



# WINCHESTER CHURCHES NIGHT SHELTER A GODSEND?

By Geoff Charnley, NMD resident and Night Shelter volunteer

The Night Shelter, a registered charity, was established in 1988 and offers care and support for single homeless adults (referred by the Council) in a "homely" 24/7 setting, all year. This is to help them into a much more settled life with decent accommodation, work and ongoing support, (counselling, therapy, etc.) as necessary. We network closely with other organisations. Peer mentoring by ex-homeless trained experts has proved invaluable!

Family breakdown, mental health issues, unemployment / debt, substance misuse are just some of the issues our "residents" are

trying to put behind them. **Be warned; it can happen to anyone!**

On site, the Shelter has 10 bedrooms, a common TV lounge with hot drinks facility, a quiet room, computer room with laptops (e.g. for online job applications), dining room with adjacent commercial type kitchen, donated food and clothing stores, washing & toilets area, clothes washing machines for residents' use. A Reception office is located by the main door and a separate bedroom for the "overnighter" volunteer.

WCNS also has 8 bed spaces in our two "supported housing" projects nearby as residents move onwards and upwards!

The running costs exceed £300k annually with income divided roughly into thirds: Donations, County and District Councils, Residents (work, State support).

On site Shelter security is important; there is always at least one member of paid staff and one volunteer at any time. Strict entry rules apply to residents including being routinely breathalysed! Volunteers help with catering, sort donated clothing, serve hot drinks "at the office window" to rough sleepers, chat with residents, etc.

As a volunteer, I personally also give talks about the Night Shelter to community groups and schools and, having an estate car, I transport anything from replacement mattresses to harvest festival donated goods, donated refrigerators, etc. .. varied and rewarding. Volunteering also enables me to use my previous work skills and knowledge to good effect!

If you would like to assist WCNS please visit our website or phone and find out more. [www.wcns.org.uk](http://www.wcns.org.uk) tel: 01962 862050



Phil, a resident who found himself homeless after his mother died and his life unraveled, has his own room at the shelter.

# WALKING BACK TO HAPPINESS

Whilst many people have done their own thing and gone out walking during the pandemic restrictions, I'm sure that everyone will welcome the return of being able to walk together.



We will be monitoring the guidelines, and as the circumstances change, we are hoping to re-introduce the North Miller's Dale Monthly Tuesday walks shortly. As many of you may know we had incorporated our walks into the Health Walks scheme. This is part of the structure set up by the Ramblers

Association who have decided to change the name to Ramblers Wellbeing Walks. This doesn't change anything specifically from how we operate our walks, but our walk leaders have been asked to do some supplementary training to understand the new set up.

So, we hope that we will be running our popular and sociable walks, starting from outside the Farmhouse on the first Tuesday on the month, as soon as the government allows us. Keep an eye out on Facebook, the NMDCA website and the noticeboards for the latest information.

**THE STARFISH STORY**

ONE DAY A MAN WAS WALKING ALONG THE BEACH WHEN HE NOTICED A BOY PICKING SOMETHING UP AND GENTLY THROWING IT INTO THE OCEAN. APPROACHING THE BOY, HE ASKED, "WHAT ARE YOU DOING?" THE YOUTH REPLIED, "THROWING STARFISH BACK INTO THE OCEAN. THE SURF IS UP AND THE TIDE IS GOING OUT. IF I DON'T THROW THEM BACK, THEY'LL DIE." "SON," THE MAN SAID, "DON'T YOU REALIZE THERE ARE MILES AND MILES OF BEACH AND HUNDREDS OF STARFISH? YOU CAN'T MAKE A DIFFERENCE!" AFTER LISTENING POLITELY, THE BOY BENT DOWN, PICKED UP ANOTHER STARFISH, AND THREW IT BACK INTO THE SURF. THEN, SMILING AT THE MAN, HE SAID... "I MADE A DIFFERENCE FOR THAT ONE."

### RUNE CODE CRACKER

IT IS UP TO YOU AND ME THERE IS NO PLANET B

### Kids Corner Answers

4. A
5. B
6. True
7. False – its nearly half
8. D
9. True
10. False – if we all do our bit it will make a huge difference

### GOING GREEN QUIZ

1. C
2. B
3. C

# the Miller's Tale



## GOING GREEN

Written by Adam (10) and Jasmine Pearson (8)

Millions of years ago, when the world was a perfect planet, creatures thrived in all terrains. But over time things changed. Humans came along. We affected the planet in new ways that changed the perfect cycle of nature. We started to threaten death to many species of life on Earth and soon we will threaten the human race too!

### The problems on Earth

The oceans play a key part in the cycle of nature and us. Affecting them has big consequences for the creatures and everything else around the world. For example, when we throw litter in the sea it suffocates, entangles and is ingested by animals like turtles, whales, seabirds or fish, who mistake it for food and tragically die of suffocation or starvation. Humans also drill oil and gas from reserves at the bottom of the sea. 954,678,900 litres of crude oil are released into the sea from the extraction and transportation of crude oil.

Air pollution causes increased heart disease and stroke and causes 36,000 early deaths. Children are affected the most by air pollution and may not breathe clean air for the first few years of their life. Deforestation is the removal of trees to make way for something else, mainly agriculture, such as space for animals to graze and planting of crops like palm oil or sugar cane. Rainforests cover 6% of the Earth's surface but they contain over 50% of the planet's plant and animal species. Sadly, a group of trees the size of a football pitch is removed every second and 17% of the Amazon was removed in the last 50 years. If it continues there will be no forests and jungles in 100 years' time.

Climate change or global warming means that our planet is warming up and it is a very big deal. The main reasons for global warming are burning fossil fuels

like coal, crude oil or natural gases that float up into the atmosphere and act like a blanket trapping the heat in the Earth's atmosphere. Farming cows contributes to global warming because a greenhouse gas called methane builds up inside their belly and is burped out (that adds up, as there are 1.5 billion cows in the world!). Deforestation also contributes, because forests absorb loads of carbon dioxide and release lots of oxygen. The effect of global warming on this world is not good.



SAVE THE PLANET

For a start, there will be a lot more rain and the rain will be more acidic, seasons will change more often, the icebergs will melt causing the sea level to rise and flood the beaches. This will ruin the habitats of many animals.

### How can we help?

This may sound very sad and depressing but there are projects all over the world that are trying to fight against these problems. But they cannot do it alone. For this world to be healthy again we must help and do our own bit. Here are some things you could do:

- Start using energy saving lightbulbs
- Walk instead of driving
- Switch off electrical items when you are not using them
- Recycle and reduce food waste and use local refill shops (such as Lemon and Jinja or Hampshire Refillery locally)
- Try buying loose food or reuse your bags
- Try to eat less meat
- Use as little plastic as possible
- Pick up litter

- Plant trees or wildflower seeds or create wildlife corridors to encourage wildlife into your garden. Have a look at Hampshire and Isle of Wight Wildlife Trust for information about how to create a Wilder street [www.hiwwt.org.uk](http://www.hiwwt.org.uk)
- Persuade your friends and family to help as well

We can all do our bit to help in our community and make a real difference. We have recently planted some wildflower seeds and are hoping to do more projects such as tree planning and litter picking. So keep an eye out!!



"Surely we all have a responsibility to care for our Blue Planet. The future of humanity and indeed, all life one earth, now depends on us." David Attenborough

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the Information board



To hire the North Millers Dale Community Hall

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North Millers Dale Community Association

Or drop articles into: 8 Weavers Place North Millers Dale

# Local focus



By the Editor

With spring ahead of us and hopefully the restrictions being slowly lifted, we have at last some things to look forward to and possibly can see some light at the end of the tunnel.

One of the gratifying outcomes of the last issue was that one or two of our contributors reported having contact from some of our residents wanting to know more about the subjects they had written about. Sometimes it does feel a little like we are working in a bit of a vacuum, so getting some feedback is really appreciated.

Whilst we would normally be following up ideas to fill the pages of the Miller's Tale, this edition has seen several people approaching us with their stories and providing us with the material for the articles. This is encouraging for me, as an editor, because it makes this much more of a community newsletter which was the main reason it was created in the first place. So, please, if you have something you would like to share with the North Miller's Dale neighbourhood, then get in touch and tell us about it.

It is great, during this time of retrospection, that people are beginning to think about their future plans. Whether it be a much dreamt about holiday, an ambitious building project or a testing personal challenge, it seems the signs of spring and renewed expectations are at last something we can begin to ponder and look forward to.

## 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

Editors 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

### Assistance

Chandler's Ford Help 023 8254 1100  
CF Good Neighbours 07914 757 380  
One Community 023 8090 2450

## IN THE TRACKS OF HISTORY ON A MOUNTAIN BIKE

By Clive Watkins

After losing the Battle of Worcester in 1651, Charles II was pursued by the victorious Parliamentarian forces. For six weeks they chased him on a lengthy 625 mile route through England before escaping to France on a coal boat from Shoreham. This route is called the Monarch's Way and in our immediate area it takes you through Mottisfont, Braishfield, Ampfield Woods, Hillier's plantations, Hursley, and heads west via Shawford Down.



View from the Clarendon Way looking over Ashley Down just before ascending Beacon Hill. Taken last summer.

From North Millers Dale you can join the Monarch's Way at Knapp or Hursley. You are then connected to the myriad of roads, trails and bridleways that criss cross the area. It's a great way of seeing the countryside, enjoying the fresh air and keeping fit. One of my favourite rides is go out past the Potters Heron, through Knapp onto the Monarch's Way through Ampfield Wood to Lower Slackstead, then up to Upper Slackstead, Farley Farm, Farley Down, through Parnholt Wood and circle back joining the Clarendon Way, up Beacon Hill, past Farley Mount and back via Berrydown Farm, Dores Lane, Claypit Road and Knapp.

I have been biking on these trails for over 20 years. When I was younger I used to venture further along the Ox Drove, the Alresford Drove and the South Down Way all the way down to Eastbourne. My legs won't do the longer runs now and of course lockdown has kept me more local, which is a good excuse.

I still ride the same mountain bike I bought in 1998 although most of its major components have been replaced and I have lost count of the number of inner tubes I've gone through. If anyone is interested, I am happy to share the routes and trails that have given me such an interest over the years.



## COMING UP ROSES



By North Miller's Dale Resident, Becky Elliott

I spent twenty years doing a job that I really didn't enjoy. When my role was relocated to Poole, with no clue at all what I was going to do, I packed up my pencil and left. A neighbour who owned her own gardening business had once, in passing, offered me a job. A year after I left work, having had no success with other ventures, I knocked on her door and asked if the position was still vacant.

She was moving on and selling the business to one of her partners. Unfortunately, he was looking to take on a young fit chap, not an overweight older

woman! So, she passed on to me, a customer enquiry, and gave me the encouragement to go it alone. I packed up a few tools in a bag and walked up the road, unannounced, to knock on their door. Since then, I haven't looked back.

That was almost six years ago. I now have a van full of tools and still garden for them! I work alone and am very lucky to have built up a local round of regular customers, some of whom I now consider as friends. My nearest customer is a good friend and neighbour who lives just across the road. A far cry from having to commute to Poole every day!

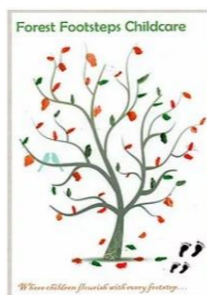
Who would have thought a year after the start of the first lockdown we would still be staying

at home and social distancing? But spring is here and the vaccines are coming! Hopefully we can finally look forward to better times ahead. We don't know what tomorrow may bring, but I wish I had started up my gardening business sooner!

If you would like help with your garden, please call Becky on 02380 572720



## Forest Footsteps are looking forward to returning to Ramalley Lane



By Erin Cuffley

Forest Footsteps Childcare first opened in January 2018, following the closure of Ramalley Pre School in Ramalley Lane, Chandlers Ford.

Children's mental health and well being is promoted by ample opportunities of outdoor

learning, Forest School sessions and child-led play in a relaxed and flexible environment.

Erin, the owner of Forest Footsteps Childcare holds a level 4 in Early Years Care and Education and recently qualified as a Forest School Leader too, offering outdoor learning knowledge, high quality childcare and education following the EYFS curriculum and children's interests.

Forest Footsteps provide for all ages from birth to 5 years, including holiday club for children up to the age of 9yrs.

Forest Footsteps Childcare are currently operating from a temporary location in Chandlers Ford whilst the Scouts are having the Scouts Headquarters redeveloped. Staff, children and families at Forest Footsteps have been busy fundraising to help fund the 'fitting out' stage of the new build. Once the new building is ready for occupation, Forest Footsteps will be very pleased to return to Ramalley Lane due to the perfect location of being next door to Ramalley Copse. The new

building will also be available for hall hire to the community.

Forest Footsteps Childcare and the Scout groups are looking for support from the community if possible. Support can be given by donations to the fundraising page or volunteering your time to give your expertise in the trades required to complete the project. All support would be much appreciated and gratefully received.

<https://www.justgiving.com/crowdfunding/2ndramalleyscouts-chandlersford>  
To find out more about Forest Footsteps go to: <https://www.forestfootstepschildcare.com/>





# Kids Corner

By Adam Pearson

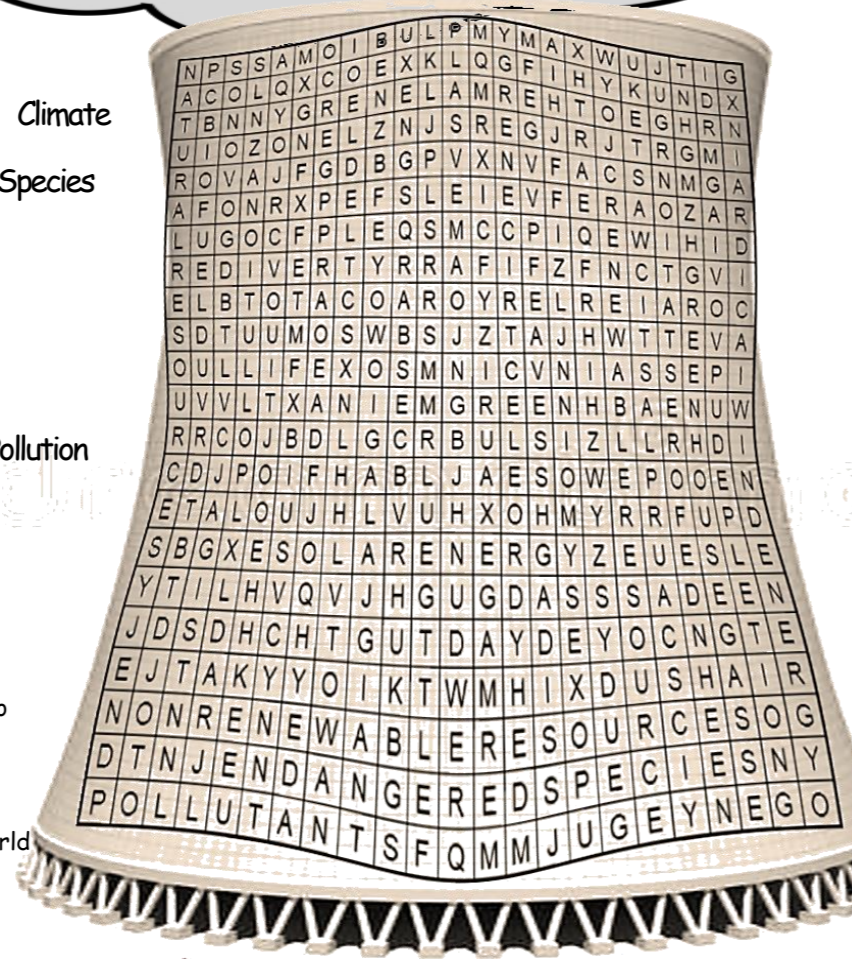
## Environment Wordsearch

- Acid Rain Bio Fuel Biomass Carbon Dioxide Climate
- Deforestation Depletion Earth Endangered Species
- Fossil Fuels Geothermal Energy Global Warming
- Greenhouse Effect Greenhouse Gas Green
- Hydroelectric Energy Natural Resources
- Non Renewable Resources Ozone Pollutants Pollution
- Plastic Waste Renewable Resource
- Solar Energy Toxic Wind Energy

### Going Green Quiz

1. How many years can it take for a single aluminium can to decompose?
  - a. 50 years
  - b. 100 years
  - c. 200 years
2. How many plastic drinks bottles are sold around the world every minute?
  - a. 500,000
  - b. 1 million
  - c. 2 million
3. What percentage of food waste could have been composted?
  - a. 25%
  - b. 75%
  - c. 95%
4. By which year will there be more plastic than fish in the oceans?
  - a. 2050
  - b. 2060
  - c. 2070
5. Which country recycles more than 99% of its household waste?
  - a. England
  - b. Sweden
  - c. Pakistan
6. True or false: 100% of glass is recyclable and can be used over and over again.
7. True or false: Around 1/4 of fruit and vegetables grown are wasted.
8. Which of the following are good ways to save plastic from the ocean:
  - a. Use reusable bags
  - b. Use metal or reusable straws instead of plastic ones
  - c. Don't be a litterbug
  - d. All of the above
9. True or false: Walking to school can help with climate change
10. True or false: There is no point in me trying to help protect the planet because I'm just one person.

Answers on page 8



### RUNE CODE CRACKER



## JUST ONE MORE PUSH FOR COMPLETION



The Ramalley Scout Group has been around for much longer than North Miller's Dale, in fact since 1938. Just recently though, their original hut had to be demolished as it had become unsafe. This left them homeless, but by the fantastic efforts of fundraisers and some help from Eastleigh Borough Council, the embryo of the new headquarters has been appearing on the old site. Much of the structural work is now completed but funds are all but used up, so a final effort needs to be made to finish the interior of the building.



The original scout hut before demolition

Obviously during the pandemic restrictions, fund raising efforts have been curtailed, so applications for grants have been made to a variety of sources, to date with not a great deal of success. In an effort to progress things,

a second hand kitchen was acquired from a NMD resident and chinaware to fit into the toilets has been promised. An appeal for help with skills or time would also be appreciated in particular with the landscaping and fencing the site. Catriona Moon, the group treasurer said 'We don't want to cut corners but we are doing our best to cut costs'.



Work progressing well with wooden cladding going on

**'The money we are short is for the fitting out, the plumbing and the electrics'**

Many of you may have been members of the scouting family and know what an important boost this organisation gives to young

people and perhaps you would welcome the opportunity to help out. Ramalley Scouts would greatly appreciate any support the local community can provide to raise the final £35,000 needed to complete the building and give the Scouts a new home.

Look out for forthcoming events that are being organised to help raise funds for this amazing space. There is also a JustGiving page set up for donations - [www.justgiving.com](http://www.justgiving.com) search 'Ramalley Scouts'

If you are able to help in any way with fundraising or hands on tasks, please email [treasurer2ndcfordscouts@gmail.com](mailto:treasurer2ndcfordscouts@gmail.com)

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## FORTY YEARS LATER, LOCAL MAN FOLLOWS IN HIS FATHER'S FOOTSTEPS

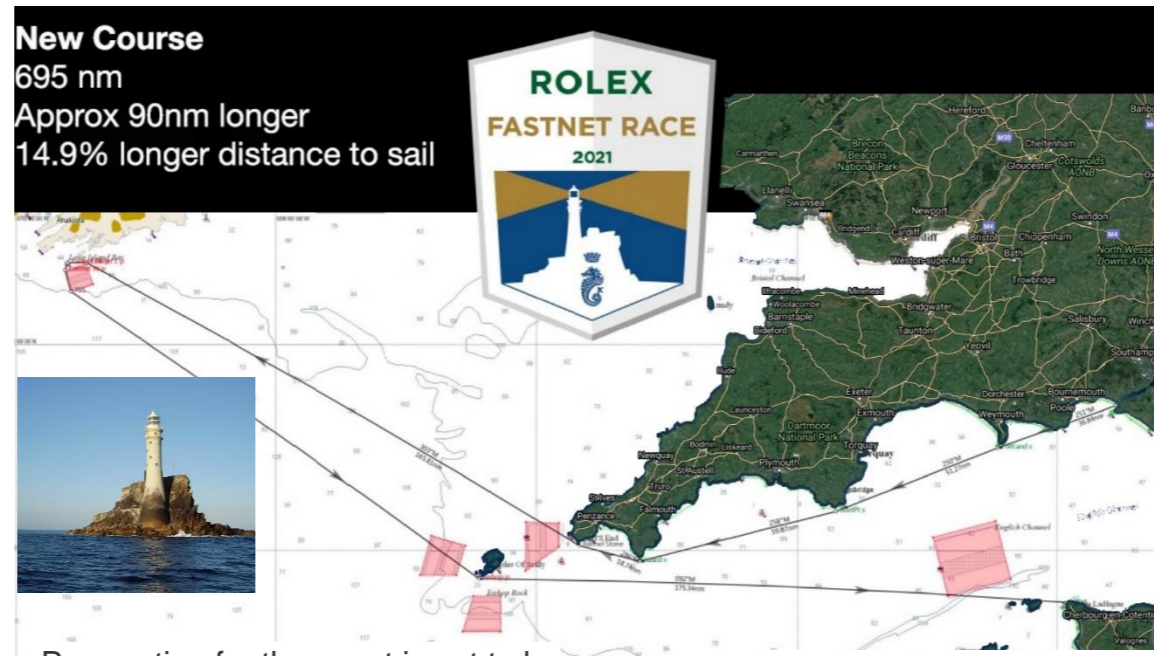
A North Miller's Dale resident is planning to give up his comfortable house for about a week in August to take part in a potentially perilous undertaking. This is to raise money for his father's care home. He plans to tackle the Rolex Fastnet sailing race, which is an annual event, pitting a vast range of different yachts over the gruelling 700 mile course. Starting from Cowes it heads up the Channel and out towards the Atlantic, rounding the isolated Fastnet Rock just south of Southern Ireland before returning to the finish in Cherbourg. He will be sailing on a 41ft boat with, Covid permitting, a crew of up to ten. They will be doing 4hrs on 4 hrs off shifts, around the clock.

Jonathan Moon, a 51 year old who has lived in North Miller's Dale for 17 years, learnt to sail with his father off the Essex coast. His father, Paul Moon, competed in the Fastnet with his brother 40 years ago. This was just two years after the fateful race that, hit by a severe storm, claimed the lives of 15 sailors. So 40 years on, it is fitting that Jonathan should be doing this for his dad.

Paul is a resident of St Cross Grange care home in Winchester, where he suffers from Lewy Body Dementia. Jonathan is raising money to go towards purchasing a Tovertafel (Magic Table in Dutch) for the residents. This is a projection device which is suspended above a table and is programmed to create interactive images on the surface below to encourage engagement by the dementia sufferers. Jonathan said 'If it helps them for 20 minutes a day just to feel a bit more alive, that's got to be a good thing.'



A Tovertafel provides dementia sufferers with sensory stimulation



Preparation for the event is not to be taken lightly, as the safety requirements insist that competitors must have previously undergone in excess of 300 miles offshore competitive sailing. They also have to take part in a specific safety training weekend. This involves sea survival elements including getting



Jonathan and Paul sailing together

off the boat, deploying life rafts, use of flares and how to behave

when being rescued. Clearly an expensive venture but when asked by friends why he didn't just give the money directly to the care home he replied, 'I have always wanted to do the event, but then I suddenly thought it was an opportunity to raise some money too.'

If you would like to help Jonathan with his challenge to raise £7500 to improve the life of his father and the other care home residents please go to:

[www.gofund.me/a0602f45](http://www.gofund.me/a0602f45)

We are hoping that we will be able to follow Jonathan whilst he is at sea and that we can post updates on his progress on our Facebook page and maybe the website. Jonathan has promised he will report back, on his return, for our October Miller's Tale. I'm sure we would all wish him every success for a safe and

fulfilling race and hope that he achieves the fundraising total he is hoping for.



Jonathan and his dad Paul



[www.albelectrical.co.uk](http://www.albelectrical.co.uk)  
 email: [info@albelectrical.co.uk](mailto:info@albelectrical.co.uk)  
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