

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

### COMMUNITY BUILDINGS CONSULTATION

I hope everyone took the opportunity to complete and respond to the community buildings consultation survey or visit the 'drop in' session. Now the hard work begins, analysing the results, and summarising a proposal for the Full Council to consider and move forward with. This will be discussed at the Full Council meeting on 17<sup>th</sup> October.

The financial accounts for the year ended 31<sup>st</sup> March 2018 have been formally approved by the external auditor and the completion of audit notice and a copy of the accounts are available on the website.

**Open Space issues** - The Angling Club have raised concerns over bank erosion and ongoing silt issues at Swelling Hill Pond, so the Parish Council are hoping to work with them in the next few months putting together a maintenance programme to ensure the future of the pond.

There have been several incidents recently where members of the public have stepped in to assist with emergency issues such as treating wasps' nests, before the Parish Council had even been notified. Thank you to all concerned.

For clarity, the Recreation Ground and all the facilities contained within it are owned and maintained by the Parish Council. Contact details are on the notices around the ground. Please do not hesitate to contact the Parish Office if you see anything of concern.

A gentle reminder that motorised vehicles, of any description, are not allowed on the areas of green space at any time unless there is an organised event.

Also, if you wish to use the Recreation Ground for large gatherings, events or hold fitness classes of any description, the Parish Council needs to be contacted for approval. Whilst the Parish Council are more than happy for these activities to take place, to ensure there is no risk to other members of the public using the ground, a disclaimer needs to be signed for insurance purposes. The rules of use for the Recreation Ground are available on the website.

***As always members of the public are welcome at every Council or Committee meeting and have the opportunity to speak at the beginning of every meeting, or you can contact me at any time by email or telephone with any Parish related queries, questions or concerns.***

### EAST HANTS DISTRICT COUNCIL

**Ingrid Thomas**  
District Councillor

This week it seems as if Autumn has arrived and several people have asked me about events at Christmas! This was primarily about the parking arrangements for the Christmas Festival and Small Business Saturday in Alton and Petersfield.

There will be free parking for the whole weekend, which is the first weekend in December. There are plenty of activities planned so probably worth putting in the diary now!

Staying on the parking topic, when Partners magazine is published in November you will find your free parking voucher inside. Please make use of it. There will also be other vouchers and competitions in this edition with some great benefits.

Partners magazine will also have details of the parking survey that will also start in November. As parking is one of my responsibilities at East Hants I would like to find out more about where, when and for how long people use various car parks. I want to hear resident's views so that future car parking policy can reflect how people use and want to use the car parks that belong to East Hants. It has taken a long while to get this survey ready so please try to complete it and have your voice heard in November.

At Four Marks school and in the surrounding lanes new yellow lines have been painted and new parking restrictions have come into force. Officers have been timetabled to visit the locality regularly and have been several times already, so please park sensibly and avoid a penalty notice.

I have had very few requests for grants so far this year so if you run or help at a local community group or charity that benefits our local community and have a project that would become possible with a grant please contact me. Grants are available for amounts from £100 to £1000 and the main criteria is that our community benefits in some way. In the past grants have been paid to the Festival Committee, Lunch Club, WI, Speedwatch and many more. The application procedure is simple - visit the East Hants website and download the form to be found under Councillor grants. Fill it in and drop into my letter box or Deborah's as we both have £4500 to benefit our community.

This month I continued working on the review of the Local Plan. This must be done every five years now, so I am trying to ensure that the best possible deal on any future housing for our villages is achieved. Now we are going through the existing policies and updating them so that they are compliant with changing Government policy. This process takes a long time because each policy must be supported by evidence that it is needed for example, the requirements on the number of parking spaces or the design of buildings must be investigated, considered and new policy written based on that evidence.

If I can be of help in any way or to let me know your opinions about issues that affect our villages that I may be able to assist with please contact me. 01420 561552 or email: [ingrid.thomas@easthants.gov.uk](mailto:ingrid.thomas@easthants.gov.uk).

**Ingrid Thomas**

East Hampshire District Ward Councillor for Four Marks and Medstead

# CIVIC BUSINESS

## PARLIAMENTARY BUSINESS

**Damian Hinds, MP for East Hampshire**

Just as another school year starts, Parliament reconvenes for what is likely to be another testing period of debate and negotiation. I remain firmly of the view that we must respect the results of the referendum. It is up to the elected Parliamentary body to work together to deliver the best possible deal for the UK. Of course there are many differing opinions on how this should be done, and correspondence arriving in my inbox certainly reflects the broad spectrum of views that exists just within East Hampshire.

Away from Parliament, September often signals an important time of change, and is often a time when people start new jobs or consider moving jobs, and people reflect on where they're heading and how they use our time.

With that in mind, I'm delighted to be hosting **New Directions** again this year; a free one-day event that brings together **employment, training and volunteering opportunities for the over 50s**.

With up to 50 exhibitors and a series of talks and workshops running in parallel to the main exhibition, the event is a great opportunity to meet and talk to a wide range of organisations keen to help people put their skills to work in a new direction.

Older workers have so much to offer organisations, whether in paid employment or indeed in a voluntary capacity. Their life experience often brings knowledge and skills that are highly valued by employers, and much needed within the voluntary sector. And it's these capabilities that the New Directions event aims to shine a spotlight on.

**Google** will be leading sessions on how to manage your presence online and how to navigate the new world of digital recruitment, and **Nat West** will be running a workshop on scam prevention.

The RHL charity will once again be offering **free health checks**, and the Alton branch of the WI will be back to run the café, providing a range of refreshments for visitors and raising funds for local charities through their efforts.

Although aimed at those over 50, the event is open to anyone who has an interest in seeking out a new direction, and I look forward to welcoming everyone on the day.

New Directions will be at Alton College, between 11am and 4pm, on Friday 26<sup>th</sup> October.

More details are available at [www.newdirections2018.eventbrite.co.uk](http://www.newdirections2018.eventbrite.co.uk), where there is also the opportunity to register in advance.

Damian can be contacted at [damian.hinds.mp@parliament.uk](mailto:damian.hinds.mp@parliament.uk) or on 0207 219 7057, with more news and information available at [www.damianhinds.com](http://www.damianhinds.com).

## SUDOKU- ANSWER PAGE 28

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### Across

- 1 - Reveal (6)
- 4 - Academy Awards (6)
- 9 - Value greatly (7)
- 10 - Looked up to (7)
- 11 - Slumbered (5)
- 12 - Entrance hall (5)
- 14 - Island in the Bay of Naples (5)
- 15 - Delicious (5)
- 17 - Rope used to catch cattle (5)
- 18 - Puts out of shape (7)
- 20 - Large flightless bird (7)
- 21 - Bog; confused situation (6)
- 22 - Act of union (6)

### Down

- 1 - Forgive for a fault (6)
- 2 - Goes before (8)
- 3 - Move from one place to another (5)
- 5 - Nerve impulses (7)
- 6 - Partly open (4)
- 7 - Hard to digest (of food) (6)
- 8 - One who presides over a meeting (11)
- 13 - Formal approval (8)
- 14 - Evergreen conifer (7)
- 15 - Boredom (6)
- 16 - Burrowing rodent (6)
- 17 - Espresso coffee and steamed milk (5)
- 19 - Number after three (4)

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# COMMUNITY NOTICE BOARD

## WATERCRESS MEDICAL GROUP

**Louise Webb, Deputy Practice Manager**

[www.watercressmedical.co.uk](http://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.

**Flu Vaccination Clinics** - We are now running our flu vaccination clinics. In line with NHS England guidelines, this year we are providing an adjuvanted trivalent flu vaccine for those patients aged 65 and over. Based on evidence, the Joint Committee on Vaccination and Immunisation (JCVI) concluded at its October 2017 meeting that the adjuvanted trivalent flu vaccine is more effective in those aged 65 and over compared with the 'normal' vaccine currently used in the UK for this age group. NHS England has also stated that the quadrivalent vaccine (covering all four influenza strains) should be used for all other eligible patients (those aged under 65 in an 'at risk' group).

To avoid any confusion, and to ensure people are given the appropriate type of vaccination, we are running different age group clinics. All dates and details are regularly posted up on both our website and our Facebook page.

If you are eligible for a flu jab, we would ask that you support your GP surgery by having your jab with us.

**We are holding a Saturday morning flu clinic on Saturday 20<sup>th</sup> October from 9am to 11am for any patients who are eligible for a free flu jab. This is a 'walk-in' clinic, therefore booking is not necessary.**

**Evening and Weekend Appointments** - Mid-Hampshire Healthcare, a GP Federation delivering multiple clinical services across the mid-Hampshire location covering 18 GP Practices and 213,000 patients now operate 2 x GP Access hubs to give patients additional access to Primary Care Services specialist on evenings and weekends. This service was commissioned by West Hampshire CCG.

Our GP Access Hubs are located in Andover and Winchester and provide Pre-Bookable and Same Day appointments:

### Opening hours

- 5pm to 8pm Monday to Friday
- 8am to 4pm Saturday (to 12pm Andover)
- 8am to 12pm Sunday

### Locations

- Andover War Memorial Hospital, Andover, SP10 3LB (next door to MIU)
- Badger Farm Surgery, Winchester, SO22 4QB (next door to Sainsburys)

Please visit our website or contact Reception for further information.

**Charity Bookcase** - During September we have been raising funds for Childhood Cancer Awareness. During October, we will be raising funds for Macmillan Cancer Support (Go Sober for October).

**Care Cars** - Just a reminder for all patients located in Four Marks and Medstead that care cars are available to take people to non-emergency medical appointments at hospitals doctors and dentists physio etc. When calling the number, the duty coordinator will take a message and arrange a driver for the patient's appointment and then ring them back with details.

If anyone is interested in becoming a volunteer driver then please call the same number: 01420 564435. Or visit the following websites:

[www.fourmarkscare.org.uk](http://www.fourmarkscare.org.uk) or

[info@fourmarkscare.org.uk](mailto:info@fourmarkscare.org.uk).



THE PATIENT GROUP

MANSFIELD PARK SURGERY, MEDSTEAD

### *Patients helping Patients*

The new brochure explaining the roles and activities of the Patient Group is available in the Surgery.

Those of us with longer memories will remember the unfortunate circumstances many years ago which led to the division of Boundaries Surgery to form what eventually became Mansfield Park Surgery, both serving the local community. Has the time now come to look at whether their reintegration would yet again produce a single Primary Care Centre for the community, with enlarged and enhanced facilities for patient care?

Chris King-Smith, Chair, Mansfield Park Patient Group

## BOUNDARIES SURGERY

**Kevin Evans - Practice Manager**

[www.boundaries-surgery.com](http://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.**

• **Online access...** by the time you read this October issue of Four Marks News all patients will have received a letter explaining the changes to our provision of online services, e.g. repeat prescriptions, booking appointments, etc. The letters include new login and access details, which enable the creation of a personal and secure account with one of the service providers. Please be reassured that these service providers are all NHS Approved partners and who offer a much improved means of communicating with us online. Please be aware that only one email address can be linked to each new online services account. Due to the secure nature of the application, shared email addresses cannot be used.



# COMMUNITY NOTICE BOARD

One of the service providers we have provided details for - Dimec - currently provides a medication-only provision (ordering repeat medication) through its App but does not provide for the booking of appointments. Both Patient Access and Evergreen life also provide mobile Apps as part of their online service delivery. If anyone has any difficulty with logging in, then please do get in contact with us at the surgery.

- **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.

- **Travel Vaccinations...** if you think that you may require vaccinations relating to foreign travel, you need to make an appointment with a practice nurse to discuss your travel arrangements. This would include which countries and areas within countries that you are visiting to determine what vaccinations are required. It is important to make this initial appointment as early as possible - at least 6 weeks before you travel - as a second appointment will be required with the practice nurse to actually administer the vaccinations. Vaccines normally have to be ordered as they are not a stock item. Your second appointment needs to be at least 2 weeks before you travel to allow the vaccines to work.

Some travel vaccines are ordered on a private prescription and these incur a charge over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS. To help us offer the appropriate advice we would encourage patients to fill in our Travel Health Questionnaire.

- **We would once again...** Like to draw your attention to two voluntary groups who provide support services into our local community.

- **One group is probably more well-known in the area, Four Marks Care...**Four Marks Care is a local voluntary group, whose volunteer drivers take elderly and/or less-able villagers to attend non-emergency medical appointments. Their coordinators take phone calls from those who are in such a need and then

arrange drivers to assist. They are always keen to welcome new volunteers, but also to encourage those who need transportation support to get in touch. More information about this wonderful local service can be found at [www.fourmarkscare.org.uk](http://www.fourmarkscare.org.uk), or email them at [info@fourmarkscare.org.uk](mailto:info@fourmarkscare.org.uk), or telephone the duty coordinator on 01420-564435.

- **The second group is CAP...**the award-winning national charity CAP (Christians Against Poverty - [www.capuk.org](http://www.capuk.org)) offers a free local Debt Help Service for people living in the Alton, Four Marks and Odiham area. CAP - which serves 12,000 clients nationally through a network of 300 centres - provides a uniquely in-depth, caring service to people with spiralling personal debt. The Alton Debt Centre has its own Centre Manager, Mark Rumsby. The Alton Centre has been running since 2014 and seen over 100 enquirers, representing households with 135 adults and over 80 children; 26 households have already become debt-free. If you know anyone who has a debt problem, please encourage them to phone CAP's national helpline 0800 328 0006 or contact Mark at [markrumsby@capuk.org](mailto:markrumsby@capuk.org).

## Parish Council Meetings



**Wednesday 3<sup>rd</sup> October**  
**7:30pm Open Space Committee**  
**8:30pm Planning Committee**  
**Village Hall**

**Wednesday 17<sup>th</sup> October**  
**7:30pm Full Council Meeting**  
**Village Hall**

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

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

## MAGAZINE MATTERS

**FOUR MARKS NEWS**  
**Circulation Manager needed**

The Management Team at **Four Marks News** are looking to recruit a Circulation Manager to join our small team of volunteers. The principal duties are the distribution of the magazine and collection of monies from our outlets around the village so access to suitable transport would be essential. The Circulation Manager also attends the monthly Management Committee meetings.

If you would like to learn more about this interesting voluntary position please telephone the Editor (01420 563929) who will be pleased to provide more information. There will be the opportunity to meet the team at a monthly meeting before making any commitment.

# COMMUNITY NOTICE BOARD



**FOUR MARKS CARE**  
Bob Ridley, Publicity  
[www.fourmarkscare.org.uk](http://www.fourmarkscare.org.uk)



## Many, many thanks once again to Rod & Trisha Rymer

We had another lovely end-of-summer garden party in our chairman's back garden. They had arranged lots of tables & chairs for us in their back garden, together with the super Four Marks Care gazebo. Here's a photograph of everyone seated at tables and enjoying themselves at the end of our dinner, which again was really nicely prepared and presented by Trisha. Rod and Trisha are super hosts, and they had a good attendance of about 30 people.



We were lucky with decent weather. Not too hot, but at least dry and sunny!

As usual a few members were unable to attend owing to other commitments, but those who did manage to come had a super time. Indeed, such get-togethers provide a very good opportunity for old and new members to join in, make new friends, & share their experiences! Assisting residents-in-need to get to medical appointments is a very satisfying activity.

So let me again say we are always keen to welcome new members to Four Marks Care - primarily to boost our team of authorised volunteer drivers. They use their own cars, receive reimbursement of expenses, determine their own availability, & typically do one trip a week to help elderly and less-able villagers attend non-emergency medical appointments. Our volunteer coordinators take turns to receive clients' telephone requests & then arrange drivers to assist. Our committee of trustees manage our affairs in accordance with guidelines from Hampshire's Good Neighbour Support Service (GNSS). Our own website provides much more info, and if you have a particular enquiry, please email us at:

[info@fourmarkscare.org.uk](mailto:info@fourmarkscare.org.uk). If you would like to talk to someone, our Duty Coordinator can be contacted on: **01420 564435**. So we are still hoping to hear from you soon!

**On 20. October 1632 English architect Christopher Wren was born. He was responsible for the rebuilding of St. Paul's Cathedral following the Great Fire of London.**

## FESTIVAL COMMITTEE OPEN MEETING

The Festival Committee was formed almost ten years ago, instigated and driven forward by the late Pat Seward. The committee has been involved in a number of village projects, such as the Queen's Golden Jubilee Celebrations in 2002 as well as a number of recurring events. These include the St George's Day Celebrations in April, the Remembrance Day service and the Christmas Carols at Lymington Barns. The committee was also responsible for the installation of the War Memorial and the design and erection of the Village Sign.

Several long-standing committee members have recently stood down and there is an urgent need for volunteers to participate in the organisation and running of the recurring events in addition to planning future projects. An Open Meeting has been arranged at the Church of the Good Shepherd on Monday 15<sup>th</sup> October at 7pm. If you would like more information please come to the open meeting, which will be an informal event where you can speak to existing committee members and find out what is involved. The duties are not onerous and you would be making a valuable contribution to your village community.



### Letters to the Editor

Letters on topics about Four Marks, or likely to be of interest to NEWS readers are always welcome. Please write to The Editor or email [editor@fourmarksnews.co.uk](mailto:editor@fourmarksnews.co.uk) and include your name and address (although the address will be omitted from letters printed).

### Rushmoor Male Voice Choir - Roger Douglas

Come and hear the Rushmoor Male Voice Choir on October 27<sup>th</sup> at 7:30 pm, at the Church of the Good Shepherd, in Lymington Bottom. The choir performs at many venues, including churches of all denominations, care homes, schools, the Princes theatre in Aldershot, and The Royal Albert Hall. We sing a very varied programme, including popular music, show songs and light classics. Male Voice Choirs are always good to listen to, especially the RMVC. Tickets are £12 from Roger Douglas on 01420 562771;

[rapdoug\\_uk@yahoo.co.uk](mailto:rapdoug_uk@yahoo.co.uk); [cogsoffice@googlemail.com](mailto:cogsoffice@googlemail.com), and on the door. All the money from ticket sales are going to two charities: Karamoja in Africa, the church's charity and Action Duchenne. Duchenne Muscular Dystrophy is a really awful disease for which there is no known cure (as yet) and I make no apologies for telling you that my 10 year old grandson has this disease, so if you think this is emotional blackmail, you are correct. So dear people of Four Marks, Medstead, and surrounding villages, if you possibly can find the time on October 27<sup>th</sup> at 7:30 it would be much appreciated by all concerned. Have a pleasant evening listening to some great happy singing. Refreshments will be provided. Thank You All.