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# ***EDITORS NOTE***

THANK YOU TO COLIN, RAPLH AND PAUL

Hello I'm Sophie, the new editor of Oving and District News. The continuation of this magazine would not have been possible without the dedication from Colin, Paul and Raphl for the last few years. A big thank you to them!

I hope that many of you were able to enjoy Scarecrow day this year, another thank you to all the volunteers and scarecrow makers who made the day fabulous.

I recently discovered that the Tangmere Military & Aviation Museum has a lovely café, and is within walking distance of Oving. Have you been?

Best wishes, Sophie

## **Oving Community Facebook Group**



A new private group for Oving residents to connect and find out what's happening in and around the village. Request to join by searching:

Oving Community Group (West Sussex) or

[www.facebook.com/groups/977930782835109](https://www.facebook.com/groups/977930782835109)

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# ***OVING SCARECROW***

## ***DAY 14 MAY 2022***

What a fabulous day we had! The weather was ideal and we had lots of wonderful scarecrows. Mysteriously, ahead of Scarecrow Day, Oving was yarn bombed! Yarn warriors had been out and about silently covering trees, benches and anything that didn't move with brightly knitted and crocheted creations. It was a sign, after two fallow years, scarecrows were back!



Music was supplied by the Sussex Steel Band, Oving Folk, and the Selsey Ukulele Band, singing by the Wellington Wailers, from Shoreham. Dancing by the Fishbourne Mill Morris dancers and a beautiful performance by the Arabesque Dance School. We had walking trees, tractor / trailer rides, a pig courtesy of the Sussex Saddleback pig group, heavy horses, classic cars, craft stalls, Zumba Gold demo. Plus lots of happy, smiling faces! All out to enjoy the sunshine and scarecrows, the Pimms and strawberries, and cream teas.



Di Pitts, ably supported by her two assistants, took on the unenviable role of judging the scarecrows. We must apologise for the technical hitch which meant that we couldn't upload the images for the People's choice award. The judges gave their second choice for this the Hague Trophy. Many thanks to Di, Valerie and Kate, who, amazingly, still had enough energy to come to the 'do' in the Jubilee Hall in the evening.

Date for your diaries - Sat 13 May 2023.

Trophies were awarded as follows:

- The Goodwood Cup - Maypole Dancer, made by Oving Youth Club
- The Woodhorn Cup - Mrs Tiggy-Winkle, made by Courtney Hayler
- The Sue Jameson Cup - Laurel made by the Richardson family
- The Hague Trophy - Party Gate made by the Sellors family

The judges had a hard task with so many amazing entries, many were themed, looking after nature, our planet, and peoples' health, to politics, and the need to have fun, like the Snake wrapped around a tree which kept many amused.

In the evening, the Jubilee Hall committee provided a free evening event with music from the Cheese Bandits, a cash bar and a very tasty fish and chip supper.



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A woman with grey hair, wearing a maroon turtleneck, is smiling in a kitchen. She is standing behind a white plate on a light-colored countertop. In the background, there is a stainless steel kettle, a container with pens, and light blue kitchen cabinets.

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# *A NOTE FROM THE RECTORY*

Summer is here! Summer brings the delight of gardens and green spaces blossoming forth with the bounty of God's creation. I must admit that I am not one of the green fingered people who are blessed with the ability to grow and look after plants. Fortunately there are many people in Oving and the surrounding area who are, and who make the area glow with flowers and foliage. It is those who are able to give their time and talents in growing what gives the rest of us pleasure. But we should remember that it is hard work creating what seems to be effortless.

And so it is with our faith. Growing in faith does require time and effort. There are very few of us who can be like St Paul and go from no faith to great faith in an instant. Most of us will grow in faith as time passes. And like plants, we can sometimes feel strangled by the weeds of everyday life, sometimes feel that we are not being fed and watered enough and sometimes feel like we need nurturing to get the best out of us.

The church of St Andrew's is committed to giving everyone the chance to explore their faith, to have a space where we can step away from the pressures of everyday life, where we can hear the comforting words of Jesus and join with others on our path of growth.

If you would like to join us, our Sunday service is at 11:00. Or if you would like to come and sit in the church for a time of peace and quiet, the church is open every day between 10:00 and 4:00. If you would like to talk about your faith, please contact me at 01243 785089 or [trevor.marshall9@icloud.com](mailto:trevor.marshall9@icloud.com)

Revd Trevor Marshall





# ***TANGMERE MILITARY AVIATION MUSEUM***

On May 1, 2022, the Museum hosted a day to mark the 40th anniversary of the commencement of the air war to regain the Falkland Islands.

Visitors were able to see the Museum's exhibition on the Falklands Air War, and to meet Sea Harrier and RAF Harrier pilots and others including the Captain of the Hercules C130 that took Sir Rex Hunt, Governor of the Falklands, back to the islands at the end of the war.

Tangmere's connection with the Falklands war is No 1 Squadron who flew the RAF Harriers off HMS Hermes during the war on ground attack sorties – Tangmere is the squadron's ancestral home, – the squadron was based at the airfield for 12 years between the First and Second World Wars.

On September 1st the Museum will open an exhibition covering the 40 years since it first opened in 1982. In those 40 years the Museum has amassed a wide collection of material covering both World Wars and the Cold War.

Visitors can hear how James Nicolson won his Victoria Cross, the only such medal awarded to Fighter Command during the Second World War. And they can hear it from the man himself in an interview conducted by the BBC in November 1940.

See the Hurricane wreck flown by Sergeant Denis Noble. It crashed into Woodhouse Road on August 30, 1940. The Aircraft was recovered in late 1996 – along with some of his remains. Come and see two jets that both broke World Air Speed records, when Tangmere was home to the High-Speed Flight after the Second World War.

Teddy Donaldson flew the Gloster Meteor, Britain's first jet fighter, from Littlehampton to Bognor on September 7 1946 at an average speed of 616 mph! Just seven years later, in 1953, Neville Duke flew the same circuit at an average speed of 727 miles an hour. It is amazing to think that by then the world had only been flying for 50 years!







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# ***FILM REVIEW BY ANNIE BENNETT***

TOP GUN: Maverick directed by Joseph Kosinski

Well, it wasn't meant to be this film, I don't much like Tom Cruise; flying; roaring engines or cheesy American military dramas, but I like Sonic the Hedgehog 2 less which were pretty much the choices at Cineworld.

However, Good Call!

Within minutes of the film opening, Maverick (Cruise), has taken and trashed a billion-dollar prototype aircraft, managing to bail out even though it is flying at Mach10. Instead of being marched out of the Navy and indeed convicted of theft, he is instead sent back to Top Gun (flying school for the elite if you are the 1 person not to have seen the original Top Gun) to train the present-day elite flyers for a very special mission. So far so predictable.

The trainees are a very diverse bunch (it is after all 2022) including the son of his dead flying mate Goose (from the first film for the other one of you who didn't see it) which sets up the friction between "old man" Maverick and the young pilots. They have predictable call signs including, Phoenix, Hangman, Payback and Coyote to name a few. They all still spend a huge amount of time in the bar, a great device to weave action from both films together, especially of Maverick and Goose's rendition of "Great Balls of Fire" from Top Gun to Rooster's (Goose's son) singing it in this film. There is also a love interest for Cruise, Penny, played by Jennifer Connelly but like a lot of the film, it detracts from the flying and the sheer exhilaration that it produces, so these sections slow the film down.

The flying is simply out of this world, hold your breath, eye wateringly phenomenal. The training practises allow Cruise to reprise a lot of the dare devil aerobatics, but it is ratcheted up 100%. Breath-taking. And that's before the mission.

Think the Star Wars X fighters attack on the Death Star (seriously you haven't seen it?) and that comes close to their mission. I won't go into the details or outcome, suffice to say the guys in the white hats rule the day, eventually.

The backing music drives the pace, the photography is awesome and the supporting cast including John Hamm and Val Kilmer are on point, but this is Tom Cruise's film, and he nails it, although even he doesn't look so hot pulling G!

Move over Sonic, you don't stand a chance against Maverick.



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THE GRIBBLE

# ***WHAT'S IN A NAME?***

I enjoyed the anonymous article in the last parish magazine regarding the pronunciation of the name of our village. I agree that most people who have lived here all their lives and their parents before them do insist (as is their right) on the logical Oving pronunciation. However, there are a few things that I would like to add. I have lived in the village for twenty years but have had connections with the village for many years before that. As a teenager I used to cycle over from Chichester to the youth club! Neither of my parents were born in Chichester but, growing up in the area near Oving Road and later living in Oving Road itself, I was always told by people who had Cicestrian ancestors that we lived in Oving (with the Oo pronunciation) Road. So, again, I believe that is also their right.

Working in West Sussex Archives for nearly thirty years I, too, have had access to many old maps and documents that show Oving spelt many different ways. But, the problem with spelling is that it has no bearing on pronunciation. Spellings were not standardised, even in legal documents, until well into the nineteenth century. Words, including names and place names can be spelt differently, even within the same document! The name of Katherine Wood (the benefactress who built the cottages, school and almshouses in the village) is spelt as Katherine, Katherina, or even Katerina.

But we are not alone. There are many other villages in West Sussex that cause confusion – Felpham, Bosham, Cuckfield (Cookfield) and Slaughtam (Sluffham?) to name a few. When a group of us were writing *A Short History of Oving Parish* we decided to avoid controversy and opted to quote Roger Jackson, the late landlord of the Anglesey Arms in Halnaker. At that time some of us would cycle over to the pub on a Sunday afternoon and he would always say “Here they come – are they roving from Oving, or moving to Oving, or loving in Oving”. I think that says it all!

Susan Millard

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# BOOK CLUB REPORT

"Rock, Paper, Scissors" by Alice Feeney is an absorbing narrative with odd and puzzling twists. Adam and Amelia have decided on a weekend in a remote, converted chapel in the Highlands, as a last ditch attempt to save their marriage. It begins badly - an awful journey, worsening winter weather, constant tension. Adam has a condition which renders him unable to recognise faces, an important fact in the story. Once arrived all is not what it seems. Doors open and close mysteriously, later the dog disappears, who is the stranger in the cottage down the lane? The story breaks off every so often to record the letters Adam's wife has written to him on each wedding anniversary. But they are not for him to read, more a secret diary. Clues and pointers to the mystery occur throughout the book. To some of our group the denouement was not such a surprise but to others it was unforeseen. Even at the very end the mysterious revelations are not complete.

How many of us would like to live our lives over again? In "The Midnight Library", Nora Seed considers herself a failure in everything. She takes an overdose to end it all but finds herself in a Library.



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She is shown the Book of Regrets, from which, at Midnight, she can choose to live any part of her life again which promised happiness.

But of course none of her attempts succeed; pub landlady, pop star, famous swimmer, Arctic scientist, all end in failure as before. Once she decides she does want to live she wakes recovering in hospital. She determines to begin anew, starting with reconciliation with her brother who is by her bedside. Matt Haig's novel is similar to the recently televised "Life After Life" (which we read in 2014). The idea of Purgatory being a library sounds a good idea to a Reading Group!

Mermaids have been a subject of legend for generations. On a Caribbean island young fisherman David suddenly comes upon a mermaid in his fishing grounds. When she is captured by dreadful Americans in a fishing competition, David rescues her and takes her secretly to his house. he learns about her past, cursed centuries ago by the jealous women of her village. her name - Aycayia - means sweet singer. There follows a tender love story. The mermaid becomes a woman, her scales and tails drop off. David's friends, the white Miss Rain and her young, deaf son, help her to speak. They are happy but David has enemies and Aycayia is betrayed. She is again rescued, but reverts to her original mermaid state, and in a wild hurricane she returns to the sea. "The Mermaid of Black Conch" by Monique Roffey offers the reader a new twist on an old myth. Or do mermaids really exist after all?

"Harrowing " is the word most of us used to describe "American Dirt" by Jeanine Cummins. The fictional story is firmly rooted in heart-rending facts i.e. Mexicans trying to escape to the U.S.A.. Lydia has to flee with her son Luca, aged 8, after her family are massacred at a family barbecue. They undertake incredible risks, do not know whom they can trust along the way. Our hearts were in our mouths when Lydia and Luca have to jump on to the roof of a moving train, a favourite way of getting across the country. They make friends with other migrants, so the reader hears more agonising stories. Their final push is through the mountains with an enigmatic guide, but he is honest and lands them finally on American soil. We all thought this book was beautifully written, and leads to compassion for those we may have dismissed as "not our problem" hitherto.

Beryl Lang

# ***FRIENDS OF ST.ANDREW'S CHURCH UPDATE***

On 9<sup>th</sup> April 2022 the Friends, in conjunction with the Village Hall, held a very successful Race Night. Despite numbers being slightly down we managed to raise a very healthy profit of £1500, this being split between the two groups. Our next planned event will be a QUIZ NIGHT to be held in the Jubilee Village Hall on SAT 22<sup>nd</sup> OCT at 7-7.30 start. With the usual fish n chip supper, quiz master Father Trevor Marshall. A very popular event!

Following our successful fund raising over the past few years we have been able to pay, amongst other things, for the new plinth heaters in the Church and for on-going grass cutting in the Church Yard. Our mission as Friends is to help with the overall comfort and ambience of the Church to make it a welcoming peaceful place to visit and worship.

In December we will be organising, in conjunction with the Jubilee Village Hall and the PCC, the Christmas Fayre to be held on SAT 3<sup>rd</sup> DEC followed by the new exciting venture..... **BURLESQUE EVENING**  
**SAT 4<sup>TH</sup> MARCH 2023**

Lynda Sayer (Chairman, Friends of St. Andrew's Church, Oving)

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# **HELLO AND WELCOME TO NEWS OF YOUR OVING JUBILEE HALL**



Today is the 6<sup>th</sup> June, a day after that absolutely fantastic Street Party in honour of our Queen's Platinum Jubilee and I am still on a high. Thank you everyone for joining in, for helping and

for planning it, a process which started towards the end of last year.

The Race Night, in April, was a great night out, although there were not as many participants as we hoped for. Those that did come must have really enjoyed themselves, as bar profits were excellent - obviously we chose the right beer and wines. The Comedy Night was another sell out and, again, there was plenty of laughter. The Scarecrow Day (I loved their cream teas) and Evening were brilliant and our own "Cheese Bandits" band got everyone dancing. It was the perfect ending to a hugely successful day.

All regular events continue to thrive, there is an additional Pilates class on a Monday night and a monthly Yoga evening on Fridays. Anyone wanting to run a class should contact our friendly bookings secretary Katie ([hall@ovingjubileehall.org.uk](mailto:hall@ovingjubileehall.org.uk)). There is still space and our rates are very reasonable.

I am delighted that we have found a new Treasurer/Trustee in Tony Blumenthal - he took over from Karena Shaw who held this post for 7 years, doing a splendid job.

The Foyer and Meeting Room have had a lick of paint and we replaced the old curtains in those areas with modern white blinds. There are always jobs to do in a building of this age - 20 years this month!

If you would like to be involved, have ideas for fundraising events or just suggestions about how else we could use the Jubilee Hall for the community, then please do get in touch.

Anne-Marie Eastwood

[annemariédutchy@gmail.com](mailto:annemariédutchy@gmail.com)

## Regular Weekly Groups

Day	Time	Activity	Contact
Sunday **	10.00 - Noon	Raventor Re-enactment Group	
Monday	9.30 - 11.30	Art Group	Barbara 01243 266193
	11.45 - 17.30	Dog Training	Veronica 01243 827550
	18.00 - 1900	Pilates	Petra petrapilates1@gmail.com
Tuesday	09.30 - 11.30	Food Pantry (Chat and Chill cafe)  Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	Michelle Stone 07872 052158
	14.00 - 16.30	Oving Indoor Bowls	
	17.15 - 21.00	Dog Training	Veronica 01243 827550
Wednesday	10.30 - 11.30	Pilates	Rachel 07973 632412
	Afternoon	AVAILABLE FOR HIRE	AVAILABLE FOR HIRE
	18.30 - 21.00	Youth Club	Gareth Jones 07768 202356
Thursday	9.30 - 10.15	Zumba Gold	Mel Winstanley 07824 668368
***	14.00 - 1600	Village Tea Parties	June Milson 07508 059955

## Regular Weekly Groups

Thursday	18.00 – 21.00	Smart Cheer Group	Ben 07955 607304
Friday	10.15 – 11.15	Pilates	Rachel 07973 632412
	Afternoon/ evening	AVAILABLE FOR HIRE  Yoga once a month 19.00 – 21.00	AVAILABLE FOR HIRE  Yoga once a month 19.00 – 21.00
Saturday	ALL DAY	AVAILABLE FOR HIRE	AVAILABLE FOR HIRE

++ Raventor meet on Sunday mornings during the winter months only

\*\*\*The Parish Tea parties take place once a month on a Thursday but we can work any other

Thursday bookings round this community event

## ONE-OFF EVENTS in the Jubilee Hall

22<sup>nd</sup> October Quiz Night (19.00 – 22.30pm)

3<sup>rd</sup> December 2022 – Christmas Fayre (11.30am – 14.30pm)

4<sup>th</sup> March 2023 – Vintage & Burlesque Night with Dawn Gracie (8pm-10.15pm) Info to follow

# ***MOVING PLATINUM JUBILEE TEAPARTY – SUNDAY 5<sup>TH</sup> JUNE 2022***

What an amazing community event. Sunday morning, the bunting was up, the tables laid, the sandwiches, sausage rolls, cakes and meringues were ready, the bar was stocked and we crossed our fingers that the rain kept away and that the 120 who said they would come actually did.

And they did plus a further 100 which was a challenge but somehow we all managed to squeeze in and there were enough sandwiches, sausage rolls, cakes tea, jelly and ice-cream to go round. Rev Trev opened the afternoon with a toast to Her Majesty and the National Anthem was rousingly sung before Shirley entertained us with a medley of hits from the past 70 years as the sandwiches and cakes rapidly disappeared. Our village band, The Cheese Bandits, took over from Shirley and kept everybody entertained with a range of tunes to dance to and lots of people did.

The afternoon passed with people coming and going; having tea; enjoying the wine and beer; dancing; meeting old and new neighbor's and friends while children ate ice-cream and played. Prizes were awarded for the best dressed.

So much was going on that we nearly didn't get the new commemorative bench unveiled. Fortunately it was done and in time for most of the volunteers to take a well earned seat for a photo shoot.





A big thank you to everyone who came and took part in this once in a lifetime joyous celebration and to those whose vision and hard work made it happen.

Photos : Mary-Jane Zwinkels, Gareth Jones, Martina Kent, Anne-Marie Eastwood



# ***DOWN ON THE FARM***

I don't think I can ever remember England looking more beautiful than it does now at the time of writing. So many shades of green, almost every plant from grass to hedge in flower, and everything from stoats to birds seemingly celebrating the season of renewal. The farm is bursting with life, old and new.

Our winter wheat (sown in October) is now in ear and the wheat and barley sown this March is now well established having greatly appreciated the recent rain showers. It is one of the fascinations of nature that, despite a difference in sowing date of over 4 months, the winter and spring sown wheat crops will come to harvest within two or three weeks of each other.

We will soon finish our annual combat with the rooks that are determined to eat all our recently sown maize seed (being organic, our seed is not chemically treated which makes it very appealing if you are a rook!). However, the annual battle with weeds in the maize has a long way to run. Until the maize plants get quite large (essentially when the leaves of the plants in the adjacent rows touch and shut out the light below) the crop is very uncompetitive with the weeds, particularly a weed called 'fat hen'. This little blighter grows so fast and vigorously that it can quickly swamp and kill the young maize plants. The simplicity of chemical weedkillers is not of course an option for us, so we go to war with mechanical weeding equipment. This is time consuming and weather dependant but also only ever partially effective. How 'partial' will decide whether we have a successful crop or not. One of our maize crops is in the field

on the left hand side as you go down Colworth lane (behind Highkettle Barn) towards Bognor. In a couple of months' time, whether or not you see 6 ft high lush green maize plants will inform you as to how we got on. If we are successful, you may see some smiling cows in the next door fields as maize is their favourite winter feed!



Recent rains have been fantastic for grass growth, something past readers will remember is often a struggle here. Consequently the herd have plenty of grazing ahead of them and we are not having to supplement with bought in feed. This is something a relief given that purchased feed prices have doubled over the last year. The combination of Brexit, pandemic and war in Ukraine is affecting all parts of our economy and farming is no different. The impact on our business is of course irrelevant when one thinks of the suffering in Ukraine. A recent image of a burned out tractor that had been hit by a Russian missile whilst sowing sunflowers has stuck with me. Incredibly and thankfully, the driver survived.

Another consequence of the current global turmoil has been the virtual collapse of normal supply chains. We are, for example, still waiting on machinery that we ordered last October and that is now being scheduled for delivery this October! One casualty is the plan to launch our milk vending project this summer. Delivery times for key pieces of equipment such as the pasteurisation plant have slipped so much that we simply do not know when we can be up and running. Furthermore the cost of everything has rocketed threatening overall financial viability. At the moment, the project is merely 'on ice' as it is something everyone at Woodhorn remains extremely excited about. But there are a number of new obstacles, financial and practical, that we have to overcome.

Finally, back to my opening theme of 'renewal'. I came across these two new arrivals a couple of days ago – twin roe deer fawns, less than 24 hours old.

Best wishes all. John Pitts 23.5.22







## **Living With Sight Loss – How 4Sight Vision Support Can Help**

4Sight Vision Support has been providing support and specialist information to blind and sight impaired residents of all ages throughout West Sussex for the last 100 years. Some core services have changed very little, others have changed enormously or been introduced as times and technology move on, and in 2021, major service updates were introduced as a direct result of experiences gained during the pandemic.

Our services are free and you do not need to be referred. We can:

- Help after diagnosis at the eye clinics to enable you to understand your eye condition, the registration process, and promote good eye health
- Help you connect with others, sharing experiences and support
- Provide assessments to identify magnification, techniques and products to help with everyday tasks such as reading, shopping, medication, preparing meals
- Help with accessing benefits and concessions with assistance to complete forms, such as Personal Independence Payments (PIP), Attendance Allowance (AA) and Blue Badge
- Enable you to remain independent, communicate effectively, and develop new skills with the help of technology
- Provide appropriate and up to date information, advice, and guidance in formats accessible for you
- Support with education, training, learning, and employment
- Enable you to access leisure, social, health and wellbeing activities within your community

To find out more, please call on 01243 828 555, email [enquiries@4sight.org.uk](mailto:enquiries@4sight.org.uk) or visit [www.4sight.org.uk](http://www.4sight.org.uk)



## *FROM SIMON OAKLEY - OUR WSCC/CDC COUNCILLOR*

As cost of living increases continue to pose challenges to family budgets, information on the wide range of assistance programmes that are available can be found on CDC's website at [www.chichester.gov.uk/helpwithfinances](http://www.chichester.gov.uk/helpwithfinances) as well as CDC's "Supporting You" leaflet (copies available in Oving's Jubilee Hall). If in urgent need (e.g. require essential supplies within 3 days), please phone WSCC's Community Hub on 0330 222 7980. A significant challenge, as we found during Covid, is helping people who need assistance to make use of the help that is around. A further source of information and help is the Citizens Advice Bureau (0808 278 7969).



WSCC's Local Cycling and Walking Improvement Plan has identified the A259 cycle route between Chichester and Bognor as one of the strategic routes prioritised for improvement. The Active Travel Fund funded project, to put in a Toucan crossing on the A259 East of the Drayton Lane roundabout, is currently intended to be put out to statutory public consultation in July. Another project being worked up is to improve the whole of this cycle route. Again public consultations are planned for July, with the aim to get this project sufficiently developed to become eligible for further Active Travel funding.

At Shopwyke Lakes, the spine roads are now in their year long pre-adoption (by WSCC) monitoring stage. The new foot and cycle bridge South of the Portfield A27 roundabout awaits National Highways technical approval.

Initial proposals for part of the land South and East of the Redrow development at Shopwyke (aka AL3) are now coming forward. How these progress will much depend on the evidence as to the ecological value of the site and how the whole site (including all the infrastructure elements) is proposed to come forward as envisaged in CDC's Local Plan Review.

Simon Oakley

5 June 2022



Dear Parishioners,

Firstly, the Parish Council would like to thank some people as detailed below.

- The outgoing team of this ODN for their many years of hard work and dedication, and to the new team for taking it on and enabling it to continue.
- The members of OCAG who did an amazing job creating and funding the BMX track which, following a presentation by James Hackman, the Parish Council decided to invest further into this great community facility.
- To all those who organised and supported the Scarecrow Day. It was incredibly successful and was a great community day out.
- To the Jubilee celebration tea party organisers and volunteers. An amazing turnout and joyous day.

So many people have commented how good our community is, and I am glad that so many feel the same as I do.

As ever we would love to have more voices on the Parish Council and if anyone would like to help manage our community assets and interests, please contact the Clerk.

I hope everyone has a good summer.

Rod Hague — Chair Oving Parish Council

### ***LOOKING FOR GIFT IDEAS?***

Did you know that many charities like UNICEF have an online shop? UNICEF Market is full of Fairtrade items, which have been handmade by artisans from around the world.

A pack of greetings cards could provide nine doses of measles vaccine to protect children globally, whilst a handmade necklace made by artisans in Peru can help vaccinate over 100 children against Polio.

Find the UNICEF Market online at: <https://market.unicef.org.uk/>



# St Wilfrid's Hospice

Making a difference to local lives

Moonlight Walk 2022 – Early bird tickets now available!

This year is the 35<sup>th</sup> anniversary of St Wilfrid's Hospice and the Moonlight Walk Week is an incredible way to show your support. Take on the 5 or 10 mile challenge, create a team or walk solo, all in aid of raising funds that provide vital end of life care to local people who need it. The official Moonlight Walk Week will be 3 – 10th September 2022 and there are three special ways you can be part of it. [stwh.co.uk/events/moonlight-walk](http://stwh.co.uk/events/moonlight-walk)

1. Join in the Moonlight Walk evening event! Join us on Saturday 10th September for the return of our familiar 5 or 10-mile routes through Chichester, including the specially lit Bishops Palace Gardens and brand new celebration stations.
2. Walk your own Moonlight Walk! Choose your own 5 or 10-mile route and be part of our special Moonlight Walk Week between 3rd – 10th September. Walk a route of your choice at a time that suits you and your family and friends and connect with us on socials!
3. Volunteer to support the evening event on 10th September to make this year really special for all those walking in memory of loved ones. A fun way to try volunteering for the first time.

This year every walker will get a FREE commemorative finisher medal, plus their t-shirt and supporter pack. Early bird ticket prices end on 20<sup>th</sup> June so book now!

St Wilfrid's Hospice  
Making a difference to local lives

35

Moonlight  
Walk  
Week 2022

3rd - 10th September

Earlybird tickets  
out now!

[stwh.co.uk/moonlightwalk](http://stwh.co.uk/moonlightwalk)

01243 755184 [fundraising@stwh.co.uk](mailto:fundraising@stwh.co.uk)



## Adventures of a lifetime

St Wilfrid's Hospice is excited to announce not one but two adventures of a lifetime in 2023. Choose to hike the final 67km of the famous Camino Frances pilgrimage route in Northern Spain, or go in search of the Aurora Borealis across the ancient volcanic land of Iceland. You can now register your interest at [fundraising@stwh.co.uk](mailto:fundraising@stwh.co.uk) to hear all the details learnt from experienced guides describing these exceptional fundraising treks:

- Camino de Santiago pilgrimage trail, Spain (4-8 October 2023)

- Northern Lights Trek, Iceland (8 – 12 March 2023)



### ***JAMBOREE AT THE JUBILEE HALL***

Sunday 28th August 2-4:30pm

FREE

There will be a children's entertainer, games for kids, music, soft drinks, ice pops, craft table , raffle, pay bar and hot dogs for 50p.

# ***STRAWBERRY LEMONADE RECIPE***

Have any spare strawberries? This is a quick and easy recipe to use them all up.

Prep time: 5 minuets     Makes: 1.5 litres

## **Ingredients:**

170g sugar

400g strawberries cut into quarters

200ml lemon juice

1 litre water

## **Method:**

- Tip the sugar and 1 litre water into a saucepan over a medium heat and heat, stirring, until the sugar has dissolved. Remove from the heat and leave to cool completely.
- Put the strawberries in a blender and blitz to a purée. You can strain this through a fine mesh sieve to remove any seeds, if you prefer. Tip the strawberry purée into a large jug with the sugar water and lemon juice, and stir to combine. Pour into glasses filled with ice and serve garnished with whole strawberries, if you like.

This yummy strawberry lemonade will keep chilled for a day.  
Enjoy!

Recipe from BBC good food.

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