



FREE

Community Paper
July 2020 - Issue 008



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



- JULY -

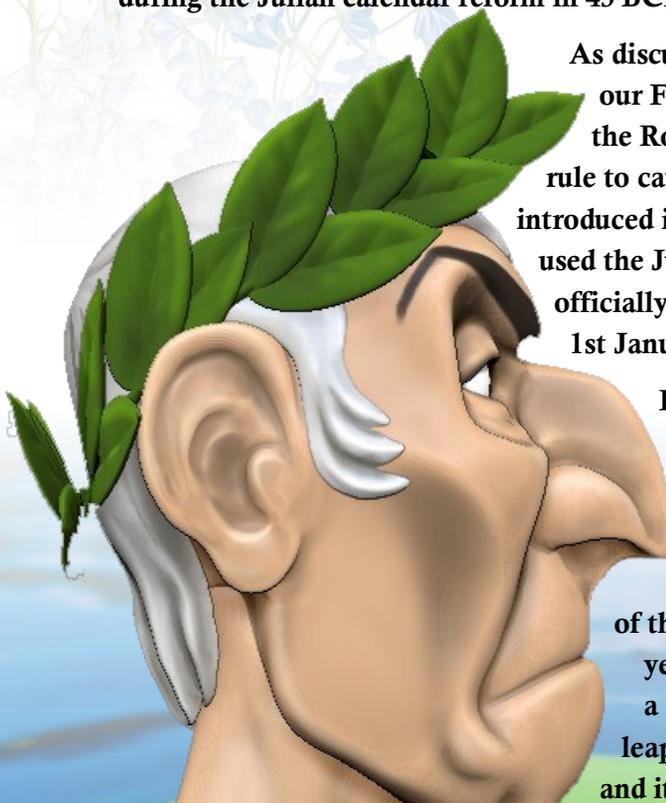
Some people are named after a month, April, May, June, Julia, Julian, Julie for example, but not many people in the history of the world can claim to have a month renamed in honor of them.

July was originally Quintilis, the fifth month of the year in the Roman calendar and consisted of 31 days. It was changed around 450 BCE when January became the first month of the year. Its name was changed during the Julian calendar reform in 45 BCE to honour Julius Caesar.

As discussed in an article titled 'Has Anybody Lost 24.2% of a Day???' in our February Edition, we explained how the Julian calendar replaced the Roman calendar until Pope Gregory XIII refined it further adding a rule to cater for leap years. The new Gregorian calendar was first introduced in 1582 in some European countries. However, many countries used the Julian calendar much longer. Turkey was the last country to officially switch from the Julian to the Gregorian calendar on 1st January 1927.

In modern times, July also has 31 days. It is normally the warmest month of the year in the Northern Hemisphere and coldest month in the Southern hemisphere, but these trends are changing as the planet warms up, severely hastened by Global Warming.

But did you know that the month of July starts on the same day of the week as April during non-leap years and as January during leap years. July does not end on the same day of the week as any year in a common year but ends on the same day of the week as January in a leap year. July's birth flowers are the Larkspur and the Water Lily, and it's birthstone is the Ruby which symbolizes contentment.



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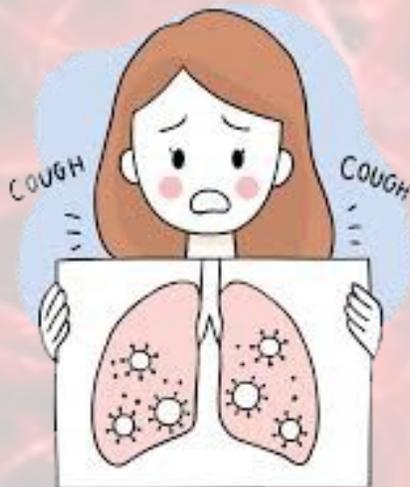
SO WHAT IS COVID-19?



Coronaviruses are a family of viruses that cause illness in humans and animals. Seven different types have been found in people, including those responsible for COVID-19 and the SARS and MERS epidemics. Early reports suggest the new virus

is more contagious than the one causing SARS but less likely to cause severe symptoms. There is much we need to learn about the new coronavirus.

Coronaviruses (CoVs) are a family of viruses that cause respiratory and intestinal illnesses in humans and animals. Coronaviruses usually cause mild colds in people but the emergence of the severe acute respiratory syndrome (SARS) epidemic in China in 2002–2003 and the Middle East respiratory syndrome (MERS) on the Arabian Peninsula in 2012 show they can also cause severe disease.



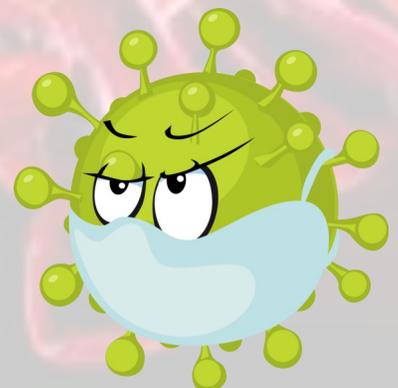
Since December 2019, the world has been battling another coronavirus. Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the virus responsible for the current pandemic of coronavirus disease (COVID-19), which was first identified in Wuhan, China, following reports of serious pneumonia.

What do coronaviruses look like?

Coronaviruses are relatively simple structures, and their form helps us to understand how they work. Coronaviruses are spherical and coated with spikes of protein. These spikes help the virus bind to and infect healthy cells. However, the same spikes are also what allows the immune system to 'see' the virus. Bits of the spike can be used in vaccines to prompt the body to produce antibodies against this new coronavirus.

Coronaviruses are named for the distinctive appearance of their spikes; when seen under a powerful microscope, the spikes look like a crown (corona is the Latin for 'crown'). Beneath these spikes is a layer of membrane. This membrane can be disrupted by detergents and alcohols, which is why soap and alcohol hand sanitiser gels are effective against the virus.

Inside the membrane is the virus' genetic material – its genome. Whereas the genomes of some viruses like chickenpox and smallpox are made of DNA like humans, those of coronaviruses are made of the closely related RNA. RNA viruses have small genomes which are subject to constant change. These changes, called mutations, help the virus adapt to and infect new host species. It is thought that the new coronavirus likely originated from bats but it is not yet known whether mutations allowed this jump from animals to humans.



What is different about the new coronavirus?



The new coronavirus, SARS-CoV-2, is most closely related to a group of SARS-CoVs found in humans, bats, pangolins and civets.

Even though there are many similarities between the new coronavirus and the virus that caused the SARS epidemic, there are also differences resulting from changes in their genomes. This includes how they are passed from one individual to another, and the kind of symptoms they cause. Early reports suggest that the new coronavirus is more contagious than the virus that caused SARS but less likely to cause severe disease.

How many coronaviruses are found in humans?

To date seven human coronaviruses (HCoVs) have been identified (see table below). Four of them are common and typically cause only mild respiratory illnesses in healthy human adults. However, they contribute to a third of common cold infections and, in people with weak immune systems, they can cause life-threatening illnesses.



The other three (those causing MERS, SARS and COVID-19) are known to cause more severe illness and even death. COVID-19 illness tends to be milder than SARS and MERS but more severe than disease caused by the four common coronaviruses. Because this coronavirus is new, no-one has any immunity to it. This means it will potentially infect very large numbers of people. And even though the number of very severe cases is low in percentage terms, a small percentage of a very large number adds up to many people with acute illness.

It is thought that all seven human coronaviruses might have been transmitted to humans from other animals. Those causing MERS, SARS and COVID-19 probably originated from bats. It is possible that the transfer of the new coronavirus from its original host species to humans involved another animal species, such as the pangolin, as an Intermediate host.



Source: [https://
coronavirusexplained.ukri.org/](https://coronavirusexplained.ukri.org/)



SMILING

WORKING THROUGH LOCKDOWN WITH THE PORTCHESTER COMMUNITY ASSOCIATION &

ANDY PANDY PRESCHOOL TEAMS



Hello to all the MyPortchester readers, we hope everyone is keeping safe and well during these unusual times. As we write this article, the sun is shining, things are beginning to change, and the lockdown restrictions, that have been so important to keep everyone safe, are beginning to ease.

For us, as for so many others the arrival of the Lockdown saw our usual “normal routine”, forever changed. Our groups were postponed, our book shop closed, our weekly lunch club cancelled. As the saying goes, “every cloud has a silver lining”, and for us it was being able to keep helping the community with our “Meals on Wheels” service.

The idea was the brain child of our volunteer chef Adey, who realised straight away that those members who normally attended our groups would still need a hot and nutritious meal during the isolation period. We hit the ground running, with a volunteer delivery team of Sophie, Paige, Wendy, Mark and Lorna and then with the addition of Diane, Chris and Amanda, whilst Adey cooked up a storm in the kitchen. Our first week of deliveries was for just twenty four dinners, but demand quickly increased as the word spread, and we are now

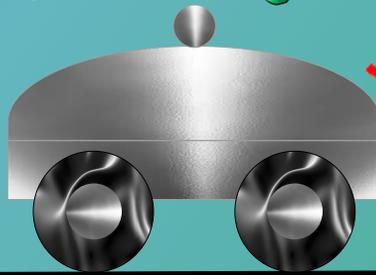
delivering dinners seven days a week, looking after residents who normally attend not only our lunch club, but other lunch clubs in the village, that had to be cancelled due to the lockdown.

Some much needed funding from Hampshire and Isle of Wight Community Fund gave our finances a much needed boost and enabled us to purchase a new double oven. The grant is part of the HIWCF’s ‘We’re All Together’ fund, launched in March thanks to a £125,000 donation from housing association Vivid. HIWCF chairman Jonathan Cheshire said: ‘We are delighted to be able to support Portchester



Community Association (CIO), in its work to help those in need in the local community”.

THROUGH



MEALS

ON WHEELS &

PRESCRIPTIONS

TOO

Much appreciated donations of food items, the loan of a hot cupboard from St Mary's church tearooms, and an additional fridge and freezer helped massively. We created boredom busting packs containing jigsaws, puzzle books and sweets, which our team delivered hoping to help relieve some of the isolation of our local residents, many of whom live alone. We have also been helping the local chemists with prescription deliveries, across Portchester and Paulsgrove. To date we have delivered over 1500 dinners and well over 600 prescriptions.

Our groups kept busy too, our Saturday art class worked together on line, whilst our Crafty PIP ladies, were knitting and crocheting bands for the nurses at QAH, so they could attach their masks without them rubbing.

Sophie and the Andy Pandy Preschool team have been working non-stop throughout the lockdown looking after the little ones, keeping them on track with their learning, and staying in touch with all our parents on line. The children made cards, flowers and pictures during craft sessions, to send out to our residents. The team have worked hard to make all the necessary classroom changes, ensuring everything is still welcoming and familiar for the children, even though things may be a little different.

Changes are afoot in our bookshop too, furniture is being moved and measures put in place to keep our volunteers and customer's as safe as possible. There will be some changes to our opening times so please keep an eye on our shop window and our Facebook page for more details.

Our shared experience of life in lockdown has brought us closer together. Every task completed has been done with smiles and laughter, even during our most "wobbly days," when things seemed a little overwhelming. Part of the community since 1962, all of us at here at PCA and Andy Pandy Preschool feel privileged to be able to help our local residents.





Handing out More than Oranges at Half-Time!

AFC Portchester has supported dozens of families and individuals in the community during the coronavirus crisis.

The AFC Portchester Covid-19 Mutual Support Group was set up by volunteers at the football club just as the government's lockdown came into force in March.

Since then they have been providing several essential services from their Crest Finance Stadium home at Wicor Recreation Ground to ensure vulnerable people in Portchester received the help they needed.

The club's kitchens were kept open to produce hot meals which were delivered to people's homes, and a food pantry service was set up, which saw individuals and businesses donate food, hygiene products and pet food which were then distributed to people who needed food parcels in the community.

Volunteers also carried out a variety of other tasks, including collecting prescriptions and picking up weekly shopping for those who could not venture out, and a talking service was also set up for those who just wanted to hear a friendly voice on the phone.

The community of Portchester was also quick to support the efforts of the Covid-19 Mutual Support Group with financial donations - a Crowdfunder appeal raised almost £2,800 which



will go towards the costs of the support group's work.

AFC Portchester chairman Paul Kelly said: "After the government's announcement of bars and restaurants being shut down and the lockdown kicked in, I mentioned to Amy - my colleague at AFC Portchester - we need to do something to help the community during this pandemic.

"I sent a request out via our social media channels for volunteers to come forward to help deliver food, run errands for the vulnerable and other tasks.

"We got together on Saturday, March 21, with around 15 people attending. It was suggested by Steve Johnson that we sign up to the national

Facebook page of Covid-19 mutual support groups, which Steve actioned.

"We then discussed how we would advertise the service and how to delegate to the volunteers as requests came through. Heather Elston offered to collate the requests and delegate them to the volunteers.

"The food pantry drop off service was organised and managed by Julie Sexton and her sister Penny, who turned up each week day and sorted out each donation, washing down and sorting by sell by date in a clean area.



"Steve Johnson attended the club each day and delivered food parcels we have collected, along with Julie and Penny, to the vulnerable.

"Many other volunteers also continued their daily errands for their designated customers."

One of the restrictions of the lockdown meant the popular cafe service had to be suspended but the club's staff quickly put together the food delivery scheme to ensure those who needed hot meals could get them delivered to their door.

Paul Kelly added: "Amy has been running the hot meal service for people who phone direct or those who have been referred to us by other community groups.

"We also have regular collections from Fareham Borough Council who then deliver our meals to the vulnerable people they are responsible for.

"My biggest thanks go out to everybody involved in our project - we are all doing this for the good of the community and it shows what can be achieved when everyone pulls together."

The work of the support group proudly displays the ethos of the football club - AFC Portchester is not just a football club, it plays a vitally important role for the whole of the community.

Club officials are now taking the necessary steps to ensure the facilities at the Crest Finance Stadium can re-open as soon as the government's restrictions allow.

Signage can now be found around the stadium site reminding people to follow the social distancing rules, and plastic screens are being put up in the club's bar and catering areas.

Plans have also been drawn up to ensure toilets can be used safely and customers can enter and exit the stadium's buildings while maintaining the correct social distancing.

The home of the football club at Wicor Recreation Ground is normally busy with activity throughout the week.

Whether it is a matchday in the stadium, with the first team chasing promotion to the Southern League, or the playing fields surrounding the stadium buzzing with children taking part in youth football matches over the weekends.



Or whether it is the club's three function rooms packed with people celebrating a birthday, wedding or other special occasion or one of the community groups which regularly use the club's facilities for activities - including a youth drop-in centre, dance classes and pilates and fitness.

To find out more about hiring the function rooms at the Crest Finance Stadium call **01329 233833** or email: clubhouse@afcportchester.co.uk

Tales from the Allotment...May/June

It is with mixed feelings that I sit down to write this month's Tales from The Allotment. Few of us have experienced a crisis such as this in our lifetimes and the camaraderie among allotmenters has become so very important to me. I count my blessings that the allotment has remained open during the 'lockdown' I am still able to go to there for my daily exercise. However, I am very aware of those who are experiencing loss and hardship and do not have such a place to escape to.



Strict guidelines need to be adhered to while we are there but, as the average plot is 7m by 20m it is easy to comply with social distancing and still exchange a few words with an allotment neighbour, although we may have to shout a bit. "I said 'courgettes are sprouting in the seed bed' not 'get some grouting for the leaky shed' turn your hearing aid up!" Even though we cannot linger in conversation over a cup of tea, the site of a fellow allotmenteer with the shared purpose of growing food to fill the plates of family and friends is welcome.

At the time of writing, Spring has well and truly sprung. The Easter weekend and the early cropping potatoes were planted on Good Friday, an auspicious day for planting your spuds! An old wives tale? Maybe. I have read that when potatoes landed on our shores in the 16th Century, Protestants would not plant them as they were not mentioned in the bible but Catholics would as long as they were sprinkled with Holy Water and planted on Good Friday. Maybe it's just that this day is a good marker for when soil temperatures have risen enough and the ground is more likely to be dry enough to work.

The first taste of Spring has, this week, graced my plate: Broad beans, picked young and tender, have an earthy 'green' taste that I love. This year I have a good crop that I will try and harvest before they get too big and start to get a bit tough, fortunately they freeze well. I'm looking forward to the glut of courgettes, runner beans and tomatoes to be eaten fresh, blanched and frozen or made into chutney. Gorging on strawberries, raspberries and plums that need to be eaten quickly or made into smoothies and jams. That all seemed such a long way off when I wrote my last article and the plot was too wet to work but now everything I've sown has germinated (except parsnips, who was it that wrote 'top tips for growing parsnips'?!). I have planted out my broccoli, runner beans and butternut squash and cucumbers and sweetcorn have germinated in the greenhouse. Tomato plants stand tall and proud in their growbags and lettuce, carrots and beetroot, that I plant directly into the ground, are already poking their heads through the soil.

I'm loving the warm sunny days and my 'allotment tan' is coming along nicely. (You know the look, face arms and legs from the knees down, everything else remains lily white). But dare I say it? Well perhaps very quietly "can we have just a little bit of rain please?". But hey! Who needs the gym when I fill 62 watering cans to water my plot!

Having an allotment is truly good for the soul. "Gardening adds years to your life and life to your years". This quote comes from the Gardening For Health Charity Thrive www.thrive.org.uk/ who use gardening to bring about positive change to the lives of people with disabilities, health issues and those who are isolated, disadvantaged or vulnerable. In response to the coronavirus, they have a free resource available on their website that includes gardening activities for children and tips for the less mobile gardener. For those who do not have a garden there is advice on ways to access the benefits of connecting with nature.

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,



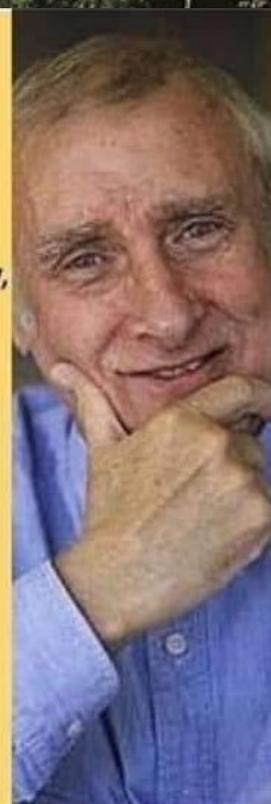
Smiling Is Infectious by Spike Milligan

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!



Rhubarb Fool

Ingredients

350g (12oz) rhubarb cut into thick chunks

55g (2oz) caster sugar

Juice of one orange

150ml ($\frac{1}{4}$ pint) cream, whipped

1 egg white, beaten until peaked

Method

1. Place the rhubarb, sugar, orange juice and enough water to cover the rhubarb in a pan.

2. Boil rapidly until rhubarb is soft.

3. In a bowl, fold the egg white into the whipped cream.

4. When rhubarb is soft, remove from the liquid with a slotted spoon.

5. Fold fruit into the egg white and cream mixture (save a little rhubarb for decoration)

6. Spoon the 'fool' into dessert glasses and decorate with saved Rhubarb.

by Julia Jennings



These photos show just some of the work our **One Community** volunteers have been doing over the last few months. Tasks have included prescription and shopping deliveries, purchases of all kinds including makeup, cat litter, birthday cakes, wine and much more. Our volunteers have continually been providing some comfort to the community at a difficult time, as well as support where needed with phone calls, transporting samples to the GP or hospitals, putting bins out, gardening, walking dogs and even testing mobility scooters.

One Community constantly seeks to provide volunteers with the opportunity to do something they enjoy, within the time they have, and with a cause that will not only appreciate them but also ensure they are safe, insured and appreciated.

Covid-19 has been a time when volunteering has been seen in a fresh light. Suddenly many people who were volunteers for local organisations couldn't come out of their homes and many residents who hadn't volunteered before suddenly had time and wanted to support their isolated neighbours.

Volunteering has shown that the desire to care for our community is there, and the sense of well being on both sides of the arrangement is lifted.

Volunteering does improve health and enhance people's lives and if nothing else, I hope this challenging time has shown the difference giving to others makes to each of us.



We are reopening our information centre in FAREHAM Shopping Centre on July 1st; it will look a little different and we will not be offering our usual drop ins until later in the year. However, we are overjoyed to be joined by **Citizen Advice Fareham**: Bidy Mayo Chief Officer of Citizens Advice Fareham says: *We are pleased to be working with **One Community** in their shop opposite Millets, in Osborn Mall, Fareham Shopping Centre from 1st July 2020. Anyone needing advice who has not been able to access our telephone service can pop into the shop between 10am and 2pm, Monday to Friday and be directed to an adviser. There will be a **Citizens Advice Representative** on hand to direct people to our self-help touch screen Kiosk, use our Adviceline telephone or make appointments to be linked up by video link to an adviser for a face to face appt. We will also be able to scan paperwork to an adviser to help with telephone advice. We are delighted to be working with **One Community** to offer this service whilst our library premises are closed, ensuring everyone can, without delay, get advice today! **Portchester Residents** can access Citizens Advice using the self-help Kiosk in the Portchester Community Association Hub*



One Community will continue to offer a service for residents in need, if you need any help/ advice or direction - please do call us on

01329 239 934 or **077 0280 2555**

Can you spare some time to help residents to positively reengage with their community following lockdown? Do you have some time on your hands and want to volunteer? Contact us to discuss further.

**citizens
advice**

SO WHAT IS THE 4TH JULY ALL ABOUT?

The Declaration of Independence was the first formal statement by a nation's people asserting their right to choose their own government. When armed conflict between bands of American colonists and British soldiers began in April 1775, the Americans were ostensibly fighting only for their rights as subjects of the British crown. By the following summer, with the Revolutionary War in full swing, the movement for independence from Britain had grown, and delegates of the Continental Congress were faced with a vote on the issue. In mid-June 1776, a five-man committee including Thomas Jefferson, John Adams and Benjamin Franklin was tasked with drafting a formal statement of the colonies' intentions. The Congress formally adopted the Declaration of Independence written largely by Jefferson—in Philadelphia on July 4, a date now celebrated as the birth of American independence.

In March 1776, North Carolina's revolutionary convention became the first to vote in favor of independence; seven other colonies had followed suit by mid-May. On June 7, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence before the Continental Congress when it met at the Pennsylvania State House (later Independence Hall) in Philadelphia. Amid heated debate, Congress postponed the vote on Lee's resolution and called a recess for several weeks. Before departing, however, the delegates also appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain. That document would become known as the Declaration of Independence.

Jefferson had earned a reputation as an eloquent voice for the patriotic cause after his 1774 publication of "A Summary View of the Rights of British America," and he was given the task of producing a draft of what would become the Declaration of Independence. As he wrote in 1823, the other members of the committee "unanimously pressed on myself alone to undertake the draught. I consented; I drew it; but before I reported it to the committee I communicated it separately to Dr. Franklin and Mr. Adams requesting their corrections....I then wrote a fair copy, reported it to the committee, and from them, unaltered to the Congress."

As Jefferson drafted it, the Declaration of Independence was divided into five sections, including an introduction, a preamble, a body (divided into two sections) and a conclusion. In general terms, the introduction effectively stated that seeking independence from Britain had become "necessary" for the colonies. While the body of the document outlined a list of grievances against the British crown, the preamble includes its most famous passage: "We hold these truths to be self-evident; that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty and the pursuit of happiness; that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed"

Congress officially adopted the Declaration of Independence later on the Fourth of July (though most historians now accept that the document was not signed until August 2).

The Declaration of Independence became a significant landmark in the history of democracy. In addition to its importance in the fate of the fledgling American nation, it also exerted a tremendous influence outside the United States, most memorably in France during the French Revolution. Together with the Constitution and the Bill of Rights, the Declaration of Independence can be counted as one of the three essential founding documents of the United States government. [Source: History.com]

As they approach their 250 year anniversary, I wonder how the world views the results of their Independence...



AMERICAN INDEPENDENCE WORDSEARCH

Q M C A E S A R L F D D Z P D D L Y A J
P Q H N O R T H C A R O L I N A R P Z T
Y K U A P O F B T N P Z T I S S A R K R
J N F R M E W X I T K Z N I L K N A R F
J W N V Z I N F K F V K Z E J M X W A D
D O O K H W L N R P A N D G B R D D I W
A T S M B R Q T S M E I T R V O A D N T
C K R A W O Q J O Y B Q H O M M J T I E
D R E S V M S M A N L T O E S F O T G I
Z O F S M C J T T S B V M G O G N C R D
A Y F A J O Y K O B S C A L X D F B I Y
G I E C B N V M F N S E S N E B V W V A
O A J H D T O L B F T G R C I O P H A Y
T G Q U P I V I G I Y E L G M A A E P A
A O P S A N D G T F H A A O N J T I S O
R R E E I E J C G U R Y Z P D O A N V B
A E Z T N N Q W C A T V V U P G C B R L
S D O T E T I X T S V I K Y J A T F V P
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K O H E C L O L F T F P U S E U Q T A F
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H A L Q T S B E N J A M I N S W N K P O
S I B A T R Y U U T H W Y B C W P Z N Q

DECLARATION

CONGRESS

THOMAS

ADAMS

THOMAS

HANCOCK

GEORGE

HAMILTON

YORKTOWN

NORTHCAROLINA

MASSACHUSETTS

INDEPENDENCE

CONSTITUTION

JEFFERSON

BENJAMIN

PAINE

PATRICK

WASHINGTON

CAESAR

SARATOGA

VIRGINIA

BOSTONTEAPPARTY

CONTINENTAL

GEORGEIII

JOHN

FRANKLIN

JOHN

HENRY

ALEXANDER

RODNEY

TICONDEROGA

PENNSYLVANIA



Complete the Sentence

Use the words in the list below to complete the sentence

music fingers had
diddle baby white
horses cradle Fuzzy
Dumpty Cat fair
breaks cock-horse sea
Wuzzy out Cross
Simon dried Tailor
lamb Owl Cow white
moon Begger wind
rock great Spider
everywhere Rich men
rain go fine toes
Bear pea Insy pie
spout put climbed

- The _____ and the Pussy Cat went to _____ in a beautiful _____ green boat
- Hey _____ diddle the _____ and the fiddle , the _____ jumped over the _____
- Fuzzy _____ was a _____ , Fuzzy Wuzzy _____ no Hair , _____ Wuzzy wasn't Fuzzy Wuzzy!
- Tinker _____ Soldier Sailor _____ Man Poor Man _____ Man Theif
- Insy Winsy _____ climbed up the _____ , down came the _____ and washed the spider _____ , up came the sun and _____ up all the rain , so _____ Winsy spider _____ up the spout again .
- Mary had a little _____ who's fleece was _____ as snow , and _____ that Mary went the lamb was sure to _____
- Humpty _____ sat on the wall , Humpty Dumpty had a _____ fall , all the kings _____ and all the kings _____ , couldn't _____ Humpty together again .
- Simple _____ met a pie man going to the _____ , said simple Simon to the _____ man let me taste your wares .
- Rockaby _____ upon the treetop , when the _____ blows the cradle will _____ , when the bough _____ the _____ will fall , and down will come baby , cradle and all .
- Ride a _____ to Banbury _____ , to see a _____ lady upon a _____ horse ; Rings on her _____ and bells on her _____ , and she shall have _____ wherever she goes .

THE WICOR MILL

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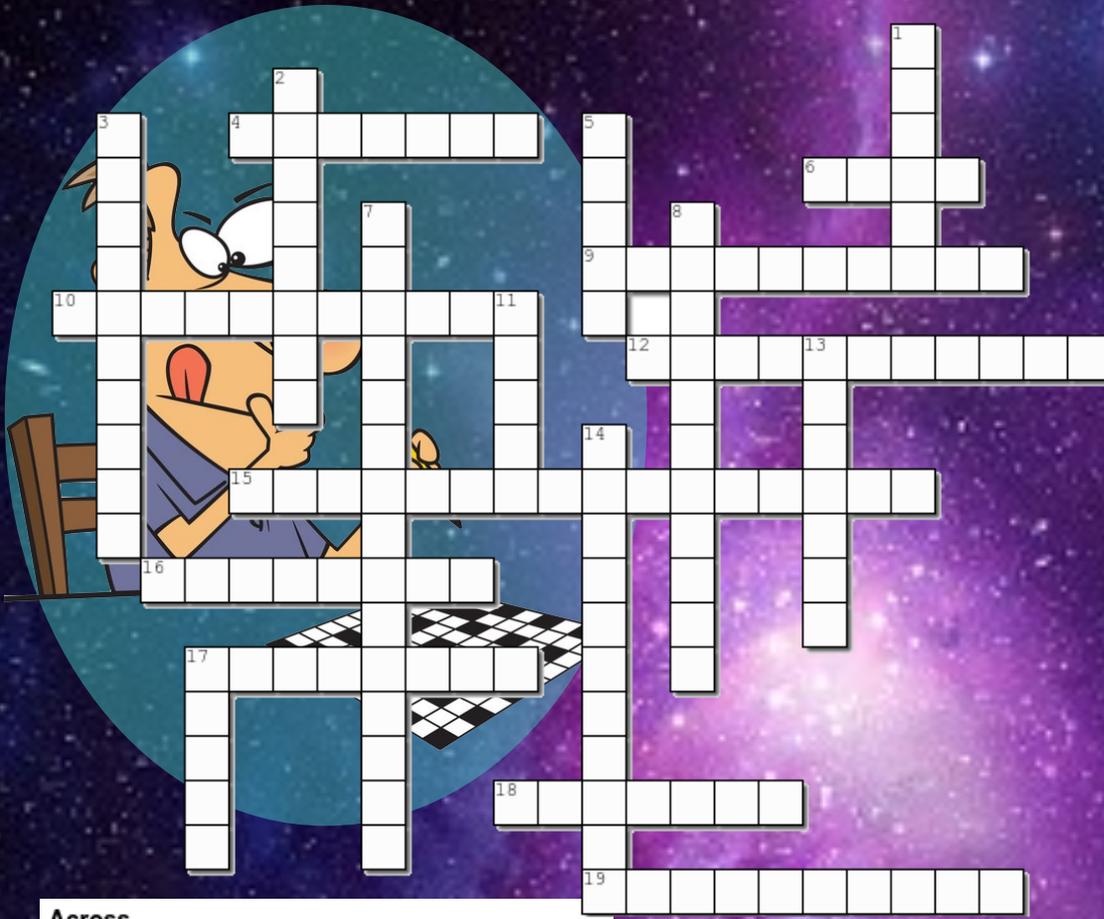
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THE WICOR MILL

Adults Crossword Competition



Across

4. Arguably one of the most intelligent mammals on the Planet [7]
6. Alfred Hitchcock's own personal 'scary' phobia? [4]
9. The Decimal System is based on us having? [3,7]
10. We all have 23 pairs of these [11]
12. The 'Geeks' among us celebrate this on the 4th May each year [4,4,3]
15. Egyptian Queens sewing implement found in London, Paris & New York [10,6]
16. A type of breakfast you can get from a judge [8]
17. India's capital under the British Raj from 1773-1911 [8]
18. A lizard who has 3 eyes? [7]
19. The Royal Family stopped using this after the 17th July 1917 [4,5]

Down

1. A muscular hydrostat [6]
2. The study of prescribing the correct dosage [8]
3. The coupling used by articulated lorries [5,5]
5. A lovely view [5]
7. You need to have 'All the right words, in all the right places' [9,6]
8. The city of Nottingham's original name [11]
11. What do pigs and cigarettes have in common? [5]
13. The Royal Family started using this after the 17th July 1917 [7]
14. Concrete squares or rectangles [6,5]
17. A mechanical or digital apparatus for measuring the linear passage of time [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.



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 **31st July 2020.**

Your Name

Address

Q1 _____

Q2 _____

Q3 _____

Q4 _____

Q5 _____

Q6 _____

Q7 _____

Q8 _____

Q9 _____

Q10 _____

Q11 _____

Q12 _____

Q13 _____

Q14 _____

Q15 _____

Q16 _____

Q17-A _____

Q17-D _____

Q18 _____

Q19 _____

April 2020 Wicor Mill Crossword Winner: Malcolm Wilde of Vincent Grove, Portchester

April 2020 Wicor Mill Crossword Answers: Across: 6-flummoX, 7-booZily, 8-glass blowers, 9-boxwood, 11-eton mess, 13-archaeology, 14-baroque, 15-lava lamp, 17-antarctica, 18-viaduct, 19-membership, 20-big ben Down: 1-buzzcut, 2-fool, 3-hugo boss, 4-blackhole, 5-itsy bitsy teeny weeny, 10-madagascar, 12-vietnam, 16-queen.



'Hello' from the Editor...

Welcome to the July edition of MyPortchester, we are back after a two month break because of COVID-19 and we hope that all our readers and their friend and family have managed to stay safe during this crisis. We would of loved to have been able to continue during the crisis but unfortunately we rely on income from businesses adverts to be able to produce the paper, so if the businesses are not trading, they are not advertising. We were lucky to have Brandt Carpet and Flooring kindly paying for the April Edition in its entirety, which allowed us to share lots of COVID-19 related information with the local community.

COVID-19 has certainly been a scary and unprecedented experience for all of us, isolation, family worries, money worries, keeping our own sanity worries (fortunately for me I lost my sanity years ago!). I think this will see a major shift change in how we live our lives going forward, and I feel certain that stronger communities will be and have been a positive outcome from this terrible crisis.

People have been staying local, shopping local and I hope as even more local businesses re-open, people will continue to realise that our local businesses and traders can provide most of what we actually need, with the added bonus of the social aspect of bumping into friends in the community.

We are fortunate in Portchester to have a lovely precinct with lots FREE parking attached to it. Portchester Traders Association are working hard to try and improve the shopping experience in ALL of Portchester for the local community, but they need public support to help attract new businesses and services to the area. Negative talk sticks far easier than positive praise, so it is important we all stay positive so together we can improve our community businesses and services in the Portchester area.

We are lucky to have some superb community contributors to MyPortchester, but we are always looking for keen locals who want to get involved, so please get in touch for a chat if that is you.

Please all be sensible and try to **Stay Safe** and be good to each other.

Darren Beames, Editor.



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MyPortchester would like to recognize all our amazing health staff and key workers who have supported us during these difficult times.



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Port Solent Wellness
& Therapy Centre

We Re-Opened 15th June.

A range of services to help your wellness and Mental Health. Contact us for a free consultation if you are struggling with any of these areas: **Anxiety, Fears, Bereavement, Phobias, Pain, Stress, Poor Sleep, Lack of Confidence, Phobias, Returning to Work, PTSD.**

You can also contact us if you would like support with **Relationships, Change of Work or Career or How to build your immunity to 'get your bounce back'**. We run a range of 121 and online group sessions.

We offer **Hypnotherapy, Counselling, CBT, Coaching** and some alternative therapies including **Crystal Healing**.

We offer a clean covid-19 secure and quiet environment.

We offer a range of health and wellness supplements, from **Crystals to food supplements** and a range of **CBD** to help with a range of issues and challenges.

You can find us on **Facebook** or at portsolentwtc.com - or call on
023 9354 1000



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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.

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

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Your Paper

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

Together we are stronger and can improve our local trade.

**PORTCHESTER
TRADERS
ASSOCIATION**



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SHOP
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Brandt Carpet and Flooring Ltd

Luxury vinyl Tile, Carpet,
And Sheet Vinyl Specialists

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

We understand that many retailers are opening their doors to the public, however we want to still take precautions for the next month or so.

To book an in-store appointment please email allan@brandtcarpetandflooring.co.uk, call 02392796342 or call and WhatsApp 07383841943, or contact us through our Facebook page.

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 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.

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