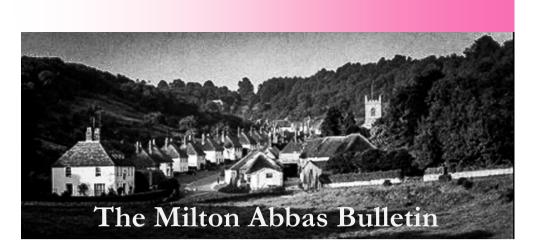
November 2024 Issue 4



Welcome!

Inside this issue:

MA Surgery	2
Hambro Arms	4
Steeptonbill Farm Shop	5
Lunch Club	6
Coffee Stop	7
MA Quilters	7
Thought for the Month	8
Art Group	9
Strawberry Cottage	10
Pilates	11
St James - footpaths	11
Smiths	12
Football	14
McMillan	14
History Group	15
Post Office Scandal	16
Street Fair	17
MA Parish Council	17
Steeptonbill Farm Shop	17
MA Parish Council	18
Nourish	18
The View	19
Pews News	20
"Antigua Joe"	21
WW Autumn Fair	22
Service of Light	23
Picture Quiz	24
Contact Us	24

Welcome to the November edition of the Milton Abbas Bulletin. Once again, October was a busy time for many - great to look back on events as well as forward to what November is bringing our way! One of the key events last month was the Annual MA Chili Festival, where some very serious competition was nicely balanced by some underhand sportsmanship! All great fun, with a superb atmosphere and some extremely tasty fair for all to enjoy - some pictures below:



"Thank you to everyone that supported the **5th Milton Abbas Chilli Festival** at the Hambro Arms. Thanks to Bev and Keith for hosting us, and thanks to the Milton Thatchers aka 'Chilli Peppers' for performing some awesome music. This year we had a new very worthy winner, so congratulations to Mal Howorth. It was also great to see 'first timers' Chris and his daughter taking third place.

It would be lovely to see even more people entering next year. Here's to next year!" Phil Ford

So far the Chili Festival has raised \pounds 390, with proceeds from T shirt sales still to go!

Milton Abbas Surgery

Flu, Covid & RSV Vaccinations

If you are eligible for a flu vaccination and have not yet had one, please call the surgery to book in for one. There are still some covid vaccinations left for those who are eligible; if there are not any appointments available when you call, we can put you on a waiting list.

RSV (Respiratory Syncytial Virus) is an infectious disease of the airways and lungs. Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. 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. If you are eligible and would like to have the vaccine, please contact the surgery to book.

We will not have any covid vaccinations beyond November, but flu and RSV vaccinations will continue.

We would like to say a massive thank you to all the staff who gave up their weekends to help run the recent Flu and Covid clinics. We would also like to make a special mention of David Norman who helped with car parking, and our amazing surgery Health Champion volunteers Dotti Bryan, Jacqui Vallard, Jenny Norman, and Victoria Ladjadj who looked after the team with a constant supply of refreshments.

Finally, thank you to Dunbury Academy for use of your courts for patient parking.

You are all invaluable!

Mid Dorset Primary Care Network Family Wellbeing Day

On the 2nd of November 2024, 10am - 3pm at The Dorford Centre, Dorchester

You're invited to a Family Wellbeing Day hosted by Mid Dorset Primary Care Network! Enjoy a day of free refreshments and activities while connecting with local support organisations. This event provides valuable advice on topics such as mental health, carer support, youth clubs, financial assistance, and much more. Activities for all ages include - for kids, Free Lego Club and Storytime (**11:00 - 11:30am**) and for adults, Yoga and Pilates sessions (book via MidDorset Eventbrite)

No need to book for general activities—just drop in at any time! Everyone is welcome to join and explore the support available in your community.

Milton Abbas Surgery—Cont.

Moustaches in Movember!

The Movember Foundation has done heaps to boost awareness of men's health issues, bringing attention to potentially serious conditions like prostate and testicular cancer, as well as mental health and suicide prevention.

We would like to remind all our patients that we are here for you, and to encourage you to call us to make an appointment with one of the doctors if you are concerned about anything or if something doesn't feel right. Knowledge is Power - Moustache is King!

Food banks

Calling all the wonderful people of Milton Abbas, Milborne St Andrew and surrounding villages! We would like to do a special 'support your local food bank' shout out, especially as we get closer to Christmas.

No one wants to have to choose between fuel, food, or cleanliness. And that's why we would like to encourage everyone who feels they are able, to give a donation to the local food bank when doing their weekly shop. It doesn't have to be much, and it doesn't need to be an expensive brand – if all of us pulled together and donated just one tin, packet, or tube of toothpaste it would soon add up!

Useful items to donate are tinned meat, tinned veg, tinned fruit, long life milk, loo rolls, soap, toothpaste, shampoo, washing detergents, nappies, and sanitary products. There are collection points in Tesco, Morrisons and Lidl, or you can add to the collection box in the Milton Abbas Surgery foyer.

Thank you for anything you can donate. Just remember: "Great things are done by a series of small things brought together" – Vincent Van Gogh

For out of hours care or advice during closures, please call 111.

In the case of an emergency, call 999.



Milton Abbas Surgery—Cont.

Carers Rights Day 21st November 2024

Carers Rights Day plays a crucial role in increasing awareness about the challenges faced by carers and to help carers get the support they need. The theme for this year is "recognizing your rights".

You may not consider yourself a carer, as caring is often something we do for family or friends without question and without defining or labelling it as such. But if you provide care to someone who needs help because of their illness, frailty, disability, a mental health problem or an addiction, and they couldn't manage without your support, then you are a carer.

It is important that we know if you are a carer so that we are aware of the extra pressures you are under and can offer you appropriate support and information. If you haven't already, please let the surgery know you are an unpaid carer and who you care for, and we can record this information on your records. Alternatively, you can complete an Unpaid Carer GP Registration Form online on our surgery website. You can also pick up a carers information pack at Reception or look at the virtual version on our dedicated carers page on our surgery website.

For all your caring and for all your caregiving - thank you!

The Hambro Arms

"Keith and I would like to thank all our local customers, friends and families who attended our wedding ceremony in the afternoon, or the evening drinks reception on Wednesday 25 September. Thank you to everyone that gave us beautiful wedding gifts or donated to our annual pub charity in lieu of presents, Fortuneswell Cancer Trust and your kind generosity raised just over £,200 on the day.

The fundraising for Fortuneswell continued on 17 October when we hosted the annual Chilli Plant Judging Festival and an additional amount of £,85 was raised with the 50/50 raffle during the evening. The Milton Chilli Peppers were absolutely fabulous as was the food supplied by the community and, thank you to Phil Ford for organising the event.

We would like to thank you all for your ongoing support at the Hambro Arms.

Bev & Keith."

The Hambro Arms Milton Abbas

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

November at The Hambro Arms:

Alternative Thursdays:

Curry Tikka Trak - 4pm to 8pm

Basilico Pizza Van – 5pm to 8pm

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



Steve always offers fantastic bread from Oxfords Bakers. Currently, lots of his fresh eggs are proving to be **double-yokers**, plus there's some early purple sprouting available too!

Some great Purple Sprouting recipes here:

www.olivemagazine.com/recipes/collection/best-everpurple-sprouting-broccoli-recipes



Tel. 01258 880233

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 $\pounds 5$ 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.

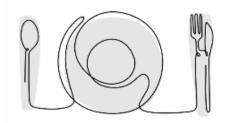
Why not come along to our next lunch meet on the **13th of November** and have a delicious meal with us? To book your place, please register your name with **Milton Abbas Post Office by Friday the 8th November.**

Last time around, Chicken and vegetables were served, along with chocolate semi-Freddo and ice cream!

'For the first time ever I was the other side of the dinner table and I had a lovely meal. I missed out on the sherry and raffle but never mind. The raffle helps pay for the Sherry which is a gift and it wouldn't be Milton Abbas if we didn't have a raffle. I started off with chicken and vegetables which was very nice. Then my favourite chocolate and cream for pudding. Mmmmm Thank you for all your hard work which has generated 5 stars for the club from the Dorset Council food hy-

giene department" - Jennifer Harrisson

For November the main is curry, probably chicken, with a chicken casserole for the non curry eaters. Curry will be served with rice and naan and mango chutney.



Coffee Stop



Coffee Stop at St James Church.

Each Tuesday from 11am until 12noon, come and enjoy a chance to catch up with fellow villagers over a hot drink and a piece of cake.

We meet inside the church in the south aisle, all are welcome.

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

All proceeds go towards the up keep of St James.



Friday Quilters!

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

Thought for the Month...

From Rev'd Lewis Pearson

We are in a new church season...one of remembering. The 1st of November is All Saints Day and the following All Souls Day. Days of remembering important people who made a difference, and also those who have died. We then have Remembrance Sunday at St James **(10th November at 10:30am)** another time marking the lives of those who have gone before us reading their names from the war memorial and holding silence.

And this remembering takes me back to something that happened to me a few years back.... I awoke and as my eyes became accustomed to the light and I became aware of a number of hazy figures. Each one seemingly glowing as they looked into my eyes. As my eyes continued to grow accustomed to the light, the figures became more solid with a hint of hazy light, a halo around their heads. I felt strange and light-headed and after another few minutes, as the echoing voices around me began to settle into normal speech I realised where I was and what had happened:

I wasn't in fact experiencing a Godly vision.... I had fainted after giving blood!

The people were the nurses looking after me as they fanned me and propped my legs up to bring me round. All a bit embarrassing for my ego. Their halo's might have visually disappeared, but I contend that they remained around these nurses...these accidental saints.

At All Saints we remember the great and the good. Those people who have inspired others through their work, their lives or writings. At the same time we remember those accidental saints who'd be embarrassed to be called saints so they hide their halo's from view so as not to bring attention to themselves. We remember those everyday people following in the way of Jesus in loving their neighbour as themselves.

I can point to my late mum raising two boys singled-handed whilst dealing with bereavement. Bill and Eve who showed me how to love people in the harshest of environments in the most beautiful of ways. For John and Christine who took us in when it all went very wrong with a house move the week before we relocated to Dorset with a toddler in tow.

May your lives be surrounded by accidental saints who support, care for, and encourage you on in life and faith.

Rev'd Lewis

Milton Abbas Art Group

October's focus for Milton Abbas Art Group has been on colour and shape. There are a few Gelli Print experts in the group who have shared their skills and others who explored the abstract form using line and geometry.



In November, all will be inspired by a visiting artist from Southwest Arts focusing on colour mixing.



If you fancy joining the creative friendly group on Monday evenings, please contact:

Eve (Chair Person): <u>pen@evebonham.co.uk</u>. Instagram: miltonabbasartgroup1

Strawberry Cottage Studio

I expect most of you have already popped in during the last year, but for those who maybe haven't, it would be lovely to meet you! I had always dreamed of having my own art studio and, since moving to Milton Abbas, realised that this now could become a reality. Ideally situated in the middle of the thatched cottage street, tourists from Holland, USA, Belgium and across the UK have been welcomed through my door and my miniature paintings have ended up all over the world. This year, I started making cushions for myself using a variety of beautiful fabrics and now these too are in my studio available to purchase alongside many other creative pieces. Milton Abbas mugs, water-bottles and keyrings have been bought as mementos and Christmas cards are also now available.

I often open on odd days when the sun is shining, so look out for my Open Studio sign, and please, do pop in during our Christmas Open Studio event where Annabelle and I will be very happy to see you!

If you would like to enquire about opening times or purchases, please contact Louise Freir:

Email: <u>lfreirart@gmail.com</u> Instagram: louisefreirart



Paintings, bags, mugs, bunting, badges, keyrings, cushions and more new items..... We'd love to see you!

Pílates with Catherine

Frídays 10.45 am - 11.45 am or

12 pm - 1 pm

Milborne St Andrew Village Hall

Do you have aches and pains, osteoporosis, joint replacements or sciatica? Still able to get up and down from a mat and want to stay active and supple?

If so, this class will improve your strength, mobili-

St James Church Pathway Cleaning

A huge Thank-You to all involved in jet-washing the pathways and steps around St James Church in late October. As a few of us are all too aware, these flagstones can become quite treacherous in the wetter months due to a build up of algae and the like.

Not least thanks to efforts by Simon, Jill Jordan, Phil Ford and Bev Martin, the pavements and steps are now not only looking pristine, but also considerably grippier!





Hello from Smiths!

November Special - We will be extending our two/three course offer into the evening every Friday through November.

SMITHS

DORSET

Events

16 November - Wine Tasting with 'Selected Grapes'

Will from Selected Grapes will join us for the evening to offer six organic specially selected wines paired with four courses. \pounds 55pp

Please email to book smithsdorset@outlook.com

30 November - Live music with Original Artist Elijah from 5.30pm

Songwriter and musician Elijah of The Gravity Drive featured on Radio 2 and BBC 6 Music will be performing for us. Enjoy soulful melodies next to our huge fire pit and enjoy the twilight ambience into the evening

On draught

Lager - Birra Moretti and Butcombe Bohemia Cider - Ashton Press Ale - Cerne Session

SMITHS

NOVEMBER LUNCH MENU

Tomato and Red Lentil Soup Chicken Liver Parfait, Sourdough Crostini Blue Vinney Mushrooms

Sweet Potato and Squash Curry Slow cooked Shin of Beef Stew Grilled Dorset Red Cheese Sandwich, Pickles, onions

Warm Dorset Apple Cake Bramley Apple Tart Salted Caramel and Chocolate Meringue Roulade All Served with Homemade Custard or Pouring Cream

Three Dorset Cheeseboard (£3 Supp)

TWO COURSES incl DRINK £22 EVERY THURSDAY AND FRIDAY

All dietaries and allergies catered for. Please notify us on booking.

smithsdorset@outlook.com

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.

Would 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:



Update from the MacMillan Coffee Morning



Now that all the money is in and counted we made a magnificent £350. Thanks to all those who helped and those who contributed.

That amount will pay for a nurse for a day with a lot left over



Milton Abbas Local History Group

Our next meeting in the Reading Rooms is on 'New Town Houses: Structure and Design', by Phil Easton. Please come along and join us at 7:30pm Wednesday 6 November.

One of our members now has access to some geophys equipment. Anyone who is familiar with Time Team will know what I am talking about. We are hoping that if we can get some local help we can find out what was going on in one of the most interesting fields in Milton Abbas. Our metal detectorist has found many objects in this field including coins, bits of repaired cooking pots, much lead and many horse buckles. There is plenty of speculation on what might have happened in this location but it would be great to know if there were any remains of buildings under the soil. Please get in touch with us via our website if you would like to be involved.

We have just completed the transcription of six of the wills of the Tregonwell family ranging from 1654 to 1718. We have an enormous amount of information on this family who owned Milton Abbas and Winterborne Anderson from 1540 to the mid eighteenth century, and we would very much appreciate some help in telling their story.

The World War 1 group have transcribed and recorded over 150 newspaper articles from 1910 to 1920 which help tell the story of all the people in Milton Abbas at this momentous period in our history. For more information see our blog.

Our research on the ordinary people on the medieval Milton Abbey estates is now going well with a new member from Sydling St Nicholas helping translate some early Latin documents. New records found at Winchester College are helping us fill in the gaps of a mutilated document. See our blog for more on this topic.

I recently went to a conference on the new dating of the Cerne Abbas giant. There are many parallels between Cerne Abbey and Milton Abbey, they were similar size and location. Also they had what became a 'fertility symbol' in local folklore on a nearby hillside: the phallic giant at Cerne Abbas and St Catherine's Chapel at MIlton Abbas:

St. Catherine, St. Catherine, O lend me thine aid And grant that I never May die an old maid. A husband, St. Catherine, A good one, St. Catherine, But arn a one better Than narn a one, St. Catherine.

There is a lot more information on St Catherine's Chapel on our website. This webpage happens to be the most visited on our website.

We look forward to meeting you on 6 November,

Bryan Phillips

Artsreach & Winterborne Stickland Pamela Hambro Hall presents:

"Make Good: The Post Office Scandal"

A new musical, three years in the making, by Pentabus & New Perspectives, **Thur 14 Nov**, **7:30pm. Pamela Hambro Hall, Winterborne Stickland.**

Tickets at \pounds 13 (adults), \pounds 6 for u18s are available from Stitch Mitchell on 01258 881329, <u>stickland.artsreach@btinternet.com</u> or from the bar at Winterborne Stickland Sports and Community Club.

"Pentabus are one of British theatre's unsung treasures" The Guardian

A new musical, three years in the making, that tells the story of the Post Office Scandal, now recognised as one of the gravest miscarriages of justice in British history.

"If we knew that this was going to happen to us, that we were going to become criminals by buying a Post Office, we would never, ever have done it." Sub-postmaster.

Over twenty years a silent tragedy has unfolded in the heart of our communities. Entirely innocent sub-postmasters had their lives torn apart and faced bankruptcy, isolation, and jail for crimes that were never committed, for debts that never existed.

Directly informed by conversations with affected sub-postmasters, Make Good dives into this most local of stories, capturing the raw emotions, the bewilderment and the unbreakable bond of faith and family that were put to the test. Experience the astonishing resilience of entire communities as lives were destroyed in a scandal that isn't over yet...

"The musical is full of feeling. And that's what we need to portray to people now, so that they can feel and understand what we felt, all the heartache that we went through. The songs bring so much to the story, they're heartfelt and there's humour in it too, it's funny. It made me smile as well as being touching." Sub-postmaster

To mark their 50th anniversaries, acclaimed rural theatre companies Pentabus and New Perspectives have co-produced this topical musical by Jeanie O'Hare (book) and Jim Fortune (music & lyrics). Recommended 11+

Touring Dorset with Artsreach, the county's rural arts charity. <u>www.artsreach.co.uk</u>



MILTON ABBAS 2025 STREET FAIR

REQUEST FOR BIDS

The 2025 Milton Abbas Street Fair will be held in July next year. At this time the Trustees of the Fair are seeking bids for funding from the 2025 Fair.

Organisations wishing to bid for funds to support projects or initiatives in the local area should contact John Widdowson, preferably by email at <u>johnwidd10@gmail.com</u>, to request an application form. Alternatively **telephone: 01258 837791**.

Forms should be returned by 1st December 2024 for consideration by the Trustees.

As a guide bids should be for funding up to a maximum of $\pounds 1000$.

John Widdowson, Secretary, Milton Abbas Street Fair.

Parish Council - Roads and Pavements

Following the last MAPC meeting and the article in last month's bulletin, the Chair and Clerk of the MAPC met with Highways from Dorset Council in late October to undertake a survey and assessment of the Parish pavements and road surfaces. This turned out to be a very positive meeting, with the majority of the issues raised being recognised and accepted as needing the remedial action we have been pushing for as a village.

The timescales associated with rectifying these issues varies depending on the type of repair required, but we were assured that potholes, verge degradation and the like shouldn't take longer than 28 days to resolve - so hopefully we should start to see some improvements over the next month. Larger re-surfacing work (such as the upper entrance to Catherines Well) will take longer to organise and undertake, however it was definitely a step forward to know these issues are now being actively addressed.



Nourish (Food Bank Charity)

The MA PCC received the following from Nourish (the food bank) following our Harvest festival in St James Church on the 13th Oct, thanking St James and the village for their kind donations:



They are also reaching out for items for their reverse advent to help ensure that families and people in need have a few luxuries this Christmas.

We do not need to create hampers, as they will do that at Nourish in Blandford, they are just asking us to kindly donate items from the poster below.

Alternatively, Cash donations are very gratefully accepted, and would be put towards meat vouchers. They are delighted to have received a generous donation for toys this year; hence they would like to focus any donations on purchasing vouchers for meat.

If you feel you would like to help, please free to drop any donations into St James Church or alternatively contact Ellie Payne or Paula Kelsaw



The View

The View has just celebrated its first birthday! Come and visit us, we are located at the Milton Abbas Sports Field and offer a welcoming spot with scenic Dorset views. We have a cosy indoor space, and beautiful expanding covered outdoor area sheltered from sun or rain, dogs are very welcome!

With a menu featuring hot and cold food, pastries, toasties, and unique treats. Vegetarian, gluten-free, and dairy-free options are available. We also sell Jurassic Roast coffee, Clipper teas, and local Piddle Brewery beers.

There is free parking, a bike rack, and family-friendly sports field.

WINTER OPENING HOURS From October 1st

MONDAY: 9AM-4PM TUESDAY: CLOSED WEDNESDAY: 9AM-4PM THURSDAY: 9AM-4PM FRIDAY: 9AM-4PM SATURDAY: 9AM-4PM SUNDAY: 10AM-3PM



Find us on our website: www.theviewcoffeeshopma.com or our social media pages

Pews News

Remembrance Sunday

St James Church, Milton Abbas 10th November @ 10:30

(3rd Sunday before Advent)

Old Testament: Jonah 3, 1-5, 10

Psalm: **62. 5** – **End**

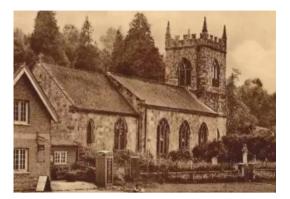
Epistle: Hebrew 9. 24 to end

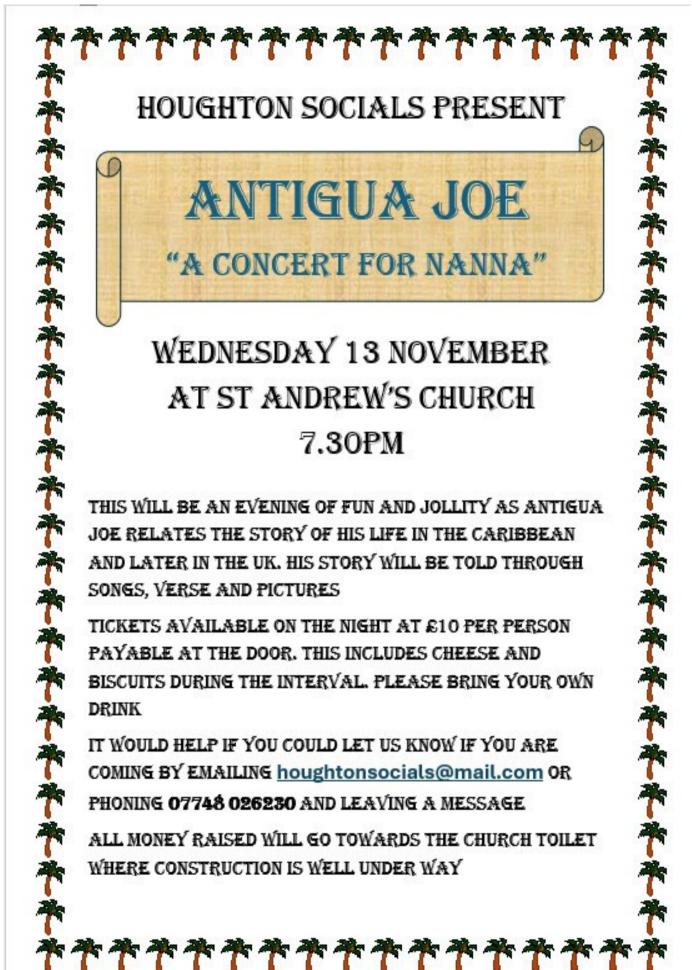
Gospel: Mark 1. 14 – 20

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

If you would like Pews News as an email, please contact Jennifer Harrisson on <u>wvmabene-fice@gmail.com</u>

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





St Mary's church, Winterborne Whitechurch

Invites you to an

AUTUMN FAIR

on

Saturday

9th November 2024

11am – 1pm In the Old School Room

Stalls, teas and coffee, raffle, tombola

SERVICE OF LIGHT IN LOVING MEMORY

Sunday 3rd November, at 3pm St Mary's Church, Winterborne Stickland



This service offers everyone a time to come together to remember our loved ones.

If you have lost a loved one and would like the opportunity to remember them in a special way this service consists of prayers, readings, music, and silence, with the names of those who have died read out and candles lit. This short service will help us: To renew our faith and trust in God; To pray for those who mourn; and to seek God's grace, that we may know his love and the hope he gives us, through faith in Jesus Christ.

For more details, please contact Rev Sue Litchfield 07885 786590

October Picture Quiz Result:



No guesses! Not a sausage!

Last Month's picture quiz was probably aimed more at dog walkers and ramblers, being as it is somewhat off the beaten track... This is part of The Folly as it's referred to locally - also known as 'The Ruins' by many, and listed in Jonathan Holts book (Discover Dorset-Follies) as "The Sham Chapel" (A bit disappointed with you, Mr French!)

The Department of the Environments Listed Buildings Report proposes that The Folly was probably built in the early 19th Century on "stylistic grounds", but this by no means conclusive!



The Folly is located just inside the woods to the West of the Abbey Grounds, which makes it sound easier to get to than it actually is!

Well worth a visit when it's not quite so muddy underfoot

November Picture Quiz:

A little easier this time!

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.



Articles and Feedback Gratefully Received:

MiltonAbbasBulletin@GMail.com

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