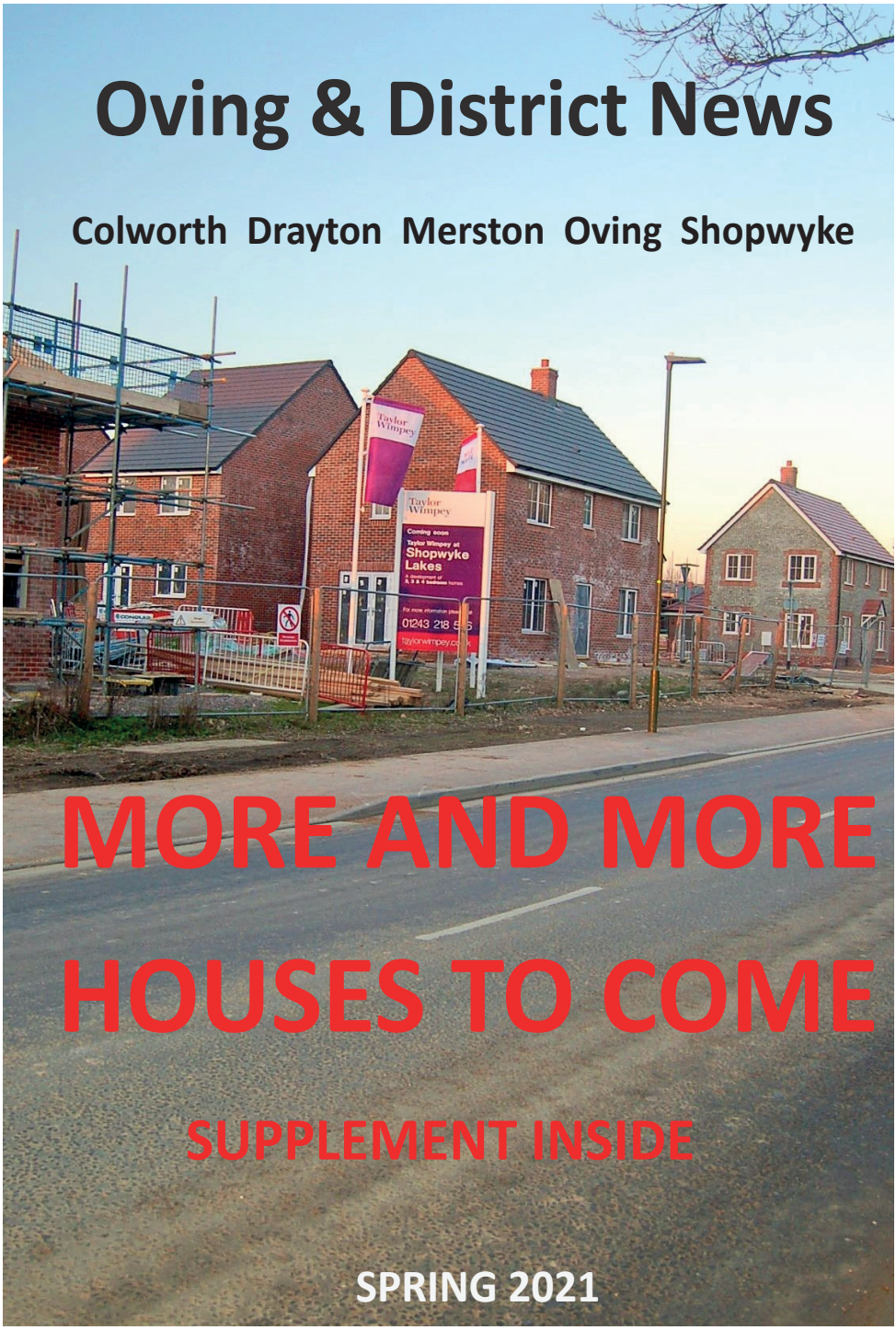
Oving & District News

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Editors Note

Nearly at the end of lockdown , vaccinations going well and light at the end of the tunnel.

We do have to congratulate all those that have set up and run the vaccination centres. I have personal experience of this and we should thank the many volunteers who are helping it all run smoothly. To lighten the mood, Spring weather seems to have arrived early, lovely to see the sun!

I apologise for the fairly thin edition this time . After almost 3 months of lockdown and very cold weather little has been happening around the Parish but thankyou to those that have contributed.

Inserted into this edition is a supplement covering the complex and emotive issue of housing. Never before , since the gravel workings, has the Parish faced the possibility of so much change. Please take time to read through . The Parish Council is doing all it can to manage the effects but it does require us all to play our part and in particular log onto the website to provide feedback.

We hope to be back with more positive news in the summer when hopefully we will be out and about and perhaps enjoying a drink or favourite pint in the Gribble!!

Best regards and keep safe Colin

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From the Parish Council

Dear Parishioners,

We would like to thank everyone for continuing to looking out for each other during the Pandemic. There have been many acts of kindness throughout the Parish , demonstrating the strength of community.

We would like to draw your attention to the Neighbourhood Plan. This is a very important process and will take a few years to complete but I urge everyone to have their say and feedback on the various stages so that we can hear as many opinions as possible.

There is a separate supplement on this proposal attached but please visit

www.ovingcommunity.org.uk/neighbourhoodplan

for more details and to share your views.

We are very under represented by both the number of females on the council as well as a lack of representation from Shopwyke . We would very much like to welcome anyone who would be able to spare some modest time to help the community and represent Shopwyke on the Parish Council.

Shopwyke has now formed a Speedwatch group and although lockdown 3 has meant they have been unable to start their training, they will hopefully be making the streets safer soon.

If there are any community groups that are looking for funding sources the Oving Parish Council has the ability to help with Grants . Please email the Clerk with any funding requests.

The Parish Council hopes that the Governments 'roadmap' will mean that most of life can return to the new normal in the summer.

Rod Hague

Oving Parish Council Chair

STAYING SAFE ONLINE: COMMON SCAMS – AN AIDE MEMOIRE



Pandemic and Lockdowns have forced even the most reluctant computer user to dramatically increase their use of the Internet – it's sadly resulted in a significant increase in online and telephone scams. Whilst an individual user may not be exposed to a wide range of fake calls/bogus deals, we thought that it may be useful to provide a brief list of the more common scams in circulation…

What do I need to look out for?...

Email Scams

- HMRC – Chasing returns, asking you to confirm details or offering support during the current crisis – these can look quite genuine, take extra care.
- Emails with Subjects such as – Vaccination/COVID-19/Invoice etc: If opened, they say that a program needs updating to access the file – don't click the button - it infects your device with Malicious software (Malware).
- DPD, Royal Mail or other Courier Companies saying that you missed a delivery and asking you for information. These look quiteauthentic with clear logos and good English.
- Morrison's/ASDA/Sainsbury's – emails saying that you have "Won a Prize".
- Correspondence from the African Subcontinent wishing to let you share vast sums of money have found a new lease of life.
- Emails saying that your Password is about to expire and asking you to click a link.
- Advisory messages stating that "Due to a Server Failure (or Network Error)" some emails were not delivered to you – you're invited to click a link to check the details of the mail, again this introduces malware.

Web scams

- EU Health Card renewal: A few websites which can appear in sponsored links at the top of an internet search are asking for money to sort out a new GHIC Card to replace your European Health Cover (EUIC) – this is free from the NHS.
- PPE – there are still some scam sites selling equipment and failing to deliver.
- Fake Anti-Virus – an invitation to renew or signup for AV protection. This can also appear in an email.



Telephone

- The old Microsoft Scam is still catching out a lot of people: Microsoft (or a utility such as BT or British Gas) will never call you out of the blue and if someone you don't know, wants to remotely connect into your computer – "Say No" and put the phone down. Sometimes these fake calls can keep you on the phone for hours whilst they profess to be scanning your device – they can even suggest that friends or family members cannot be trusted. This can be very frightening but it is an unusual occurrence.

- Amazon Prime Renewal: You are asked to press a button on your phone to query a membership payment / contract renewal. You may be asked to complete a fake online form, then notified that some details are incorrect. The caller asks for your bank details which gives scammers direct access to your account - Do not respond to the Telephone call.

- Calls asking to renew cover on a domestic appliance eg washing machine – the caller will give you a "fake" serial number of "your" product but mysteriously, doesn't have any details of the make or model number – just say that you've already been called.



Above all remember…

- Most landline providers (BT, Sky, Virgin, TalkTalk etc.) provide call screening / blocking services that dramatically reduce nuisance and spam calls and in some cases can be set to only receive calls from specific numbers or divert unwanted calls to your voicemail

– talk to your service provider (there are some free services that are better than those that some suppliers charge for). Smart Mobiles have generally got call blocking capabilities and there are many Apps that help you block unwanted calls. **Note:** Criminals can still bypass some of these systems so always take care!

- If you get a suspicious phone call, or a cold-caller tells you that there's something wrong with your computer – hang up, or tell them that there is someone at the door and put the phone down.

- If an email doesn't look right or it's from an unknown person, or it asks you to click on a button – delete it.

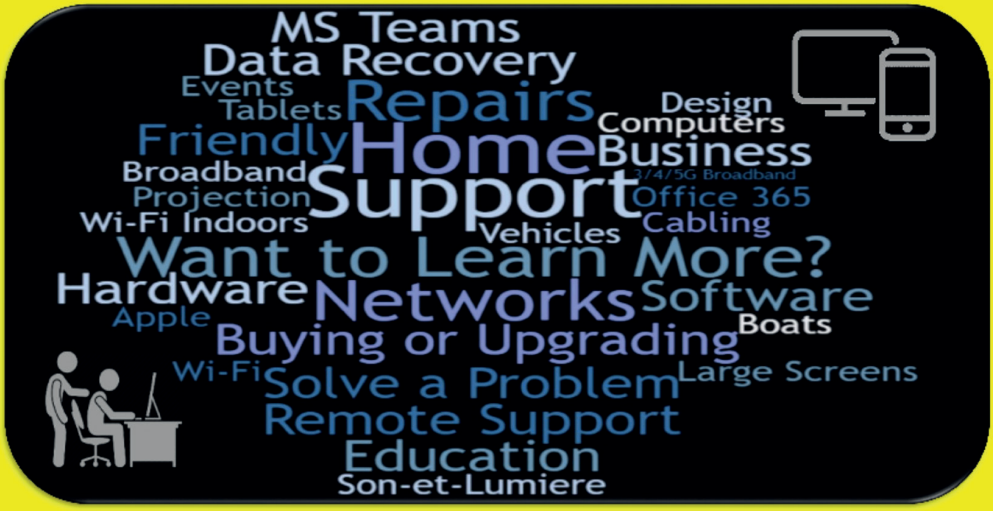
- Beware of unsolicited Online, Doorstep or Telephone/Mobile calls trying to charge for COVID Vaccinations or Tests.

- If you are concerned that you have given someone personal information or clicked on something that you later think you shouldn't have, seek advice from someone you trust. Consider changing the password on any accounts which could be affected and if it includes banking information, contact your bank immediately.

If you are worried about scams, many local IT Companies will give you free advice

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Lockdown Stiffness

•If you don't move around very much , the muscles in the lower back weaken , leading to stiffness and back pain, so to boost flexibility try knee hugs, lie on your back, knees bent, feet on floor then pull knees to your chest and repeat

•To relieve shoulder pain, change position and move as often as possible. Try doing forward and back shoulder rolls, or stand up, clasp your hands behind your back and push them upwards as far as you can.

•Focussing on a screen for long periods is wearing to the eye muscles. To relax your eyes try the 20-20-20 rulewhen working on a computer: every 20 minutes look 20ft away for 20 seconds .



We are proud to announce the launch of **Chichester Vets** at **Madam Green Business Centre** .

Chichester Vets has been formed from Elliott and Bulbeck Veterinary Practice with the addition of local vet Francois du Plessis, who has joined Nicola Bulbeck in early 2021, as founder Mark Elliott steps back from general practice to focus on his main area of interest and expertise- homeopathy and complimentary medicine.

Most of us have been brought up in and around Chichester, and are committed to remain an independent non-corporate practice owned and run by local vets and nurses. With that we aim to be '**Your Local & Trusted Vets'.**

Our mission is to provide a full range of high quality, affordable and modern veterinary care that is tailored to you and your pet's needs; inside a personal, traditional and friendly practice. We recognise that each one of our patients are individual, and we enjoy spending the time to get to know them as the unique characters they are. Our experienced team works together utilising decades worth of experience, skill and knowledge to deliver the best care and service. Our expertise and facilities mean that we can provide all your veterinary practice needs to ensure your pets thrive and help them if things go wrong.

Our vision is to build long-term relationships with our patients and their owners; and provide healthcare where knowing, understanding and enabling choice is at the heart of what we do. We want to ensure and maintain the joy, companionship and affordability of having a pet. We work to a model that is fit for the future at a time where most veterinary practices in the area have been sold to large corporations. To that end we intend to remain small, personal and approachable.

We would like to take this opportunity to welcome new clients to join the practice in this exciting new phase as we continue to work and develop into one of the leading veterinary practices for the people of Chichester.

FILM REVIEW

The DIG directed by Simon Stone. Released **on Netflix** February 2021

Set on the cusp of the second World War, this film tells the true story of the discovery of the Sutton Hoo burial site. With apologies to Neil Linford, it does of course use dramatic licence and some bending of the facts, however it cannot mask this truly staggering discovery and the film bears witness to that.

Self-taught "Excavator" Basil Brown (Ralph Fiennes) is asked by widowed landowner, Edith Pretty (Carey Mulligan) to investigate the burial mounds on her land in Suffolk.

Classes apart, they share a genuine friendship and as the dig progresses, a belief that something good may come at this perilous time for Great Britain.

It becomes clear that an extremely large burial ship has been found, full of treasure and artefacts. Basil is convinced that it is not Viking but Anglo Saxon, turning on its head the Establishment's view of our primitive ancestors.

Word of the find gets out, and the renowned archaeologist Charles Phillips (Ken Stott) arrives as it is of national importance, takes over the work by order of the Office of Works. He is of the opinion it must be Viking and orders Basil to leave, but Mrs Pretty will have none of it, and Basil is vindicated when the hoard is indeed found to be Anglo Saxon. She refuses to let the treasures be moved to the British Museum as darkening skies presage war. Post war, she does eventually donate it all to the Nation in a spirit of quite exceptional altruism.

There is a slightly silly made-up love triangle between some minor characters, but this does not detract from this beautifully delicate film.

Mulligan is wonderful as the fragile widow, raising her son alone, dressing for dinner for one and facing a very lonely future. Fiennes portrays his character with such humanity, even as he is forced to take a back seat in a project wholly of his making. The entire ensemble, including Archie Banes who plays the boy Robert, make this such a joy to watch.

In reality Brown was eventually acknowledged, very late in the day, for his leading part in the dig and if you have seen the British Museum's exhibition, you will acknowledge the breath-taking importance of it now, and therefore be able to understand what it must have been like to be there in 1939 on that windy mound, as the first remains of the 27metre ship began to emerge.

Annie Bennett

P.S: also, well worth a watch on Netflix, are **White Tiger** and **News of the World**

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Down on the Farm

John Pitts

Overall organic food and drink sales in the UK increased by 12.6% in 2020, the highest growth in 15 years. Farm shops have thrived and there are positive signs that people are becoming more interested in provenance and even seasonality. Dairy and meat sales have also increased over the last year. Until the pandemic I thought it was farmers that fed the nation, but I have since learned it is Sainsburys and Tesco. But regardless, all of you, our customers, place a great deal of trust in us as farmers to not only deliver food that is safe, tastes good and is priced fairly, but is produced to the highest standards in terms of animal welfare and care for the environment. Thank you.

Whilst I may not be inclined to praise the major multiples, I was pleasantly surprised to have my suspicion of large food and retail businesses challenged, even if for a rather unfortunate reason. Covid inevitably caused significant challenges across the fresh food sector, including temporary drops in demand for milk as the 'service sector' (you would be amazed to know how much milk is sold daily through the nation's coffee shops!) was forced to shut down. The impact was felt acutely by Organic farmers too, but for the surprising reason that it turns out that McDonald's and Pret a Manger are the biggest buyers of organic milk in the hospitality industry, but of course they were hit extremely hard by lockdown. Thankfully, organic milk sales to the public eventually boomed and Yeo Valley (100% organic yoghurts and butter) have had a record year.

The combination of global pandemic and Brexit was never going to be a good news story. Our organic dairy cooperative exports to Europe and the USA and this activity now ranges from extremely difficult to impossible, despite the much heralded (and greatly welcomed) Brexit deal. We also export organic barley to Europe to make organic beer. Brexit destroyed this market pre deal and then the pandemic has finished it off due to the collapse of beers sales because bar closures across Europe.

Probably the most unexpected consequence of Covid, for us, was the uplift in online sales of our Earth Cycle products last spring when garden centres were closed. An 'ill wind' I guess, but one we were grateful for.

Of course, almost every business has its Covid and Brexit challenges and we are lucky and far more fortunate than many, and few have open fields and countryside to enjoy at work. I must pay tribute also to the Woodhorn Team, all key workers, who have been incredible in their determination to work through this most challenging of times with diligence, dedication, and good humour.

We have been enormously saddened and shocked at the (non Covid related but completely unexpected) passing of Richard Cousins who had led the arable farm team

for the last ten years at Woodhorn. Many of you will have known him or seen him ploughing his furrow (literally) and no doubt some of your children will remember him from the visits to the farm by the March school which were hosted by Richard. He is, and will continue to be, sorely missed.

Spring in its on its way and it is the time I must apologise in advance for any inconvenience caused by muck spreading and rook scaring. Both are essential functions of producing Organic crops, but we always recognise our duty to minimise the impact on our community as much as possible. We take this seriously but thank you in advance for your understanding when needed.

Our focus on carbon reduction and the potential impacts of climate change is proving time (a scarce resource at the moment!) consuming and challenging, but also fascinating. Bit by bit we are creating a comprehensive plan to take what I hope has been a positive eco strategy for the past 20 + years, to the next stage. Carbon management will focus on building soil organic matter (removing carbon from the atmosphere and 'storing' it in the soil), dairy nutrition and renewable energy. Water resource management (driven by increasing water scarcity during drier summers and flooding concerns due to wetter winters) will look at storing winter rainfall for summer use. We are also in the process of creating a new scheme to benefit our flora and fauna by the creation of new and improved areas to support pollinators and birds (for example). We are learning all the time. For example, a bat has been discovered on the farm (the Barbastelle bat) that I had not only never heard of but is under serious threat, being one of the rarest mammals in the UK. Only this week I learned of the advantages of planting small strategically sited groups of trees to disrupt the movement of harmful particles in the air emanating from road traffic. Something else we will look at with interest.

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BOOK CLUB REPORT



This winter we have read two novels by television ‘personalities’ but more of them later. First came ‘’The Salt Path’’ by Raynor Winn. This is not a novel, but an account of the walk along the South-West coast path undertaken by Ray and her husband when they lost everything - home, business, after a lost Court case. Their journey was a modern Odyssey. Like Homer’s hero they encountered all sorts of weather (sunburn to soaking), met situations and people, some good, others not so. They had to find somewhere to pitch their tent at night, lived for a week on noodles and fudge bars, triumphed over adversity and came from despair to hope. The book is a celebration of the human spirit, told with honesty and humour.

‘’The Keeper” is by Graham Norton, T.V. host and presenter. He is Irish and his depiction of small town Ireland and its inhabitants Is spot-on. Elizabeth is clearing the house after her mother’s death, when she finds an old bundle of letters. Now this is an age-old formula in fiction, finding a will or letters that lead the finder to new revelations. Elizabeth travels, seeking her origins, , who she really is. Norton does spring surprises on the reader, and unlooked-for turn-of-events. The characters are well drawn, we considered it an enjoyable read.

Then came Richard Osman’s “The Thursday Murder Club’’.We really did not expect too much of this first novel, but we were enthralled. Elizabeth, Joyce, Ibraham and Ron live in an upmarket retirement village. Their club light-heartedly investigates old, unsolved murders. But when a real murder happens (to the detested landlord), they spring into action with relish. The four protagonists bring different skills to the task; Elizabeth is particularly enigmatic - was she once a spy? This novel is funny, witty, full of sly humour. There are the obligatory ‘’red herrings’’ to lead the reader astray, and bringing all these stands together at the end tends to make the solution a bit rushed. The book is to become a film, we trust it will do justice to the engaging story.

Beryl Lang

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Breathe Well, Live Well

Watch our 'Breathe Well, Live Well' series of podcasts and videos for easy to follow expert advice on coping with breathlessness – a common symptom in long-Covid recovery.

The next video released covers a technique called the 'Calming Hand'. The idea behind the 'Calming Hand' is to have this as a tool to use in terms of anxiety or panic sensations, as it can prompt you to focus on your breathing pattern and on relaxing your muscles and your mind.

Each finger of the hand represents a step for you to follow to help achieve a calm state. This is about recognising how you are feeling and what is happening in your mind and body, but it is also about recognising that you can take control of your breathing, you can slow your breathing down and calm your mind.



1. Sit comfortably
2. SIGH OUT
3. Continue to breathe normally
4. Place one hand on your chest and one on your abdomen
5. Think of your shoulders being relaxed
6. Take a normal breath in and feel your tummy rise
7. Breathe out and feel your abdomen sink down
8. The hand on your chest should barely move
9. Breathe in through your nose and out through your mouth
10. Try to make your out breath slightly longer
11. Think breathe in for ONE and out for TWO
12. As you breathe out think of the word '...REST...'



For further techniques view the series at stwh.co.uk/breathewell or request a dvd/cd by emailing livingwellservice@stwh.co.uk or by calling 01243 775403.

News continued...

Get Active



St Wilfrid's has added to a range of exciting physical or cerebral challenges for you to choose from at stwh.co.uk/getactive. If you could raise £200 in 2021 you could fund a whole day's worth of home visits to patients by a specialist St Wilfrid's Community Nurse. This month is the last **chance to land one of our exclusive London Marathon places!**

Go higher on 4th July



Experience the thrill of a lifetime! Take on a sponsored 10,000ft free fall tandem skydive for St Wilfrid's Hospice and raise vital funds as part of our Leap 4 Love team! All training is provided on the day and everything is managed by your own experienced instructor, allowing you to take in every second.

James Etheridge –leapt in memory of his brother – "Don't even think twice about doing it, just do it! It's the closest you'll get to feeling like you can fly. An experience that will stay with me forever, and all in the name of LOVE."

Our next Leap 4 Love tandem skydive take place with the GoSkydive Team in Salisbury on **Sunday 4th July 2021.** Register online at stwh.co.uk/leap4love

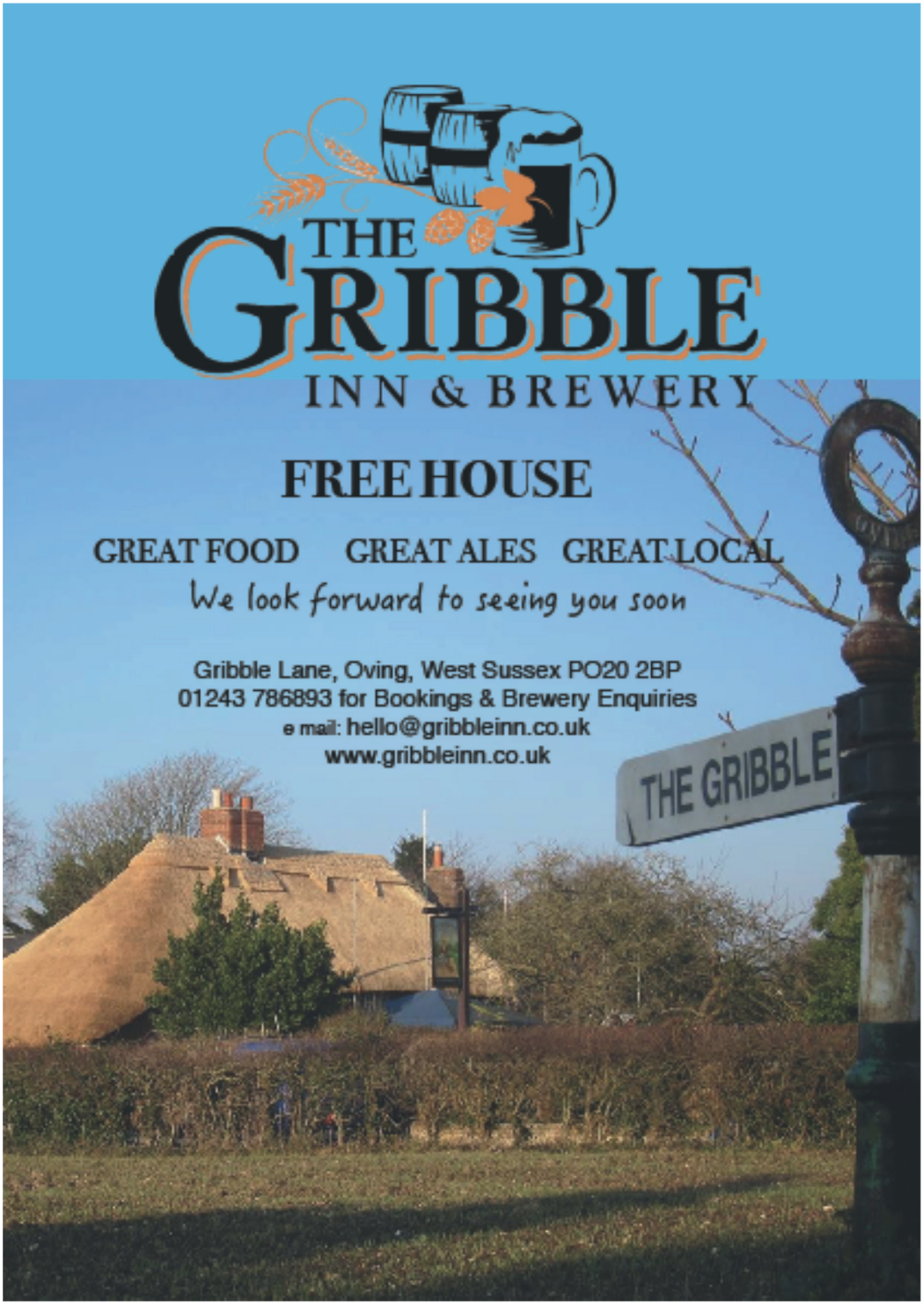
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Police email (Free) **contact.centre@sussex.pnn.police.uk**
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From Dawn and Gareth, your Community Wardens

Who could have known this time last year what was in store for us all!

We were all going about our daily lives as we always had, taking for granted that we could see friends and family, go (non-essential) shopping, visit cafes, bars and restaurants and then Covid struck and no one could have prepared themselves for what was to come.

There have been a lot of highs and lows. Some of the highs being how communities came together to help each other out, how we looked out for our neighbours and people who up until then had been strangers. Clapping for the NHS was lovely with people all out on their door-steps showing their appreciation. There are lots of inspirational stories about how people had chosen to spend their time in lockdown whether that was taking food parcels to people in isolation, learning a new language or how to play an instrument, and there was a lot of baking done! For those who had to work from home our pets where mostly glad that we were home a lot, maybe not so much the ones that snuck onto the sofa while you were out.

I'm sure you would agree that Captain Sir Tom Moore was a highlight in the darkest days of 2020 and someone we all came to love and respect with his can do attitude and stoic resolve to keep going no matter what. He not only raised a lot of money for the NHS but he raised a lot of spirits too. It was so sad to hear that he has died and although we did not know him personally it felt like a nation had lost a true hero. RIP Captain Sir Tom Moore your legacy will live on for a long time to come.

So here we are in 2021, still in lockdown but with much more hope now that with the vaccines there is light at the end of the tunnel. The lows of not being able to be with our families and friends will eventually be a thing of the past. I know that some people are struggling at the moment, be that with mental health, loneliness, isolation or any of the number of issues that Covid has raised, or simply because it has gone on for so long. If you are struggling please pick up the phone and ask for help, if you are worried about someone then also pick up the phone and check on them. There are a number of agencies that can help:

Samaritans: 116 123
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Richmond Fellowship: 01243 780420
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Worth Domestic Abuse Service: 0330 222 8181 Mon-Fri 09.00 – 17.00
07834 968539 Weekends and Bank Holidays
Sudden: 0800 2600 400 www.sudden.org

Sudden is a free service for bereaved people offering help at a time of shock and loss when someone has died suddenly or too soon. They are there for people bereaved by:

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An event/ incident of any kind that caused fatal injury
Suicide.

Just before I go, I also want to mention 2 things that are concerning me around the parish. Dog Fouling is becoming a big problem again especially on the recreation field and Marlpit Lane. If you see anyone not clearing up after their dog, then please let us know. A description of the dog and the owner would be very helpful. And finally, fly tipping. This is on the increase again, everything from builders waste to a caravan have been dumped around the village. If you see anything suspicious then please let us know asap. We check all fly tips for evidence, but as it is very hard to secure a conviction, any information you may have would be greatly appreciated.

Dawn White 07768210358 Gareth Jones 07768202356



Lockdown news from the other no 10



Lockdown no 3 and life has become a bit tedious! We were so busy through the first lockdown, the garden was tidied, the model railway was computerised. I might have this wrong but it does mean that himself can go into the garage and set the trains a route and it all works including the sound and the level crossing gates. Very clever! I decided to use up all my fabric and make a lockdown quilt without buying anything new. So, now lockdown 3, the quilt is unfinished, and I have had to buy thread because it turned out bigger than expected. I have knitted and donated 10 trauma teddies and hand finished a quilt started by a lady who was poorly and unable to finish it herself. The weeds are back in the garden and the cat is even more demanding having decided we are spending so much time at home that we are most definitely her slaves! Maybe we could hold an open garden and garage event when we are able, so we can appreciate our neighbours hobbies and skills.

We're so grateful for broadband and zoom for keeping in touch with family and friends. I belong to Chichester Regnum WI and the Chichester Quilters and both groups are now holding all meetings on zoom. Choir has not worked out so well though, so we will sound like frogs when we do get back together again. Pilates is great on zoom on a Wednesday morning, thanks to Rachel, and tap dancing in the kitchen has become the norm with Sarah Moore from Arabesque.

Having the vaccination felt like a step towards normality. So well organised, absolutely brilliant, thank you to all the staff and volunteers involved in the roll out. We look forward to seeing friends and neighbours again when we're able to mix. Keep well and stay safe,

Sue

Oving Scarecrow Day

February already and in normal years, if anyone can remember that far back, we would be ramping up big time in our preparations for Oving Scarecrow Day. However, as you probably know, the OSD team took the decision before Christmas to hold a virtual Scarecrow Day this year, as we couldn't see a safe way of hosting performers and voluntary groups, plus we didn't want to encourage visitors to the village. So, its to be a virtual Scarecrow Day! We're not quite sure yet how we will do it, but we will let everyone know when we've worked it out.

All of us on the OSD team thank you for your support and look forward to the days when we can meet up again.





oving scarecrow day





Keeping Fit



Since the first Lock Down last March, Tim England (98) has been cycling to John-o- Groats! Having to forego his weekly walk and 9 holes on the golf course, he asked his son Roger, toget him an exercise bike to try and keep up his fitness levels. Little did he realise he would be going quite so far! Roger planned him a route from Lands End to John-O-Groats, never imagining he would still be cycling one year on and would actually make it. He duly set off doing a few miles every day.

Via Gloucester, his old home area, the Malverns, Midlands, Lake District and Glasgow, he recently reached Pitlochry, where a convenient distillery proved a mild diversion. As of February 2021, he has only about 200 miles to go and his family can only applaud his determination and staying power to complete this mammoth journey. Well done Dad!!

Sue England



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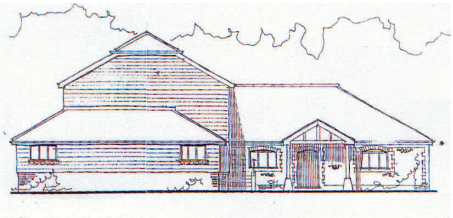
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NEWS FROM YOUR VILLAGE HALL

After a short period of being open in late November and early December welcoming back some but not all of our regular users, the dreaded third lockdown happened as expected and our Hall has been unused since the end of December.

Unused but not unloved! The caretakers, Doug and Nick have continued to ensure that the Hall is secure, aired and serviced. We have had the new boiler installed so a big thank you to OPC for securing the grant that has paid for that. Sadly it is not running completely efficiently as there is an additional piece of work to be done. Many years ago, we think there was some sort of 'fix' to the boiler controls which meant whilst the boiler continued to work it was not working cost effectively which may explain the high gas bills we have had for years. This final piece of work we hope will be done over the next few weeks.

Hopefully, you will have noticed the two new signs at the entrance to the Hall. We are exploring options to illuminate them to make them even more visible. That project is one of our submissions for grant funding along with replacing the lights in the main Hall and revamping the stage, sound and audio-visual facilities. So more fingers crossed for approval as it will be some time before the Hall finances recover sufficiently to be able to build up our Maintenance and Development pot and finance these projects for ourselves.

We have secured further Covid grants from CDC which has saved the Hall finances from completely running out of money – whew! Hopefully the end is in sight for this third lockdown and we can get the Hall up and running and welcome back Pilates; Youth Club; Art Group; Bowls; Raventor Re-enactment Group; Oving Dogs; Smart Cheer; Evangelical Community; Canine Partners; Boogie Bounce; and of course the monthly tea parties. We also have wedding bookings to look forward. A couple of bookings which were rearranged from last year have had to cancel due to the continued uncertainty. The good news is we are attracting enquiries for next year.

By the time you are reading this, we will have had the Zoom Family Quiz Night on Sunday 28th February. Hopefully a fun and fundraising event.

The Management Committee AGM will be on Wednesday 21 April at 6.30pm in the Hall. It is open to everyone and if you would like to know a bit more about getting involved with the management of our hall, please drop me an email e336@btinternet.com

Bookings:	Katie	07962 932560	hall@ovingjubileehall.org.uk
Caretakers:	Nick/Doug	07875 491031	ovinghall.caretaker@gmail.com

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We are busy here on the farm all year round, during the winter we spend most of the time preparing the ground for the new plants, ensuring the polytunnels are ready, whilst inside in the glasshouse, that the temperature is steady and the conditions are just right to grow the very best berries.

We are always looking for great people to join our team, both in seasonal and permanent roles. If you know of anyone looking for a new opportunity in farming, please do ask them to get in touch by emailing recruitment@summerberry.co.uk

From St. Andrews Church



At St Andrew's, we have tried to keep the church open as much as possible. The rules keep changing and we adapt as best we can. When lockdown first started back in March last year, we were unable to open the church at all. No services and no -one was allowed in, even for private prayer. This restriction was lifted and we have been allowed to open the church for private prayer and for services on Sundays.

Keeping the church open for anyone to come in and say their own personal prayer is important at this time. Coming into somewhere that is peaceful and quiet gives us all the opportunity to say our own prayers. Our prayers maybe for others or they may be for ourselves. And it doesn't matter how you say your prayers. I have often been told by people that they don't know how to pray. I don't think that it really matters what you say or how you say it. You may choose to say it out loud, you may choose to say it in your head. It doesn't matter.

When I was taught to pray, I was told to sit down and make myself comfortable. I have often sat in uncomfortable pews and most of my prayer was about how much my back or bottom hurt! When you are sitting comfortably, take a minute or so to look around. Think about the people that have sat in the church over the years. People like you. People who also may have found it difficult to pray.

When you are ready, take a few deep breaths. and just say what ever is on your mind. There is no "correct" way - just be yourself. Keep breathing and keep going for as long as you feel comfortable.

If you want to join us on Sunday for our service, we start at 11:00. Feel free to come and join us! We also have an online service and details are available on our website (https://www.ovingchurch.org.uk)

If you would like to talk to someone about prayer or there is someone you would like us to pray for, please call me on 01243 785089.

Revd Trevor Marshall

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Big apologies, when we went to print several kind people were omitted from the Christmas card list. We are very sorry for this

Stephanie and Stephen

Urszula Topp

Amy, Mary-Jane, Julian,

Evan Zwinkels

Oxford Breast Feeding Support

British Heart Foundation

RSPCA

ART
CHICHESTER OPEN STUDIOS
TRAIL

THE 2021 TRAIL **WAS** SCHEDULED FOR THE FIRST 2 WEEKENDS IN MAY
BUT it is now happening on
10th, 11th, 17, 18th July
Venue 34 - Martingales, Colworth
PO20 2DS - *m 07929772206*

Another casualty of the 2020 Lockdown, we now have new dates as above. Sue England is showing at Venue 34 at Martingales, Colworth, but this year she is joined by local ceramicist, Liz Hanan, showing her hand built raku fired ceramics, inspired by everyday objects and underpinned with a deeper conceptual meaning. Sue has a large selection of paintings, many inspired by the restrictions of the lockdown and staying 'Close to Home', as well as prints, cards and hand made books. It will be great to see visitors in a monitored and safe environment, and be able to catch up with old friends, as well as welcoming any new visitors to this stimulating event. (QR Codes for NHS Track and Trace will be in place). Ring Sue for more information. m 07929772206.

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New Opportunity - Community Support Worker

Are you looking for a new challenge, with part-time hours in your local community?

Are you a good communicator who likes helping people?

Are you a good organiser? Then this could be the role for you!

Oving Parish Council is currently recruiting for a Community Support Worker to continue an established parish project. The ideal candidate should be positive, compassionate, and caring, ideally with a background in health care, social care or teaching. A knowledge of the benefit system and local authorities would be beneficial however the ability to reach out to people and gain their confidence is paramount. You will be supporting adults with complex needs and running a monthly tea party at Oving Jubilee Hall (when COVID restrictions allow).

This role has previously been staffed by volunteers, however given the increasing challenges that we face in today's environment, we would now like to employ someone to lead and extend the role.

The probation period for this role is three months with the intention of this becoming permanent for the right candidate. You will work six hours a day, two days a week but may need to be flexible to meet demand. Salary is commensurate with experience. The successful candidate will require a DBS check.

If thR sounds like you, we would love to hear from you

Please contact the clerk to the Parish Council, Ruth Palmer (telephone 07770 742041) by email to clerk@ovingcommunity.org.uk or by letter at 4 Church Way, Pagham, Bognor Regis, West Sussex, PO21 4QN.

Oving and District News facilitates groups and individuals to publicise their work, activities and events. Details and views expressed may not be those of the editorial team Oving and District News Production and editorial team accept no responsibility.

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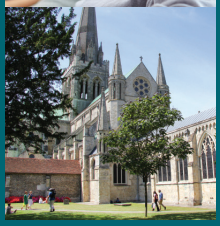
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