

The DOWNSMAN

October 2011



Harvest at Gussage St Andrew - photo by Rita Taylor

The Parish of Sixpenny Handley with Pentridge

**Including: Woodyates, Deanland and Minchington
Published by Sixpenny Handley Parish Council
Delivered by Sixpenny Handley Homewatch**

Parish Councillors Sixpenny Handley

Chairman	CLlr D Lockyer	552492
	CLlr D Chick	552557
	CLlr T Gibb	552704
	CLlr S Meaden	552715
	CLlr T Reynolds	552995
	CLlr Mrs S Court	553077
	CLlr J Reed	516390

Pentridge

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	CLlr Dr. J Gillespie Smith	552576
	CLlr C Taylor	553148

Clerk

	Gill Martin	552297
	Parish Office	552211

District Councillor CLlr S Tong 01258-840061

County Councillor CLlr T. Palmer 552321

..... Fax: 552405

Member Parliament Robert Walter... 0207 219 6981

Rights of Way Liaison Officers

Sixpenny Handley	D Chick	552557
	J Reed	516390
Pentridge	Mrs M. Jones	552358

The Downsman Team

Editor	Margaret Cornish	553199
Production	Brian Hansford.....	552468
Advertising	John Cornish	553199

Churches

Church of England	St. Mary's, Sixpenny Handley	
	St. Rumbold's, Pentridge	
	St. Andrews, Gussage St. Andrew	
Vicar	Rev Mel Durrant, The Vicarage	
	60 High Street, Sixpenny Handley	
	552608

Roman Catholic Church of Our Lady of Lourdes & St. Cecilia, Blandford Forum

Priest	Rev. Father Dylan James	
	The Prestbury, 55 Salisbury Street,	
	Shaftesbury.....	01747 852125

Doctors

	Drs. Nodder, Morgan & Taubman	
	Dean Lane Surgery ..	552500

Sixpenny Handley Village Hall

Chairman	Carole Wyatt	552572
Vice Chairman	Tony Gibb	552704
Treasurer	Paul Skinner	552785
Bookings	Jaqui Blake	552306

Sixpenny Handley Homewatch

Overall Co-ordinator & Police Focal Point	John Curtis	552397
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Co-ordinators

Area 1 - Dean Lane	Don Penrose	552022
2 - Lower Handley	Chris Stokes	552672
3 - Upper Handley	John Clarke	552674
4 - Deanland & N.E.	Charles Nodder	552292
5 - West & South	Simon Meaden	552715

Other Areas (These are separate Homewatch Schemes)

Pentridge	Roy Elford	552911
Woodyates	Mrs A Adams	552675

Police

Simon Hallam, Verwood Police Stn 07825 521761

Sixpenny Handley Allotment Holders Association

Chairman	John Curtis	552397
Secretary	Jane Laing	553146

Schools

First School	Handley First School	552356
Middle School	Cranborne Middle School	517348
Upper School	Queen Elizabeth's School	
	Wimborne	01202 885233

Little Pennies Pre-School

Chairperson	Sarah Stonton	516939
Secretary	Andrea Meyer	552392

Little Pennies Pre-School Link Group

Contact	Tilly Stevens	552046
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Happy Nappy Club

	Samantha O'Neill	552088
	Katie Keeble	552177
	Sarah Styles	552544

1st Woodcutts Scout Group

Group Scout Leader	John Curtis	552397
Explorer Leader	Andy Turner	552735
Scout Leader	Rob Easton	552038
Cub Leader	Andy Young	01258 830861
Beaver Leader	Denise Turner	552735

1st Sixpenny Handley Rainbows

Unit Guider	Jacqui Tarran	552008
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Sixpenny Handley W.I. (Formed in 1922)

President	Mrs Maggie Staplehurst	552795
Secretary	Mrs Bobbie Carter ...	552042

Sixpenny Handley Mothers' Union

Leader	Sheila Bradley	553133
Secretary	Mary Macleod	552041

Chase Community Friends

Chairman	Vic Hatton	01258 840671
Secretary	Maureen Penrose	01725 552022

Sixpenny Handley Sports Association

Chairman	David Cross	552640
Vice Chairman	Patrick Taylor	552187
Secretary/Treasurer	Tracey Lownds	552414
Bookings	Bea Boyland	552805

Sixpenny Handley Bowls Club

President	Robert Keech	516216
Secretary	Bea Boyland	552805
Treasurer	Patrick Taylor	01258 840231

Handley Sports Club

Chairman	Mark Young	552741
Secretary	Brian Hansford	552468
Team Manager	Mark Young	552741
Asst. Team Manager	Stuart Haskell	

Handley Sports Youth

Manager	Adam Day.....	01258 452481
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Sixpenny Handley Tennis Club.....

Chairman	Tracey Lownds	552414
Membership/Treasurer	Sue Smith	552225

Sixpenny Handley Cricket Club

Evening Captain	David Cross	552640
Secretary	Frances Churchill	552868

Citizens Advice Bureau

Wimborne Branch	01202 884738
Ferndown Branch	01202 893838
Out of Hours Service	08444 772022

Welcome to the latest edition of The Downsman.

Editor: Margaret Cornish, Parish Office, Unit 5B, Town Farm Workshops, Sixpenny Handley
Email: editor@thedownsman.org.uk

Sixpenny Handley with Pentridge Parish Council

Parish Office:
Unit 5B
Town Farm Workshops

Opening Hours:
Tuesday 10am – 12 noon
Thursday 6pm – 7-30pm

Phone: 552211
Email :
sixpennyhandley@dorsetparishes.gov.uk

**Please email editor@thedownsman.org.uk
to ensure your articles and news reach us
(preferably in Word, please — not pdf)**

Advertising Costs

The rates to advertise in The Downsman are:

Full page - £16

Half page - £10

Quarter page - £5

Our offer of book 6 but only pay for 5 insertions continues with the annual rates (6 issues) being £80, £50 and £25 respectively.

The magazine offers excellent value in reaching your local customers.

We currently deliver The Downsman to approximately 700 households within the parish.

We regret that flyers cannot be distributed within the Downsman.

The next edition of this magazine will be published on the
1st December 2011
Copy Deadline is Tuesday 15th November
**We would also ask that contributors make every effort to meet the
deadline which is required to allow for printing, production
and distribution**

Views expressed in this magazine are those of our correspondents and contributors and do not necessarily reflect the opinions held by the Editor or Members of Sixpenny Handley with Pentridge Parish Council.

This publication does not endorse the products or services advertised within.

CLERK'S CORNER

Sixpenny Handley with Pentridge Parish Council
Unit 5B, Town Farm Workshops, Sixpenny Handley. SP5 5PA
Email: sixpennyhandley@dorsetparishes.gov.uk
Office 01725 552211/Clerk to the Council 01258 840935
www.sixpennyhandleyparishcouncil.btck.co.uk

October 2011
By Lisa Goodwin

I thought I would take this opportunity in 'Clerks Corner' to introduce myself to you as your new Clerk. Just to assure you, Gill is continuing as 'Financial Officer' and is still very much around if you need her. I will help with the day to day running of the Parish Council. I hope by the time this report is published, I will have begun to settle in and got to know a few faces in the village. Should you have any problems, concerns or suggestions I will be pleased to help. You can contact me on 01258 840935 at any time or alternatively on 01725 552211 during office opening hours. (10.00 am - 12.00 noon Tuesdays, and 6.00 pm - 7.30 pm Thursdays).

I have been Clerk to both Holt and Knowlton Parish Councils for some years already and very much enjoy the role. It has been interesting learning all about the 'goings-on' in and around our rural villages and how the Parish Councillors work to represent the local people, working in close partnership with both the District and County Councils.

To keep you up to date with the Parish Council, we now have a new website which gives you access to a range of information including minutes of the meetings.

www.sixpennyhandleyparishcouncil.btck.co.uk

Members of public are welcome at our meetings to speak during the public open session prior to Council business. Our meeting dates are published on the website along with the agenda. Please note meetings may be subject to change so it is always best to check.

CAN YOU HELP?

Would you like to be part of the Downsman Committee?

If you would like to help with the organisation and publication of the Downsman magazine the Downsman team is looking for volunteers to join the committee. If you feel you can help with the editing, photography or proof-reading, etc., please give me a call. Ideally, volunteers for editing and proof-reading should be computer literate (Publisher / Word) and have a good command of English. The committee only meet every other month, just before the publication deadline of the magazine.

For further information, please either phone me (01725 553199)
or email editor@thedownsman.org.uk

Margaret Cornish (Editor)

Thank You The Shed!

A quick thank you is a must to The Shed and all the staff working on the evening of 31st August. My best work colleague chose The Shed for her Retirement do, having visited it only a couple of times . . . she liked the atmosphere and its setting. We were able to have a pretty large area cut off for our party and it worked really well. Sue had such a memorable time, with a tractor and trailer ride courtesy of Steve and Simon and a chauffeur home thanks to Nigel thrown into the bargain. However it has to be said the food was truly amazing, beautifully presented and mouth-wateringly delicious . . . look at my photos on FB for those who dabble in social networking; not a sausage roll in sight. Angela organised the setting perfectly and even sat on the table to make sure it didn't collapse under the weight of the salmon and ham! So, really, without further ado, I would just like to say THANK YOU so very much to EVERYONE for their input on the occasion of Sue's Retirement – it was the best way to say Happy Days to a special friend.

Maureen

Chase Community Friends

Formerly known as the Arts' Group, the title has changed recently to Arts, Crafts and Hobbies in the hope of attracting wider participation.

The venue remains the same; the Sports Pavilion, as does the day and time - every other Wednesday from 9.30 a.m. to 12.00 noon at the latest. So if you wish to come along and pursue the vocation of your choice, then please telephone Mrs Maureen Smith on 01725 552767 who will be only too pleased to advise you of the next meeting, or any other questions that you may have.

Bill Chorley

The Trussell Trust 2011 Bulgaria Shoebox Appeal

Another amazing year! Although we will not reach last year's fantastic total of 154 boxes filled, we will be sending well over 100 shoeboxes up to Salisbury for Bulgaria. The final total will be announced when known.

My thanks to Marilyn Woodland (Taunton), Margaret Summerell and Chris Winter (Taunton), for knitting and providing so many scarves, hats and mittens. Also, to those who gave a bag of goodies to help fill boxes. All of these gifts are invaluable.

A very big thank you, also, to Sheila Mugford, Christine Ryder, Gay Cullingford, Christine Warner, Margaret Durrant, Paul Skinner and Peter Goldstone for covering over 120 shoeboxes.

Each box takes approximately 1¼ hours to cover. There is **no** quick way to do them. The boxes need about 1½ metres of paper each, plus glue sticks and Sellotape. Despite this, it is very gratifying knowing that each box will put a smile on someone's face at Christmas. However, it would be much appreciated if younger members of the community would cover their own in future; we are the only village that provide covered boxes.

The Light Lunch took place in early July and was a great success, making a profit of £203.01. This has off-set the cost of the transport and sweets for over 50 extra boxes which the above goods have filled. Thank you to Reverent Mel and Margaret Durrant for allowing us the use of the vicarage gardens for this event and for their continued support; and to all who helped on the day.

Trish Chorley
Trussell Trust Ambassador

2012 has a lot to celebrate with the Queens Jubilee and The Olympic Games

Some of the Community Groups are considering how to celebrate 2012 by having a Great Community Party involving all the Community Groups possible; Sports Association, Parish Council, Street Fayre Committee, with the hope that others will join in. This Party will need a lot of organisation and once again we will be asking for HELP - so please look out for information that will be posted around the village and in the shops and also on the Street Fayre website, fayre@sixpennyhandley.com and on Facebook. Let's get it together and have a Great Day. Please email the Street Fayre web site for any Questions. Full contact details of others who can be approached, will be posted once confirmed.

Thank you,
Maureen New



THE CHASE GARDEN CLUB

The Chase Garden Club's Autumn and Winter Programme is now well under way with a variety of activities. Non-members are welcome at all meetings which commence at 7.30 pm in the 1st Woodcutts Scouts HQ, Common Road near Sixpenny Handley. At every meeting there is a raffle, plant sale and refreshments. Membership is £20 per annum or £3.00 per meeting for non-members.

The continuing programme for 2011/12 is as follows -

Thursday 27th October 2011	'Fungi at your Doorstep' Eric Watson
Thursday 24th November 2011	'The Larmer Tree Gardens' Andrew Rampton
Thursday 29th December 2011	No Meeting
Thursday 23rd January 2012	'Quiz Evening and AGM'
Thursday 23rd February 2012	'Sweet Peas' Chris Hill
Thursday 29th March 2012	'A Year Through the Lens' Paul Sturgess
Thursday 26th April 2012	'Annual Supper' Members Only

The summer programme of garden visits for 2012 will be announced nearer the time.

For further information regarding the above please contact either -
Gill Carter on 01725 552030 or Louise Walford on 01725 516384

SIXPENNY HANDLEY MOTHERS' UNION

COFFEE MORNING/BRING AND BUY SALE

((In aid of M.U. Overseas Relief Fund))

with Raffle and Picture Competition

10.00 a.m. - 12.00 noon, Saturday 15th October
at 46 High Street, Sixpenny Handley

**** ALL WELCOME ****

Thank You

Liz Coombs and Stella Olsen wish to thank all at 'The Shed' for the excellent service we received at our recent joint birthday party.

Special thanks to Angela for the organisation and Paul (the chef) for the superb buffet. We would both highly recommend this venue to anyone planning a party or function.

Church Farm Caravan and Camping Park

Thank you

Steve, Lee and Kevin would like to thank everyone in the village who supported the 'Fish and Chip Supper' this year. Together we have raised £610.00 to be split between the SIA (Spinal Injuries Association) and The Duke of Cornwall Spinal Unit at Salisbury Hospital (where Kevin attends).

Also, the dog show at the end of July: what a wonderful day we had and we would like to do this again next year with your support. We would like to thank Heather and Malcolm without whose organisation the show wouldn't have taken place and we wouldn't have raised another £263.43 for The Duke of Cornwall Spinal Unit.

Thank you to all the Stall holders for taking part and for their donations. We hope you will take part again next year. (Any ideas for any other events please let us know).

So a big Thank You to everyone.

*Steve & Lee,
Church Farm Caravan and Camping Park*



The Little Pennies Pre-School needs a new Chair of Trustees!

The Little Pennies is a village Pre-School registered for up to 20 children in a fantastic new building within the First School grounds. It is a Charitable Company therefore all trustees also act as Company Directors. The role includes managing the board of trustees who manage the staff team of 4 part-time teachers. Key aspects of the role are implementing and maintaining the legal requirements (Ofsted, policies etc.) and monitoring the quality of the provision. The ideal candidate will have an interest in pre-school education and working within a team; no experience or formal qualifications are necessary. The new Chair will be supported by a Secretary, Treasurer and additional board members. This is a voluntary role and free training is available.

If you are interested, please contact Sarah Stonton on 01725 516939 or in writing to The Little Pennies Pre-School, Common Road, Sixpenny Handley, SP5 5NJ for further information.

**Sixpenny Handley with Pentridge Parish Council
GRASS CUTTING CONTRACT 2012**

Invitation to Tender

To request a schedule of works
Please contact Lisa Goodwin on 01258 840935
or email: sixpennyhandley@dorsetparishes.gov.uk
Tenders should be submitted by post or email to the Clerk by
27TH OCTOBER 2011

VILLAGE HALL NEWS

Following the attempted break-in at the end of May, the hall committee has been seeing how best to improve the security of the building. New doors have now been ordered and should be fitted shortly.

Rob's Auction is on **Saturday 8th October**. Viewing from **2.00 pm** and the auction starts at **6.00 pm**. Bring your items to the hall in the morning – no analogue televisions will be accepted.

Regrettably the lack of support shown by East Dorset District Council for Artsreach has had a direct effect on the village in that there have been no funds to support any live entertainment this autumn which is a great shame. Every effort will continue to be made next to convince the district council that the village halls deserve more support than they seem to pour into places such as The Hub at Verwood.

Panta Rei Danseteater is a vibrant, highly respected contemporary dance company who are based in Oslo, Norway. They will be performing
'We Fiction / Private Rite'
in Cranborne Village Hall
on Friday 18th November 2011 at 7.30 pm.

ROB'S AUCTION
SIXPENNY HANDLEY
VILLAGE HALL
SAT OCT 8TH - 6PM

All goods to be delivered to the hall before 12 midday

Viewing from 2.00 pm

No analogue (old style) TVs

Mobile Library Schedule - Visits on Thursday Fortnightly

Woodyates – Cobley Close	2.25 – 2.40	
Back Lane/St Mary's Close	3.00 – 3.20	
Roebuck Inn	3.25 – 3.45	
Dean Lane	3.50 – 4.05	October 13th, 27th
Sheasby Close	4.10 – 4.30	November 10th, 24th, December 8th



Mothers' Union

After a busy summer with MU involvement in several activities, we started off the 'new year' on September 8th with a House Communion service taken by Reverend Mel Durrant. He sparked off some lively discussion and injected a sense of cheerfulness, while not losing sight of reverence.

On Saturday morning, 15th October 10.00 am – 12.00 noon, we are holding a coffee morning (with bring-and-buy and raffle) at Sheila's, 46, High Street. This is in aid of the MU overseas fund which is administered by Mary Sumner House (HQ!). There will be a 'Picture Game' with a competitive edge! We hope that lots of people

will come to join in this fun morning – not just MU members.

Our next meeting, at 15 Paddock Close as usual, on **Thursday 13th October** at 2.45 pm, is Episode 2 of 'Music in Prisons'. The speaker is Ann Hinchcliffe, who delighted us with Episode 1 some months ago.

Enquiries: Sheila Bradley 553133 or Mary Macleod 552041.

Sixpenny Handley Bowls Club

Our outdoor season is finished again and has been very successful. The morning of our President and Barbeque day did start with rain, but the sun came out by the time we started the festivities and stayed out the whole afternoon. I think you organised that very well, Bob, along with everything else! We were very pleased to have such a lot of visitors and like to think everybody enjoyed the game of bowls and the barbeque. We do hope we might see some of these visitors again. Not only is outdoors very enjoyable everybody is always very welcome for our indoors shortmat bowls, which is starting again at the end of September.

We had our annual jumble sale at the beginning of

September and made about £300. Thank you, everybody, who helped and of course all the people who spent money on our stalls.

We have now got the end results in from our league matches and we have done very well. We have come second in the MTL League. I think most of you know the presentation evening is on the 17th October and it would be nice for the organisers if as many as possible could attend. The men's team is about in the middle of the league table, so well done!

Have a good indoor season and enjoy the social events Val and Bob have planned for us.

Bea

	CLUB	PLAYED	WON	LOST	DRAW	SHOTS FOR	SHOTS AGAINST	SHOTS NET	POINTS
1	Amesbury	16	9	5	2	1119	960	159	134
2	Sixpenny Handley	16	9	7	0	1026	939	87	129
3	Mere	16	9	5	2	1005	854	128	128
4	Salisbury	16	9	7	0	988	978	10	124
5	Alderbury	16	8	7	1	979	896	83	117
6	Tisbury	16	9	7	0	945	1078	-133	113
7	Downton	16	8	8	0	970	993	-23	110
8	Salisbury Victoria	16	6	10	0	971	1026	-55	94
9	Wilton	16	2	13	1	868	1179	-311	57



News And Information

NATIONAL FEDERATION OF WOMEN'S INSTITUTES

On 8th August, members gathered at the home of Tony and Jan Gibb for their August Supper. Unfortunately, it was not a warm, balmy summer evening so most of the time was spent indoors, although some did take a stroll around the garden. However, it was, as always a very pleasant way to spend an evening and there was plenty of fun and laughter as well as the spread of food and drink to help things along.

On 12th September Mrs Nicky Marriott gave an illustrated talk about being a Radio Ham and her visit to The Falkland Islands. It is apparently a popular, technical hobby and a service that uses various types of radio equipment allowing communication with other radio amateurs for the purpose of self-training, recreation and public service. The three week trip to the Falklands was with a group of ladies and the majority of time seemed to have been spent making radio contact with other like-minded people from all over the world. This was Nicky's first trip abroad, as well as the first time she had flown, so it was quite an adventure! She did manage to have one day off whilst there enabling her to see some of the places made famous by the Falklands conflict, including the penguins!

The Craft Club continues to meet monthly and has just completed a patchwork bedspread, which is to be given to Salisbury Hospice to raffle at one of their fund-raising events.

The Book Club also meets monthly and is a very social gathering, sometimes encouraging reading of books that, maybe, one wouldn't choose, so widening one's horizons. The book for September is 'The Hobbit' by Tolkien, and for October, 'The Pillars of the Earth' by Ken Follett.

Dates for the Diary

October 10th Bijou Beads,
Demonstration and Talk
October 20th Autumn Council Meeting, Poole
October 26th Autumn Group Meeting, Shroton
Dr Basil Purdue (Pathologist)
November 14th Mr Christopher Coll
The Dad's Army story (TV)

Anyone who would like to attend a meeting or would like more information, please contact the Secretary, Mrs Bobbie Carter. Tel 01725 552042

Rita Taylor (Committee Member)

Charity Ladies' Night

in aid of Young Arts Dorset &
Cancer Research UK

24th November 7.30 - 11.30 pm,
Hamworthy Social Club,
Magna Road, Merley

TICKETS £16.50 INCLUSIVE OF 2
x Glasses of Pimms and
2 x Puddings!

A night of Cabaret & Disco,
THE Elvis Tribute, PIMMS, PUDS
and Cabaret,
Featuring DJ Ashley Hooper,
Garry J Foley

For tickets contact an-nieyoungart@hotmail.co.uk or visit
www.youngartdorset.org



Sixpenny Handley First School

Friends' Association

Newsletter: Autumn Term 2011

Sixpenny Handley First School Friends' Association welcomes parents, carers, guardians, teaching and non-teaching staff currently at our school and any willing members from the local community.

The Friends' Association raises money for the benefit of all of the children in our school.

Our Committee members include: chair person Alison Dunford, and treasurer Karen Slade, as well as lots of other parents and staff.

We currently have a secretary vacancy and any offers will be greatly appreciated.

Recent fundraising events included our summer fete, children's film nights, discos, raffles and cake sales. Our summer fete in July raised just over £1,242: thank you to everyone who came, helped out, and supported us.

New initiatives: This year we are setting up Bag2school, a recycling scheme for schools; and Farmers' Choice organic fruit and vegetable bags from Abel & Cole, available on a weekly basis through the school.

The money that we raise has contributed to subsidising school outings, theatre productions, class resources, garden tools, resources for themed days, sports day ice creams, and more.

During this academic year we would like to support the school in funding guided reading books, playground markings and decorations and a Christmas Show backcloth.

We have a busy term of fundraising events ahead, so if you are a willing member of our local community and you would like to find out more or can spare time to help out in any way then please email Alison on rwj.frost2@btinternet.com or Karen on karen@karenslade.co.uk



Sixpenny Handley first School: 01725 552356 office@sixpennyhandley.dorset.sch.uk

The Royal British Legion Poppy Appeal 2011

The collection dates for this year run from Saturday 29th October to Remembrance Sunday, 13th November. We have done very well in past years. Last year the amount collected came to £1,827, thanks to sterling work by the volunteer house-to-house collectors, the shops and the church collections. I am grateful for the support from all those who helped to amass this sum and all who gave so generously.

The success of the annual Poppy Appeal depends very much on the efforts of those who voluntarily undertake the task of collecting door-to-door. A particular stalwart is Mrs Hazel Brewer who, last year, was congratulated by the Royal British Legion who awarded her their 'For Merit' badge for 25 years service. She deserves our congratulations for such devoted service.

The number of collectors available this year has dropped, so I am making an appeal for some additional helpers for the door-to-door collections. Can you spare two hours of your time one evening to assist in this most worthwhile task?

Money raised by the Poppy Appeal is making a real difference to people's lives, helping our heroes from past and present campaigns, as well as supporting their families, who are so often also affected when their loved ones return home, requiring physical, financial or emotional support.

The present economic climate has meant heavy demand on the RBL for its welfare services, now spending over £200,000 a day. In addition, the Legion has committed £25million to the Personnel Recovery Centres, including £12million to the RBL Battle Back Centre, a facility built to enhance the recovery of wounded and sick Service personnel, which will become a national centre of excellence for adaptive sport and adventure training with the military as its core.

Please help your local Poppy Appeal this year with your generosity. And if you could spend a couple of hours helping with the collecting boxes, the existing voluntary collectors and I will be most grateful for your help. Do let me know if you can - phone me on 01725 552781 or leave a message.
Paul Skinner (Hon Poppy Appeal Organiser)

101 NON-EMERGENCY NUMBER GOES LIVE IN DORSET

The new 101 police non-emergency telephone number has gone live today, Monday 19 September 2011.

Members of the public in Dorset must now ring 101 to contact Dorset Police for non-urgent enquiries.

The new 101 number has replaced the previous non-emergency police number in Dorset of 01202 or 01305 222 222.

This new non-emergency number has gone live across all of the police forces in the south west today – and the 101 number is due to be available in all police force areas of England and Wales by the end of January 2012.

Chief Superintendent Colin Searle, Communications and Contact Services Commander, said: "The new 101 police non-emergency telephone number is easy to remember and will be live across the whole country early next year.

"It is important that the public in Dorset know that they must dial 101 to contact the police in Dorset for non-urgent business from now on.

"The public should call 101 to report crime, to contact their local Safer Neighbourhood Team, to provide us with information about crimes that have been committed or to make a general enquiry.

"As ever, people should always dial 999 in an emergency – when life is in danger or a crime is in progress."

Calls to the 101 non-emergency number – from both landlines and mobile phones – cost 15 pence per call no matter what time of day you call, or how long you are on the phone.

Harvest at Woodcutts!

We are now into the second week of September and there is still a fair acreage of winter wheat and spring oil seed rape to be harvested here in the fields around our cottage. This is simply because of the awful harvest weather this summer and autumn. Thank goodness for the sophisticated machinery available to the farmer when harvesting conditions are right!

When I first came into farming, the headers on the combines which were 'devouring' the crops back in the late 1950s were 10 and 12 feet wide and they were considered to be the 'bees' knees' as far as harvesting was concerned. I suspect that the cutting tables of the ones I have just photographed today are six metres (twenty feet) wide and, of course, they were travelling at speeds far greater than those of my youth and far more efficiently, giving a much better seed sample with far less losses.



Combine working just two hundred yards from our cottage.

Of course, there have been many improvements to combines in the past fifty years, not only in size and performance, but also in driver comfort. Today, the cab from which the driver operates his machine has a clean, air conditioned environment, where the controls are instantaneous and electronically or hydraulically operated without any physical effort on his part. There is even a cutting knife on the end of the header, at right angles to the main horizontal blades, to ensure that the end of the cutting deck doesn't block up. I remember being given the job of riding on the steps of a combine so that I could jump off every time the header reel blocked while cutting a badly laid crop of barley. This was some fifty years ago; today Health and Safety would have a few words to say about it, as they would if there were no cabs

on combines today. When I was working in Wexford, Eire, later in my career, we actually had a very hot, dry summer and the three combines we were using were surrounded in clouds of dust as they worked. Even then, in the 1970s, they did not have cabs on. The drivers worked all day in clouds of dust and simply accepted it as the *status quo*. The fact that they were combine drivers made them superior to all the remaining farm staff, so dust was something they put up with. They simply battled on, covered in dust, so much so that, at times, it was difficult to see where they were going or even see their dash boards and instruments! In fact, the newest of these machines, just one year old, gathered so much dust that the operator hadn't noticed that the temperature gauge was going up and up. The dust was so bad that it had coated the driver, the combine and the engine and caused it to heat up to such an extent that it blew up! It was a German Class and our local Wexford dealer assured us a new engine would arrive from Germany within two days. That's just what we wanted to hear, but unfortunately it was not the truth as it took slightly more than two weeks before that combine was back at work.

Now, I must really get back to 'Harvest at Woodcutts'; you must stop diverting me or I shall never get this copy to the editor in time for the deadline, whenever that is. We were talking about the crops still to be harvested here at Woodcutts as we enter the second week of September, namely spring oil seed rape and winter wheat. The yield of oil seed rape can be badly affected by the weather as the seed pods can easily split when drying out, releasing the seeds onto the ground, especially if they are constantly changing from wet to dry due to changing weather conditions. This means that there can be serious losses of seed before the crop can be combined. Winter wheat also sheds to some extent, but the biggest problem is that the grain, once dried in the ear, will, if allowed to get wet, germinate and sprout which, of course, loses quality and can only be sold as cattle feed at a considerably reduced price. So a wet autumn is not a good time for farmers with combinable crops still to harvest.

The stock farmers on the other hand, providing there isn't too much rain so that fields are waterlogged, actually benefit in that they have a goodly supply of grass, albeit possibly of lower quality since it has a high-

er water content: that is providing they aren't intending to make some late silage or even hay or haylage to supplement their winter feed supply. Yesterday I was talking to a farmer who has fifty acres of grass to make into haylage before he can plough the land to drill winter wheat.

That's enough about farming and its problems. Now, let's talk about the countryside if you have the time to read this. Firstly, I received a phone call one day at the beginning of September from Sheila Bradley, who lives at the top end of the Sixpenny Handley High Street. She said that Angie, her next door neighbour, had found an unidentified living 'thing' under her fuchsias. Sheila suggested it looked reptilian, but when she described it to me I suggested it was a caterpillar of a hawk moth. She said that it was at least three inches long and rather than produce a moth it was, from its size, more likely to produce a bird. I went down and identified it as an elephant hawk moth caterpillar, which loves fuchsia leaves to feed on. I have enclosed a photograph, which shows its size in comparison to a human finger. For all its ugliness, it produces a rather beautiful pink and brown moth of some size but far smaller than our smallest birds and the body of which is far smaller than the caterpillar. I just hope that the editor can include the photograph.



The Elephant Hawk Moth caterpillar

To finish, I must tell you about my wonderful experience in Normandy while on holiday with children and grandchildren. We were parked in the village riverside car park at Airel, about 10 miles north-east of St.Lô on the River Vire. What first caught my eye was a blue flash, which changed to a reddish brown and could only have been a kingfisher, but then across the river something else caught my eye. It was something grey swimming along the opposite bank. It was an otter; the first I had ever seen in the wild. It was getting late, so we did not stay long but we did return the following evening. I had a wonderful two weeks in France but this was the icing on the cake and I am already looking forward to going back next year to see them again and, I hope, get some wonderful pictures, so please be patient - you have only got a twelvemonth to wait!

Thank you for reading to the end. I hope you have enjoyed my wanderings and that I haven't kept you up. God bless.

Ted Cox (Sept. 2011)

Sixpenny Handley Photography Group

This is a small, amateur group that is open to all abilities. We meet on the 2nd and 4th Friday of the month at 7.15 pm at 10 Sycamore Close, Sixpenny Handley.

So far, the group has learnt the basics of using their camera and is beginning to understand that you don't need specialist equipment to capture a great photo.

Get up close with nature and capture that special moment in time, or look further afield for a perfect landscape. See how the professionals do it.

If you wish to understand all that your camera has to offer, are seeking advice on something specific or simply wanting feedback from a friendly group of people, this could be the group for you.

For more information ring Andrew Chorley on (01725) 552776, Mob - 07753 110327
or e-mail andrewchorley@mac.com

SIX OF THE BEST
(General Knowledge Quiz)

- (1) This is part of a poem I learnt at Handley School years ago when I was a young lad.
*I must go down to the seas again, to the vagrant gipsy life
To the gulls way, and the whales way, where the wind's like a whetted knife.*
Title of the poem and Poet please.
- (2) What is the origin, or reasons for the saying?
"Shipshape and Bristol fashion"
- (3) Who rode into the valley of death, where cannon left and right volleyed and thundered?
Also where was this, and when?
- (4) The 36th President of the United States, Lyndon B Johnson, was affectionately known as L B J.
But what name did the letter B stand for ?
- (5) Who made a very famous speech based on these words, "I have a dream."
Also, where and when was this? And what was the subject matter of the speech?
- (6) What happened at Niagara Falls 100 years ago in the year 1911?

Answers with next edition of the Downsman magazine.

Peter Bailey

Stock Gaylard Ride - 16th October 2011

A beautiful, 8 mile horse ride through the [Stock Gaylard Estate](#), Sturminster Newton, Dorset, DT10 2BG.
By kind permission of Andrew and Josie Langmead

Riders will be able to start the ride anytime between 10.00 am to 1.00 pm
Awards

Everyone who completes the course will receive a sunflower pin badge.
Delicious refreshments will be available, with all proceeds to Weldmar Hospicecare Trust.

Entries by 12th October 2011

Adults £10
12 and under £5

On the day (cash only)

Adults £15
12 and under £5

To enter follow www.weld-hospice.org.uk/stockgayaldride or call Amy Day 01305 261800

Village Hall 100 Club Winners

July

1st £25 118 Mrs Hayes
2nd £15 14 Mr C. Miles
3rd £10 1 Mrs Rivers

August

1st £25 23 Ms J. Day
2nd £15 89 Mrs B. Day
3rd £1 138 Mrs G. Carter

The 100 Club is run in aid of the Village Hall.

If you would like to join and have a chance to win, please contact Bea Boyland on 552805

COUNTRY RAMBLES

The wildlife of today is not ours to dispose of as we please. We have it in trust. We must account for it for those who come after. KING GEORGE VI

The last chapter in the swallow saga is that they returned to have another go on the crossbeam of my workshop. They made some minor adjustments to the nest and laid three eggs which hatched about the 10th August. Unfortunately, the story does not have a happy ending. Next door's cat, having failed to get a meal from their other nest, found this one and cleaned up. The swallows have now all gone to their winter quarters and I have removed the nest in the workshop.

Britain's waterways are the healthiest they have been for more than 20 years, according to the Environment Agency, which released a list of the ten most improved rivers in the country. Number nine on the list was the Stour in Dorset. Otters, salmon and other wildlife are returning for the first time since the industrial revolution. The Environment Agency confirmed that amongst the sightings is the return of otters to Kent, the one county where otters had remained absent. There is still more work to be done, and there are plans to transform a further 9,500 miles of river in England and Wales by 2015 – the equivalent of the distance between the UK and Australia.

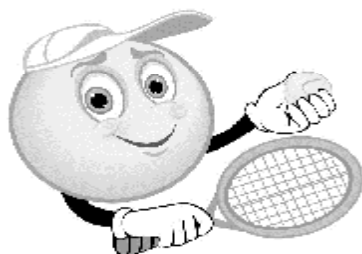
We still have some cases of myxomatosis locally. It's normally at a peak at this time of the year because numbers are at their peak as the breeding season comes to an end. When I was in my teens it was rare to see pregnant or nursing does in the autumn or early winter, but the breeding time, like the football season, seems to be getting longer, and last week I saw seven youngsters playing on the headland of the stubble field.

I don't know if any of you have noticed an increase in the number of foxes this year but the farmer down the road shot six that were in with his chickens one evening and, four days later, a further two. All my gamekeeper contacts are reporting foxes on the move; I wonder if was a particularly good breeding year, or is there some other explanation?

The ability of animals to work things out always amazes me. My middle dog is clever and over the years he had developed his own working style and as a result has become a better working dog. Whenever I have an apple I give the core to the dogs to eat, but this year Flynn has taken this love of fruit a stage further. I noticed that there were very few fallen apples under the trees. I normally have to rake them up before I can cut the grass, but this year it was a case of picking up the half dozen or so that were there. Then I saw him eating one of the fallers, and a few minutes later he ate another. Because I had picked up the fallers he had no apples to eat, but rather than be outdone he went to the tree and picked an apple for himself. This was not a one-off occasion as he is continuing to supplement his normal diet with quite a lot of fruit. Indeed, he has expanded his range to the fallen damsons and plums. Why he has suddenly found the need to do this I do not know. It is, however, interesting to see the young dog watch his uncle as he, too, is picking the apples up, but as yet not eating them.

Richard Harwood

Sixpenny Handley Tennis Club



Sunday 10am to 12noon
Adult Club Session

Come along and have a game of doubles
Starting Sunday 18th April.

New members welcome, for further details please
contact Tracey Lownds 01725 552414

Rob's Column

Autumn in the shadow of the snowflake,
A russet carpet rustling in the wind
Threatening the first frost of winter
And banishing the distant hope of spring.

Autumn in the memory of the summer,
The glory of the golden ripened corn
Of a harvest which was rotted in the springtime
When the falling autumn leavers were being born.

Autumn in the twilight of the seasons,
A fading landscape richly coloured, still
With the subtlety of all the shades of nature
Captured by the artist with the quill.

Autumn in the heartfelt need of poets
Searching to express the earth's decline
Need look no further than the changing seasons
For inspiration to raise praise in metric rhyme.

Autumn is the season for the sages,
Authors, artists and philosophers who sing
The praise of Mother Nature through the ages
From the insight which only autumn brings

Autumn in the beds of summer roses
When dying lends a fragrance so rare
To the senses of whoever then reposes
In the sweetly-scented, fleeting autumn air.

Just once for all time

Laughing, singing, joy bells ringing
Life is today just a dream.
Music yearning, sorrows turning,
Bright eyes with happiness gleam.
Those fairytales are for a few.
This one I know is true.

Just once for all time
Does good luck greet you
And lead you on to Paradise.
Just once for all time
Does fortune treat you
To happiness beyond the clouds.

The flowers are your flowers,
The hours are your hours
The whole wide world belongs to you
There's just one Maytime
Make that your playtime
And start to live your life anew
With heart that's beating and lips repeating
Such happiness is too good to be true.

Money can't buy happiness, but is sure makes misery
easier to live with.
You're never too old to learn something stupid.

Common Ground

We talked about a lot of things
And just could not agree,
Which made me feel so very sure
That love was not to be.
But when we talked of gardening
I very quickly found,
That then, and for all time to come
We'd be on common ground
(Rachel Hartnett)

A bit of fun

Give us, Lord, a bit o' sun
A bit o' work and a bit o' fun.
Give us all in th' struggle and splutter,
Our daily bread and a bit o' butter.
Give us health, our keep to make,
An' a bit of spare for poor folk's sake.
Give us sense, for we are some of us duffers
An' a heart to feel for all that suffers.

Words of wit and wisdom

Finish every day and be done with it,
You have done what you could,
Some blunders and absurdities crept in,
Forget them as soon as you ca,
Tomorrow is a new day.

Things grandmother told us

Moving furniture: put socks on the legs of furniture to
move it across hard surfaces like wood or slate.

Stained furniture: for alcohol stains on furniture, rub
hard for five minutes with petroleum jelly mixed with cig-
arette ash

Easy room freshener: a drop of perfume on a light
bulb will send a fragrance through the room

No flies: use sprigs of mint in a vase on your window sill
to deter flies (smells good, too).

New uses for toothpaste: plain white toothpaste
cleans your hand basin, as well as jewellery and all silver.
Rub it in, wash in hot water and polish with a soft cloth.

Fogged up glasses and mirrors: to prevent glass from
fogging up, rub it with dry toilet soap, then polish with a
soft cloth.

Grease stains: to remove oil and grease stains from
clothing, run a handful of cornflour into the stains, leave
to absorb the grease, then wash as usual.

Damp matches: rub a match in your hair before
striking. The oil from your hair will assist easy lighting.

**DON'T FORGET Rob's Auction, Village Hall,
Saturday 8th October. Usual format. Donations
from 10.00 am, viewing from 2.00 pm. Sale starts
6.00 pm. Food, drinks, raffle, brick-a-brac.
Bargains for all. Thank you for gifts, donations,
help and support on the day. (Extra help is always
wanted). Rob.**

1st Woodcutts News



15th September 2011



Summer Camp– Ferny Crofts 2011

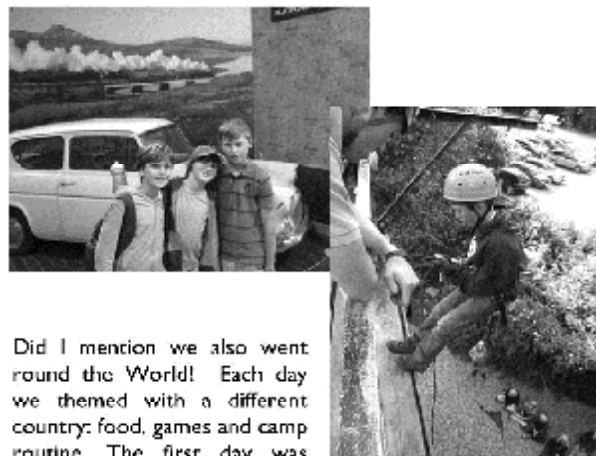
So, with a little re-arranging, head-scratching and off-the-wall ideas, the Leadership team for Summer Camp transformed the event from "not going to Guernsey" to a cost effective and local(ish) trip to the New Forest - but with a twist. All the planning, booking and budgeting finally sorted, the kit prepped by Preed (Chris Preedy) and Paper Underpants (Martin Russell), our summer camp quartermasters, we just had to fit it all into two estate cars and a van! Thankfully Skip came along with his Landrover and trailer to save the day and we arrived in a sunny Ferny Crofts, shortly followed by 24 Cubs, Scouts and Explorers to set about organising and building our camp.

Then the rain came ... and came ... and came. In the wee hours a small voice called out for help - 'We're flooded!' That was 2.00 am; by 3.30 am we had our WWI duckboards (tables and benches) down in the mess tent and 7 scouts kitted out with 'spare' sleeping bags so everyone was settled. Oh, did I mention that we woke Akela to get some spare kit only to find he was literally floating in his tent! Another relocation sorted and we were all back to sleep waiting to see what the light of day brought. The reality was that our sturdy ridge tents, whilst still performing well, could not hold up to the river that had poured through our camp. The cubs were dry(ish), the Scout girls' tent had suffered a little and poor Akela had been pitched in an area we now called the Nile Delta!

This did not stop the week. Everyone was off climbing, abseiling or crate stacking and gladiator challenge (both high rope activities) whilst at the same time more than a few sleeping bags were taken to the launderette and the hunt started for some new tents. What luck to find Millets had a buy 2 get 1 free on top of a sale and even offered a further 15% discount! So with 6 tents and lots of dry sleeping bags and clothes piled into the cars Rob, Clare and I got back to camp. With the help of Paper Underpants we soon had the new tents up and kit moved from what now looked a very sad scene. Akela produced another tent for himself to complete the reorganisation. It was a rare sight to see the cubs and scouts returning to find their new homes. They

even made a song up about their woeful night and the new tents.

So the trip was actually a real camp, sunshine, rain – no snow thankfully - but loads of activities from backwoods cooking and making hammocks to climbing 60ft towers, air rifles and archery. Everyone had a sheep dip on the Sunday with a trip to the local swimming pool (we did make them shower before going in the pool) and the day was finished off with fish and chips.



Did I mention we also went round the World! Each day we themed with a different country: food, games and camp routine. The first day was France (with the Scottish Flag – that's eBay for you – Rob!) with croissants for breakfast. The leaders all wore berets and false moustaches (yes, even me; a tash on a tash!) and walked out of the tent to some really puzzled faces – these became even more puzzled when they saw we had a moustache for each of them, which they wore all day! Other days included Australia, when we played cricket and beach volley ball followed by a trip to the beach and, of course, a barbie. We also visited Germany when we had sausages for tea; the USA with baseball caps, rounders and baked potatoes cooked in the fire; fish and chips was England and being Sunday we had a lie-in. For the day of the Beaulieu motor museum trip (see Harry Potter car above) we of course were in Italy and had pasta for tea! So a week around the world, all in the New Forest – that has to be value for money and an experience! In many, many years of camping we have never seen rain come down with such results. As ever, the Woodcutts mentality kicked in and the leaders made sure the day ran to plan. We overcame the issues and all our young people rose to the occasion. The last day really brought this out, having had to endure rain, cold, wet kit and being away from home - many for the first time - to see all our Scouts sitting on the slack line singing their heads off was payment in full for what was a challenging but fun Summer Camp that we will all remember for a very long time.

Andy T.

1st Woodcutts Scouts, Handley Common, Sixpenny Handley, Salisbury. SP5 5NJ

<http://www.firstwoodcutts.org.uk>

1st Woodcutts News

15th September 2011

Handley Firework Spectacular



After a very soggy summer, autumn appears to have arrived early. As is now traditional, we will be holding our annual Firework Spectacular at Church Farm on Saturday November 5th. Once again, there will be two displays with the earlier (quieter) display for the younger members of the community, followed by the main display. There will be the normal great selection of food and drink available throughout the evening and a selection of side stalls and activities to keep everyone entertained.

Please see flyers and posters for full information. If you or your business would like to sponsor the display or the printing of tickets, please do call Rob Easton.

Remembrance Day Parade

This year's Remembrance Day Parade will take place on Sunday 13th November. Gather at the Town Farm Workshops at 10.30 am to lead off at 1045 am. Any Servicemen who would like to lead the Parade are welcome to join us.

Fundraising & Support

The HQ has been built, but we continue to need to raise funds for both the group and to run the building, so we will continue with most of the usual fund-raising activities and, as always, we appreciate all the support from the community and the group.

Easyfundraising - We don't like to be the first to mention it, but it will soon be "peak seasonal gift purchasing period". Did you know that if you are shopping online you could be donating money to the group at the same time? Firstly, go to easyfundraising.org.uk and register and select 1st Woodcutts as your designated charity. Then follow the links on that site to the various shopping sites and a proportion of the money spent will come to 1st Woodcutts. There are often special offers available on the site so you may save yourself some money at the same time.

***Thank you - Thank you - Thank you - Thank you - Thank you ***



After nearly 5 years of helping with Woodcutts Beavers as Assistant Leader, Jill Hutchins has decided to allow someone else the opportunity to have a go. Willow and all the Beavers would like to take this opportunity to thank Jill for all the time she has given up and the effort she has put into making the early years of the Beaver Colony such a huge success. Jill has worked so hard for us, not just on Wednesday evenings, at parades and on outings, but also during the all the many behind-the-scenes meetings and on preparation and planning.

Thank you Jill, you've been fab!

Fortunately, we still have the amazing Young Leaders: Jessy, Jon and Rachel and we are pleased that Dee Broadway and, later on, Claire Easton will also be joining us on Wednesday evenings.



Age 6-8

Wednesday 5 to 6pm
Denise Turner (Willow)
01725 552735



Age 8-10½

Wednesday 6 to 7.30pm
Andy Young (Akela)
01258 830861



Age 10½-14

Monday 7 to 9pm
Rob Easton
01725 552038



Age 14-18

Wednesday 7.30 - 9.30pm
Andy Turner
01725 552735

Group Scout Leader
John Curtis
01725 552397

1st Woodcutts Scouts, Handley Common, Sixpenny Handley, Salisbury. SP5 5NJ

<http://www.firstwoodcutts.org.uk>



NEWSLETTER for October / November 2011.

The ATC wins two fabulous awards in 2011 !!!!

The Viking Longhouse has been awarded 'Best Community Development' in the South West Regional finals of the Local Authority Building Control Awards which took place in June. It now goes on to compete at national level in London in November – so watch this space!

We are also extremely proud to be the recipients of the very prestigious **Sandford Award for Heritage Education**, which recognises the quality of our teaching, our resources and our facilities.

For more information about the Sandford Award, please visit their website:

www.heritageeducationtrust.org.uk

Open Days

The Open Day on the 10th of September – 'Apple Day' – had a good turnout, despite the changeable weather, with around 150 visitors who brought their own apples and bottles to make fresh apple juice on our "Roman Apple Press". They also made jam and harvested hawthorns to make fruit leather. Visitors also enjoyed getting involved with felt making and natural dyeing. Our next Open Day will be on **Saturday 12th November** and will focus on Winter Activities – charcoal burning, coppicing, hurdle making, and fire making to name but a few.

Roundhouse Rebuild

The old **Round House** at the top of the site was removed over the summer and is now our next major project to be undertaken with the help of volunteers and visiting schools. We will start collecting timber in October and run right through the building process over the winter. New volunteers are welcome to come and join in (see below).

ATC Volunteers Association

We hold regular volunteers working parties which meet on the second and fourth Saturdays of the month. Additionally there are volunteers who are able to come in during the week, so if you would like to join us ring the ATC on 01725 517618.

.Future Volunteer Dates:-

24th September Volunteers Day 9.30 to 4.00.

22nd October Arne Day – ATC will be at the Arne RSPB reserve from 10.00 to 4.00.

12th November 'Winter Ancient Day' open to the public 10.00 to 4.00.

26th November Volunteers Day 9.30 to 4.00.

10th December Volunteers Day 9.30 to 4.00.

Winter Solstice / Christmas / Volunteers date to be advised.

Storytelling and Music

Our last storytelling of the season will be on **Saturday 29th October** – just in time for **Halloween!** This year, the Crick Crack Club's '**Day of the Dead**' – a quirky and bizarre homage to the Mexican festival 'Dia de los Muertos' or Day of the Dead, will come to the Earthouse with performance storytellers Ben Haggarty, TUUP and Xanthe Gresham. They will dig deep into their potent repertoires to dance hand-in-hand with that dynamic trio – God, the Devil and Death. Here dead ancestors are honoured and Death is mocked, cheated and saluted by turn. Expect ritual, stories, and magical mayhem... doors open at 6.30 pm with performance at 7.30 pm. Tickets for this performance can be obtained from EDHT on 01202 888992. Tickets cost £10 for adults and £5 for children (10 -16 years – not suitable for under 10s)

(n.b. 1st October – Dark Ages Evening - please note that this event has been cancelled)

Ancient Technology Centre, Damerham Road, Cranborne, Dorset, BH21 5RP
01725 517618

Don't forget you can now find us on "www.ancienttechnologycentre.co.uk"

Diabetics regain control of lives - A profile of Graham Ryder from the Cranborne Chase

At a time when there is great uncertainty in the NHS, and the Government is being forced to make a 'u' turn on some of its proposed changes, it is refreshing to hear of some positives in treatment and care within the Health Service.

DIABETES can affect people of all ages and there are a number of risk factors such as high blood pressure, high cholesterol and family history. Tell-tale symptoms include sudden excessive thirst, numbness in hands and feet and blurred vision.

Diabetes care seems to be a leader in the field of patient involvement and education. Whilst the number of people diagnosed with diabetes is increasing, medics in the south are working hard to ensure that patients with this condition know how to cope with this life-changing illness. It is unfortunately true that blindness and foot amputation can be a dangerous consequence of not managing diabetes correctly.

Graham Ryder from the Cranborne Chase is not such a patient. He takes his condition very seriously, and he is determined that he will manage the disease, not the other way round. Graham counts the carbohydrates of what's on the menu before he enjoys a very tasty and nutritious meal.

Graham has been a Type 1 diabetic since July 1983 and over the years, with the help of the NHS, has made great efforts to manage his diabetes well. However in 2008 he was given the opportunity to go on a DAFNE

Course (Dose Adjustment For Normal Eating) being a training programme giving people with Type 1 Diabetes the skills to estimate the carbohydrate content of their meal and to inject the right dose of insulin to match this, also to make adjustments for exercise, travel and other activities. Graham states that the course totally changed his life, from always time-watching in order to eat and inject at prescribed times to very seldom wearing a watch. The DAFNE course allows diabetics to be in charge of their diabetes. Graham can now eat what he wants and when he wants.

Doing his own care, Graham has avoided being admitted to hospital by using DAFNE principles, saving the NHS approximately £1000 per visit. The cost of a DAFNE course is around £350. The savings alone speak for themselves.

Last September Graham was asked to join DUAG (Dafne User Action Group) to promote DAFNE and to help those who have not attended a DAFNE course. DAFNE does not end when the course is completed. Graduates of the course are given a number of contacts in case they need help and normally this advice is given within a couple of hours. There is access to a website run by DAFNE graduates where you can have questions answered and gain more information about diabetes first hand. While Graham is able to manage his diabetes he still attends the hospital for annual checks and reviews.

Graham Ryder

NEWSLETTER

The Sixpenny Handley and Chalke Valley Practice

Sixpenny Handley Surgery
Dean Lane, Sixpenny Handley
Salisbury Wiltshire SP5 5PA
Telephone: 01725 552500

Doves Meadow Surgery
Broad Chalke
Salisbury Wiltshire SP5 5EL
Telephone: 01722 780282

Web Site:
www.sixpennydocs.co.uk

STAFF NEWS

We welcome Doctor Liz Parry who will be with us for a year. She is a qualified doctor who is in the final stage of training to be a GP. We look forward to her working alongside us. Dr Franklin has joined her new Practice for her final stage of training and Nurse Ruth Raudsepp has also taken up a new challenge. We wish them both much success for the future.

PATIENT PARTICIPATION GROUP

We hope to set up a Patient Participation Group to help us plan future changes to the Practice. It is envisaged that the group will have about 150 members, all patients, embracing a wide age range and representing all groups within the practice, including those people who seldom come to visit us.

Because of the size of the group it will not be practical to meet physically and we plan to communicate predominantly by email and the internet.

If you are interested
please email us on

Sixpenny.ppg@nhs.net

Stating your name and first line of address

We will not respond to any medical questions via this email.
We will store your email address in an email group but it will not be shared with anyone outside the surgery, not even with other members of the group unless you specifically ask.
The information with which you supply us will be used lawfully,
in accordance with the Data Protection Act 1998.
The Data Protection Act 1998 gives you the right to know what information is held about you,
and sets out rules to make sure that this information is handled properly.

The Downsman

DON'T FORGET WHAT'S ON!!!

DATE	FUNCTION	PAGE	DATE	FUNCTION	PAGE
8 Oct	Rob's Auction	9	2 Nov	Flu Clinic, Broad Chalke	12
10 Oct	Flu Clinic, Handley Surgery W.I. Meeting	12 13	5 Nov	Firework Display	23
13 Oct	Mobile Library M.U. Meeting	9 11	10 Nov	Mobile Library	9
14 Oct	Photography Group	17	11 Nov	Photography Group	17
15 Oct	M.U. Coffee Morning	6	13 Nov	Remembrance Parade	23
16 Oct	Stock Gayland Ride	18	14 Nov	W.I. Meeting	13
17 Oct	Flu Clinic, Broad Chalke	12	15 Nov	Copy Deadline	3
19 Oct	Flu Clinic, Handley Surgery	12	18 Nov	Pamper & Shop Evening Panta Rei Danseteater Dance Co	8 9
20 Oct	Bingo W.I. Meeting, Poole	10 13	24 Nov	Chase Garden Club Mobile Library	6 9
24 Oct	Flu Clinic, Handley Surgery	12	25 Nov	Photography Group	17
26 Oct	W.I. Meeting, Shroton	13	1 Dec	Next Issue	3
27 Oct	Chase Garden Club Mobile Library	6 9	3 Dec	Coffee Morning	10
28 Oct	Photography Group	17			