



THE Whiteley Voice

www.whiteleytowncouncil.co.uk

Spring 2016 ISSUE 46



Inside this edition:

- News from the Town Council
- Outstanding young people
- Fundraising events
- Fitter in 2016!
- News from local organisations

Sponsored by



www.whiteleytowncouncil.co.uk

Whiteley Town Council contact details

| Name | Address | Telephone Email |
|----------------------|---|---|
| Chairman | | |
| Mike Evans | 67 Rattigan Gardens Whiteley PO15 7EB | 01489 481365 cllr.mike.evans@whiteleytowncouncil.co.uk |
| Vice-chairman | | |
| David Jenkins | 52 Sorrel Drive Whiteley PO15 7JL | 01489 480273 cllr.david.jenkins@whiteleytowncouncil.co.uk |
| Councillors | | |
| Vivian Achwal | 92 Saffron Way Whiteley PO15 7LW | 01489 570199 cllr.vivian.achwal@whiteleytowncouncil.co.uk |
| Colin Bielckus | 1 Silvertrees Lady Betty's Drive Whiteley PO15 6RJ | 01489 580433 cllr.colin.bielckus@whiteleytowncouncil.co.uk |
| Malcolm Butler | 6 Woodland House Maple Rise Whiteley PO15 7GW | 07756 283768 cllr.malcolm.butler@whiteleytowncouncil.co.uk |
| Hazel Croft-Phillips | 42 Lipizzaner Fields Whiteley PO15 7BH | 01489 603255 cllr.hazel.croft-phillips@whiteleytowncouncil.co.uk |
| Martin Neal | 4 Camellia Way Whiteley PO15 7NS | 01489 565038 cllr.martin.neal@whiteleytowncouncil.co.uk |
| Tasmin Smith | 41 Sorrel Drive Whiteley PO15 7JL | 01489 505665 cllr.tasmin.smith@whiteleytowncouncil.co.uk |
| Pat Thew | 52 Thyme Avenue Whiteley PO15 7GE | 01489 571463 cllr.pat.thew@whiteleytowncouncil.co.uk |
| Town Clerk | | |
| Nicki Oliver | Heatherdene Turkey Island Shedfield Southampton SO32 2JE | 01329 835019 townclerk@whiteleytowncouncil.co.uk |

Note from the Editor

Thank you for opening the spring edition of the Whiteley Voice.

The magazine celebrates the achievements two of our young people: Oliver Milnes and Sam Bridges, there is news from our primary schools, church, junior football club and other local organisations.

A theme has developed through articles from Ash Carter and RunVerity - encouraging us to improve our health and fitness by becoming more active. Be inspired!

Many of our residents are involved in fantastic fund raising for local charities and there are a number of events that need your support, in fact something for everyone to enjoy whilst raising money for good causes.

The Town Council is holding a quiz night at the Parson's Collar 7pm on Sunday 6th March, if you are new to Whiteley come and meet your neighbours! If you have lived here for years bring your friends and help us raise funds for our new play park.

More details on page 5.

Thank you to Jeremy Parsons for the cover photo and pictures used in this edition.

Editor Nicki Oliver



Looking north from Wright Close

Whiteley Town Council News

Inclusive play for all

Plans are being finalised for the improvements and extension to Meadowside play area - Meadowside Extraordinary Park.

Responses to the surveys, exhibitions and consultations have been taken on board and the new play area will provide plenty of activities for everyone regardless of their abilities.

The extension may have to be phased depending on the outcome of funding bids.

The plans include water and sand play along with challenging and inclusive equipment for all ages.

The Town Council has £230,000 towards the project which will cost in the region of £300K.

If you would like to hold a fund raising event or sponsor a piece of equipment we would be delighted to hear from you.

The aim is to complete the first phase of the project by early July this year.

Skatepark improvements

Thank you to all our skatepark users for their patience whilst we carried out some repairs and maintenance. The skatepark is looking smarter now but the metal work

has nearly reached the end of its life.



We will be looking to replace the skatepark in 2017 and will be holding consultation workshops with users during the Easter holidays, look out for the posters displayed at the park nearer the time

Recent news about lead paint in play parks

Whiteley Town Council has no reason to believe that lead paint has been used in any of its play parks.

Paint containing lead has been found elsewhere on equipment installed prior to the 1980s but all the Town Council's play parks have been installed much more recently.

Our suppliers have assured us that their paint meets and exceeds the requirements of current legislation.

Studies in America have shown lead paint can present a poisoning hazard for children under six years old, the conclusions were that the problem arises with older paint that has deteriorated and flaked.

The Town Council does not allow its equipment to reach this level of deterioration and has robust methods of safety checking and maintenance in place to keep its play areas safe for users.

2016 Community Events

Everyone is warmly invited to attend our community events this year:

6pm Tuesday 3rd May **Whiteley Town Assembly** held in the hall at Meadowside Leisure Centre - a lively evening celebrating the community of Whiteley with performances from our schools, wine and buffet

12 noon Saturday 9th July **Meadowside Music Festival** - an afternoon of free live music on the recreation ground

5pm Sunday 30th November **Whiteley Fireworks** and funfair on the recreation ground

Sunday 6th March Quiz Night

at The Parson's Collar

Fund raiser for Meadowside Extraordinary Park

7pm start, teams of two minimum, £5 each entry, raffle

Great way to meet new friends and raise funds for our new play area!

Grants for local community organisations

The Town Council has agreed to make a grant of £500 to Cornerstone CE Primary School PTA to help towards the costs of providing outdoor play equipment.



A grant of £600 to Home Start has also been agreed to assist towards the costs of looking after Whiteley families in need of extra care and support.

We were also delighted to be able to make a donation to The Rotary Club of Whiteley from the fireworks event takings, we couldn't run the event without the Rotary volunteers. The Rotary Club will spend the donation on local projects.

Does your group need funding to help towards new projects? Check out the Town Council's grant terms and conditions - download from the home page of the website www.whiteleytowncouncil.co.uk

2016/17 Precept

The Town Council has agreed a precept for 2016/17 of £120,898. The precept is the amount it asks Winchester City Council to raise through the Council Tax on its behalf to contribute towards operating costs.

This represents a 2% increase or £2 extra for the year for a Band D household.

Hampshire County Council Cornerstone C of E (Aided) Primary School Consultation

HCC is consulting on a proposal to enlarge Cornerstone C of E Primary School to 630 places, the school will be relocating from its site in Leafy Lane to the North Whiteley development. Send comments to Martin Shefferd, Strategic Development Officer, Children's Services Department, EII Court North, Winchester, Hampshire SO23 8UG or e-mail strategicplanningunit@hants.gov.uk by Friday 4 March 2016

A note from the Chairman on North Whiteley

Following approval of the planning application in October last year, the Town Council continues to work closely with Winchester City Council and the North Whiteley Consortium on all aspects of the development so that work can commence later this year on the construction of a total of 125 homes and highway improvements.

The initial work will involve increasing the capacity of the Rookery Avenue/Parkway roundabout (R1) through widening and signalisation and also increasing the capacity of Whiteley Way through widening and improvements to the Parkway North junction (R1a). This will include signalisation and a filter lane for north bound traffic turning right. Work will also commence on the extension of Bluebell Way.

The improvements to R1 and R1a plan to be completed during Year 2 (2017) when further work will then start on widening Whiteley Way from Parkway North junction (R1a) to Marjoram Way/Whiteley Way roundabout (R2). Completion of all the existing Whiteley Way improvements would be in Year 3 (2018).

The Bluebell Way extension onto the Botley Road would also be completed in that year as will the southern primary school. Year 3 will also see the completion of the extension of Whiteley Way to the new secondary school site to allow construction of the secondary school and the community all-weather floodlit football pitches.

Some disruption and inconvenience for residents and the businesses are unfortunately inevitable, but these improvements to the highways need to be done soonest if we are to maintain and enhance the long and short term viability of Whiteley.

The Town Council will do its utmost to protect the wellbeing of the Whiteley community during the development and we will, of course, continue to keep you informed of progress and of any changes to the timetable.

Mike Evans

Whiteley Town Council Chairman

Council Rooms at Meadowside Leisure Centre available to hire

The Town Council has a fully furnished board room and meeting room available for local organisations to hire. Contact the Clerk for more information.



Whiteley Town Council
Vacancy for a Councillor



Selflessness
Integrity
Objectivity
Accountability
Openness
Honesty
Leadership

Have you got what it takes to become a local
councillor?

Contact Town Clerk Nicki Oliver tel 01329 835019

New development in Whiteley

New car park for HSBC

HSBC is constructing a new car park for its employees with access onto Parkway, the Town Council fully supported the proposal in view of the ongoing problems with some business park employees using residential areas to park.

Lady Betty's Drive

A number of applications have been submitted over the last few years to redevelop the site of The Spinney. All have been refused or withdrawn to date.

The Town Council is supporting the residents of Lady Betty's Drive who are keen to see the right type and number of houses provided here and to ensure that safety improvements are made to the road.

Solent Hotel / Parson's Collar



Permission has been granted for a budget hotel to be constructed as an extension to the Parson's Collar. Local residents were concerned about the impact of the development on the enjoyment of their properties and the surrounding area.

The Town Council was concerned that Winchester City Council (WCC) failed to ensure the applicant consulted fully with the community which is contrary to WCC's adopted Statement of Community Involvement. The Town Council will continue to campaign for appropriate local consultation.

Hitting the cold spots

This project offers advice and support to people who are having trouble staying warm during the winter. If you know of families, older people or vulnerable adults who may need help contact 0800 804 8601



Information service run by Hampshire Police, sign up to find out what is happening in your area and to receive regular updates www.hampshirealert.co.uk

Roads and traffic

The Town Council is acutely aware that traffic issues are one of the major concerns for residents. Road improvements will be carried out as part of the North Whiteley development and the Town Council has successfully campaigned for these to be carried out much earlier in the scheme than originally proposed.

The road improvement plans can be viewed on the Town Council's website on the Latest News page.

Improvements to M27 Junction 9

Highways England has carried out clearance work ready for a scheme to widen to three lanes the east and westbound exit slip roads and to widen Whiteley Way to three lanes to the southbound approach of the J9 roundabout.

Unfortunately work has stopped and Highways England has advised it is waiting for funding to be confirmed. The Town Council has asked MP George Hollingbery to intervene as current traffic levels are already unsustainable without adding the increases due to the North Whiteley proposals.

Parking in Whiteley

The Town Council's Highways Committee is looking at parking issues throughout the Winchester side of Whiteley including the business parks.

The Town Council welcomes and supports proposals to create additional parking in the business park such as the new car park currently being constructed for HSBC.

Unfortunately plans to increase parking can be contrary to planning guidance that seeks to reduce car use and promote other ways of commuting.

If you have any areas you feel need additional parking restrictions please contact the Town Council.



Report road issues to Hampshire County Council

Use this link to report road and signage damage, potholes and faulty streetlights on adopted roads

www3.hants.gov.uk/roadproblems or call 0300 555 1388

Communicate and debate with the Town Council on local issues



Residents are very welcome to attend Town Council meetings whether you have a pressing issue or are just interested in what is happening in Whiteley. Meetings are held in the Council Rooms on the first floor of Meadowside Leisure Centre, dates are on our website www.whiteleytowncouncil.co.uk.

It is appreciated that many people are too busy to take time out for meetings so there are other ways to get in touch.

The email address for the Town Council Clerk is townclerk@whiteleytowncouncil.co.uk to make initial contact; the addresses for the councillors are also on our website. Tel 01329 835019

Social media



Join our friendly Facebook group **Voice4Whiteley** we have over 4,000 members and membership is growing daily.

The Town Council also has a Facebook Page: Whiteley Town Council, follow the page to keep up to date.

Hampshire Award for Best use of Social Media

The Town Council has won an award for the best use of social media in Hampshire for its Voice4Whiteley Group.

The awards are made by the Hampshire Association of Local Councils and the competition is fierce.

Congratulations are due to Councillor David Jenkins who is the main administrator for the site.

Without David's close supervision the site would not be the friendly and welcoming group that it is.

Whiteley Pupil in World First

Former Whiteley Primary School pupil, Oliver Milnes, has recently achieved a world's first; at age 12 he has become the youngest person ever to be awarded the prestigious City and Guilds Award in Autodesk AutoCAD. Having watched his father use the computer software for work, Oliver showed an interest and aptitude which he decided to pursue. He was given special permission to study the City and Guilds course at home under the tutelage of his father and linking with the Bristol CAD centre. A year later, he was ready to take the five hour exam, which he not only passed, he did so with a merit.



Tony Patterson from City and Guilds travelled from London to present the certificate at Fareham Academy where Oliver is a Year 8 student. "This is an impressive feat" said Tony. "Not only is he the youngest person in the world to get the AutoCAD award, he is the youngest person to pass *any* City and Guilds exam and by a very significant margin. The next oldest was eighteen". Oliver was even presented with a personal letter of congratulations by the CEO of City & Guilds.

Headteacher at Fareham Academy, Adele Deasey, added "What an amazing achievement - we are incredibly proud of Oliver".

Oliver has now progressed to evening classes at Highbury College to study AutoCAD Level 3. Said Oliver: "I love how accurate you can be with drawing. If you draw something that's a hundredth of a millimetre out, it's not right, it has to be spot on. Dad has helped me a bit, but he makes me do every single last mouse click by myself. The best bit is that he did the exam a while ago and I got a better grade than he did!"

Oliver is not yet decided on a career, possibly something within the Science and Engineering sector, but no doubt whatever he chooses, his recent achievement will stand him in good stead!

Talented Sam builds bridges for his career

Former Henry Court student Sam Bridges who has recently turned 16, is an incredible young rugby player from Whiteley.

Sam only started playing rugby four years ago at Trojans Rugby Club and has recently been signed by London Irish.

Sam has been a member of the Hampshire rugby squad for three years and has worked his way up through the London Irish Academy: starting on the Achieving Academic and Sporting Excellence (AASE) scheme in September. Over 40 boys trialed for 15 places and Sam will play and train with London Irish while he studies at St Paul's 6th Form in Sunbury.



The Advanced Level Apprenticeship in Sporting Excellence (AASE) is a sports performance programme. It provides a structured training and development route across a number of sports for talented young athletes (aged 16-19), who have a real chance of excelling in their sport, either by competing on the world stage, or securing a professional contract. The programme length varies depending on the sport but can be from 12 to 24 months.

Sam's proud mother said *"I am so proud of Sam, he is a talented rugby player and I hope he achieves his dream of playing professionally in the future. Sam also hopes to be selected to represent London Irish at the Wellington festival at the end of March."*



News from Cornerstone Church of England Primary School

The children at Cornerstone have had a number of opportunities to perform to audiences in the last couple of months. In December the Year R and Year 1 classes joined together to celebrate Christmas with a performance of “A Christmas Tail”. This involved two characters, Minty and Impy Mouse, visiting lots of other animals to find out about an exciting Christmas Tail, which of course turned out to be the Christmas Tale. Cue lots of colourful costumes and cute songs



Year 2 and Year 3 also thoroughly enjoyed producing a joint Christmas show, involving acting, singing and lots of dance moves and actions. It was entitled “There’s something amazing going on”. It involved the traditional story but told in a more modern way. There were lots of exciting songs such as “Haven’t we got there yet?” and a range of musical styles from Gospel to Rap.

The school choir, made up of pupils from Year 1 to Year 3) also performed during December. First at the Whiteley Church Advent Craft Fair and then at the school’s Christmas Fair at Cornerstone. We received many positive comments about the quality of their singing and the enthusiasm and pleasure they showed while performing.

Finally in January children from Year R to Year 3 were involved in a musical show called “Eddie the Penguin Saves the World.” Eddie starts by noticing that the ice on which he sits is melting. He and his family travel to the North Pole to ask some polar bears if they know why it is happening. Then they travel to visit



some humans to convince them to cool the planet down by using their cars less, to stop chopping down trees and finally visited the Prime Minister of Australia to ask him to persuade everyone to recycle. There were two fantastic and well received performances, with brilliant acting, singing and dancing elements to the show.

These performances help the children to develop their self-confidence, team work skills and their language and musical skills. It also is wonderful to bring together different parts of our school community to celebrate and share their achievements. Thank you to Councillor Stallard for her kind donation to increase the amount of staging we can use. We are very proud of what the 103 pupils in our 4 classes have achieved in these recent months and look forward with excitement and anticipation to what future performances may hold as we grow as a school.

You can keep up to date with our news and achievements on our website (www.cornerstoneprimary.hants.sch.uk), on our Facebook page (Cornerstone Primary) or our Twitter account (@cornerstonecofe).

Tim Clarke, Headteacher



News from Whiteley Primary School

Over a year ago, our school Young Governors asked if it would be possible to have some new equipment in the KS2 adventure playground. There was an older piece of equipment which needed replacement, and the older pupils specifically requested some higher monkey bars as the taller children weren't challenged by those already in place. They approached me as headteacher, and whilst I agreed the project in principal I explained that we didn't have the funds for the project at the moment.

The Young Governors therefore embarked on a plan to raise the money for themselves. For the past year, they have been running a film club once or twice a term with all the profits going towards the adventure playground project. With additional support from the Friends of Whiteley Primary School and a generous donation from the Whiteley Rotary Club, two pieces of equipment were chosen by the Young Governors and fitted just before Christmas, along with additional soft surfacing. It has been great for the children to see that what started as an idea they discussed in their meetings has now resulted in improvements to the school due to their efforts with fundraising. We are hugely grateful to FOWPS and Whiteley Rotary Club who helped the project come to fruition earlier than we thought possible.

Our ever-popular spring event, the Easter Bunny Run, is being run by FOWPS on Saturday 19th March from 11-1.30pm. This is great fun for families - come along for a token hunt, Easter Egg treasure trail, cakes, stalls, face painting and refreshments. Entry is free, with a 50p charge for the token hunt and egg trail. Everyone welcome!

Lesley Pennington, Headteacher



The Rotary Club of Whiteley arranged for Santa to visit on his sleigh on December 8th, 9th and 11th last year. Fund raising during the visits raised £427.86.

This and the £194 donated in the Town Square collection will go towards providing 'Dictionaries for Life' to year 6 pupils at Whiteley and Sarisbury Primary Schools.

The collection outside Tesco on Christmas Eve raised £574.98. A donation of £500 was sent to help the flood victims in Cumbria.

Dreams Come True and The Rotary Club of Whiteley organised a Santa 5k Run on Sunday 13th December. £194 was raised by Rotary from the sale of Santa suits and donations.

Congratulations the Santa Run winner 10 year old Ryan Simpson pictured left.





Support and friendship
for families

Could your Parenting Experience Help Another Family in 2016?

Home-Start Meon Valley is a local community charity based in Wickham, supporting families experiencing difficulties in their lives. We offer free, confidential support, friendship and practical help to parents who have at least one child under five living in the Meon Valley including the areas of Whiteley, Knowle and Denmead.

Could you be a friend and give support and offer friendship to a family?

Sheila Campbell, Chair of Home-Start Meon Valley said that the number of volunteers for the charity has dropped since the date of the last Annual Report.

“For a number of reasons - retirement and house moves - we have lost some of our volunteers. We need to replace them as soon as possible to continue the vital support we give to struggling families” she said.

In the run up to Christmas Meon Valley Lions kindly provided food hampers and Swanmore Methodist Church donated toys which were delivered by the volunteers to some of our families to try to make Christmas a little easier for them.

There is now a need for us to train volunteers for 2016, we have the families waiting. The next course will run one day a week for 8 weeks during April-June, excluding half term. Volunteers are trained for 40 hours before being carefully matched with a family. Travel expenses are reimbursed, and free courses are offered including safeguarding, paediatric first aid, autism awareness and infant sleep improvement. Applications are welcomed from those with parenting experience who can spare two or three hours a week to offer friendship, support and practical help to families.

Please come and join us. We do need you.

Home Start Meon Valley
Wickham Centre
Mill Lane
Wickham
PO17 5AL
Tel 01329 835936

www.homestart-meonvalley.org.uk

Words of Wisdom from Ash Carter – On Form Personal Training

So it's February and some of you are recalling not so long ago you set yourself up for a war, this was going to be the year you won in your pursuit for a healthier lifestyle and a healthier you. You were going to be god or goddess-like this summer. So what went wrong? The same mistakes that went wrong last January. This is an all too common scenario and one that can be avoided. Here's On Form PT's top 5 mistakes to avoid in order to get yourself back in the ring to crack on with the fight.

1. Eating too little and doing too much

Sounds crazy right? Wrong! Too many people dive straight into it full power; this will work initially for weight loss, all that lettuce is creating a real energy deficit, your body has no choice but to use fat & protein stores for energy. First few weeks you're thinking great, all is going to plan, then the weight loss slows down, why is this happening? because your body's clever! It adapts. Your metabolism survival mechanism kicks in and preserves as much energy as it can when not taking in enough. So now



you have to increase the amount of exercise you are doing to keep progress coming.

However the low calorie diet is now making you feel constantly tired and like a zombie.

You're miserable and this now becomes unsustainable. You can contemplate lowering your calories even more but if you go any lower this can be very damaging to your long term health. Also your

appetite will increase and be extremely aggressive, eventually you will succumb to eating buffet style plates for days at a time, and because your metabolism has slowed down all those extra calories are primed for fat storage.

Solution: Don't use all your tools at once, yes calorie reduction is a tool but why go so steep in reduction? Look at what you eat now then reduce it by 10-15% this way you can reduce it slowly and adjust when needed. Have a look at the effects, we mean energy levels, weight loss, progress pictures and sustainability. The same goes for exercise, you don't have to run every day to make progress, the body is constantly looking for new stimulation to grow, so why do it all at once? Start off with 1-2 sessions and when progress slows down add in another session.

2. Failing to set goals:

This is so important to anyone's pursuit, how can you know what to aim for if you don't have a target? One way of writing out your targets is to use the mnemonic S.M.A.R.T **S**pecific target, **m**easurable how? ie scales, **a**ttainable how will you attain it, **r**ealistic, is this realistic? and finally **T**ime, how long will this take? Please write these down immediately after reading this article, they will change your focus completely!

Solution Now you've set your main goals set some smaller goals and refer back and review them weekly and daily to stay focused, keep them in view somewhere like on the fridge so you don't forget.

3. Being unrealistic:

Losing 50 lbs is a great target but don't expect to do this overnight, it won't happen, or even a few months, unless you really want to damage your metabolism, seriously it will move at the speed of a snail.

Similarly the same goes for gaining weight, putting on 20lbs of muscle will not happen fast, it takes time, years, it doesn't matter how much you eat, be realistic with yourself to keep consistency and high morale.

Solution: A general guideline to follow is 1-2 lbs, this is relevant in gain or losing weight, anything lost below this is more than likely muscle. Anything gained more than this is most likely fat.

4. Accountability

This is so important, not because it puts added pressure on you but because it sets up a support network for you to lean on when needed. Telling people your goals encourages them to take an interest and support you in whatever way they can. This could be joining you, complimenting you, your family eating healthily with you or even messages of support. There is so much to be gained from telling people your goals and progress so tell as many as you can.

Solution: Go to a local fitness class or bootcamp for extra support and motivation. These places provide the most positive and community based environments for all people trying to hit health and fitness goals.

5. Enjoy the struggle

If getting in shape was easy obesity wouldn't be a problem, this is why we need to face the struggle with a new mind-set. We need to enjoy the hard workouts, enjoy pushing ourselves to our own limits, and really face them with a positive mind-set, these challenges then become a lot less of a struggle. This will be because we don't fear our next workout, we are ready for it and excited to see what is coming our way, when we start our workouts all we can do is our best and when we do our best you will always get what you deserve.

Solution:

Rome wasn't built in a day, neither will be your ideal body, but stick with it, there will be ups and downs undoubtedly, but the end results will be a stronger healthier you. Enjoy the grind!

News

By the time this falls through your letterbox you'll have enjoyed your pancakes on Shrove Tuesday and we'll be well into Lent. As a church we shall be 'Doing Lent

Generously' with 40acts (www.40acts.org.uk). If you'd like to join in then sign up online. The two Whiteley Primary Schools will be joining in and there will be a week promoting 'random acts of kindness' at the Shopping Centre too.



Mothering Sunday/Mother's Day

6th March

Please come and join us at 10.15 in Whiteley Community Centre for an all age service. There will be one or two activities to join in with as well as some of the traditions of Mothering Sunday.

We'll be sensitive to those for whom the day is difficult, remembering people's losses and sadness connected with the day as well as saying thank you for the people who mother us.



Church Without Walls Garden

When the ground has dried out a bit do take a wander up to the Church Without Walls garden and see whether any of our bulbs have survived the squirrels and the rain!

Basics Bank

We have had some generous donations to the Fareham and Gosport Basics Bank recently - thank you to those who've brought tins, toiletries, nappies, hats scarves and other items. If you'd like to donate items then please bring them to the Community Centre and leave them in the box in the Yew Tree Room. We'll make sure they get to the Basics Bank.

Open Door Café



Moved to Whiteley to be nearer the family? Retired and at a loose end? If you're at home in the day and would like to meet new friends then why not try Open Door at the Community Centre? The group meets on Tuesday mornings from 9.30 to 11.30. Most who come along are retired but all ages are welcome.

Can you help?

Monday Minis is going from strength to strength in numbers attending but once more is in need of more regular helpers who are willing to help plan as well as set up.



We always have a simple craft activity and usually some sensory play as well as plenty of toys and puzzles. There's tea, coffee, squash and biscuits available too. If you're at home with a baby or pre-school children then come and join us in the community centre on Monday afternoons (1-2.45pm).

Messy Church

Mothers' Day (Mothering Sunday) falls on Sunday 6th March so we are changing our usual pattern. Families are invited to join us at a special Mothering Sunday service at 10.15am (and not in the afternoon)

Messy Church will then meet on Good Friday 25th March from 11am-1pm at Cornerstone C of E Primary.



If you have primary or pre-school aged children come along as a family ready to have fun and get messy! We always finish by sitting down to tea together. There's no charge for Messy Church though we do welcome donations from those who are able to contribute to cover costs.

Regular Church activities:

(Sundays at Whiteley Community Centre, Gull Coppice)

1st Sunday First @ 4 Messy Church 4-6pm aimed at families with children age 2+ to 11 (no Messy Church in January or August)
2nd Sunday 10.15am Communion + children's groups
3rd Sunday 10.15am Morning Worship + children's groups
4th Sunday 10.15am Communion or Baptism + children's groups

Monday Minis - Mondays (term-time) 1-2.45pm Whiteley Community Centre
Community baby and toddler group

Open Door Cafe - Tuesdays (term time) 9.30-11.30am Whiteley Community Centre
drop in for tea/coffee and a chat

Small Groups - Weekly for discussion, fellowship and Bible Study (contact Church Wardens for details)

Men's Breakfast - monthly on Saturday morning (see website/Facebook or contact churchwardens for dates) - *What it says on the tin: men's gathering for breakfast in one of the cafes in Whiteley*

As your local C of E church we are here for the whole community, not just those who come to worship on Sunday mornings. If you would like to discuss arranging a Baptism (Christening) , Wedding or Funeral please get in touch with Philippa.

WHITELEY CHURCH CONTACT DETAILS

Vicar: Reverend Philippa Mills
Phone: 01489 881533 mob 07760 771667
Email: minister@whiteleychurch.org.uk
(Non-working days: Tuesday and Wednesday)

Churchwardens:
Jo Vartan
Phone: 01489 505367
Mobile: 07767 617797
Email: Jo@whiteleychurch.org.uk
Vikki@whiteleychurch.org.uk
www.whiteleychurch.org.uk
www.facebook.com/WhiteleyChurch

Vikki Potts
Phone: 01489 588648
Mobile: 07732 567953
Email:

Dreams Come True Charity Ball

“A Night At The Movies”

Saturday 30th April
Grand Harbour Hotel, Southampton

“It’s the hottest ticket in town!”

**Ticket
Hotline**

01428 726330

Katie, Claire or Martin
katie@dreamscometrue.uk.com

£60 includes:

- Black tie 3-course dinner
- Comedy entertainment by Russ Williams
- Live music
- Live & silent auctions
- Movie surprises on the night!



Dreams Come True fulfil dreams for children and young adults living with life-limiting and serious conditions. Registered Charity Numbers: 800248 and SC043878

Whiteley Girls U14s Football Team

Once again Solent Mobility have come up trumps when they were approached by one of the staff members Rich Holt whose daughter Alise is a keen football player and plays for Whiteley Wanderers U14 girls football team.

The 15 strong team were in need of some training tops for the new season and Solent Mobility were asked if they could sponsor them in order that they could get the training tops that they needed.

Whiteley Wanderers u14 girls have been playing for 5 seasons, and were the first girls team to be set up for Whiteley which is a Chartered Standard Club and has around 30 teams including 3 girls teams.

The team play in the Southampton and District Girls Football League and play on Sunday mornings, although their home ground is Meadowside Recreation Ground, this season the girls are playing all their games as Bassett Sports Ground. So if you have some free time on a Sunday morning we are sure the girls would appreciate any support you can give them.

The girls won the Southampton and district cup last season, and are already off to a promising start again.



Whiteley Wanderers are the current holders of the League Cup and at present are second in the league.

Solent Mobility are proud to be a sponsor for Whiteley Wanderers U14 girls football team.

Manager Dave Hook was proud to show off the new training tops and we are sure you

will all agree that the girls certainly look happy to be wearing them.

Solent Mobility Centre are always keen to promote the small local independent businesses and be an active part of the local community.

Director Debbie Watts said “it is nice to have an opportunity to get involved and give something back to the local community, to see the girls benefiting from being part of a team through their sporting activities. Being a family run business Solent Mobility has a strong company ethic based on team work providing the best customer service”.

The Directors and staff at Solent Mobility would like to wish the girls all the very best for this season.



News from Whiteley Guides

Whiteley Guides had an eventful autumn term which again included helping Santa at the Christmas Grotto in Fareham Shopping Centre.

Four Guides became elves for the morning, greeting children and helping Santa to choose presents. This is a really good opportunity to practise our 'customer care' skills, as well as raise some money for future Guide activities.

Before Christmas we held a cake and gift sale and raised £75 for charity. The Guides loved making bags of reindeer dust (to guide Rudolph to the right place!) and chocolate drink packs decorated to look like Rudolph. After that event we spent a very enjoyable evening at Southampton Ski Centre, coming down the ski slope in 'donuts'. Four Guides made their Guide Promise while coming down the slope - shouting out the words so everyone could hear!



A somewhat quieter evening was held at the beginning of January with us snuggled up in blankets and onesies for our Film Night.



Our two Brownie units are working together on their programmes. The Rainbows and the younger Brownies took part in a 'Frozen' theme day and sleepover at Burridge Community Centre in November - 85 girls stayed the night and a good time was had by all.

2016 is the centenary of our Senior Section for girls 14-26 years old. We are looking forward to some exciting events to celebrate including the launch at Butser Hill on Thinking Day, 22 February.



Cystic Fibrosis Autumn Ball

After the astounding success of the Cystic Fibrosis Autumn Ball in 2012 and 2014, where over £78,000.00 has been raised for Cystic Fibrosis (CF) charities, Debbie Packer, from Whiteley is joining forces with her colleagues at Silver Lining Convergence Ltd, who are platinum sponsors of the event, to organise the next Cystic Fibrosis Autumn Ball.

The Black Tie Ball, hosted by Michael Kurn, is being held on Saturday 8th October 2016 at The Hilton Hotel at The Ageas Bowl. Guests will be wined and dined and will enjoy entertainment from CJ Edwards who featured on the Voice and his Band, as well as the glamorous electric string trio, Cordelectra. There will also be a casino and fun photobooth at the event as well as a fully packed raffle and auction. The Event has always been supported by well-known celebrities such as Ed Sheeran, Richard & Judy and Sian Lloyd.



Debbie with Richard and Judy who are supporters of the CF Trust & Event

The event is being held to raise money and awareness for Cystic Fibrosis, the UK's most common life-shortening inherited condition. The condition affects the internal organs, especially the lungs and digestive system. Sufferers usually look healthy; however they are far from that. The lungs are constantly infected causing long term damage and as a result, their lungs become less and less capable of working effectively, therefore breathing is a real struggle. Eventually oxygen is required and then a lung transplant is the only way to prolong a sufferer's life.

There is **no cure** and only half of those with CF can expect to reach their 40th birthday - many sufferers do not even reach the age of 20. Organiser, Debbie Packer, who is 28, suffers with the condition and is only too aware of her short life expectancy as she has lost many friends all under the age of 30 to CF. Her lungs generally function between 30% and 40% and she also carries out a demanding treatment regime for hours every day just to try to prolong her life expectancy as well as numerous long hospital admissions each year.



Debbie with just a few days' worth of medication

Debbie, cellist in Cordelectra and HR Manager for Silver Lining says "I really try to not let CF stop me doing anything - everyday life is hard, every breath is a struggle - but I have to have a life full of purpose and positivity to keep me working hard at my daily treatments which take between 4 - 6 hours a day".

The charity ball is supporting two CF charities - The Cystic Fibrosis Trust and the Adult Cystic Fibrosis Unit at the Southampton General Hospital.

Tickets for the ball start at £65 per person - for arrival drink, three course meal with ½ bottle of wine, coffee & petit fours. Why not get your friends, colleagues, or employees together to buy a table? There are also some exclusive VIP Tables available at £1,650 which include champagne and a VIP Sponsorship Package.

Please contact Debbie if you would like to be a sponsor of the event, or to donate an item for the Auction or Raffle whilst generating publicity for your organisation on info@cf-ball.org.uk or call on 0844 826 050. Please visit www.cf-ball.org.uk for more information.

Cystic
Fibrosis the reason to give



We met the third Wednesday of every month at 7.15pm at Whiteley Primary School, Yew Tree Drive.

We have a craft afternoon, gardening club: one afternoon and one evening group, two book clubs in the evening, lunch and supper clubs, cinema and theatre group and walking group.

We had some lovely outings last year to Goodwood Ladies Day, Bashley in The New Forest with a luncheon and a show, a shopping trip to Bournemouth, a Christmas lunch at Skylark Meadows and a wonderful Christmas party to round up our year.

Come and join us as a visitor we are a friendly bunch and our evening usually finishes with a cup of tea or coffee and a chat.

If you are interested please contact Sue Hall telephone 01489 881721 or Jane Vardy on 01489 881902.

RUNVERITY Running Club

Are you curious about joining this local running club?

People of Whiteley and surrounding areas are a really runner friendly community and have embraced the new RunVerity Running Club with enthusiasm and commitment. Since forming 18 months ago RunVerity is now a vibrant growing club with regular male and female runners who take part in the weekly group running and speed sessions where running techniques are coached in a supportive environment.

The success of RunVerity has proven that there is a demand for a Whiteley running club where coaching and support are paramount, whatever your gender, age or ability, the two go hand in hand.

RunVerity has coached over 200 people since the groups started in September 2014; many of these people believed they could not run but with expert coaching advice from RunVerity the majority of these runners are now regularly taking part in local Parkruns, 10k's and RunVerity already has 30 people signed up for the Great South Run in October 2016.

RunVerity is supporting local business by encouraging runners to meet up after runs for coffee in Whiteley Shopping Centre, recommending local running shops to buy all their running essentials and encouraging entries in local running races. For 2016 RunVerity's chosen charity is Friends of St Francis School in Fareham and have already raised £250 for this worthwhile cause.

Beginners

The majority of RunVerity runners have come through the huge success of the beginner's course which take place every 8 weeks in Whiteley. You will be in good company, nobody gets left behind and you will be coached in all the components of running. The next beginner's course starts on the 1st March 2016.

Already a runner?

RunVerity have weekly group runs most evenings and Friday mornings for those who are beyond beginner level. The aim is to keep you motivated, improve your running technique and enjoy your running, all in the company of others.

Bespoke running

Do you want to run with a buggy and friends or would you prefer one to one coaching and support, RunVerity can tailor running sessions to meet your needs

“RunVerity is so supportive and friendly. The coaching from Verity is great and encouraging. When I have tried to run before I have always given up because of lack of incentive.”

www.runverity.com Phone/text 07725 887918 or email runverity@gmail.com for more info about what RunVerity can do for you.



Sheridan Foot Health

Give foot problems the boot

Providing Foot Health Care for Portchester and surrounding areas

Have your feet looked after by Diane Sheridan, a Registered Nurse and Foot Health Practitioner with over 20 year's clinical healthcare experience.

The team at **Sheridan Foot Health** are all trained and committed to providing a high quality patient focused service.

All foot care treatments are individually tailored and suitable for all ages including nail trimming, corn and callus removal, fungal nail, athlete's foot, verrucae treatments and diabetic foot care. Nail reconstruction, consultation for the management and treatment of plantar fasciitis, and orthotics including insoles are also available.

Home visits are available

Advanced Epilation

The treatment used to remove moles, skin tags, sebaceous cysts, warts, broken capillaries, spider veins, liver/ age spots and blood spots.

For more information, visit our website
www.sheridanfoothealth.co.uk
or call 02392 388 149.



Diane Sheridan RGN, MCFHP, MAFHP

Foot Health Practitioner & Registered Nurse
48 White Hart Lane, Portchester, PO16 9BH

t: 02392 388149 m: 07795 522700 e: diane@sheridanfoothealth.co.uk
www.sheridanfoothealth.co.uk  /happyhealthyfeet



Shine South Children's Charity Spring Ball

Shine South Children's Charity are hosting their first Charity Spring Ball & Auction on Friday 18th March 2016 at the Solent Hotel & Spa Whiteley, from 7pm - till late.

Shine South is a local charity that has been helping to support children & families with Spina Bifida & Hydrocephalus for 52 years. They are raising funds to modernise and refurbish their wheelchair accessible Holiday Lodge in the New Forest used by their members for holiday breaks or well needed respite.

Please come and support this worthy cause. Its going to be a fabulous night of good food while being entertained by the amazing Liam White - Michael Bubl  Tribute, live music with The Sid James Experience Band and special host Nicky Banger - ex Saints professional footballer will be the MC & auctioneer for the evening. Tickets are on sale now, a 3-course meal £40 per person or a table of 10 for £350. There will be a Charity Auction and Raffle with fantastic prizes. For more information please contact Shine South secretary email: shinesouthcharity@gmail.com or tel: 07858 686286

Full details of the Spring Ball and Auction & Raffle prizes can be found at www.shinesouthcharity.org Registered Charity No 255998



**SUPPORTING CHILDREN & FAMILIES WITH
SPINA BIFIDA AND HYDROCEPHALUS**



**Shine South Charity Spring Ball
Auction & Raffle**

Charity No: 255998

Friday 18 March 2016
7pm till late
The Solent Hotel & Spa
Rookery Ave, Whiteley
Fareham, PO15 7AJ

Ticket Prices:
£40 per person
Table of 10 for £350

Dress Code: Black Tie & Formal Dress

www.shinesouthcharity.org
shinesouthcharity@gmail.com
Tel: 07858 686286

TYRE SHOPS

TYRE. EXHAUST. MOT & SERVICE CENTRE

**01489
885885**

Unit 4 Fulcrum 1, Solent Way, Whiteley PO15 7FE

**MOTs - Servicing & Repairs - Brakes - Clutches
Tyres - Exhausts - Puncture Repairs - Batteries
Wheel Alignment & Engine Diagnostics**



MOTs From £29.95

With a full/major service
Retail customers only

Fixed Price Servicing

From £69.95

Excluding dealer and hybrid servicing
Please Call for Prices

Air Con Re-Gas £39

FREE Tyre Safety Check

NO APPOINTMENT REQUIRED

Order Tyres Online for Next Day Fitting

KUMHO TYRES **7**

NEXEN

Continental



MICHELIN

A better way forward

GOODYEAR

BRIDGESTONE

GENERAL TIRE



PIRELLI



www.tyreshops.co.uk

This leaflet supersedes any previous leaflets/offers.



Theatre Arts Schools
StagecoachTM
Fareham

Mini Stages Classes

for children and their parents/carers

01489 666323

fareham@stagecoach.co.uk

Contact us now to book your place!



DRAMA

SINGING

MOVEMENT

Ages 2-4

**Imagination is a
journey; Stagecoach
provides the map.**



**QUALITY
TRAINING**
ESTABLISHED 1988
600 SCHOOLS NATIONWIDE



Theatre Arts Schools
Stagecoach™

Fareham
Enrolling Now
for the new term

01489 666232
fareham@stagecoach.co.uk
www.stagecoach.co.uk/fareham

Ask about
our 2
week trial!

Age 4-18

**Fun, confidence-building,
educational classes in acting,
singing and dance.**



**QUALITY
TRAINING**
ESTABLISHED 1988
600 SCHOOLS NATIONWIDE

What's on in Whiteley?

1st Whiteley Scouts. Beaver Scout colonies (6-8 yr olds) meet on Wednesday from 6:30pm to 7:30pm in the School. Cub Scout pack meets on Tuesdays from 6:30pm to 8:00pm in the school. Scout Group meets on Mondays from 7pm to 9pm in the Community Centre. Ian David 07808 301176

Active Seniors (50+) meets every Friday (term time), at 10:00 to 12:00 in the Meadowside Leisure Centre. Linda 01489 881654.

Monday Minis for under 5's meets every term time Monday 1-2.45pm in the Community Centre tel 01329 834874

Baby Clinic Monday 12.30-2.30pm Meadowside Leisure Centre

Open Door coffee morning meets every Tuesday (term time), at 9:30am in the Community Centre.

The Rotary Club of Whiteley meets every Tuesday at 7:30pm in the Meadowside Leisure Centre 07599 937252



Townswomen's Guild meets third Wednesday of every month, at 7:15pm in Whiteley Primary School. Sue Hall 01489 881721.

Whiteley Brownies meet alternate Tuesdays at the Community Centre tel 01489 885748.

Whiteley Church meets for Messy Church on the first Sunday of the month at 4.00pm and meets for a morning service at 10.15am on all subsequent Sundays of the month in the

Whiteley Community Centre. Rev Philippa Mills minister@whiteleychurch.org.uk

Whiteley Guides meet alternate Tuesdays at the Community Centre tel 01489 885748.

Whiteley Youth Club meets every Friday, at 7:30pm to 9:30pm in the Community Centre enquiries@whiteleyyouthclub.co.uk

Whiteley WAGS Women's Institute meets second Thursday of every month, at 7:30pm in Whiteley Primary School. whiteleywags@gmail.com

If you would like the details of your community group to be included here, please contact the Editor.

Picture by Jeremy Parsons

Useful telephone numbers

| | |
|---|---|
| Active Seniors (50+) Linda | 01489 881654 |
| Burr ridge Cricket Club Email: richbundy@hotmail.com | 01489 572929 |
| Citizens' Advice Bureau (Bishops Waltham) | 0844 4411 1306 |
| Citizens' Advice Bureau (Fareham) | 0844 477 2232 |
| Cornerstone C of E Primary School Head: Tim Clarke | 01489 660750 |
| Dentist: Whiteley Dental Practice, Solent Business Park | 01489 564203 |
| Doctor's Surgery, Yew Tree Drive | 01489 881982 |
| Everett's Pharmacy | 01489 565441 |
| First (Bus Service) | 0333 014 3480 |
| Hampshire Highways | 0300 555 1388 |
| Hampshire County Councillor Patricia Stallard | 02392 251484 |
| Henry Cort Community College Principal Mrs C Cabbage | 01329 843127 |
| Local Authorities Customer Services Centre: Fareham Borough Council Hampshire County Council Winchester City Council | 01329 236100 0300 555 1375 01962 840222 |
| Meadowside Leisure Centre | 01489 577464 |
| MP for Fareham: Suella Fernandes suella@suellafernandes.co.uk | 01329 822646 |
| MP for Winchester: George Hollingbery george.hollingbery.mp@parliament.uk | 01962 884550 |
| NHS 111 - Non emergency advice | 0845 46 47 48 |
| Robinson Reade Estate Agent www.robinsonreade.co.uk | 01489 579911 |
| Rotary Club of Whiteley www.rotarywhiteley.org.uk | 07599 937252 |
| Townswomen's Guild Chairman Sue Hall | 01489 881721 |
| Whiteley Church The Reverend Philippa Mills minister@whiteleychurch.org.uk | 01489 881533 |
| Whiteley Community Centre (Manager) | 01489 880041 |

| | |
|--|------------------------------|
| Whiteley Town Clerk Nicki Oliver | 01329 835019 |
| Whiteley Pre-School Registration & Enquiries | 07969 448031 |
| Whiteley Primary School Head: Mrs Pennington | 01489 881601 |
| Whiteley Quilters Marilyn Lovett | 02392 585194 |
| Whiteley Scout Group Ian David | 07808 301176 |
| Whiteley Guide and Brownie Groups Jacqui Dixon | 01489 885748 |
| Whiteley Shopping Centre | 01489 566000 |
| Whiteley Wanderers FC www.whiteleyfc.co.uk | Contact via website |
| Whiteley WAGS Women's Institute: President: Sue Daish www.whiteleywags.co.uk | 07528 811139 |
| Winchester City Councillors: Vivian Achwal Sam Newman-McKie | 01489 570199 01489 881206 |

Note from the Editor

If you have a news article or wish to advertise in this publication, please send your details to the editor: townclerk@whiteleytowncouncil.co.uk
Tel 01329 835019

Deadline for next issue: 31st May 2016

The Whiteley Voice is produced by Whiteley Town Council and distributed to all Whiteley residents. The latest copy can be found on the Town Council website www.whiteleytowncouncil.co.uk and copies are also available at the local primary school, dentists, doctors, Meadowside Leisure Centre and the Community Centre. 3,000 copies are distributed every three months.

Advertising Disclaimer: Whiteley Town Council is not responsible for information that appears in advertisements and external articles.

**Your problems, my speciality
– free initial consultation**

Avenue Business Services

Tel Colin on: 01489 885555

Mobile: 07889 895602

Email: cb@avenue-bs.com

Website: www.avenue-bs.com

Virtual Finance Director I
work with you to grow your
business from where you are
to where you want to be.

A **fresh** approach to Estate Agency

'Very friendly people. Excellent service.'

Mr & Mrs Lawrence

'Thank you so much for getting this massive chain to work. It was fantastic to be able to have full trust and confidence with you.' Mr & Mrs Hughes

'An outstanding service delivered by a very professional and committed TEAM. Thank You'
Mr & Mrs Fung

If you are thinking of **selling or letting**
find out what makes us different, call today
for a **FREE Market Appraisal 01489 579911**

Find us by the Lake - Shop 1, 3600 Parkway, Whiteley, Fareham, PO15 7AN

**Robinson
Reade**

Printed & Designed by footPRINT copy & design
Tel: 01489 583770

