

# WELCOME THE WELL-LIT WINTER!

By Linda Bett

The days are getting shorter and the nights are getting longer, which can only mean one thing: Christmas is around the corner—and many of us are still at home most of the time, suffering the effects of poor lighting. From lessening the strain on your eyes when at a computer, to helping you settle down in the evenings before bed, good lighting can make a world of difference to your mental and physical wellbeing.

At Qbis, a Chandler's Ford based family-run business, we know the struggle. That's why we ask ourselves, *How can we make it better?*

As we enter the festive season, why not brighten your study with some fairy lights? With plenty of USB, battery or mains-powered options and damage-free wall hooks, you can let out your inner wall-artist and create a cosy workspace to fight off those winter blues.

As the workday (or homeday!) draws to a close and the sun begins to set, you could keep the

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qbisUK - Please like us!

## Winchester & Eastleigh Cancer Support Group

Friendly support group run by Survivors for Survivors

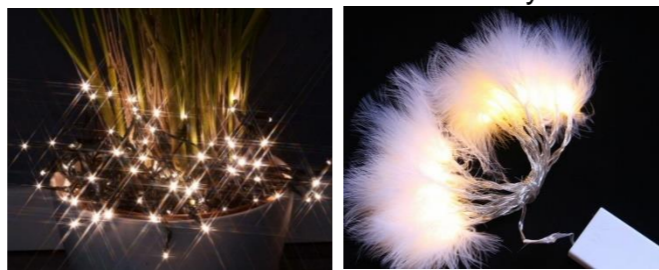
Winchester and Eastleigh Cancer Support is 33 years old! It is run by survivors, for survivors affected by breast or ovarian cancer. Its main aim is to provide a safe haven where people can get together and talk about whatever is on their mind.

With the current situation, members 'meet' online via Zoom on the 1st and 3rd Tuesday of the month at 7.30pm for 40 minutes. The group was originally called 'Winchester and District Living with Breast Cancer Group'. It was founded by Anita Clark following a conversation with Ginny Straker a former breast care nurse at The Royal Hampshire County Hospital. Ginny mentioned to Anita whether she would consider starting a group for those living with Breast Cancer in the area. The local vicar from Christ Church then, Eddie Shirras, kindly offered that the group could meet at the church for free! Ginny organised the first Breast Cancer Support meeting on the 3rd Dec 1987 and it ran for many years.

This group has now evolved into 'Winchester and Eastleigh Cancer Support' run by Jackie, Linda, Mary and Sandie. Please email [hello@winchesterbreastcancer.uk](mailto:hello@winchesterbreastcancer.uk) if you are interested in joining our zoom meetings. Alternatively, Breast Cancer Friends Hampshire UK ([https://www.facebook.com/groups/729282647102247/?ref=group\\_header](https://www.facebook.com/groups/729282647102247/?ref=group_header)) is managed by the lovely Sandie Evans for anyone who lives in Hampshire only & has been diagnosed with Breast Cancer either recently or in the past.

tranquil atmosphere simply by popping our Sunset lights into a clear vase or unused fireplace. Want to enjoy the crisp Holiday evening instead, or become *the* festive house on your road? Pimp out your porch with some classy cluster lights, or go crazy with a reindeer and some colour-changing Festoon lights!

As the world continues to adapt to the new normal, comfort should be at the top of everyone's priorities. It's important that we work to support one another and giving the gift of light is just one way to do that. From fun, feathered fairy lights, to subtle cotton ball lights or gentle Frosty Star Jars, there's a gift idea for even the most difficult to buy for!



# the Miller's Tale



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## LOCAL CYBER CHAMPIONS JOIN THE FIGHT AGAINST ONLINE CRIME

By Mike Anthony,

Eastleigh Neighbourhood Watch Association Chair

Neighbourhood Watch have worked with HantsPol CyberCrime Unit to launch the 'Hampshire Cyber Watch' initiative - a team of volunteer Cyber Champions trained to help fight cyber-crime across Hampshire. Our Cyber Champions will:

- Give direct help to anyone who is concerned about communications they have received, or believe they may be a victim of cyber-crime.
- Increase awareness of cyber-crime by giving talks to groups to spread the word about scams and ways to help keep safe online.



HantsPol Cybercrime Unit have so far vetted and trained 12 Neighbourhood Watch volunteers across Hampshire, (2 in Chandler's Ford) to become Cyber Champions to launch this service that is offered to any individual living in Hampshire (over the age of 13).

We can help you if:

- You think your computer has been 'hacked'
- Someone is asking you to pay a ransom
- You have received malicious messages
- You think you may have been targeted by fraud or scams
- You have lost information that could affect your privacy



To find out more about this service, please go to the Hampshire Cyber Watch website <https://hampshirecyberwatch.org/> where

**The South East Regional Organised Crime Unit says that:**

- 33.6% of all crime is fraud or cyber crime
- 3.24 million fraud incidents in 2018 – of those frauds 54% were cyber related
- 1.23 million other cyber crimes (computer misuse)
- You are more likely to be a victim of fraud or other cyber crime than any other type of crime
- Technology is now pervasive – this threat is not going away
- The impact can be devastating – particularly where your personal data is exposed or you suffer significant financial loss
- Many of these offences could be easily prevented.

requests for help from a Neighbourhood Watch Cyber Champion can be submitted. It is hoped, at a later date, to have a telephone line that can also be used to make contact.

Please tell your friends and family about this service and together we can fight back against cyber-crime.

For the latest advice on cyber security, please go to the National Cyber Security Centre (NCSC) website at

<https://www.ncsc.gov.uk/section/information-for/individuals-families>.

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the Information board



To hire the North Millers Dale Community Hall

Contact via Matt on 02380 274111 weekday 9:00 - 16:00 or email hoot@littledale.com

When you call please email: editor@nmdca.org.uk

Call Keyholder

Doreen Lewry 023 80 268562 doreen@nmdca.org.uk

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Articles or Advertising:

editor@nmdca.org.uk

Website www.nmdca.org.uk

North Millers Dale Community Association

Or drop articles into: 8 Weavers Place North Millers Dale



By the Editor

This is our third edition of the Miller's Tale since the start of the Corona virus pandemic. As in the previous two, we have been experimenting with having a running theme through some of the articles. This quarter we have decided on local art and artists. The idea germinated after a visit to the very talented Becks Porter's studio during Open Studio Week.

I apologise to the many local artists we haven't featured because we only have so much space available in the newsletter. I hope you will enjoy a glimpse into the lives and work of just a small selection of this thriving group.

Since those days back in March and April, things are still not normal, but there are signs of people trying to get on with their lives and businesses. The Little Dellwood nursery in the hall is now entertaining pre-school children again. The Hiltonbury Farmhouse has worked hard to create safe spaces for customers to enjoy a drink and a meal in their innovative pods, which now feature light and heat. Following on from the Governments 'Eat Out to Help Out' initiative, the Farmhouse are continuing to offer discounted meals on Mondays, Tuesdays and Wednesdays throughout October.

Picking up from the item on the front page, just be aware that there have been a few examples recently of scams, where people have been emailed and asked to purchase Amazon vouchers. Sometimes, apparently, by someone they know and then asked to give the scammer the voucher numbers. Don't ever do this. Contact the person you think the email is from by phone or in person, to confirm whether it is actually from them. You should be able to tell who the email is really from, by hovering your mouse pointer over the 'from' email name.

Useful Numbers

Instead of thumbing through the Telephone Directory or Yellow pages to find that important number, look no further than the Miller's Tale. If you have any suggestions for a useful number that is not included please contact us

Editor Millers Tale Charles 023 8026 8562  
Gillian 07917 858 752

Emergencies

Electricity (Power Cuts) 0800 072 7282  
Gas ( escapes) 0800 111999  
Police ( non urgent ) 101  
Southern Water 0330 303 0368

Schools

Hiltingbury Infant School 023 8026 5414  
Hiltingbury Junior School 023 8026 1808  
Knightwood Primary 023 8026 1900  
Merdon County Junior School 023 8026 5255  
Thornden Secondary School 023 8026 9722  
Toynbee Secondary School 023 8026 9026

Post Office

4 Ashdown Road 0345 722 3344

Local Services

Chandlers Ford Library 0300 555 1387  
Eastleigh Tourist Information 023 8026 5500  
Eastleigh Borough Council 023 8068 8000  
Blue Star Buses 01202 338 421  
Zelabus 02380 644 715  
Southampton Int Airport 0844 481 7777  
Red Funnel Ships 023 8001 9192  
Railway Enquiries 0871 244 1545

Medical Services

Park Surgery, Hursley Road 023 8025 2131  
St Francis Surgery, Valley Park 023 8025 2131  
Boyatt Wood Surgery 023 8061 2051  
Fryern Surgery 023 8027 3252  
Eastleigh Health Centre 023 8061 2032  
Southampton General Hospital 023 8077 7222  
Winchester Hospital 01962 86 3535

Dentists

Hursley Road Dental Practice  
157 Hursley Road 023 8026 7141  
Vital Dental Care  
67 Bournemouth Rd 023 8026 7889

Digital Computer Painting

By Charles Lewry

After an absence of around thirty years, the lock down focused my mind on returning to painting. My paints and brushes had been in the loft since then, so I presumed they would probably not be very usable any more. I had dabbled in drawing and a bit of art on the computer having, some time ago, invested in a Wacom pressure sensitive tablet.

With more time on my hands, I researched what was currently available in the way of software and after watching a few tutorials on YouTube, found that there were a few programmes used by serious artists. Well, the top of the range was Photoshop CC, but at around £250, that wasn't a contender.

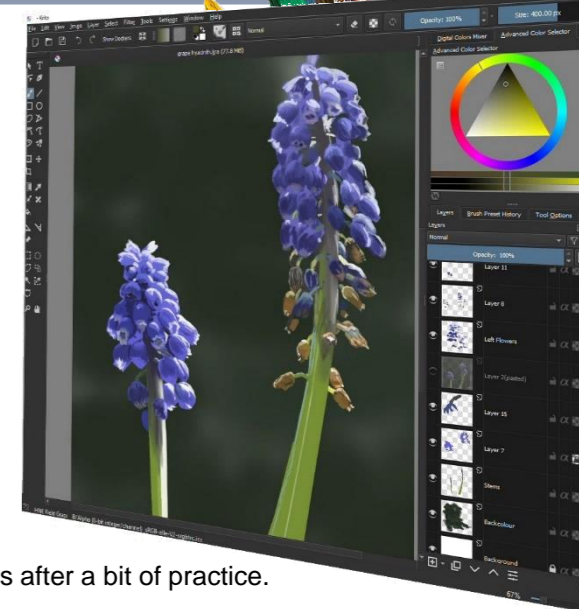
Two other systems came near to the top of the pile and remarkably they were both free. Autodesk Sketchbook is a very good drawing programme which I still use, but to my mind the most powerful yet easy to master package, was Krita. It is an open source programme written by artists for artists, so lots of people have contributed towards making it. I tried to discover the background to the name, and the word 'Krita' appears to be of Indian origin, meaning 'made by self'.

There are many useful tutorials on YouTube, and you can go from novice to fairly competent in about ten lessons.

It is very versatile and adaptable, and I found I was soon working on some quite demanding subjects after a bit of practice.

There is so much to it, that I am still learning to get the most out of it, but despite that, I don't find the technology gets in the way of creativity.

I may renew my real art materials in time, but for now I am enjoying revisiting a hobby which used to give me such a lot of pleasure all those years ago.



Jackie Instantly Whips Up an Art Prize



By Jackie Moger

I'm a local artist living and educated in Chandler's Ford. I've been interested in art since childhood and in the late 1960's, I won a pack of felt tip pens in an 'Instant Whip' colouring competition!

Watercolour is my favourite medium. There are numerous techniques to help achieve a variety of textures. One example is to sprinkle sea salt onto a wet watercolour wash and leave to dry, (a hairdryer helps to speed up the process) then remove the salt. The salt soaks up the pigment and produces a granular almost snowflake effect. Splattering is another technique and it's relatively easy to create a good result using an old toothbrush. Black, soluble ink pens are another favourite – the pigments bleed out when water is applied and the colours are quite surprising.

Since the mid 80's I've attended many courses including pottery, painting and drawing, at several local schools and colleges. I've learned a great deal, not only from some very talented and inspiring teachers, but also from other students.



I enjoy producing portraits from photographs. It's incredibly interesting studying faces – I find the older and more characterful faces are the most rewarding to work on.

Just over a year ago, at Mountbatten, I was introduced to the art of collage. Not initially something I thought I'd ever be interested in – but I'm now hooked and love it (and at last I've found a way to recycle my old greeting cards).

Recently, I've taken on some commissions, which I've thoroughly enjoyed working on.

I believe that every one of us has a creative streak just waiting to be discovered! Why not unleash your inner artist and escape to a more colourful world.

To see Jackie's and other artists pictures in colour go to www.nmdca.org.uk and select the 'Newsletter' menu, then 'Artist Galleries'.

# Kids Corner



**Jokes**

What kind of horses do ghosts ride?  
(Nightmares)

Why didn't the ghost dance at the Halloween party?  
(Because he had no body to dance with)

Which monster is good at maths?  
(Count Dracula!)

What's a ghost's favourite dessert?  
(I scream!)



**Halloween Word Search**

KKCEYGATNHFH  
ZSONDHOATBAT  
VASILOVEUOP  
ANTGWSURNRCU  
MRUHOTOOTSECM  
PEMTRUERPDOP  
IBEMCDZOOIBK  
ROMAEXOKOPWI  
ETFRRHMKSEN  
YCVEAOBIYSBE  
IOMP COIRYOAR  
FNMA SBETBTMM

Pumpkin Mask Ghost Cobweb  
Vampire Costume Scarecrow  
Nightmare Trick or Treat  
Spider Haunted Spooky  
Bat Boo October Zombie

## LIFE SAVING INITIATIVE

By Charles Lewry

Do you have elderly neighbours, friends or relations? Eastleigh Lions have been operating a scheme since 2003 offering a vital service which could be a life saver. The 'Message in a Bottle' initiative enables vulnerable individuals to store important health details in the supplied plastic bottle which is then placed into the door of their fridge. In addition they get two stickers. One is placed on the outside of the fridge and the other on the inside of the house door. In the event of an emergency, the ambulance service, police, first responders etc. will know to look for the sticker, and can then access important medical details which can save precious seconds in treating the patient. The bottle will also contain information about next of kin, and whether pets are living in the house which may need care during the absence of the owner. If applying on behalf of someone else, they may appreciate some help with filling in the form that goes inside the bottle

to ensure the information is clear and accurate. Another suggestion is that the bottle could be used to store repeat prescription forms, not only because it will give information about current medication to the emergency services, but also because it may be an ideal place to keep the prescription safe until it is needed.



These bottles are provided free of charge, by the Lions, to anyone who would like one. You can apply for one for yourself, or on behalf of anyone you think could benefit from one. The Lions have left stocks

with many Chemists and Doctors Surgeries. They recently held a Pop-Up shop in the Swan Centre where they gave out over 100 bottles to visitors to the shop. Bottles can also be obtained by contacting the Eastleigh Lions directly either by phoning 07580 744 618 or emailing eastleighlions@gmail.com

## NMDCA WALKING GROUP

By Charles Lewry

I've had one or two people asking if we were planning to relaunch the walking group and I thought seriously about it. I have been in touch with Wendy Sheaf of Health Walk Eastleigh Council as we are affiliated with their Health Walks scheme to see what the official advice is.

Up until recently, it was that groups of five plus one leader could walk together suitably distanced. If more than six, then separate walks with other leaders starting and ending in different places could be possible. Eastleigh had trialled the walks in Chandler's Ford with a booking system to ensure groups did not exceed the limit.

Now that the numbers of infections seem to be rising again, I think the risks are becoming greater than the advantages, so have decided not to go ahead for the time being. I plan to review the situation again in maybe a couple of months' time, and hope that we can get back out as a group to enjoy the walking and each other's company in the fresh air.

[www.albelectrical.co.uk](http://www.albelectrical.co.uk)  
 email: [info@albelectrical.co.uk](mailto:info@albelectrical.co.uk)  
 T: 02380 267984 / M: 07734 699604  
 The Tanyards, Chandlers Ford, SO53 1TJ

# ALB ELECTRICAL

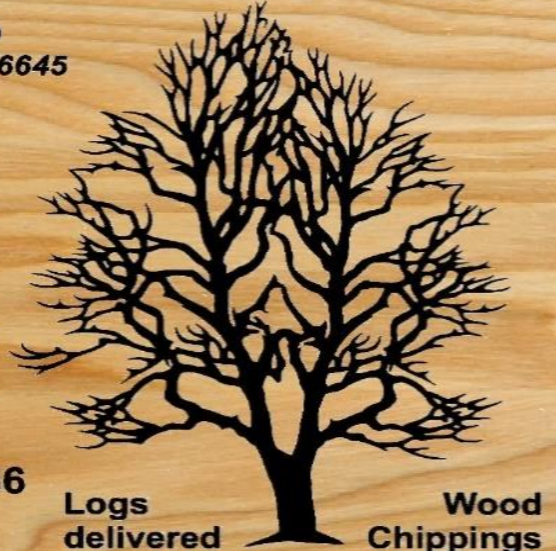
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## Artist inspired by local features



**By Becks Porter**  
I am an artist living in Chandler's Ford and working from my home studio. I also work part time as a freelance artist in Southampton City Art Gallery, leading art workshops and tours of the gallery's collection.

Recently, I have found inspiration in the beautiful wild flower displays dotted around our local area. The eye catching

wild flowers at the J12 roundabout and the amazing display on Hiltingbury Rec have proved very popular. I have produced a number of acrylic and watercolour paintings inspired by these displays and have been commissioned to paint them for clients too.

When lockdown started I found it very difficult to concentrate on my own art work. This is when I started Free Art

Friday Chandler's Ford and Beyond. It's a very simple idea that aims to promote the local art scene and give much needed happy bumps to whomever finds the art. It takes place every Friday and the art that is 'dropped' can be anything from a painted plant pot to a small canvas.

During August my work was in the Hampshire Life magazine and I took part in the annual Hampshire Open Studios event.

I am currently exhibiting a range of flower meadow and seasonal tree paintings at Winchester Hospital and usually have a display of paintings in Bay Leaves café on Hiltingbury Road.

Pre lockdown, I had several painting workshops planned, where I teach how to paint using step by step instructions. Due to recent restrictions, this hasn't been possible, but I plan to do something similar on a much smaller scale from my home studio. If you're interested in a commission, or producing your own work of art and having a lovely time with friends, please contact me.

www.facebook.com/Becks Porter  
Email:Becks@becksporter.com  
Mob:07514526890  
Instagram: bporterart

## An Artist in Lockdown

**By Erin Larkin**  
Despite the circumstances of Coronavirus 2020, I found it was important to use this time productively. As a Tattoo Artist, I am used to being creative every day with my work; I knew I had to use Lockdown as inspiration of a creative outlet.



Inspired by nature, I painted a Watercolour painting of a Robin for my Mother; a symbol of loved ones still being with us. This painting sparked my love and discovery for painting again, as it was something I hadn't done for a long while. The Robin made me think, that even though Covid 19 had put the

majority of our routines on pause, it could never pause nature. Nature continued to fly every day, and as we all heard, our Earth benefitted from the absence of our busy demands.

My medium of choice was Watercolour Paint. I can be quite a perfectionist when it comes to my work, so working along side pigments that literally move with water gave me an expressive change. While incorporating my vision of nature within these paintings, I feel the bursting colour brought life to the characters. My main focus was birds. Birds represent freedom to me, as well as having the inner strength to fly. This is something I am sure we can all relate to during these troubling times. A reminder that we all have inner strength, and we will all fly again.

After posting my Artwork on social media, it came apparent that there was a rise in creativity at home being presented online. Artists were interacting more then ever, while supporting one another's creations. I wanted to build a community of creativity so I created a Facebook Group called

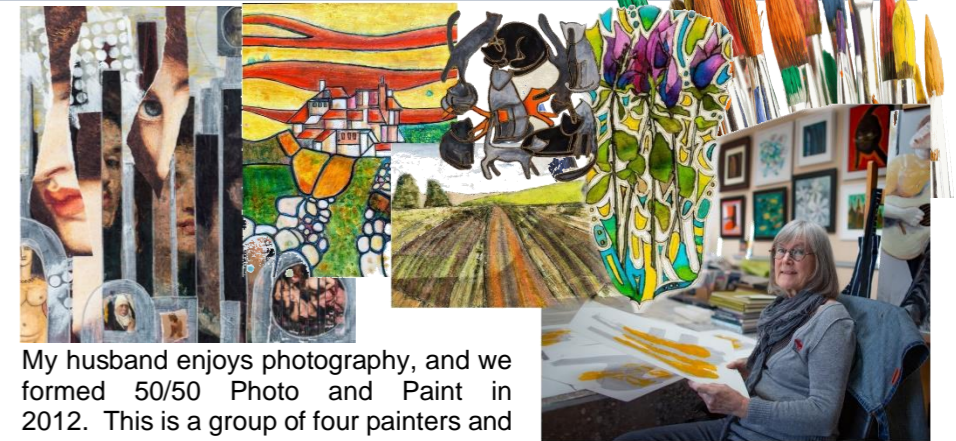
www.nmdca.org.uk

## Playful Artist

**By Gill Brophy**

I have always enjoyed drawing and painting, and as a child, avidly watched Tony Hart's inspiring art programmes. Oh! the thrill when I won a book for my postcard entry of a canal lock (complete with swan). I was hopeless at school, but at last there was something I enjoyed, and was good at! Definitely a key moment in my artistic endeavours!

The mid '80s saw our youngest son off to school, and I joined an art class with the most wonderful tutor, enabling me to enjoy the company of many talented artists. I am a long standing member of Chandler's Ford Art Group and sold my first picture in 2003 (what a moment!) at their annual exhibition. I have a curious mind, and don't specialise in one method, or style, of painting, but choose whatever I feel suits the subject. I see shapes in everything! There is a saying 'You don't stop playing when you get old. You get old when you stop playing'. I am trying very hard to keep playing!



My husband enjoys photography, and we formed 50/50 Photo and Paint in 2012. This is a group of four painters and four photographers, exhibiting annually at Sir Harold Hillier Gardens in Braishfield. Sadly no exhibition this year, so in June I put paintings in the windows of our house, and had greetings cards on a rack in the garden, and all proceeds went to Médecins Sans Frontières.

I have a website - [www.gillbrophy.com](http://www.gillbrophy.com) - showing current paintings. Just click on a painting for further details. If you like something you see on the website, do contact me and we can discuss.



THE HILTONBURY FARMHOUSE  
[hiltonburyfarmhouse.co.uk](http://hiltonburyfarmhouse.co.uk)



02380 269974

By Hana Fincher

Email:manager@lanterninns.co.uk

We have been asked by customers about the return of takeaways – though we would love to do this, at the moment we are too busy during the lunch and evening periods to run a take away service. However, should regulations change in the future that impact the kitchen or we are instructed to close once more, we will resume the takeaway service. For more information on this please keep an eye on our social media for announcements.

We continue to work on the Farm Shop which will be launching online soon so please watch this space!



As for the pubs future plans including Christmas, these are under constant review as circumstances and regulations evolve. As you can imagine we are having to be very fluid in our responses and planning at present but we can confirm we will be closed on both Christmas Day and Boxing Day this year.

A reminder when visiting the pub that we now have a one way system in place, masks **must** be worn when moving through the pub and to your table and the rule of six must strictly be adhered to, this is both for our customers safety and also the staff.

We hope to welcome more of you through October to take advantage of the 30% off Monday-Wednesday offer and we wish you all a peaceful Autumn.

**The Farmhouse Team**

'Creative Neighbours'. This group was made for local businesses, Artists, Craftsmen/women, Builders, Writers, Singers, Musicians, Graphic Designers, Fashion Designers and any other possible form of creativity you could think of. There are no limits. I was overwhelmed by the growing support, with over 2100 members sharing their artwork from across the world. Some members had claimed that they had never created a piece of art, but the growing community inspired them to start in that moment in time. I am so proud of this group, and thankful to every member who has posted in the group and built this community

Erin Larkin, Co-Owner of Little Scorpions Tattoo Parlour

@erin.littlescorpion.tattoo

www.nmdca.org.uk