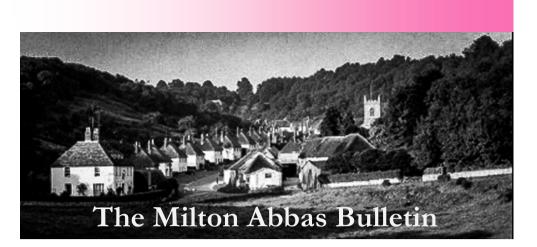
September 2024 Issue 2



Welcome!

Welcome to the 2nd edition of the revised, relaunched Milton Abbas Bulletin. We have been delighted to receive some positive feedback from the launch last month, so we thought we'd have another go!

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This edition looks back at some of the village events we enjoyed in August, plus looks forward to what September has to offer - and it looks to be quite a busy time all round!

We have had enquiries around hard copies of this bulletin - as stated last month it is our plan to make a small number of copies available at strategic locations around the village for those without email or not on the EllieGram (we are working a couple of options to make this happen).

It has also been suggested that we post hard copies of the initial issues through each and every letterbox, but this has been discounted for a number of reasons - not least the logistics involved with delivery (we all work full-time) and the increased environmental impact of printing so many when there is already a wide electronic distribution. Meantime if you become aware of anybody who would like a copy and doesn't receive the EllieGram then we would gladly add them to our mailing list.

As ever, we would love to get your feedback, along with any ideas for additional material that you would like to see included in the future.

Regards, Ed. :)

Milton Abbas Local History Group

From Bryan Phillips

The Milton Abbas Local History Group have been contacted by the Dorset Museum about the discovery of a Bronze Age gold bracelet found in Hilton.

We have added a blog to our website where you can find more details:

miltonabbashistorygroup.com

The bracelet has been declared treasure and has been valued at \pounds 1200. The Dorset Museum is in the process of acquiring it and have now raised sufficient funds to purchase the bracelet. It's great to know that it will be available for everyone to view instead of being locked away by a private collector in some safety deposit box!

This is an important piece of our history. We know of a gold torc that was also found in Hilton in the 19th century and handed to Lady Caroline Damer. What happened to it then we do not know: it may still be with Dawson-Damer descendants.

It would be great to know what was happening in Hilton in the late Bronze Age, the gold object raises so many questions:

- Where is the gold from?
- How was it traded?
- Why was it buried? For a funerary rite?
- Are there more gold objects to be found?

Only archaeology and more research could tell us!



(photo © Somerset County Council 2.0 Generic)

The AGM for the History Group is on the 2nd October at 7:30. Not only the AGM but also Clive Barnes' talk on "Two Milton Abbas Men at Waterloo".

We would welcome anyone to attend at the Reading Rooms.

The Milton Abbas Local History Group (MALHG) works to unearth, understand, transpose, collate and archive the recorded history of Milton Abbas, and there is a group of expert volunteers working on various aspects of this. Anyone is welcome to join in these activities, but for those interested from a more general aspect, there are monthly meetings where you can either be welcomed at the Reading Rooms, or join on Zoom for a talk on some really fascinating elements of our history.

All welcome to join, either in person or remotely, and we would be delighted to discuss with you all that the group has done and continues to do to preserve our local history. We would also be welcome to ideas about how we could support other activities and events that are going on locally.

Contact Simon Martin - simonmartin@btinternet.com for more information.

Thought for the Month...

From Rev'd Lewis Pearson

Some years ago I was helping out in the Chaplaincy Team at Bournemouth University.

After a few months wondering what I might be able to offer to this place, I struck on an idea. The students and the staff were always so busy and often very stressed out by all of the pressures on them.

With this in mind we launched what we called 'SoulSpace' described as a 'pocket of peace for the soul.' For 20 minutes on a lunchtime we offered a chance to stop, to reflect, to pause and to pray using both ancient and modern reflections/meditations/prayer practices. It is also something that I started soon after arriving as Rector here 4 years ago.

A clergy friend of mine talks about a time a few years ago when he walked into his church early one day. Someone was in there sitting in pew and when they saw him they asked..."How do I pray?" Now this is an excellent question and is quite disarming to those of us who endeavour to pray regularly. At SoulSpace we do something very simple called the 'Ignatian Examen.' In this we ask ourselves two questions which reveal what is on our hearts and minds, a great avenue into prayer. The questions are these:

For which moment today am I most grateful? For which moment today am I least grateful for?

We hold a time of silence between each question. We then have the chance to light candles for people, situations, concerns as an expression of our prayer. It's simple yet profound and people seem to find it a helpful space.

If you've ever wondered how to pray or to reflect at the end of a day I offer the ancient Ignatian Examen as a way in.... or you'd be welcome to join us at SoulSpace.

Rev'd Lewis Pearson

"Let there be an opening into the quiet that lies beneath the chaos, where you find the peace you did not think possible and see what shimmers within the storm"

- John O'Donoghue

Next SoulSpace Gatherings at St James Church:

22nd September @ 6pm

27th October @ 6pm

St James Church Fundraising

On Saturday the 10th August, St James Church held a table top sale and opened its doors to Paul Battricks display of abstract photographs, Cream teas, a Barbeque, a Teddy zip wire, Tombola, Puzzle-swap table and a number of craft stalls from some local crafters.

The sun hid, but puzzles were swapped and bought, people supported and enjoyed all that was on offer!



Our own Reverend Lewis was on a family holiday, and sad to have missed it, but we are pleased to announce that we raised **£790!** How brilliant is that total!

Thank you one and all who came and supported our lovely St James Church, and your contributions to the church roof fund! Thank you all!

Photo Credits to Antony Shearn and Jessica Driver

Smiths:



September Line Up

Saturday 7 September, from 5pm

Styx and Stones.

An Acoustic duo from Cornwall, bringing chilled Pop and Rock classics and their 'dirty dancing' vibes to Milton Abbas in this early evening session...

Sunday 8 September

ROAST DINNERS ARE BACK from 12.30pm Sunday but booking is essential. Live music from **Elijah Wood** from 2pm.

Friday 13 September from 7pm

GREEK NIGHT! We will be holding a full four course Greek Feast with live Greek music, and a glass of Retzina on arrival! £35pp Booking essential.

Sunday 15 September 1pm-3pm Milk and Two.

Never much of an introduction necessary with these two talented and well sought after musicians. They bring our treetops alive with their music. Sure to be a popular gig

Saturday 21 September 12.30pm-3.30pm

Lunch with ... The Cap Guns

Travelling back to Dorset from the Midlands, we have managed to secure this amazing duo again!! A definite unmissable gig! Quirky Rockabilly Duo. Anything from Eddie Grant to Elvis!

Sunday 22 September from 10am

Master Potter of Poole Pottery, Alan White.

The incredibly talented and charismatic retired Master Potter of Poole Pottery, Alan White will lead a unique day. Draw on Alan's knowledge and expertise when having a go on the wheel. Paint a handmade Alan White mug that he will take away to fire for you to keep. Enjoy listening to Alan as he talks through his fascinating career and learn skills from one the best Potters in the Country. Book your slot.

Sunday 29 September 2pm

Superbly talented and original artist Andy Grant.

Continued...

September Bar:

Draught Lager - Butcombe Bohemia 4.7% abv Draught Cider - Thatchers Gold 4.8% abv Draught Ale - Cerne Abbas Giant Session 3.4% abv

Bottled Ales

Tall Tales Pale Ale 4.5% abv Watercress Warrior 4.5% abv Big Lubelski 3.9% abv

August Wine list

WHITE

Chin Chin - Portuguese Vinho Verde: Organic small estate wine. Slight fermentation offering a delicate sparkle. Crisp, Citrusy, hints of lemon and green apple.

Oyster Bay - Marlborough Sauvignon Blanc: A versatile and full bodied crowd pleaser. Passionfruit, citrus and white spice .

PROSECCO D.O.C - Verona Light, aromatic, soft mousse.

ROSÉ

The Beach by Whispering Angel - Provence Syrah, Grenache blend. A well rounded wine. Aromatic freshness and fruity notes.

RED

Marcelo Pelleriti- Argentinian Malbec Rich and intense with Plum, dried fruit and spicy oak notes.

Alcohol Free

Zernanabbis - Ale/Bitter alternative (contains CBD)

IPA Goram

Thatchers Zero

Guineas Zero

Conker Gin

To book a table or for further information on any of our events, menu, opening times etc, please email <u>smithsdorset@outlook.com</u>



Milton Abbas Parish Council

Dorset Council - Heritage List Letters

The Parish Council is aware that a number of Parishioners have received letters directly from the Planning Conservation team at Dorset Council informing them of a plan to create a Local Heritage List that covers the whole of Dorset, including homes within Milton Abbas.

As a Parish Council we were extremely disappointed that we were bypassed by Dorset Council and were unaware of the scheme until letters started to appear. We understand and share the concerns that have been raised both to the MAPC and on social media, and have sought clarification from the Planning Conservation team, plus we have invited them to come along to the next Parish Council meeting to field any questions we might wish to pose to them.

The next MAPC meeting is on 11th September in the Reading Rooms - all are welcome

Contact us: miltonabbas@dorset-aptc.gov.uk

The Millennium Green Boules Pitch

We are delighted to report that, thanks to some significant hard graft by a few of the village ladies, the MA Boules Pitch on the Millennium Green has been resurrected from the weed infested landscape it had become! Thanks to the efforts of **Dawn Wyatt, Jill Jordan, Sarah Henderson** and **Jessica Driver** it can now be enjoyed once again by the village.



There has already been some interest voiced in getting a few games going (everyone is welcome to make use of the pitch whenever they want) and if anyone wanted to pull together a league before the summer completely finishes then I'm sure that would be welcomed! We could even spark up the communal BBQ and make an event of it if there's sufficient interest!

Please contact Stuart Driver if you're interested in organising a boules league: stuart.driver@miltonabbas-pc.org.uk

Milton Abbas Parish Council (cont)

BT Kiosk / Book Swap, Catherine's Well

As communicated previously via the MA Facebook page, the BT Kiosk in Catherine's Well has been fitted out with shelves and is now formally in-use as a book-swap and distribution point for the Blackmore Vale magazine and other village information. We are delighted to see it being used right from the get-go, however we remain keen to expand it's use and would be delighted to hear if you have additional ideas!



The 180 Club

St James & Almshouses 180 Club Draw

(September 2024 – Autumn Windfall)

1st	6	Helen Gordon	£,50
2nd	40	Kathryn Watts	£,40
3rd	43	Melissa Lamb	£,30
4th	33	Steve Cox	£,30
5th	57	Noah Elliott	£,20
6th	64	Dave Robinson	£,20
7th	67	Victoria Miller	£,20
8th	27	Ann Hillier	£,20
9th	9	Dorothy Potton	£10
10th	150	David French	£10

The 180 Club

From Nigel Hodder:

The 180 Club needs YOU!

The St James & Almshouses 180 Club has been in existence since 2008 – initially set up just for St James' Church but soon after the Tregonwell Almshouses were included. These buildings are the beating heart of Milton Abbas. They are almost 250 years old and need to be preserved.

I have had the privilege of administering the 180 Club since 2011. However, I no longer live in the village, and it really is time for someone else to take over. My real concern is that if nobody steps forward the scheme will have to be folded and the remaining cash will be distributed between the 2 beneficiaries. This would be a great shame as they have each benefitted by receiving much needed annual grants of \pounds 500 to help maintain the fabric of these iconic village buildings, and to lose this annual income would be devastating.

Running the scheme is relatively simple and has been managed on a simple spreadsheet for many years. There are typically 4 draws per annum with a prize fund of approximately £250 per draw (in total 50% of the year's income from subscriptions of £12 per number). Most subscribers are on email so direct communication is also relatively simple (and now that we have The Bulletin back in circulation there is an additional communication stream for the village). Also, the majority pay by bank transfer minimising "door knocking".

I really hope that someone comes forward with an offer to help. I left the village two years ago and it is really time for me to move on and let a local take the reins. Finally, there are currently only 150 numbers taken which means income is lower than previously experienced. I know that many of you are relatively new to Milton Abbas so there is a real opportunity to contribute to the upkeep of these two buildings while having a chance to win a few quid!

Remember it isn't just limited to 180 subscribers – the scheme can easily be expanded to 200 or more. The sky's the limit!

Please contact me on **07983 013781** or email me at <u>nigel2749@talktalk.net</u> for more information and training. As I said earlier, if nobody takes this on the scheme will fold and the Church and Almshouses will have to look for alternative revenue streams to replace the $\pounds 500$ a year they currently get from its subscribers.

Milton Abbas Doctors Surgery

Annual Flu Vaccination Clinic

We will be running our annual flu vaccination clinic for eligible patients on **Saturday 5th October 2024** at the Winterborne Whitechurch Village Hall. Please save this date as we would like as many of our eligible patients to attend; further details will follow closer to the time.

Introduction of new NHS vaccination against respiratory syncytial virus (RSV)

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. RSV infection is common in young children but is most serious for small babies and for older people.

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. This is because older adults are more at risk of serious complications from RSV. For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch-up programme. Please do not contact the surgery to book an appointment, we will contact you when we are able to invite you in.

For more information, you can read the patient information leaflet for the RSV vaccine called Abrysvo here: www.medicines.org.uk/emc/product/15309/pil

All women who are at least 28 weeks pregnant on 1 September 2024 will also be offered a single dose of the RSV vaccine, to protect their babies against RSV. Please speak with your midwife for more details.

Patient Voice

Our next meeting will be on Tuesday 10th September at 7.00pm in The Reading Rooms, Milton Abbas.

All patients over 18yrs old are welcome. We would really appreciate support in how we can improve our service provision and would love to hear what patients of all ages and back-grounds have to say. Why not come along to our next meeting? To view minutes of the last meeting in June, please see our surgery website <u>www.masurgery.co.uk/patient-voice</u>.



Milton Abbas Doctors Surgery - cont...

Volunteer Needed!

We are looking for another volunteer to join our Wellbeing Team and help lead our walking group. It would be once a month on a Wednesday morning. Could that be you? For more information, please contact Kelly at the surgery either by calling 01258 880210 or by sending an email to <u>mawellbeingteam@dorsetgp.nhs.uk</u>

Know your Numbers!

Know your Numbers! Week is a campaign that occurs annually during the second week in September created to raise awareness about high blood pressure. High blood pressure usually has no symptoms, so the only way to know you have it is to have a blood pressure check.

It's easy to get checked. Most pharmacies offer a walk-in service. You can phone the surgery and ask to be booked in with one of our Nurses. Alternatively, you can measure your blood pressure at home. As a general guide, high blood pressure is considered to be 140/90mmHg or higher.

If after taking a week's readings (three times each day whilst you are resting) your average blood pressure reading seems high, please call to book an appointment with a clinician for further advise. If you could also send in your results via an eConsult form that would also be very helpful.

Computer Help

Would you like help with setting up and using devices including mobile phones, tablets, and computers? Would you like to be supported to get online, do home shopping, or use the NHS App for ordering repeat prescriptions? Local help includes:

- Digital Champion Sessions with volunteers. Sessions are run at **Blandford Library** on a Tuesday between 10am and 12 noon. Please call the digital hotline to book a session: 01305 221048.
- Computer Cafe takes place every Thursday 10am 1pm at the **Reading Rooms** in **Milton Abbas**. For people of all ages and skills.

Skills & Learning run free Digital Hub Drop-in sessions on a Wednesday at the **Blandford Adult Learning Centre** 12:30pm – 3pm. Call 01202 123444 to find out more.

We also have Digital Care Coordinators in our Mid Dorset Primary Care Network who can help you use digital tools for managing your health online. They can arrange for a one-to-one Digital Skills Sessions to help you with checking your medical records, making appointments, ordering medication, and keeping track of any ongoing health issues either on the NHS app or SystmOnline.

To arrange a session, fill out the short form at <u>www.mid-dorsetpcn.co.uk/digital-skills-</u> workshops or contact one of our Social Prescribers at the surgery.

MA Football !

MA Football kicks off on Friday evenings @ 6:30pm. We play on Milton Abbas Sports Field where we can see the sea and play on an excellent small sided pitch to suit 5,6 or 7-a- side games.

Our aim was to gather players of 50+ and get a little bit fitter each week. In truth we have some players in their 40's and had some younger ones too in their 20's as occasional visitors supporting their Dad.

If you would like to play Football on Fridays?

You don't need to be super fit and only need trainers with a grip for the grass pitch.

Contact Martin Kelly:

Tel: 07802 260393 WhatsApp or <u>Email: martin@redmailer.co.uk</u>



The View

Located in the Milton Abbas Sports Field at the top of the village, The View has an outdoor covered area where you can relax and shelter from sun or rain, plus an inviting and cosy indoor area with disabled access (and dogs are welcome too)

Selling cooked to order breakfasts and light lunches, cakes, traybakes, treats, local ice cream, great coffee, teas and cold drinks. Browse the unique range of homemade and eco-friendly gifts and products all supporting other local businesses.

Opening hours:

Mon, Wed, Thurs, Fri & Sat:

Tues:

Sun:

9:00 am to 5:00 pm 10:00 am to 3:00 pm Closed



Find us on our website:

www.theviewcoffeeshopma.com or our Facebook page or on Google or Apple Maps.)

Steeptonbill Farm Shop

Selling beautifully fresh, locally-grown produce all year round!

Opening hours:

Monday	09:00 - 17:00
Tuesday	09:00 - 17:00
Wednesday	09:00 - 17:00
Thursday	09:00 - 17:00
Friday	09:00 - 17:00
Saturday	09:00 - 17:00
Sunday	09:00 - 16:00





There's a bumper crop of marrows at Steeptonbill at the moment!

"The versatile marrow could well deserve the title 'king of the allotment'. Its mild flavour and soft, creamy flesh lends itself to chutneys and curries, as well as being delicious stuffed and baked.

These handsomely sized vegetables are classed as 'cucurbits', which mean they come from the same family as cucumbers, courgettes, squash and melons. In fact, the marrow is actually a courgette that has been left on the plant to grow a little longer and comes into its own around August and September."

Some great recipes here: www.bbcgoodfood.com/recipes/collection/

Contact Steve at steeptonbill@gmail.com

Coffee Stop



Coffee Stop at St James Church.

Every Tuesday 11am until 12 noon in the south aisle.

Come and enjoy a cup of coffee or tea and a slice of homemade cake.

A lovely time to catch up with friends and meet up with fellow villagers, all are welcome.

 $\pounds 1$ for a hot drink and $\pounds 1$ a slice of cake.

Milton Abbas Lunch Club

We meet on every second Wednesday of the month in Milton Abbas' Reading Room. Lunch is a two-course meal served at 1pm with a welcoming glass of sherry.

A small group of ladies take it in turns to cook a main and a pudding and we charge $f_{.5}$ per head. We have a 5-star food hygiene rating.

We also hold a small raffle at 50p per ticket and we ask people to bring along something to put into the raffle, ensuring everybody can take something home.

Why not come along to our next lunch meet on the **11th of September** and have a delicious meal with us? To book your place, please register your name with **Milton Abbas Post Office by Friday the 6th September.**





Fridays from 9:30 to 12:00 in the Milton Abbas Reading Room.

You do not have to be a quilter! Bring your knitting or anything else that you are currently working on.

We stop for coffee, tea & biscuits or, if you are lucky, a piece of cake! We will be very pleased to see you.

Further details from Anthea - 01258 269348

The Hambro Arms

September Events at The Hambro Arms:

Thursday 5th September – Curry Tikka Trak - 4pm to 8pm
Sunday 8th September – Longdog Band – 3pm to 6pm
Thursday 12th September – Basilico Pizza Van – 5pm to 8pm
Thursday 19th September – Curry Tikka Trak – 4pm to 8pm
Wednesday 25th September – Hambro Arms will be closed for the day for the
Wedding of Bev & Keith! (Congrats!)
Thursday 26th September – Basilico Pizza Van – 5pm to 8pm.

The Hambro Arms Milton Abbas

Tel. 01258 880233

The Hambro Arms Milton Abbas Dorset DT11 0BP 01258 880233 www.hambroarms.com



Milton Abbas Art Group

And they're back!

Milton Abbas Art Group starts again after the summer break on Monday 9th September, 7:00pm – 9:15 in the Reading Room.

If you are considering being more creative this year and would like to come and join in, please let Eve know or just pop in. Members bring their own materials and work on all manner of inspiring projects, but there are some spare resources available if you want to try out something new.

Ideas are shared and the autumn term programme includes a visiting artist, a trip to a Dorset art museum and a Christmas meal.

The yearly subscription covers weekly meetings from September to December and then from March to July. It is usually around \pounds 45.

Maybe you'd like to be part of this friendly group?

Contact:

Eve (Chair Person): pen@evebonham.co.uk.

Instagram: miltonabbasartgroup1





Pilates with Catherine

PILATES WITH CATHERINE

<u>PILATES WITH CATHERINE</u> MILBORNE ST ANDREW VILLAGE HALL Improve your strength – flexibility – balance – mobility and overall fitness

All levels & abilities welcome



FREE TASTER CLASS OFFERED

Friday mornings commencing 6th September 10.45 am and 12 pm

Pilates Foundation trained teacher with over 15 years experience of both matwork and rehab apparatus

TO BOOK YOUR SPACE OR FOR MORE INFORMATION CONTACT CATHERINE ON: 07449 346229 catherinehowortheoutlook.com



PILATES FOUNDATION

MacMillan Coffee Morning



There will be a Macmillan coffee morning at St James Church at **11am on Tuesday 17th September**.

Please come along and support this wonderful charity that helps so many!

Pews News

8th September 2024 Holy Communion St James Church, Milton Abbas @ 10:30 am Old Testament: Isaiah 35, 4-7 Psalm: 146 Epistle: James 2, 1-10, (11-13), 14-17 Gospel: Mark 7, 24-37

15th September 2024

Book of Common Prayer St James Church, Milton Abbas @ 09:00 am Old Testament: Isaiah 50, 4-9 Psalm: 116, 1-8 Epistle: James 3, 1-12 Gospel: Mark 8, 27-38

Website: <u>https://wvmabenefice.uk</u> (or a 'Church Near You')

If you would like Pews News as an email, please contact Jennifer Harrisson on wvmabenefice@gmail.com

Podcast on Prayer - Lewis interviews Franciscan Brother (Monk) Clarke Berge about prayer. <u>https://open.spotify.com/show/2ud8RWFoYgHBPLW54Ksw4f</u>



August Bulletin Picture Quiz:



Last month we wondered if anybody would recognise this image and where it was taken. We had just one response from Bryan Phillips:

"This is the rebus of William de Myddelton showing date 1514 and is inside Milton Abbey Church" he says

"The W for William, mill on a tun for Middleton. There are other examples at Delcombe Manor and inside the Abbot's Hall. He was abbot here 1482-1525. More information in 'Milton Abbey: A Dorset Monastery in the Middle Ages', Peter Traskey, 1978"

- Thanks Bryan! The 'rebus' can be found in the South Aisle of the Abbey, high up on the left hand wall toward the Altar end.

September Picture Quiz:



Do you know where this was taken? Recognise the image? Drop us an email and let us know! The first correct responder gets their name in next month's MA Bulletin.

Milton Abbas Chilli Festival

The Annual Milton Abbas Chilli Festival is nearly upon us! Every spring Philip Ford cultivates baby chilli plants and then sells them within the community for $\pounds 10$ each (proceeds to the Play Park). Each plant is then nurtured in a hotly-contested competition, culminating in a Chilli Night where the best (and indeed worst - eh Tayab?!) plants are independently judged, and a feast of chilli-based fayre is enjoyed by all.

This year Phil has also organised **Milton Abbas Chilli Festival T Shirts** - These are excellent quality and available in a range of sizes, carrying the artwork shown below. Very smart indeed!

Shirts are available to order from Phil—they cost $\pounds 25$ each, with all profits going to the MA Play Park

This year's event will be at The Hambro Arms on Thursday 17th October



Articles and Feedback Gratefully Received:

Milton Abbas Bulletin@GMail.com

or contact the editorial team directly: Paula Driver Bev Martin Stuart Driver