



FREE

Community Paper

September 2020 - Issue 010



MyPortchester

Your Community, Your Paper

Covering the East Fareham/North Portsmouth Corridor

We are working with Community Partners to help build a stronger better informed community



In 1752 it was decided in Britain to abandon the Julian calendar in favour of the Gregorian calendar, by doing this the 3rd September instantly became the 14th September, and as a result absolutely nothing happened in British history between the 3rd and 13th September that year. Many people believed their lives would be shortened and they protested in the streets, demanding

"Give us back our 11 days!"

September

September is traditionally the month for bringing in the harvest, and as such there are many associations with "Corn" during this time. Lets be straight though, when I say corn, I'm not talking about the Americanized abbreviation of sweetcorn, I am talking about the staple end product of wheat.

Corn Dolly - A corn dolly represents the spirit of the corn goddess, and is a tradition that dates back many centuries. The corn goddess was believed to live in the corn and unless some of that years crop was saved when harvested, the goddess would die. The corn dolly was made each year from the last sheaf of corn to ensure that the corn goddess would live on to inhabit the next years crop.

Andy Pandy
Preschool
has some new
'spongy fun'
for little
ones to play
on safely out
in the sun.

Page 9 for details



Full Corn Moon (2nd September 2020) - As one of 12 full moons of the year, September's moon is usually known as the Harvest Moon, because it is the full moon that falls closest to the September equinox. However, this year it will be known as the Full Corn Moon, as the first of two full moons to fall in October is closest to the first day of astronomical autumn.

Anglo-Saxons referred to September as Gerst monath (Barley Month), this was because it was the time when they would harvest the Barley to make their favorite drink - Barley Brew!. It has also been called Haefest monath, or Harvest month.



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'Hello' from the Editor...

Well...as I sit here this month to write my little blurb, it is blowing an absolute hooley and there is intermittent driving rain...a bit different from last months 30+ temperatures and glorious sun. Makes me very thankful that I have a roof over my head to shelter from the storm, and all my friends and family remain safe and well. Even though our area currently still has very low numbers of incidents of Coronavirus, we should all pause and think about those who have not been so lucky.

End of August/beginning of September is harvest time, I know all your Farmers, Gardeners and Allotmenters have probably been extremely busy, but hopefully the fine summer has allowed you to reap a satisfying bounty from your particular patch of dirt.

Unfortunately, although I had some initial enquiries I did not receive any submissions for the short story section I was hoping to make a regular item. However after a request from a member of our community we have this month some locally created poetry. So maybe as also suggested, it becomes a 'Creative Space' for the community to share their thoughts, ideas, reflections on life, stories, poetry or any other scribbles, possibly even artwork going forward.

I am please to say that we have a new volunteer onboard, who is a local Photographer **Robert Blake**, who is keen to work with the **local businesses** and **social enterprises** to help them publicise their organisations to the local community during these tough times. He is also helping me bring some more local interest elements to **MyPortchester**. You will find more examples of Robert's work and how to contact him in this edition should you wish to enlist his services.

If you have been lucky enough to have a copy of **MyPortchester** posted through your door in the recent months, that is due to the voluntary efforts of a kind gentlemen called **Matt Howard** and also down to various members of the **AFC Portchester** teams, so a huge thank you to them for all their help in getting **MyPortchester out to the community**.

Please all be sensible and try to **Stay Safe** and be good to each other. **Darren Beames**, Editor.



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On this day in history

- 1st 1159 – The death of the only English Pope Adrian IV (Nicholas Breakspeare). The death of the only English Pope Adrian IV (Nicholas Breakspeare).
- 2nd 1666 – The Great Fire of London begins in Pudding Lane and rages for 5 days, but kills only 9 people.
- 3rd 1939 – Britain and France declare war on Germany.
- 4th 1962 – The Beatles start their first recording session at EMI's Abbey Road Studios, London.
- 5th 1800 – The end of the Siege of Malta, as Napoleon's forces surrender to the British following a two year long naval blockade.
- 6th 1620 – The Mayflower sets sail from Plymouth, Devon, carrying the Pilgrim Fathers to America.
- 7th 1533 – Birth of Queen Elizabeth I, daughter of Henry VIII and Anne Boleyn.
- 8th 1944 – The first V2 flying bombs kill 3 people in London.
- 9th 1513 – James IV of Scotland is killed at the Battle of Flodden.
- 10th 1771 – Birth of Mungo Park, Scottish explorer who published his 'Travels in the Interior of Africa' in 1799.
- 11th 1915 – Britain's first Womens Institute opens in Wales.
- 12th 1908 – Marriage of Winston Churchill to Clementine Hozier.
- 13th 1902 – Harry Jackson becomes the first person in Britain to be convicted on fingerprint evidence.
- 14th 1752 – The first day of the Gregorian calendar in Britain.
- 15th 1830 – MP William Huskisson becomes the first rail fatality at the opening of the Liverpool Manchester Line.
- 16th 1400 – Owain Glyndwr proclaimed Prince of Wales.
- 17th 1701 – King James II of England died whilst in exile in France.
- 18th 1709 – Birth of Samuel Johnson, compiler of the first English dictionary.
- 19th 1356 – The Black Prince, eldest son of Edward III, leads the English to victory over the French at the Battle of Poitiers.
- 20th 1258 – Consecration of Salisbury Cathedral.
- 21st 1327 – Death of Edward II, murdered with a red hot poker by his jailers.
- 22nd 1735 – Britain's first Prime Minister, Sir Robert Walpole moves in to 10 Downing Street.
- 23rd 1848 – Chewing gum is produced commercially for the first time.
- 24th 1776 – The first St. Leger horserace is run at Doncaster, Yorkshire.
- 25th 1818 – First transfusion of human blood is performed at Guy's Hospital, London.
- 26th 1580 – The Golden Hind arrives in Plymouth harbour having sailed round the world under the captaincy of Sir Francis Drake. Drake plundered a few Spanish ships en-route to keep morale high!
- 27th 1888 – First use of the name, 'Jack the Ripper' in an anonymous letter to the central news agency.
- 28th 1745 – 'God Save the King' is sung for the first time at London's Drury Lane Theatre.
- 29th 1758 – Birth of Horatio Nelson.
- 30th 1938 – Misguided British Prime Minister Neville Chamberlain says, after meeting Hitler in Munich, 'I believe it is peace for our time'.

September

Tales from the Allotment...August

I have broken the Allotment Commandment "thou shalt not go on holiday in August" and spent a marvellous week in Cornwall. My guilt at neglecting my vegetables was relieved somewhat with the forecast of rain during the week (sad, I know!) What I was most concerned about was the safety of my sweetcorn.



Robert Blake Photography

During August, allotmenters must be at their most vigilant because as the sweetcorn begins to ripen, the threat against it making it to our dinner plates grows daily. The threat comes not from lack of rain, we can keep it well watered, nor high winds, we can keep the growing corn tied to sturdy canes. No, the threat comes from the local wildlife; some say it's rats and some say it's badgers. Successful harvesting of sweetcorn must be timed almost to the hour: You can check it one afternoon and decide it needs just one more day of sun to ripen, but the wildlife will be watching, and they know that tonight is the night for feasting. The word is spread and when you return the next day the scene of wonton destruction is shocking. The tall shafts of corn have been felled and the ears of corn ripped off, munched and discarded.

Allotmenters go to great lengths to protect their sweetcorn, barriers and fences are erected (I had considered an electric fence but if the culprit is badgers, they are an endangered species, so better not). Growing sweetcorn has ceased to be about producing something delicious to eat, it has become about outsmarting the rodents! So, you can imagine my anxiety as I returned from holiday, threw my luggage into the hall and raced to the allotment to find..... perfectly ripened sweetcorn ready to pick. This year I was lucky.

August and September are the months of harvest. It is very satisfying to heave home sacks of potatoes and hang bunches of onions in the garage to make sure they are perfectly dried before storing for the Winter. My runner beans have finally produced a good crop, having been ravaged by the worst attack of blackfly I have known. I really thought they'd had it, but nature has a way of finding a balance and I am now harvesting enough to put some in the freezer.

I now begin to freeze, bottle, pickle and preserve in earnest. So far, I have frozen runner beans, spinach and broccoli as well as gooseberries, blackberries and plums for winter crumbles. Plums have also been bottled with a sugar and gin to make the most delicious liqueur which will be ready by Christmas as well as being made into jam. My fig tree produced well but there are only so many fresh figs you can eat, if you know what I mean, so I've made some into marmalade and also tried freezing some which I've not done with figs before.

Root vegetables, such as parsnips, carrots swede and beetroot can stay in the ground and be harvested throughout the Autumn and Winter as needed, although beetroot can get a bit 'woody' after a while if left in the ground so I do eat them a lot in salads and they are also great roasted alongside the potatoes on Sunday. So many vegetables and so many ways to use them; here are a few of the recipes I've tried this month that have turned out well.

by **Julia Jennings**

Fancy your own Allotment...

To see if there are plots available.

Roman Grove allotments are just off Castle View Road, by the cemetery. The allotment manager is Dave Watson, Tel.: 07982 249873. He's around most mornings and is happy to show anyone around.

There is also Red Barn allotments in Danes Road, off Dore Avenue. The manager there is Trevor Robinson, Tel: 07717 665234,

Recipes

Beetroot and Chocolate Muffins

Ingredients

1 level teaspoon of bicarbonate of soda, 2 tablespoons vegetable oil, 250g raw beetroot, 175g self-raising flour, 2 tbsp cocoa powder, 3 large eggs, 2 tablespoons milk, 60g softened butter, 1/2 cup soft brown sugar, 100g dark chocolate.



Robert Blake Photography

Method

Lightly grease a 12-hole muffin tin or drop paper cases into the holes. Preheat oven to 180 C.

Peel beetroot and grate. Sift flour, baking powder and cocoa into a bowl. Lightly whisk eggs with milk in a jug. In another large bowl, beat the butter, oil and sugar until creamy. Gradually add egg/milk mixture, alternating with flour mixture. (if you put all the egg mixture in at once it will curdle). Stir in beetroot and mix well.

Spoon mixture into muffin tin/cases. Break the chocolate into 12 pieces and poke a piece into the centre of each muffin.

Bake for 20-25 minutes until well-risen and springy to the touch. Cool in tin for a few minutes then turn onto a rack.

by **Julia Jennings**

Robert Blake Photography

Old Doverhouse Chutney

Delia Smith's recipe for 8 X 1 lb jars of Old Doverhouse Chutney, which can't be copyrighted as Delia herself declared it had been given to her on a yellowing page taken from a cookbook belonging to someone's great-grandmother:

Ingredients

1 ½ lb plums, preferably Victoria
2 lb cooking apples
8 oz green or red tomatoes
1 lb raisins
8 oz onions
1 ½ lb demerara sugar
ginger - 4 oz of preserved ginger, or guess the fresh quantity
chilli - ¼ oz, or guess
garlic - ¼ oz, or guess
1 ½ tablespoons salt
1 pint malt vinegar

Method

Take the biggest saucepan you've got and pour in the vinegar. Cut the plums in half and remove the stones, then cut the halves in halves, and chuck them into the vinegar. Now chop the

tomatoes roughly and add them to the vinegar. Peel and chop the apples and onions and whizz them in a food processor (or just chop very finely)

Peel the garlic, chilli and ginger, and whizz them in the food processor (or just chop very finely). How much you use depends on how hot you like your chutney - I used two whole chillies and five cloves of garlic, and had no idea how much fresh ginger corresponded to preserved ginger, so put a two inch piece in. The result was too hot for me. Why not start with a third of these amounts?

Add the last ingredients to the pan, together with the sugar and salt, and heat everything very gently. Be careful not to heat too quickly as the chutney-to-be can catch on the bottom of the pan and burn easily.

Simmer until it all looks like chutney. I tend to leave the mixture to cool, then see whether it has that gloopy chutney look about it. If it does, heat up the mixture again before ladling it, still hot, into the jars and screwing the lids down.

Robert Blake Photography

**Handy instructions
on how to sterilize
jars for jams and
chutneys on the
next page.**

Spiced Beetroot Chutney

(an original recipe from fellow allotmenteer **Jacquie Furse**)

Ingredients

1.5kg raw beetroot, trimmed, peeled and diced
3 onions, chopped
3 eating apples, peeled and grated
Zest and juice of 3 oranges
2 tbs white or yellow mustard seeds
1 tbs coriander seeds
1 tbs ground cloves
1tbs cinnamon
700ml red wine vinegar
700g golden granulated sugar

Method

In a preserving pan, mix all ingredients together well. Bring to a gentle simmer and cook for 1 hour, stirring occasionally, until the chutney is thick, and the beetroot is tender.

While the chutney is cooking sterilize jars. When the chutney is ready let it settle for 10 minutes, the spoon into jars and seal while hot.

Chutney will keep for up to six months in a cool dry place. Refrigerate once opened.

How to sterilize jars for jams and chutneys

- Preheat the oven to 160°C/gas mark 3
- Wash the jars and lids in hot soapy water and rinse but don't dry them
- Place the jars onto a baking tray and into the oven for 10 minutes
- Soak the lids in boiling water for a few minutes



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We are a member of the Portchester Traders Association, if you run a business in Portchester, ask about Membership by emailing:

Portchester.Traders@Outlook.com

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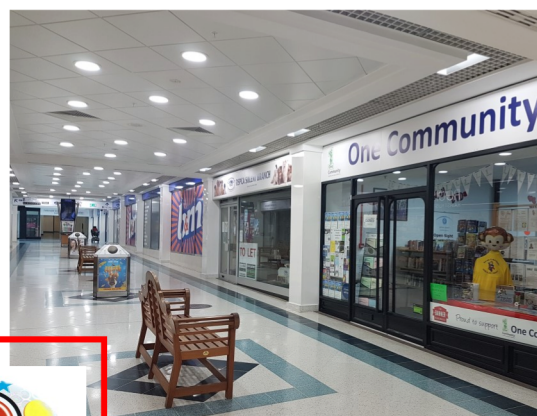
Want to do something for the Community?

Then we need your help in the Portchester, Paulsgrove and Port Solent areas to deliver copies of MyPortchester to local residents.

Call Darren on 023 9298 2620 for a chat.



MyPortchester _{Ltd} Your Community
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We are delighted to be celebrating our 3rd Birthday on September 16th. Yes it has been 3 years since we opened our information centre inside Fareham Shopping Centre. If you haven't been in yet, please pop in when you can, we would love to see you.



What does your local volunteer centre do?

One Community is your local volunteer centre and we are here for you. We work with all voluntary organisations locally, finding them the volunteers they need for their service. Therefore we offer you the opportunity to discuss your potential volunteering, your time and your interests to ensure you're aware of the vast choices open to you.



The Friday Night Club in Fareham need volunteers who like working in a group and have an interest in one or a few of the following:

Adults with learning difficulties, archery, crafts, games, buggy driving, discos and much more.



Operating not just on a Friday these social groups are the highlight of their clients week. Contact us for full details.

Near you there will be people needing companionship, help in reconnecting to their community, shopping and more. Did you know volunteering has great health benefits too, particularly when you know you're the reason for a strangers' smile. We had received many thank you messages from people who without volunteers would have been stranded.



One Community is now open

10am-4pm

Monday to Friday
and alternate

Saturdays 10am-2pm



Affordable handmade masks for sale from £1



We collect milk bottle tops!
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PCA Lunch Club Returns

The team at **Portchester Community Association** have some great news to share with you, our Wednesday lunch club will be re-starting on the 9th September, but will be held in **Portchester Methodist Church**.

If you would like to join us, lunch will be served at 12 noon, two courses, a dinner and a pudding with a cup of tea or coffee. Social distancing measures will be in place, to keep our members and our lunch club team as safe as possible at all times.

If you would like to join us, you will need to book your place, as we can only take a maximum of twenty four people at each session, so please call us on **023 92 210048**, or pop in and see us at The Hub.

We are hoping if our Wednesday lunch sessions prove popular, we will be running a second session on a Friday, so please keep an eye on our notice board, and our Facebook page for further details.

Here is a recap of the details,

PCA Wednesday Lunch Club

- ◆ Every Wednesday at Portchester Methodist Church, 12 noon,
- ◆ Cost £4.50 Dinner & pudding, with a cup of tea or coffee
- ◆ Contact The Hub on, 023 92 210048 to book your place.

We look forward to seeing you.

Stay safe and,

Best wishes from all the **Portchester Community Association** team.



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FREE Help for ALL

During these times of Pandemic Living and Working restrictions, Portchester Methodist Church has organized a Food Bank.

The Food Pantry is open to ALL.

It is not:-

- ⇒ Means tested in anyway
- ⇒ Limited to what you can take if you need it
- ⇒ You do not have to belong to any particular religious domination
- ⇒ Visitors are not recorded

The pantry has frozen and chilled products, as well as tins, packets, jars and home grown seasonable fruit and veg when available.



Andy Pandy Preschool

We are delighted to share with you we have recently had our outdoor area resurfaced. This was enabled by the fantastic fund raising efforts over the last couple of years by PCA's Crafty Pip group, who held craft fairs and plant sales to raise the much needed funds. We also received some help from Councillor Roger Price devolved funds. Thank you so much to everyone who supported us with this project.

The newly refurbished area will continue to make an impact on the children's learning and development as they explore through play. We have set out the area to enhance their physical skills as well as personal, social and emotional skills too, which is always important in a child's early years.

We cannot wait to welcome all children old and new to Andy Pandy Preschool, to come and have lots of fun in our new surroundings.



If you would like some more information on the setting here at Andy Pandy's please get in touch with our friendly team, who will more than happy to further assist you!

Pictures and a virtual tour available upon request.

02392 210048

andypandy@portcheterca.org.uk

We accept 2year funding, 15 and 30 hours funding and are open 50 weeks of the year! With spaces available now.



Poems from a Portchester Poet

If somebody asked me

*If somebody asked me what I wanted from life,
I know what my answer would be.
I want to be loved for all of my faults,
I want to be loved for me.*

*I want him to be happy when he walks through the door,
I want to see love in his eyes.
I want to be able to speak my mind,
I want never to be any lies.*

*I want to be held with encircling arms,
I want the darkness turned into light.
I want nightmares turned into beautiful dreams,
I want to feel safe in the night.*

*If somebody asked me what do you have in your life,
I know what my answer would be.
I have all the dreams that I wanted from life,
He is all that I wanted for me.*



By Lesley Mann

If you would like to share your stories, poems, reflections on life or historical interest items, or even artwork then please either email them to: enquiries@MyPortchehster.com or post your work to:
MyPortchester, 2a New Parade, 38 West Street, Portchester, Hampshire. PO16 9UY - Get involved, be part of it...

The voice in our head

*'Is the grass any greener on the other side?'
asked the men on the bank of the lake.
'It looks it' they said, 'and there's plenty of
us,
if we want it, its ours for the take'.
So with boats and with weapons they sailed
to the land,
and they fought from morning till night.
Then tired but happy with their success,
they drank to their brave bloody fight.
But they soon became bored when their
battle was won,
and decided they wanted much more.
It was riches they needed so with weapons
and boats,
they sailed to a far distant shore.
And with blood on their hands and screams
in their ears,
they took what they thought was their right.
And they laughed as they killed the innocent
folk,
then they drank to their glorious fight.
For a while they were happy, but something
was wrong,
they should be treated with respect like a
lord.
So they gathered the people and told them
to kneel,
and they prayed at the end of a sword.
'Look at us now' they said, as they laughed
out loud,
'we are Gods with nothing to fear'.
And if their conscience did prick, with a
voice from above,*

*they tried very hard not to hear.
Then one by one as the years went by,
their lives came to an end.
And with Paradise waiting on the other side,
they prepared to lie and pretend.
But the voice from above that they chose to
ignore,
was now loud inside of their head.
And it told of the pain and the hurt of the
people,
Who's blood they had callously shed.
The men cried loud as they relived their
lives,
and with shame they fell to their knees.
They admitted the reason they did what
they did,
was purely and simply for greed.
Then the voice in their head told of Paradise
life,
And the riches that could have been theirs.
And the love and the peace that surrounds
your soul,
in the land where everyone cares.
'You will soon return', said the voice in their
head,
'to live your lives once more'.
'And this time you will learn how to give not
take,
and to abide by a peaceful law'.
After many long year had passed us by,
A group of men stood on the bank of a lake.
'Is the grass any greener on the other side?'
'I expect so, but its not ours to take'.*

By Lesley Mann



MyPortchester Ltd

Get involved, be part of it...

Your Community

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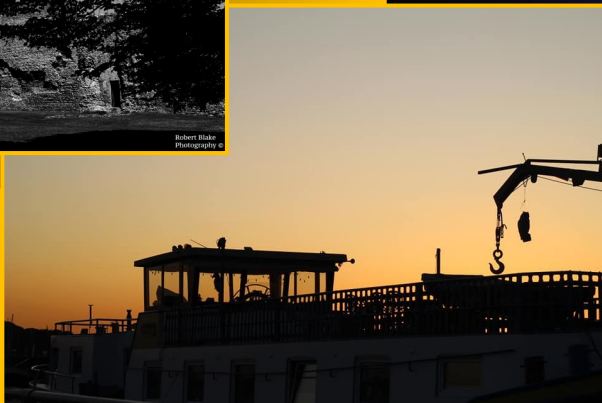


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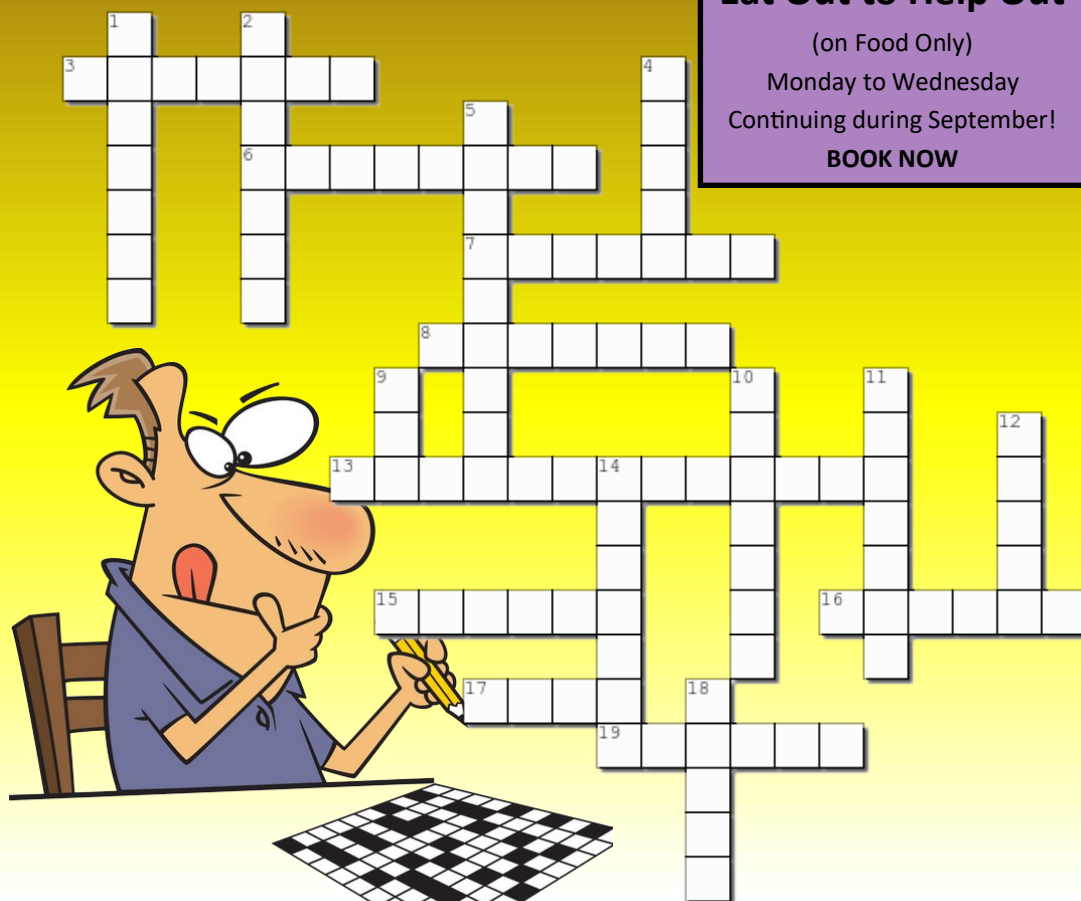
Eat Out to Help Out

(on Food Only)

Monday to Wednesday

Continuing during September!

BOOK NOW



Across

3. A fragrant flower and a Disney Princess [7]
6. Relaxing illumination with a 'Hippy Vibe' to it [4,4]
7. Vouchers that can be used to save money [7]
8. You often get these caramelised biscuits in nice Coffee Shops [7]
13. Superb, wonderful, amazing Portchester centered free monthly magazine [13]
15. A preparation that is applied to the skin [6]
16. These start appearing all over the ground in September [6]
17. A tree, but unfortunately the computers made by this trees namesake do not grow on them [4]
19. Children will be flocking back here this month [6]

Down

1. You can have one of these in Business and in your Personal Life, but in both cases absolute trust is required [7]
2. Study of our bodies is referred to as [7]
4. The name of a Doctor that no one can ever remember [2,3]
5. A style of serving coffee that means 'stained' or 'spotted' in Italian [9]
9. Type of window and coastal feature [3]
10. Looking for a compliment or hunting Osteichthyes or Chondrichthyes [7]
11. Humans and Computers alike are susceptible to these [7]
12. Key in the realisation of Gravity, Smart Phones and Healthy Teeth [5]
14. If you live in an Oast House, you will have no [7]
18. Makes drinking in our region very hard indeed [5]

Complete the puzzle, fill out the Answer form and post to MyPortchester to be entered into the draw of all correct answers to win a Meal for Two off the Classic Menu at the Wicor Mill which can be claimed Monday to Thursday.

Also get your

WINNERS MUG!



To be entered into the draw to Win a Meal for Two, from the Classic Menu redeemable Mon-Thurs, simply answer the questions to the Adult Crossword correctly. Fill in your answers in the box below and post or hand into **MyPortchester Crossword Competition, C/O Brandt Carpet & Flooring, 48 West Street, Portchester. PO16 9UN.** Closing Date **30th September 2020.**

Your Name

Address

- Q1
- Q2
- Q3
- Q4
- Q5
- Q6
- Q7
- Q8
- Q9
- Q10
- Q11
- Q12
- Q13
- Q14
- Q15
- Q16
- Q17
- Q18
- Q19

July 2020 Wicor Mill Crossword Winner: Marion Lindsell of Kenwood Road, Portchester.

August 2020 Wicor Mill Crossword Answers: Across: 3-Italy, 4-koala, 7-ladiator, 10-rats, 12-cartridge, 13-Japan, 14-octopus, 15-mini, 17-elephant, 18-onomatopoeia, 19-chinook Down: 1-badger, 2-bluray, 5-alexa, 6-loch, 8-the Queen Mother, 9-swimming, 11-sea cucumber, 16-jigsaw puzzle



SWEENEY TODD

9 -19 SEP @ 7.30PM & 12,13,19 @ 2.30PM. NO PERF 14 SEP



UP POMPEII

11-21 NOV @ 7.30PM & 15 @ 2.30PM. NO PERF 16 NOV

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**TITCHFIELD
FESTIVAL
THEATRE**



84 Charing Cross Road

14-24 OCT @ 7.30PM & 18 @ 2.30PM. NO PERF 19 OCT



Sleeping Beauty

9-19 DEC @ 7.30PM & 12,13,19 @ 2.30PM. NO PERF 14 DEC

AUDIENCES ARE SOCIALLY DISTANCED AND THE VENUE IS **COVID SECURE**
VENUE MAY BE SUBJECT TO CHANGE DUE TO HMG ADVICE

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Support Your Local Teams

AFC PORTCHESTER - SEPTEMBER FIXTURES

Come down and support YOUR local club!!



Tuesday 1st September 2020

Home - AFC Portchester vs Sandhurst Town (FA Cup - Extra Preliminary Round)

Admission Prices

Adults - £7
Concessions - £4
U18 - FREE

Saturday September 5th 2020

Home - AFC Portchester v Fleet Town (Wessex League)

Tuesday September 8th 2020

Away - Fareham Town v AFC Portchester (Wessex League)

Tuesday September 15th 2020

Home - AFC Portchester vs Horndean (Wessex League Cup)

Saturday September 19th 2020

Home - AFC Portchester vs Bemerton Heath Harlequins (FA Vase 1st Qualifying Round)

Saturday September 26th 2020

Home - AFC Portchester v AFC Stoneham (Wessex League)



Where are we?

The Crest Finance Stadium, Wicor Recreation Ground, Cranleigh Rd, Fareham PO16 9DP

Full fixture list? Scan below

1. Open your phone camera and hold it over the QR code to open the fixtures.
2. Bookmark the website into your phone so you always know when Portchy are playing!



@AFCportchester @arancionefans

07543 404 414

cheaperthanahippo@gmail.com



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We are a small friendly reliable local business, here to help you remove your waste.

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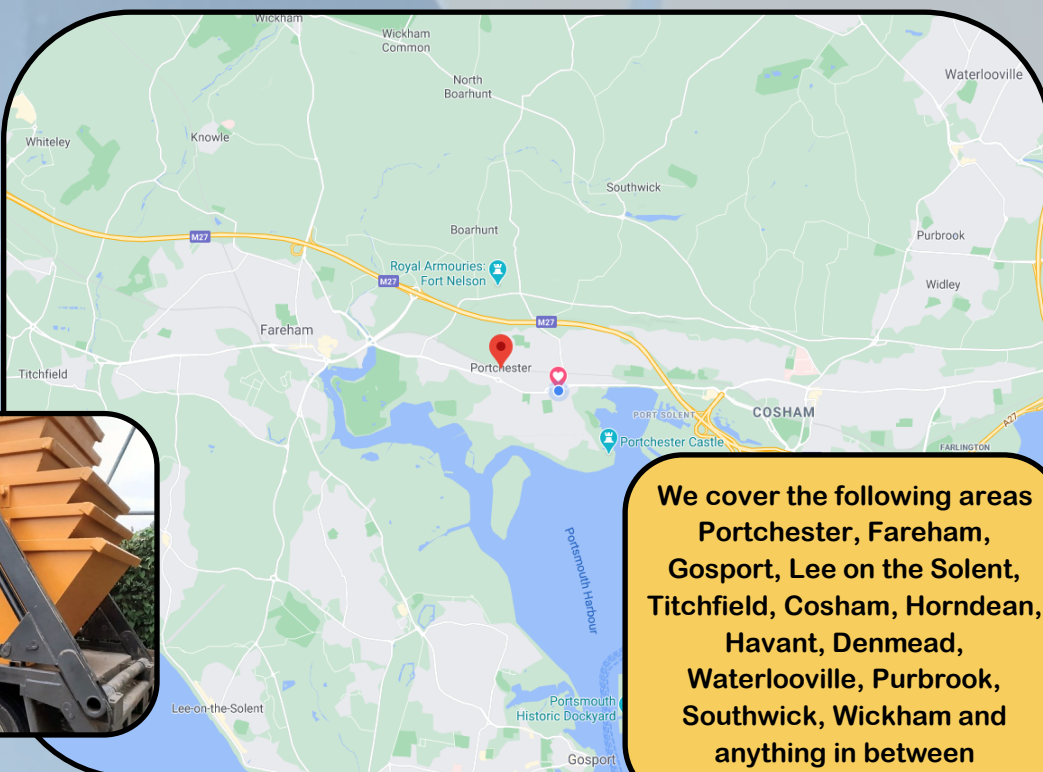
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We can also pick up any size or brand of grab bags from £40 each.

No paint, oil, petrol, diesel, tyres, gas bottle, asbestos, fridges or freezers, and only 10% plasterboard in our skips

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Gosport, Lee on the Solent,
Titchfield, Cosham, Horndean,
Havant, Denmead,
Waterlooville, Purbrook,
Southwick, Wickham and
anything in between**

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per month.**



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Have **YOU** been thinking about trying Yoga?

At **Yoga For All With Jane**, I truly believe that
yoga is for everybody, in my classes I ensure that
all poses can be adapted so that everybody can
practice yoga, in their own way.

I offer a range of classes: Flow, Restorative ,
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All my classes adhere to current Government
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manner.

To discuss your needs or to book a session,
please contact me on:

Phone: 07794 719422

Email: yogaforallwithjane@outlook.com

Facebook: Yoga for all with Jane



**Meet the new face of Port Solent Wellness
& Therapy Centre!**

Family owned Hypnotherapy, wellness & therapy business Port Solent

Wellness & Therapy Centre has made some drastic changes to their
business during lockdown & can now disclose their fresh new brand

& offering to the Hampshire community - "Upekkha Life"

Launched this September - Upekkha means "stability in the face of
the fluctuations of worldly fortune" & could not be more of a match
to the world we find ourselves in today.

A word defined as "a pure mental state cultivated on the Buddhist
path to nirvana".

Many people during lockdown have reflected on their wellbeing and
attitude to nutrition, hygiene & work/life balance.

This has led us to adapting our business to suit, investing in our
wellness centre.

We want to help more people to overcome fear, to rid themselves of
pain. We want to support more people in gaining freedom from
anxiety, stress and anger.

Upekkha

Therapy, Health & Wellbeing

**We want you all to have the
healthy, happy life you deserve.**

Do you?

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Port Solent, PO6 4TP

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Free fitting on all Cormar, and Abingdon carpets when ordered with underlay, and fitted in September and October 2020 - Quote **MyPortchester** when ordering.



Brandt Carpet and Flooring Ltd

Luxury vinyl Tile, Carpet,
And Sheet Vinyl Specialists

Brandt Carpet and Flooring limited are now open again for viewings or home consultations throughout September. We are still very wary of the current situation and risks that are still present. We are taking CORVID-19 very seriously with quarantine area, shop fully cleaned, hand wash for staff and customers, together with all our employed fitting teams carrying full PPE.

Space for all of these services are limited, carpet samples are quarantined for 72 hours between customers so please bear with us. All luxury vinyl tiles, and sheet vinyl samples are cleaned as and when they are used.

We are now offering 0% Finance, with up to 3 years interest free on all purchases including fitting.

To book an in-store appointment please email allan@brandtcarpetandflooring.co.uk,

call 02392796342 or

call on WhatsApp 07383841943,

or contact us through our Facebook page.

0%
FINANCING



We have our new Kährs luxury vinyl tile display instore which is exclusive to us. We are the Kährs LVT supplier for Portsmouth, Southampton, Winchester and Salisbury.

Kährs LVT is one of the best out on the market with a 0.7 wear layer and the only manufacture to use a ceramic coating. We have over 90 new designs instore.

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**FLOORS BEYOND
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