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# the Miller's Tale

## HILTONBURY FARM SHOP KEEPS MILLER'S DALE LINK

By Oliver Neagle

Hello all. We are the Neagle family at Hiltonbury Jerseys based at Attwoods Drove Farm Compton. We have a dairy herd of pedigree jersey cows that originated from Hiltonbury Farm in 1947, and were established by my late grandfather John Vining.

The Hiltonbury herd of jerseys were born, reared and milked at Hiltonbury Farm which, as most of you will know, is now North Miller's Dale. The Hiltonbury Farmhouse which is now your local pub/restaurant and is where it all began!

I took the Hiltonbury prefix over in 2003, and have continued to grow the herd and the business to what it is today. We currently have 300 pedigree jerseys. We have expanded by opening a little farm shop, where we produce our own fresh



pasteurised jersey milk, completely raw jersey milk, jersey fudge, traditional jersey ice cream, our own home reared beef. The kids can even make their own milkshakes and bottle it themselves.

With how the dairy industry has changed over the years, with many farmers going out of business, it is important to diversify, as running a business on today's milk prices for a dairy farmer is sadly not profitable anymore. Without our little farm shop, we would not be here today. So we would like to make the public more aware of the importance for supporting their local farmers, and most importantly buy British produce. British farmers have some of the highest animal welfare standards in the world, so you can be sure if you buy local and home produced on farm, you know where your food is coming from and how it has all been produced.

Our farm shop is open 7 days a week from 9am-6pm. We have a Facebook page, so please follow us to see what we get up to, and what events etc. we hold throughout the year, and you can even meet the cows! Pop in and try some of our delicious milk.

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*the Information board*



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When confirmed please email:  
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 North Miller's Dale Community Association

**Or drop articles into:**  
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*By the Editor*

I hope you have all had a great Easter. What a soggy spring it has been! So much so, that we had to abandon the last monthly walk. Most people didn't even venture out, and those that did agreed that it wouldn't be much fun in the heavy rain. I am more hopeful for the April walk, although, of course, it is the month of showers!

We were however, dry and cosy in the Hall for the Quiz evening. It was very well attended, with eight teams filling the space. Phil has written a report, see later in the newsletter. Thanks to Phil and Bernice for the quiz, and Doreen and Gillian for the raffle.

With the Royal Family raising the profile of cancer, it is probably a subject on people's minds. So, it is apt, that last month we had an article on breast cancer, by Penny Drake, and this month, we have featured a report from a gentleman about prostate cancer. There is also an item from Wessex Cancer Support, about local help for people diagnosed with cancer and their carer or family member. They are based up at Fryern,

in the building near to David's Fish and Chip shop.

As you know from last month's article, Hampshire Police have launched the 'local bobby' scheme. Myself and members of our committee, met with PC Charlotte Thorpe to discuss how we can work with the initiative. During the meeting she and her colleagues were asked if they would be able to attend our NMDCA AGM in the community hall on 10<sup>th</sup> July. The date is in their diaries, and they will be able to explain how the local bobby scheme will work, and address any issues in person at the meeting. We hope to see many of you there and expect a lively meeting. There will, of course, be free Pimms as usual.

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# DATES FOR YOUR DIARIES

By Gillian Warde

Following on from our successful quiz, over the next six months we are planning the following activities:

## Plant swap/sale



At the AGM, we were asked if we would hold another plant swap/sale. We are planning to do this on Sunday 12<sup>th</sup> May. If you have any spare plants and/or seedlings that you would be happy to donate to us, please contact the committee via the editor's email address nearer the time, or deliver plants on the day. We will be on the green behind the Community Hall. Thank you.

## A trip to Wisley



At the end of June, we are hoping to organise a trip to RHS Wisley. The cost will be for the coach and for tickets. If we have 15 or over, we can get a discount on tickets. If you have your own RHS membership you can use that and it will just be the cost of the coach. If we don't have the numbers for a coach, we may look at taking cars. To give us an idea of how many people would be interested please email [editor.nmdca@virgin.net](mailto:editor.nmdca@virgin.net)

## CoppaFeel



In the last edition Penny wrote about her journey with breast cancer. She is trying with CoppaFeel to be able to talk to people about checking their breasts for early identity. She has offered to come and talk to us. Please look out for the date in the future.

## Event on the Green



Following on from our successful events on the green we are looking at organising another one in this summer. Date to be arranged.

## AGM

Our AGM will be held on 10<sup>th</sup> July. Following on from a meeting with our Community Police Officer, we have invited her and the team to come to meet you, and talk about policing at the AGM.

We are open to suggestions for other events. One thought was a wine and cheese evening.

We look forward to seeing you at one or more of our forthcoming events.

[hiltonburyfarmhouse.co.uk](http://hiltonburyfarmhouse.co.uk)  
02381 844338

THE HILTONBURY FARMHOUSE

After an amazing start to 2024, there's more to come!

Our kitchen is now open until 8pm on Sundays (6pm on quiz nights) serving fabulous roasts and other favourites. Our pub quiz, every

other Sunday with Quiz Master Pete Allen, just gets busier – so get your team booked in, and those thinking caps on!

We are excited to announce that we will be having a big TV in place outside for the Euro's, and would love you to join us, to cheer on and celebrate (or commiserate!) your team!

May is double Bank Holiday month, so why not make them a special occasion and come dine with us, and find your new favourite from our new menu.

Also, we are looking for fabulous people to join our front of house team ahead of the summer! So, ideally, if you're 18+, motivated, friendly, reliable, with experience, come and speak to us, we'd love to meet you.



North Miller's Dale Community Association

# AGM

Wednesday 10<sup>th</sup> July  
At 8 o'clock



## LOCAL MASTERMINDS AT WORK

By Phil Heller.

The Community Hall opposite the pub is not very big, but somehow, we managed to squeeze eight teams of four plus the two quizmasters into a very confined area. It was therefore quite cosy, and generated a warm atmosphere. That warm atmosphere was also present during the quiz, where a healthy competitive spirit was not undermined by excessive rivalry.

My comment at the start of the quiz is that I find that if you get 75% of the questions right, you are likely to be close to winning. In the event, RPM won the evening with 76.5%. Traditionally if you get 50% of the questions right, you are likely to be bottom. The bottom team scored 60% so all of the teams scored well and better than my prediction.



The winners were worthy winners because a review of the individual round scores showed that of the six rounds, they were top or joint top in most of the rounds. However, most teams had at least one good round and it was not a runaway victory.

The night started with a food and drink round, followed by a round where people or things known by their initials had to be identified. One of these was what does the PG stand for in PG Tips. That was the sort of question we all think we should know because it is familiar, but somehow, we do not know. Some good guesses, Premium Grade being a good one, but actually the answer was Pre Geste.

Following rounds were based on questions based on words beginning and ending in C, and famous ladies in literature. There was a round on Saints, a general knowledge round and a picture round identifying flags.

North Millers Dale is a nice place, to live so it should come as no great surprise that people coming to a local event, should be a nice bunch of people and nice people to spend the evening with. So, it proved. Looking forward to the next one!



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# NEW DOG ADVISORY SIGNS

By Jon Tiller

At the last North Millers Dale Community Association AGM, it was brought to the committee members attention that dogs were often found to be roaming gardens and on roads after leaving the Ramalley Woods, because owners were not putting them on leads, before going through the gates.

The dogs sometimes worry elderly residents, and also could be injured by local traffic or cause an accident if not kept under control. Obviously, we cannot stop this, but in an effort to remind dog owners, signs have been placed on the exits into Benmore Gardens.




Another related subject was mentioned to the committee members by several residents, some of whom are dog owners, regarding the Flexford

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Reserve. It was pointed out, there was an increasing amount of dog waste left on the pathways and path edges, so that it was becoming a potential hazard to the many and varied species of wildlife we are lucky to have residing in the area. It is also not pleasant for

those walking along the pathways, especially when with young children who do not always keep a close eye on where they are walking.

The committee had discussions, with the council and a waste bin is now available at the North Millers Dale entrance near the central road island. The committee have also erected clearly visible signs at various locations leading into the area, asking dog owners to clear up dog waste.

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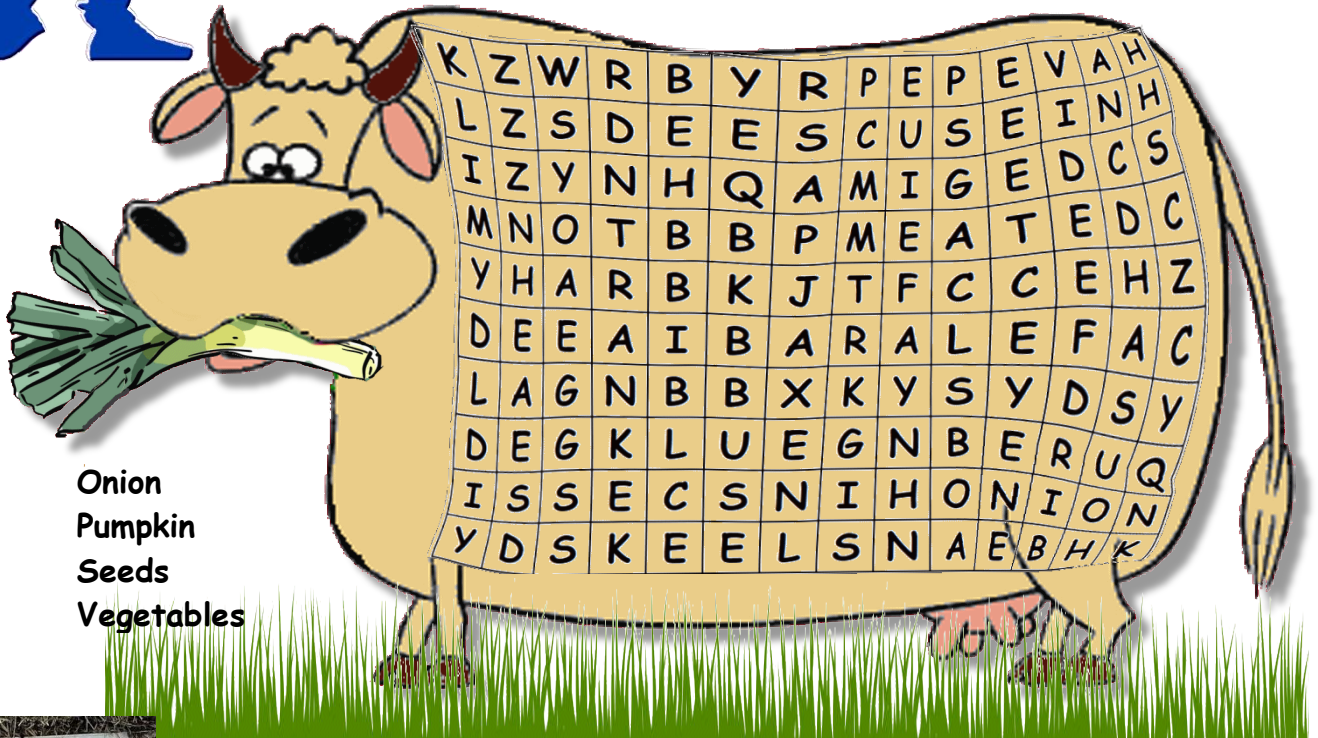


# Kids Corner

Oh dear! A Hiltonbury Cow has got into the Farm Shop and eaten half the stock! Can you find all the items that she has eaten, in her tummy?

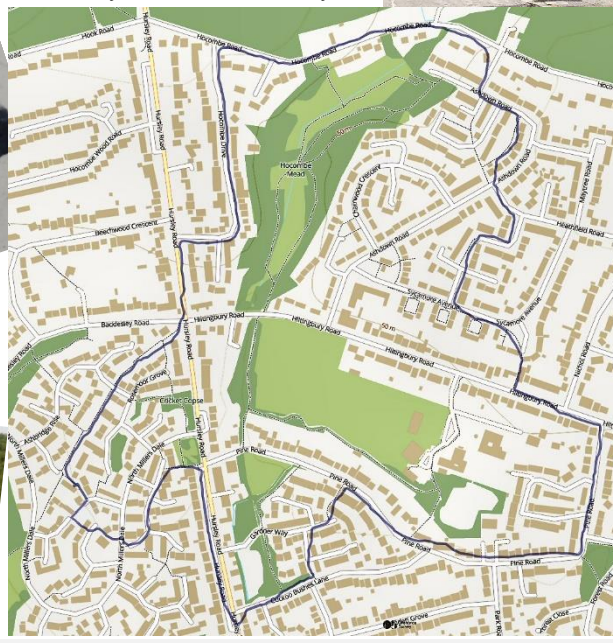
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- Meat
- Milk

- Onion
- Pumpkin
- Seeds
- Vegetables



## OUT AND ABOUT IN APRIL

By Charles Lewry  
As you may have read in the editorial, the March walk was abandoned, due to the appalling weather. But thankfully, the first Tuesday in



April, proved to be a little more forgiving. Consequently, we were out in force to do a 3-mile walk, where tongues were getting as much exercise as legs! We are a sociable group, and sometimes the conversations are so engaging that walkers are unaware how far they have walked, or for that matter where they have walked. If you would like to join us, you would be very welcome. We meet at 10:30 between the Farmhouse pub and the Hall on the first Tuesday of every month.



## POLICE ADVICE, FOLLOWING NORTH MILLER'S DALE BURLARIES

By Charles Lewry

We recently arranged a meeting at our house with our local Bobby, PC Charlotte Thorpe and two of her colleagues. This was to introduce ourselves, as the NMDCA, and also the zone of Neighbourhood Watch, which I am area coordinator for. Also in attendance were the chair and secretary of the NMDCA and the chair of the Eastleigh Neighbourhood Watch Association.

Among other things we discussed, was mentioned the recent burglaries on our estate which seemed to be targeting jewellery. Eastleigh Police have since issued this advice to homeowners.

*Our officers have been on patrol in Chandlers Ford specifically around North Millers Dale following a number of burglaries in the area.*

*As such, we wanted to offer local residents some crime prevention advice.*

*Consider each layer of your home separately, think about the PERIMETER (fences, walls, garden planting, garage, outbuildings), the SHELL (main building, windows, locks, doors) and INTERIOR (high-value items, keys, lighting).*

*For further prevention measures visit the websites below:*

- *Locks, window, door and garage security: <https://orlo.uk/4H2ks>*
- *Burglar alarms: make sure you use an approved installer from <https://orlo.uk/czWYv>*
- *Sheds – keep equipment and ladders locked away. Visit <https://orlo.uk/j8Mru> for tested and approved locks*
- *Dusk to dawn or sensor lighting to the front and rear of your home can help deter potential thieves.*
- *A house that appears occupied is less likely to be targeted by burglars, installing light switch timers inside the house can help make it appear occupied.*



- *Keep high value, easily portable jewellery and equipment from being visible through a window and don't forget to register them at The National Property Register, for Phones, Gadgets, Bicycles & More... <https://orlo.uk/9xULH>*
- *UPVC doors can easily be opened from the outside if they are not locked with the key from the inside. Simply lifting the handle does not secure the door. UPVC doors MUST be double locked to be properly secure.*
- *You can also check to see if there is a local Neighbourhood Watch scheme covering where you live at <https://orlo.uk/Dnyx2>*
- *Don't forget you can also contact <https://orlo.uk/m1wrY> to report any information you have surrounding burglaries and CrimeStoppers also give you the option to remain anonymous if you would prefer this.*

At the moment we have about 50% coverage of North Miller's Dale by Neighbourhood Watch Schemes. It would be good to increase not only membership but also vigilance in our area. If you would like to know more about setting up a scheme in your road contact me at: [editor@nmdca.org.uk](mailto:editor@nmdca.org.uk)

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## A PCaSO PSA TEST SAVED MY LIFE

By Paul Bowler

Prostate cancer has been in the news a lot lately as, thanks to the King, all things Prostate have started to be talked about. PCaSO (Prostate Cancer Support Organisation) is a charity run mainly by survivors of Prostate Cancer, that supports those with Prostate Cancer and organises PSA tests to help diagnose those at risk of the disease.

A PSA test looks for the presence of Prostate Specific Antigens in a blood sample and (in very simple terms) Prostate cells give off these Antigens as they grow and divide, and so the test measures the 'Growth' of Prostate Cells. While this is not of itself a test for Prostate Cancer it is a test of Prostate cell growth, and this could be a sign of something suspicious, not always cancer as an enlarged Prostate will also give a higher count, and some men as they get older naturally have a higher count. Generally, however, most men will have a count of less than 5 and the younger you are, the lower that number.

Visit [PCaSO.org](http://PCaSO.org) to find out more, and arrange a test or get help and support for Prostate Cancer.

Anyway, in late October 2022, Lin, my wife saw that PCaSO in partnership with Eastleigh Lions had a PSA testing event nearby, and suggested I went and got tested. I agreed, as I felt fine, had no symptoms, it is a simple blood test that I would pass with flying colours, and earn lots of brownie points from Lin for taking, how could I lose.

However, unfortunately (or fortunately as it turned out), that's not what happened. My PSA level (which should have been between 2 and 3 for my age) came back as 113! A second check by the doctor was 103!!

Fortunately, I had discovered it just before it spread to my bones, although it had spread beyond my prostate and was locally advanced.

Cutting a long story short, we are now 18 months later and, following Hormone therapy, (which I'm on for at least the next couple of years), Radiotherapy (37 sessions 12 months ago), my PSA is now 0.276 and my cancer is now hopefully under control or cured, and I can get on with my life, a life I owe to getting tested by PCaSO.

So, to give something back to them, I am now on several PCaSO committees, edit the Hampshire group newsletter, and have taken over as editor of the PCaSO 'Updates' quarterly magazine. As well as this, both Lin and I help out on the PSA testing events like the one that saved my life.

In light of what happened to me, I (and PCaSO) believe that all men over the age of 50, should be PSA tested at least every two years, in much the same way as women are tested for Cervical and Breast Cancer.

However, in the NHS there are two differing opinions on this. Those against it say that a lot of men would be needlessly tested, and may be put through a

## CANCER SUPPORT IS CLOSE AT HAND

By Sam Bradley

If you have cancer, are adjusting to life after cancer, supporting someone with cancer, or are bereaved, there's free and personalised help available at Wessex Cancer Support in Chandler's Ford.

You'll receive a warm welcome at the charity's support centre at 91-95 Winchester Road (opposite the Methodist Church). Free parking is available behind the centre.

Its caring team knows accessing support for the first time can be daunting, and that you may be experiencing lots of different thoughts and feelings. Simply drop-in and have a chat or call them about the care available, which includes professional counselling, complementary therapies, activities and support groups. There's also a weekly walking group.



*"Every time I come into the centre; I leave feeling a million times better. Everyone is so lovely and supportive."*

**Wessex Cancer Support client.**

For more information about opening hours and the support available, please call 023 8051 6576 or email: [chandlerford.centre@wessexcancer.org.uk](mailto:chandlerford.centre@wessexcancer.org.uk).

Wessex Cancer Support runs other support centres in Bournemouth, Hythe and the Isle of Wight, as well as wellbeing sessions in Andover and online support. For more information visit [www.wessexcancer.org.uk](http://www.wessexcancer.org.uk).



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Prostate Biopsy that is not pleasant, and not have cancer, as this currently, is the only way to be sure there is definitely cancer present.

Those like myself, who are for it (as it saved my life), say that now that we have modern MRI scanners, those with a high PSA level can have an MRI scan first, and this will drastically reduce unnecessary Biopsies, and would save the lives of all those like me that have or had no symptoms.

So, until there is a national testing scheme, we at PCaSO will run our own PSA testing sessions, and help save men's lives.