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Thursday, September 10, 2020

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New home for health centre

ANDOVER Health Centre Medical Practice is set to move to a brand new, two-storey, purpose-built wing of Andover War Memorial Hospital following NHS approval of a multi-million pound redevelopment.

The new home of Andover Health Centre Medical Practice (AHCMP) GP surgery is a result of long-term partnership working between Hampshire Hospitals NHS Foundation Trust and NHS West Hampshire Clinical Commissioning Group (CCG), and will replace the existing GP surgery. The development will provide modern, fit-for-purpose accommodation for over 14,000 registered patients and surgery staff, as well as a NHS community specialist care dental service.

Construction of the GP surgery is set to start in October 2020, and is due to be completed in one year. Planning permission was granted by Test Valley Borough Council in April 2020. To enable construction of the new building, part of the hospital building that currently houses a small number of offices and conference rooms will be demolished. Hospital services will remain unaffected throughout the course of the build process and when the new surgery is open.

The new GP surgery will ensure that care continues to be delivered in the local community and will help meet local population growth.

Rachael King, Director of Commissioning, NHS West Hampshire CCG shared: "This approval now means we can proceed with the redevelopment of a brand new GP Surgery in Andover, enabling the continued provision of high quality healthcare from modern fit for purpose premises."

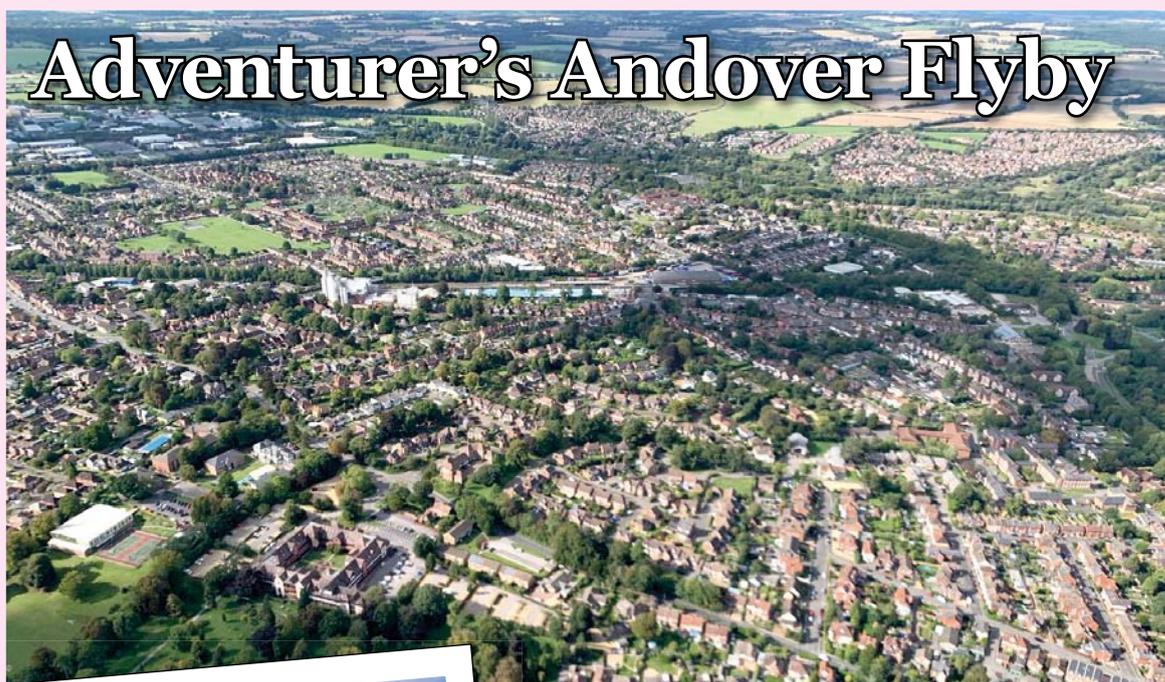
Alex Whitfield, Chief Executive of Hampshire Hospitals NHS Foundation Trust, added: "We are looking forward to working with local GPs to continue to provide the best possible care for the local community. We know how important it is for people to be able to access care closer to their homes, and this is a great step forward in providing modern facilities for the people of Andover."

Dr Rosemary Griffiths, Senior Partner at Andover Health Centre concluded: "The Andover Health Centre team are thrilled to have confirmation that work will shortly commence on our new Health Centre. The building will enable us to continue to provide the best possible care for our patients in modern premises. Remaining on the War Memorial site with its additional services including X-Ray and Phlebotomy is an additional benefit to our patients and we are grateful to all those concerned who have come together to reach agreement on this project."

For more information please contact the Communications and Engagement Team at whccg.communications@nhs.net or on 023 8062 7472



Development picture of the new Andover Health Centre Medical Practice



TO commemorate the launch of today's Love Andover Observer, local adventurer James Ketchell took to the skies with our newspaper's editor, Audrey.

Captain Ketch set the world record last year for flying around the world solo in a gyrocopter and it was the very same gyrocopter that the duo flew over Andover in this week.

Speaking of the experience, Audrey shared: "The whole journey from start to finish was amazing and what a spectacular way to see Andover. We are surrounded by such beautiful countryside that we so rarely have the opportunity to see so clearly and the views were simply breathtaking. I felt so privileged to see this fantastic town from such an incredible position."

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Mylen Business Centre, Mylen Road, Andover SP10 3HR

LOVEANDOVER Observer

Portland House, 55 - 57 High St,
Andover, SP10 1LP

Editor

Audrey Lucy
01264 883151
editor@loveandover.com

Accounts

01264 883100
accounts@loveandover.com

Sales

Ben Tuffin
01264 883100
ben@loveandover.com

News

01264 883100
news@loveandover.com

www.loveandover.com

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As two doors close, another one opens

WITH confirmation this week that two major brands are set to close their doors in Andover, a brand new business is set to open its doors.

Sainsbury's has confirmed that their Bridge Street store is set to close and The Body Shop also announced that their doors in the Chantry Centre will close in October.

A Sainsbury's spokesperson shared: "We have updated colleagues on the difficult decision to close our Andover store and we are doing everything we can to find alternative roles within Sainsbury's for those affected. Customers can continue to shop with us at our nearby stores. For example, our Andover North store is a short drive away."

This closure comes after an announcement a year ago when Sainsbury's announced they would close up to fifteen supermarkets over the next two years while opening ten new ones over the next five years.

A spokesperson for The Body Shop confirmed. "We regularly review our store portfolio performance and have taken the decision not to renew the lease of The Body Shop in Andover and close this store on the 22nd of October. We will cease trading and have been in consultation over the last few weeks with the members of the store team to discuss job opportunities elsewhere within the business. Our valued customers can still purchase their favourite products by shopping online (www.thebodyshop.com) and via the The Body



Shop At Home."

On a happier note, brand new business, CML Boutique is preparing to welcome Andover residents to its opening on Wednesday 16th September.

CML Boutique is the brainchild of seventeen year old BCOT student Carla Dickinson.

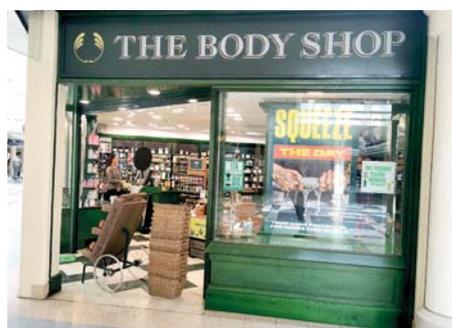
Carla has taken her passion for art, beauty and fashion to a level where she combines all three under one roof at her shop on Salisbury Road.

The Boutique is stocked with fashion and accessories exclusively selected by Carla so you will find a range of coordi-

nates to suit all tastes. Nail Art holds no boundaries with a contemporary nail bar offering bespoke press-on nails or gel nails. The boutique features a makeup artist specialising in glamour, wedding make overs and lash extensions. Hand made bath bombs and fake lashes complete the boutique's in-house collection.

CML also brings unique, digital, modern art where you can build your own self portrait. Carla has developed the graphics for clients to select their body shape, skin tone, hairstyle and facial features all finished off with a choice of outfit to suit your image. The portrait is then printed to canvas or poster and is available in a range of sizes.

Whether you're looking for the perfect outfit, a nail bar with a difference, a makeover or the perfect gift, CML Boutique has everything under one roof. Situated between Andover Garden Machinery and Dobbies Garden Centre, with ample free parking, the boutique is open Wednesday - Sunday 9.30am - 5.00pm and after hours by appointment.



New social gathering rules cause concern

SOCIAL gatherings of more than six people will be illegal in England from Monday following a rise in coronavirus cases.

The law change will ban larger groups meeting anywhere socially indoors or outdoors but it will not apply to schools, workplaces, organised team sports, funerals or weddings.

It will be enforced through a £100 fine if people fail to comply, doubling on each offence up to a maximum of £3,200.

This announcement came as the number of Coronavirus cases in Hampshire increased by 18 over a 24 hour period.

Addressing the latest government u-turn, Chloe Cotton, founder of the Andover-based train-themed kids party business, Trainmaster shared: "I have absolutely no idea if this will affect my business as yet again a vague evening announcement has been made which spreads fear and confusion. My business has only been back up-and-running a few weeks after receiving no Government support when we were forced to close.

We operate in covid-secure venues, following the guidelines and ensuring everyone keeps apart but I have no idea if this is enough. I'm feeling absolutely heartbroken that I might have to close again after working hard to regain customers and open in a safe way."

Walk the Test Another Way

PARTICIPANTS are being asked to sign up for the long-running event 'Walk the Test Another Way'.

There are usually many walkers who take part in this stunning walk raising much-needed income for the Salisbury Hospice Charity, but, due to the current situation, this year's event is being put on with a twist, where you can walk it where you are!

You can choose where and when you start and how long a distance you cover: 1 mile or 2,000 steps; 2.5 miles or 5,000 steps; 5 miles or 10,000 steps; 10 miles or 20,000 steps or 25 miles or 50,000 steps.

Complete your pledge by the closing date of 30th September.

You can learn more online at www.salisburyhospicecharity.org.uk/events/events/759.

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Help shape the way we travel

A new survey has been launched by Hampshire County Council to get a better understanding of how people feel about walking and cycling in their local areas

The Active Places Survey aims to gather people's opinions and experiences about what it is like to walk, scoot, cycle and use a wheelchair, mobility scooter and/or pushchair in Hampshire. This is not just about Active Travel for pleasure but as a mode of day-to-day transport, getting to work, the shops or school.

Councillor Rob Humby, Deputy Leader of Hampshire County Council and Executive Member for Economy,

Transport and Environment, commented: "I welcome this survey and would encourage as many people as possible to take part. Your views will help to inform our new walking and cycling design principles which will shape future schemes in Hampshire.

I'm pleased we've been able to respond so quickly to secure Government funding to use for initiatives that both support the local economy and protect public health following the Coronavirus lockdown.

I am proud that in just a few weeks, our teams have installed a significant number of temporary transport 'pops' across the county, using road space

differently to allow people to walk and cycle at a safe social distance, giving them confidence to return to the high street; and there are more underway leading up to the return to school this September.

"However, where a scheme is being proposed locally which has divided opinion, or where there may be technical questions that it will work in practice, the only way to resolve such differences of opinion may be to trial it temporarily to find out. In such circumstances, we keep schemes under continual review, and initially only use temporary materials that can be removed and re-used elsewhere, as quickly as they were put in."



Test Valley Tapestry

IN 1983, the people of Test Valley made a time capsule tapestry with thread, capturing a moment in the Borough's history for future generations. Now, nearly 40 years later in 2020, it is happening again.

This time, instead of thread, video is going to be used to create a 'digital' tapestry.

Organiser Peter Thompson explained: "It's a similar idea - to weave together what makes us who we are - the things we care about, the people we care about and why 2020 has been such a memorable year. And it has been quite a year. How will we look back at our lives in Test Valley 2020? What will we remember and what was most significant?"

The team are currently filming how-to videos to share with everyone who wants to get involved with the official launch and website coming later this month.

We will share full details in the next edition of the Love Andover Observer of how you can join in and record your memories in this historic project.

October home store opening

B&M Home Store is opening in Andover, at Enham Arch on the 8th October.

The chain will be launching on the former site of Homebase and has created new jobs for local people, ranging from store managers to customer service assistants.

Local winery named as newcomer of the year

A winery just outside Andover has scooped two accolades at the WineGB Awards.

Black Chalk Winery was named Newcomer of the Year in addition to being awarded a Gold Medal for its 2016 Black Chalk Classic.

The announcement was made during a virtual ceremony on Tuesday 8th Sep-

tember to the delight of the Cottonworth based Black Chalk team.

Black Chalk's winemaker and CEO, Jacob Leadley, commented: "The team is thrilled to be recognised in this way by WineGB and the esteemed panel of judges at what is a particularly exciting time for Black Chalk. To be crowned Newcomer of the Year in a fast growing industry is a huge honour. The award acknowledges that Hampshire is one of the U.K.'s absolute best regions for viticulture."

The winners

were announced by the judging panel comprising Co-Chairs TV wine experts Susie Barrie MW and Oz Clarke OBE, and Rebecca Palmer, wine buyer for independent wine merchants Corney & Barrow. The WineGB Awards 2020 were judged in July with the three judges deliberating all 281 entries over 5 days.

Speaking of this year's awards, Susie Barrie commented: "This year more than ever we need to get the message out there about how great English and Welsh wines are, and get more and more people buying and drinking the wines. I am loving the innovation we are seeing from our winemakers and the way they are pushing every boundary - we have sweet wines, skin contact wines, Pet Nat styles and even sparkling Merlot.

The competition gave us a fantastic overview of the wines that are available in the market right now, and we were so impressed with the quality."

Oz Clarke added: "I've been enthusing about English wines for almost as long as I have been enthusing about wine. I have watched and felt the improvement in our sparkling wines and our still wines year by year. The kind of Pinot Noir and Chardonnay still wines that we make now, we just couldn't make even five years ago. The quality of the classic cuvées we are seeing as people lay down reserves and manage to blend them together in their non-vintage styles is simply fabulous."

Fellow Hampshire producer Hattingley Valley Wines were crowned Supreme Champion 2020.



Bowling is back

RIVERSIDE Bowl in Andover re-opened its doors again in August and are delighted to be welcoming customers through its doors and onto the lanes again.

Valley Leisure Ltd, independent local charity and operator of Riverside Bowl were forced to furlough the team for five months. Ben Thambipillai, Centre Manager commented: "We are thrilled to reopen and welcome customers back to Riverside Bowl after such an extended closure. We have put a great deal of thought into ensuring that we safeguard staff and customers as best possible whilst offering the same great family fun service.

Valley Leisure Ltd has a long-standing reputation for excellence in health and safety and the team have taken significant steps to reduce the

risk of infection transmission as best possible. A reduced building and activity capacity and enhanced cleaning and sanitisation regimen are some of the additional measures in place which the team highlight on a comprehensive video available online."

Chris Attrill, Chief Executive of Valley Leisure Ltd, added: "We are very proud of our commitment and excellent track record in health and safety. COVID-19 has placed additional challenges on our operations which we have met and exceeded for the benefit of all who work here and visit us. We are delighted that 100% of customers said they felt sufficient social distancing measures are in place and over 90% of customers felt safe or very safe during their recent visit to us."

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Fate of Council put to the public vote

THE existence of the constantly derided 'Andover Clown Council', is being put to the public vote.

A group of residents are looking for signatures to support their petition to begin the legal process to close down Andover town council.

Andover town council has been the subject of much derision in recent years as 'infighting' and 'egos' are blamed for 'putting Andover in a bad light'.

Dale Fletcher is leading the group of local people who are asking Andover residents to consider whether Andover town council should be abolished. He shared: "We're asking Test Valley Borough Council to conduct a Community Governance Review of Andover Town Council. I feel it's poorly managed, it's a laughing stock, and a waste of Taxpayers' money. The town council has had its day."

It is Love Andover Observer's understanding that the group are seeking 2,600 signatures on the petition which will start the legal process, managed by Test Valley Borough Council to begin the removal process. Love Andover previously announced the result of an online poll which showed that the majority of people wanted to disband the local authority.

The parish council has had its fair share of detractors, even from within its own organisation. Its own councillors now number eleven, compared to the sixteen seats available after many say they cannot support the regime. Alison Watts was the most recent councillor to resign her seat citing members' 'appalling behaviour'. She was the council's eighth res-

ignation in just over a year.

Popular local councillor Andy Fitchet resigned in September last year citing his frustration with blockers and Test Valley Borough Councillor Victoria Harber left the authority in December saying the council was just "a playground".

After ten years of the town council's existence, the group seeking signatures presented themselves in Andover's high street to gain support.

Organisers told the Love Andover Observer: "It's now time for the people of Andover to decide on the parish council's existence."

Former Test Valley Mayor Chris Lynn is part of the Group asking for Andover residents' views. Mr Lynn explained: "I spent five years on the Town Council and came away wondering what we were doing and if there was anything the town Council could do for Andover. 10 years have now passed and I've joined a group to collect signatures so that people of Andover can have their say as to whether they still require a town council. My personal view is that I do not feel my money is being well spent."

Well-known Borough councillor Iris Andersen previously asked that the town push the reset button on the town council and give residents the chance to have their say.

The signature gathering process may take up to six months and the group are anticipating a vote to be held in the late spring next year.

We asked Andover town council for comment but at the time of going to press had not received a response.

Meet the rangers

A new ranger service has been launched in Andover and today we introduce the rangers who are out and about in the town centre.

Introduced by Andover BID and supported by Test Valley Borough Council, the Town Centre Ranger Scheme is to ensure visitors to Andover's town centre feel welcomed and enjoy a safe, secure, and inviting environment.

The role of the ranger is to provide a highly visible and approachable uniformed presence on the streets of the town centre area to support customers and businesses. Venture Security has been awarded the contract to provide the ranger service.

David Lacey and Aaron Bateson have been named as the two uniformed officers who will be interacting with businesses and speaking to the public as well as being great ambassadors for the town and helping to reduce anti-social behaviour (ASB), shoplifting and theft.

David has several years retail security and CCTV experience in both Andover and Salisbury, previously working as part of a shopping centre security team. Prior to his retail security roles, David worked in customer service within the night-time economy.

Aaron spent many years working



Darren Winter, Supervisor

and is an accredited person under the community safety accreditation scheme (CSAS).

The rangers have been introduced to: deter and respond to low-level ASB affecting local businesses and those visiting the town centre; be a visible presence in the bid area ensuring a feeling of safety to visitors and businesses; advise businesses with deterring crime and reducing theft; provide local knowledge, directions and help to all visitors; help visitors find your business; assist with first aid issues and work in partnership with existing agencies to reduce crime and ASB within the BID area.

The rangers can exercise limited legal powers in areas relevant to their role. The following powers have been determined appropriate to the ranger role: power to require giving of name and address; power to deal with begging; power to require name and address for anti-social behaviour; power to require persons aged under 18 to surrender alcohol and power to seize tobacco from a person aged under 16.

Steve Godwin, Andover BID manager, commented: "At Andover BID, we are committed to making a visit to Andover Town centre Safe, Easy and Enjoyable and improving the

Andover photographer to feature in fundraising conservation book

A stunning image of four cheetahs caught in an unexpected downpour during dry season in Tanzania, captured by Andover photographer Sue Morris, will appear in a brand-new fundraising book, Remembering Cheetahs, next month.

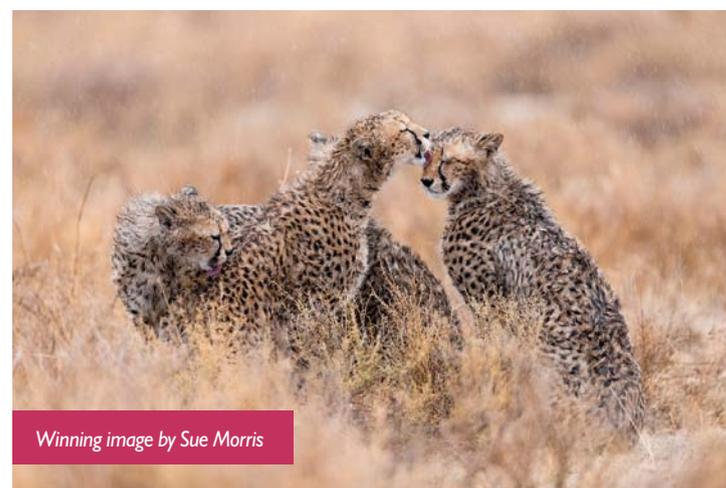
Sue's photo is one of ten images in the book chosen from thousands of global entrants to a competition launched by Remembering Cheetahs earlier this year.

All ten winning photos will appear alongside dozens of other images of cheetahs, the fastest land animal on earth, by some of the world's best-known wildlife photographers, including 'The Big Cat People' Jonathan & Angela Scott, Frans Lanting, Greg du Toit, and Charlie Hamilton James.

Remembering Cheetahs is the fifth in the Remembering Wildlife series of books, created by photographer Margot Raggett, who set out to raise money for wildlife conservation after seeing a poached elephant in Kenya. The series now exists to raise awareness of the plight facing wildlife as well as funds to protect it and has so far donated £628,550 to 40 projects across 23 countries.

Sue captured the image of mum and three of her four cheetah cubs during a downpour in Ndutu, Tanzania.

Sue shared: "This family of cheetahs is so special to me because we'd come across them ten months before this picture was taken, when the cubs were only three or four months old and we watched them for five



Winning image by Sue Morris

days. We followed this little family going through their run-ins with lions and hyenas and their struggle to feed and we willed them to be OK. A year later, we returned and heard they were still doing well, which is unusual, as cheetahs – particularly young cheetahs – face many perils. When we saw them, we immediately knew it was them and we got to see them three or four more times. It was the dry season, so it was unusual to have a downpour."

Remembering Wildlife founder Margot Raggett added: "There is something about cheetahs in the rain which is just magical and the composition of this image, with mum and cubs grooming each other for comfort, is incredibly beautiful. We also loved the pallet of subtle beige colours, with only the pink of the tongues to break it up. It's a stun-



ning image."

There are only around 7,100 cheetahs left in the wild. As well as being trafficked as a pet or killed for fur or body parts, cheetahs are impacted by habitat loss and high-density tourism. In Iran, the Asiatic cheetah is down to fewer than 50, while in India they have been extinct for 60 years.



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Aaron Bateson, Town Centre Ranger (left) and David Lacey, Town Centre Ranger (right)

is ranked within the top 1% of UK security providers. Antisocial behaviour can be unpleasant for visitors and residents alike, and it has the potential to adversely impact on footfall, the revenue of local retailers and the reputation of the area. Our officers are fully licensed, trained and experienced in dealing with it and look forward to working closely with Andover BID, the police and other stakeholders, to help reduce the issue in the town.”

Cllr Phil North, leader of Test Valley Borough Council concluded: “This will be really great for businesses and shoppers and is a fantastic example of the BID and the council working together for the benefit of the town. Andover has huge potential but, like many town centres, it has its problem areas that prove to be a bugbear. The antisocial behaviour around Town Mills pocket park has been an ongoing issue and the police have done their best to tackle this. But with the new ranger scheme in place we hope to put a stop to it for good and improve people’s experience when they visit the town centre.”

If you are in need of assistance, you can contact the rangers directly via several methods.

Town link radio: ‘rangers’. Mobile: 07545 422806. Email: andoverbid@venturesec.co.uk.

Please note that the rangers are not a 24/7 service and should not be regarded as a replacement for police. In an emergency please dial 999.

local trading environment. The Rangers are part of our longer-term strategy to improve the shopping and business experience in the town centre. Businesses have been very clear that this is an initiative that they feel should be a priority for BID to deliver in Andover and that’s exactly what we have worked hard to achieve. We are delighted to have been able to award this contract to Venture 3 Security who are market leaders in this very specialised field and are also Andover based.

Antisocial behaviour has been a long-standing problem in Andover town centre – as it is in most other towns and cities – and it can have a

very negative impact. Which is why we’re delighted to be introducing these daily patrols. We have seen in areas including Basingstoke, Salisbury and Winchester just how effective they can be, especially when used as part of a community partnership approach.”

Paul Howe, managing director at Venture Security, added: “As an Andover company ourselves, we’re very excited to have the opportunity to make a difference in our hometown. Venture Security provides specialist security services to corporate and residential customers based across Hampshire and central, southern England. The company

Foundation gifts rocking horse to Abel’s school

ON Friday 4th September, Claire Noakes who is part of The Abel Foundation visited Icknield School in Andover to gift them a handmade rocking horse.

Icknield school provides an education to children and young people aged 3-19 with severe learning difficulties.

Claire Noakes shared: “We had a rocking horse made for our own son, Abel, he loves his rocking horse so much, that everyone at the Abel Foundation decided why not get another one made of a larger size for children of an older age to enjoy at Abel’s school, Icknield. It’s been paid for from The Abel foundation with love for all to enjoy at the school.”

The horse was handmade by Mr Pavia Lee.



Abel



Sean Cannon Headmaster of Icknield School with Alan Mehlin and Claire Noakes

New road ahead for Andover Youth

LOVE Andover has announced that the #Lovebus has a new partnership with Yellow Brick Road Project to deliver detached youth work in and around Andover.

From 30th September, the Andover Youth Team, #AY, a core team of trained youth workers will be out and about on the streets of Andover making contact with young people to build voluntary relationships on their ‘own turf’.

With the recent pandemic, the team has been unable to get out and about on the #lovebus as expected. With restrictions easing they are now able to meet with small groups of young people socially distancing outside. Young people have found the recent changes hard and will continue to need support, the team is here to offer access to informal learning, opportunities, information and resources.

The aim is to combat the social exclusion of all young people under 25 years in the Andover area regardless of age, gender, sexuality, nationality, ethnic origin, political or religious opinion and tackle the feeling of isolation and loneliness through meeting, listening to and talking with young people and developing further activities together, such as trips, residentials, projects, workshops, accredited learning, volunteering and community action.

When young people congregate in local areas, with often nothing to do, they are perceived to be problematic #AY wants to work with young people to develop their ideas and support their life choices giving young people access to informal learning opportunities and information and

guidance around a whole range of issues that affect them including drugs and sexual health meaning that they are better informed and have knowledge opportunities that are available to them.

Types of activities include: sports and games; creative arts; life skills workshops; information, advice and guidance; signposting.

#AY will promote consultation with the young people to ensure their voice has the opportunity of being heard at all levels. The project will promote participation of the young people to encourage involvement at every level as well as a sense of belonging in their community. Confidential lines of communication will be developed when required and referrals on to the relevant agency in times of need, threat, harm, suicide or isolation.

#AY believe all young people deserve to be treated with respect and dignity and that each young person can love, think, create, reflect, enjoy, achieve and make a positive

difference to their world.

Abi Facey from Yellow Brick Road Projects commented: “Yellow Brick Road Projects are really excited to be working with Love Andover to provide a detached service to young people in Andover – this is a great opportunity for young people to access support from trusted adults in their community. The team of youth workers are skilled in engaging with young people and delivering issue based activities as well as supporting young people to access partner agencies working in the area.”

One of the services which the #AY Detached Team can support young people to access is The Legacy Project. This is a joint initiative with UpSkillU providing mentors with lived experience for young people from Andover who are at risk of or are being criminally exploited.

The team will be out and about in our purple hoodies from Wednesday 30th September between 6.30pm 8.30pm please pop by and say hello.



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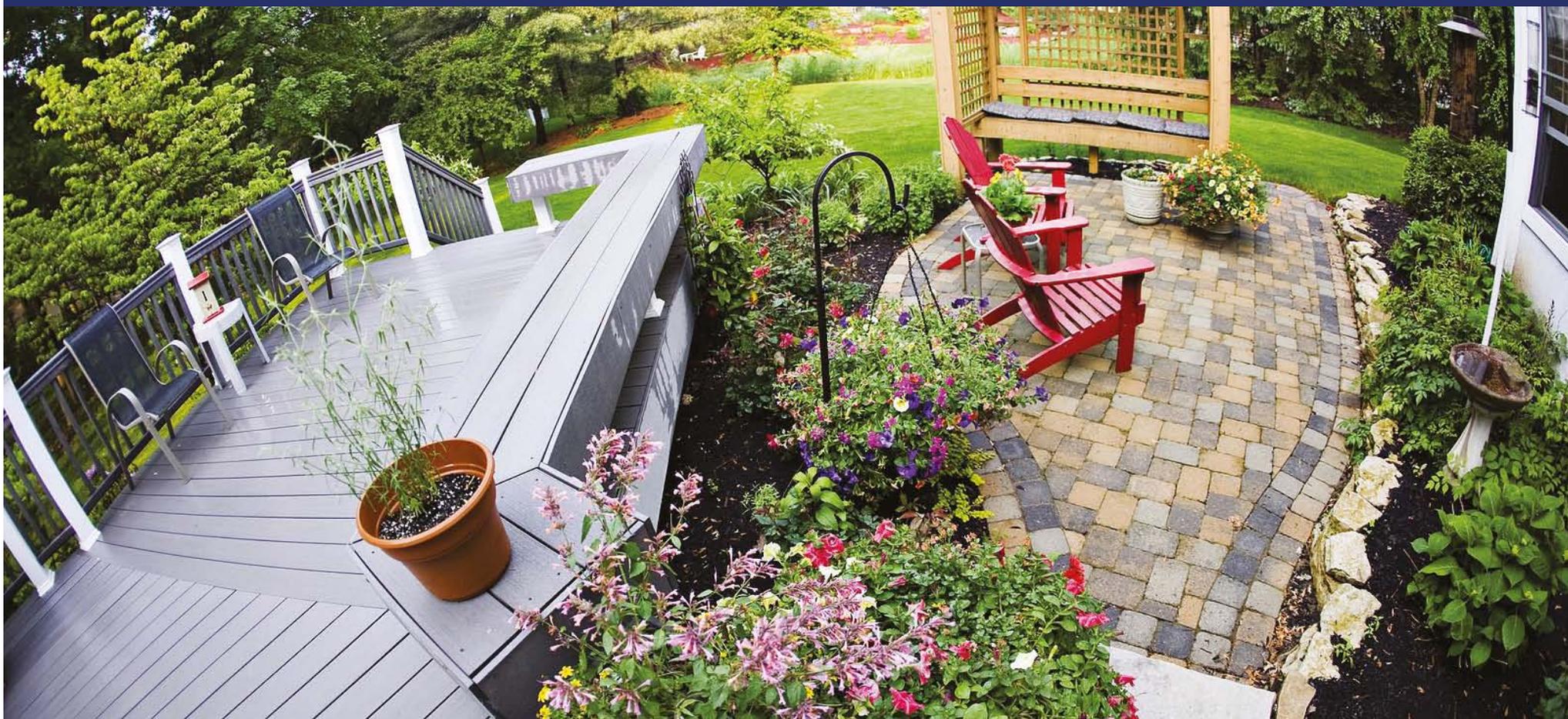
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Fundraising family scale new heights

THE family of an Andover man who died of cancer earlier this year are continuing to raise funds.

An abseil from the Spinnaker Tower in Portsmouth took place at the weekend, raising money for the Countess of Brecknock Hospice.

43-year old Kevin Heaton was diagnosed with cancer in April 2019, underwent treatment and had a major 8.5 hour operation to remove his oesophagus.

Brother Justin who led the abseil from the 170 metre tall tower shared: "Doctors were confident that the operation was a success, but just before Christmas we were told that the cancer had spread to his liver. Kev was determined to fight the cancer. It was then just after Christmas that Kev received the results of another scan and got the devastating news that the cancer was now terminal. Kevin spent five weeks in the Countess of Brecknock Hospice, until his early death on 11th February this year.

"The staff at the hospice were absolutely amazing. Nothing was too much trouble for them and they made him as comfortable as possible. We are a big family and sometimes they were putting up eight or nine of us. They did everything and more for us and for Kev.

It was only when we were there that we realised how much the hospice relies on donations, that's why we want to raise as much as possible for this incredible organisation."

It is not the family's first fundraiser for cancer charities, nephew Liam organised a Macmillian vs Brecknock charity football day and the family also hosted an auction at



The Station Inn.

The Heaton family including Justin, Sonia, and Kev's sister Donna Heaton-Patient took the plunge on Saturday after the first date in April was delayed. The family are inviting people to sponsor their fundraiser by donating on their Just Giving Page. The total raised so far is £2290 and counting.....



Former Mayor and councillor resigns

WHITCHURCH councillor and former Mayor, Barry Jackman has resigned after over 22 years of service.

During his time as a Cllr, Barry assisted the Council with many projects, including the reinstatement of the flagpole on the Town Hall, the refurbishment of the ground floor of the Town Hall, the extension of the cemetery and the installation of the Golden Jubilee Memorial as well as being Mayor for four of those years.

Barry has climbed into the roof space every week to wind the clock on the Town Hall and ensured that it is repaired and maintained. A role that he has kindly offered to continue with until a new volunteer can be found.

Whitchurch Town Council has thanked Barry for his long service and wished him well for the future.

Following the required process to fill the vacancy, the Notice of Vacancy in Office of Town Councillor will now be displayed. If an election



Barry Jackman as Mayor

is requested by 10 or more electors, it will not take place until May 2021. If an election is not requested, the Council can go ahead and co-opt.

Inspiration and growth for Andover business women



IT has been a rollercoaster twelve months for Andover Women in Business (AWIB) with face to face meetings and social gatherings not able to go ahead, together with several members retiring.

As Andover Women in Business (AWIB) begins its 29th year, President Katie Brooks is determined to help the club thrive and to support other local businesses.

Katie outlined: "We plan to grow and help more local women in business this year. It has been a bumpy ride with Covid-19 and the lockdown happening but with the really strong committee we have now, we plan to grow and make a difference locally.

We already have some inspirational speakers lined up for the coming year as well as social events, albeit from the comfort of your own home or office. Covid-19

has had an effect but it's made us adapt and find other ways to work which in itself is a great skill to have."

The group is aimed at business women running their own business or working in other businesses and offers support, not just from a working perspective but also sometimes a personal one as well.

Katie explained: "A question that often crops up is why a networking group for women in business? It's to provide a support network to other businesswomen from a woman's view. We don't exclude men and in fact many of our guest speakers are men."

If you would like to join or find out more about AWIB, please visit the website at www.awibc.co.uk or contact Katie at president@awibc.co.uk.

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A word from Kit Malthouse MP North West Hants

PARLIAMENT is back from its summer recess and several important Bills for leaving the EU will be debated in the coming weeks including the Fisheries Bill, which allows the UK to act as an independent coastal state once more.

Following a spring and summer of virtual meetings, last Friday I held my first face to face constituency surgery and it was fantastic to be able to engage with my constituents on a personal level rather than via a camera lens. I've also caught up with Cllr Phil North, Leader of TVBC and John Coughlan, Chief Executive of Hampshire County Council.

A busy weekend dealing with the tragic events in Birmingham and the illegal blockade of the printing presses of some of our national newspapers and Monday is upon us once more, which sees me back in the House of Commons to deliver a statement and answer questions. On Tuesday, I spent the day visiting a local police force and finding out how the recruitment of the 20,000 new police officers promised in the Conservative Manifesto is progressing and I'm extremely pleased to report we're very much on target. In addition, significant work has been undertaken to get the courts back up and running to put criminals behind bars.

Be sure to keep an eye on my Facebook page for updates and remember to Stay Alert as we enter the colder months.

Importance of the armed forces

SINCE his recent appointment as armed forces champion for Test Valley Borough Council, Cllr Nick Matthews has begun the important project of reviewing the armed forces covenant compliance within the Borough Council. The covenant is a public promise that service personnel, veterans and their families are not disadvantaged by the service of the Country, as well as to recognise and respect the sacrifices they have made.

A host of services, support and community topics have been identified as relevant to service families, and many community services that are accepted as the norm for most, if not all, civilian residents, can be alien and daunting for service personnel. These identified areas include housing, community engagement, health, mental and physical, education, job opportunities to name but a few. As an example, many service



families may find themselves residing in areas alien to them, many miles from their birth region and consequent family support networks, so can feel isolated, they may have never required to find or apply for housing, a job interview or even register with a GP or dentist.

Nick explained: "It is my belief that TVBC continue in their commitment, and improve if we identify shortfalls.

Test Valley has an enormous military footprint, both serving and retired veterans and their families and it is my intention to assist TVBC in being a local authority that others would do well to emulate in its commitment to the covenant.

TVBC signed up to the covenant in 2012, and it is indeed important to conduct a review to establish our processes and protocols are fit for purpose, examine best practice and introduce improvements where identified. This review is now well underway, and we conducted a working group round table on Thursday 3rd September, where the first two topics of housing and community engagement were discussed. Some very interesting and worthwhile discussions took place, and our follow up meeting is due on 17th September. The current plan is to complete the review in manageable sections, taking



two topics per month. Culminating in presenting findings and suggestions to OSCOM at the end of year. I shall of course keep residents up to date on progress."

Council lobby to stop encampments

TEST Valley Borough councillors are set to lobby the government to make trespassing a criminal offence in a bid to clamp down on unauthorised traveller encampments.

In the UK, trespass is a civil offence, not a criminal act, in contrast to Ireland, where trespass became a criminal act several years ago.

At a council meeting on Wednesday 2 September, members backed a cross-party motion to urge the government to take action to change the law after the authority suffered a spate of incidents whereby travellers persistently targeted sites across the borough.

The move comes after Test Valley Borough Council (TVBC) announced in July 2020 that it had secured a High Court injunction to prohibit the setup of

unauthorised encampments on certain areas of land.

Councillor Phil Bundy, who put forward the motion, commented: "Though the High Court injunction provides a vital tool to help us tackle unauthorised encampments, it is important that we do everything we possibly can to put an end to this issue. The objective of the motion is not to penalise those in society who behave in a law-abiding manner but to protect our residents from the antisocial and irresponsible behaviour we have experienced from travellers.

The cost of clearing up afterwards can run into thousands, resulting in a heavy burden on the taxpayer when it occurs on council land and crippling farmers and other private landowners when travellers target their fields

and open spaces. Sadly, the police are limited in the actions they can take under the present law because there are certain thresholds that have to be met and police budget resources are limited.

That is why we are urging the government to take action as quickly as possible to change the law so that we can put a stop to this behaviour and save the taxpayer and private landowners money at a time when they can ill afford significant clean-up costs and hefty solicitor fees."

Councillors voted in favour of the motion, which was seconded by Liberal Democrat member, councillor Alan Dowden. Cllr Dowden added: "I am happy to second this motion to council because the act of trespass is a civil

offence, and fails to allow quick and effective action when dealing with an unauthorised encampment.

As councillors we have a duty of care to TVBC residents to protect our open green spaces from these unauthorised encampments, which deny the rights of residents to enjoy their community spaces, and cost them financially through the resulting court order and legal costs and also through the necessary clean up and restoration operation costs."

The authority will now write to the government to ask that they urgently consider making it a criminal offence to set up an unauthorised encampment, enter land as a trespasser with the purpose of residing there in a vehicle and reside in an unauthorised encampment.

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Councillors Corner: Fit for the future

"EVER since I became Leader of Test Valley in 2017, I have made the regeneration of our town centres my number one priority. In Andover, we bought the Chantry Centre and promptly recruited some of the best masterplanners in the country to come and give our town the love and attention it deserves. After significant public consultation including online and paper surveys, stalls at community events, sessions in The Lights, the Guildhall and at St Mary's Church, plus our pop-up shop on Bridge Street - the masterplan is ready to be published next week. It's not an overstatement to say that this marks the beginning of what is set to be one of the most exciting moments in Andover's history - certainly in living memory.

The world has changed dramatically over the past few months. But town centres were changing long before Covid-19 spread its shadow across the globe. In fact, the Panorama programme pre-lockdown summed up the changing nature of Town Centres in one simple stat, that High Streets up and



down the country have lost 25% of their retail units over the last decade. But Andover is fighting back. Not just because we have a higher percentage of independents than many other towns and, therefore, the national move away from identikit town centres puts us in a comparatively decent position but because the council is investing money, time and effort in creating a new masterplan for Andover. Enabling us to redevelop the Chantry Centre, bringing the theatre into a more central location; construct a new Wellbeing Quarter by regenerating the area around the Former Magistrates Court; improve Eastern Avenue by making Vigo Park feel closer to the town and making better use of the river as it flows through the

town by creating a new park at Town Mills and a new River Anton corridor. I've today released a never seen before image of what reclaiming the river from the depths of the Western Avenue gyratory could look like in the future - creating a fabulous natural entrance to our town.

The publication of the masterplan really will signify a new era for Andover. We have before us a once in a generation opportunity to revitalise our town and I'm determined will grab it with both hands. This year has been one of the most difficult many of us have faced. But I believe regeneration is key to recovery and so as we begin to move forward, the transformation of the town centre will continue to be our primary focus. From here we plan to identify a developer partner to build our vision and over the coming years we will create an Andover fit for the future."

Cllr Phil North
Leader of Test Valley Borough Council
Member for Bourne Valley



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North Hants receives boost

A successful Hampshire County Council programme has secured £1 million in European Social Funding for construction skills training for the unemployed, which will help 1,450 adults across Hampshire.

Councillor Roz Chadd, Hampshire County Council's Executive Member for Education and Skills, welcomed the investment. She said: "With 1,450 places available from now until October 2023, the £1 million will be invaluable in helping to improve residents' employability and to reduce the shortage of skilled construction workers."

The current employment situation is difficult, but this programme will give exciting opportunities to many. For those who have lost their job due to the Covid-19 pandemic, or are considering a change of sector, this is a great first step into an industry that needs a workforce boost across Hampshire and the South of England as the economy rebuilds."

The funding will allow people to undertake pre-employment training in a number of construction disciplines enabling them to enter apprenticeships, employment, and work experience.

Hampshire County Council's bid was through the Enterprise M3 Local Enterprise Partnership, which brings local authority, education and business together to look at local economic priorities to boost economic growth and job creation.

Pothole mapping project launched

A first-of-its-kind audit into the mapping of potholes in England has been launched today by Transport Secretary Grant Shapps. The project is aided by data from on-road businesses including Uber and Deliveroo, Tesco and Ocado, to better target improvements as people return to work and school.

The Department for Transport will work with highway data and mapping company Gaist, on-road businesses and local highway authorities to identify pothole hot-spots.

Combining collated data on current potholes held by nation-wide businesses, and the most up-to-date bank of roads imagery in the country from Gaist, the Department will be able to paint the most comprehensive picture ever of where funding is most needed to make sure roads are not plagued by potholes.

The Government has committed £2.5bn in funding for pothole repairs in the biggest nationwide programme ever announced. The launch of the review comes as new data reveals that highway maintenance works undertaken in the past months when roads were quieter led to 319 miles of resurfacing.

Transport Secretary Grant Shapps commented: "I want our roads to be as safe as possible, so during the lockdown we've resurfaced hundreds of miles of road. But now I want to go further by identifying critical potholes and ensuring these are fixed as quickly as possible. We're teaming up with delivery companies, who know the roads well, in order to map out where remaining potholes exist. Better road surfaces benefit motorists and cyclists alike ensuring the back to school and work environment is safer for everyone."

Best of Andover Photography Winners Are Announced



John Baxter



Vikki Pennock

A Love Andover and Andover Radio competition to present the 'Best of Andover' for a calendar to promote our town and surrounding areas has now come to a close.

Local residents responded in droves and the judges have now picked out their winners.

There were over 120 entries, from all levels of skill in catching those special moments in Andover's heritage and the natural beauty that surrounds the town.

Judges, Chaz Clark, of Chaz Clark Photography, Sue Morris of Sue Mor-

ris Photography and Richard Searle of Richard Searle photography had an exceptionally hard job of choosing between all the photos to find the final 12 winners.

From absolutely stunning shots of St. Mary's Church to lucious landscapes images of the various lake areas in and around Andover. All photos were considered on their individual merit as well as skill in capturing the image.

The twelve images will now be sent to create the 'Best of Andover' calendar for 2021, with the best of them being used for

the cover of the said calendar.

Speaking of the competition, Love Andover's Kevin Ridgeon shared: "A huge thank you to everyone who entered. All the entries were fantastic. We're glad we didn't have the difficult job of selecting the 12! As part of the prize, Andover Photography club have very kindly offered to the overall winner a year's free membership with them. Annual membership fee is normally £30. For this we thank them and I am sure the winner will be

delighted with this prize."

At present, the club isn't meeting but holding competitions and catch ups via zoom meetings.

Andover photography club usually meets at the Lansdale Wilson Hall in Enham every Thursday from 7.30pm to 10pm.

Pictured are the first six of the twelve winning entries, the second six will be shared in our next edition and the overall winner a fortnight later.



Claire Bowsher



Kevin Parker



Charlotte Cohen



Stuart James

New recycling service from local business

IN a world where we are more conscious of the environment and how we dispose of our rubbish, an Andover business has launched a new recycling service to combat the littering of balloons.

From Birthdays to Weddings, almost every celebration involves balloons. Balloons are a much loved product but once you've finished with them what do you do with them?

Balloons disposed irresponsibly through releasing or popping and leaving littered in the location you are can have an impact on the environment and the wildlife. Balloons ending up in rivers or sea can impact the sea life and by ending up in rural areas can affect small wildlife.

Foil balloons being released can cause huge electrical problems if released near power lines. Their metallic coating is a conductor of electricity. They can short transformers, cause power outages and melt electrical wiring and cause it to fall. They can even cause an electrical surge that could potentially destroy home electronics.

Tip Top Balloons in Union Street have taken the initiative and are now



offering a balloon recycling service; free of charge.

Owner Dave Stansbridge told Love Andover Observer: "We have been concerned about the release of balloons, both latex and foil balloons for some years now, we don't like them being released as they are not good for the

environment or the wildlife

So we have come up with a solution, anyone that buys balloons from us or anywhere else can bring them to us when they have finished and we will strip the balloons down and recycle them into various components to help do our bit in saving the environment

and the wildlife. Also with the foil balloons they can get caught in power lines which could cause power cuts in the town and villages".

After your special occasion, do your bit for the environment and take your balloons to Dave at Tip Top Balloons in Union Street.

Community Support Grant Success

UNITY, a Test Valley charity, is celebrating a successful application from the Big Lottery Fund with a grant award of £45,648.

The funding will help Unity to build upon the Test Valley Community Helpline run in partnership with Test Valley Borough Council, which not only helped in excess of 4,200 Test Valley residents but also enabled the recruitment of 4,500 volunteers to support isolated people throughout the recent pandemic.

Digital inclusion specialists will be recruited to work with charities and community groups to embrace technology and provide digital advice, training and online fundraising support.

Recognising the need to help people who may have been shielded due to serious clinical vulnerabilities or may still need to take extra care due to health implications, Unity will develop an online social prescription/signposting service too. For those who may be suffering with the virus or carers who are working tirelessly to support isolated people, the signposting service will be a boon.

Terry Bishop, Chief Executive shared: "This is a fast-moving digital era and virtual meetings are becoming the norm. Unity will take a creative approach to support not only the most vulnerable people across the borough but also work closely with groups to help them understand the opportunities that technological advancements may bring. This is an exciting project and we are extremely thankful to have been supported once again by the Big Lottery Fund."



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Miami Mobile arrives in Andover

A new local company has taken on the Vodafone store in Andover, with a fresh approach and big plans for the local community.

Miami Mobile, who also have the Vodafone franchises in Salisbury and Winchester, officially launched the Andover store in July. It has created a geographical "cluster" as part of Vodafone's partner agent programme.

Chris Hayford, the franchise owner told Love Andover Observer: "I'm really excited for the future, we have a brilliant store here in Andover with brilliant local staff members who really know their stuff. We have increased staffing to make and the structure here to make the customers experience more enjoyable and more efficient."

It has always been a dream of mine to own my own business and having worked in the industry for years, and partnering with Vodafone is perfect as I feel their brand values resemble my own."

The store is very keen to get involved in the local community and have lots



of exciting plans. Store manager Chris Brown shared: "We want to get involved with the local community and had planned Tech Fest, which was an event in the Chantry Centre to give advice and tutorials on all things tech related to everyone, but COVID then hit which has postponed that, but we will be looking to get that going again soon."

Chris Hayford added:

"Really exciting times and we look forward to serving the community and supporting the military as we are part of the military covenant."

The store has some exciting offers and every Saturday throughout September they are offering a free Voxi SIM for the first 5 customers. All you have to do is visit the store, take your best selfie and tag @miamimobiletd and @loveandover onto Facebook.



Silk Mill wins 2020 Travellers' Choice Award

WHITCHURCH Silk Mill has been awarded a 2020 Travellers' Choice Award for Visitor Attractions.

Based on a full year of TripAdvisor reviews, the Mill received great visitor feedback, placing it in the top 10% of attractions around the globe.

Whitchurch Mill's Sue Tapliss commented: "Whitchurch Silk Mill, like so many important cultural and historic gems across the country, has been hit hard by the impact of the Covid-19 pandemic, which has rocked the world since the start of the year. Since re-opening on 4 July, the Mill has seen just 20% of pre-Covid visitors return to this industrial treasure. That is why this award means so much to us."

Kanika Soni, Chief Commercial Officer at TripAdvisor, added: "Winners of the 2020 Travellers' Choice Awards should be proud of their awards. It's been a challenging year for visitor attractions, but we want to celebrate their achievements. Award winners are known for their exceptional service and quality. Not only are these winners well deserving, they are also a great source of inspiration for travellers as the world begins



to venture out again."

Whitchurch's historic silk mill is seeking volunteers to help preserve its weaving heritage.

Whitchurch Silk Mill was built in 1816 and a year later was bought by silk merchant William Maddick who began extensive alterations, including the insertion of a middle floor. He also created the mill pond and a channel across the front of the building connecting it to the mill race.

People seeking to volunteer are asked to get in contact with Laney Thorpe by email at laney.thorpe@whitchurchsilk-mill.org.uk. Volunteers meet as a team monthly for tea, coffee and cake and the Mill holds two 'thank you events' per year.

Cars meet for Mind



THE Andover Car Meet on Saturday 29th August raised over £600 for local charity Mind.

The police approved event made some noise around town as vehicles met at the Northern Avenue Retail Park.

Although some online commentators complained about the noise from the roar of engines heard over Admirals Way, organisers say the event was strictly controlled within government guidelines and visitors enjoyed seeing the range of classic and modern souped-up cars.

Organiser, Jenna Pike commented:

"A Massive thank you to everyone who came to the Mind Charity Meet in Andover. It was an amazing night and we have raised over £600. Big love to Matt Nicholls, Ryan Parker, Jordan Brown &

George Smith for making this happen and to all our helpers last night who ran around with the charity buckets etc. So pleased with how it went and already planning the next one."



Look forward to festive fun this winter

MANY towns and districts have had to cancel their Christmas events this year, but fear not, some special Christmas festivities are already being planned for Andover, albeit this year they will look a little different!

With the changing nature of the world, Test Valley Borough Council has taken a fresh look at Christmas activities and developed a series of new community led projects to keep Christmas celebrations on track. Creative thinking was required to develop a new and exciting programme of festive fun, focusing on the principles of community spirit and sharing.

The festive celebrations will begin at the end of November with the Andover Christmas Tree Festival. Schools, businesses and community groups will be invited to design and decorate one of 100 Christmas tree panels, which will

then be brought together in an outdoor exhibition at Vigo Road Recreation Ground. The trees will be lit at night and the experience will be enhanced with a soundscape of songs and poems from local choirs and school children, and the public will be encouraged to wander amongst the trees and soak up the festive atmosphere. The soundscape for the Christmas Tree Festival will be provided by Andover Radio.

To complement the Christmas Tree Festival, and to coincide with Andover Town Council's plan to switch on the Christmas Lights, there will be a Christmas Market held on 29 November in the town centre. The market will feature a wide range of stall holders, live music, hot food and pre-bookable children's festive craft activities and of course, Santa's Grotto in the Chantry Centre.

Three very good reasons to pop into town and enjoy all that the High Street has to offer on 29 November

Spreading the Christmas spirit throughout the town and further afield will be the Andover Window Wanderland walking art trail to light up the winter streets. The project invites residents, schools, shops and businesses to decorate their windows in the form of a light box. During a set time each evening, the windows are switched on to create a nightly trail of unique and shining artworks. Businesses, shops and schools will be encouraged to participate, but the main focus will be on residents taking part and creating trails in local community areas.

A number of additional markets will take place throughout December, alongside family treasure hunts and trails, encouraging everyone to enjoy the town

centre throughout the festive period.

Leader of Test Valley Borough Council, Councillor Phil North, said: "Although I'm disappointed we aren't able to provide the usual Christmas lights switch on event due to current government guidance, I am really excited to be able to share these new and creative plans for festive celebrations in Andover this winter. There will be lots of ways in which the whole community - families, schools, local groups and businesses can come together to create something magical and inclusive for all."

More information about all of these projects will be shared in the lead up to Christmas, but if you are a school, community group or local business who would be interested in taking part then please contact Heather Whittam to register your interest: hwhittam@testvalley.gov.uk.



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Scarecrow trail a success

By Sarah Gisbourne

THE Great Whitchurch Scarecrow Trail took place over August Bank Holiday weekend.

Local people were invited into Whitchurch to collect a map and explore the town to spot all the different scarecrows that local families and businesses had made. The event was free as part of Whitchurch Community Live events.

The events team commented: "The great Whitchurch scarecrow trail has been fantastic, fun filled family event. Over 100 households have enjoyed creating their own scarecrows and it's been lovely to see the whole town getting involved and enjoying the trail walks. We've also raised a good amount for the Furlock Holmes charity who have had open days all weekend for the kids to enjoy. Whitchurch at its best."

Keith Hosey shared: "My family moved

to Whitchurch about a year and half ago and we have loved being here since, this weekend has given us a chance to explore the town with so many scarecrows to find we have truly enjoyed being out on the walks see the amazing scarecrow people have made and we look forward to next year making our own, we have realised what a great community we live in."

John Buckley added: "It's a lovely event that brings families together with creativity, practical activity, tradition and community involvement all with an opportunity to explore our wonderful town, raise funds for a good cause and to meet other people."

Paul Carew Ridout concluded: "It's been a fantastic event that has really brought out Whitchurch's true Community Spirit. The looks on the kids (and big kids) faces discovering the different scarecrows has been so warming to see. A fabulous way to spend the bank holiday getting people young and old out and about."



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Ready for reception

By Sarah Gisbourne

WITH most children now back at school, and the excitement of day one over, the reality of school being a permanent way of life for parents and children has now set in. Reception Class is one of the most difficult to adapt to as there are so many new things to learn.

Your routine will probably need to change now your child is at big school, so think ahead and try and work out what those changes may be and change them as soon as you can, so you can get into a new routine quickly. Time goes way quicker in the morning, so be sure to allow extra time than you think you will need, or better still just get into the routine of getting everything ready the night before, including your own things so no mad rush or stress, while you're looking for keys!

Chances are your little one will be exhausted as they adjust to full days at school, so go easy on them when they come home, maybe think ahead and prepare a snack and drink for them as they come home to re energise them.

Breakfast and after school clubs are brilliant, but take a bit of getting used to as they are not as cuddly as nursery or pre-school, so be sure it's something your little one eases into.

You personally might love school or



loathe it. Whatever your own feelings, make sure your child is happy and reassured everything is all OK.

School uniforms get dirty so buy lots of spares of everything - if you can manage it! It will also take the pressure off you during the week if you can wash and iron the uniform just at weekends. Label everything, absolutely everything! It's a bit confusing when children come home in someone else's clothes, if your child has the same shoes or jacket as another child it's easily done, but if you label everything it's also easily fixed. Sadly, even when clothes are labelled they do get lost, best to accept this now and remember to check the lost and

found box in school before having to buy new again.

If you are working and need to arrange childcare, think and book in advance, as there will be many other parents looking and spaces get booked fast.

Generally, all children get on really well. However, you might find that your little one will go through a lot of 'best friends'. Just remember it is important that you let your children pick their own friends. Now your child is at school you will find they get loads of Birthday Party invites. It's easy to feel a little hurt if your child is not invited to a party. Don't take it personally. When it's your turn

to plan, you'll see just how tough it is and not all parents can afford to invite every single child from the class.

Resist the urge to compare your child's progress to others in their class. Easier said than done, but children learn at different rates and if your child is the youngest of the class then remember some other pupils might be almost a whole year older.

Free up just 10 minutes a night to listen to your child read, it will make your heart explode. At times, it will feel like you've been sitting there for hours and don't forget it's ok to do a few pages rather than tackling the whole book in one go.

Sometimes, the school gate can feel like an intimidating place full of mums who already know each other, the thing is they probably don't. Remember, everyone is in the same boat and psyching themselves up to be the conversation starter, good topics are always the weather, previous homework, upcoming school events or complimenting a younger sibling's colourful clothes or pretty toys as an ice breaker.

Be prepared to be amazed by your little school star's capabilities. You will experience pride on a whole new level and remember even when you're running late or having a bad day you're pretty awesome too and also adjusting well to the new school life.

Retailer backs child poverty campaign

IN response to the formation of the Child Poverty Task Force, Iceland has announced further support for Marcus Rashford's campaign to end child food poverty in the UK by offering free frozen vegetables to families using Healthy Start Vouchers from Friday 11th September.

The free veg, worth £1, will boost the value of the vouchers ensuring families have easy access to great value, nutritious food.

Marcus Rashford commented: "My hope on forming the Child Food Poverty Task Force was that it would ignite conversation relating to the issue - why is this happening? How is this happening? And, are we really doing everything we can to help? Iceland's new initiative grew out of that conversation and it really shows how the simplest step can have impact."

Richard Walker, Managing Director of Iceland Foods, added: "We are proud to stand alongside Marcus Rashford as he continues this vital campaign, and we understand the pressing need to help from our interactions with millions of customers each week. We were keen to implement initiatives as soon as possible, without waiting for the Government to respond, which is why we have introduced our frozen vegetable offer."

At Iceland we have a long history of supporting our local communities and offering great quality, low cost food to help families across the country."

Say yes to success with a free school lunch

HAMPSHIRE County Council is encouraging parents and carers of children in Reception Year, Year 1 and Year 2 (aged 4 to 7 years old) to help their child thrive with a free and nutritious school lunch from the County Council's award-winning catering service, HC3S

Hampshire County Council's Executive Member for Commercial Strategy, Human Resources and Performance, Councillor Stephen

Reid, said: "All children in Reception Year, Year 1 and Year 2 are entitled to free school lunches under the Government's Universal Infant Free School Meal programme, which can save parents over £400 a year while providing peace of mind that their child is getting a healthy and nutritious meal to boost their learning.

Our award-winning HC3S team delivers high-quality, balanced and tasty school meals, with more than

75% of all school meals being cooked entirely from scratch. Each meal includes a meat or non-meat main item, vegetables, potato, pasta or rice, salad and a dessert, and is developed exactly according to School Food Plan guidelines to ensure they're packed with the right nutritional content."

Endorsed by the Soil Association's Food for Life Served Here Award, HC3S's delicious primary school lunch menus are always nut free. Vegan meal options are available and special diets for pupils with allergies and intolerances can also be accommodated. As part of HC3S's commitment to climate change, school meals do not include any single-use plastic.

Councillor Reid continued: "HC3S has worked closely with each individual primary school in Hampshire to ensure the safety of pupils, and school and HC3S staff, so parents can be confident their child's school meals are being prepared and served in safe and strictly controlled environments."

To find out more about how a child can flourish with a free, healthy and nutritious school lunch, visit www.hants.gov.uk/educationandlearning/hc3s/education-catering.

Older children may be eligible for free school meals. Visit www.hants.gov.uk/educationandlearning/free-schoolmeals for more information.



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Advertorial

Bid supports local

Andover Business Improvement District (BID) operates for local businesses by local businesses with an overarching vision to make a clear positive impact on the vitality of the town centre and the success of the businesses within it.

BID has been established for over a year and in addition to delivering additional services to local businesses, it has become a powerful tool for directly involving local businesses in local activities whilst allowing the business community and local authorities to work together to improve the trading environment.

The BID is funded primarily through a business levy but can also draw on other public and private funding streams, using its resources to develop projects intended to provide additional services or improvements to the local area.

BIDs originated from the US, and with nearly 300 now in the UK, they focus on improving the public realm, marketing towns and creating a better trading environment for businesses.

Two recent initiatives are working to further support Andover. The new InAndover website has been introduced by BID, as a one stop site for all that is good about the town centre at www.inandover.co.uk. As a complete online directory, the site is accessible from wherever you are, log in at home or when you arrive in town through your smartphone or

tablet by using InAndover FREE WiFi. At the touch of a button, search the business of your choice and it will take you to the individual website, providing information about products or services and linking to a location map. If you pop into town to do some shopping, to have a coffee or something to eat or to contact one of the many professional services that the town boasts, the choice is made easily available to you.

InAndover's What's On Guide links to our local community radio station, Love Andover where through the

events guide you can keep up to date on what is happening locally.

InAndover has also partnered with The Lifestyle Card to enable access to the many local discounts & offers through town centre businesses encouraging us to support local. With the simplicity of just showing your card to the participating business, receiving a discount couldn't be easier. (In Andover/Lifestyle Card promotion – Order a 1-year card for £30 (25% discount). Lifestyle Cards purchased via 'In Andover' will result in a proportion of the proceeds being

reinvested back into the town centre. <https://www.thelifestylecard.co.uk/>

A new ranger service has also been launched with David and Aarron, two uniformed officers interacting with businesses and speaking to the public as well as being great ambassadors for the town and helping to reduce anti-social behaviour (ASB), shoplifting and theft.

Andover town centre is understandably proud of its mix of local facilities and businesses, providing great choice and a wide range of products and services. You might be surprised to learn that we have over 100 proud and independent town centre businesses all offering something different and excellent customer service.

EAT - DRINK - SHOP
IN ANDOVER
SUPPORT LOCAL



ANDOVER BID
 WORKING FOR YOU

businesses



I'm Not Done Yet

By Andrew Middleton

US 50 plus year olds of today, are not the same as those of previous generations. We came of age during some of the most significant times of change in popular culture. We may have seen the birth of rock and roll, the summer of love, or perhaps the punk rock revolution. We lived through times of huge social change and personal liberation.

These were times of culture change that set expectations around how you lived your life. We have grown up with very different expectations than previous generations and are very much the first generation with this level of freedom.

We show no sign of stopping just because we reach that 50 or 60-year-old mark. We will not just stop at retirement age; we still have things to do and places to go. Reaching 70 and 80 will not stop us either. We will still want to live our lives fully.

That is not to say it is all plain sailing. Often we are juggling complicated personal lives and coming to terms with living in a body that no longer seems to behave the way it used to, while we are still in our heads are much younger and capable.

The current economy may mean that many of us will lose our jobs and a few may not ever work again. We also must contend with the heavily laden expectations from society, the ones where we go quietly into retirement and do not make a fuss.

That is not to say we cannot live life to the full, have fun and achieve many future goals and objectives. Just because we have passed an age milestone does not stop us being as viable, vibrant, useful, unexpected, and exciting as we have always been.

Some like to call us the boomers but I prefer the INDY's: the I'm Not Done Yet's. We are the trailblazers, the innovators... those who want to live a full and enjoyable life, however long we have left.



New Community Pantry is Open

THE RCS Andover Community Pantry is a "get more for less" resource for vulnerable families. In return for a £5 membership fee, participating families receive a range of fresh, frozen and general foods valued at £15. If you're having difficulty budgeting for food each week, this could really help.

Do you have some spare time? Are you looking to help a worthwhile cause? The RCS Andover Community Pantry needs volunteers to help deliver these valuable benefits to the community.

Whether you're looking to use the pantry or volunteer to help out, start by going to the Unity website at www.unityonline.org.uk.

The pantry opened for the first time at the Longmeadow Centre, Cricketer's Way, Andover, SP10 5DE on the 8th of September.

View from North Hampshire Youth Parliament's Dmitrijs

By Dmitrijs Meiksans

I am so thrilled to be a part of this exciting opportunity as the Love Andover Observer launches, allowing the community to continue to be updated with real news stories, locally.

Within my role at North Hampshire Youth Parliament, I represent over 25,000 young people aged 11-18, allowing them to voice their concerns, issues and ideas to me and for me to fulfil my role by trying my best to ensure that progress is made.

The media constantly portrays young people as savages; selfish, inconsiderate, and simply lazy. I can tell you for sure that 'we' are not only selfish, inconsiderate, and lazy, we have great ideas, big visions, and missions in life.

All we need to fulfil them is for someone to listen and that is a part of my job: to lobby local and national Government to ensure young people's representation is still alive amongst other things. I cannot wait to keep updating you on the work I and other young people in the



area do as well as writing about local charities and organisations that are continuing to fight during lockdown, some surviving, some in desperate need for a lifeline.

This week I would like to focus on Andover Trees United.

Andover Trees United (ATU) is a local environmental based organisation, striving to create a woodland space that can be enjoyed by the public in many more decades' time.

On Saturday 12th August and Monday 14th August, it will be hosting its 'Walks

and Talks' Annual General Meeting (AGM) – an opportunity for the public to learn more about the work ATU does and endeavours to do, of course with the necessary COVID-10 precautions in place for all the family to enjoy safely.

Saturday, is the community gathering – a chance for you to have a guided walk around the 44-acre site and for you to get hands on with different wildlife surveys and activities. Monday, is the formal part of any AGM to make sure that the charity operates in the way it was set up and you get the chance to hear from ATU's Managing Director, Wendy Davis, and the charity's volunteers about what the charity does.

Numbers are limited so if you would like to get involved, book now by contacting Liz Scarce, Treasurer of ATU, by emailing liz.scarce@andovertrees.org.uk – priority is given to those who can attend the Monday part of the meeting.

You can learn more about Andover Trees United by going to www.andovertrees.org.uk or find them on Facebook, Twitter and Instagram.

Enham Resident's Cycle Challenge

ENHAM Trust resident Ed Villa, 45, has taken up an epic 50km cycling challenge on a Motomed static bike to raise funds for the redevelopment and equipping of Enham Trust's proposed new sports and wellbeing hall facility for residents and the local community.

Ed, who has lived in Enham for 25 years and has cerebral palsy, is currently a quarter of the way through his September challenge and shared: "It's amazing to think I've already smashed my initial £100 target several times over. People have been so kind in contributing towards my fundraiser. I'm not just doing this for myself, I'm doing it for everybody. It will be brilliant for people to have access to our new community sports facility. I enjoy helping others and the idea I could contribute towards something lots of people will benefit from makes me very happy."

On the positive impact of the challenge he is undertaking, Ed continued: "The thing I have found most difficult has been keeping up the daily practise, whilst not overdoing things. However, I have enjoyed how exercising regularly has made me feel. I've been able to manage my pain better as well as

some other symptoms associated with my condition. Each day I've done this I have found it a little easier. I'm better able to use my stand-aid since starting the Bike Challenge, and my legs are gaining strength, making transferring in and out of my chair easier."

Ed, who enjoys art and creating things for people he cares about continued: "I would love more people to know about Enham Trust and the brilliant work they do supporting over 6,000 disabled people every year. It will be wonderful to have this facility in place for everyone to build up their fitness."

There's still time to support Ed Villa in his cycle challenge by visiting his sponsorship page at: <https://uk.virginmoneygiving.com/EdwardVilla>.

It's been a challenging but exciting time for Enham Trust as they gradually move back to some form of normality, with the recent reopening of their charity shop and café and its social enterprise E3PL which offers supported employment to many disabled employees. To find out more about what's happening at Enham Trust or make a donation, head to their website www.enhamtrust.org.uk or follow them on social media.



Air Ambulance Week Celebrated



HAMPSHIRE and Isle of Wight Air Ambulance (HIOWAA) has marked Air Ambulance Week by announcing that they have responded to over 1,000 emergency missions already this year.

Despite experiencing a downturn in call-outs during the start of the nationwide lockdown, the life-saving Charity's Critical Care Teams, made up of Doctors, Paramedics and Pilots, have seen a sharp rise in call-outs since restrictions were lifted, with August being the busiest month since lockdown began with 159 call-outs.

HIOWAA CEO, Alex Lochrane, commented: "Our Critical Care Teams are as busy as ever: on the front line, in personal protective equipment, providing immediate critical care to anyone who needs us, wherever and whenever they need us, night and day. While much of the world ground

to halt, we certainly didn't and it has been truly inspiring to watch as our clinical team members have had to adapt to a new way of working, which they have done without missing a beat. I am always acutely conscious, however, that nothing we do, or have done, would be possible without the unwavering commitment and support of our communities across Hampshire and the Isle of Wight."

Air Ambulance Week, 7 – 13 September, which was established by Air Ambulances UK (AAUK), sets out to highlight the incredible pre-hospital care that is delivered daily by the UK's 21 Air Ambulance charities. Throughout the week, HIOWAA, along with the other Air Ambulance charities, will be celebrating the achievements and milestones reached throughout the year, via their website and social media pages.

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We Love Andover

At a time when many people were forced to work and live at home alone, here at Love Andover HQ we could not ignore the power of working as a team. While being very much 'socially distanced' from each other, our team of people demanded better, more efficient, and increased ways to communicate with the north west Hampshire area.

For two years, 95.9FM Andover Radio has provided free and uninterrupted coverage of events and activities in the area. It offers free publicity of non-profit organisations, supports the local economy with cost-effective advertising solutions and challenges decisions made by your elected members.

Despite the proliferation of software solutions so we can 'Zoom' each other or connect with people without actually being in the same building, we felt we needed to ensure a sense of connectivity, in order to share in successes, ideas or creativity.

It is with this in mind that our team of now 42 individuals have created this brand-new publication that we have launched today. The Love Andover Observer is another way to deliver stories about what matters to you, your family, your employer, your neighbour or your friends.

Talking to each other is one thing but making sure Andover's growing population of 52,000 people get access to information is another. There are many people around you that don't use 'Spotted in Andover', or at least question its veracity.

Over a year in the planning, the Love Andover Observer is the first real and regular independent newspaper in town since 1858 and it is a joint partnership between the Observer Media Group and Andover's (now) only locally-based media outlet - Love Andover.

Andover Radio Founder David Harber explained: "Over lockdown we provided over 6,000 individual stories and it became increasingly obvious that so many more people needed access to local information in a variety of ways. That is why the team at Love Andover HQ came up with the idea of partnering with Steve and the rest of the team at Observer Media Group.

Our social media platforms are now the strongest in town, we are the town's most listened to radio station and we are aware that some people simply don't use social media, or moreover, don't even have an internet connection."

Steve Lucy Managing Director at Observer



Media Group added: "It has been two years next week since we took over the running of the well established Basingstoke Observer and since then, the product has gone from strength to strength offering the people of the town an independent, locally owned and free community newspaper. Working for the past year with David and the Love Andover team has enabled us to launch this paper today and bring all the same quality and ethos to Andover which is very exciting and a fitting way to mark our second anniversary. Working together as a team of like minded people who are passionate about local community news and being able to share through trusted and respected channels has been key and we are very much looking forward to hearing from you all and meeting many local residents and businesses as the year progresses."

Andover Radio Director Ben Tuffin shared: "Despite being physically apart, as a team, we have discussed and focussed our minds on creating and delivering services that you would

normally expect tax payers money to deliver. I think our team has created solutions that help individuals in ways that are beyond the ability of other organisations including the local council."

The team at Love Andover has embraced, enhanced and continued the work of the Andover Isolation Group, this is now entirely funded by Andover Radio and still provides daily services to people 'most at risk' in the Test Valley area.

The Love Andover Isolation Help Group also provides a 'befriending' service on the phone each weekday from 1am to 1pm. A Youth Service for the town is also being launched in partnership with Siobhan Down at the Yellow Brick Road Project.

David concluded: "The importance of team and working together is more important now than ever before - here at Love Andover HQ we are so happy to provide a new, free newspaper to people in Andover and are excited about the opportunities this presents for the people, organisations and businesses it serves."





Andover Radio Programme Schedule

Weekdays

- 06:00 Grant Francis and the Morning Crew
- 09:00 The Mystery Year with Graham Kemp
- 10:00 Martin Miller
- 12:00 Ian Beverley
- 14:00 Craig Hicks including the Hall of Fame
- 19:00 Just Great Songs
- 20:00 The Fabulous Late Roy Martin

Fridays

- 19:00 The Rock Café with Martin Miller
- 22:00 60s Splash with Bob Le Roi

Saturdays

- 08:00 Luis Wyatt
- 10:00 Craig Hicks
- 14:00 Ian Beverley
- 18:00 Andover's Party Anthems

Sunday

- 08:00 David Woollatt
- 12:00 Roger Clarke
- 16:00 Retro Chart with Mark 'The Prof' Fielding
- 18:00 A-Z of Rock and Pop with Ben Morris
- 20:00 60s Splash with Bob Le Roi
- 21:00 Fatal Attraction with Corrie Stanfield

Safe space for community groups

Love Andover are offering community groups space in the town centre.

Groups requiring a room for training sessions or workshops are invited to get in touch. A safe space on the high street is available seven days a week with multimedia facilities for presentations.

Community Manager Ella Palmer explained: "Non-profit groups that require space to run their group or facilitate a training session are invited to get in contact. Maybe individuals might need a safe and secure space to work from on an ad hoc basis."

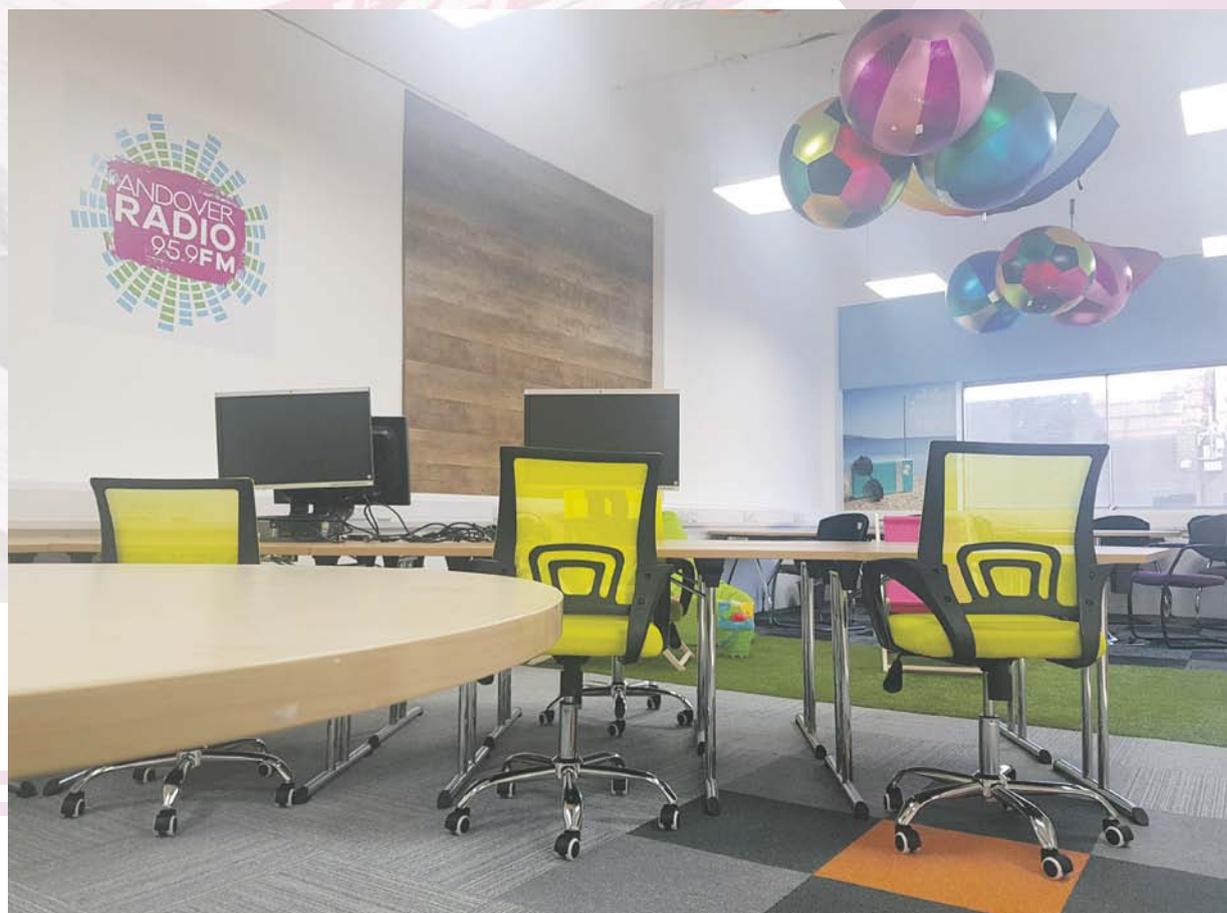
The Love Andover headquarters on the high street is currently home to the Andover Rangers initiative set up

by Andover BID.

"We have a large bright room with a vibrant and airy feel", continued Ella. "The room is colourful and offers the perfect space to be creative. We are offering this at a reduced price of £10 per hour for community and not-for-profit groups but the best bit is that this small donation will be put back into the community when we hold our annual events."

Desk space and presentation areas are malleable and can be changed to suit each group's needs; either as individual desk space, a conference style layout, or a large open area for performances.

Organisations interested in making use of the space are asked to email ella@loveandover.com.



IN F

A look back at: The Angel Inn, Andover's oldest pub

THE Angel Inn, Andover, not just the oldest surviving pub in Andover, but the oldest surviving building also. H.W. Earney wrote in his excellent book 'Inns of Andover' that the inn is likely half as old as Andover itself as a previous inn dated from Saxon times when the two main roads/coaching routes (Harroway to London and the road from Southampton to Oxford) would have crossed almost in front of it. Andover became an important stopping point on the road to and from the West in the 1540's as it was the shortest route. Andover did not become a 'town' until 1256 when a Royal Charter is passed, granting it the right to hold its own courts. Then the Town centred on the old 11th/12th century Norman Church.

It was the creation of this new route or road that likely persuaded the College to rebuild the inn on the opposite side of the road to where it is originally after the great fire of Andover of 1435. Much of the land at this end of the town belonged to Winchester College. The plans were drawn such that the Gatehouse and the main entrance



was in an eye-catching position on the approaching roads.

A copy of the contract for the rebuilding of the Inn of 1445 still exists in the archives of Winchester College, the timber was provided by the College and the carpenters paid £90 for their work. The original inn was built around the existing courtyard, the outside dimensions 90 feet each way. A 16th century Lease mentions houses, gardens, barns and stables as part of the

inventory. Effectively the Inn used to be twice its present size, what we see today is just the North and East wings of a building that formed a square around a courtyard, and a tiled roof that would have replaced the original thatch. Hidden behind the 18th century façade is much of the original stone work of the original construction. Where the upper or lounge bar is now, was once one of the higher status rooms of the inn.

The Inn originally would have



stretched down to where the high street entrance to the Chantry Centre is now, several Tudor fireplaces and associated shields were recovered at this time. What remains of the Inn today was down to local uproar given the original plans to bulldoze it completely as part of the Andover redevelopment plans of the Andover Borough Council. These days the Inn is protected by a Grade II listed status, so one hopes that future generations might be able to enjoy a

drink in the surroundings of such an old establishment that so proudly boasts of the Royal visitors that once stayed at the inn.

The Inn has its place in local history when in November 1830 the riot act was read to a mob of around 300 men from the existing upper window above the gateway. This mob then proceeded to cause havoc elsewhere in Andover, but that as they say is another story entirely!

N°1 GEORGE STREET

No1 George Street is a beautiful and quirky independent boutique, selling collections of fashion, accessories, gifts and homeware.

We have been established since 2016 initially setting up in Kingsclere and now moving to a bigger shop in Overton. We have strived to build a fantastic customer base who love our unique products and the service we provide.

Using our past experience as qualified London fashion buyers, No 1 George Street has worked hard to source an exciting mix of products and fashion from across the world that cannot be found anywhere else on the high street. Handpicked clothing from France, Italy and Spain is complemented by fashion accessories and

Jewellery ranges exclusive to No 1 George Street and directly sourced from manufacturers.

Our selection of lovely pieces are unique and reasonably priced, they will add that extra touch of individuality and style to any home or wardrobe.

So whatever you are looking for, from an essential pair of jeans, to an on trend easy top, a greeting card, a one off hand embroidered scarf, gorgeous jewellery, or a beautiful present we have it covered, together with advice from friendly & knowledgeable staff.

We are very much looking forward to opening in Overton on the **12th September** at 2 London Road RG25 3NP (the old physical balance building on the crossroads). Please join us for our opening event with a fantastic **10% discount**, plus prosecco and nibbles served all day. We can't wait to see you all and show you the new No 1 George Street!



We can be followed online at:



www.no1georgestreet.co.uk



www.facebook.com/1GeorgeStreet



www.instagram.com/1georgestreet

Health & Wellbeing

World Suicide Prevention Day

SUICIDE remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds.

Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

September 10th is World Suicide Prevention Day and to mark its importance, we share three local mental health stories.



Kick start the mind

KICK Start FC are a charitable organisation based in Ludgershall, created with the purpose of tackling the mind.

Approximately one in four people will experience a mental health problem but only one in eight will actually seek advice or medical help.

Kick Start FC aim to raise awareness and create a better understanding of mental health and continue the drive surrounding the stigma that mental health is a weakness and cannot be spoken about.

Kick Start FC are using the power of football to help with their mission by hosting weekly football sessions where both men and women over the age of 16 can come and play football. The football sessions are designed to help improve people's mental health, their physical health, their social lives, their morale, their self-esteem, and their overall outlook on mental health.

Kick Start's Michael Cunningham shared: "As someone who battles with Bi-Polar disorder football has always been my main outlet. It allows me to engage in conversation with others despite my anxieties, it allows me to get active in a comfortable environment and has allowed me to develop a positive mental attitude.

Football is the 'common ground' amongst men and I wanted to use that platform to encourage others to use football to help manage their symptoms of mental health, improve their social inclusion and actively talk about their mental health.

Mental health is nothing to be ashamed of and neither is talking about it."

Football has the ability to bring people together and is the perfect platform to encourage people to get involved and feel comfortable.

Along with the football sessions, Kick Start FC also hold group sessions where those affected by mental health are able to come and have a drink, discuss their mental health with like minded people, learn more about mental health issues and how to manage it and get involved in other activities.

All sessions hosted by Kick Start FC are free of charge.

Firefighter speaks out to help others

AT 6ft 2ins, a strong and confident firefighter of 30 years, you really wouldn't suspect that things could upset the happy-go-lucky Anna Valley resident, Kevin Francis.

Kevin joined the Fire Service aged 18 and in 2014 experienced a full emotional breakdown in a fire station locker room. The committed Watch Manager from Andover is happy to share his experiences to help prevent feelings of depression and suicide in others. Kevin says its important to spot early signs to identify those at risk of suicide.

Kevin explained: "I just never thought depression was a thing. I was sceptical about mental health issues. When people said they were off work with stress I just thought they needed to 'man-up' and get on with life. Just smile and it will go away.

One day at the end of my shift I simply hit a brick wall. I ended up curled up in a ball, sobbing my heart out. I had no idea what was going on, what was happening or what I should do."

His experience in that locker room six years ago was spotted by the fire chief who made Kevin talk to someone immediately. Talking to a counsellor on the phone, Kevin began to unravel the way he was feeling.

"When you get dark feelings inside it just drains you. You feel tired all the time and you can't work out why. Explaining how you feel should be the first thing



you do.

In the earlier stages I had no idea what was happening and talking to someone was the best thing I did. Talking to someone and breaking down everything I was thinking was really helpful. Initial contact with someone to spill the beans was helpful. When I spoke to a doctor and the point at which a medical profession told me I was suffering from depression for the first time

it became very real.

Today there is now much more evidence that suicidal behaviour is a condition in its own right, not just a psychiatric matter. Serotonin is a drug produced by the body which is like a natural drug which balances levels of happiness and sadness.

If you are feeling down or at rock bottom, the body just can't produce enough Serotonin to keep you stable. Initially

I didn't want to take any medication, I thought they were just 'happy pills' but when it was explained clearly to me, I began to understand the body's natural way of working. Today I would say to anyone, if a medical professional suggests medication, take it."

The firefighter had to take time off work in 2015 and used his time and practical skills to build an award-winning garden shed in the style of a Fire Station.

Poetic words provide comfort

DAN Hooks penned a poem to show that people are not alone and that everyone has a part to play in not only supporting our friends and family, but also the kind words we may say to acquaintances and the support we may show to people who we know are struggling with loneliness and isolation.

Dan explained: "I am reminded that it is better to light a candle and help someone in a small way by sharing some words over a hot drink and giving up some time to do that. Than cursing the darkness and retreating from the

world when we can make a positive change that may impact someone or ourselves.

As a sufferer of a serious mental health problem and a person who has lost a friend to suicide. I know how important it is to open up the discussion on this today. We can all feel like life isn't worthwhile at times life can be a struggle especially in these times of lockdowns and economic recession. I also know that suicide is the cessation or end of hope that life can be change.

My friend killed himself and the impact on me hit like a train. Life is

always changing and we have to make positive changes to our lives and realise that the pain of depression can and will pass. They say suicide is a permanent solution to a temporary problem.

I believe you can face your problems and with help can make positive changes that will allow you to become the person with your potential realised. Or if you are struggling you can seek help from your GP or other services to start that journey of a thousand miles to freedom from emotional pain which starts with that step. Don't suffer in silence, reach out, do it today!"

Stay Strong

The battle maybe short
the war might be long
but with your heart and mine
we both can be strong
in the present moment together
the tether keeps us here
the undoing of our fears
and fighting of our tears
the candle is lit
our hearts awake
we fight for love's sake.

HampshireHealthMatters

Quit smoking in September

ALTHOUGH rates of smoking have decreased in recent years, the number of people who smoke remains high. Smoking harms almost all organs in the body and it is the leading cause of preventable deaths in England. Smoking can damage your blood vessels and heart, which increases your risk of having a heart attack.

Quitting smoking can be very difficult, but it is an important step for reducing your risk of heart disease.

If you are trying to quit smoking, an effective and simple thing you can do to stay on track is to write a list of the reasons why you wish to quit smoking. Whenever you feel the urge to smoke, you can read this list and it should inspire you to keep going.

As soon as you stop smoking, your risk of heart disease will reduce. The sooner you decide to quit the better. Try to choose a date within the next two weeks. If you leave it too long, you will give yourself time to change your mind.

Make a plan to quit smoking and ask your friends, family and co-workers for their support. Identify the triggers that make you feel like smoking and work out how to deal with them in advance. For example, if you hang around with other people who smoke, you could plan to spend more time with non-smokers or do smoke-free activities with friends who are smokers.

If you usually smoke during your break at work, plan to go for a walk instead. Dealing with cigarette withdrawal can be tough and it can lead to you feeling emotional and upset. Before quitting, ask people to be patient and understanding and remind yourself that these feelings are temporary.

Cigarette cravings are intense urges to smoke. Quitting smoking requires a huge amount of willpower. Cigarette cravings are temporary and they can last for 5 minutes. To avoid giving in to cigarette cravings, try to distract yourself for 5-10 minutes. You could try doing some physical activity or a bit of housework, do a bit of colouring in or planning a healthy dinner. Once the craving has passed, you can give yourself a pat on the back.

You could also consider using a stop smoking aid, such as nicotine patches, gums, lozenges or nasal sprays to help stop the cravings.

There is a lot of support available for people who want to stop smoking. Getting support with stopping smoking can increase your chances of success. You could try contacting your local Stop Smoking Services or chatting to your GP. If you know someone who is also trying to quit smoking, you could offer to support each other. You could also seek advice from a friend or family member who has successfully stopped smoking.

You can get further support with stopping smoking and a free Personal Quit Plan from the NHS: <https://www.nhs.uk/smokefree>.

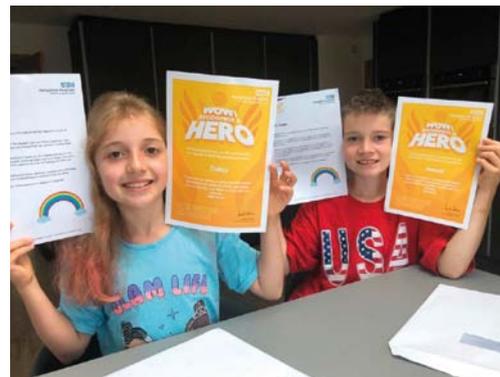
Young heroes recognised with special WOW! awards

ON a normal day of the week, The WOW! Awards are a national award system that recognise outstanding customer service.

Hampshire Hospitals staff can be nominated for an award by their colleagues, patients or visitors, with a handful of winners selected by the trust's public governors each month.

Hampshire Hospitals Foundation Trust (HHFT) wanted to say thank you to all of the children of staff who have done such a brilliant job in supporting the trust over the last few months, by giving them a special WOW! Award for being an amazing NHS helper.

Nominations were open for submission from all clinical and non-clinical staff at team HHFT and they received over 700 submissions from staff across the sites,



all of which were honoured and either posted or made available for collection with an optional sweet treat.

Made up of a personalised letter from



Alex Whitfield, chief executive of Hampshire Hospitals, and a named certificate produced by the WOW! Awards employee recognition programme, the awards

have gone down a treat with children of the staff.

Of the initiative, Alex Whitfield said: "All of our staff have gone above and beyond in responding to COVID-19, and continue to do so as we work towards restoration and a busy winter period. We have heard countless stories of the fantastic support that families have offered throughout this time and wanted to recognise the important part they continue to play. We hope to welcome some of our smaller NHS helpers to team HHFT in the future!"

Following the fantastic reception of this initiative, a second round of nominations is planned to offer the opportunity to those that may have missed the first round.

Local mum helps parents to be prepared for a positive birth



MUM of two, Susanna Dunnett, has been helping local parents-to-be, prepare for a calm, confident and positive birth, whilst restrictions have limited traditional antenatal education opportunities.

Susanna runs The Hampshire Birthing Company, offering in-depth, down-to-earth birth preparation and hypnobirthing courses.

Hypnobirthing combines breathing exercises, massage, and easily learned deep relaxation techniques to help mothers and their birth partner experience gentle, more comfortable, and often shorter birth with a reduced need for pain relief or medical intervention. The course also places a large emphasis on understanding the choices surrounding

birth and learning how to confidently navigate maternity care and remain calm, in order to make informed decisions should special circumstances arise.

Susanna has first-hand experience of the difference Hypnobirthing can make, thanks to having used the techniques to birth her second child after a 'chaotic, ill-informed and out of control' first birth.

"My first birth wasn't exactly traumatic, but we were completely unprepared and rather like rabbits in headlights. I didn't know what was going on and I was scared – it was only when I started to look into Hypnobirthing in my next pregnancy, that I discovered how that lack of preparation had physically affected my birth.

It's very simple, when you are calm and

relaxed, you are in the right mental state to release the hormones which make birth more comfortable and efficient. Sadly the media and our peers love to show and tell dramatic stories of birth with women writhing in agony, so naturally we perceived birth as something to be feared. As soon as we let go of that fear, release the tension and let our bodies get on with what they are built to do, the whole process becomes far easier."

Following the birth of her second son, Susanna trained with Katharine Graves for her DipHb KGH, recognised by the Royal College of Midwives, and launched The Hampshire Birthing Company, teaching small group and private Hypnobirthing courses in North Hampshire and online.

Time to talk about organ donation

DURING Organ Donation Week, September 7 to 13, NHS Blood and Transplant are urging people to talk to their families about organ donation to increase the number of people whose lives can be saved or transformed by an organ transplant.

Last year, 79 people in Hampshire had their lives saved by a transplant. If more people agreed to donate, more lives would be saved in Hampshire and around the country. Currently, many in Hampshire are still waiting for that life-saving call.

On the 20th May this year, the law around organ donation in England changed to an 'opt out' system. This means that it will be considered that you would be willing to donate your organs, unless you have opted out, are in one of the excluded groups or



have told your family you do not want to donate.

It is important that people know that you still have a choice and family members will still be consulted before

organ donation goes ahead. Families are more likely to support your organ donation decision, when they already know what you want to happen.

Following the change in law, NHS Blood and Transplant is urging families across England to talk about their organ donation decision. Knowing what your relatives want, helps you support their decision at a difficult time.

More and more families in Hampshire are saying yes to organ donation but there is still an urgent shortage of donors. NHS Blood and Transplant is asking people in Hampshire to tell their families they want to donate to help make sure more lives are saved.

Anthony Clarkson, Director of Organ Donation and Transplantation for NHS Blood and Transplant commented: "We need more people in Hampshire

to talk about organ donation to increase the number of lifesaving transplants.

Even now the law has changed, families will still be approached before organ donation goes ahead. So it remains so important to talk to your families and make sure they know what you want to happen.

Register your organ donation decision on the NHS Organ Donor Register and tell your family the choice you have made. If the time comes, we know families find the organ donation conversation with nurses or medical teams much easier if they already know what their relative wanted."

Find out more and register your decision by visiting NHS Organ Donor Register at www.organdonation.nhs.uk and share your decision with your family.

Thriving at Thruxton

COMMUNITY spirit is at an all time high at Thruxton as Richard Smart shared with the Love Andover Observer.

“It was clear from the outset of lockdown that mental health was critical and by caring for the vulnerable, arranging activities for the children and hosting online events, we all pulled together and raised each other’s spirits. People rediscovered the art of socialising, albeit at a distance, on their daily walks and people made new friends along the way.

As restrictions ease, the legacy of lockdown lives on and Thruxton continues to thrive. Some residents have started a weekly pop up café in the Hall car park where people of all ages meet and enjoy a cuppa. We have started a golf society, The Thruxton Thwackers, which meets once a week to have a round, get some fresh air and socialise with friends. We have also hosted Covid safe events on the green for all to enjoy as well as online quiz and games nights.



Residents also continue to show their caring and generous nature in the face of adversity. We raised £3000 to help a couple who suffered from an awful house fire and recently we raised £650 in a raffle to help residents who were the victims of theft.

Thruxton now has a real sense of supporting their neighbours and people of all ages are getting

involved. Two girls aged 12 and 10 organised a bake sale which raised £250 for the House fire fund which was an amazing achievement and the village are so proud of our youngsters.

We continue to plan fun and inclusive events for all to enjoy. We have a Teddy Bears Picnic for children and Prosecco and scones for the adults with a resident providing eighty homemade scones.

In mid-September we have the Thruxton Thrives Show where adults can showcase their gardening, baking, cooking and craft skills as well as lots of fun categories for the children to enter. It’s a lot of work organising events in a secure way, but the results make it all worthwhile and we will continue to do what we can.

Thruxton is an amazing village full of amazing people. We are caring, fun loving and inclusive and I am confident that we will continue to thrive whatever comes our way.”



A reimagined I Can is ready to support the community

THE I Can Therapy Centre which provides vital support to the community has opened its doors once again.

Faced with a number of challenges, the team have adapted and reimagined their service to best meet local needs. With a good dose of ‘I Can’ energy, enthusiasm and imagination the team have created a bespoke short-term solution.

Customers will: complete a review assessment to ensure they are COVID free and to ensure

they are safe to return to exercise following the extensive break; be allocated to a reduced capacity exercise group to ensure suitable distance is maintained; participate in a 4 week block of exercise alternating between power assisted exercise at I Can and a new and especially designed group exercise class. The class will include exercises to improve heart and lung fitness, strength, balance, flexibility and coordination.

In addition, customers will have a tailor made ‘I Can @Home’ exercise book to move more between sessions.

I Can Therapy Centre has been helped to bring the redesigned service to life through funding from



HiWCF and the National Emergencies Trust /DCMS.

Valley Leisure’s Liz Murray shared: “This funding has enabled the team to hire Bridge Street Methodist Church in Andover to deliver tailored group exercise classes for customers. These classes will compliment use of the power assisted exercise circuit enabling us to fulfil our charitable objectives ‘move more, feel better’ and meet customer needs.

We know that lockdown as a response to COVID19 has had a profound effect on people’s health and wellbeing and we want to encourage new customers to join us. We really value your support and encourage you to signpost your clients to our website to complete a pre-screen questionnaire which will initiate their I Can customer journey.”

You can get in touch by calling 01264 568240 or emailing info@valleyleisure.com.

Top Trumps take off at Hawk Conservancy



Maisie and Etienne Cox

THE latest addition to the Hawk Conservancy Trust is a new interactive Top Trumps activity trail for children.

Visitors to the 22-acre bird of prey centre near Andover have been enjoying a game of bird-themed Top Trumps as they meet the many different species and discover which top the charts with their top-flight skills and characteristics.

Maisie Cox (age 11) who played with her sister Etienne Cox (9) on a visit from nearby Witchurch, said the Top Trumps feature was a big hit with them: “You get your own special card and activity sheet for free when you come in and then you

go around and find the giant cards with the birds and see if yours can beat them for anything. I had the Andean Condor so won easily for wingspan. It’s massive - 3 metres!”

There are six categories, so lots of chances to compare scores and see who trumps who. Will the Snowy Owl have the best camouflage factor; the Goshawk have the highest predator rating; or will the White-headed Vulture be the rarest?

In addition to the free activity trail there is also a special set of Hawk Conservancy Top Trumps so the fun and learning can continue at home.

JOHN'S TAXIBUS

Free wi-fi
School runs
Wheechair friendly

“Andover’s pet friendly taxi driver”.

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Advertorial

Convenient space at the Commercial Centre

The Commercial Centre, based in Picket Piece, Andover, has a whole host of shopping options and services available to locals, ensuring you are able to get everything you need all in one convenient space.

The perfect place when shopping for your home, from furniture and quality blinds to flooring and outdoor living. There is so much under one roof from candles and chocolates to hair and beauty salons, there is even a Post Office.

From crafting spaces and car repairs there is a café on site when you need to rest your feet. There are a number of excellent local, independent businesses situated within The Commercial Centre, that are all ready to welcome you.

There is free parking for all customers that visit The Commercial Centre, ensuring you can spend as long as you like browsing the options without it costing you a penny to park.

Local businesses looking for office, commercial or industrial units for their businesses can enquire about letting a space at The Commercial Centre, with affordable rates and a number of additional facilities, including out of hours security from Venture Security.

All tenants within the units at The Commercial Centre will also receive free business listings and a web link on their website to help promote their business further.

If you would be interested in learning more about the opportunities at The Commercial Centre, call 01264 332274.

For other business information for those located at the centre, including contact details and business websites, look online at www.thecommercialcentre.co.uk/businesses/ where you will find everything you need to know regarding tenants at The Commercial Centre and the services they offer.

The Commercial Centre is easily accessible for those in the local Andover area, situated two miles east of Andover town centre and just half a mile east of Walworth Industrial Estate, near to the A303 and M3. The Commercial Centre postcode is SP11 6RU.



THE COMMERCIAL CENTRE

The Commercial Centre is situated approximately 2 miles East of Andover Town Centre, ½ a mile East of the Walworth Industrial Estate, with easy access to all major roads, including the M3 and A303.

London is about 1 hour by road and the same by rail; Andover mainline station to Waterloo or Exeter is only 5 minutes by car.

The south coast and the Port of Southampton are only 30 minutes away by road.

Advertorial



THE COMMERCIAL CENTRE

Businesses at The Commercial Centre include:

A.W. Electrical
Electrical contracting
01264 356111
www.aw-elec.co.uk

Red Deer Digital
Web design and development
01264 316177
www.reddeer.digital

Peckamix
Wild bird food, seed mixes and accessories
01264 527007
www.peckamix.co.uk

OJ's Fishing Tackle and Bait
Fishing supplies
01264 335536
www.ojsfishingshop.co.uk

Ava May Aromas
Soy wax candles
01264 478150
www.avamayaromas.com

Enjoy Raw Chocolate
Confectionery
01264 316161
www.joyofenjoy.com

All Trade Windows
Windows, doors and conservatories
01264 366001
www.alltradewindows.com

Banshee Motorsport
Car parts and accessories
01264 333366
www.bansheemotorsport.co.uk

Too Fast Too Filling
Café
01264 369345
www.toofasttoofilling.co.uk

M.D. Services (Andover Ltd)
t: 01264 352668
www.mdsandover.co.uk
Vehicle and Electrical Services

Taylor's Embroidery
Embroidery service
01264 324383
www.taylorsembroidery.co.uk

Andover Model Centre
01264 55033

Fevu Gym
Fitness and personal training
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www.evogym.co.uk

Etest Systems Ltd
PCB Test Solutions
01264 358700
www.etestsystems.co.uk

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Framing
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www.aceframing.co.uk

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Commercial Laundry, Refrigeration & Catering Equipment
01264 333777
www.bluebadger.co.uk

Alexanders Appliances Direct
Commercial Catering Equipment
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www.alexanders-direct.co.uk

Xion Gym
Martial arts & fitness
07717 895437
www.xiongym.com

Eng Supplies Ltd
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www.engsup.co.uk

Car-Tech Ltd
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Flooring & Ceramics Ltd
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www.flooringandceramics.co.uk

Progressive Blue Sky Ltd
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(Training Centre)
Sports, education & training
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www.innovativesportsconsultancy.com

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01264 336777
www.blindsandsigns.co.uk

Silverbrow Kitchen Company Ltd
Kitchen Company
01264 334111
www.silverbrowkitchens.co.uk

Body Positive Personal Training Services
Fitness and wellbeing
01264 359955
www.body-positive.co.uk

International Furniture
Suite Superstore
01264 333003
www.internationalfurniture.co.uk

Pinz N Needlez
Body Piercing, dermal anchor and laser tattoo removal
07568 624555

Coburn Technologies Ltd
Optical goods
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www.coburntechnologies.com

Tranquil
Beauty salon
07552 401821
www.tranquil.vpweb.co.uk

Hutton Contractors Andover
Domestic and commercial builders
01264 362091
www.huttoncontractors.co.uk

Forest Call Handling
0330 124 8888
www.forestcallhandling.co.uk

SoilBioLab Ltd
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www.soilbiolab.co.uk

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Alina Homecare Services
Homecare
0808 169 9352
www.alinahomecare.com

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www.testvalleytrophiesandengraving.co.uk

Quilters Dream
Quilting and embroidery
01264 324420
www.quiltersdream.co.uk

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Micro-pigmentation and permanent cosmetics
07525120552
www.permanentmakeuphampshire.co.uk

S.C. Consultants
Computer Services & Repairs
01264 358866
www.sccconsultants.co.uk

Andover Patio Centre
Outdoor living
01264 323368
www.andoverpatio.co.uk



Advertorial

That's Amore!



Popular Overton restaurant Amore has opened again and delighted customers with a new addition to this much-loved venue.

The team has been busy and whilst maintaining a takeaway service, they have also been building an impressive alfresco area for customers to enjoy.

The stunning courtyard with large umbrellas offers an oasis of calm where visitors can enjoy a bite to eat, a drink or two or enjoy a long, leisurely lunch with friends.

This outside space only enhances the already welcoming vibe to this family run Italian restaurant.

Anyone who visits can always expect a warm welcome and an extensive menu of authentic and traditional Italian dishes to enjoy. The Amore menu appeals to a variety of tastes, offering a range of meat, fish and vegetarian dishes along with the finest pasta, risotto and traditional Italian pizza.



The friendly, family atmosphere means there is something for everyone, whether you are planning a romantic night out, an early supper with the children, a larger party or a corporate event, you will be looked after by the attentive and friendly team who are looking forward to welcoming you to Amore!

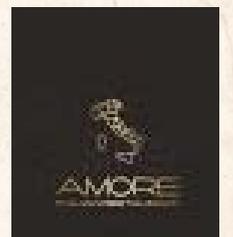
Amore Italian Restaurant
19 Winchester Street Overton, Basingstoke
01256 770176

Monday-Thursday: 12:00 am-3:00pm 5:00pm-10:00pm
 Friday and Saturday: 12:00am-10:30pm Sunday: 12:00am-9:00pm

Follow us on facebook: Amore Overton

Email us at: Amore.overton@outlook.com

Visit our website: www.amore-overton.co.uk



With a wide ranging menu that covers all the classics including Sunday Roasts plus their own take on the food of rural Italy we can be sure diners are going to thoroughly love Amore!

Arts & Culture

Artisan market set to return to Andover

THE Andover Artisan Market will return to the High Street on Sunday, 20 September from 10 am – 2pm.

September heralds the beginning of autumn and a rich seasonal bounty, so it couldn't be a better time to welcome the Artisan market back. There will be a cornucopia of stalls selling food, crafts and gifts, all with appropriate distancing and safety measures in place. Regular visitors will notice a new layout to the market to encourage safe browsing and movement among the stalls, and

stallholders will all have hand sanitisers available for use.

Favourite stalls already scheduled to return include All Things Dog, Candle Delites and Fifi and Fris. Hampshire and Isle of Wight Wildlife Trust will also be on hand to talk about all things conservation and provide information about their charity.

Music in the Time Ring is from talented local singers, Maddison Douch in the morning and Marie Ponting in the afternoon.

Leader of Test Valley Borough Council, Councillor Phil North commented: "I'm delighted to see the return of the popular Artisan Market to Andover. September usually has the perfect mellow weather to suit a stroll along the High Street, so make the most of all the wonderful products on offer and please support our local traders and stallholders."

The Andover Artisan Market is due to be held on the third Sunday of each month until the end of the year.



Hendy Performance Annual Open Day

HENDY Performance is taking their famous Annual Open Day to Thruxton on September 27th.

This event will be for classic, sports, modified, american/import, track day and supercars – with individuals and car clubs welcome to come and show off their pride and joy among other like-minded enthusiasts.

Hendy Group manufacturers will also be bringing some exciting, brand new models to display as well as Hendy Performance suppliers, who will have the latest high-quality kit to explore. Skid Pan sessions on the day are also available to book in advance with Thruxton.

The event is by advance ticket only. You can book your free ticket on their website thruptonracing.co.uk.

September 27, 2020 @ 10AM - 4PM.

Charlton Village Street Parties

CHARLTON will have some fun on 19 September in the form of Street Parties.

Locations can enter the 'Best Street Party' competition with winners announced after the event. There is no Scarecrow Festival this year but they will return bigger and better in 2021.

There will be a cake decoration and children's garden competition, judged by WI there will also be a competition for best produce in vegetables and flowers categories.

Kaz Trinder is looking for Art submissions which could be a poem, a still life, a painting, a portrait, photograph, mud sculpture, pen drawing, collage; absolutely any media... there is no right or wrong!

If you are interested in taking part, contact Clive Ward by phone 07538596344, email clrcward@charltonvillage.org, uk or Ian Smale 07421354874, email clrismale@charltonvillage.org.

Andover Rocks

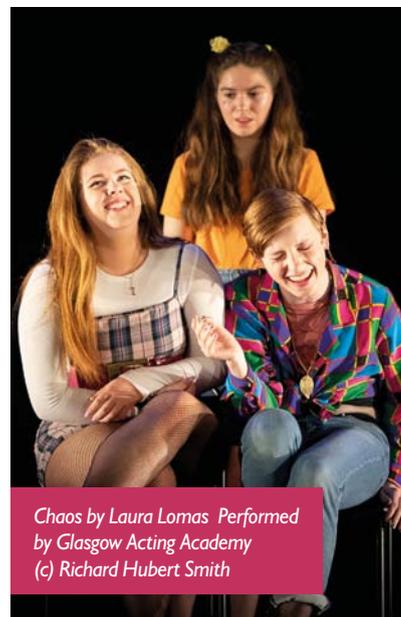
ANDOVER Rocks raises money for music intervention in adult mental health. Some of the projects they have funded in the past three years have been recording equipment for the junction, a music therapist for the community mental health team, music sessions for a local post natal group, guitar lessons with Stringbrokers and drumming sessions with local charities.

Rocks is growing year by year with last year seeing over 200 performers entertaining the public with their talents. The music ranges in genre from jazz, folk, acoustic, full bands, art sessions, and therapeutic alternatives such as a gong bath and meditation.

This year's Rocks looks to be very different to normal with only one venue, however the line up still promises to have something for everyone.

Go along to The Rock House, 41 London Street Andover on Saturday 26th September and support this wonderful community event. Entry is free and donations will be welcome on the day. Doors open at 10am.

National Theatre adapts to support theatre in schools



Chaos by Laura Lomas Performed by Glasgow Acting Academy (c) Richard Hubert Smith

THE National Theatre has announced that its adapted nationwide programmes for schools and young people will recommence this Autumn.

Committed to providing opportunities for all young people to create and take part in theatre, content will be delivered digitally and flexibly throughout 2020/2021, with safety measures in place for all planned physical activity.

The annual youth theatre festival Connections will bring together talented young theatre-makers of tomorrow with some of the UK's most exciting contemporary writers to produce and stage ten new plays. This year, workshops and mentoring will take place digitally, with the aim to stage performances at 30 partner theatres across the UK in Spring 2021. Applications are open now and will close on 3rd October.

Students can write their own play

with support from professional playwrights on the New Views playwriting programme, the NT's annual playwriting programme and competition for 14-19-year olds. Shortlisted plays will be performed at the National Theatre in July 2021.

Let's Play aims to transform drama and theatre-making in primary schools, supporting teachers to embed creativity across the curriculum. The flexible programme provides teachers with a toolkit for pupils to create short performances that will be shared digitally.

Free access at home for UK state school students and teachers to the National Theatre Collection has been extended for the next academic year in partnership with Bloomsbury Publishing, giving students access to 30 high-quality productions with supporting educational resources.

Alice King-Farlow, Director of Learn-

ing at the National Theatre explained: "As we begin to resume activity at the National Theatre, our commitment to creating opportunities for young people to make and participate in theatre remains at the forefront of our mission. We want to support schools and young people to return to active theatre making in a way that's safe and manageable in a constantly changing context, and we will continue to consult closely with schools and with the theatres we partner with across the country. We want to provide access to cultural opportunities and ensure the voices of young people are heard as theatres begin to reopen. Our adapted learning programmes offer a space to create and make, to explore contemporary issues and shape debate, and we are excited to discover new ways to collaborate with young people and schools nationwide over the next few months."

Movie Review: The New Mutants

By George Phillips

A group of young mutants face their fears while developing their newfound abilities at a secret facility.

Jack of all trades, master of none, The New Mutants attempts to tread the line between horror and superhero blockbuster, and ends up missing the mark on both. Save for a few creepy moments and the occasional loud noise, I would be hard pressed to call it a horror at all so there wouldn't be much point in giving any time to detailing that element.

As soon as it started, the expectation of what's to come was made quite

clear, uncertain direction and a failed attempt at executing it's admittedly interesting premise. This idea of young mutants being a possible danger to themselves through their newfound abilities is a nice take on the X-men story, but they never really do anything with it.

The new mutants themselves are a bit of a mixed bag too, they're all your run of the mill high school stereotypes and lead by a wildly inconsistent performance from newcomer Blu Hunt. For a film associated with Marvel studios, it was at least refreshingly lacking in standard comic book movie humour, but it was unintentionally hilarious on more than one occasion.



Whether that be through the clichéd dialogue or how mysterious it attempts to be despite being awfully predictable. That predictability is compounded by the poorly paced first hour, where nothing of any real interest happens

and the story struggles to find its feet.

Generic is probably the best way to describe this final entry in the series, however it does have some fantastic visual effects that stand above the rest. The use of mutant abilities is fairly conservative, so when they do appear they actually look brilliant and make for an exciting final act. The New Mutants isn't the worst comic book movie ever made, but it is far from the best and largely forgettable.

Verdict - 5/10.

Directed by Josh Boone.

Produced by Simon Kingberg.

Starring Maisie Williams, Anya Taylor-Joy & Charlie Heaton.

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Established 35 years

Seasonal September Favourites

SEPTEMBER signifies change and its harvest is many-hued, from crisp russet apples to golden pumpkins. There is plenty of unmissable produce as figs, pears and plums come into season,

while fresh shellfish and deep, rich game also come into their own. Sounds like the perfect excuse to start fresh.

Crab and sweetcorn hash with watercress

THIS is the perfect bung-it-all-in-a-pan midweek recipe using seasonal crab.

Ingredients

800g floury potatoes, chopped into small chunks
A couple of good glugs of olive oil
2 red onions, sliced
2 tsp hot smoked paprika
2 x 185g tins sweetcorn, drained and rinsed
100g watercress
2 large handfuls mixed fresh herbs such as chives, basil and parsley
200g mixed crabmeat
Lemon wedges to serve

Method

Boil the potatoes for 5-6 minutes until just cooked, drain and set aside.
Meanwhile heat the olive oil in a large



sauté pan, fry the onions for 3-4 minutes until softened a little. Stir through the paprika and cook for 2 minutes more, then put on a plate. Add another glug of oil to the pan. Add the potatoes with plenty of seasoning, then fry, turning occasionally, for 6-7 minutes until starting to crisp and turn golden in patches.

Add the sweetcorn to the pan, tossing to combine. Fry for 2 minutes, then tip the paprika onions back into the pan and mix.

Stir through the watercress, herbs and crabmeat. Taste and season, then serve immediately with the lemon wedges for squeezing.

Damson and clotted cream ice cream

WITH the intensity of plummy damsons and the richness of clotted cream, this pretty pink ice cream makes an indulgent September treat.

Ingredients

600g damsons
375g caster sugar
400ml whole milk
225g clotted cream
6 large free-range egg yolks
1 tsp vanilla bean paste

Method

Start the day before. Put the damsons into a pan with 200g of the sugar and stir constantly over a low-medium heat until the juices start to run. Cover and simmer for about 20 minutes, stirring now and then, or until pulped.

Leave to cool a little, then tip the mixture into a sieve set over a small bowl or jug and collect about 6 tbsp syrup. Cover the syrup and chill overnight.

Rub the remaining mixture through a wooden spoon, then discard the skins and stones. Cool, then cover and chill overnight.

Put the milk and clotted cream into a non-stick pan and bring up to the boil. Meanwhile, whisk the egg yolks and the remaining 175g caster sugar in a



bowl until pale and thick. Whisk in the vanilla bean paste, then whisk in the hot creamy milk.

Strain the custard mixture back into the cleaned pan and cook over a gentle heat, stirring constantly, until the mixture has thickened and lightly coats the back of the wooden spoon. Pour back into the bowl and leave to cool, then cover and chill overnight.

The next day, churn the custard in an ice-cream maker until thick. Pour in the damson purée and churn until well mixed. Spoon into a plastic tub, cover and freeze until needed. If you don't have an ice-cream maker, mix the purée with the custard, pour into a freezer proof container and freeze for one hour. Whisk with a fork to break up the ice crystals, then return to the freezer. Repeat four more times.

Take the ice cream out of the freezer five minutes before serving to soften slightly. Scoop into balls and serve in teacups or dessert bowls with the damson syrup for drizzling over.

Baked honey figs with toasted almonds and vanilla cream

SWEET, ripe figs fresh from the oven match perfectly with crunchy almonds and vanilla in this autumnal baked fig recipe. Ready in just 15 minutes, this is a delicious and speedy dessert recipe for midweek entertaining.

Ingredients

25g butter, plus extra for greasing
8 large, ripe figs, halved lengthways
2 tbsp demerara sugar
2 tbsp runny honey
Grated zest of 1 orange and a squeeze of juice
200ml extra-thick double cream
1 tsp vanilla extract
75g toasted flaked almonds

Method

Preheat the oven to 200°C/fan 180°C/gas 6. Butter a medium ovenproof dish and place the figs, cut-side up, in it. Place a dot of butter in the middle of each fig half, then scatter with the sugar.

In a small bowl, mix the honey, orange juice and half the orange zest, then drizzle over the figs. Place the figs in the oven and bake them for 15 minutes until sticky and soft.

Meanwhile, in a bowl, lightly whip the cream with the vanilla, then spoon into a bowl and sprinkle with remaining orange zest.

Divide the figs and syrup among serving bowls and sprinkle with the toasted flaked almonds. Serve while warm with a generous dollop of the vanilla cream.



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Homes & Gardens

A helping hand for homebuyers



DAVID Wilson Homes is helping Hampshire house hunters have a smooth move with its new online jargon buster.

Buying a house can be daunting when you're a first time buyer and even second steppers can find it hard to keep up with the ever changing terminology when looking to purchase a house, so this new tool should keep buyers in the loop.

Rob Allen, Sales Director at David Wilson Homes Southern, explained: "Buying a home is a very exciting process, but it can also be overwhelming as buying a property is one of the biggest decisions that individuals will make in their lifetime.

Our glossary is a fantastic resource for anyone who is struggling to get their head around the terminology when buying a new home. We hope that our jargon buster will help make the path a little bit clearer to buying a dream home."

Bridging Loan: Only applicable for second steppers, this is a loan to 'bridge the gap' between the sale of your present property and the purchase of your new home, when the dates don't coincide.

APR (annual percentage rate): The total cost of a mortgage loan including all costs which is then shown as a percentage rate so that it can be compared with any other rates. This includes any mortgage related fees, such as redemption charges and valuation fees.

Completion Date: The point in the process where the buyer owns their new home. All funds have been trans-

ferred, paperwork completed and keys handed over.

Equity: The difference between the mortgage owed on your home and the value of the property.

Fixtures and Fittings: A description referring to non-structural items that are included in a sale such as carpets and curtains.

Conveyancing: The legal transfer of a property from one owner to another.

Freehold: The full ownership of both the property and the land on which it stands.

Maintenance or Service Charge: The charge for the upkeep of a property and its surroundings.

National House Building Council (NHBC): A non-profit body whose role is to both protect the home buyer and help the industry to construct good quality new homes.

Stamp Duty: A government tax on the purchase price of a property. Your solicitor will automatically handle payment on your behalf.

David Wilson Homes' development on Locksbridge Road, which launched in 2014, has now sold all 390 properties.

In line with the planning agreement with the local authorities, David Wilson Homes contributed more than £400,000 towards sports facilities and nearly £650,000 towards the community in the local area, which has seen multiple play areas, a football pitch and a tennis court built at Locksbridge Park.

Welcome wildlife into your world

A new gardening guide published by the RSPB and David Wilson Homes shows Hampshire residents how to make balconies and small gardens sanctuaries for wildlife.

The RSPB's 'Welcome Wildlife into Your World' guide gives top tips and advice for bringing nature to your home, especially for people with a small amount of outdoor space such as a balcony or courtyard.

From growing wildlife-friendly plants in small spaces, to feeding birds, providing water, giving a home to bees, and sign-posting what wildlife to look out for, you can discover simple things to do that are great for wildlife and for people.

Adrian Thomas, RSPB's Resident Gardening Expert, said: "During lockdown many of us were reminded of how big a role nature plays in our own health, both physical and mental. With

this guide you can be inspired to bring that nature to your own home - a balcony can be turned into a second home for pollinators with just a few climbing plants, some potted herbs and a shallow saucer of water. Even if you only have a window the local birds will be sure to visit a well-placed window feeder.

More than 40% of UK wildlife has declined in the past 50 years, but by taking these kinds of small actions you can help give wildlife a home. By welcoming nature into your space, however big or small, you can give it a boost, and let it do the same for you in return. What better way to brighten your day than hearing birdsong or by enjoying flowers in bloom!"

Paul Crispin, Managing Director at David Wilson Homes Southern, added: "This is a great guide for helping nature no matter what outside space you have and it shows just what can be achieved even on a balcony. We try and give nature a home on all our developments and this guide will help more people to do just that. This year of all years we are all appreciating nature so much more it's great that people with balconies can turn them into a haven for nature."



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Your daily puzzle challenge

CROSS CODE

24	13	21	2	2	22	18	6		14	12	18	10
13			21		21		16		25			22
23		22	9	22	2	1	22	16	23	8		21
16	22	5	16		18		2		17	18	12	16
		17		7	15	23	9	1		21		13
19	21	18	13	22		2		18	12	6	22	2
21		12		17	25	12	16	12		6		22
8	21	7	22	16		9		11	23	2	7	6
8		23		25	21	6	16	22			12	
23	12	9	6		7		12		4	12	11	6
9		1	22	2	20	21	9	23	13	20		23
22			9		23		1		9			26
6	17	23	16		16	2	21	8	3	21	1	22

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
	R			S							O	
14	15	16	17	18	19	20	21	22	23	24	25	26

Each number in our Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

MAGIC SQUARE

I KISSED – I'M MARRIED!

Using all 16 letters of the phrase above, form four words each of four letters which will fit in the grid to form a magic square in which the words can be read both horizontally and vertically.

Quiz Challenge

- In May 1997, John Prescott was appointed to which Cabinet office?
- The name of the dinosaur triceratops literally means what?
- What event is celebrated in France as a national holiday on July 14?
- The TV cartoon family The Simpsons live in which town?
- Which Asian island is home to a race of people known as Dyaks?
- How often is the Cricket World Cup held?
- Which North African country is the closest in distance to Italy?
- "When I find myself in times of trouble" is the opening lyric of which Beatles song?
- Actress Charlize Theron was born in which country?
- Which style of arched window takes its name from a surgical instrument?

NONAGRAM

A	I	M
C	P	U
N	I	L

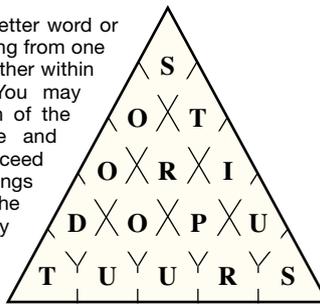
How many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found.

Guidelines:
15 Good; 18 Very Good; 21 Excellent.

Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

WORD PYRAMID

Spell out a 15-letter word or phrase by moving from one chamber to another within the pyramid. You may only enter each of the chambers once and may only proceed through openings in the walls. The first letter may appear in any chamber.



FIVE ALIVE

LH	OU	UR	GS	YE
AO		NI		IN
TR	UE	FV	UT	ES
EV		EA		LU
LA	IO	DL	EG	DE

Here are two miniature five-square crosswords using the same grid – but the letters have been mixed up. You have to work out which letters belong to which crossword.

CRYPTIC CROSSWORD

1	2	3		4	5	6	
7							
			8				
9							
				10		11	12
13							
			14		15		
					16		
17	18	19	20				
					21		
22							
					23		
24							

ACROSS

- Look out for high tar content! (5-4)
- Girl returned the bad ball (5)
- Praiseworthy double turn by a politician (9)
- Old boat upended by gangster in settlement (5)
- Footballer, one prepared to use a brush perhaps (7)
- Grade for many a girl (5)
- Colloquially speaking, it isn't an infection (5)
- Such a jewel has not been reduced in price (5)
- Cry for donkey kept at festive occasion (7)
- Loafer left in dire trouble (5)
- Weak and unsupported at the back (9)
- Before one I had to return the fool (5)
- Replace a nice load in ancient land (9)

DOWN

- Opener going round in circles (9)
- High spots of an Asian tour, no doubt (9)
- Musician in small room is first trumpet (7)
- Her husband is late (5)
- Inert compound used in gunpowder (5)
- Supply free verse (5)
- Shed light (5)
- China April once smashed (9)
- About to say again and again (9)
- A unit is exchanged in this country (7)
- First of a series of letters from Athens (5)
- Look around poles in order to understand (5)
- White House up north (5)

QUICK CROSSWORD

1	2	3		4		5	6	7
						8		
9								
	11			12		13		
14				15		16		
17	18			19			20	
				21			22	
23						24		25
						26		27
28						29		
30								
						31		

ACROSS

- Over-confident (8)
- Ring (4)
- Gap filler (7)
- Panache (5)
- Protection (5)
- Pardonable (6)
- Vertical (5)
- Recreational area (4)
- Raced (3)
- Overtake (4)
- Blood ingredient (5)
- Shun (6)
- Drench (5)
- Throng (5)
- Oblivious (7)
- Melody (4)
- Respectful (8)

DOWN

- Price (4)
- Packing case (5)
- Assist (anag.) (6)
- Ceremony (4)
- Wind instrument (7)
- Immobilise (8)
- Propose (5)
- Mouselike animal (5)
- Planet (5)
- Short-arm blow (8)
- Listening organ (3)
- American mammal (7)
- Sordid (5)
- Confidence (6)
- Shovel (5)
- Solid square (4)
- Warmth (4)

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. Easy Hard

4	6		3			9	1	
			8	9	1		4	7
			7			8	3	
			9	8		6		
8	7							5
			2		4	7	8	
2	8		4				3	7
			3			1		
			4	5			6	1

		2				1		
	7							5
	8	6						9
		3			8			2
		5		3				8
2					9			
4								9
3			9	7	5		4	
					3			8

EQUALISER

7	9
10	1
1	1
8	1
3	1

Place the four signs (add, subtract, multiply, divide) one in each circle so that the total of each across and down line is the same. Perform the first calculation in each line first and ignore the mathematical law which says you should always perform division and multiplication before addition and subtraction.

This puzzle page is supplied by Sirius Media Services. To try our new puzzle, Zygolex, go to www.zygolex.com



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QUIZ CHALLENGE: 1 Deputy Prime Minister; 2 Three-horned face; 3 The storming of the Bastille during the French Revolution; 4 Springfield; 5 Borneo; 6 Every four years; 7 Tunisia; 8 Let it Be; 9 South Africa; 10 Lance.

CROSS CODE: 1 Down - Lurgy; Revue; Allied. 2 Down - House; Turf; Lodge. 3 Down - Hotel; Unfed; Ensur.

NONAGRAM: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

QUICK CROSSWORD: Across - 1 Cocksure; 5 Hoop; 9 Sealant; 10 Fairy; 11 Aegis; 13 Picca; 14 Picca; 15 Picca; 16 Picca; 17 Picca; 18 Picca; 19 Picca; 20 Picca; 21 Picca; 22 Picca; 23 Picca; 24 Picca; 25 Picca; 26 Picca; 27 Picca; 28 Picca; 29 Picca; 30 Picca; 31 Picca.

MAGIC SQUARE: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

WORD PYRAMID: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

FIVE ALIVE: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

SUDOKU: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

EQUALISER: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

CRYPTIC CROSSWORD: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

QUICK CROSSWORD: 19 Sense; 20 Igloo. 21 Sense; 22 Igloo. 23 Sense; 24 Igloo. 25 Sense; 26 Igloo.

Motors

Ford Puma Titanium - 1.0L EcoBoost MHEV 6-speed Manual

By Tony Yates

I don't know about you, but I remember the good old Ford classics from my younger days, such as the Escort RS1600i and the racy Escort RS Turbo Mk1 & Mk2.

When I was 21 years old, I bought a rather 'well used' Mk1 Escort Mexico which I then went on to own for about 23 years. A few years ago, I sold it and I very much regret it, because no other car I have ever owned since has made me feel as alive at the wheel as that old Mk1 did - and, I doubt I will ever get the chance to own another one now because the prices - even for a banged-up Mk1 Mexico in need of restoration are now £10K plus.

Happily though, Ford has lent me the new 'Puma' and I have to say that it's probably the only car so far this year I have got really excited about. So, let's give it the once over.

Power and efficiency

Powered by 1.0 Litre EcoBoost petrol engine with 210Nm of torque, 125PS of



Ford Power and a 0-62 time of around 9.8 seconds. To finish off, the Puma will achieve a maximum top speed of around 119mph.

If you do want to know about fuel economy, then the highest mpg you can

expect to achieve is around 61.4 mpg (high end) and 43.5 (low end) Looking good then. Also, I used the Puma as my vehicle for my summer holiday to Devon and let's just say it was packed full to bursting with holiday gear and

three children. Even with all that, it still managed to return a steady 53.4mpg. CO2 Emissions were also g/km: 96

On the road

The Puma feels fantastic to drive - and if I'm being honest, it has outstanding driving dynamics and a suspension setup that's spot on. This is something I have not felt in a while - especially from a vehicle of this type. Also, no matter what the road surface was doing - the Puma handled it very well. Of course, the ride for some, may feel a tad soft, but for me, it felt stable and a real joy to take into the twisty bends around some of Devon's more challenging roads.

Design & technology

As you can see from the image, the new Ford Puma is a great looking vehicle. Also, while I was away, many people commented on the looks - and one gentleman even said he was looking for a new car and would be off to his nearest Ford dealer that very afternoon to take a test drive.

So, what do you get in the form of key features? Well, you get; 17" 10-Spoke

Alloy Wheels, Projector Headlamps with LED Daytime Running lights, Cornering Lights & LED Rear Lamps, Ford MegaBox Extended Boot Space, Power-foldable Heated Door Mirrors, Electronic Temperature Control (EATC) Ford SYNC 3 Navigation with B&O Premium Audio & 10 Speakers, Selectable Drive Modes - Normal, Eco, Sport, Slippery & Trail. Plus; Cruise Control, Lane Keeping Assist, Pre-Collision Assist with Autonomous Emergency Braking, ESC, Hill Start Assist, Rear Parking Sensors, Thatcham Alarm and much more.

To sum up

All in all, Ford has once again created a remarkable piece of engineering. Hats off to the boys from Ford for making all my dreams come true once again. If I was looking to buy a modern family vehicle right about now - then the Puma is the only one you need in your stable. Maybe that's why it just stole my heart.

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New Subaru Forester 2.0i XE Premium e-Boxer Lineartronic

By Tony Yates

FIRSTLY, I wanted to start it off with something pretty special in the form of the updated Subaru Forester 2.0i XE Premium e-Boxer Lineartronic. For those of you that don't know this, the Forester is the hidden gem when it comes to doing everything right the first time and with minimal fuss. The Forester is also tough, practical and virtually indestructible. The all-new Forester e-BOXER is Subaru's first self-charging hybrid SUV, which gives you full adventuring ability with the added benefit of battery-based power, without any need to plug into recharge – which for me is a bonus.

With Subaru's hybrid technology, the 2.0L petrol e-BOXER engine works seamlessly with the electric motor to deliver a more rewarding driving experience on every type of journey.

The Forester to me is the car that has it all and a car that will probably never let you down. Yes, that may seem a little over the top, but there is a reason for this. The Subaru Forester is an utterly brilliant car in every way. If you are still not convinced, then sit back and read

on as I explain the pure brilliance of this machine.

Power and efficiency

The Forester was equipped with a powerful and efficient 2.0-litre Horizontally-opposed, 4 cylinder petrol engine - a unit that provides you with a maximum power of 150 PS and a torque figure of 196Nm. The Forester also achieved 34.7mpg on the combined cycle which is quite impressive when you consider it's not a small vehicle. Maximum speed comes in at around 117 mph and a 0-62mph of 11.8s. This is also an engine that provides more than enough power on the road - whilst its horizontally-opposed 4 cylinder design provides you with a smooth drive in any gear. It's also important to note that this is no slouch, so don't be fooled by it only having 150 PS.

On the road

One of the benefits of the Forester is in its ability to do off-road 'brilliantly'. The Forester is fantastic, which is why it's probably the most preferred mode of transport for anyone who owns a farm - or the more adventurous type who prefers the muddy tracks of the

outdoors rather than the city tarmac. To be honest, it makes little difference where you take the Forester, the result will be the same.

The Forester is also a very stable and well-balanced machine and a willing companion into bends, yet it's comfortable enough in off-road mode or at times when you need it to become the long-distance mile eater at a minutes' notice. The ride for me was perfect and unfussy.

Design and technology

The Subaru Forester offers you plenty of standard equipment such as; Automatic LED Headlights with Auto Leveliser, Steering Responsive Headlights, High Beam Assist, Daytime Running Lights, Pop-Up Type Headlight Washers, Front LED Fog Lights, Rear Fog Lights, Power-Folding Door Mirrors with Built-In LED Indicators, Privacy Glass for Rear Doors, Rear Quarters & Rear Window, Automatic Rain-Sensing Windscreen Wipers, 18" Alloy Wheels, Sunroof, Heated Steering Wheel, Heated Front Seats, Heated Rear Seats, 8-Way Power-Adjustable Driver and Front Passenger Seat.

Add Remote Control Central Locking,



Keyless Entry and Push Button Start System, Electronic Parking Brake, Three 12-Volt Power Outlets (Instrument Panel, Centre Console Box and Boot) Power Tailgate, Climate Control, Dual-Zone Automatic Air-Conditioning System with Anti-Dust Filter, Windscreen Wiper De-Icer, Heated Door Mirrors, Front and Side Defrosters, SUBARU Infotainment and Audio System: 1 CD and 6 Speakers, 8" Multifunction Colour Touchscreen, Satellite Navigation, Apple CarPlay™ & Android

Auto™.

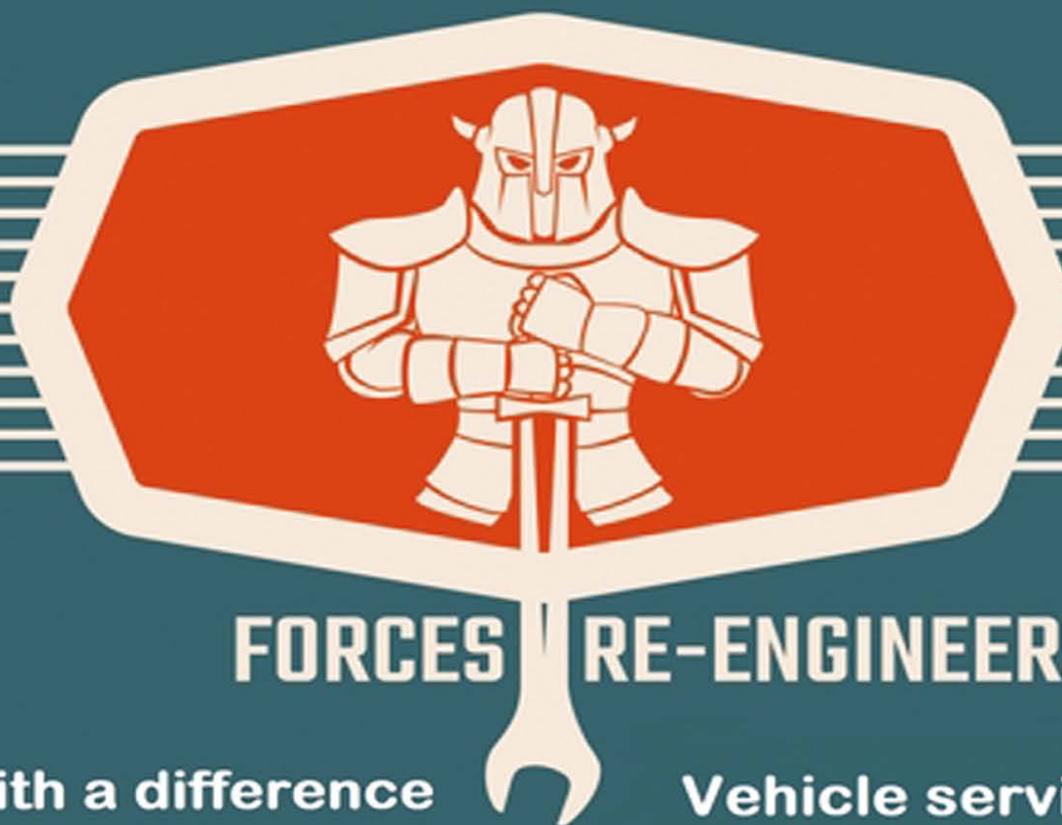
Yep, the list just keeps going with the addition of; DAB Radio, Voice Recognition System, Steering Wheel Mounted Audio & Cruise Controls, Adaptive Cruise Control, Speed Limiter, SI-Drive (SUBARU Intelligent Drive)*3, Stop & Start System*4, X-Mode & Hill Descent Control, Auto Vehicle Hold, Vehicle Dynamics Control System (VDC), and a whole lot more that would put even the most well-equipped car to shame.

On the inside, there's also plenty of room for five adults to travel in comfort whilst the boot is capable of swallowing up to 1,779 litres of luggage capacity, meaning it's extremely practical for a large family.

To sum up

The Subaru Forester is an impressive performer both on and off-road. This is why the Forester deserves to do well. Let's not forget its extensive All Wheel Drive experience that's ultra-impressive and one of the main reasons why it's off-road potential and on-road manners are something that stands out right from the word GO!

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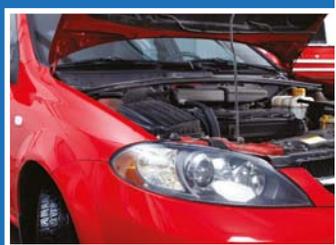


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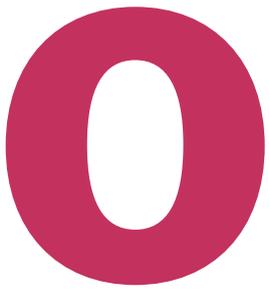
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Sport

Season kicks off with a win

ANDOVER Town opened their new season with a win against a good Fawley side. With new signings making their first competitive appearances. A good size crowd of 148 saw Town make all the running in the first 20 minutes.

Andover opened their account after six minutes after what appeared to be a safe clearance for the visitors. A mix up with their keeper Bruce & a defender saw the ball go loose and Tom Pattison was on hand to take advantage to put Town one up.

The home defence coped well with everything that the Fawley attack threw at them and new signing goalkeeper Dease Kerrison's handling was excellent. Then with quarter of an hour gone Andover's Josh Hewson breaking through on goal he was upended in the box and the referee had no hesitation in awarding a penalty. Adam Pattison made no mistake putting the home side well in command. Fawley now had to find something to get back into the match but the home defence coped well and the team were playing with much confidence.

On twenty minutes, another Fawley attack had broken down and a superb ball out of the Town defence found Adam Pattison free on the right and his excel-



lent run into the opposition box, he found the far corner of the goal out of the reach of keeper Bruce to put Town well in the driving seat.

The rest of the half saw Fawley trying to find a way through the well drilled Town defence but to no avail. The home side also looked to increase their commanding lead but keeper Bruce foiled a couple of good chances.

Half time – Andover Town 3-0 Fawley AFC

The second half turned out to be different to the first as Fawley were desperate to get back into the match. With seven minutes of the half gone the visitors got their reward in what was strange circumstances. The ball crossed into Andover's goal mouth, keeper Kerrison didn't hold the cross and winger Bradley took his chance and struck the ball goalward but a Town defender appeared to clear it off

the goal line. Protests from the Fawley players and the referee went to consult his line official and after a brief chat he awarded the goal, although the line official didn't flag in the first instance. The visitors now sensed a good chance to get back into the game. However, the home defence held out well.

Two good chances did fall to Town one for Josh Bertie but as he ran one on one with keeper Bruce his attempt was poor and the keeper saved easily. Then Michael Donovan broke free but found himself closely pursued on goal but his fine effort was just wide of the goal with Bruce beaten. At the other end keeper Kerrison was called upon to make a couple of good saves to keep Fawley at bay. The game ended on a sour note with two Andover players being sent to the sin bin – apparently for dissent.

At the end of the day Andover Town will be pleased with the three points and will have learnt from this encounter. They now travel to play Alton who had a good 4-1 win away at Downton so this will be a good test for the team.

Andover Town 3-1 Fawley AFC

Football club seeking players



CK Andover Football club is a local, family friendly club, run solely by parents and volunteers.

With over thirty years of experience running both youth and adult teams, the club has grown year on year and celebrated success across many age groups.

The club prides itself on inclusion and development in a football for all environment. This year's challenges have made things difficult to continue with team development and the club's plans to boost team numbers.

Melissa James explained: "CK U13 Royals have particularly suffered from this. In February, the team said goodbye to their coach of four years and excitedly welcomed newly qualified coach, Mark. Plans were made to finish the season

and start pre-season fresh, ready for the challenges of 11v11 football for the first time. Then, as with all football, the season was ended abruptly. The team couldn't get together to train until recently and this has left them short on numbers. We are desperately looking for boys and girls aged under 13 on 31st August, new school years 7 and 8 to join the team at training and hopefully agree to sign on for the new 2020/21 season."

The team train on Tuesday evenings 7.15pm - 8.15pm at Barrow Hill, Goodworth Clatford SP11 7RQ and play on Saturday mornings in the Testway Youth League.

For any more information, please contact the club secretary, Melissa James on 07823 778490.

Best supporters in town

ANGELA Saunders and Sarah Sharp from Angel Call Handling have announced their partnership as the newest sponsors of Andover Town Football Club.

As the first match of the new season kicked off at home against Fawley FC on Saturday 5th September, the Angels were pleased to be there to show support as new sponsors and local fans.

ATFC played extremely well and impressed the Angels with a 3-1 win.

Sarah Sharp from Angel Call Handling shared: "We are very proud to be supporting Andover Town Football especially as it is my local team, it was a simple decision to make to sponsor

Them. I have always believed in giving something back to our local community and the town's football team is an important part of Andover.

The dedication from the supporters and volunteers is obvious when you visit the grounds and stadium. They are clearly very involved with the Andover community and we are delighted to support them in this way. I would like to wish everyone connected with Andover Town



Football Club all the best for the season ahead."

Angela added: "By sponsoring Andover Town Football Club, we are giving back to a business in our town but also to the local individuals who love playing and watching football. It was a great start to the season, so many dedicated fans and volunteers came to show their support and the grounds were very impressive, a lot of hard work has clearly gone in to making the grounds look as beautiful as they do, we are certainly looking forward to attending some more home games to show our support."

Angel Call Handling Ltd started

in Andover back in 2017 and have since been supporting local business owners with the running of their businesses on a daily basis.

The duo concluded: "When doing business with us at Angel Call Handling Ltd, you are helping a local company build their brand within the local community, giving us the opportunity to give back to our well-loved town. We believe our passion, experience, and focus for first class customer service are the best qualities to complement any business. We wish the Team at Andover Town Football Club all the best for the new season, we are right behind you – Up the town!"

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Sport

Inside: Season kicks off with a win | Football club seeking players | Best supporters in town

Top five finish at Silverstone

By Jeremy Ryan

ANDOVER'S Jake Archer achieved a top five finish in British GP2 Cup at Silverstone last weekend.

Two more races meant two more solid points scoring finishes for the Kovara Projects by the RS Racing Moto2 rider.

A seventh place finish in race one followed by fifth in race two saw Archer leave Silverstone with another 20 British GP2 Cup points. His season total of 54 points puts him 10th in the standings.

Qualifying was quickly interrupted when a red flag was held aloft after just three minutes. It didn't distract Jake Archer as he went on to build on his lap times from the Friday free practice. His 56.870 seconds around the National Circuit set him up for a 7th place start in the GP2 category and 21st overall on the combined GP2 / Supersport grid.

The first 8 lap Sprint race got underway just after 5pm on Saturday afternoon. Archer didn't get the start he wanted, losing a position on the opening lap. By the seventh lap of 18 he was running in 6th place and fighting hard to hold off the challenge of rival Joey Thompson.

With three laps remaining the number 76 of Oliver managed to squeeze by Archer as the number 47 was suffering from severe tyre wear. Unable to get back through Archer had to settle for a solid 7th position at the flag.



Photo by Kerry Rawson

Sunday saw the 26 lap Feature race. The team had made some adjustments to the suspension to try and conserve more grip in the rear tyre. Archer started 21st this time and eighth in the GP category. Just a couple of laps later he was up to 7th in class and 21st overall. Shortly afterwards there was a com-

ing together of three riders from both supersport and GP2 and Archer was able to benefit moving up to 5th.

The tyre lasted longer but so did the race. Although the grip levels dropped off again in the final laps he managed to maintain the position until the chequered flag to end another successful

weekend.

Jake Archer commented: "Firstly, thanks to Kovara Projects and my other sponsors including, Griffin Cleaning, City Lifting, HJC Helmets, Radmat, Fourways Property Maintenance and AD Scaffolding. Also a big thank you to RS Racing for preparing the bike

each weekend. Although we suffered some grip issues some other teams did as well. We are continuing to go in the right direction and I am already looking forward to the next round at Oulton Park."

The next round is at Oulton Park from the 18th to 20th September.

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