THE MARNING MESSEN

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DISCOUNTED RATE FOR MARNHULL RESIDENTS

WELCOME TO YOUR

MARNHULL MESSENGER

CHRIS RYU Messenger Editor



Welcome back to the new look Messenger!

Thank you all for your feedback on last month's issue. I'm glad you liked the new look. A few more tweaks have been implemented based on feedback and to speed up production.

COLUMNISTS UPDATE

Lovely to hear your feedback on the new columnists too! People seemed to especially enjoy the folk lore column by Chris Walton. We have another new columnist this month.

REMINDER: NEW POLICY FOR EVENT ADVERTS

We've always done our best to fit in whatever content you send us in whatever format, but print/paper costs are much higher now and space is limited, so we've decided to change our policy on adverts for events. You can still have a free listing in the diary and a free text based article, but coming later this year, if you would like an image based advert placed in the Messenger you will need to pre-pay for the space on our website. There is an exception for organisations in the village. We believe this change will either free up valuable space for articles, or will help cover our print costs. There's been a delay to the launch of this, but I will update you here.

ADVERTISE HERE

We have a strict policy so advertising space is limited. If you'd like to advertise your organisation, please contact Rosie on the details to the right of this text.

SUBMIT YOUR EVENTS INTO A LIVE CALENDAR

On the messenger website and they'll be added to the printed automatically:

www.marnhullmessenger.org.uk

VILLAGE HELP

NORCAT - Bookings 10am - 3pm - 01258 472164

Dial-a-Ride - Major & Immediate Emergencies Only - 07900 261182 **Marnhull Village Care Car Service:** Please note that the contact number for this service has changed

temporarily to 07986 067024.

This is offered for door to door transport for the elderly, disabled and unemployed for essential trips with a set scale of modest donations.

DEADLINE FOR NEXT ISSUE

MID-DAY 14th March

E-mail all texts, announcements and other requests to: editor@marnhullmessenger.org.uk

CONTACT DETAILS

These contact details are to be used in relation to the publication of the Marnhull Messenger ONLY

EDITOR & Chris Ryu

WEBMASTER: editor@marnhullmessenger.org.uk

01258 808577 (option 4)

ADVERTISING: Rosie Gall

rosiegall1@gmail.com

TREASURER: Kim Harden

treasurer@marnhullmessenger.org.uk

CIRCULATION: Catherine & Mark Turner

circulation@marnhullmessenger.org.uk

CHAIRMAN: lan Gall

chairman@marnhullmessenger.org.uk

01258 820484

ADMINISTRATOR: Fiona Nelson

administrator@marnhullmessenger.org.uk

01258 821036

MARNHULL MESSENGER WEBSITE

Who Do I Contact?

Any amendments or proposals for new pages in the messenger website should be made to:

Chris Ryu Email: editor@marnhullmessenger.org.uk

MARNHULL MESSENGER DELIVERIES

It takes about 40 people, all of whom are volunteers, to collate and deliver The Marnhull Messenger to every home and business in the village. We are extremely grateful to this dedicated team, without whom the magazine simply would not flourish.

Whilst we always aim to deliver the magazine by the 1st of the month, from time to time illness, family commitments and a myriad of other personal issues can sometimes get in the way, resulting in the occasional late delivery. Recently, there have been a few complaints from villagers, because they felt their copy of The Marnhull Messenger was delivered late.

It might be worth pointing out that if it is essential to you to receive the Marnhull Messenger by a particular date and it hasn't arrived, then the Church, the two pubs and all the businesses in the village have spare copies available.

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Ian Gall - Chairman, The Marnhull Messenger Steering Group.

DISCLAIMER

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This publication is provided for your use "as is" without warranty of any kind, either expressed or implied; inclusion of an advertisement for an event or service does not imply that they are endorsed by the Marnhull Messenger. The Marnhull Messenger will take all reasonable precautions to ensure that the content is socially and morally acceptable.

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The Marnhull Messenger respects the privacy of organisations and persons who submit information for publication. Personal details, including photographs, will only be published if approved and submitted by organisations or individuals. No personal details will be given out or sold to any third parties, whether individuals, organisations or companies.

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ANNUAL DIARY 2024 All events are held at the Village Hall unless otherwise stated.

March

1st - Friday

Lunch Club @ 12:00

2nd - Saturday

The Marnhull Hub @ 10:00 - Marnhull Hub

Barry Paull - Elvis Tribute @ 20:30 British Legion

4th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Lynne's Bingo @ 19:00British Legion

5th - Tuesday

Bridge Club @ 14:00 Methodist Hall 6th - Wednesday

Fitsteps dance and exercise @ 11:15
Table Tennis - Wednesday @ 14:00
Community Choir @ 18:30
Pound Fitness @ 19:00 British Legion

7th - Thursday

Craft Club @ 10:00 Methodist Hall Artsreach - Hells Bells @ 19:30

8th - Friday

Blackmore Vale Art Group @ 10:00

9th - Saturday

Repair Café @ 10:00 Marnhull Hub St Greg's Primary School 150th Anniversary Quiz @ 19:00 St Gregory's primary school Bill Shannon - Soul and Motown @ 20:30 British Legion

11th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Women's Institute - Kurling @ 19:30

12th - Tuesday

Bridge Club @ 14:00 Methodist Hall Marnhull Garden Club @ 19:00

13th - Wednesday

Fitsteps dance and exercise class @

Table Tennis - Wednesday @ 14:00 Tea with Friends @ 14:30 Methodist Hall Community Choir @ 18:30

Pound Fitness @ 19:00 British Legion

15th - Friday

Marnhull Community Cafe @ 10:00 16th - Saturday

Jungle Hut Pre School Jumble Sale @ 09:30 St Gregory's primary school The Marnhull Hub and Repair Café @ 10:00 Marnhull Hub

The Rebbels @ 20:30 British Legion

18th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Lynne's Bingo @ 19:00British Legion Marnhull Music Society @ 19:15

19th - Tuesday

Passiontide Chorale Preludes @ 12:00 St Gregory's

Bridge Club @ 14:00 Methodist Hall Marnhull Green Teams 'Green Shoots' meeting @ 19:30 Methodist Hall

20th - Wednesday

Fitsteps dance and exercise class @

Table Tennis - Wednesday @ 14:00 Community Choir @ 18:30 Pound Fitness @ 19:00British Legion

22nd - Friday

Figure Drawing @ 10:30

23rd - Saturday

The Marnhull Hub and Repair Café @ 10:00 Marnhull Hub

25th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00

26th - Tuesday

Bridge Club @ 14:00 Methodist Hall Moviola - The Great Escaper @ 19:30

27th - Wednesday

Fitsteps dance and exercise class @ 11:15

Table Tennis - Wednesday @ 14:00 Community Choir @ 18:30

Pound Fitness @ 19:00British Legion

30th - Friday

The Marnhull Hub and Repair Café @ 10:00 Marnhull Hub

Baz and Debs @ 20:30 British Legion

April

1st - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Lynne's Bingo @ 19:00 British Legion

2nd - Tuesday

Bridge Club @ 14:00 Methodist Hall 3rd - Wednesday

Fitsteps dance and exercise class @ 11:15

Table Tennis @ 14:00 Community Choir @ 18:30 Pound Fitness @ 19:00 British Legion

4th - Thursday Craft Cl

Craft Club @ 10:00 Methodist Hall

5th - Friday

Lunch Club @ 12:00

The British Legion - Charity Night The Alzheimer's Society - Pressgang @ 20:00 British Legion Club

6th - Saturday

The Marnhull Hub and Repair Café @ 10:00 Marnhull Hub Mustang Sally @ 20:30 British Legion

8th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Women's Institute - AGM with Wine and Cheese @ 19:30

9th - Tuesday

Bridge Club @ 14:00 Methodist Hall

10th - Wednesday

Fitsteps dance and exercise class @ 11:15

Table Tennis - Wednesday @ 14:00 Tea with Friends @ 14:30 Methodist

Community Choir @ 18:30 Pound Fitness @ 19:00 British Legion

12th - Friday

Blackmore Vale Art Group @ 10:00

13th - Saturday

The Marnhull Hub and Repair Café @ 10:00 Marnhull Hub Cat and Mouse @ 20:30 British Legion

15th - Monday

Pound Fitness @ 09:30 British Legion Table Tennis - Monday @ 14:00 Lynne's Bingo @ 19:00 British Legion Marnhull Music Society @ 19:15

16th - Tuesday

Bridge Club @ 14:00 Methodist Hall

17th - Wednesday

Fitsteps dance and exercise class @ 11:15

FOR VILLAGE HALL BOOKINGS www.marnhullvillagehall.org.uk

and click on 'Book the Village Hall'
For general enquiries, email:
bookings@marnhullvillagehall.org.uk
or if unable to access the internet, phone 07376 911878
(9 to 5 weekdays)

SUBMIT YOUR EVENTS INTO A LIVE CALENDAR

On the messenger website and they'll be added to this diary in the next issue!

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FROM THE SURGERIES

Medicines Waste

NHS Dorset has launched a public awareness campaign highlighting the impact of Medicines Waste and is asking patients to check what medicines they have at home before ordering more.

Why is this important? In Dorset £9 million a month is spent on repeat medications but approximately 1.6 million medicine items are wasted unnecessary in Dorset each year. Your help is needed to reduce this.

It's important to realise that if you have enough medicine at home, there's no need to order more every time. You will still be able to request your medicine again in the future.

Stay well

- Unused medicines go out of date and might not work as intended, meaning your care might be compromised.
- o Stockpiling medicines worsen drug shortages.

Stav safe

- o Stockpiles of medicines kept at home can be dangerous for children and pets.
- o Medicines are only prescribed for you, and it is not safe to share prescribed medicines with anyone else.

Stay green

- o When you dispose of medicines properly, by handing them in to your pharmacy, you are helping to make sure that waste medicines do not pollute our rivers and seas.
- o Only ordering what you need means that you are helping the environment, because once medicines have left the pharmacy they cannot be recycled or used by anyone else.

The good news is that you can help make a tremendous difference – please speak to your pharmacy team about only ordering what you need.

For more information – www.nhsdorset.nhs.uk/yourmeds

Mental Health Support for Veterans

The NHS is rolling out an expanded mental health support service for Armed Forces veterans, as survey found that more than half find it difficult to speak up about mental health issues.

A new campaign has just been launched to highlight its Op COURAGE service, which now includes enhanced specialist support for addictions.

Latest available data shows that from April-November 2023, more than 4,500 referrals were made to the NHS service which provides specialist care, support and treatment to former Armed Forces personnel, reservists, and service leavers with mental health and wellbeing issues.

More than 30,000 referrals have been made to the veterans' mental health and wellbeing 'lifeline' service since it was first launched by the NHS in 2017.

There are about 2.4 million veterans living in the UK and a new survey of over 3,000 veterans and serving personal, carried out by NHS England,

found that the majority (around 60%), of those who took part, said they found it difficult to ask for help for mental health issues.

For those who sought help from Op COURAGE, self-referral was the top method (around 44%).

More than half of respondents (52%) said they currently had, or had previously had, a mental health problem and 54% said they had a physical health problem now or had previously had one.

As a result, NHS England redesigned the service, with a focus on boosting self-referrals, as well as the addition of enhanced addiction support, and have kicked off an awareness campaign highlighting the service which supports veterans, reservists, and service leavers.

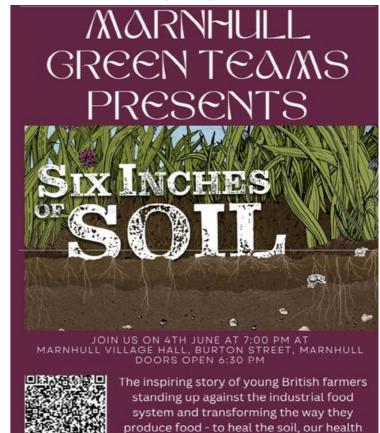
Support for veterans, reservists and service leavers through OP COURAGE is provided by trained professionals from the Armed Forces community or with extensive experience of working with the military. For more information – search for Op COURAGE on the NHS website.



How hard it is to make a difficult decision? Well, Julia Holman who was, by profession, a criminal lawyer and spent several years working on the parole board should know. She will give some insight in how the parole board works, the volume of paperwork required and an understanding as to how difficult decisions about whether to allow parole are made. The talk includes some real examples of cases Julia was involved with and she will involve us in the difficult decision-making process.

Tuesday 5th March - Henstridge Village Hall BA8 0QB

Doors open for refreshments 2.15pm arrive before the AGM 2.45pm, Speaker 3pm

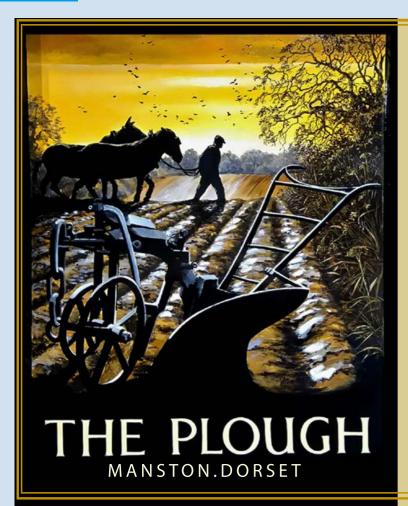


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and provide for local communities

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Mar 2024 EMARNHULL MESSENGER ISSUE 141



THE PLOUGH

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MARNHULL GREEN T*E*A*M*S

Taking the Environment Around Marnhull Seriously

Fancy a good movie? We are delighted to say that tickets are now available for our showing of the film Six Inches of Soil at Marnhull Village Hall, on Tuesday 4 June, 7pm. That may seem a long way off, but the film is proving a sell-out at other locations so you may wish to acquire your tickets sooner rather than later. Tickets are free of charge, courtesy of Marnhull Green TEAMS, and may be obtained online. Go to ticketsource.co.uk/whatson and search for events in Marnhull. After our showing a panel of local experts will lead discussion of issues arising. For example:

- How can we transition to regenerative agriculture?
- Where can I buy regeneratively produced food?
- What can I do to help shift the food and farming system to better practice?
- How can I get started in my own garden?

About 178,000 farmers manage 71% of the UK's land, and provide half of the food we eat - we import the rest. 'Industrial' farming practices contribute significantly to soil degradation, biodiversity loss and climate change.

Agroecology is an approach to farming that includes regenerative farming techniques working in harmony with, rather than against, nature. It focuses on local food systems and shorter supply chains. The advantages are numerous: healthier soils, healthier food for which farmers get paid a fair price,



and biodiversity restoration. Agroecology may also be our best chance in the face of accelerating climate change: it creates resilient systems and keeps carbon in the ground. Six Inches of Soil tells the story of remarkable farmers, communities, small businesses, chefs and entrepreneurs leading the way in transforming how our food is produced and consumed. There's more information about the film at sixinchesofsoil.org.

Come and see it. Book early to avoid disappointment.

In other news, our next Giveaway & Takeaway Day will be on Saturday 18 May. Please make a note of the date - and if you have things to get rid of that you think others may have a use for, try to hang on to them until then. Your rubbish may be someone else's treasure - and it's much better to reuse than to send things to landfill.

Led by John Dowsett, our G&T Days have been a great success in the pastand we aim to make this year's better still. We try to learn from experience, so there will be a few subtle changes. For example, we will be offering the opportunity to those who live outside the New Street, Church Hill, Burton Street and Sackmore Lane 'square' to bring their giveaways to a market place at the Rec, where there will also be a map showing other G&T locations.

More details will appear in the April Messenger, but if you can't wait you can get in touch with John direct on (01258) 821534 or via marnhullgreen@outlook.com.









M12K 2024

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HTTPS://STGREGORYMARNHULL.DORSET.SCH.UK/M12K/







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STAYSAFE



RECOGNISING SCAMS

CHRIS WALTON
Oak Digital Solutions

Welcome back to my monthly column designed to help you navigate the digital world safely. This month - recognising and avoiding online, e-mail and telephone scams.

As the world becomes increasingly interconnected the risk of falling victim to online, e-mail and telephone scams is growing. Scams come in various forms, but they typically aim to trick individuals into providing personal or financial information, clicking on malicious links, or sending money to fraudsters. These scams often prey on emotions such as fear, urgency, or curiosity to manipulate victims.

Common types of scams:

Phishing e-mails or messages: Fraudulent emails or messages disguised as legitimate messages from trusted organisations including Banks, HMRC or the NHS. These usually request you to send sensitive information or prompt you to click on malicious links. These links take you to fake, but increasingly realistic websites where you are asked to enter your personal details or even bank details or passwords. A few years ago I would have said that these e-mails and messages are fairly easy to spot because of obvious errors in spelling or grammar, but scammers are now employing AI (artificial intelligence) to create e-mails, messages and websites for them making them virtually indistinguishable from the real thing.

Malicious e-mails: Some e-mails, known as spam or junk may have a link or file attached for you to click on or open. Opening these links or downloading the files may harm your device. Often these files are disguised as invoices, orders or receipts. If you receive an e-mail from someone that you don't know or weren't expecting be cautious and if in doubt just delete it.

Grandparent scams: Fraudsters often impersonate a grandchild, child or friend in distress, claiming to be in trouble and urgently needing financial assistance. They often exploit the victim's emotions and urgency to extort money. These scams can come by e-mail, text message or other means. Often they will request that you send them money digitally or purchase Amazon or other gift cards.

Fake websites: Scammers create fake websites which look official and persuade you to provide personal or financial information. For example, a scammer might create a fake

website for the bank you use, and ask you to update your account or security information on it. Often, these websites can look very convincing and only a few details might be different.

There are also websites set up to look like a copy of services offered by government websites and other organisations. For example, websites that offer to help you apply for a passport renewal or a new driving licence. Although they aren't illegal, these websites charge extra money if you use them, rather than going directly through the official government department where the service is free.

Lottery or prize scams: Scammers inform victims that they have won a lottery or prize but must pay taxes, postage or fees to claim their winnings. In reality, there is no prize, and the victim ends up losing money.

Tech Support Scams: Unsolicited phone calls or pop-up messages claiming to be from tech support services or anti-virus software, warning of fictitious computer problems or viruses and urging the victim to click on a link or provide remote access to their device or pay for unnecessary services.

Romance Scams: Predators create fake online profiles on dating websites or social media platforms to form romantic relationships with older adults, ultimately exploiting them for money or personal information.

Phone calls: Scammers call pretending to be from Microsoft, BT, banks, credit card companies or even The Internet! You might think it too much of a coincidence that a call from your own bank is from a scammer but remember these are sometimes entire call centres phoning tens of thousands of people a day in the hope that the person who picks up the phone banks with the institution they are pretending to be from.

In conclusion trust your instincts. If you receive an unexpected or suspicious call, email or message don't give out your details or open any links or documents. If they claim to be from an organisation that you use phone them directly using the phone number found on their official website or paperwork that you already have and confirm whether it is legitimate.

About Me

I'm Chris Walton, I live in Marnhull and I can help with many of the problems that people experience with personal and home technology. I have over 35 years' experience teaching people of all ages and all skill levels to use a wide variety of technology and software both in the workplace and at home. I provide patient and friendly training carried out at your own pace, in your own home and at your convenience.

You can find out more at www.oakdigitalsolutions.co.uk or on my Oak Digital Solutions Facebook Page.

After each months column has been published it will be posted to my Facebook page as well as the blog on my website where you are welcome to comment and ask any questions.

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Mar **2024 EMARNHULL MESSENGER MARNHULL MESSENGER ISSUE 141**

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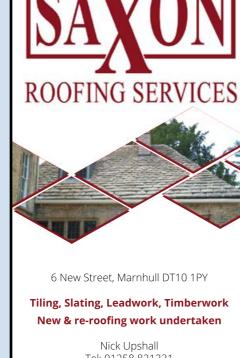
Email: info@accountancyplusdorset.co.uk Contact: Mr Kim Harden, FCA, FCCA 4 New Street, Marnhull DT10 1PY

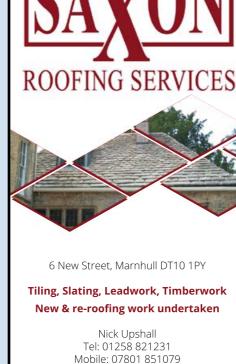


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Mar 2024

ROYAL BRITISH LEGION

March Entertainment Sat. March 2nd – Barry Paul (Elvis Tribute £5 on the door) Mon. March 4th - Bingo 7pm Sat. March 9th - DJ Bill Shannon (Soul and Motown) Sat. March 16th - The Rebbels Mon. March 18th - Bingo 7pm Sat. March 23rd - Private Party (wedding) Sat. March 30th - Baz and Debs Mon. April 1st - Bingo 7pm Fri. April 5th - Pressgang (Charity Night £5)

At the County Conference at Ferndown in January the Branch was given two awards for its efforts for the Poppy Appeal. The first was for the greatest percentage increase over the previous year and the the second for the greatest increase over the past five years. This is a tremendous effort for such a small village and is in no small part due to our Poppy Appeal organiser Eileen Woodward and Lyn Withal's bingo. Well done to all

Amazingly some people are still not aware that the chip van comes to the Legion car park every Friday afternoon. It comes about 4.30 and they are ready to serve at 5pm. Also you can pre order by ringing 07470854866. Further good news is that the bar in the club opens at 4 o'clock on Fridays so that you can enjoy a drink while waiting or come in and have a drink and eat in comfort. If you are lucky you can also be entertained by Vale Ukes or

Lyn's bingo returns from Its winter break on March 4th. Those of you that have never been before rest assured that it is the best bingo in North Dorset for those of you that have been before you don't need to be told this. The doors open at 6pm and eyes go down at 7pm

On Friday April 5th we will be having a Charity night for the Alzheimer's Society featuring Pressgang. The entry fee will be £5 on the door and there will be a raffle. So come and have a great night a support this worthy cause.

Marnhull Music Society

Our Christmas party was a most enjoyable evening with mulled wine and mince pies accompanied by a selection of both sacred and secular music which reflected the themes of the season. In January Bridget Brown presented her second concert. She started in swaggering style with Moross's "The Big Country", a sound picture of the wide plains and distant horizons of the American west.

The new world theme continued with "Sailing to Philadelphia", Mark Knopler's history lesson about the Mason-Dixon Line sung by himself and James Taylor. Dvorak's Symphony from the New World was a familiar landmark, and a little gentle jazz was represented by the delicate touch of Joshua Rifkin with his rendition of Scott Joplin's "Paragon Rag." A most intriguing number was a partnership of Humphrey Lyttleton with the astonishing voice of Helen Shapiro in a gospel format and then Bridget broke from her American theme to finish the first half of the programme with the Carmen Suite by Bizet.

After the coffee break Bridget indulged her love of melody with a sonata in A major by Caesar Franck featuring Vladimir Ashkenazy and Itzhak Perlman, which was a veritable red carpet performance and had the audience spellbound. Schubert's "Trout Quintet" is one of Bridget's alltime favourites and then we heard some beguiling Tchaikowsky in part of "The Sleeping Beauty", a scampering movement from Mendelssohn's Italian Symphony and Bridget ended her programme as she began, with

a bang! This time it was in the majestic and portentous strains of Brahms' "Academic Festival Overture"

In March our presenter will be Mike Wilkins.



Stars Appeal Virtual Reality Kit Transports Children in Sailsbury Hospital

Stars Appeal virtual reality kit transports children in Salisbury Hospital to magical worlds

Children in hospital can be transported into space and even go on safari with a new virtual reality headset funded by the Stars Appeal, Salisbury Hospital's Charity.

The specialist virtual reality (VR) therapy kit, which cost £6,000, is helping children on Sarum Children's Ward at Salisbury Hospital to feel calmer and make their time in hospital more fun.

The headset has an array of virtual reality experiences creating life-like three dimensional worlds for children to explore including expeditions into space, animal and dinosaur safaris and relaxing trips to the beach, as

Seven-year-old Khloe Mann, from Durrington, was able to get up close to her favourite animals during an African safari thanks to the specialist VR kit when she was on the children's ward at the end of last year.

She said: "The VR headset was really good. There were lots of different kinds of animals to see. It was really exciting; my favourite animals were the lions. It made me feel calm and relaxed."

Her dad Ryan added: "It's nice to break up their time and it definitely makes children's stays in hospital easier." Arya Smith, aged nine, from Wilton, tried out the games on the VR headset when she was in hospital. She said the games were "cool" adding: "It's fun playing the games."

Her mum Lorna said: "It's great to have something like this, which can be taken to their bedside. It gives them something to keep their minds busy while they are in hospital.

Thank you very much to all the Stars Appeal supporters for making Arya's stay more pleasant."The specialist therapy equipment is also a great distraction for children when they are being treated and having procedures

As Sarum Ward's Play Specialist Natasha Long explains: "The virtual reality therapy kit has made such a massive difference to children on Sarum Ward.

It is a brilliant distraction for the children especially when they are being treated and having procedures like blood tests which, in some instances, we would have struggled to get without the therapy headset.

It has a calming effect and immerses the children into a different world. Thank you to Stars Appeal supporters for giving us the opportunity to make the children's time in hospital less scary and more fun and enjoyable.

This is just one of the ways Stars Appeal supporters' generous donations and fundraising are making a difference to children in the Hospital.

The Stars Appeal also provide enhancements to the ward, a parents' flat and pulldown beds so parents can stay by their child's bedside, a dedicated play assistant, and multi-sensory toys.

Find out more about projects supporting Sarum Children's Ward on our website https://starsappeal.org/our-work/sarum-childrens-ward/

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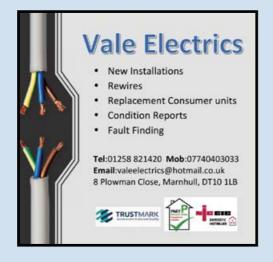
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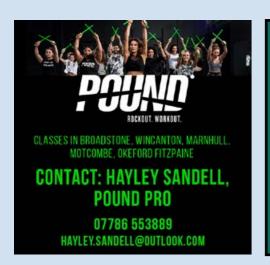
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Marnhall Flower Show

Will you be crowned Marnhull's Best Baker 2024?

The Great Marnhull Bake Offis one of the (many!) highlights of the Marnhull Flower Show, so why not compete against your friends, neighbours and fellow villagers and show off your baking skills?

The Great British Bake Off Series was originally inspired by village fete competitions and we're continuing that tradition with our very own Great Marnhull Bake Off Class. To enter you need to be part of a group of 4-6 people. It can be a group from your road, choir, church, Hub, Men's Shed, Garden Club, craft or any other club or society in the village. It can even just be a group of friends.

How does it work?

Everyone in your group bakes a Coffee and Walnut cake. The cake should be two layers of sponge, with a filling and a decorated top, using a standard 8 inch cake tin. The record number of ingredients used on the TV Show is a whopping 124, but you can use as many or as few as you like.

The best cake from each group will be chosen by the Show Judge and the group winners will then go head to head to find the ultimate champion and be crowned the Great Marnhull Bake Off Winner 2024. The Winner will be awarded the Judy Mc Taggart Cup.

Last year we had entries from 15 groups and the winner was Louella Hamer from the Parish Council group, with an excellent Dorset Apple Cake. Do start thinking about who you might want to enter with and, if you need help in finding people to form a group, drop us a line at flowershowmarnhull@



MARNHULL ENTERTAINS

The Great Escaper Marnhull Village Hall **Tuesday 26 March** at 7.30pm Doors open 7.00pm Tickets: £5.00 **Available from:**

Robin Hill Stores: 01258 820959 or Marnhull Stores: 01258 820116

In the summer of 2014, a World War II veteran sneaks out of his care home to attend the 70th anniversary commemoration of the D-Day landings in

Bernard Jordan escapes from his care home to attend the 70th Anniversary of the D-Day Landings in France.

Starring Micheal Caine and Glenda Jackson in her last film before her untimely death.



Tuesday March 5th

Doors open 2.15pm; AGM 2.45pm Speaker 3pm

10th Annual General Meeting

Julia Holman

Lock'em Up or Let Them Out How the Parole Board works



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We're bringing ultrafast full fibre broadband to Marnhull.

We're holding a community meeting so you can hear more about our plans to bring full fibre broadband to Marnhull. We would love to see you there.

Where: Marnhull Village Hall, Burton Street, Sturminster Newton, DT10 1PS

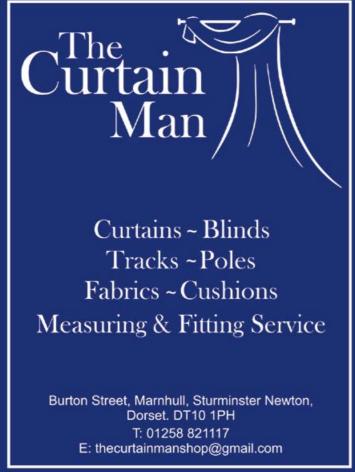
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Animal Awareness



SEPARATION ANXIETY IN DOGS

SALLY PALMER-WALTON
Wild Life Wellness

According to a recent BBC article Separation Anxiety is a rising problem, particularly amongst dog owners who adopted during covid. It's an emotional disorder that can develop when a pet is away from their owner or another animal to whom they're most bonded and can significantly affect your dog's mental well-being. Understanding that this condition is not a sign of disobedience, or a lack of training is crucial. It's a serious emotional challenge that requires a compassionate and holistic approach to help support your canine companion.

What is Dog Separation Anxiety?

In really simple terms, Separation Anxiety is just the fear of being left alone and the unknown that follows. All animals live in the 'here and now', so when you leave them, as far as they know, you could be gone forever. Some dogs suffer in silence, although subtle signs will be there: hyper-vigilance, continuous pacing, excessive drooling or panting, abstaining from eating or drinking until their caregiver returns. These signs can go unobserved due to the very nature of the anxiety only happening when alone, but often separation anxiety manifests in more obvious signs:

- Excessive Barking or Howling when Alone vocalization serves as a call for attention or a cry for help.
- Destructive Behaviour chewing on or ripping up furniture or objects in your home is a coping mechanism, providing a temporary distraction from the stress of being along. The dog might also turn on itself, chewing or licking paws for example.
- Soiling Indoors despite being House-Trained this is a physical response to the stress the dog is feeling and a desperate attempt to mark territory, hoping the scent will attract their human companion back to the home.
- Trying to Escape some dogs may scratch at doors or windows, sometimes to the point of injuring themselves, in a frantic effort to reunite with their caregivers.

Causes of Separation Anxiety in Dogs.

Whilst leaving your dog alone is high on the list of Separation Anxiety Causes, is isn't the only reason. This type of anxiety is often the result of an underlying experience and is more likely to affect dogs who:

 Were removed from their mother and siblings too early or too late, leading to feelings of insecurity and distress.

- Were abandoned at key points in their psychological development.
- Haven't spent much time alone, i.e. those who haven't had the opportunity to interact with other dogs, animals or people (this is particularly the case with dogs brought up during covid).
- Weren't properly integrated into their first home perhaps their caregiver left them confined in a small space with little social interaction.
- Have experienced a traumatic event, such as a frightening experience at a shelter or a significant change in their household or routine i.e. new individual living at the home, moving house, or change in their caregiver's work schedule. Dogs are creatures of habit so any sudden changes in their environment or daily routine can trigger separation anxiety. They tend to structure their day around their caregivers' routines so any abrupt change like suddenly working a night shift or extended hours can trigger anxiety.
- A genetic predisposition for anxiety. Certain breeds have been found to have a higher likelihood of developing anxiety disorders e.g. Labrador Retrievers, German Shepherds and Border Collies. These breeds have a high energy level or intense focus which, whilst making them excellent working dogs, also makes them prone to anxiety when not adequately stimulated or when they experience significant change.
- Are over-attached to their human companion. This is particularly common in rescue dogs or dogs that have been rehomed, as they may cling to their new caregiver out of fear of being abandoned again.
- Have little mental or physical stimulation in their lives. Boredom can exacerbate symptoms of separation anxiety when left alone. A well-exercised, stimulated dog is generally a well-behaved dog.

It's important to note that some symptoms of separation anxiety can be similar to certain medical conditions. Pain or discomfort can make a dog more anxious and lead to restlessness or barking, and a dog that suddenly starts to urinate inside the home might be suffering from a urinary tract infection, and not anxious at all. So please do consult your vet to rule out an inherent medical issue.

Consider complimentary animal therapy - Although seeking veterinarian advice is always the first step in situations like this, a therapy such as energy healing is also incredibly beneficial for you and your dog. Energy healing is a gentle, non-invasive, integrative therapy which, with patience and compassion, can enhance your dog's overall well-being, increasing their happiness, health and resilience.

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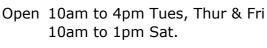
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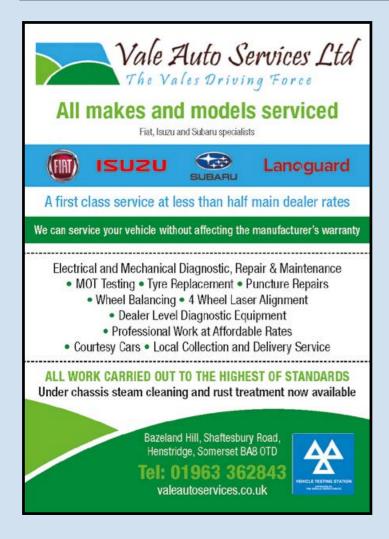
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OUR LADY'S CHURCH

Easter i riduum		
Morning prayer	Our Lady's, Marnhull	8am
Morning prayer	St Benedict's, Gillingham	8am
Mass of the Lord's	St Benedict's, Gillingham	7pm
Supper		
Morning prayer	Our Lady's, Marnhull	8am
Morning prayer	St Benedict's, Gillingham	8am
Passion and veneration of	St Benedict's, Gillingham	3pm
the Cross		
Morning prayer	Our Lady's, Marnhull	8am
Morning prayer	St Benedict's, Gillingham	8am
Blessing of the Easter food	St Benedict's, Gillingham	11am
Easter Vigil	St Benedict's, Gillingham	7.30pm
Easter Sunday Mass	Our Lady's, Marnhull	9am
Easter Sunday Mass	St Benedict's, Gillingham	11am
	Morning prayer Morning prayer Mass of the Lord's Supper Morning prayer Morning prayer Morning prayer Passion and veneration of the Cross Morning prayer Morning prayer Blessing of the Easter food Easter Vigil Easter Sunday Mass	Morning prayer Mass of the Lord's Supper Morning prayer Morning prayer Morning prayer Morning prayer St Benedict's, Gillingham Morning prayer Morning prayer Blessing of the Easter food Easter Vigil St Benedict's, Gillingham St Benedict's, Gillingham St Benedict's, Gillingham St Benedict's, Gillingham Our Lady's, Marnhull St Benedict's, Gillingham Our Lady's, Marnhull

Holy Thursday: We begin the Triduum following the Passion of Christ with this dual celebration, of the priesthood and the institution of the Eucharist, at the Last Supper, when Christ taught us, by the washing of his disciple's feet, that we must be servants to each other if we are to be his disciples.

Good Friday: On this solemn day we commemorate Christ's Passion and Death. The Liturgy consists of three parts: The Liturgy of The Word, including the Passion, the Veneration of the Cross and Holy Communion.

Holy Saturday: There is a great silence on earth today – a great silence and stillness... because the King is asleep...' This is the Lord's Day of Rest, sometimes called the quietest day of the Church year. The Church is mourning because the bridegroom has been taken away ay lies in the tomb.

Easter Vigil: The lighting of the Easter fire begins the transformation from darkness to light. The Easter Proclamation describes the night when Christ broke the chains of death and rose triumphant from the grave. It is the night when the pillar of fire destroyed the darkness of sin. Hence glory shines forth and darkness vanishes forever. It is time to listen to our salvation history, to renew our baptismal promises, and to joyfully celebrate the Eucharist-Christ risen from the grave. Easter Sunday: Easter is the annual commemoration of the Resurrection of Jesus Christ – the greatest and principal feast of the Christian Calendar. We celebrate Christ risen from the dead, the triumph of life over death, of good over evil and our salvation. It is time to rejoice in the goodness of God.



Saturday 09 March

Parishes in Dorset are joining the CAFOD Big Lent Walk. Marnhull and Gillingham parishes will be walking the trailway from Sturminster

Newton to Shillingstone Station and back. (Shillingstone Station has toilets and a café). The walk will take about 75 mins in each direction. We will walk together with Sherborne parish and Blandford parish will walk from Blandford and meet us at Shillingstone.

Saturday the 9th March is an opportunity for our Dorset Parishes to come together and support communities around the World.

Come and join the walk or sponsor members of our parish! Dorset parishes Big Lent Walk is fundraising for CAFOD. Our walk commences at 09:45am from the entrance of the Sturminster Newton trailway.

BISHOPS LETTER

Now the green blade riseth

A century ago, the great journalist and Catholic provocateur G.K.Chesterton wrote a wonderful essay entitled 'The Priest of Spring' in which he considered the integration of the Christian seasons with the natural year – and referred to the "armies of the intellect who will fight to the end on whether Easter is to be congratulated on fitting in with the spring or the spring on fitting in with Easter".

It's a familiar theme, often replayed in the media at this time of year – if (to my mind) a fairly pointless one. For the authenticity of the Christian celebration of Easter does not pivot on its historical priority to pagan or other celebrations of the natural year, but rather on its - far bolder - claim to fulfil them.

The Biblical account of resurrection is not that Easter merely recapitulates a universal theme, but that it marks an entirely new creative act, pointing to nature's ultimate liberation from the cycle of growth and decay. We can believe it or not, but the New Testament appears to claim nothing less, St Paul concluding that: 'if anyone is in Christ, there is a new creation".



The eggs and lambs and green blades that now rise to greet the spring are no less joyous in that light, but – I suggest – even more so, and I pray you will share in their praise.

+Andrew Ramsbury

Churches Together

The six Friday talks will be on the theme, 'Faith, Hope, Love' and will be given each week by different representatives of the 3 local churches.

The Talks will each last about half an hour and will be in the Methodist Church. The Hunger Lunches will follow immediately after and will be held in the Methodist Hall.

These events will be held on 16 and 23 February, and on 1, 8, 15 and 22 March. Please note that there will not be a Lent lunch on the 1 March because the Lunch Club meets on that day.

Any donations will be given to a UK charity for the homeless.

In the third book of C. S Lewis' Narnia series, The Horse and his Boy, a boy is making a dangerous journey on a talking horse to Narnia. It's a long, difficult way and the boy gets to the point where he cries because it seems so unfair that he has met so many lions along the road. As the tears roll down his face and he feels totally alone, he is terrified to discover another great lion is silently padding along directly beside him. The lion turns out to be Aslan who explains the mystery of the great beasts who have dogged his path. It has been Aslan himself who has been present throughout the journey, guiding events to provide company, solace and protection. The 'lions' have been a blessing in disguise.

In Luke 24: 13-24 there is a description of a journey from Jerusalem to Emmaus where Cleopas and his friend are walking and feeling weighed down by disillusionment and a sense of being abandoned by the events of the first Holy Week . They had thought their journey with Jesus would end differently.

Crucifixion was not on their itinerary and into their confusion walks a stranger with all the answers. With his help they can see how they have been carried through trial and suffering. The penny then drops as they share a meal together and bread is broken and the wine poured out. But,

before they have time to pinch themselves, lesus disappears from their

Just like Aslan (who is the Christ figure in C.S..Lewis's books), Jesus also draws alongside two dispirited disciples and paints a picture for them of God's intervention and purpose in recent events. The result for them is new confidence to continue the journey wherever it will take them.

God is often pictured as the one who walks with us. Kosuke Koyama, a Japanese theologian, shows in his book 'Three mile an hour God' how God teaches people important lessons at the slow pace of a human walk, three miles an hour and Christians believe that Jesus is on the move, still drawing alongside and walking with us on our journey today.

Archbishop Donald Coggan once wrote: I go through life as a transient on his way to eternity, made in the image of God but with that image debased, needing to be taught how to meditate, to worship, to think.

This is the purpose of the holy season of Lent (from Ash Wednesday to Palm Sunday)- that we realise again our need of God to teach us and the traditional inner spiritual disciplines of prayer, fasting and study and the outward disciplines of simplicity, submission and service lead us to new confidence in our faith journey.

We invite to join us on this journey through Lent on Friday lunchtimes (12pm) at the Methodist

Church and this Easter may you know the risen Jesus walking with you on During the period of Lent, our regular Sunday services continue your journey through life.

Every blessing

Gaenor

Revd Gaenor Hockey Rector of St Gregory's Church Marnhull

On behalf of Churches Together in Marnhull (CTIM)



THE METHODIST CHURCH

I think I'd better get down to church business this month after February's ramblings, it's often a bit quiet after the Christmas period but we're back in harness now!

The Girls' Brigade continues to meet on Wednesday evenings from 6.15 pm to 7.30 pm, in term time, for girls aged 4 and over. Currently the girls are doing their badge work considering the subjects of God's Family, Acceptance, Communication and Story Telling through craftwork, games and Bible stories.

Badges are earned every 6 weeks when new subjects are explored in many fun ways. We look forward to celebrating International Woman's Day in March. New girls are always welcome, for further information please contact Mrs Rachael Findlay on 07771 897262.

Lent Talks & Lunches organised by Marnhull Churches Together.

Lent is a period of 40 days, called Lent after an old English word meaning 'lengthen' because it is held as the days start to get longer. Ash Wednesday marks the beginning of Lent in western Christian churches and this year it falls on the 14th of February. Overall, it is a time of reflection on the goodness and life of Christ, the events leading up to his cruel death and of asking for forgiveness. Lent ends on Maundy Thursday, 28th March this year, the date which commemorates Jesus' last supper with his disciples. During Lent many people decide to give up something they like, such as alcohol, sweets or in these 'tech' days using social media sites! Some though may do something positive, like helping more or making more of an effort to care for others.

The Lent Talks & Lunches started on Feb 16th - the half an hour talk giving time for reflection on Christ's life and what it may mean for us and the basic, no frills lunch follows. The talks start at 12midday and the lunch starts at 12.30. All are in the Methodist Church and Hall on Fridays. All are welcome!

The remaining dates are:

1st March – talk 'Hope' 8th March -talk 'Hope' 15th March - talk 'Charity' 22nd March -talk 'Charity'

starting at 10.00 followed by coffee and a chat, you are very welcome to come along, a friendly smile awaits.

"Give thanks to the Lord for he is good, his love endures forever." Psalm 118 v 29 Gillian



ST MARY'S CATHOLIC PRIMARY SCHOOL

Of all the seasons, I think Spring is my favourite. Despite the awful weather that we can have, I love being reminded of the potential in nature around us. Daffodils and snowdrops, dotted along the roadside and hedgerows, add a splash of colour. The days are getting longer, and we have had some amazing sunsets these past few weeks. Hove Spring and witnessing nature waking up after its winter slumber. It also reminds me of all the exciting things we can look forward to in school as the weather gets warmer.

As part of Children's Mental Health Week, the children explored this year's theme of 'My Voice Matters', where all children feel able to say - and believe - "My Voice Matters".

Internet Safety Day, which also took place during the same week, enabled the children to explore the theme 'Inspiring change? Making a difference, managing influence and navigating change online'.

Our Growing In Faith Team (GIFT) arranged for the children to take part in our first book swap, encouraging them to reuse and live simply.



St Anthony's

The children loved sharing the book 'The Invisible String' as part of Children's Mental Health week. The story helps young children understand that they are always connected to the ones they love even when they are apart. We also enjoyed participating in a yoga session in PE helping them to calm and regulate their emotions.

In our Science lessons the children have been learning about different materials and their properties. One of their favourite lessons was exploring magnetism and the strength of different magnets.

Explorers

Our Explorers have had a busy half term, so they were delighted to take part in the whole school mental health and wellbeing day. They took some time out to relax, listen to calming music and talk about their emotions. The children also spent some time thinking about the people that they love and created a special Valentine's gift for them.



St Mark's

The children in St Marks have had an amazing start to 2024. They have worked so well and with bundles of enthusiasm this half term. Every day, the children have been coming in with big smiles and determination, ready to start their learning.

We have recently finished our writing unit based on the book "Star in a Jar". The class have shared fantastic vocabulary throughout the sentence stacking lessons. They were then able to use this vocabulary to plan and create their own piece of writing about treasure that they found. The class produced work of good quality; I was very proud of them. This also led to the children having a class star, who they named Tinsel.

I have no doubt that the children will return after half term with their enthusiasm and dedication towards their learning.

St Francis

The children of St Francis' class have learnt all about Early Islamic Civilisation this half term. They have studied old Baghdad and the silk trade routes.

In Science the last couple of weeks we have been studying states of matter. We have investigated how liquids can differ and identified the most appropriate Ketchup for a hot dog

stand. We have also taken the temperature of different liquids and places around school and were pleased to find out our classroom was one of the



We have been enjoying learning how to play the Samba drums in music this half term and the pupils are particularly excited about playing all the different instruments



POUND CLASSES

Pound is a cardio jam session inspired by the infectious, energising and sweat-dripping fun, Instead of listening to music you become the music in this exhilarating full body workout that combines cardio, conditioning and strength training with yoga and Pilatesinspired move using ripstixs and a exercise mat, also B'Active with Hayley which is a little body conditioning with small weights and resistance bands along the way pm for more details Email hayley. sandell@amail.com

MARNHULL PLAYERS PANTO

What a fantastic weekend we had, our 4 performances were well attended and feedback has been amazing.

Thanks goes to:

- Everyone that came and joined in with all the fun. You were all such amazing audiences, you helped Felix with all those Poodle Powers, You booed and hissed at Malabelle, you all cheered when the Beast turned back into a prince and you all ahhed at Beauty when she fell in love with the Beast.
- To all the people that helped on the performances whether you were on the door, in the kitchen or helping with the raffle. We really appreciate your hard work and couldn't do it without you.
- All the back stage hands, for setting the scenes and keeping us in check so we wouldn't be late on.
- Everyone that gave us amazing raffle prizes.
- To Rebecca Aldridge from Pumpkin Face painting Our faces looked amazing and the help of changing a witch into a pink poodle in such a quick time was amazing.
- To Helen Chalkley for her fantastic scenery, every year you make our stage look amazing.
- Catherine Turner and Glyn Silvester for your amazing help and work on our costumes.
- Lastly to Bruno Rodrigues the director of the show your endless list of ideas and ways to make your vision come to life, made this show what it was and it turned out to be a brilliant show, well done for getting us through it.

We will be back in 2025, we are going to re group soon and start to talk about what our next show should be.

Would you like to be involved in this fun pantomime group? Even if you don't want to be on stage, there's plenty of roles to help out with - no experience needed, we would love to have you on board. Contact Emma at marnhullplayers@gmail.com

The committee and Cast







ST GREGORY'S CHURCH - HOLY WEEK

Sunday 24th March **Palm Sunday**

Holy Communion (traditional)

Procession of Palms

Palm Sunday Eucharist including the Passion Reading 10.00am

Monday 25th

7.30pm Compline/Night Prayer

Tuesday 26th

7.30pm Compline/Night Prayer

Wednesday 27th

Compline/Night Prayer Maundy Thursday 28th

2.20pm School Easter service

Holy Communion including the washing of feet

Good Friday 29th

10.00am The Liturgy of Good Friday 2.00pm The Way of of the Cross

Holy Saturday 30th

The Easter Vigil with the Easter fire

Easter Day Sunday 31st

8.00am Holy Communion (traditional) Easter Day Family Eucharist

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Please contact our Tower captain Keith Woodward 01258 820537 keith. woodward.2@gmail.com for more information



20

Stars Appeal Press Release -Rockbourne fair Committee Present £51,000

Rockbourne Fair Committee present £51,000 to the Stars Appeal

The organisers of Rockbourne Fair celebrated another successful year by presenting over £51,000 to the Stars Appeal, Salisbury District Hospital's

Members of the Rockbourne Fair Committee presented their donation to the President of the Stars Appeal, the Earl of Pembroke, and the charity's Hospital Ambassadors on Thursday (January 18).

A total of £51,533 was raised at the boutique shopping event, which took place from October 18th to 20th 2023 at Salisbury Racecourse. A whopping £261,514 has now been raised at the last five Rockbourne

The presentation took place at the Neonatal Unit. Afterwards, Bev Moulding and Sarah Ewen, of the Rockbourne Fair Committee, and Lord Pembroke were given a tour of the Stars Appeal parents' accommodation at the unit during which they met parents and babies.

They were also able to listen to a Stars Appeal musician playing lullabies on the harp and saw some of the advanced equipment that donations to the charity have recently funded

www.marnhullmessenger.org.uk

Bey Moulding, the chair of the Rockbourne Fair Committee, said: "We are absolutely delighted by the incredible success of Rockbourne Fair 2023. Raising over £51,000 for the Stars Appeal goes beyond our expectations especially in the current economic climate and speaks volumes about the dedication of our volunteers, the quality of our stallholders, and the support from every visitor who walked through our doors.

"Every penny raised will make a significant difference in enhancing patient care and supporting our hardworking NHS staff. This is a proud moment for all of us involved in the Fair, and it reinforces our commitment to continue to put on this fun and much-loved pre-Christmas shopping event."

The fair featured over 100 handpicked artisan stalls offering a wide variety of items for shoppers from fashion, jewellery, and luxury homeware to gourmet food and toys.

President of the Stars Appeal, Lord Pembroke said: "On behalf of the Stars Appeal, I want to say a massive thank you to the Rockbourne Fair Committee. The fantastic amount of money raised is a testament to their hard work and dedication, and to the brilliant support and generosity of our local community.

It will enable the Stars Appeal to do even more to support our hospital and the local people it cares for by funding state-of-the-art equipment, enhancing facilities and providing ongoing projects to support the wellbeing of patients. Thank you so much to everyone involved for making Rockbourne Fair 2023 such a success!"

Donations from the Rockbourne Fair help the Stars Appeal towards its goal of raising more than £1million each year to fund projects supporting local people being treated at Salisbury District Hospital. Projects the charity are currently looking to fund include six high definition videoscopes for head and neck cancer patients, a mechanical chest compression machine, and 20 specialist cots for newborn babies on the labour and postnatal wards.

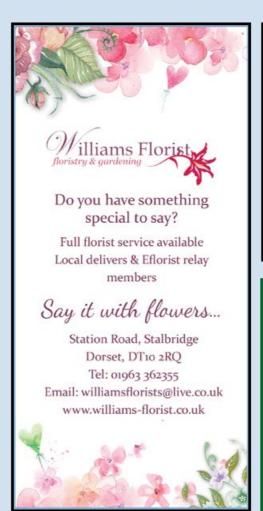
These are in addition to the ongoing projects the charity provides which include support for patients with cancer, Stars Appeal Wi-Fi and accommodation for the parents of seriously ill children in hospital.

Last year, donations and fundraising enabled the Stars Appeal to fund projects totalling over £1million, which included Salisbury Hospital's first 3D ultrasound, a new plastic surgery theatre with state-of-the-art equipment, and the latest baby heart monitors on the Labour Ward.

Save the date - From 16th to 18th October the Rockbourne Fair will be back at Salisbury Racecourse with another fantastic selection of stalls selling gorgeous gifts, delightful treats and beautiful homeware. Visit www. rockbournefair.org for more information.

To read more about the projects the Stars Appeal is currently fundraising for visit www.starsappeal.org/what-were-fundraising-for/







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Mar 2024

ISSUE 141





You may have noticed a post on the village Facebook page to say that, for the time being, the number to call for Transport requests has changed and

07986 067024

We still have the same band of merry drivers to help you reach your appointments but the previous number will be unmanned for a few weeks so please do not call or leave a message. Just dial 07986 067024 for

You may remember we spoke about a new support group being set up in the village to help those of us coping with loss, in whatever form that may take. A venue has now been found and the first meeting of Grief Encounters will be held on Friday 8th March and then monthly thereafter.

Both Flora and Nicola have experience in helping people through the challenges loss presents and offer warmth and confidentiality in a couple of years." comforting and supportive environment.

Of course, you may just want to go along and have cake! But you may find it helpful on another level as well. Why not give it a go and perhaps you'll find it helps lighten any darkness you may be feeling.

Come and join us for cakes and discussion about

death and dying, loss and recovery.

GRIEF ENCOUNTERS

A journey back to life

Friday 8th March, 10-11.30am (monthly)

Marnhull Methodist Church Hall, Burton St DT10 1PS

For more details please contact End of Life Doulas

Flora on 07778 431264 or Nicola on 07975 570381

Finally, a rather different request. Is there anyone in the village who would be prepared to dogsit a friendly cockapoo for two days a week, 8am-8pm and every other Saturday, 8am-9pm while it's mum works in the village?

Please call Lutia on 07411 017921 if you think you can help.

DORSET COUNCIL - SUPPORTIVE SCHOOL ATTENDADNCE CAMPAING

To assist families facing challenges getting their children to school, Dorset Council has launched the "In This Together" school attendance campaign.

The campaign aims to provide support and guidance to those needing help by ensuring their children attend school regularly.

Amid national concerns about school attendance, worsened by the pandemic, both locally and nationally, there has been a significant drop in young people going to school over the past few years.

Studies show a direct link between how often children go to school and their future opportunities in life.

Going beyond just grades, attending school has positive effects on a

child's well-being and offers chances to make friends and try new

MARNHULL MESSENGER

However, we know many families face hurdles in supporting their children to attend regularly, with anxiety often being a big obstacle. Dorset Council understands these challenges and has launched the "In This Together" campaign to tackle the issue head-on.

The campaign offers advice and support to families who need that extra help and encourages education settings to listen and support.

Amanda Davis, Director of Education and Learning, says, "We know some families have experienced all sorts of challenges and that each child has a unique set of circumstances that might get in the way of regular attendance in education. It's important to know you're not alone. We have support systems in place, and there are charities and community groups ready to help too."

Dorset Council suggests that if families are worried about school attendance, they should start by talking to their child's school. If concerns persist, families can contact their Locality Inclusion Team, which has a lot of knowledge and information to help-out. Cllr Byron Quayle, Dorset Council Portfolio Holder for Children, Education, and Early Help, emphasises the council's commitment to making sure families get help quickly. "School attendance is a huge priority to us, and we'd love to see a significant improvement in the next

"Our hope is that by working together, we can see more children able to access school and other education settings more easily."

For more details about the campaign and getting support, visit www.dorsetcouncil.gov.uk/attendance.



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Counsellor

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TECHNEWS



YOUR MONTHLY TECH UPDATE

CHRIS RYU

Welcome back to my new column where I give you a brief overview of what's changing in the world of technology and how it will affect you in Marnhull. We have a broad range of readers and so I'd love to hear your feedback on the level of detail I give and the types of technology I cover, so that I can adapt in future issues. Let's dive right in...

FREE CHARGING FOR YOUR EV CAR

Green Energy specialist Octopus Energy has just released a new tariff that subject to compatibility, offers you with free car charging. Essentially, they charge your car when demand is lowest and then use your car as a battery for the house during peak houses if you're home. Some of you will be familiar with Tesla Powerwall and it's a similar concept to that.

I recently swapped my Ionic for a Tesla (love it too) which sadly isn't yet supported, but Octopus did switch me to a new smart charging tariff that means I get around 300 miles range for just £5.

EU GIVE UP ON APPLE

The EU created a Digital Markets Act to tackle large companies • Cheerdots 2 is a fun new mouse that splits into a voice recorder, a laser controlling technology. "Gatekeepers" if you will. Some of these tech giants have tried to get around the regulations and in Apple's case, they've maliciously complied with some and ignored others.

They were ordered to make iMessage use a common standard or open their service to other providers so that all devices can communicate easily. They've argued that they are not large enough and the EU have, for now, allowed an exception. WhatsApp weren't so lucky!

Apple maliciously complied with orders to allow marketplaces and company's own payment gateways. Prior to this, app owners could either pay Apple 30% of their sales (wish I was kidding) or would need to not take payment in the app. Linking to your website would get your app banned from the store. Note: There's skin. an exception with products/services that require delivery or faceto-face service. So, an app selling a digital version of a book for instance would pay Apple 30%. An app that teaches kids to play piano would also pay 30%. Apple have technically complied with the EU regulation, but will require a lot of extra admin for

the company, will charge 30% on-top of their own gateway's fee and will begin charging companies for every download once they hit a threshold. None of our customers will be making the move.

AI TECH ROUND UP

People seem to like the AI section of my article last week, so I'll try to keep it going. My favourite Al of the month is called Sora. It's from the same team as Chat-GPT, the most famous AI in my opinion.

Sora can take a line of text and create a very high resolution and in most cases, very realistic 60 second video. Of the examples I've seen, I would say 75% of them would fool people into thinking it's a real video. The tool is in testing right now, but will be released to testers like me in the coming weeks. The things that are impressing me the most are lighting and reflections. This is the first time we've really seen that outside of gaming engines. Some of us believe that they've literally trained it on a game engine.

Once it's available you'll be able to create videos within Chat-GPT.

That should be it for my Al round up, but I wanted to mention Google's Gemini 1.5 update. This won't mean much to all of you, but this is huge news I promise. Their AI can now take up-to 10million "tokens" of data as a prompt vs Chat-GPT's best score yet of 128k. To put this in real world terms. You could literally feed the Al 7,000,000 words of instructions and it will process it. In theory you could give it your manuscript and ask it to proofread and give you suggestions!

NEW TECH ROUND-UP

We've only just had one of the largest tech shows of the year, so not a lot is happening at the moment.

- Lenovo unveiled a transparent laptop this thing looks like something out of a 90s Sci-Fi show!
- Apple have a big event coming in March where we're expecting new iPads, Macbook Ai, new case and new pencil.
- pointer, a touch pad and in 2024 fashion, it has a Chat-GPT feature built in. That's a lot of tech to fit in a standard size mouse, but they've pulled
- IVY Cable is a nice idea. It's a USB cable, but with a small battery bank that runs down the length. It charges when in use, then when unplugged from the PC/wall it continues to power the device!
- Singke headphones are interesting. They're specially designed for us spectacle wearers (and sunglasses I suppose), resolve the comfort issues you can get from over ear headphones and the ear damage risk of in ear headphones. According to the manufacturer other people can't hear any sound from them either. These work though bone conduction like others, but what intrigues me about these is they don't quite touch your

That's all for this month - see you next time!

FOR WEBSITE AND APP DEVELOPMENT CONTACT CHRIS

www.dorset.tech

CROSSWORD AND SUDOKU ANSWERS

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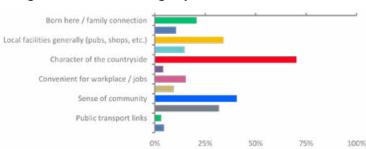


Marnhull **Neighbourhood Plan**

The Headlines

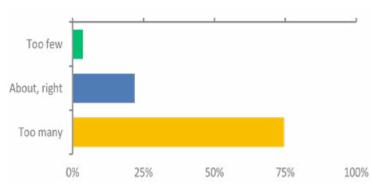
Over 500 responses were received. A huge thank you to everyone who took part. The information we've gathered will help us develop the Neighbourhood Plan with regard to housing needs, traffic and transport, local facilities, heritage and environment. The survey results in graph form can be found on the Marnhull Parish Council website, but here are some highlights from your responses.

Village character and housing requirements



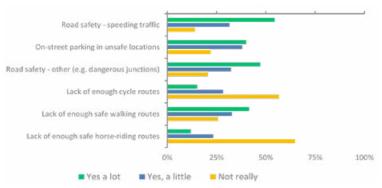
Character of the countryside was the main reason people chose to live in Marnhull. Additionally 80% of respondents said, now they live here, they enjoyed and valued the character of the village. The majority of people do not want to move within the next 5 - 10 years as where they live suits their

74% of respondents said we have too many houses being built in Marnhull; there was strong support for affordable housing in the comments section.



Traffic and Transport

Road safety was a concern for a majority of respondents - particularly speeding traffic, dangeraous junctions and a lack of safe walking routes. Many villagers commented on parking on the roads on Burton Street, Church Hill / Pilwell and New Street and on the width of our road and lack of capacity to absorb more traffic. A majority of people said that public transport did not meet the needs of the parish.



Local facilities, character, heritage and environment

There was overwhelming support for current facilities, the two shops, pharmacy and surgery in particular, and the village hall. There was strong support for a health centre and for improved footpaths. The rural characteristics of the parish are highly valued, including its views, hedgerows and trees. 75% wanted to see improvements to wilded or wildlife areas. There was strong support for Dorset Council's climate emergency policy to be reflected in Marnhull's plan.

Tess Square and Butts Close

MARNHULL MESSENGER

There was strong opposition (68%) to the proposed development of a foodstore and village centre. Some comments reflected the need for small business units and employment in the parish.

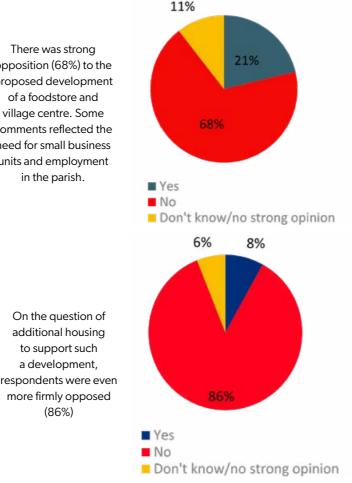
On the question of

additional housing

to support such

a development,

more firmly opposed (86%)



Further analysis of your responses will take place as we continue to work on the plan. Meanwhile, the survey results in graph form can be viewed on the Marnhull Parish Council website

New Years Eve Disco Party - For Charity "Shelter

Shelter Box's aim is to provide practical assistance to displaced families in war-torn areas of the World, from Gaza to the Ukraine etc. Im happy and proud to say that the event was a great success and we raised sufficient funds to pay for a tent to house an entire family. We also had sufficient additional funds to buy a 'community tool kit' which will assist in the construction and upkeep of camps for these unfortunate people.

Tea with Friends

Our next regular, monthly, get together is Wednesday 14th February 2.30 to 4pm Methodist Church Hall.

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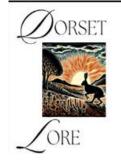
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DORSETLORE



MARCH HARES

CHRIS WALTONOak Digital Solutions

Welcome to Dorset Lore, a monthly column featuring the rich heritage of folklore, tradition, ghost stories and legends of the county of Dorset. For March we begin with a Marnhull based story involving a Hare.

Jimmy Coombs with his wife, Fanny lived in a tumble-down cottage at Marnhull Common, When the hare coursers wanted to start a hare, Jimmy could always find one for them on payment of half-a-crown. After a short race the hare always doubled back to Jimmy's cottage and was there lost sight of. One day a scout was posted in ambush at the cottage to await the hare's return. It ran right into the cottage and immediately turned itself into a woman (Jimmy's wife, Fanny). Her face was scratched and bleeding and her hair disordered and torn.

Another version of the story comes from East Stour and takes place around the 1820's. It was told by an old man of about eighty years of age. According to the old man, When he was a boy an old witch used to live in East Stour in one of the cottages off the Shaftesbury Road. The old woman had a son who would earn a few pence by telling people where hares were to be seen. However, it began to be noticed that these hares were never caught, so the men of the village determined that the next time they would get to the bottom of the mystery. Soon the boy came and said that there was a hare in such and such a field, so a good many villagers came with their dogs, Sure enough a hare got up and made for a stack in the middle of the field with the dogs and men in hot pursuit. The hare dashed into the stack and when the men came up, round at the back of the stack was the old women with wisps of hay in her hair!

This comes from the wonderful 'Dorset up along and down along' first published in 1935.

I have already gathered lots of folklore specific to Marnhull and surrounding villages and would be very interested to hear what stories locals recall, what their sources are, and what variations there are of the stories I have already researched.

You can now follow and message Dorset Lore on Facebook (just search for Dorset Lore) and you can e-mail me at dorsetlore@gmail.com

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NEWS FROM TRADING STANDARDS

Harmful levels of air pollution can damage people's health and reduce their quality of life. We can all be affected by this, but some, especially children, older people, and those with respiratory problems, can be affected most.

The Air Quality (Domestic Solid Fuels Standards) (England) Regulations 2020 brought in rules to protect health and the environment by restricting the sale of wet wood, which when burnt, produces more tiny particles than seasoned or dry wood. These particles are so tiny that they can enter the bloodstream which can potentially cause serious health issues for those most susceptible to them.

Today wood fuel can only be sold in volumes of less than 2 cubic metres if it is certified as 'Ready to Burn'. Certification confirms wood has a moisture content of 20% or less. It applies to both firewood and wood briquettes sold in single retail bags, or supplied as a bulk delivery in loose volumes. Traders are also required to store the wood in a way to prevent it being sold to customers damaged or wet.

As a consumer, look for the 'Ready to Burn' red flame certification mark when buying firewood for immediate use and for manufactured solid fuels. If you are buying wood in volumes over 2 cubic metres, you will need to have adequate space to store and season the firewood until it has no more than 20% moisture content.

In addition, having your chimney swept and appliance serviced regularly is also an important part of making sure you and your family are safe, burning fuel efficiently, and protecting the environment. Why not use a Buy With Confidence trader to check this for you?

Buy With Confidence traders are Trading Standards approved to ensure that they operate in a legal, honest and fair way. Search for a Buy With Confidence trader near you at buywithconfidence.gov.uk or by phoning the Citizens Advice consumer helpline on 0808 223 1133.

Thank you for kind folk who helped me.

On Sunday21st January my wife and I were enjoying walking our dogs along Haines lane when I slipped on some mudand tore the tendons in my knee. My wife headed back home to get the car, and while waiting a charming gent on a cycle ride not only asked if he could help in any way and then went after my wife to offer help to her. A few minutes later two lovely ladies on their horses offered help and then just as my wife got to me another couple out for a Sunday walk offered help. When we got home having dialled 111, we then had to go to A & E in Yeovil both of those parts of the NHS were so professional and caring. To the wonderful folk who offered help and support a very big thank you, we have only lived in Marnhull for six months and love the village and the people we have met over the time.

Best wishes - Ed Binsted



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MARNHULL TENNIS CLUB



Last year saw Marnhull Tennis Club reach new heights, with more members than ever before joining our friendly group to take part in regular club At our next meeting on Thursday 7th March, Mary Palmer will be showing nights, tournaments, coaching clinics and general social play.

The new membership season begins in April, so head over to our website (www.marnhulltennisclub.net) for more details on how to become part of our vibrant tennis community!

TRY BEFORE YOU BUY

If you haven't yet discovered the joys of tennis or want to have a go on our fabulous courts before committing to an annual membership, the club will be hosting sessions for non-members to come along and have a hit every Wednesday in April at 5pm. Balls will be provided and rackets are available on request. Please contact Jeremy Hamer (jeremyhamer7@ gmail.com) if you wish to join.

BEGINNERS AND RUSTY RACKETS

Also taking place on Wednesday evenings, the club will be recommencing its weekly sessions for members who are beginners or haven't picked up a racket for a while from April onwards. Taking place at 6pm, all ages are welcome to come on down and have a knock about. Please contact John Seear (johnseear@hotmail.com) for more information.

ANNUAL GENERAL MEETING

The Marnhull Tennis Club will be hosting its AGM on March 15 at 6pm in the Village Hall. All our members are invited to come along and participate in the proceedings, which will provide more details on our exciting plans, including the installation of floodlights on the courts now that planning permission has been granted.

EASTER HOLIDAY COACHING

Our LTA instructor Graham Howell will be running a series of coaching sessions over the Easter holidays for children ages 5 and up.

To confirm a place on one or more of these sessions, please contact Norma Amlot (dnamlot@icloud.com).

AND MUCH MORE!

- Regular club play on Thursday evenings and Friday mornings.
- After school sessions for juniors.
- Club singles and doubles tournaments.

To see our full range of planned events, head over to www. marnhulltennisclub.net.

MARNHULL CRAFT CLUB

The Marnhull Craft Club meets at 10am on the first Thursday of every month, except August, in the Methodist Church Hall. We are a friendly, informal group, where you can discover new crafts, share your crafting experience with others - or just bring along anything you're working on and have a cup of tea and a chat.

Last month Annette Bolton, the textile and bead artist, showed us some amazing pieces of embroidery and we had the opportunity to design our own pieces and to practice some stiches. It's fair to say that some of us were better at it than others!

We've also tried our hand at Dorset Buttons, Chicken Scratch embroidery and making Thread Catchers for our sewing.

us how to make Quilt Puffs.

If you're interested in coming along, we'd love to see you. For more information contact Sue Piper on 07787 299227.





MARNHULL MEN'S SHED

The Marnhull Men's Shed meets weekly at our workshop, where members can work on their own projects or work together on Community projects. There is also the opportunity to learn new skills or pass on skills to others. For those not project minded there is always the chance for a natter over tea and biscuits with friends old and new.

FOR MORE INFORMATION:

Please contact Alan Loukes Alan@loukes.co.uk or 07767 817173

STURMINSTER CHORAL SOCIETY

If you would like to take up/return to choral singing, try us out! Sturminster Choral Society meets again on Monday 18th September, 7pm, at The Exchange in Sturminster to rehearse for its Christmas concert (9th December): Vaughan Williams' Fantasia on Christmas Carols. We would be delighted to welcome you sopranos, altos, basses and tenors all; no auditions.

Just turn up or ring 01258 472274 for more details.

MARNHULL METHODIST CHURCH

Our Lovely Help has retired so now we are looking for someone who will clean our Methodist Church and hall. It will require one and a half to two hours a week, day and time to be agreed. Equipment etc provided and pay is negotiable

FOR MORE INFORMATION:

Please ring initially,

01258820203 (Blackmore Vale Foot Care) and we'll get back to you. Thank you!



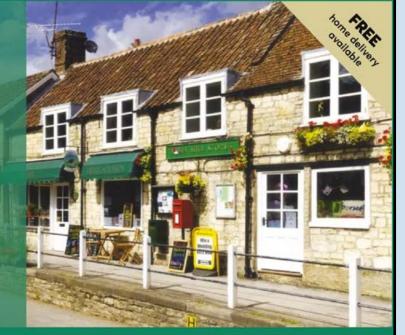
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All Cocahing FREE (Badminton England Coach) Intermediate level players always welcome

Badminton Senior Night

Thursday senior league night: 8.15-10.15pm The club is interested in players who wish to play at a league level.

The club participates in the salisbury district league - div2 mens and div2 mixed and div3 mixed

CONTACT:

Robert Tulk - 01258 820728 Meet at Riversmeet on Mondays, Tuesdays & Thursdays

MARNHULL LUNCH CLUB

Meets on the 1st Friday of every month in the Village Hall, except January. The club opens at 12 noon and lunch is served at 1pm.Transport can be provided to and from the Village Hall if needed.

> Main Course, Dessert and Tea or Coffee £10.00 For more information please call Liz 01258 821378 or Dawn 01258 820642

PASSIONTIDE CHAROALE PRELUDES

On Tuesday 19th March, Stephen Binnington will play a 30-minute programme of Chorale Preludes for Passiontide starting at 12 noon in St.Gregory's Church.

Perhaps this might be an opportunity to reflect on the period of Lent and Passiontide through the music of Bach, Brahms, Parry and others?

MARNHULL GARDEN CLUB

The Garden Club meets at 7.30pm on the 2nd Tuesday of most months, in the Marnhull Village Hall. Come and join us for refreshments and a chat. We usually have a guest speaker and learn some new gardening tips.

Contact Secretary Mr Phil Silvester 01258 394288 / 07921 214591 marnhullgardenclub@gmail.com

MARNHULL MUSIC SOCIETY

Meets every 3rd Monday of the month (except July and August) at 7:15pm in the village hall. We listen to a varied programme of music (mainly but not exclusively classical) presented by one of our members and enjoy a social 'cuppa' during an interval.

FOR MORE INFORMATION:

Please contact Alan Loukes on 01258 821629

MARNHULL AMBLERS & RAMBLERS

Short walk (amble) approx 3 miles

on 2nd Thursday morning of the month Contact Anne Dowsett - dowsettanne52@gmail.com

Longer walk (ramble) 5-7 miles

on last Thursday of the month

Contact Elaine Spencer-White - elainesw48@gmail.com

MARNHULL CRAFT CLUB

Meets at 10:00am on the first Thursday of every month (except August) in

THE METHODIST CHURCH HALL

Relax, meet new and old friends for coffee and chat. Use yourskills and learns omething new, in a friendly and relaxed atmosphere.

More information from Sue Piper - 07787299227

MARNHULL BRIDGE CLUB

Marnhull Bridge Club meets in the Methodist Hall every Tuesday at 2pm to play Chicago.

> New Players always welcome. Call 01258 820036 for information

FRENCH & SPANISH CONVERSATION

Want to get those little grey cells working? Then come along to French or Spanish conversation! This can complement your work with Duolingo or refresh your memories of your O level

For more information contact Ros Eveleigh on 821049.

MARNHULL WOMEN'S INSTITUTE

Meets on the 2nd Monday in the month (except Aug) At 7.30pm in the Village Hall

We look forward to seeing new and old members President: Nicola Denham - 01258 821343

BLACKMORE VALE ART GROUP

The group meets monthly on the second Friday at 10:30am in the Village Hall.

All styles and levels of experience are welcomed.

FOR FURTHER INFORMATION CONTACT Yvonne 820247 or mikyon@aol.com



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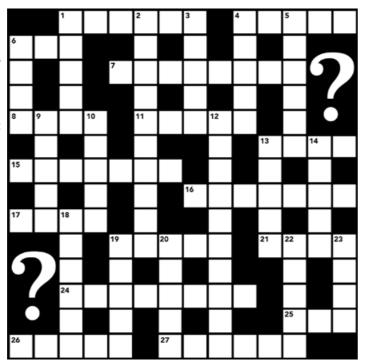


ACROSS

- 1) Large South American vulture. (6)
- 4) Medium sized sailing boat equipped for cruising or racing. (5)
- 6) Unit of pressure. (3)
- 7) Each of several projections on the rim of a wheel that engage with the links of a chain. (8)
- 8) A headland or promontory. (4)
- 11) A group of eight musicians. (5)
- 13) Large rope used to support a ship's mast. (4)
- 15) Hinged surface on the back edge of an aircraft's wing used to bank the aircraft for turning. (7)
- 16) City straddling the River Avon. (7)
- 17) The common freshwater perch. (4)
- 19) The drink one habitually prefers. (5)
- 21) A vegetable related to the onion. (4)
- 24) A sliding or gliding step in ballet . (8)
- 25) A literary term for anger. (3)
- 26) Cloth woven from flax. (5)
- 27) A piece of disposable absorbent paper. (6)

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DOWN

- 1) Inflammation of the larynx in children often causing a barking cough. (5)
- 2) Large herbivorous dinosaur with a long slender neck and tail. (10)
- 3) Place where a bird settles to rest at night. (5)
- 4) Member of an indigenous people of Northern Siberia. (5)
- 5) Material used for the strings of some musical instruments.
- 6) Group of countries in an alliance. (4)
- 9) Spitz dog of a Japanese breed. (5)
- 10) Large jugs with wide mouths. (5)
- 12) Natural region of flooded grasslands in southern Florida . (10)
- 13) Mexican agave with fleshy leaves cultivated for the fibre it yields. (5)
- 14) A positive charged electrode. (5)
- 18) In feudal Japan a name for a hereditary commander in
- 19) The uniting of England and Scotland in 1603. (5)
- 20) Of an unmounted jewel. (5)
- 22) Large nest of an eagle. (5)
- 23) A hardy cabbage. (4)

AII PUZZLE ANSWERS ON PAGE 24

New Messenger Deadline: 14th March

Email all texts, announcements and other requests to: editor@marnhullmessenger.org.uk



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DARE TO DO SOMETHING DIFFERENTLY?



This is a CGI image of a project we finished recently. We incorporated a bespoke piece of waney edge plank boarding which the client already owned, to provide an unique raised breakfast bar.

The cabinets are made to measure using Denim Blue egger board and the doors are solid oak raised & fielded panels, all topped off with mirror Quartz worktops. The appliances are from Smeg & the sink & tap are from The 1810 company. The flooring is a LVT from Karndean.

Our clients are thrilled with their new kitchen. This project was completely bespoke and more cost effective than their quote from Wren, which is a budget brand.

Talk to us today to see how we can build your dream kitchen.



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