Wyke Register

Issue No 346 February 2020

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Local news

Wyke Regis WI

December was busy for us in the lead up to Christmas.
Following the annual Wyke Fayre there was the usual coffee morning. Later in the week, we held a Christmas Tea when former members who are no longer able to attend meetings are invited to meet with current members and enjoy some entertainment.
Next were the concerts performed on two nights by our wonderful group of singers. They seem to get as much enjoyment from them as the audiences.
Instead of having a speaker at our monthly meeting, our folk dance group gave a demonstration then invited other members to join in. An enjoyable experience for all.
Now we're into 2020 and looking forward to the year ahead. Why not join us and make new friends and maybe start new activities?
You can find out more about Wyke Regis WI and what we do, by contacting us:
07719 312901
secretary@wykeregiswi.org.uk
www.wykeregiswi.org.uk
www.facebook.com/wykeregiswi/

Wyke Regis Horticultural Society

The Trading Post is open for a all your gardening needs preparing for Spring. Sixteen varieties of seed potatoes are in stock, together with onions, broad beans and peas. We are promoting peat free composts and hope you will try them for the sake of the environment.
There will be a Quiz Night with Hot Supper on Saturday 22nd February at 6.30pm in the Trading Post. Tickets at £6 each (individually or tables of four) - Bring your own cold drinks.
Membership is only £5 a year (joining now is valid until March 2021). Opening times at Trading Post in Rylands Lane are Saturdays 9.30am - 12.30pm and Wednesdays 2.00pm - 4.00pm.
Contact 01305 759668 or enquiries@wrhs.org.uk or find us on Facebook.

Friends of Weymouth Library

Talk from John Stockley, Part 2 of My Life as an African American child in Dorset, on Saturday 29th February at 10.30am at Weymouth Library
£2 FOWL members, £3 visitors inc refreshments. Booking Essential
Tickets from Library Desk or enquiries 01305 750557.

Highclere Donation to Multiple Sclerosis Society

Weymouth Highclere Court No1 held a coffee and mince pie morning amongst members and friends on Saturday 14th December 2019. A cheque was presented to Sally and Graham Hale members of the local MS Society.
Graham told all who attended that this money would go towards the purchase of a wheel chair to enable a MS Society member have a better life.
Graham said that he has been the local societies fund raiser for the past 15 years and has now decided to step

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Left to Right: Past Chief Ranger Alan Gordon and some members of Highclere C ourt presenting a cheque to the local MS Society.

down so this is his last fund raising event. Happy retirement Graham.
If any gentleman is interested in raising monies for local charities and would like to know more about Highclere please contact Peter on 782546 or George on 771970.

Gifted a gadget?

Free and friendly help is available. If you have been gifted a computer or gadget over Christmas and don't know how to switch it on or make the most of it then help is at hand.
There are over 75 Digital Champions volunteering in Dorset libraries to help people with computers, tablets, phones and more. Most have gained experience from their professional careers.
Around 21% of people are not confident using the internet - that's around 150,000 people across Dorset. And 70,000 of these have never been online.

Continues on page 7

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ps: I like strong tea with two sugars, please

Continued from page 3

People without a device can learn free of charge on the library facilities. The sessions are held in a friendly environment and you go at your own pace.

Some Dorset residents say they feel excluded if they are offline and that learning with a Digital Champion boosts their confidence and helps them stay safe and independent.

Thanks to the Superfast Dorset team it is easy to find your nearest volunteer. Call Dorset's Digital Champion helpline on 01305 221048 and we'll answer any questions about the support available. All our help is free.

Sessions are held at all of Weymouth libraries.

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Help beat diabetes in West Dorset

A dynamic local group dedicated to helping people in West Dorset who are affected by diabetes is looking for volunteers to help it carry on its vital work.

Panels of experts, informing the public about diabetes at local agricultural shows and reaching out to members of the community with diabetes – these all feature on the packed annual programme of activities organised by the West Dorset Diabetes UK local group. But Shona and Tim Freeborn, who have run the group as chair and secretary respectively for the past seven years, are stepping down. They are now hoping to find replacements for their roles who will help lead the group to further successes in educating people about diabetes.

In the time that the couple, who live in Weymouth, have been steering the Diabetes UK West Dorset Group, there have been some remarkable successes. At this year's Dorset County Show,

Continued on page 7

FRIARY Care

Be a day guest at one of Friary Care's care homes in Weymouth – coffee and cakes, lunch, entertainment and afternoon tea from £49/day with free transport provided.

Our day guest programme has been developed to allow those seeking companionship, or considering moving in to a care home, to enjoy first-hand experience.

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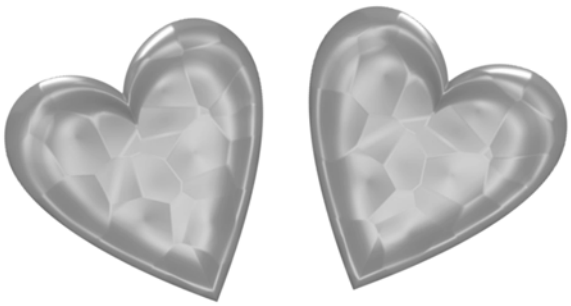

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FRIDAY 14TH FEBRUARY—VALENTINES DAY DINNER

VALENTINES DAY EVENING DINNER

A WARMING DUET OF SOUPS V
An intimate blend of creamy artichoke & fennel soups topped with a heart shaped croute

LOVE ON THE ROCK GF
Freshly picked oysters served on ice with fresh lemon & condiments

PROSECCO CHICKEN LIVER PATE
A smooth chicken pate with a prosecco jelly, leaves & bruschetta

BAKED WESTCOUNTRY BRIE WITH GRAPES *TO SHARE* V
A warm baked brie with bread sticks to dip

SWEET SHALLOT, PESTO & MOZZARELLA TARTLET V VG
Served with a crisp leaf garnish, beetroot & balsamic glaze

~

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A LOVING COMBINATION OF GRILLED LAMB & PISTACHIO GF
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SEA OF LOVE *TO SHARE*
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A BLISSFUL DELIGHT OF CHICKEN WITH LEMON & TARRAGON GF
Wrapped in Parma ham, sat on sautéed potatoes with a tarragon & lemongrass cream sauce

CHERISH THE LOVE WITH RED WINE POACHED SALMON GF
Minted potatoes, grilled asparagus & pancetta

WILD THOUGHTS V VG
Wild herbs, mushrooms & berries with arborio rice for this delicious bake, sat with lyonnaise potatoes & forest mushroom jus

~~~

TOGETHER FOREVER VG
Crushed meringue, raspberry & whipped cream

PASSION FRUIT CRÈME BRULEE V
A set custard under a molten crust, oozing passion fruits, finished with clotted cream & a pair of shortbread stars

GRILLED MARSHMALLOWS *TO SHARE* VG
With flamed strawberries & a chocolate fondue

DORSET CHEESEBOARD V
A fancy selection of local cheeses with celery, fruit & crackers

~

FRESHLY BREWED COFFEE
With cream & mints

V—Vegetarian
VG—Vegan
GF—Gluten free
*GF—Adaptable

Dinner on 14th £30 per person
Dinner & entertainment on 15th £35 per person
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SATURDAY 15TH FEBRUARY
DINNER MENU WITH MUSIC

A DUET OF SWEET POTATO & APPLE CIDER SOUPS V *GF
Served together to form a perfect harmony topped with Dorset smoked red cheese

CHAMPAGNE LYME BAY SCALLOPS
Seared diver handpicked scallops served on white pudding rings with pureed peas, showered with a bubbly cream sauce & crispy pancetta

TERRINE OF VENISON WITH JUNIPER & PISTACHIO
A rich venison terrine studded with pistachio, sat with a red wine & juniper chutney & crispy bruschetta

DORSET BLUE VINNY WITH BRIDPORT PEAR SORBET V
A blue vinny tartlet with crushed cashew nuts & sweet shallots, topped with a light pear sorbet

~~~

FROM THE WEST COUNTRY FARM
A trio of locally sourced fillet steak sat a croute with chicken liver pate accompanied by a deep port jus

FROM THE DORSET SEA & ITS BED
sea bream fillet rolled with lobster mousse, a sea bass roulade with Portland crab & a saffron & shellfish cream, topped with a live oyster

DORSET CIDER BRAISED BELLY OF PORK
Sat on caramelised potatoes with a creamy cider jus, topped with crispy crackling & a toffee cherry apple

BLACK SEA BREAM WITH GNOCCHI & SAFFRON
Pan fried fillets of sea bream with crispy gnocchi & a white wine & saffron butter cream sauce

RED WINE QUINOA, WILTED SPINACH & MIXED BEANS VG
Topped with pan fried potatoes with a chickpea sauce

~~~

CHOCOLATE OREO SHORTBREAD V
Homemade 'Oreo' shortbread biscuits jam-packed with piped cream & fresh strawberries, crowned with local 'Baboo' strawberry ice cream

SPICED PROSECCO CHEESECAKE
A homemade cheesecake with mulled spices & a bubbly cream cheese topping, sat with Dorset clotted cream & Champagne sorbet

BAILEYS BREAD & BUTTER PUDDING V *GF
Always a favourite for such an occasion, home baked with sultanas & toffee, served with a jug of warm crème anglaise

STRAWBERRIES, CREAM & MARSHMALLOWS V *GF
Freshly picked strawberries topped with Dorset clotted cream, served with grilled marshmallow skewers

DORSET CHEESEBOARD V
Local cheeses served with Winter pickle, fruit, celery & crackers

~~~

FRESHLY BREWED COFFEE
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Continued from page 5

they met 900 members of the public over two days. The group also took part in Diabetes UK's campaign for better access to Flash Glucose Monitoring in Dorset last year. Weeks later the NHS announced an end to the postcode lottery for the device across the country.

There are now around 600 members of the group, with 30 to 40 regularly attending five meetings a year.

Shona Freeborn said: 'I'll be sad to give up the group meetings in particular, as I have seen people get so much out of them. They have access to experts like diabetologists, podiatrists and dietitians whom they rarely have an opportunity to see otherwise. They learn so much about their diabetes as a result. But now is the time to pass the reins to new hands who will continue to ensure that people in West Dorset have the best possible diabetes education and support.'

Phaedra Perry, Diabetes UK South West Regional Head, said: 'We are so sorry to see Shona and Tim Freeborn go. They have been such fantastic supporters of Diabetes UK in West Dorset, even attending clinical commissioning group meetings in order to improve care for local people with diabetes. But we want this local group to go from strength to strength and really hope that new volunteers will come forward. We will give them all the support they need to carry on Shona and Tim's great work.'

To find out more about the West Dorset group and joining the committee, contact Shona Freeborn on westdorsetgroup@gmail.com or 01305 835870, or the Diabetes UK South West Office on 01823 448260.

WDHS Retirement Fellowship

The West Dorset Health Service Retirement Fellowship will meet on Thursday 6th February at 2.00pm in the Boys Brigade Hall, Sawmills Lane, Dorchester DT1 2RZ when Pam Homer will tell us about her experience of being a Magistrate.

The West Dorset Health Service Retirement Fellowship was set up over 35 years ago for retired employees of the Health Service and their partners living in Dorset and meet on the first Thursday of every month except August and December.

Royal Manor Theatre sparkles with Robin Hood Panto

It was all smiles at Easton methodist church during the annual Portland sparkle event when the Royal Manor Theatre presented a sneak peek of their new pantomime, Robin Hood.

The festive treat began with the entrance of a buxom Brunhilda, played with traditional dame aplomb by local actor and teacher, Chris Wadley. Joining Brunhilda at the front came Royal Manor newcomer Rhian Stroud as Maid Marion and her betrothed, villain of the piece, Sir Guy of Gysbourne, as performed by panto regular David Mackay.

However, it wasn't long before the audience was treated to a heated staff battle between Robin Hood, played by Beki Way, and Little John, played on the night by Thomas Hussey.

'The Portland Sparkle is a great event, and an excellent opportunity to give everyone a bit of traditional Christmas panto entertainment,' said Neil Highley, Membership secretary of the Theatre. 'We plan on making this a regular part of our pantomime preparations, and to see such a enthusiastic reaction from local people is just thrilling'

The performance ended with a spirited performance of 'On the first day of Christmas' featuring cast and audience members alike.

Robin Hood is the Theatre companies largest production to date, with over 30 cast and crew involved in bringing the pantomime to life. The show starts on February 7th, and runs for 3 nights, with a special Saturday matinee. Tickets are available from the website at https://www.royalmanortheatre.co.uk.

News continued on page 7

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Local news

Continued from page 7

From left to right - Matt Crocker (Owner), Kadi Crocker (Owner), Sonia Abbiss (Office Manager), Andy Danoris (Driver), Jeff Holmes (Driver)

Local Charity Donation

Crossways Travel, local Coach Tour Operator based near Dorchester are pleased to announce that this year they have raised a staggering £2420 for their chosen local charity 'Mosaic'.

The money was generated by various events on board their coach tours, including the annual Christmas Raffle at their recent Christmas Party Lunch. Owners Matt and Kadi Crocker said this has been the most we have ever raised for our charity of the year and we are so happy. It comes down to the generosity of our customers and the hard work and dedication of our fantastic small team of staff and drivers. Mosaic give a valuable service to our community offering bereaved children much needed counselling and support as well are organising events and days out for the children. The money will be used for a variety of things to support children across our County.

Fairtrade Fortnight 2020

This year Fairtrade Fortnight runs from Monday 24th February to Sunday 8th March. A time for us all to reflect on the importance of Fairtrade and the difference it makes to people's lives.

You can make a difference simply by buying the Fairtrade option in the supermarket, look for tea, coffee, sugar, chocolate, flowers, bananas, wine and many more carrying the Fairtrade Mark. Our supermarkets are getting much better at stocking Fairtrade items and by choosing a product with the Fairtrade Mark, you're giving over a million farmers around the world the chance of a better life for them and their families. If your supermarket doesn't have what you're looking for then ask 'why not'. You can do the same when you're out in a cafe, simply ask if the tea and coffee they use are Fairtrade.

The Fairtrade Foundation believes that all farmers should receive a fair price for their produce but this year's Fairtrade Fortnight focuses once again on the cocoa farmers in West Africa, in Côte d'Ivoire, Ghana and Sierra Leone. Here an average cocoa farmer earns less than 75p a day, well below the extreme poverty line of £1.40 a day. Most of the work is done by women who work in the fields, look after children, carry water, and help bring the crop to market and yet they often have fewer rights than men, and often earn less than a quarter of the money generated. This is why the campaign is entitled 'She deserves' - to earn a living wage and have access to all the things we take for granted, water on tap, a doctor and education for her children. When you choose Fairtrade chocolate, you know that you are making a difference to farmers' lives and supporting a brighter future for their families. Many supermarkets now have their own brand Fairtrade chocolate so look for the Fairtrade Mark next time you're buying yourself that chocolate treat.

On Saturday 29th February we will be having a 'Chocolate Day' at The Bridge Fair Trade Shop so come along to enjoy a drink of hot chocolate, chocolate cake and chocolate tasting with all donations going to support the work of the Fairtrade Foundation. We look forward to seeing you then.

The Bridge Fair Trade Shop, 24 Trinity Road, Weymouth, DT4 8TJ

Open Tues, Wed and Thurs 10.00 – 4.00, Fri and Sat 10.00 – 5.00.

Make saving and changing children's lives your new year resolution

SafeWise Weymouth is inviting people who want to put their skills and experience to good use to join its award-winning volunteer team this new year to help change and save children's lives.

The charity, which is backed by fire, police and health services as well as councils, is recruiting volunteer visitor guides to support new Junior Citizen primary school visits at its busy Weymouth learning village, which has rapidly expanded during the past six months.

Volunteers manager Emily Brown said: "We know that there are plenty of people in Weymouth and the surrounding area that have a wealth of life-skills, experience and enthusiasm that would

be absolutely invaluable in bringing our school visits to life.

"Our volunteers have a strong public service ethos. We're looking for people who may be retired from the services or an education role, work part-time or are on a career break and have the time to give something back to the community.

'As well helping children learn essential skills for life including safety, volunteering is an enjoyable and rewarding experience for those that get involved as a great way to get out, stay active and make new friends.'

Volunteer Visitor Guides lead small groups of children around SafeWise Weymouth's learning village on Radipole Lane next to Weymouth Fire Station between 9.30am - 2pm on a minimum of two school days a month. SafeWise charity pays expenses and provides lunch, a uniform plus training and support from a friendly team.

New recruits will join a team that won the Group of the Year Award 2019 at Dorset Volunteer Centre awards ceremony last month.

Sharron O'Callaghan, who has volunteered for around a year, said: "It is lovely to feel I can make a contribution to the community I live in.

"I volunteer for SafeWise, as it is a charity that gives important information to school children to keep them safe at home, when they are playing and when using the highway. It is a great way to allow the children and their adults to learn in a safe and friendly environment.

'I have made so many friends at SafeWise since volunteering here, and the days I volunteer at SafeWise are the highlights of a week when otherwise I might not meet up with anyone else.'

SafeWise Weymouth is developing many more skills for life scenarios and resources for Junior Citizen school and other visits.

This includes a beach, park and outdoor camping features plus electricity substation with power-lines from SSEN, railway from NetWork Rail, First Wessex double decker bus and other vehicles including a Police car and Coastguard rescue truck.

SafeWise Weymouth Manager Ben Heath said: "It's an exciting time for volunteers to get involved and be part of the SafeWise family.

'Our learning village is developing rapidly thanks to support from many partners and organisations in the community. There's been great demand from schools and other groups take part in our skills for life programmes so we're looking for more amazing people to join our volunteer team.'

Family History

The South Dorset Family History talk on Friday 21st February entitled 'Piers and Pavilions' and will be given by popular local speaker Stuart Morris.

As usual, the meeting will be held at St, Aldhelm's Church Centre, Spa Road, Radipole commencing at 2.00pm with tea or coffee followed by the talk at 2.30pm. Admission is £2.

For more information, contact John on 01305 776008.

What connects Dorset trading standards and scuba diving?

Suba Diving is an exhilarating, popular past-time in Dorset and it's not hard to see why. The cliffs of the Jurassic coastline give way to an underwater world of shipwrecks and sea-life to explore and enjoy. With all the wonder it is easy to forget just how dangerous, and how vulnerable, a diver is.

While under water they are completely reliant on the contents of the tank of air strapped to their back for air. If this air is contaminated, or not of the right quality, there are very real dangers. Most divers will understand too much carbon dioxide or carbon monoxide in the tank can have fatal consequence.

So what safeguards are there for divers purchasing air? In all likelihood, the tank would have been filled by a dive centre and supplied as part of a commercial transaction. And, just like any other commercial transaction for consumer products, the supplied air must be safe for consumers to use.

To help local dive centres ensure the quality of their air Dorset trading standards service has operated a Divers Clean Air Scheme for over 25 years. Although voluntary, I'm happy to say most, if not all, of the diver's air suppliers in the area are members. Each member has a sample of their air periodically tested to the recognised standard. The levels of oxygen, carbon dioxide and carbon monoxide among

Continued on page 11

Wyke Regis Working Men's Club

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www.wykeworkies.com

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January Entertainments

Friday 24th John de Barra

Saturday 25th Outrage

Friday 31st Sound Star Entertainments

February Entertainments

Saturday 1st - Barry Paull as Elvis

Friday 7th - Don Tucker

Saturday 8th - Replay

Friday 14th - Sound Star Entertainments

Saturday 15th - Ricky Solo

Friday 21st - John Ramon

Saturday 22nd - Ocean Drive

Friday 28th - Charity Race Night

Saturday 29th - Sound Star Entertainments

Macgregor Catering will be happy to welcome you to their Sunday Carvery. Kevin uses local suppliers and all meat is sourced from Jurassic Coast Meats at Winfrith, who rear their own Aberdeen Angus beef and their other meats are supplied from farms throughout Dorset. You can find full details on his Facebook page.

The club has function rooms available to suit various types of group bookings and to complete your night, our in house Disco is available too, all at very reasonable rates. To book please ring 01305 786867

Wyke Regis Working Mens Club

Run by WRWMC for the benefit of its members

BIG Cash Prize Quiz EVERY Tuesday at 8pm

Win up to £200 in cash ON THE NIGHT

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1) Entry fee of £1 per person, teams: maximum of 6 people.

2) ALL money in...money out in cash prizes ON THE NIGHT.

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Plus the Jackpot Draw – *'got to be in it to win it'*

Food available every lunchtime (except Mondays) and evenings.

Kitchen closed on Tuesdays

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Continued from page 9

others are all checked to ensure they are within safe limits. This gives the dive centres, and divers themselves, confidence that the air supplied will be of the expected standard allowing the diver to immerse themselves in the incredible beauty of beneath the Dorset coast.

Hospital's Chemotherapy Appeal receives major boost

Dorset County Hospital's Chemotherapy Appeal has received a major boost following a £100,000 donation from the Fortuneswell Cancer Trust.

The Chemotherapy Appeal will result in the complete redevelopment of Dorset County Hospital's Chemotherapy Unit. This major donation moves the Appeal significantly closer to its target of £850,000.

Patricia Miller, Chief Executive Officer of Dorset County Hospital NHS Foundation Trust said,

'The Chemotherapy Appeal will provide this hospital with the best possible environment in which to care for our chemotherapy patients. It will provide space for family and friends to sit with patients while they have treatment and will deliver a much improved experience for their relatives and carers.'

Loric Collins of the Fortuneswell Cancer Trust said,

'The Fortuneswell Cancer Trust has been supporting the unit for 20 years including the present Chemotherapy unit, the Fortuneswell Ward and the Robert White Centre. We also fund reflexology and nurse training. All of the committee have been affected in some way and this is our way of thanking the staff, whose tireless efforts make such a difference at critical times in patients' lives.'

Fortuneswell Cancer Trust were one of the major funders of the hospital's recent Cancer Appeal, supporting the project with a series of donations totalling £358,000. Dorset County Hospital is now celebrating the first anniversary of the official opening of the Robert White Centre which houses the £1.75million Cancer Outpatient department funded by the Cancer Appeal.

Mark Addison, Chair of Dorset County Hospital NHS Foundation Trust said,

'We are very grateful to everyone involved with Fortuneswell Cancer Trust for their continued support and for their dedicated work on behalf of the hospital. Their contribution enables us to fund projects which are beyond the scope of our current budget, benefitting thousands of patients now and for many years to come.'

Dorset County Hospital Charity continues to work with many supporters, donors and fundraisers raising money for the Chemotherapy Appeal. If you would like to support the Appeal please contact the Charity on 01305 253215, email Charity@dchft.nhs.uk or visit https://www.justgiving.com/campaign/ChemotherapyAppeal to donate online.

C'Siders - Cancer Support Group

C'Siders is a friendly and informal group which meets on the first and third Monday of each month at the Wyke Smugglers in Wyke Regis, supporting anyone in our local area who has been affected by cancer.

Members enjoy chatting with one another, listening to talks on a wide range of topics and taking part in trips, visits and activities. As well as the regular meetings, C'Siders offers weekly C'Fit Cancer Rehabilitation Exercise classes at the Osprey Leisure Centre. These take place on Wednesdays at 11.15am. Anyone with a cancer diagnosis can join this programme on any date. These are weekly hour-long sessions; all you need is an exercise referral from your GP or other health professional. Our weekly table tennis sessions are at 1pm on Mondays at the Wyke Regis Sports Club, Ryemead Lane, Wyke Regis. All of our members are most welcome at these free sessions.

C'Siders welcomes new members; for all details of news and events, please visit our website at csiders.org, on Facebook at www.facebook.com/csiderswp, e-mail info@csiders.org or contact us on 07430 695462. C'Siders meet on the first and third Mondays of the month from 7.30pm - 9.00pm at the Wyke Smugglers, 76 Portland Road, DT4 9AB.

Fantastic Musical Events in Greenhill Gardens start in May

A new season of amazing musical events in Greenhill Gardens, The Esplanade, Weymouth start in May.

Check out our events page for full details of the entertainment which goes on every Sunday afternoon till September.

Thank you to all who have booked for the Gala Cruise Quiz Night on 20th March at the Preston Village Hall -- the event sold out in November. For those with boarding passes please come dressed for a night at the captain's table, in deck attire or as a member of the ship's crew!

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Sunday 22nd March – MOTHER'S DAY
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• Tutankhamun Exhibition London • Osborne House •
And many, many more….
For further information and on-line bookings - www.bluebirdcoaches.com

National Trust South Dorset Association

Tuesday 11th February at 2.30pm 'Enigma and the World War 2 Convoys' by Dr Phil Judkins.

St Aldhelm's Church Centre, Spa Road, Weymouth, DT3 5EW.

Presented by the National Trust South Dorset Association.

NTSDA Members £3 Non-members £4 includes tea/biscuits. No need to book.

www.southdorsetnt.org.uk

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Continued on page 13

Mark Addison, Chair of DCHFTF, Loric Collins from Fortuneswell Cancer Trust and Patricia Miller, CEO of DCHFT (centre), with representatives of Fortuneswell Cancer Trust and members of staff from the Fortuneswell Chemotherapy Unit.

Wyke Regis Neighbourhood Policing Team

Your local officers are:

Sgt 2162
Sam Goom

PC 2456
Jane Bayliss

PCSO 6875
Kelly Heath

PCSO 6488
Matt Barton

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Community Messaging Service

Dorset Police would like to encourage as many people as possible to sign up to our new community messaging system, Dorset Alert. You can print the forms directly from the Dorset Alert website, or ring us for an application form.

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Folk/Acoustic Sessions

For each of the following please contact Gill 01305 783950 or text 07866757821 for further information.
First Friday of the month at Victoria Inn (Knights In The Bottom), Chickerell, at 8pm.
First Tuesday in the month at Wyke Smugglers, Portland Road, Wyke Regis, 8pm.
Fourth Tuesday in the month also at Wyke Smugglers, 8pm.
Come and sing a song, play a tune, join in with others, or just sit back and enjoy the music.
(Please note: there are no sessions at Pilgrim House anymore)
Other sessions in the area:
Every Wednesday at the Sailor's Return.
Third Sunday at the Old Town Hall.

Weldmar Hospicecare's first Frosty 5k event raises £12,000

The Great Field at Poundbury was turned into a winter wonderland at the weekend, with almost 400 people taking part in Weldmar Hospicecare's first ever Frosty 5k, which has raised an estimated £12,000.
The event was originally due to take place in mid-December, but postponed due to high winds making it unsafe for inflatable structures around the course. Despite the re-arranged date, many participants still donned Christmas jumpers and fancy dress.
Those taking part could either run, jog, or walk the 5k route, which included winter themed zones such as the roaring fireplaces in the log cabin, and a chance to stop for selfies with penguins in the igloo.

Weldmar's Midnight to Moonlight

It's Midnight to Moonlight as Weldmar's flagship fundraising event welcomes men and children for the first time
Weldmar Hospicecare have today revealed major changes to their flagship annual fundraising event, the Midnight Walk.
Now called The Moonlight Walk, the event will be open to men for the first time, and with an earlier start time of 10pm, children from the age of 10 will also be welcome to take part with family members.
Weldmar's Midnight Walk began in 2007 as a ladies only event, and the women who have taken part have raised hundreds of thousands of pounds for the end of life care that Weldmar provides in Dorset.
The first Moonlight Walk will start and finish at the new venue of Lodmoor Country Park in Weymouth, on Saturday 18th July, 2020.
Abi Shirley is Weldmar's Major Events Fundraiser, and says, 'The Midnight Walk has been a fixture in the calendar for many Weldmar supporters over the years. There have been an increasing number of calls for men to take part each year, so we thought this is the time to make that happen. There has always been a terrific atmosphere

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A New Year Approach for Chronic Pain.

Conditions such as fibromyalgia, polymyalgia, osteo arthritis, migraine headaches, backache neuralgia, etc, etc... all share a common link of Chronic Pain. Pain is the body's way of signalling to us that something is wrong.

Acute pain will normally follow trauma such as an injury or surgery and management is relatively straightforward. Whereas the management of chronic pain is a very different matter and relies heavily on long-term self-administration of over the counter 'pain killer' preparations and repeated GP prescribed medications.

If this scenario seems familiar to you the start of a New Year might be the appropriate time to take a different view on how to manage your pain. Consider a holistic approach supported by complementary therapies and rather than treating the symptom of pain investigate the underlying cause to effect a permanent improvement.

A Holistic approach signifies looking at the whole person, how the individual is functioning physically, emotionally and mentally. Much research has shown there is a strong correlation between emotional pain and physical pain. This would lead us to question that if physical pain becomes unresponsive to medication could there be an underlying emotional cause that is not being identified. This is not entirely a new concept as GPs frequently prescribe the antidepressant Amitriptyline for neuropathic pain as it works on the noradrenalin and serotonin levels lowering pain signals to the brain.

Patients often get trapped into a stress/pain cycle. Where the cycle begins and ends can be difficult to pinpoint and will be unique to each individual patient. Chemical messages travel throughout the body via the nervous systems connecting organs and systems. When the body is injured chemical messages are sent from the point of injury to the brain where it is interpreted as pain and the body responds accordingly. When this sequence is constantly being triggered a stress/pain cycle develops. Chronic pain can develop when the initial triggering of nerve response is ignored, inflammation and stress levels may then rise and perpetuate a continuing cycle.

Complementary therapies are fundamentally holistic. Within the NHS there is limited access to complementary therapies and a majority of pain sufferers choose to privately visit therapists that have been recommended and use therapies that have anecdotally been effective.

My recommendations for Chronic Pain are firstly Diet. Certain foods can increase inflammation levels and can lower the immune system. Two important areas for the therapist to concentrate on whilst treating conditions that involve chronic pain. Food Intolerance Testing will identify foods etc as well as Vitamin or Mineral deficiencies. Secondly, Clinical Reflexology, having studied Acupuncture in China and attended much advanced training over 30 years in practice. Experience has led me to conclude that there is a shared relationship between Clinical Reflexology and Acupuncture. It seems that both therapies when expertly applied have the ability to disrupt the neurological message sequence from point of pain to brain. Allowing physiological and psychological symptoms of stress to be soothed and a deep sense of relaxation experienced. Thirdly, Counselling as an adjunct to Clinical Reflexology. When patients are feeling relaxed there is opportunity for talking. Talking through issues that may be worrying you or concerns you might have can bring about some remarkable changes. The combination of these three examples of holistic therapies may hold the answer to your chronic pain. © AW2020

Contact Tel 01305 784986. abigail-wring@btinternt.com www.dorset-clinicalreflexology.co.uk PCR 2020 Training dates: Saturday 18th April, 13th June, Saturday 8th August Abbigail is fully qualified, insured and DBS checked with 30 years professional experience specialising in Clinical Reflexology, Allergy Testing, Nutrition and Counselling. Author of 'Holistic Health Tips' available from Buena Vista Gypsy Lane Weymouth Dorset DT4 0BZ. £9.00 incl p&p.

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Mick's Weymouth Slimmers off to a healthy start in 2020

So very proud of all of my members from my Weymouth groups being so determined that this year they will be building the future they want and so deserve.

They decided to donate their left over Christmas treats to Weymouth food bank, helping others whilst achieving their weight loss dreams for a very happy and healthy 2020.

#slimwithmick #thatfeeling

that Slimming World feeling!
save £5 ask in group for more details
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Continued from page 13

at the event, and we're sure it will be even better now it's open to everyone.'

Weldmar is delighted to announce that popular local taxi firm Weyline have signed up to support the event as main sponsor, with owner Ian Ferguson saying they are 'proud to be associated with, and humbled by, the great work Weldmar does and grateful to be given the opportunity to support it.'

Registration is now open for places on the new Moonlight Walk on the Weldmar Hospicecare website with a special Early Bird rate on offer for anyone who wants to sign up.

All monies raised by Weldmar events such as Moonlight Walk go directly towards the end of life care that Weldmar provides in Dorset, including community nursing, at the Inpatient Unit, Day Services across the county, and family support.

Superfast Dorset

Dorset Digital Champion and cyber security expert releases new book to help protect you from crime

An essential guide to help people take steps to protect themselves from cyber and identity crime is released this month from the British Computer Society.

The guide has been co-written and edited by Andy Taylor, a volunteer Digital Champion with Dorset Council who also works full time as an independent information security adviser following a career in the Royal Navy.

Andy is based at Sherborne Library on a voluntary basis, providing free support and advice to anyone needing help with basic digital skills. He is one of 75 Digital Champions volunteering in Dorset libraries to help people with computers, tablets, phones and more. Most have gained experience from their professional careers.

As Andy explains in his new book, information security fraud has evolved more rapidly than any other crime with the onset of computers and the digital world. Says Andy, 'We mitigate against crime and injury everyday by following set rules and best practice. As an analogy, we drive vehicles and take a lot of risk going from A to B but we follow the rules of the road to stay safe. We can't take the risks away, but we know where they are and take steps to avoid injury. The same applies to information security. Paying by debit card on a reputable website, carries a risk, but it is very small so we take it. The risks increase significantly though when connecting to an insecure Wi-Fi where the credentials are unclear.'

Take steps to protect yourself against cyber and information crime

Consider using Paypal, it is very secure - https://www.paypal.com/uk/home

Never put any financial information in-

Continued on page 16

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cluding banking or credit card details in an email, it is not secure.
Be quick to install the latest versions (patches) in software. Criminals look for the weaknesses in the old versions to exploit.
Always use websites with https:\\ the 's' actually stands for security and will generate a padlock, make sure it is not crossed out. If the website does not have the 's', do not shop there.
Protect your documents. Always shred all discarded documents that contain personal information (including name and addresses) and recycle using a trustworthy document destruction company. An advantage that identity and cyber criminals have on their side is the time to sift through and pull together information from everywhere.
To get help from a Digital Champion simply call 01305 221048 and we will match you with a friendly volunteer in your own area who will help you feel right at home in the digital world.
To buy the book called Information Security Management Principles 3rd Edition go online to the BCS bookshop (https://shop.bcs.org) or visit any good bookseller including Winstone Books in Sherborne.

Can you help Age UK Dorchester?

Can you help Age UK Dorchester find bigger premises to expand their day services?
So many older people have been benefitting from the fantastic day services and lunch clubs offered by the charity, they now need bigger premises in both Dorchester and Bridport.
An additional two venues are needed - with heating and kitchen facilities, suitable for a day-centre.
They must be able to accommodate over 30 older people Monday to Friday.
Can you help them, to help more older people in your area get a hot meal, make friends and socialise?
Age UK aims to end social isolation and make Dorset a great county in which to grow older.
CEO, David Thorp, said: "So many older people in rural Dorset live alone with no one to talk to.
"Social contact and connecting to a community is a vital part of healthy and happy ageing.
"I want to ensure we continue to meet the needs of the older population of Dorset.
'No one should have no one'.
If you can help please call Age UK Dorchester on 01305 279444 or email sfrigot@ageukdorchester.org.uk

News from Dorset Libraries

The novels that shaped our world

Stories have the power to change us. BBC Arts asked a panel of leading writers, curators and critics to choose 100 genre-busting novels that have had an impact on their lives. The English language novels, written over the last 300 years, range from children's classics to popular page turners.
Organised into ten categories, they reflect the ways books help shape and influence our thinking. The categories are Identity, Politics, Power & Protest, Rule-breakers, Love, Sex & Romance, Coming of Age, Adventure, Life, Death & Other Worlds, Class & Society, Family & Friendship, Conflict & Crime.
Find out which books made the top ten per category from the BBC Novels that shaped our world booklist.

Public Library User survey – February 2020

As from 24 February we will be running a survey in all our Dorset Council libraries, asking customers aged 16 years and over to complete a simple questionnaire about their visit that day, helping us to find out more about the different ways that libraries are being used, and also how the service is meeting your needs.
If you can take a few moments to complete a questionnaire when asked, it would be appreciated, as the results will help us to plan for the future.

New Year, new you

You'll be spoilt for choice, so try something different for 2020 with Dorset Libraries. There are a range of activities and services on offer, that everyone living or working in Dorset can enjoy. With access to the Libraries West consortium there's more books and resources available for customers. You can request a book from home, delivered to your library.
There are lots of activities on offer for adults - Shared Reading, Knit and natter, colouring to name just a few. For children, there's Chatterbooks, Lego Clubs, Rhyme times and more. Just select your nearest library and find out all the things on offer for you to join in with.

Think of the planet and save money

Do you like to browse through a magazine when your waiting somewhere, but don't like the prices if you were to buy one?
Why not use the RBDigital free service with Dorset Libraries, all you need is a library card and web access. Some of the popular titles are Good Housekeeping, Health and Fitness, National Geographic, Amateur gardener, or Amateur photographer.

Information for teachers and schools

Dorset Libraries invite pupils, teachers, schools, pre-schools and groups to visit the library at any time of the year.
There's lots of book related events that you can tie in with if you want - National Storytelling Week (Feb), World Book Day (March), World Book Night (April).
You can even arrange a visit online, find out more about the visit options.

Your councillor update

Weymouth Town Council (Wyke Regis) and Dorset Council (Rodwell and Wyke Regis) :-
Cllr Lucy Hamilotn and I are very sorry that our Town Council colleague Tim Griffiths has had to resign as the third councillor for Wyke Regis. Tim was elected in May 2019 and has been an enthusiastic member however, his health has been poor recently. We send our condolences to him and his family for the loss of their father 'Vic' and we wish Tim a speedy recovery. If insufficient requests for an election are received by the Town Clerk the council will co-opt a replacement. Over the next five years representation to the Boundary Commission will be made to reduce the overall number of councillors for Weymouth Town Council.
Having managed to appoint an excellent independent member for the Dorset Council Harbours Committee I am very sad that another valued member has resigned for personal reasons and we must start the recruitment process again.
I am still awaiting the final draft of the improvement plans for the traffic flow along Portland Road. I hope it will not be too much longer.
Dorset Council planning department

Continued on page 19

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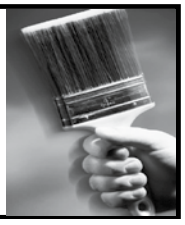
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How on earth is a Senior Citizen expected to keep up with modern technological and social advances – if, indeed, advances is the right word?

In my dear old Dad's time they had one major change a decade. Now it's dozens a year, all of which seem to have been given made-up names. Spotify, Tinder, Uber, Deliveroo, Airbnb, Whatsapp, Facetime, Snapchat - the list appears endless. One or two of those you might recognise, but what is a Meme? Or a Woke? Then there is Instagram, where people follow 'influencers' who teach them what they should be buying using 'sponcon' - sponsored content.

In a Senior Citizen's early days, teaching involved learning your tables before moving on to geometry via woodwork. Now, for instance, the influencer wears Nike shoes, drinks Coke and has his/her hair done in a national hairdressing chain. The followers then rush out to purchase Nike shoes, drink Coke and have their hair styled in the same establishments. Wonder what happened to thinking for yourself? Or perhaps you knew that already as you sit and read this in your trainers with the large tick on them, sipping from a glass of black fizzy stuff?

The first really mobile phones came in around the turn of the century. My company bought us some so that we could communicate on New Year's Day 2000 when every computer in the world was going to crash because of the Millennium Bug. I used mine to try and ring my dear old Mum to wish her a happy New Year, but couldn't get through because everybody else was doing the same thing – not phoning my Mum, but ringing their own, I mean – and the mobile phone system went into melt-down. Fat lot of use it would have been if the M Bug had really been a problem.

Now smart phones do everything except clean the loo, which is where most of them should be dumped. It used to be rather nice to be asked to take a photo of a couple or group in front of one of our scenic Dorset views. Now it's all done by selfies - and don't get me started on selfie sticks. I can't be the only one to nearly have my head knocked off by one of these devices from the dark side.

Growing up in South Wales, the old chap living next door to us had been born just about the time that motor cars had, by law, to have someone walking 20 yards in front of them. Note that, 20 yards, not metres, and not carrying a red flag - the flag was for steam engines and never a required for cars. I hasten to add that I don't know this from personal experience, although the first car I ever owned couldn't go at much more than walking pace, especially up a Welsh hill.

Anyway, we youngsters tended to consider the chap next door, and all the other Senior Citizens we knew, as old fashioned and out of date. So perhaps I should look more kindly on those who now regard me as likewise - something of a 'dinosaur' - because I was born before the technological era, in a time when land-line telephones were uncommon and smart phones the subject of sci-fi movies. Of course we would never have used the word dinosaur about our next-door neighbour because that's also a subject which has risen to prominence during our lifetimes. Understandably so, because with Hitler intent on bombing your house you worry more about surviving until tomorrow rather than meditating on creatures that existed sixty-six million years ago. They were something of an irrelevance.

But nowadays, when no-one is directly targeting me, there is a little more time – but even less money – to spend on luxuries such as the contemplation of our very early predecessors. This doesn't mean I am taking a university degree in the topic. It's just that my In-house Adviser came across a newspaper article on dinosaurs and thought I should read it while partaking of my breakfast. As it was full of big words I continued reading it during my mid and late morning tea breaks before finishing it over lunch. The apparently ground-breaking research about the Tyrannosaurus Rex was carried out by Holly Woodward, a palaeontologist at the Oklahoma State University Centre for Health Sciences. See what I mean about big words?

But I digress. Until now it had been thought by the experts – those who learn more and more about less and less until they know everything about nothing – that there was a breed of small dinosaur catchily named, wait for it, Nanotyrannus, that had lived at the same time as T Rex. You probably saw them in the film Jurassic Park. Cute looking little things, until they bit your leg off. However the discovery of new fossils seems to show (using the word 'seems' to avoid the possibility of being sued, as lots of learned people read Over the Hill)… seems to show that this wasn't a different breed of dinosaur, but just a teenager T Rex! In fact Holly, if I may call her that, says that the fossils are of a 13-year-old and a 15-year-old. And we all know what youngsters of that age are like! I have this glorious image of a Senior Citizen T Rex complaining that he (or she, as my In-house Adviser so rightly points out) can't get the teenager T Rex out of bed in the morning, that they spend all day on their Tpod (that's a T Rex version of an iPod), won't eat what's caught for them and are forever accusing their elders (and betters) of being boring. It seems that the only thing a Senior T Rex didn't have to put up with was developing technology. But then, it can't have been a total bed of roses, because something killed them all off. Perhaps there's a lesson here somewhere?

Some 18th Century Haywards

When Wyke did its farming in the Common Fields, strip-owners had to comply with the corporate planning often indicated in the Court Books (in Dorset County Record Office):

'The Wild to be a sheepslight (pasture) for the whole year.'

'The Wheatfield to be stocked with Beasts and Horses on 10th October but not to be broke till that time.' 1796. (Presumably no one was to jump the gun)

Those appointed to oversee these matters were the humblest of the Court officers, the three or four haywards (from Anglo-Saxon hedge), particularly concerned with the control of livestock.

In 1774, rather quaintly, spelling and all:

'We present every Person that shall put any sort of cattle into the Commons of this Mannor without giving a note to the Haywards in writing acquainting them on who's (sic) right they stock (under penalty of 6s 8d)'

What about notes 'in writing' to haywards who may not have been literate? In 1757 'The Presentation of the Haywards' reads -

'We present all well in respect of our office.'

'The mark of George Summers' (a big cross)

'The mark of John Collins' (a blank ...)

Robert Adams, a labourer, served as Hayward from 1765 to 1800, while others came and went. Yet at the time of his marriage in 1756 he (and his wife Sarah) could make his mark. (He worked his strips of land around the village and owned the cottage in which I live now, in 'Pale Close'.) (Other Haywards during the period were John Wallis, John Gill, John Miborn, Thomas Barrett, Henry Newbolt (!), William Gover, William Bushell, George Tullidge, Philip Dennis and James Ferry.) 'I present the Pound out of repair,' says William Bushell in the 1757 Court - a frequent complaint. The Pound seems to have been on the west of the bottom of Lanehouse (see last month's map) and opposite a piece of 'wasteland' enclosed in 1797 as an enlargement of the churchyard to the north of the church.

The Pound was much the concern of the Haywards, since wandering cattle were driven there to be claimed and their owners fined: 'No mare with a foal to be tyed between any standing corn under the penalty of 6s 8d and we order the Haywards to impound the same.' (1797)

This was reckoning without the sturdy defiance of some Wyke villagers. One apparently had his horse clamped and removed to the Pound. Like any modern motorist he was in a rush to reclaim his own: 'We present Abraham Drayton for breaking the Lock of the Pound and taking a Horse therefrom.' (1793) Others gave the unfortunate Henry Hewlett, one of the Haywards for 1780, a bad time: 'We present James Bowring for once and James Spracklin for three times driving away their flocks of sheep from Henry Hewlett as he was driving them to the Pound'.

Another. Joseph Dicker, did not last long at all. He was appointed a Hayward of Wyke in October 1799, along with Adams and Philip Dew. But in the Court Leet for 30th April 1800 there is this stern pronouncement:

'We present that Joseph Dicker, one of the Haywards of the Manor, for improper conduct is not fit to serve the said office, and that (--unfilled blank -) be appointed in his stead.'

Well - you get the impression of a close but lively community!

J Kane

(Original article printed in the Wyke Register January 1992)

Local news

Continued from page 16

is currently undertaking a peer review. Some aspects of planning are working well but there are still areas that need improvement so it will be helpful to hear our peer's opinions. We have three quite big planning issues affecting the ward currently, the redevelopment of the former St Nicholas Church, the demolition of two houses in Buxton Road and replacement with flats and the Powerfuel proposals at Castletown. A number of residents have contacted me on these. Do rest assured that I do note all your comments and make every effort to read all the relevant reports and information but in order to avoid any suggestion of pre-determination I cannot enter into discussion on a planning application.

As I mentioned last month Weymouth Town Council are coordinating the celebrations for VE and VJ days. Nationally there are plans for a synchronised peel of church bells as well as an opportunity for us all to make a toast. We would like to encourage neighbourhoods to organise street parties, please contact the Town Council for advice. It would be lovely to see our homes decorated, too. I wonder whether a party in Wyke Gardens would be possible?

My husband and I went away for two weeks over Christmas. Although I managed to pick up some emails and messages I was very grateful to Cllr Lucy Hamilton who covered for me over our holiday. If at any time you are unable to contact me Lucy will always respond, we work closely together and she refers any Dorset Council matters to me.

May I remind anyone wishing to litter pick in their area at any time that I can help provide bags, grabbers etc. so do get in touch.

I still post on my Cllr Kate Wheller facebook page and welcome your comments. I am aware that not all the ward receives the Register but it is also available on-line so please tell anyone who asks. Please remember; I am very busy and don't always pick up messages on facebook so if you have an urgent issue phone 07850 060947, leave a message if you don't get an answer or email me at cllrkate.wheller@dorsetcouncil.gov.uk

Wyke Organisations

Parish of Wyke Regis, All Saints with St Edmunds
Every Friday
Holy Communion 10.30am
Every Sunday
Holy Communion (said) 8.00am
Holy Communion (sung)* 9.30am
*Family service 1st Sun of the month, Baptisms 2nd Sunday of the month.
Toddler Praise, 1st Wed month 2pm.
Sunday School, 2nd/3rd Sunday.
Rector: Rev Brother Alasdair Kay. Tel 01305 784649
Email enquiries: info@parishofwykeregis.org.uk
www.parishofwykeregis.org.uk

Beachview Community Centre,
Beachview Close, Wyke Regis, DT4 9JA.
Bingo, every Saturday, 7pm
Coffee Morning, every Monday, 10am
Home-cooked hot lunches Thursday and Sunday at 12 noon.
Call 01305 750541 to reserve your place. All very welcome.

Friends of Wyke Regis Library
Share views on the books you have read recently, join the book club or just catch up with Friends in the Library anytime between 10.30 – 12.30 on the last Monday of each month.

Wyke Regis Methodist Church
Thursdays - Coffee morning, alternate weeks arranged by Church members. 10.00 - 11.30am

Wyke Regis Horticultural Society
Trading Post Openings. Sat 9.30am to 12.30pm; Wed 2.00pm to 4.00pm
Annual Membership £5 may be taken out at our shop during opening times. www.wrhs.org.uk

Wyke Regis Community and Sports Association
Wyke Weenies - a group for Toddlers and their Parents/Carers meets on Monday mornings(term time only) from 9am to 11.30am.
Monday C'Siders-Cancer Support Group Table Tennis from 1pm to 2pm.
Monday Table Tennis from 7.30 to 9pm.
Tuesday Ladies Club 1.45pm to 3.15pm.
Tuesday Prize Bingo is 'Eyes Down' between 7.30pm and 9 p.m.
Wednesday Sing, Sign and Play 10am to 11.30am
Wednesday Holistic Yoga 7.30pm to 8.30pm
Thursday U3A Table Tennis from 2pm onwards.
Thursday League Table Tennis
Friday NHS Leg Club 9am to 12noon.
Friday Judokai Weymouth Judo Club from 7.30pm to 9pm Juniors from 8 years and seniors both beginners and improvements.
Sunday's Wargames-all ages-11am to 5pm.

Wyke Regis Library
Mon - 10am - 1pm; 2pm - 6.30pm
Wed - 10am - 1pm; 2pm -5.30pm
Friday - 10.am-1pm
Saturday - 10am - 1pm

Wyke Regis Pre-School
Shrubbery Lane, Wyke Regis. Tel 789222. Monday - Friday 9.00am - 3.00pm. Term time only. 2 years 9 months until school age.

Wyke Regis Medical Practice
Portland Road, Wyke Regis – 782226
Surgery hours – Monday - Friday – 8.30am - 1pm and 2pm - 6.30pm.

Wyke Regis Society
www.thewykeregissociety
Meetings second Tuesday two-monthly, 7pm at Working Men's Club, Portland Road. Contact 01305 761993 or wykeregissociety@gmail.com

Weymouth South Scout Group
Scout Hut – Ryland's Lane
Monday: Scouts 7.00pm. – 9.00pm.
Tuesday: Cubs 6.00pm. – 7.30pm.
Tuesday: Gauntlet Explorers 8.00pm. to 10.00pm.
Wednesday: Scouts 7.00pm. – 9.00pm.
Thursday: Cubs 6.00pm. – 7.30pm.
Friday: Beavers 5.30pm. – 6.45pm.
For further info. Please email the Group Scout Leader Kerry Gill: weymouthsouthgsl@live.co.uk

Modern Sequence Dancing
WI Hall, Gallway Road, Wyke Regis every Saturday. 7.45pm - 10.15pm. All welcome. For details 770780.

Wyke Regis Pop In Club
Thursday afternoons 2-4pm, Memorial Hall (using the side door), talks, entertainment, quizzes and games. Contact Val on 768678.

Weymouth Ind Evangelical Church
WI Hall, Gallwey Road, Wyke Regis, Services 11.00am and 6.30pm. All are welcome.

Wyke Regis Community Association
Email: wrca@btconnect.com
www.WykeRegisCommunityAssociation.co.uk or follow us on Facebook
www.facebook.com/WykeRegisCommunityAssociation/

Wyke Regis Womens' Institute
General meetings are on the second Thursday of the month at the WI Hall, Gallwey Road, DT4 9AJ. The various groups meet at regular times during the month with details on our website. For more information: contact us on 07719 312901 or at secretary@wykeregiswi.org.uk; or check our website www.wykeregiswi.org.uk or Facebook page www.facebook.com/wykeregiswi/

Send your letters, articles etc to:
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email: info@registermagazine.co.uk

Local Organisations

Blind & Partially Sighted
Wednesdays 1.30pm - 4.00pm
Weymouth Community Safety Centre, Radipole Lane. Bingo/Excursions - Jenny Clift . 01305 787065.

Breathe Well Weymouth
A support group for people with lung problems. Meet 2nd Wednesday of the month. 2.30pm - 4.30pm at The New Fire and Community Centre, Radipole Lane, Weymouth. Details chairman Mike on 07792846463 or 01305 814600.

Christian Spiritualist Church
St John Ambulance Hall, Westway Road, Weymouth. Sunday Services 6pm for 6.15. Spiritual Healing every Friday 2 - 3.30pm. Parking available
www.spiritualistchurchweymouth.com

The Cygnet Group
Third Saturday in the month, St Paul's Church Hall, Abbotsbury Road, 10.00am-12 noon. For more details Eve Hanney 01305 787220 or Joan Savage 01305 820668.

C'Siders - Cancer Support Group
Meetings on the first and third Mondays of the month at the Wyke Smugglers, 76 Portland Road, DT4 9AB from 7.30pm - 9.00pm.
Visit our website at csiders.org, Facebook at www.facebook.com/csiderswp, e-mail info@csiders.org, or contact 07430 695462 for more information.

Dorchester and Weymouth Branch of Epilepsy Action
Coffee and Chat Meetings, Jacksons' Gallery in Fortunswell, Portland every second Thursday 10.30 - 11.30am. Suttons' Coffee Shop, St Albans St, Weymouth. On the 4th Thursday each month

Dorset Kidney Fund
Support for Renal Patients throughout Dorset and South Somerset. For help and information please call Diana Crowder on 01305 834954 or Sue Bithell on 01305 269293.

Friends Of Weymouth Library
FOWL suports and promotes our valuable library service. We hold regulary coffee mornings in the library on the first Tuesday of the month, all very welcome 11 -12.30. Our programme of events such as talks, trips, quizzes and socials raises money for library projects and equipment. More details from the library or 01305 832613.

Lip Reading and Communication Skills Weymouth Class
We meet on Mondays in school term time, 12.30 - 2.30pm at The Frank Reynolds Community Centre on the Dorchester Road, Weymouth, DT3 5BY (Broadwey). Email: elizabeth.ian.messer@gma

Melcombe Regis Weymouth Flower Club
3rd Thursday of the Month from 7.30pm (except April, Dec August). Radipole United Reformed Church Hall from 7.30 - 9.30pm. Membership from April £17 per year or £5.00 visitors fee.

Osmington Recorded Music Soc
Meets usually 1st and 3rd Monday afternoons, October to April, at Osmington Village Hall, from 2.15pm. 01305 262121, email: heather.foster1@btinternet.com

Portland Gig Rowing Club
Meet Osprey Quay for various rowing sessions during the week and weekends and are open to all from 11yrs and over. For more information, www.portlandgigrowingclub.co.uk

Scottish Country Dancing
Thursday 7.30pm - 9.45pm September - May. New dancers welcome anytime. Southill Community Centre, Radipole Lane, Weymouth. DT4 9SF. Details from Judy on 833660 .

Somerset & Dorset Railway Trust – Dorchester Area Group
Meets usually last Friday of the month (except August and December) at the Dorset Room, Colliton Club, County Hall, Dorchester, 7.30pm. Further details from 01305 262121, or email: heather. foster1@btinternet.com

South Dorset Caledonian Society
Ceilidh Dance Practice on Monday evenings, 7.45pm - 9.30pm at Willowbed Hall, Chickerell. £2.50 per session, inc tea/coffee. www.southdorsetcaledonians.org, e-mail: sdcssec@gmail.com

South Dorset Group of the Somerset and Dorset Family History Society
St Aldhelms Church Centre Spa Road on the 3rd Friday of the month tea or coffee at 2pm and the talk at 2.30pm. Contact no is John on 01305 776008.

South Dorset Woodcarving Club BWA
Tuesdays,Upwey Old School Village Hall 7- 9 pm
Dave Whiddett 07948502857 or 01305 812064 email:
david.whiddett@homecall.co.uk

SSAFA
Pilgrim House, 1 Hope Street, Weymouth, DT4 8TU. Tel 458487. Email. ssafaweyport@talktalkbusiness.net
Answerphone service.

St John Ambulance Westwey Road.
Adults - Wed 7.30 - 9.30pm. Cadets (10 - 18 years) Mondays 7.00 - 9.00pm. Badgers (6 - 10 years) Wed 6.00 - 7.00pm. Tel 01305 784493.

The Tornadoes of South Dorset
Swimming Lessons from School age on Fridays 5.30pm - 7pm. Squad Training daily(depending on ability). Osprey Leisure Centre, Portland.
uk.teamunify.com/Home.jsp? team = swrtornadoes or tornadoessecretary@btinternet.com

Weldmar Hospicecare Trust Shops

Wyke Regis:- 82 Portland Road, Tel 788369. Open Mon - Sat 9am - 5pm.
Weymouth :-71 St Thomas Street. Tel: 783523.Open Mon - Sat 9am - 5pm. Sun 10am-4pm.
59, Great George Street.Open Mon - Sat 9am - 5pm. Tel 787825.
10 Hardwick Street. Tel: 777774.
Mon - Sat 9.00am - 5.00pm
Weymouth Outlet
Unit 11/12 Oxford Court, Granby Ind Estate, Weymouth DT4 9GH. Tel: 770760.
Mon - Sat 9.00am - 5.00pm.

Weymouth and District Model Engineering Society
Tuesday evenings from 7pm and Saturday from 10am at Budmouth College, Chickerell Road. Talks on Tuesday during Winter months.www.weymouth-dmes.co.uk. Andy, Secretary 01305 459677 or andy@hsme.co.uk

Weymouth Movie Makers (formally Weymouth Cine & video Club)
Meet from September to May on alternate Wednesdays at 7.30pm at the Centenary Club 21 Jubilee Close, Weymouth www.weymouthmoviemakers.weebly.com E: weymouthmoviemakers@gmail.com Chairman Anne Vincent Tel: 01305 780140.

Weymouth Stroke Support Group
Meets at 10.30am for coffee etc on alternate Tuesdays at Weymouth Bay Methodist Church, Melcombe Avenue. Further details from Gerry Barr 07580664210

Whist & Military Whist Drive
Moonfleet Bowls Club, Knightsdale Road. Tuesday, start 6.30pm
Details on 784056.

Weymouth & Portland Holzwickede Twinning Association
Weymouth & Portland Holzwickede Twinning Society hold various social activities in and around the area. All enquiries 832694.

Weymouth Areas Seniors Forum
An independent over 50s forum for residents of Weymouth, Wyke Regis, Portland and Chickerell. Meetings 4th Tuesday of the month, 2pm - 4pm, Weymouth Angling Society Commercial Road, Weymouth.

Weymouth Classical Recorded Music Society
Meets at The Acorns, Grosvenor Rd, Weymouth on usually 2nd and 4th Monday evenings, September to June, from 7.30pm. Car parking available. Further details from Mrs J Marlborough, on 779787, or email heather. foster1@btinternet.com

Weymouth and Portland Quakers
Meet first and Third Sunday of each month 10.30am at the Fire Station, Radipole Lane, Weymouth. Tea and Coffee after. Doors are locked after 10.45am. Tel: 01305 788452.

Weymouth and Portland Sub-Aqua Club (BSAC)
Weymouth Angling Club, Commercial Road, Weymouth, Thursday evnings 8pm. Contact Ian Joseph 07802658848 or chairman. wpsac@gmail.com

Weymouth Carers Group
Meet 3rd Tuesday every month at the The Royal Hotel on the Esplanade . For more Information contact The Carers Lead at your surgery.

register magazines

Copy and Distribution Dates 2020

Issue	Copy Date	Distributed from
March	Monday 3 February	Monday 17 February
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May	Monday 6 April	Monday 20 April
June	Tuesday 5 May	Monday 18 May
July	Monday 8 June	Monday 22 June
August	Monday 6 July	Monday 20 July
September	Monday 3 August	Monday 17 August
October	Monday 7 September	Monday 21 September
November	Monday 5 October	Monday 19 October
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Wild Plants of Weymouth by Flora

Clematis

Late in 1560AD, a bell-shaped flower not seen in this country before, was introduced into England by Hugh Morgan, a botanic gardener in London.

This was the *Clematis villecella* and, following on eight years later in 1568, came *Clematis viticella*, a vine clematis from south east Europe. Gradually, as the years passed on into 1826, from the Himalayas and China came *Clematis montana* and thus, albeit slowly, the clematis increased in popularity. By 1863, Jackmans of Wokin who were popular and dedicated gardeners, took great joy in their achievement and thus secured a prize for their development of a pale purple, large flowered clematis viz the Clematis jackmanii.

They are similar to anemones, peonies and buttercups, all of which are members of the *Ranunculaceae* or Buttercup Family. Nowadays they can be found growing almost all over the world especially in North America and Asia as well as Britain. Nowadays, they are said to be around two hundred different species.

The stems of the clematis are woody at the base, and climb upwards over shrubs, railings, fences and walls. They can be vigorous climbers and should be pruned regularly with care, cutting and removing dead shoots and old wood. When purchasing clematis it is wise to examine the specimen carefully in order to avoid aphids, slugs, snails and earwigs etc.

Reading and researching carefully around this beautiful, unusual and elegant plant, what we normally refer to as the 'flower' is, in spite of its colour, a leaf! This plant is most unusual, for flowers generally have green sepals and coloured petals whilst clematis have coloured sepals, and the flowers inside are small and insignificant. Clematis sepals can be bell-shaped, tulip-shaped, single, double or saucer-shaped, and their colours, in America and England, range through blue, violet, white, pink and red. The colours vary according to climate conditions and whilst the plants will grow in the shade and the full sun, they prefer to use rich, well-drained soil with their roots shaded. Any well-drained, non-acid soil is suitable for them and they will thrive in both sun and light shade. Care must be taken regarding regular checking for aphids, mildew and clematis-wilt, all of which may cause problems, and any cuttings needed should be taken in April, or grown under glass in divided clumps either in spring or autumn. They seem to flourish when the roots are planted in either shade or semi-shade, and the roots should not be allowed to reach through to the full sun.

Various names have been given to the clematis in the past eg Virgin's Bower, Old Man's Beard, and Traveller's Joy. Its common name, however, stems from the Greek '*klematis*' meaning *to break*. The Greek word *klem* means *a twig* or *a shoot on the vine,* and was eventually used to describe the clematis plants. Pronunciation of its name is also interesting for it was originally in print and broken up as KLEAM –UH-THIS and pronounced as *clem-u-tis* with emphasis on the first syllable. In some areas, however, emphasis may lie on the middle syllable eg *clem-ay-tis*.

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BUY WITH CONFIDENCE

By Grahame Howard

The world as I see it

Brexit was finally achieved, yay. Well, almost, we've just got to wait for a few years while the finer details are sorted out. But at least the election is out of the way and the news programmes can be filled with something else for a while.

And Christmas is finished along with the New Year celebrations and it's full steam ahead for the next holiday or holidays.

The CO treated herself to an Amazon Echo Dot recently and the fun we've had with that is amazing. It all started with me purchasing an Amazon Fire stick. I wanted to stream some music and programs from the other side of the world. We like watching a lot of Christian channels and America has a lot of dedicated stations just right for this. We have also revolutionised our viewing of BBC iPlayer too. Our video recorder broke some time ago. I considered taking it back to the store but they have gone out of business and it was about 30 years old. Anyway, now we can watch selected programs whenever we want to. It is good and much cheaper than buying a new TV which was my original plan.

The idea of the Echo Dot is that the CO can listen to her music and other things when she's busy in the kitchen doing ironing or cooking. I asked Alexa to play some old Max Bygrave's songs and she did. Now the request is in the memory and Alexa keeps trying to play it; something the CO is not happy about.

The CO gets up at around 11am most mornings, unless she wants a lie in. She then spends until about 5pm watching catch ups. I wonder if she'll grow into a couch potato but I feel it's more realistic that it will be a sad satsuma.

During the festivities we both put on weight. What with biscuits, cake, chocolate and dinners I put on 7lbs. I'd worked hard too to get my figure down to the slender look. Now I've got to start all over again. So I've decided that I may do the Mmarathon this year, well I'll watch it at least to get the idea of it and then plan for next year. It wears me out just thinking about it.

I'll just about get back to a decent weight and Easter will be upon us. All those succulent chocolates, eggs, Easter biscuits and hot cross buns. Talking of hot cross buns, the CO and I, went shopping the day after New Year and in the supermarket bakery, hot cross buns were on display. I mean, flipping 'eck, it's a tad early isn't it. They don't give you much time to get over one thing before another is flying towards you. I almost gave in and bought some. However, the CO, who always knows best, informed me that it is still the New Year - not Easter and we will not be getting any until when it is Easter. And that was that. I did consider slapping her but then thought better of it when I saw her face, anyway, it would have been foolish as she's a black belt karate expert. I'm only brown belt - at macrame so I thought I'd sit this one out.

I did ask Alexa if it was ok to eat hot cross buns before Easter, but sadly, she didn't understand the question. Rubbish, she understood all right, she just didn't want to have to wrestle with the CO, well not wrestle but whatever black belt karate experts do.

Actually, the CO isn't a black belt karate expert, the only black belt she has is to hold her jeans up, but it got you hooked for a moment and it filled a little space. It was only a little lie.

Everybody's at it anyway; you go shopping in the supermarket and chocolate bars have shrunk in size, tins of beans and such have smaller tins and I noticed the other day that certain shower gell makers are now producing 200ml containers instead of the old 250ml. Some body sprays are smaller and yet the prices are the same if not more expensive. I suppose it's all done in the name of profit. Just a look around our towns gives us a good idea of how business is suffering. Some places are like ghost towns compared to what they used to be. I expect it is due to massive online stores. I don't really think one can compete with such giants as these. Their prices are much cheaper in some cases, they're open 24/7 and one can shop at leisure, order and receive the goods the next day. This is strong competition and I can see it getting worse.

Robots are becoming more familiar in some big businesses too, especially the car industry. What with self-service checkouts in supermarkets, driver-less cars not far away, jobs will be scarce. I passed a housing site last week and there was a huge crane working on its own with two men working remote controls and shouting instructions. I couldn't believe my eyes.

If the CO gets wind of all this, I'll be history. Instead of putting me in a home, of which forms have been completed, she'll be putting me out to grass and getting herself a robot, one that will obey every little order she gives.

It's not worth thinking about.

There'll be a lot of teething problems when we do go totally robotic. I mean, at present half of the voice operated machines that we talk to, are deaf. They get your words mixed up, 'I'm sorry, I don't understand what you've just said,' I get this a lot, the CO tells me it's my accent. I was dragged up and I don't speak the Queen's English. Do I care? Cause I don't.

Bye
Grahame

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