

Ringwood & Fordingbridge NEWS



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Photo courtesy of Derek Maidment

FLOODING - Please Report It!

The Town Council recently received a presentation from a member of the Flood & Water Management Team at Hampshire County Council, who stressed the importance of reporting all incidents of flooding. Not only will this help to build the evidence required to investigate issues, but also future funding for improvements is reliant on these reports.

Please report flooding incidents here, and include as much information as possible (such as photos/videos, dates and times, depth of flood water and length of time the flooding remains):

<https://www.hants.gov.uk/.../flooding/reportingflooding>



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COMING SOON

Developments coming in 2024

Additional pages inc

Dates for your Diary, Sport, Health & Wellbeing, Property & Puzzles.

New Website

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Some ideas to have an Eggcellent break

We hope you all made the most of the extended bank holiday weekend and took the opportunity to recharge. Even the sun made an appearance, which really made the weekend for us!

Those parents among you will now be looking towards the remainder of the Easter holidays, planning how you're going to juggle children, work or possibly support your year 11 children through their revision. Here are our top tips for things to do during the holidays:

1. Bake up some tasty treats: Get into the spirit of the season by baking delicious Easter treats like hot cross buns, chocolate nests, or cookies shaped like bunnies and eggs. It's a fun activity for the whole family and can help use up some of that chocolate!

2. Explore nature: We are incredibly lucky to live in the heart of the New Forest and be surrounded by so much amazing wildlife. Spring is in full swing, making it the perfect time to explore. Go for a hike, have a picnic, or simply take a leisurely stroll on the beach.

3. Crafting: Get crafty this holiday with Easter-themed DIY projects. Decorate

eggs with vibrant colours and patterns, create handmade cards, or try your hand at creating spring wreaths or centerpieces.

4. Attend local events: Check out the Avon Tyrrell Outdoor Centre, Lepe Country Park, New Forest Activities or Longdown Activity Farm for some great Easter fun. Hockeys Farm are hosting a fun woodland walk and Children's Easter Hunt from 1 - 12 April. It's a great way to connect with and support your local community.

5. Family Movie Night: Set up a cozy movie night at home with Easter-themed movies like 'Hop' or 'Peter Rabbit'. Don't forget the popcorn and those Easter treats!

Whatever you choose to do, make sure to cherish this special time with loved ones and embrace the joy of the new season.

Happy Easter!!



Darren and Naomi

RINGWOOD & FORDINGBRIDGE NEWS

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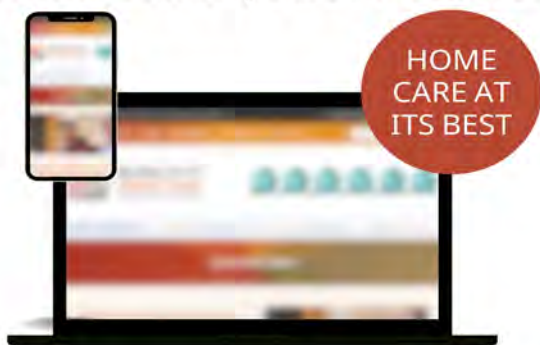
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The next issue will be published on Wednesday 17th April

Editorial copy deadline
Wednesday 10th April 2024.

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NEW YEAR, NEW LOOK



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Operations Manager



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Gill Russell, the Chairman of Ringwood & District Tangent Club, was very pleased to present a cheque for £750 to the Green Cottage Riding for the Disabled Association (RDA) on 22 February. The Ringwood Tangent Club, with over 60 members from Ringwood and surrounding areas including Verwood, Wimborne, Christchurch, Fordingbridge & Alderholt, and Bournemouth, recently organised a 'posh frocks & hats' Lunch for 156 ladies from 52 Tangent Clubs across the South West. Many local food and drink businesses were very generous in donating prizes for the raffle held during the lunch, which made an astounding £1500. The Tangent Club have shared this between the Clubs' National President's charity Myeloma UK, and our local Green Cottage Riding for the Disabled Association. Green Cottage RDA, based at Three-Legged Cross, provide riding lessons for children with a variety of special needs and disabilities such as cerebral palsy, downs syndrome, autism, ADHD, and many other complex learning and development disorders. Debbie Turner, RDA Group Coach, said that the cheque will do so much to help Green Cottage RDA meet their running costs, which amount to approx. £8,000 every year.

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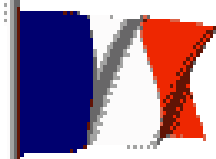
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Wine during the evening £2.50 per glass

For more information contact Penny Buckley
Tel: 07985-004830 or ringwoodfrenchcircle@gmail.com



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NEWS



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Greyfriars Big Book Sale

Save the Date!

On April 13th, from 9 AM to 1 PM, immerse yourself in a treasure trove of pre-loved books at our Spring Book Sale and Craft Fayre, coupled with the New Forest Weavers Spinners & Dyers Guild Open Day.

Explore our extensive selection of books spanning various genres, waiting to be discovered and cherished anew. With something for every reader, from timeless classics to contemporary favourites, there's a bookish treasure for everyone. Join us for a day of literary delights, music by Nigel Revill, and delectable treats, including our famous bacon and sausage baps and irresistible cheese scones. Our Hilary Christy Room will be full

of crafters and the lucky ones will get a complimentary hand and arm massage from Helen Oketh. Don't miss this opportunity to indulge in your love for reading and support our fantastic community event!



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SAVINGS

Understanding Investments: Investment choices within a Pension

For many people, pension savings may be their most significant asset other than their house. Yet I often find people don't know what they are invested in, let alone understand the investment choices available to them. Making the right choices can have a significant effect on the size of your future retirement fund.

When joining a pension scheme, you are often placed into the scheme's default investment funds. These are usually Lifestyled to the scheme's Normal Retirement Date (NRD), for example age 67 (but could be between 60 and 67). Your money is then invested in growth assets (usually shares) in the early years with the aim of offering a higher return, albeit with more volatility. The logic is that volatility is less important at this stage as there are many years to go before the money is required so if the fund suffers a fall in value there is time for it to recover.

As the NRD draws closer (for example 10 years away), Lifestyling will automatically start to switch a percentage of the money into lower risk assets (perhaps a balanced fund investing in a mix of shares and bonds or a low risk fund investing in bonds or cash). The logic being that as you get closer to retirement your pension becomes less volatile as you have less time to recover from stock market declines. For many this is a sensible approach and aims to help manage risk without any effort required by the pension plan member. But there are pitfalls:

- 1 - Lifestyling can vary between schemes so understanding how your own pension scheme operates is important.
- 2 - There can be different Lifestyled target outcomes. For example, some will target the purchase of an annuity at the Normal Retirement Date so the asset allocation will be more defensive and result in 75% invested in bonds and 25% in cash at the NRD. Other's may target drawdown so will be more balanced and perhaps end up with 75% in a medium risk balanced fund and 25% in cash.
- 3 - What if you plan on retiring before the pension scheme's NRD? The investments will likely be unbalanced and not reflective of your plans which may lead to unnecessary risk.

There are alternative choices.

Most schemes will offer a range of funds from which you can "self-select". By doing so you may be able to better bespoke your pension plan to your own retirement plans. However, selecting the right funds, and the subsequent returns earned from those funds,

will affect the final value of your retirement pot so this is not recommended unless you are a very experienced investor or you take professional financial advice.

There are even pension plans available which can offer temporary annuities and therefore remove investment risk. The annuity can be taken as income or rolled up within the pension and therefore offers a guaranteed future value. The rates on these plans have increased over the past 18 months as interest rates (and therefore annuity rates) have risen. These can be very attractive for clients under 5 years from retirement or for more cautious investors.

In conclusion, if your pension is a significant part of your overall wealth and therefore critical to your future retirement plans, treat it as such and give it the attention it deserves. Pension planning can be complex, so seeking advice from suitably qualified professional advisers is recommended.

My colleagues Stewart Sims-Handcock, Harry Goodship and I are available for a free initial, no obligation chat to discuss your personal requirements, and would be delighted to help.

Howard Goodship is an Independent Financial Adviser with Lonsdale Wealth Management, 5 Friday's Court, Ringwood Tel: 01425 208490 www.lonsdaleservices.co.uk

"A pension is a long-term investment not normally accessible until age 55 (57 from April 2028 unless the plan has a protected pension age). The value of your investments (and any income from them) can down as well as up which would have an impact on the level of pension benefits available. Your pension income could also be affected by the interest rates at the time you take your benefits. The tax implications of pension withdrawals will be based on your individual circumstances, tax legislation and regulation which are subject to change. You should seek advice to understand your options at retirement."

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Loved ones gain invaluable insights into living with dementia at St Ives House care home

A dedicated dementia information session was held for the relatives of residents at St Ives care home in Ringwood.

The session was led by Karen Hodges, Group Dementia Lead for Care South, the not-for-profit charity which runs the care home on Horton Road.

Karen spoke about the symptoms that a person living with dementia may experience, along with an explanation of the changes in the brain responsible for language and communication can be affected. She then explained to the loved ones of the care home residents how people can adapt their own language and communication to continue having meaningful interactions with their loved ones.

She said: "At Care South, the residents in our care are our primary focus to ensure that their individual needs are met, in partnership with the support of the families. We often hear that their relatives are looking to educate themselves on how best to help their loved ones, so we responded to this by hosted a session to suggest some subtle changes they can make to engage with their relative. One lady said that the session has given her a renewed confidence to interact more easily with her mum."



St Ives House provides specialist residential, respite and dementia care, with a dedicated activities team based in the home organising activities to support the residents' interests and to build friendships.

Care South is the leading provider of high quality residential and home care services across the south of England. The not-for-profit organisation, which is a registered charity, has care homes in Dorset, north Devon, Somerset and West Sussex, and home care offices covering east and west Dorset, and northeast Somerset and south Somerset.

For more information about the care services available, go to care-south.co.uk or call Care South on 01202 712410.


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NEWS

Struggling to be inspired by meals without meat?

Rosemary White, trustee of Ringwood Actions for Climate Emergency (RACE) said “For many of us a meal without meat just isn’t a meal. We want to explore how you can make healthy, nutritious meals based around plants. The first of our sessions is focusing on “Boosting the basics”. It will take pasta and tinned tomatoes as a starting point and add, herbs, carrots, leafy greens and legumes to create a filling lunch.” RACE is running a series of 8 sessions in conjunction with Four Acre Farm called ‘Pick to Plates’. Each one is an opportunity for local people to come together, learn about and eat a plant-based meal. The first event at Trinity Church Hall in Ringwood Thursday 11th April.

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Kate Forrester of Four Acre Farm explained “We use a no-dig method to grow a wide range of fruit and vegetables. There is a look of research to show that leafy greens and legumes improve our gut health and that seasonal produce is more nutritious. We are really excited to be working with RACE to share this knowledge and hope that we can truly inspire people to try to cook the meals they sample for themselves and their families at home.”

Tickets for the events including details of the other dates and events can be found on Eventbrite or via the RACE website. If you would like more information or are interested in a group booking for one of the events please contact us at Ringwood-raceagainsttime@gmail.com or via the website www.raceagainsttime.org.uk

Ringwood RACE Against Time Ltd is a registered charity.

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Gerald Mills Exhibition

Ringwood Meeting House is to host an exhibition of paintings by Ringwood-born artist and tutor, Gerald Mills.

Gerald set up his easel in a multitude of locations. Is your town or village represented? Has the view changed over the decades? Maybe even your own home found its way into one of his pictures.

The exhibition has been organised by his three sons after discovering more than a hundred of their late father's artworks following his death in 2023 at the age of 104.

"Dad loved painting countryside scenes in Hampshire and Dorset," said Nolan Mills, 72. "We're hoping others will derive enjoyment from them, perhaps through some local connection."

The exhibition starts on April 2nd, with unframed paintings available for sale from £5 and all profits going to the British Heart Foundation.

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SPORTS NEWS

Sandy Watkins, Fans Champion!

"AFC Bournemouth Community Sports Trust (AFCB CST) picked-out Ringwood resident Sandy Watkins as the perfect "Fans Champion" to celebrate International Women's Day on Sat 9th March at AFCB's Premier League game against Sheffield United at the Vitality Stadium. AFCB CST recognised the many years Sandy has worked as a volunteer within grassroots football, spending significant time supporting the growth of the game in her role as Club Secretary at Ringwood Town FC.



Sandy Watkins (RTFC Secretary)
 "Fans Champion"
 International Women's Day 9th March 2024. AFCB v. Sheffield Utd
 Photo courtesy AFCB

Sandy said "It was truly an honour to be nominated by AFCB CST and an experience that myself and Alex won't forget". Phil King, Chair RTFC, added "This is fantastic. I'm so pleased for Sandy. Sandy works tirelessly as a volunteer devoting so much time and effort to the smooth running of the Club, perhaps for more years than she cares to remember! Such a great advocate of grassroots football. Huge thanks to AFCB CST for recognising Sandy in this way." Picture shows Sandy delivering the match ball prior to kick-off accompanied by her son Alex."

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Ellingham and Ringwood Under 15's boys - Hampshire Vase Champions

Ellingham and Ringwood's under 15's boys put in a great all round performance on Sunday to win the Hampshire Vase, when they beat Tottonians 48-8.

They kicked off in fine weather on the sloping pitch at Alton. Tottonians immediately put pressure on Ellingham who were struggling to exit from their half. Continued effort from the Ellingham's ball carriers eventually took it's toll on the Tottonians defence and Freddie Serle made a break down the left hand touchline. A quick ruck, and the ball was spun right and ended in the hands of Oli Hind. The money was on him making it to the corner but some excellent cover tacking from the Tottonians defence drove him into touch just before the try line. From the resulting lineout Ellingham managed to get a hand on the clearing kick deflecting it to Archie Winterburn, who ran a lovely arc outside a couple of defenders to touch down for the first try of the game and Freddie Serle kicked the conversion.

Tottonians again put pressure on from the kick off and again Ellingham struggled to exit. This time Tottonians managed to force a penalty which they calmly kicked to reduce the deficit. This time it was Ellingham's turn to put pressure on from the kick off and eventually Tottonians gave away a penalty. It was kicked to the corner seven meters out, so it was time for Ellingham to pull out their highly effective maul. Tottonians did a great job of defending it, with the maul collapsing a couple of meters short, but Will Tunnicliff picked up from the back and crashed over the line for Ellingham's second try, but on this occasion Serle was unable to kick the conversion.

Ellingham found themselves back in the Tottonians half with a penalty for a high tackle. They took it quickly spinning it to the right, and after a quick ruck it came back the other way with Robert Clitheroe making a great run into the heart of the Tottonians defence, sucking in defenders. An offload to Kian Jenkins allowed him to crash through the Tottonians tacklers for the try, which Serle converted. There was still time for one final score before half time. Tottonians had a scrum on their own 22 metre line and looked to clear their lines with a kick, but unfortunately it landed in the hands of Archie Winterburn, who carried straight back into the Tottonians defenders. From the resulting ruck, the ball was spun to the right and Oli Hind made a lovely arcing run, breaking at least five tackle before touching down, but unfortunately Serle was unable to add the conversion, which meant Ellingham led 24-3 at the break.

Ellingham kicked off the second half up the hill and while they had a big lead it felt like the first five minutes would be important, as they were now playing up the significant slope and into the wind. There was a lineout 7seven meters from the Tottonians line, which Ellingham won, followed by a few carries into the Tottonians defence. Play then became scrappy with multiple turn overs and charged down kicks, before Ellingham were able to spin the ball to the right and Oli Hind, now with a taste for the try line, broke more tackles and crashed over for another try, but the conversion was missed. The next try came from a strong defensive effort. Tottonians were on



the attack and a strong ruck clearance, near the right hand touchline meant Ellingham turned the ball over. Will Tunnicliff picked up and spun it left and Ellingham, playing heads up rugby, noticed that the Tottonians defence was disorganised, so they managed to put Freddie Serle through a gap and he was able to run in from the half way line, scoring and converting his own try.

At this point Ellingham lost a little focus and Tottonians made the most of this, They carried hard into the Ellingham defence and won a penalty.

Taking this quickly, they were able to force penalty after penalty, keeping Ellingham on the back foot. There was then a brief pause for a shoulder injury to a Tottonians player. When the game restarted excellent tackling kept Tottonians from scoring, but eventually the pressure told. Tottonians span the ball to the right to their strongest ball carrier and he ran past a number of Ellingham defenders and scored in the corner. Ellingham wanted to end the game on a high, so they worked their way up the pitch and were awarded a scrum on the five metre line. Dylan Powell picked up from Number 8 and carried hard, but was stopped just short of the try line. The ball was recycled and a couple of good phases took place before Oli Hind was able to pick up from the back of a ruck and charge over for his hat-trick try, which Freddie Serle converted.

The photo shows the Ellingham side with their medals after the game.

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The Clerk also administers grant applications and works alongside the Trustees.

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If you would like to know more about the role or about Ringwood United Charities please email our Chair Dave Brown - d.v.brown@btinternet.com

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NEWS

New Changing Places toilet in Ringwood



NFDC are installing a new Changing Places toilet in Ringwood, which will be opening this spring.

The facility is currently being installed in The Furlong short stay car park, opposite the main toilet block, and includes a changing bed, hoist, and adjustable sink. It can be accessed at any time using a RADAR key. RADAR keys are used to access disabled toilets. If you are registered disabled, these keys can be obtained free of charge from our information offices. Alternatively, you can call customer services on 023 8028 5000 or email customer.services@nfdc.gov.uk for more information. You can find a list of our public toilets and current disabled facilities on our website - <https://www.newforest.gov.uk/>
The new Changing Places toilets have been funded by the Department for Levelling Up, Housing, and Communities to improve access to suitable facilities for disabled people who are living in or visiting the district.

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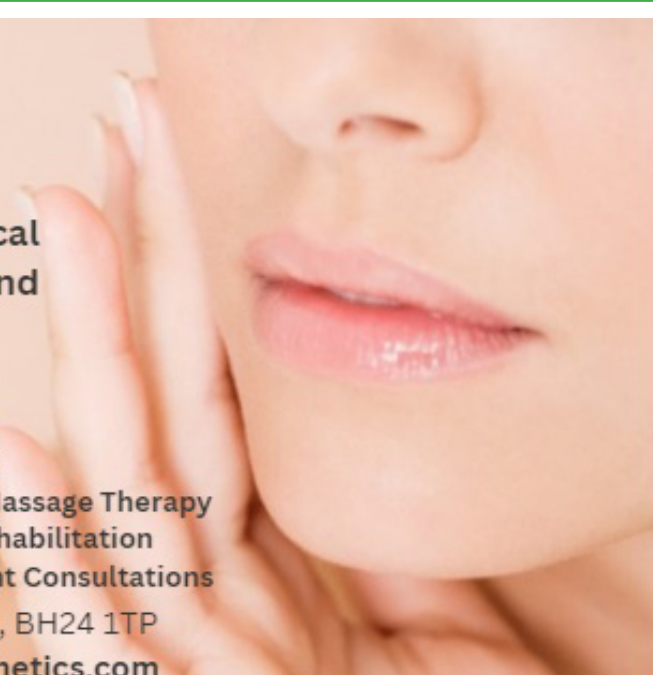
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Seeds, Plants and More ...

“We have seen an increasing interest in growing your own fruit and veg and understanding more about soil health, plant health and the benefits of plants on our own health” said Angela Winson from Ringwood Actions for Climate Emergency (RACE), “as a result we decided to put together a fun and informal way for people to find out more”.

There is the opportunity to find out more about the community growing projects in the Ringwood area and how they work? The chance to ask questions about gardening, growing your own, and how to get health benefits from plants and herbs.

The event at Trinity Church Hall in Ringwood on Saturday 13th April from 10am to 1pm also provides the chance to share and swap vegetable and flower seeds, seedlings and experiences.

Natasha Duggan, local environmental artist explained a little more about what to expect. “Our seed scatterers will be on hand to help you share seeds and early spring seedlings.

You can bring, share or just take away. There will be something for everyone, all designed to help towards a more sustainable future”

The event will include information and talks on

- soil health and the no-dig approach used at Four Acre Farm
- common plant pests and diseases and how to manage them
- growing perennial vegetables for a low maintenance garden
- how everyday herbs can help your health
- balancing nutrition and how plants can help
- how to preserve fruit and vegetables

There will also be stalls where you can buy or get

- pre-loved tools
- bird boxes, planters and more
- advice on planting for pollinators

- tips on growing your own fruit and vegetables

There is no entry fee but donations would be appreciated.

Angela added “We are passionate about helping people to benefit from growing their own fruit and vegetables, eating local produce and trying new foods that can provide health benefits. Please do pop along for a chat.”

For more information, including times for the talks you can contact Ringwood Actions for Climate Emergency (RACE) at ringwood-raceagainsttime@gmail.com or via the website www.raceagainsttime.org.uk

Ringwood RACE Against Time Ltd is a registered charity.



GREENING RINGWOOD PHASE 2 LAUNCH EVENT

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Greening Ringwood Phase 2 Launch Event

Saturday 20 April 10.00 to 14.00 outside Ringwood Gateway

Greening Ringwood and Ringwood Town Council are delighted to announce their Grand Launch Event showcasing Phase II of the 5 new projects in Ringwood – Everyone welcome. Plus refreshments with live music and singing!

Supported by Hampshire County Council, The Greening Campaign, and 5 expert organisations, these 5 projects, (funded by the Lottery) are-

1. **Space for Nature** - advise you how to increase wildlife biodiversity in your garden,
2. **Cycle of the Seed** - give you tips on how to grow your own delicious vegetables at home,
3. **Energy Efficient Homes** - help you make your own home warmer in winter and cooler in summer,
4. **Health impacts of Climate Change** - alert you to effects of changing climate and how we can best cope,
5. **Waste Prevention** - help us to reduce waste as much as possible.

Lindsay Andrews of Greening Ringwood says: ‘We are building on the success of Greening Ringwood’s focus in 2023, of helping people save money and reduce energy use. By now you should have received our NEW Greening Ringwood postcards providing you with 5 challenges. See which THREE of these 5 challenges you would like to achieve, and then please display your card in your window! By working together on all these we can make such a difference!’

Ringwood Town Councillor John Haywood, a member of the Energy Efficient Homes project says: ‘It’s been amazing to see how the Ringwood Community has come together yet again – our own team have already taken thermal images of 97 Ringwood homes during January and February to see where they were leaking heat, and then brought experts together at Greyfriars on 11 March to give advice on retrofitting – we’re hoping to do many more next winter’.

Apart from showcasing the 5 new projects, the Launch event will feature local musicians and choirs, refreshments from Moyles Court School and Idelica (The Spanish Place), and children from several local schools will demonstrate some of the eco activities they are doing at school.

We are really looking forward to showing you what will be on offer over the next 12 months in Ringwood! Follow us on Greening Ringwood FB and find out more on our website <https://www.greening-ringwood.org.uk>



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SMALL ADS**BEREAVEMENT NOTICE****Norman Henry John Lawson**

Passed away peacefully in his sleep at St. Ives House Care Home, Ashley Heath on 28th February 2024, aged 91. Beloved husband of Sylvia, loving father to Graham, Carl, Hugh and their families.

Norman will be greatly missed by his family, friends and colleagues.

There will be a Service of Thanksgiving on Thursday 4th April, 12:30pm at St Peter's and St Paul's Church, Market Place, Ringwood, BH24 1AW.

Floral tributes family only. Donations in Norman's memory can be made to Julia's House online at www.juliashouse.org or in envelopes at the church.

**WISEMAN
Brian (Farmer)**

It is with great sadness the family announce the peaceful death of Brian, on 7th March 2024 aged 84 Years, at the Macmillan Unit, Christchurch. Brian is loved and will be missed by all his family so very much. A Service of Celebration will be held at St. Paul's Church, Bisterne at 12 Noon on Monday 15th April. No flowers thank you, but donations in Brian's memory for The British Heart Foundation or Macmillan Caring Locally may be made online at www.tapperfuneralservice.co.uk or cheques may be sent to Barrow & Tapper 29a Soputhampton Road, Ringwood, Hampshire BH24 1HB (01425 472104)

**WATTS
Norma Janet**

I Passed away at the Macmillan Unit of Christchurch Hospital on 11th March 2024. Born in Harrow, Middlesex on 29.07.1934. Aunt to David and Ian Flint and surrogate Grand-Mother to her Great Nephews Richard and Michael. Norma loved her garden and travelled widely, Funeral Service to be held at Bournemouth Crematorium on Tuesday 16th April at 11.30am.

Family flowers only thank you, donations in memory of Norma for the Hampshire & Isle of Wight Air Ambulance may be made online at www.tapperfuneralservice.co.uk or cheques may be sent to Barrow & Tapper, 29a Southampton Road, Ringwood Hampshire BH24 1HB (01425 472104)

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Dates for your Diary, Jobs & Recruitment,
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Sign up to receive a digital copy 24 hours before distribution, see old issues and more.

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we already drop at more locations and this will continue to grow throughout the year.

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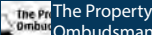
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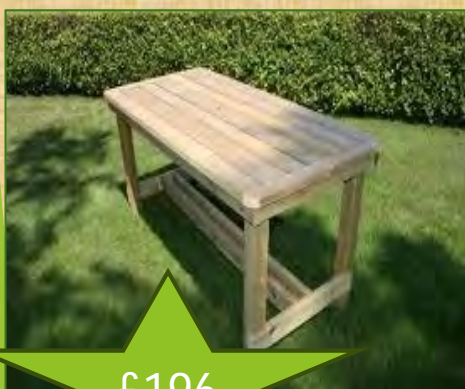


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