concerned about the care of these children and the effect the ongoing activities have on the lives of other residents. We continue to try to get improvements to the situation.

Yesterday the first prosecution case went to court for fly tipping, however the case has been adjourned until September. A considerable amount of time and money is spent clearing away these fly tips, an officer is now employed to look for evidence at each incident. If there is any evidence of addresses or other identifying evidence the officer can then begin the long process of collecting evidence, interviewing suspects and eventually getting the case to court.

Please remember that if you have rubbish taken away from your home and the person who collects that rubbish from you fly tips it you can be prosecuted. The collector must have a license and provide you with paperwork to show where he will take your rubbish.

There is a collection service available through the East Hants/ Winchester district council partnership who will remove large unwanted items at a reasonable cost.

I hope to be able to give details of a parking survey that we are in the process of setting up in the near future. The aim will be to find out who parks where, for how long and how often, I would encourage you to take part in the survey when it happens as it is a way for you to be involved in future car parking strategy.

We are about to suffer a period of car parking on the A31 as various closures happen and the traffic grinds to a halt. The purpose is to resurface the road which is probably worth the inconvenience so let's be patient!

As ever, if I can be of any assistance to you on any District Council matter please contact me. 01420 561552 or email: ingrid.thomas@easthants.gov.uk.

Ingrid Thomas

East Hampshire District Ward Councillor for Four Marks and Medstead

On 29th August 1842 Great Britain and China signed the Treaty of Nanking, ending the First Opium War. As part of the treaty China gave the territory of Hong Kong to the British.

COUNTY COUNCIL REPORT

**Mark Kemp-Gee, County Councillor
Alton Rural Division**

☞☞ If there was an apt description for Four Markers in July this year I think it would be 'hot and frustrated!' Although we are unable to control the weather, the endless traffic hold-ups caused by the current housing development boom, together with the accompanying need for substantial utilities work, has been at the root of the problem.

Your elected representatives, and indeed our Councils' Officers, are doing everything we can to alleviate matters but we cannot turn back the 'tsunami' of building and infrastructure creation all occurring at the same time although we warned that it would happen. And now, after enduring sewage then electricity works on the A31 (and many adjacent minor roads) we are now facing, as I write, the closure of the main road for seven nights (8pm until 6am) from 24 July (avoiding weekends) between the Lymington Bottom and Telegraph Lane junctions for major resurfacing works.

The area to be resurfaced include the running lanes of the A31 and is in excess of 11,000 square metres with structural binder repairs as well. To do this work properly County Highways need some ten resurfacing shifts. The road needs to be completely closed as this will allow other elements of work, mainly planing operations and the adjustment of ironwork (gulleys and manhole covers etc.), to be carried out simultaneously at different locations throughout the site. Also, there will be a large number of haulage vehicles on site to transport away the old surface as it gets planed off. Finally, there will be a significant refurbishment of the hatched areas surface markings.

With the safety of residents and the workforce being paramount, County Highways cannot guarantee vehicular access to all properties in the affected areas at all times, but we are always considerate to access needs that residents may have during the working hours when safe to do so, so these will be accommodated. If residents have to leave or gain entry to their houses during any of the night shifts then they should speak to the operatives on site who will be able to inform them of the location of the works on that particular night and whether they may experience a delay or need to make alternative arrangements.

I realise that all this will bring further inconvenience but ultimately County is fulfilling its statutory obligation to keep the highway safe for all users, the residents and the workforce, whilst the works are being carried out.

The shocking lack of forward planning that has allowed all these housing developments to happen at the same time is a function of the planning system and that is what needs reform. Those of us left 'holding the baby', as it were, are nevertheless plugging away by cajoling the local authorities to think and plan ahead.

Continued overleaf

CIVIC BUSINESS

To that purpose, we have arranged a high level meeting at County Hall on 31 July with Highways Officers to discuss the following local issues:

- explanation of the s106 highways contributions available for projects benefiting Four Marks and Medstead
- planning a way forward for investing these s106 monies
- forward planning for the Four Marks junctions onto the A31
- pedestrian rights over the Boyneswood Road Bridge
- easing of the Blackberry Lane/Lymington Bottom junction
- improving sight-lines at the Brislands Lane/Lymington Bottom junction.

It should be an interesting meeting and I will be accompanied by District Councillor Ingrid Thomas together with Janet Foster and Sarah Goudie, Chair and Parish Clerk of the Four Marks Parish Council, as well as two representatives from Medstead Parish Council. I look forward to telling you how we get on in my next article in the Four Marks News. As always do contact me if there are any County Council matters I can assist you with and my contact details appear in the usual place in this edition.

Parish Council Meetings



Wednesday 1st August
7:30pm Planning Committee
8:30pm Open Space Committee
Village Hall

Wednesday 15th August
7:30pm Extraordinary Full
Council Meeting
Village Hall

For Agendas and Minutes please go to the website
(or contact the Clerk - 01420 768284)

www.fourmarksvillage.co.uk

Buy FOUR MARKS NEWS at

Arrows Off Licence, Cato Computers, Cedar Veterinary Group Clinic, Church of the Good Shepherd, Clementines, Co-operative Store at *The Windmill*, First Impression, Four Marks Golf Club, Four Marks Pharmacy, Four Marks School, Garthowen Garden Centre, Norman Read, R G Rivers, The Naked Grape, Triple fff Brewery Shop and Village Flowers.

Or order your copy from Handy Stores and have it delivered with your newspapers.

On 27th August 1900 Britain's first long distance bus service began between London and Leeds. The journey time was 2 days!

COMMUNITY NOTICE BOARD

WATERCRESS MEDICAL GROUP
Louise Webb, Deputy Practice Manager
www.watercressmedical.co.uk

Surgery Opening Times

Monday to Friday 8am - 6:30pm
(Tuesday to Friday 7am - 8am **pre-booked appointments only**)

Dispensary Opening Times

Monday to Friday 8:30 am - midday & 3pm - 6:30pm
01420 562922; Fax: 01420 562923; Out of Hours 111.

Samples - We would like to remind patients that all samples placed in the collection box at reception should have been requested by a clinician. From 1st July, all samples placed which have not previously been requested will not be tested and will be disposed of. If any patients feel they may be suffering with a urine infection, they must book an appointment to see a nurse in order to have some observations taken.

Art Exhibition -We have two new exhibitions on display within the surgery. Hampshire artist, Catherine Cook is currently displaying her artwork, and local young photographer Algie Webb is displaying some of his photographic portfolio.

www.thecatherinegallery.co.uk;
www.algiwebbphotography.com

Charity Bookcase - Thanks to the generosity of our patients, we raised over £79 for Hart Wildlife last month. During August, we will be raising funds for Brain Tumour Research. Our stocks have depleted, so if you have any unwanted books, jigsaws, or similar, we would welcome any donations.

Car Park / Road Layout - As many of you will know, a 'stop' sign was put in place on the road for the new housing development as per the planning permission plans. However, this appears to have been removed again. We are awaiting more information from Miller Homes as to the next step. In the meantime however, we would ask for all visitors to the surgery to take care when entering and leaving our car park.

GDPR - In line with changes to data protection, we have updated our Privacy Policy. We would ask for all our existing patients to take a moment to read the policy which is available on our website and within the surgery.



THE PATIENT GROUP

IANFIELD PARK SURGERY, MEDSTEAD

Patients helping Patients

The benefits to patients from participating in Patient Group activities are explained in a brochure which is planned to be available in the Surgery during August. Please be sure to take a copy.

On our website is advice from the NHS on how to cope with the heatwave (at the time of writing) but by the time you read this it may well be pouring with rain! Our Clinical Commissioning Group is seeking input

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from patients on a number of initiatives in GP Primary Care. Details are on the Patient Group website.

Although the Practice works with our neighbouring surgeries in the A31 Community Wellbeing Hub, our immediate Hub partners for shared Primary Care services are the surgeries at West Meon and Alresford. I have asked the Four Marks Care Group to cost the journey to West Meon, as it cannot be reached by public transport.

Enquiries/questions to Chris King-Smith at mansfieldparkppg@btinternet.com

BOUNDARIES SURGERY
Kevin Evans - Practice Manager
www.boundaries-surgery.com

01420 562153

Surgery Opening Times
Monday to Friday 8am-6:30pm

For Out-of-Hours non-emergencies please call 111. This number is the first contact point for Hantsdoc, who provide our Out-of-Hours service and are based at the North Hampshire Hospital, Basingstoke. In an extreme emergency do not hesitate to call 999.

• **New initiative to improve access to routine appointments...**we are working with Bentley Village Surgery, Chawton Park Surgery and The Wilson Practice to offer patients access to additional GP and nurse appointments. It is now possible to book a routine appointment with a GP or nurse on weekday evenings until 8pm and on Saturday mornings from 8am to 10am. To access these appointments you can either speak to a member of our reception team by popping into the practice or phoning us, just as you would do with a regular day-time appointment. If available, you will be offered an appointment at either Chawton Park Surgery or the Alton Health Centre. These surgeries are staffed by doctors, nurses and healthcare assistants from across the A31 Group of Practices. You will be asked for your consent before an appointment is made with a clinician who does not routinely work for Boundaries Surgery; if you provide consent it will enable that person to see your medical records and enter the details of your consultation into them. It is not currently possible to book these appointments online because of the need to register consent.

• **The A31 Community Wellbeing Hub...**the 'A31 Community Wellbeing Hub' is an initiative by five General Practice Surgeries, all linked by the A31 (hence the title), to enable their patient communities to interact with a variety of organisations that can assist in providing specialist support or useful information across a wide range of topics. The five surgeries are: Chawton Park, Boundaries, The Wilson Practice, Bentley Village Surgery and Watercress Medical.

• The Hub will be run on a drop-in basis, where people can find out more or share experiences or knowledge in a relaxed and social atmosphere, with a

cuppa! For more information please go to <https://www.a31communitywellbeinghub.com>

• **How to see a Practice Nurse...**the practice nurse clinics are by appointment only, though we try to leave spaces for urgent problems. One of the nurses is on duty from 8.30am - 12noon, and from 4pm - 6.30pm (Monday - Friday). The practice nurse can do a wide range of procedures including dressings, injections, immunisations (routine and travel), ECGs and hearing tests. The nurse is also able to do health checks and advise on smoking, alcohol, diet and exercise.

• **During June...**the number of missed appointments at Boundaries amounted to 64, which is the equivalent of **13 hours** of doctors' surgery time. Disappointingly, this number of 'did-not-attends' (DNAs) is more than the number we published last month and represents a considerable amount of time that could be spent with other patients. Once again we do ask that you please call the surgery if you can't make an appointment; we fully understand that, sometimes, things just happen. As always, a big 'thank you' to all patients who do turn up on time and to those who cancel an appointment that they no longer need.

• **Four Marks Pharmacy services...**we continue to be aware of feedback with regards to Four Marks pharmacy and are in touch with them to ensure that our prescriptions are received and processed in good time. Operational changes are ongoing at Four Marks pharmacy, and the pharmacy has expressed that it is committed to getting things right for us all here in Four Marks. We are still advising, however, that 4 working days are allowed for picking up repeat prescriptions from there.

*Did you know?...*free wi-fi is available while you are in our waiting areas. Just ask at Reception for help with logging-in.

*And finally...*The next Patient Participation Group meeting is scheduled for 22nd August at 7pm, in the meeting room at the rear of the surgery. If the PPG is of interest to you, then please feel free to come along.

ANAGRAM CORNER - DEREK SEATON

No connection between these words, just four words chosen at random:

URP	NMD	RR	GRO
OO	EE	EEE	ANS
LEG	RIO	MBM	IE

Answers to last month, in case you did not get them all:
PUGILIST MARATHON REMEMBER ORGANISE

Pay Rise

Martin demanded of his boss, 'I must have a pay rise. You should realise there are three other companies after me.'
'Really?' replied Martin's boss, 'And who might these companies be?'
'Southern Electricity, British Gas and British Telecom', answered Martin.

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ROTARY NOTES

Roy Roberts



New President Sets Out Plans

Four Marks and Medstead Rotary's new President, Phil Talbot, has been setting out his plans for the year ahead.

In a presentation to members, Phil said one priority was to sustain the momentum the club has built up over the first nine years of its existence in playing a full and active role in community life in Four Marks and Medstead by helping out at village events such as fetes, picnics and firework displays. •Phil, who is a former teacher and head of sixth form, said he also wants the club to maintain and develop initiatives with local primary schools, involving pupils in competitions such as Young Writer, Young Photographer, Young Musician and Young Technologist. •In these competitions, local winners can progress to regional and national competitions organised by Rotary.

Phil wants Four Marks and Medstead (4MM) Rotary to continue to raise funds and support the King's Arms Centre for Young Carers, based in Petersfield, which provides help and support for young carers in Four Marks, Medstead, Alton and elsewhere in Hampshire. •Last year, 4MM Rotary raised £1400 for this charity.

At the same time, 4MM Rotary will also be supporting Rotary's international initiative, 'End Polio Now'. •Phil said, "This initiative, in partnership with the Bill and Melinda Gates Foundation, has helped to eliminate this lethal and debilitating disease from all but two countries in the world."

He added, "I aim to increase our profile locally and to try to increase our membership of enthusiastic, willing and sociable people committed to putting something back into the local community and living up to the Rotary motto of 'Service before Self'."

Phil was installed as President by his predecessor Sally Duncan at the club's Charter Night, which is an event that marks the start of a year of activity. •For many Rotary clubs, this is a formal 'black tie' occasion, but 4MM Rotary are a much less formal club, with the event being an outdoor supper party in the garden of Phil and Catherine Talbot's home, with not a single black tie in evidence.



Last year's President, Sally Duncan, was thanked for her efforts in the past year, notably her success in fundraising for the project to develop the Broadlands Riding for the Disabled Centre in Medstead.

Anyone interested in more information about becoming involved with 4MM Rotary should look at www.4mmrotary.org.uk or call Mike on 01420 561144.

A Light Bulb Moment...

Former member John Wallace, who is involved in advising industrial and commercial organisations and local authorities on lighting installations, gave members an insight into some of the latest issues in this field.

He said that some health concerns had been raised about the widespread adoption of LED lighting in the home and public spaces. •Fears have been raised that



the characteristic blue light can be linked to illness, but John likened this fear to the concerns that had been raised initially that television sets emitted

dangerous radiation, or that the original development of the railway system had associated health risks.

He described the financial and environmental benefits of adopting LED lighting for public spaces and for highways as well as the home, and explained that warmer and 'less blue' LED lights were increasingly becoming available, including light bulbs which offered the user a choice between a warm light and a blue light from a single bulb. •His advice to the consumer was to use warm lighting when possible, and also to use dimmers to save energy and extend the life of bulbs. •He suggested that it was wise to buy bulbs from recognised brands, and to avoid using blue LED lights at bedtime.



FOUR MARKS CARE

Bob Ridley, Publicity

www.fourmarkscare.org.uk



The Annual Four Marks Village Picnic

We were very pleased to erect our super Four Marks Care gazebo at the Four Marks Village Picnic. Many thanks to the Church



of the Good Shepherd for organising it; the Picnic is always a very popular & well-attended event. Here is a view of our blue gazebo, alongside other stands, on the nice sunny day:

This year at the Picnic we concentrated on explaining who we are, what we do, and therefore our reason for being. We did this by answering some questions...

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Who are we?

Four Marks Care is a local voluntary, charity Neighbourhood group within Four Marks village. We were set up a little more than 40 years ago to help those people, young and not-so-young, who would appreciate a little neighbourly assistance to attend non-emergency medical and dental appointments.

What do we do?

Here are some imaginary examples to illustrate how we assist our clients:

Betty has to go to Ropley surgery next week for a special jab. She doesn't drive and can't walk too far; so we'll help her by giving her a lift to and from her appointment.

Jack is booked to have an operation in Winchester hospital in two weeks time; we will take him there and arrange to bring him home when he is released.

Mary's husband Ken is in Basingstoke hospital, and the bus service is just impracticable. We'll take her to visit her husband one afternoon and return her safely to her home.

Bill has a dental appointment in Normandy Street, Alton. FMC will give him a lift to the dentist; then wait for him and bring him home.

How do we do it?

We have a team of authorised volunteer drivers who use their own duly-insured cars to transport clients-in-need who live within Four Marks. We invite clients to make a donation to Four Marks Care for us to then reimburse just the driver's expenses.

We have a team of coordinators who take turns to be on call and receive telephone requests from clients. The duty coordinator then arranges a driver to meet the request.

As Four Marks Care is an official charity, our committee of trustees manage our affairs in accordance with guidelines from Hampshire's Good Neighbours Network.

Providing such a dedicated service to people-in-need in Four Marks may well enable them to remain in their own homes and retain their independence.

We are very keen to hear from Four Marks residents who would like to seek our help, and we are always pleased to invite more volunteer drivers to help transport locals in-need to non-emergency medical appointments. Once authorised, volunteer drivers determine their own availability, and use their own cars to provide the service, then receive a monthly reimbursement of their travel expenses. Our website provides much more information, and if you have a particular enquiry please email us at:

info@fourmarks-care.org.uk. If you would like to talk to someone, our Duty Coordinator can be contacted on: 01420 564435. So now let's hear from you!

Don't leave it too late. Be aware of your prostate!

Every hour a man dies from prostate cancer. That's 10,900 deaths a year. In the next twelve months 44,000 men will be diagnosed with the disease. The number of men diagnosed per year has already overtaken the number for breast cancer. By 2030 prostate cancer is set to become the most common cancer overall in the UK.

Most cases occur in men over fifty. One in eight men gets prostate cancer. Black men have a one in four chance of getting the disease. If there is a family history, these risks increase even more. These are stark and worrying statistics



[There is a lot of ignorance about the prostate. It is a very small gland, about the size and shape of a walnut. It sits under the bladder and surrounds the urethra – the tube through which men pee. It's no surprise therefore that one possible worrying symptom is the need to urinate more frequently and at night. But sometimes there are no symptoms of the disease at all!]

Like all cancers, early detection can save lives. The answer is simple: know the symptoms, get checked if you are worried. A simple blood test is all that it takes. Become more familiar with the disease before it becomes too familiar with you. Look at the information on the Prostate Cancer UK website; it will give you everything you need to know.

If you, or someone you know, is already one of the 400,000 sufferers, then why not join your local support group? The North Hampshire Prostate Cancer Support Group (NHPCSG) helps men and their partners whose lives are affected. The Group meets monthly, offers friendship and support and has talks on health matters. Members share their experiences and feelings. As an old advert says "It's good to talk".

Looking after your health and general fitness can be especially valuable in combatting some of the effects of the disease and of its treatments, like fatigue for example. Members can take part in a weekly exercise class that Basingstoke Sports Centre has set up just for our Group.

Want to know more? Call: Alan Instone Chair of NHPCSG on 01256 764485.

FOUR MARKS BEER FESTIVAL



Saturday 29th September 2018
Four Marks Village Hall
Great Beers, live music from the
Zig Zag band.

Tickets on sale early Sept from The Naked Grape
and Triple fff Brewery.

www.fourmarksbeerfestival.co.uk