

West End Parish Council News

June 2023



Photo Courtesy of our Head Groundsman Steve Adams

Your Community



Delicious, freshly prepared cakes, soup sandwiches, paninis, tea, coffee & more!

The Hatch Cafe is based in the Parish Centre.

Available for indoor and outside table service as well as takeaway.

Please call 07582 990 363 for any bookings or enquiries.

EAT, DRINK, RELAX, ENJOY

A Warm Welcome Awaits You at Your Local Cafe in the Community

Opening Times

Monday	9am to 4pm
Tuesday	9am to 5pm (T/T) 9am to 4pm (S/H)
Wednesday	9am to 4pm
Thursday	9am to 4pm
Friday	9am to 5pm
Saturday	9am to 1.30pm
Sunday	CLOSED

T/T Term Time S/H School Holiday

Afternoon Tea

Come and join us for a Traditional Afternoon Tea.

£14.95
Per Person

Tables are available Monday - Friday
between 2pm - 4 pm

Bookings need to be made 48 hours in advance.



PROGRAMME OF SPEAKERS 2023

Meetings are held at West End Parish Centre and start at 7.30pm
Visitors Welcome (£2.00 per meeting)

For Further Details Contact Nigel Wood or Lin Dowdell on 02380 471886

VISIT OUR WEBSITE AT: www.westendlhs.co.uk

7th June

"Bert Hinkler"
Martin Radford

5th July

"The Arrival of the
Romans...the changing
face of Wessex"
Kay Ainsworth

2nd August

Social Evening at the Museum
All Welcome
*Includes raffle and free
refreshments*

6th September

"Winchester's 3.5 Cathedrals,
their Bishops, their Histories,
their Treasures"
Andrew Negus



New Public Art Project

Eastleigh Borough Council is launching a call out to find an Artist who can work with residents of Hatch Farm (also known as The Willows) on a new public art project.

As part of the Planning Obligations for large-scale development in the Borough, developers are required to pay contributions to fund infrastructure including sustainable transport, health provision, schools, play equipment and safety measures. Developers also pay a contribution towards public art to enable projects which can help build strong, vibrant and healthy communities, encouraging activity and instilling a sense of belonging and connectedness.

Public art projects can range from sculpture and murals to landscaping, seating or even performance or events. For this commission funded by contributions for the Hatch Farm development, the Council is looking for an Artist or Artist Collective to develop a project with local residents over the next year.

Professional Artists interested in applying will need to have previous experience of delivering public art projects and submit an Expression of Interest responding to the Artist's Brief on the Council's website:
<https://www.eastleigh.gov.uk/hatchfarmpublicart>

If you are unable to access the Brief and require information in another format please contact Vickie Fear, Public Art Officer by emailing implementation@eastleigh.gov.uk or calling 023 8068 8493.

We look forward to announcing the selected artist in a future edition and will share news of events and opportunities to get involved with the project as soon as we can.



Image: Hammering Waymarkers for Hedge End Green Routes with the Bex Simon Forge team, 2022.

Your Community

May saw us hold our Picnic in the Park event for the King's Coronation.

Despite the gloomy weather, we had a great turn out and a wonderful afternoon. A big thank you to all Staff, Councillors, Volunteers and Stall Holders.

We managed to raise **£591.00** for Mountbatten Hospice and the Mayors Charity.



West End Parish Council's
Senior Citizen's
Tea Dance

Come and join us on
Friday 28th July 2022
1:30 - 4:00 pm

At the Parish Centre, Chapel Road, West End
For a lovely afternoon of dancing, games,
tea, sandwiches and cake!

West End Residents only
Tickets available to purchase from the Parish Centre from
Monday 26th June 2023
Opening Hours 8:30am-1:00pm Monday - Friday
£3 a Ticket

The next events happening in the Parish are:

West End Community Games

Wednesday 16th August,
11.00am-3.00pm

The Senior Citizen's Tea Dance

Friday 28th July,
1.30am-4.00pm

Tickets £3.00 and go on sale
on Monday 26th June

AVAILABLE FOR ALL AGES, FAMILIES WELCOME

FREE ENTRY *community games*

West End COMMUNITY GAMES

Races Hatch Grange, Tuck & DRINKS
Chapel Road, So30 3FE
On Wednesday bbq
16th August 2023 medals
At 11am-3pm

FREE INFLATABLES

10 YEAR ANNIVERSARY

Open from 10:30-11am
As a quiet session
for those with additional needs

Community Grant 2023

At this years Annual Parish Assembly which was held on Wednesday 29th March a number of grants were awarded to local charities and not for profit groups and organisations. Details of these awards are as follows:

2nd West End Brownies	£190	New Life Domestic	£205	St James School Association	£183
Brendoncare	£227	Propbox Youth Theatre	£200	Wednesday Conservation Volunteers	£216
Friends of West End Copse	£226	Speedwatch	£154	West End Garden & Allotment Association	£202
Hatch Grange WI	£225	St James Church	£80	West End Local History Society	£218
Hilldene Community Association	£219	St James Primary School	£121	West End Pre School	£234



Your Community



Local families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

The Time for Dementia programme, supported by Alzheimer's Society, pairs families affected by dementia with undergraduate students, helping to better educate them about life with dementia and the challenges that come with it.

This autumn a new cohort of University of Southampton Medical School students will be taking part and Alzheimer's Society are now seeking families in the area who would like the opportunity to make a difference to training health professionals.

[Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it's like living with dementia.](#)

If you would like to know more about the programme, or you know someone with dementia and a family carer who would like to take part, please get in touch with us at timefordementia@alzheimers.org.uk or call 07483 926202

Become a Dementia Friend

What is a Dementia Friend?

A Dementia Friend is somebody that **learns about dementia** so they can help their community. Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

What does a Dementia Friend do?

Dementia Friends help people living with dementia by **taking actions** - both big and small. These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

Who can be a Dementia Friend?

Everyone! Dementia Friends is open to anyone who wants to help people with dementia in their community.

How can I join?

It's really easy to become a Dementia Friend. Our volunteer Ambassadors are running in-person Information Sessions as well as virtual Information Sessions that you can book on to attend.



Eastleigh

Citizens Advice have been operating in the Parish for many years offering vital, free and confidential support and assistance to our community. Run by friendly, knowledgeable volunteers, they are on hand to help with all sorts of things and especially:

- * Making sure you're on the right benefits and troubleshooting issues
- * Helping with debt, bailiffs and unpleasant letters asking for money.
- * Problems with your home like rent increases, disrepair and neighbourhood issues
- * Work issues such as not being paid, dismissal, redundancy and rights.
- * Relationship breakdowns and issues with housing, money and child access.

You can call the team on 0808 278 7862 or pop in to one of their centres:

- * Eastleigh, 101 Leigh Road SO50 9DR, 10am-12pm Monday to Thursday
- * Bursledon, Pilands Wood Community Centre SO31 8DT, 10am-12pm on Mondays
- * Hedge End, United Reformed Church SO30 4AB, 10am-12pm on Tuesdays
- * Hamble, The Hamble, The Mercury Centre SO31 4JE, 10am-12pm First Wednesday of the Month

Your Community



Do you know your Parish Clerk?

It's Sheridan.



Clerks are professionals and serve around 10,000 local councils in England and Wales. These councils emerged in 1894 to give a democratic voice to local people and they've changed enormously in that time, particularly during the last 20 – 30 years. They are real place shapers. Most of all clerks and councillors are advocates, the voice for their communities.

Here is just a small snippet of the kind of things the Parish Clerk does in their role:

- * They run the council meetings, to which you are invited, and are skilled in a range of disciplines to make sure the council runs properly and within the law.
- * They juggle a range of skills from finance & accounting, staff management & HR to understanding & Interpreting ever changing legislation.
- * They are the key point of contact between elected officials and your community.
- * They adhere to a professional code of ethics that stresses integrity, impartiality, confidentiality & commitment to serving the public interest.
- * They manage play areas, recreation grounds, sports facilities, allotments, community centres, cemeteries, public toilets & more.
- * They help to run community events including Christmas Lights Switch-Ons, national Jubilee & Coronation celebrations and remembrance commemorations

Clerks are celebrated in other countries and Local Council Clerk Week aims to help raise the profile of this important and often unrecognised profession.

YOUR LOCAL NEIGHBOURHOOD POLICING TEAM

PC Emma Roberts and PCSO Mica Woodcock.

PC Emma Roberts generally deals with neighbourhood crime matters and PCSO Mica Woodcock focuses on antisocial behaviour and low level crime She also deals with a wide variety of neighbourhood matters whilst on patrol. If you would like to speak to one of us relating to a general enquiry – please email eastleigh.police@hampshire.pnn.police.uk and write whose attention the email is for.

PLEASE BE AWARE – we cannot take reports of incidents via email.

ALL REPORTS MUST be made either through **101** or online at www.hampshire.police.uk

HAMPSHIRE ALERT

Receive FREE crime and community information about where you live.

Hampshire Alert covers the whole of Hampshire, please tell your neighbours, friends and family, so we can reach as many residents as possible. Hampshire Alert is NOT social media, the 'alert' comes through email. We can choose to send a message to the whole of West End, or we can target certain roads – this helps us to reach the specific residents who may have been affected. **REGISTER NOW** - <https://www.hampshirealert.co.uk>

COMMUNITY SPEEDWATCH

We need volunteers—Can you spare 2 hours a month? If you would like to join this amazing team please email - speedwatch@hampshire.pnn.police.uk



Your Parish Council



Chair of the Council - Cllr Sarah Turl



Vice Chair of the Council - Cllr Ben Coles

West End Councillors 2023/24



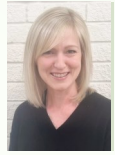
Janice Asman



David Berry



Carol Boulton



Claire Burton



Tonia Craig



Barry Du-Crow



John Goguel



Julie Haylett



Neil Henry



Rick MacDonald



Russell Prince-Wright



Bruce Tennent

Allington Ward

Cllr Goguel
023 8178 8847
john.goguel@westend-pc.gov.uk

Cllr Henry
neil.henry@westend-pc.gov.uk

Chartwell Ward

Cllr Asman
07982 459 149
janice.asman@westend-pc.gov.uk

Cllr Boulton
023 8047 3693
carol.boulton@westend-pc.gov.uk

Cllr Berry
david.berry@westend-pc.gov.uk

Hatch Grange Ward

Cllr Tennent
07703 447 365
bruce.tennent@westend-pc.gov.uk

Cllr Burton
claire.burton@westend-pc.gov.uk

Kanes Hill Ward

Cllr Craig
023 8040 4680
tonia.craig@westend-pc.gov.uk

Moorgreen Ward

Cllr Haylett
07557 795 118
julie.haylett@westend-pc.gov.uk

Cllr MacDonald
023 8047 3093
rick.macdonald@westend-pc.gov.uk

St James Ward

Cllr Turl
023 8036 0131
sarah.turl@westend-pc.gov.uk

St James Ward

Cllr Coles
07749 186 870
ben.coles@westend-pc.gov.uk

Cllr Prince-Wright
russell.princewright@westend-pc.gov.uk

Telegraph Woods Ward

Cllr Du-Crow
barry.du-crow@westend-pc.gov.uk

A warm welcome to our newly elected Councillors, David, Claire, Neil & Russell.

Also, to our outgoing councillors, Richard Gomer, Alex Price, Tracy Weeks and Steve Willoughby. Thank you for all you have done in your time with us.

We wish you good luck for the future.

Committee Membership 2023/2024

Planning & Highways

1st Tuesday of each month

Councillors:

- * Asman (Chair)
- * Goguel (Vice Chair)
- * Burton
- * Coles (ex-officio)
- * Du-Crow
- * Haylett
- * Henry
- * Prince-Wright
- * Turl (ex-officio)

Recreation & Environment

3rd Wednesday of each month

Councillors:

- * MacDonald (Chair)
- * Boulton (Vice Chair)
- * Berry
- * Coles (ex-officio)
- * Du-Crow
- * Cllr Haylett
- * Cllr Henry
- * Prince-Wright
- * Cllr Turl (ex-officio)

Policy & Resources

4th Wednesday of each month

Councillors:

- * Tennent (Chair)
- * MacDonald (Vice Chair)
- * Asman
- * Berry
- * Burton
- * Coles (ex-officio)
- * Turl (ex-officio)

Personnel

1st Wednesday of every other month

Councillors:

- * Boulton (Chair)
- * MacDonald (Vice Chair)
- * Asman
- * Coles (ex-officio)
- * Craig
- * Turl (ex-officio)

Parish Office

Parish Clerk
Deputy Parish Clerk
Admin Officer

Sheridan Mockford
Becky Bond
Susie Johnson

Grounds Team

Head Grounds Person
Deputy Head Grounds Person
Grounds Team

Steve Adams
Nigel Thorne
John Clarke, Sam Hotston & Dean Scott

Youth Workers

Youth & Community Leader
Youth Team

Nikki Penny
Hannah Beattie, Shelley Mockford, Nick Beattie, Jake Penny, Alice Burtenshaw, Tamsin Fitt & Laurie Walker

Hatch Café

Café Manager
Café Team

Jo Janaway
Liz Payne, Linda Baker, Donna Phillips, June Dymott, Becky Elford, Lauren Davis & Emma Campbell

Caretakers

David Courtney, Yvonne Brewster, Gill Mansbridge, Shelley Mockford and Simon Bance

Useful Contact Details

Borough Councillors

Cllr Asman (West End South)
janice.asman@eastleigh.gov.uk

Cllr Du-Crow (West End South)
barry.du-crow@eastleigh.gov.uk

Cllr Gomer (West End North)
richard.gomer@eastleigh.gov.uk

Cllr Tennent (West End North)
bruce.tennent@eastleigh.gov.uk

County Councillors

Cllr Broomfield (West End North)
steven.broomfield@hants.gov.uk

Cllr Craig (West End South)
tonia.craig@eastleigh.gov.uk

MP for Eastleigh

Paul Holmes
paul.holmes.mp@parliament.uk

Sustainability

In recent years, the concept of sustainability has gained significant momentum worldwide, and it is crucial that we actively participate in this global movement. Embracing sustainability is not just a responsibility but an opportunity to build a thriving, resilient, and environmentally conscious Parish for ourselves and future generations.

What is the Parish doing to help

Buildings	We are in the process of replacing the fluorescent lighting throughout all of our community buildings with LED lighting and also installing PIR sensors where appropriate. We have also had smart meters installed in all of our buildings to help us monitor our energy consumption.
Grounds	The Grounds team are looking into replacing all fuel reliant tools i.e. strimmer and hedge cutters, with battery or electric powered alternatives. We also encourage a cut and drop policy when maintaining outside woodland areas which helps with biodiversity. Furthermore, in selected green spaces we encourage long grass areas that are bee and insect friendly.
Hatch Café & Events	The Hatch Café is not using any single use plastic. Also, all of their takeaway packaging is either wooden, recyclable or compostable. These same items are also used for any Parish Events.
Office	The admin team are reviewing the companies used for ordering stationary, cleaning supplied etc to ensure we are using companies who prioritise sustainability.
Solar Panels	The Parish is moving ahead with plans to replace the existing Solar Panels at the Parish Centre as several panels are currently cracked which means they are not working at full capacity. The new panels once installed will be 50% more efficient. We will also be getting a battery storage pack installed which will allow us to store any unused energy we generate for future use.
Trade Refuse	We have recently taken out contracts for glass recycling & a dedicated cardboard recycling contract.
Youth	The youth team have recently installed a bottle filling station outside the YoutHouse building to help reduce the amount of single use plastic.

What can you do to help

Preserving our Natural Resources:

Our parish is blessed with natural beauty, abundant green spaces, & diverse ecosystems. However, it is essential that we take proactive measures to conserve & protect these valuable resources. Here are a few steps we can collectively adopt:

1. **Reduce, Reuse, Recycle and Respect:** Embrace the mantra of the four R's in our daily lives. Reduce waste generation by opting for reusable items, such as shopping bags & water bottles. Reuse materials wherever possible & ensure proper separation & recycling of waste products. Respect your neighbourhood & the environment. Don't litter. Don't damage trees. Don't vandalise or undertake other criminal acts. Leave areas as you find them.
2. **Conserve Water:** Install water-saving fixtures in our homes, such as low-flow showerheads and dual-flush toilets. Additionally, practice mindful water usage by fixing leaks promptly and watering gardens during cooler hours to minimize evaporation.
3. **Preserve Biodiversity:** Create awareness about the importance of preserving local flora and fauna. Encourage responsible gardening practices, such as planting native species that attract pollinators and support local wildlife.

Promoting Sustainable Transportation:

Transportation is a significant contributor to carbon emissions and air pollution. By embracing sustainable transportation options, we can significantly reduce our carbon footprint and improve the air quality in our parish. Here are some ideas:

1. **Promote Cycling and Walking:** Choose active transportation whenever feasible.
2. **Public Transport and Carpooling:** Encourage the use of public transportation.

Embracing Renewable Energy:

Transitioning to renewable energy sources is crucial for reducing our reliance on fossil fuels and mitigating the impacts of climate change. Here are some steps we can take:

1. **Solar Power:** Installation of solar panels on rooftops.
2. **Energy Efficiency:** Improve insulation, upgrade to energy-efficient appliances, and switch to LED lighting.

Celebrations at Saint James!

There have been lots of celebrations happening at Saint James' Primary school over the last few months and lots more to come.

Here's just a flavour of them.

King Charles III's Coronation saw the pupils design congratulation cards that were sent to Buckingham Palace. The winning designer and the runners up were also invited to a fabulous coffee morning in school with lovely celebration cakes.

Well done Evie, Olivia and Myra.



With the sound of music as a theme for our Collective Worship, it found us exploring musical instruments that could be found in the bible, discovering that our bodies could be several musical instruments and listening to nature's music in the sound of the dawn chorus. It also produced some extra-ordinary musical talent among our young people, including Konrad in Year 2, who at six years old, wowed us on the piano with his rendition of the theme from Mario Fantasy.



We were very pleased to receive an inspirational visit from a local, contemporary hero, Aaron Phipps, a Paralympic Gold medallist. In 2021, at the Tokyo Paralympic Games, Aaron and his teammates won the first ever Gold Medal for Paralympics GB in a team sport event, wheelchair rugby. Aaron told everyone about the events that he needed to overcome before eventually becoming a member of the gold winning team, with a clear and powerful message that 'We all have choices' with a determination to succeed and to stay positive. Truly inspirational!

Volunteers needed to help with our pond clearing morning on Saturday 1st July from 9am.

We are redeveloping our pond area in our outdoor learning space. If you would like to muck in and help please e-mail Mr Jones j.jones@st-james-westend.hants.sch.uk

Kid's Corner



Blueberry Muffins

What You'll Need:

- 100g unsalted butter softened
- 140g golden caster sugar
- 2 large eggs
- 140g natural yogurt
- 1 tsp vanilla extract
- 2 tbsp milk
- 250g plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 125g pack blueberries

Heat oven to 200C/180C fan/gas 6 and line a 12-hole muffin tin with paper cases. Beat the butter and caster sugar together until pale and fluffy. Add the eggs and beat in for 1 min, then mix in the yogurt, vanilla extract and milk.

Combine the flour, baking powder and bicarb in a bowl with ¼ tsp fine salt, then tip this into the wet ingredients and stir in. Finally, fold in the blueberries and divide the mixture between the muffin cases.

Bake for 5 mins, then reduce oven to 180C/160C fan/gas 4 and bake for 15-18 mins more until risen and golden, and a cocktail stick inserted into the centre comes out clean.

Cool in the tin for 10 mins, then carefully lift out onto a wire rack to finish cooling. Will keep for 3-4 days in an airtight container.



Playdough!

Make your own Playdough at home. All you will need is:

- 250 g plain flour
- 50 g salt
- 140 ml water boiling water
- 2 teaspoons cream of tartar or lemon juice
- 1 – 2 tablespoons of cooking oil

Stir together the flour and salt in a large bowl then add in the water.

Knead the mixture well until a dough consistency starts to form.

Separate out the dough and add some food colouring gel for vibrant colours. Store in a plastic bag in the refrigerator until chilled enough to use.



Cookie Ice Cream Sandwiches

What You'll Need:

- 280g light soft brown sugar
- 225g granulated sugar
- 250g butter
- 2 large eggs
- 1 tbsp vanilla extract
- 450g plain flour
- 2 tsp baking powder
- 300g good-quality milk chocolate, roughly chopped into chunks
- vanilla ice cream, to serve

To make the cookies, tip the sugars and butter into a large bowl. Blend them together until the mixture looks smooth and creamy, and a little paler in colour.

Carefully break in the eggs, one at a time. Mix in the vanilla. Sift in the flour and baking powder, then mix well with a wooden spoon.

Stir through the chocolate chunks. Use your hands to squeeze the dough together in 1 big lump, then split into 2 even pieces. Put each piece on a sheet of cling film.

Roll each piece of dough in the cling film so that they form thick sausage shapes, then seal the ends. Put them in the fridge and chill for at least 3 hrs or overnight .

Heat oven to 180C/160C fan/gas 4. Take the dough out of the fridge, unwrap and use a small knife to slice each one into 12 pieces, so you have 24 in total.

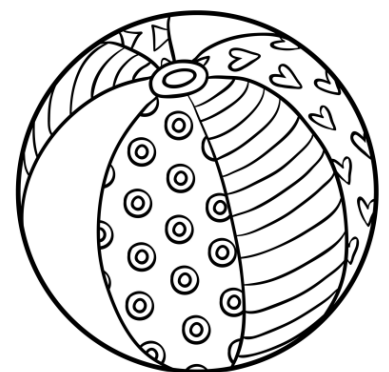
Place the slices on a baking tray lined with baking parchment and put this in the oven to bake for 20 mins or until the cookies are golden brown on the edges, but still pale in the centre.

Allow to cool slightly before lifting them onto a wire rack to cool completely. Sandwich the cookies together with ice cream and dig in!

C	N	I	S	U	P	K	C	A	M	P	I	N	G
P	U	Y	M	E	I	N	B	E	A	C	H	A	I
A	G	R	Y	E	U	R	M	G	L	C	I	U	N
R	E	L	S	W	I	M	M	I	N	G	E	I	U
K	U	U	F	O	M	C	N	U	S	P	W	A	A
J	Q	I	L	G	A	R	D	E	N	O	O	L	L
S	E	E	O	E	R	E	E	D	O	J	D	O	S
U	B	K	W	O	R	N	T	E	G	G	G	U	L
M	R	I	E	U	U	S	A	N	D	D	F	L	P
M	A	B	R	J	U	U	M	P	I	C	N	I	C
E	B	A	S	G	E	U	H	O	L	I	D	A	Y
R	A	R	U	R	R	I	C	E	U	Q	C	S	A
W	U	A	K	A	A	R	C	O	A	S	M	O	N
J	E	K	A	A	I	C	E	C	R	E	A	M	S

Summer Wordsearch

- August
- Ice Cream
- Beach
- Picnic
- Barbeque
- Flowers
- Garden
- Park
- Holiday
- Sun
- June
- Sand
- Camping
- Swimming
- Bike
- Summer
- July
- Pool





Mountbatten Hampshire



FREE care and support for you and your loved ones, thanks to our communities raising over £11.5m each year.

Your local hospice

Mountbatten Hampshire is your local hospice if you live in Southampton City or large parts of Hampshire.

We are an independent charity providing free care and support to people with any life-limiting illness. We also provide free bereavement and psychological support to anyone who needs it.

Every day, we support around 1,000 people facing death, dying and bereavement, with the largest part of our work taking place in people's homes.

Our services include:

Living - supporting you to be more comfortable with death, dying and bereavement.

Dying - delivering expert and kind care, wherever you are and whatever your illness.

Remembering - giving you ways to remember and celebrate the life of your loved ones.

If you need advice and information, call 02382 548860 to speak to our expert team.

Our lines are open 24 hours a day, seven days a week.



**24/7
Community Service**



**Domiciliary
Care @ Home**



**Bereavement &
Psychological support**



**21-bed Inpatient Unit
(24/7 for urgent admissions)**



Outpatients



**Rehabilitation &
Enablement**



**Arts therapy &
Social programme**



**Cafe
(Open to all)**



Volunteer
with



Mountbatten

Be a part of the team that changes lives.

With just a few hours of your time each week, you can help change how people experience death, dying, and bereavement in West End and larger parts of Hampshire.

There are lots of roles available from admin support, to helping at fundraising events, to visiting isolated people in your community as a Mountbatten Neighbour.

What's in it for you? You'll meet new people, make friends and have lots of fun. Our friendly team will support you to give back, gain new skills and build your confidence in a way that suits you.



VolunteerWithHants@mountbatten.org.uk



02382 548852

mountbatten-hampshire.org.uk/volunteer



Wild about the outdoors? So are we.

We're opening a new provision for 4 to 6 year olds called Squirrels, to help young people gain skills for life at a time when it matters most.

Starting in September, every Monday during term time, at 5.15pm, Squirrels will gather to grow and learn their way through lots of different games and activities.

Squirrels can achieve anything they set their minds to – and they have lots of fun along the way.

The one hour sessions will be a brilliant opportunity for young people to take their first step into being part of Scouts, and help them get ready for the adventure of school too.

Sessions will be packed with outdoor activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

If you want to add a child to our waiting list please contact our Group Scout Leader via gsl@10thitchennorth.org

Learn more at scouts.org.uk/squirrels



Scouts

10th Itchen North (West End) Scout Group

Parish Facilities for Hire

West End Parish Council have five community buildings which offer a variety of different sized spaces that are available to hire for one off events or regular groups, clubs or classes. Facilities do vary from hall to hall, but most halls will have kitchen facilities and there is parking at all of our sites (albeit, limited in some places)

West End Parish Centre

Chapel Road, West End, SO30 3FE

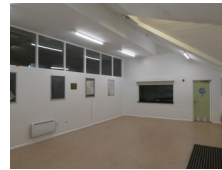
Main Hall Capacity – 100 Seated
Sports Hall – Only available for sports use



Townhill Farm Community Centre

Wessex Road, West End, SO18 3RA

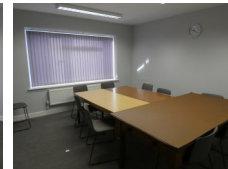
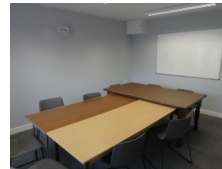
Main Hall Capacity – 80 Seated
Coffee Lounge Capacity – 20 Seated



The Old Firestation

Orchards Way, West End, SO30 3FB

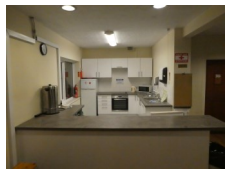
Committee Room Capacity – 12 Seated



The Youthouse

Moorgreen Road, West End, SO30 3EG

Main Hall Capacity – Seated 60



Hilldene Community Centre

68 High Street, West End, SO30 3DU



Hire Prices from 1st April 2023

	Weekday Hire	Party & Event Hire
	Monday - Friday	Evenings & Weekends
	Cost Per Hour	Cost Per Hour
Parish Centre Main Hall	£19.00	£32.00
Parish Centre Sports Hall	£18.00	£30.00
Townhill Main Hall	£17.00	£32.00
Townhill Coffee Lounge	£14.00	£25.00
Hall + Coffee Lounge	£28.00	£45.00
Fire Station	£15.00	N/A
Youthouse	N/A	£32.00
Refundable Deposit	£25 Children's Parties	
	£75 No Alcohol	
	£100 with Alcohol	
Cancellation Charges	28 days or more prior to the event - Full Refund	
	27-8 days prior to the event - 50% Refund	
	7 days or less prior to the event - No Refund	

To view or book West End Parish Centre, Townhill Farm Community Centre, The Old Firestation or the Youthouse, please contact the Parish Office:

T: 023 8046 2371 E: enquiries@westend-pc.gov.uk

Further details and Terms & Conditions are available at www.westend-pc.gov.uk

For Hilldene Community Centre bookings, please contact
T: 07566 203859 Web: www.hilldenecentre.org.uk

Activity Contacts

West End Parish Centre

Monday

Gymtots	9am - 12pm	Sports Hall	023 8045 5007
Diddi Dance	9.30am - 10.30am	Main Hall	07949 458 761
Modern Jive	1.30pm - 2.30pm	Main Hall	07788 525 182
Short Mat Bowls	1.30pm - 4pm	Sports Hall	07821 633 954
Starz Ballet	3.45pm - 4.45pm	Main Hall	0333 123 4140
Julie Cumner Zumba	6.15pm - 8.15pm	Main Hall	01489 781 076

Tuesday

Julie Cumner Zumba	9.45am - 10.45am	Main Hall	07828 978 176
Starz Ballet	11am - 12pm	Main Hall	0333 123 4140
Line Dancing	1pm - 2.30pm	Main Hall	01489 786 387
Dynamo Gymnastics	4pm - 6pm	Sports Hall	023 8045 5007
Sarah Wolfe Ballet	7.30pm - 8.30pm	Main Hall	07443 584 941

Wednesday

Julie Cumner Fitness	9.45am - 10.45pm	Main Hall	07828 978 176
Ladies Badminton	10.30am - 12pm	Sports Hall	023 8047 7966
Brendoncare Tai Chi	1.15pm - 2.45pm	Sports Hall	01962 857 099
Short Mat Bowls	6.30pm - 8.30pm	Sports Hall	07821 633 954

Thursday

Over 50's Keep Fit	9.45am - 10.45am	Main Hall	01489 781 076
Julie Cumner Fitness	10am - 11am	Sports Hall	07828 978 176
Short Mat Bowls	1.15pm - 4.15pm	Sports Hall	07572 403 246
Diane Wren Zumba	6.30pm - 8.30pm	Main Hall	07572 403 246
West End Dogs	7pm - 10pm	Sports Hall	01489 328 413

Friday

Gymtots	9am - 12pm	Sports Hall	023 8045 5007
Moo Music	9.15am - 12.30pm	Main Hall	07956 460 760
Veterans Badminton	2pm - 3pm	Sports Hall	07901 758 413
Gymtots	4pm - 5.30pm	Sports Hall	023 8045 5007
Martial Arts	4pm - 7.15pm	Main Hall	07877 647 415

Saturday

Starz Ballet	9am - 1pm	Main Hall	0333 123 4140
Gymtots	9am - 12pm	Sports Hall	023 8045 5007

Sunday

Life Church	9am - 12.30pm	Main Hall	023 8067 6599
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Firestation

Uke Group	Thu — 1pm - 2pm	07473 450 720
Kalimba	Fri — 10.45am - 11.45am	07473 450 720
Museum	Sat — 10pm - 4pm	023 8047 1886

Youthouse

Little Gems Pre School	Mon - Fri — 8am - 3pm	023 8055 1926
Youth Club	Tue 6.30pm - 8.00pm Wed 6.30pm - 8.00pm Thu 6.30pm - 8.30pm	07725 724 619

Some activities are seasonal. Please use the contact details provided to confirm what dates activities will be held on.

** Visit www.girlguiding.org.uk to find your nearest group

Hilldene Community Centre

Monday

Yoga	AM	07790 397 710
Table Tennis	AM	07783 052 800
Sara's Body Tone	PM	02380 477 045
Brendoncare	PM	07467 955 865
Brownies	PM	kewilliams@btinternet.com

Tuesday

Slimming World	PM	07833 746 532
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Wednesday

Adult Tap Dance	AM	07790 397 710
Wilemena Crafts	AM	07428 786 914
Music Bugs	AM	0844 822 1157
Armchair Dogs	PM	02380 465 429
Hatch Grange WI	PM	02380 470 571
Dance Out Loud Ballet	PM	07745 987 689
Prop Box Youth Theatre	PM	07789 882 005

Thursday

Mencap Flagship Art Group	AM	richard.peck@ebrmencap.org.uk
Sara's Body Tone	PM	02380 477 045
Pilates	PM	07772 641 842
Senior Citizen's Table Tennis	PM	02380 444 251

Friday

Dance Out Loud Ballet	AM	07745 987 689
Prop Box Youth Theatre	PM	07789 882 005
WI Craft Group	PM	02380 470 571

Saturday

Prop Box Youth Theatre	AM	07789 882 005
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Sunday

Weight Watchers	AM	07809 646 008
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Townhill Farm Community Centre

Monday

Matt Fiddes Martial Arts	10.30am - 11.30am	Main Hall	07877 647 415
5 th West End Rainbows	5.30pm - 6.30pm	Main Hall	**
Kate Wilkinson Aerobics	7.30pm - 8.30pm	Main Hall	023 8039 8075

Tuesday

Tots Group	10am - 12pm	Coffee Lounge	07725 724 619
Matt Fiddes Martial Arts	4pm - 5.15pm	Main Hall	07877 647 415
Ladies Kickboxing	6pm - 7pm	Main Hall	07877 647 415

Wednesday

Shine Performing Arts	4.15pm - 6.15pm	Main Hall	07887 731 155
Sharon Newman Yoga	7pm - 8.15pm	Main Hall	07901 927 892

Thursday

Tots Group	10am - 12pm	Coffee Lounge	07725 724 619
ZDL Kickboxing	7pm - 8.30pm	Main Hall	

Friday

3 rd West End Guides	7pm - 8.30pm	Main Hall	**
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Sunday

Cornerstone Ministries	9am - 1pm	Main Hall	
Coppini Martial Arts	7pm - 8pm	Main Hall	023 8043 8256

Community Services, Organisations & Groups

Buses

Blue Star Bus Tel: 01202 388 421
Dial-a-Rise Tel: 023 8090 2450
Xelabus Tel: 023 8064 4715

Churches

Anchor Community Church Tel: 07729 750 545
Life Church West End Tel: 07727 244 674
River of Life Church Tel: 07480 396 056
St Brigids' Church (RC) Tel: 023 8044 9088
St James' Church (C of E) Tel: 07762 673 350
West End Methodist Church Tel: 07762 673 350

Community Groups

Friends of West End Copse Tel: 023 8046 6442
Hatch Grange WI Tel: 023 8047 0571
One Community Tel: 023 8090 2400
West End Community Support Forum Tel: 07557 795 118
West End Garden & Allotment Association Tel: 01489 789 505
West End Local History Society Tel: 023 8047 1886
West End Seniors Table Tennis Club Tel: 023 8044 4251
West End Writers (Diane Sparkes) Tel: 023 8046 3334

Dentists

Dental Health, Private Dental Clinic Tel: 023 8047 3612
Inspired Dentistry Tel: 023 8032 8888
Quality & Caring Dentistry Tel: 023 8046 5391

Doctors

Chartwell Green Surgery Tel: 023 8047 2232
West End Surgery Tel: 023 8047 2126

Drop In Clinics and Hospitals

Moorgreen Hospital Tel: 023 8047 5200
Princess Anne & Southampton General Hospital Tel: 023 8077 7222
Royal South Hants Hospital Tel: 023 8063 4288

Library

West End Library Tel: 0300 555 1387

Pre Schools & Nurseries

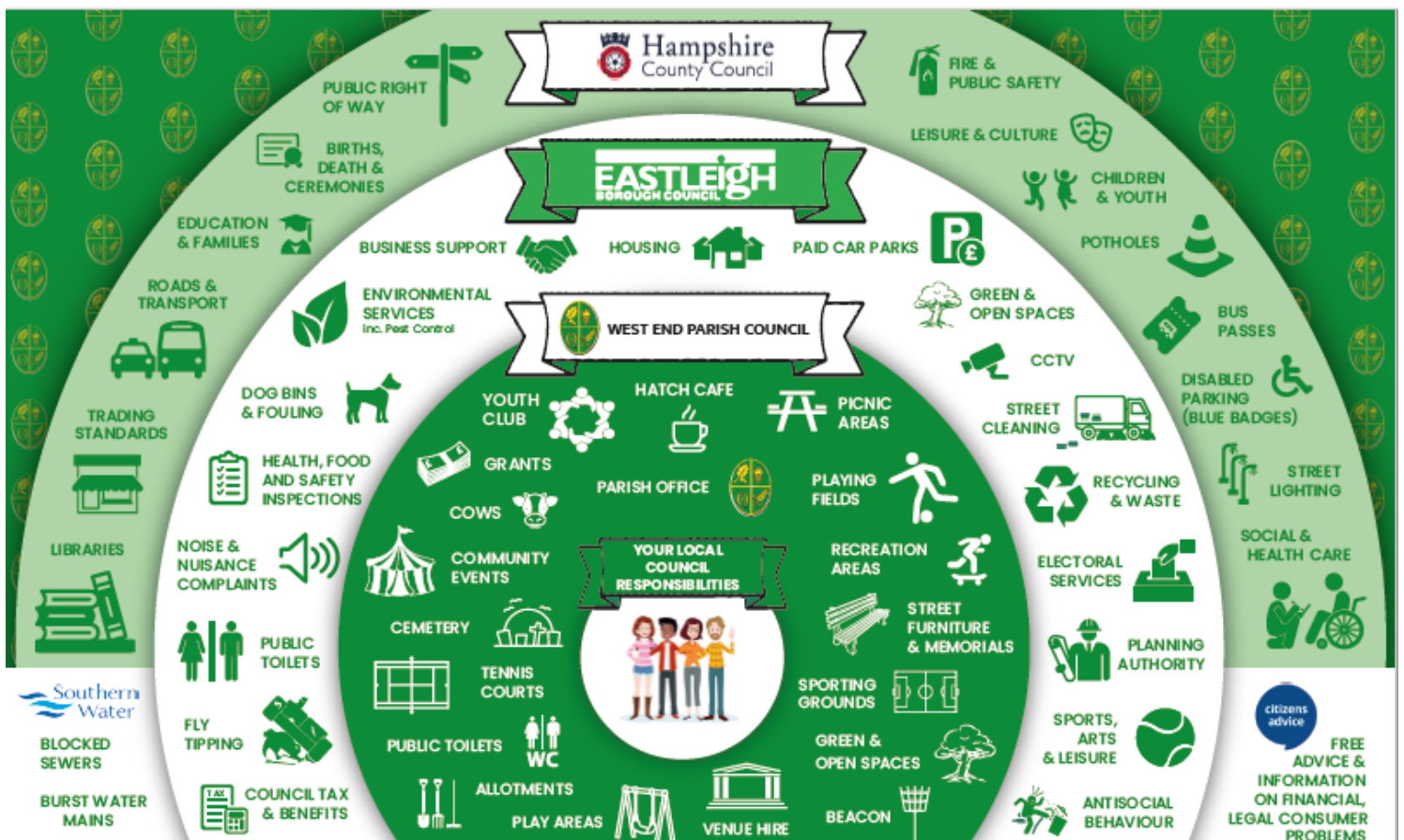
Little Gems Pre School Tel: 023 8047 1070
Little Owls Woodland Pre School Tel: 07774 336 750
Paint Pots Pre School Tel: 023 8047 6942
Seedlings Montessori Nursery Tel: 023 8046 2555
West End Pre School Tel: 023 8046 6764

Schools

Deer Park Secondary School Tel: 01489 783 473
Moorlands Primary School Tel: 023 8046 4404
St James C of E Primary School Tel: 023 8090 0995
The Gregg School Tel: 023 8047 2133
The Kings' School Tel: 023 8060 0986
Townhill Infant School Tel: 023 8047 4835
Townhill Junior School Tel: 023 8047 3611
Wildern School Tel: 01489 783 473
Woodlands Community School Tel: 023 8046 3303
Wyvern College Tel: 023 8069 2679

Scouts, Brownies & Girlguiding

10th Itchen North Scouts Dan Wiseman gsl@10thitchennorth.org
23rd Itchen North Scouts Darren Munday dmunday82@gmail.com
28th Itchen North Scouts Simon Cotmore cjcotm@hotmail.co.uk
Chimera Explorer Scouts Ken Clarke chimeraesu@gmail.com
2nd West End Brownies Judith Barton judithbarton@btinternet.com



Local Business Directory

diddi dance

Join Andrea for our preschool dance and movement classes.
Monday 9.30am-10.15am and 10.30am-11.15am
At West End Parish Centre

Email: andrea.mccrea@diddidance.com
Facebook: @diddidancesouthampton
Website: www.diddidance.com/diddi-dance-southampton/

Jon Curtis Tree Surgery

Trees, hedges & garden clearance

Tel: 023 8047 0047
Email: jon.curtis@tree-surgeon.biz
Website: www.tree-surgeon.biz

Julie Cumner Fitness Timetable

Join us for a fun and friendly workout.
West End Parish Centre, Chapel Road, West End

Monday - 6.30pm - Mash Up
Monday - 7.30pm - Fitness Pilates
Tuesday - 10.00am - Zumba
Thursday - 10.00am - Tone Up Thursday

Tel: 07828 978176
Email: julie.zumbafit@gmail.com

Over 50's Keep Fit Class

A low impact, part exercise, part dance, fun and friendly keep fit class. Thursday mornings
(please contact Tanya for current class times)

Tel: 07818 060639
Email: tanya.dominey@btinternet.com

R Hudson Plumbing and Heating

Gas safe registered engineer providing boiler servicing, repairs & installation. All plumbing work also undertaken

Tel: 07854 745 949
Email: ryan.p.hudson@gmail.com

Shine Performing Arts

Learn how to act for stage & screen & join the SPA AGENCY for professional work in the industry. FREE TRIALS available

Wednesday 4.30pm-6.30pm—Ages 5 to 17
Townhill Farm Community Centre, Wessex Road, SO18 3RA

Tel: 07887 731155
Web: www.shineperformingarts.net
Email: june@shineperformingarts.net

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If you wish to place an advertisement in our next newsletter, please find a list below of our advertising rates.

Directory Listing Four Editions	£10.00
Eighth Page Advert One Edition	£5.00
Quarter Page Advert One Edition	£5.00

For all enquires, please email us at:
enquiries@westend-pc.gov.uk

Sign up to our Mailing List

If you would like to receive a digital copy of the latest Parish Newsletter as soon as its published, please sign up to our mailing list at:

[West End Parish Council - Mailing List \(westend-pc.gov.uk\)](http://www.westend-pc.gov.uk)

Follow us on



Facebook—WestEndParishCouncil

Twitter—@WEPCEastleigh

Holiday Cottage

Highampton, Devon (between Bude and Okehampton)

- Peaceful location • Sleeps up to 4 (double bed + Futon in living room)
 - Dishwasher • Bedding and laundry supplied • Wi-Fi •
- Indoor heated swimming pool • Children's play area and BBQ
 - Landscaped grounds with stunning views of Dartmoor
 - Private fishing lake •
- Short stay or longer lets (pets welcome by agreement) •



£70 per night Discounts for 7 nights or more



Please contact Patrick Whitbourn
07507 681805

patrick.whitbourn@ntlworld.com
www.lakeviewindevon.co.uk

Our Village

We are always on the look out for pictures of our wonderful village.

If you have a picture that you would love to share, please send it to us at enquiries@westend-pc.gov.uk and it could be featured in a future edition of the newsletter or used on our website.

Some lovely pictures courtesy of our Grounds team: Steve, Nigel, John, Dean and Sam

