Oving District News

SPRING 2024

Your Community News Magazine

They're back!

Oving Scarecrow Day

Saturday 11th May



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Editor's note



Welcome to all our readers, especially to those that are new to our community.

There's a theme to many of the contributions in this edition of the magazine - the weather! I'm sure like most of us you'll be fed up with the ongoing rain that's really not welcome any more, not even to the ducks that appeared on the recreation ground a couple of weeks ago! Yesterday we had a few hours of sunshine in the morning, and what a difference that makes to our mood. I think most of us would agree that we'd take a cold bright morning over another wet and grey morning any day of the week. But perhaps another wet weekend gives us all a little more time to think about plans for **Scarecrow day on Saturday 11th May**! With new volunteers supplementing the team the Scarecrow crew are beavering away to make the return even better than 2022! Be sure to put the date in your diary!

Returning to the wet, or more specifically the flooding, Oving Parish Council will be focused on this issue and Chichester District Council's Local Plan Review (allocating wildlife corridors, housing and employment sites in Oving Parish) at their **Annual Parish Assembly at 7pm on 16th May**.

As I put the final touches to the magazine on what started as another rainy Sunday the sun has come out, and I'm reminded that we all need to make hay while the sun shines (a little early for that, obviously!). It's time to step away from the computer and go and get some fresh air before the rain starts again; the final touches can wait for an hour, especially when deadlines are largely self-imposed. The birdsong is so welcome, even as the rooks, very noisily, rebuild their nursery in the trees behind our home and after a long day at work it's still a joy to simply stand and listen.

Take a moment to just stop, if you can.

With best wishes to all,

Mandy

Email: ovingdistrictnews@outlook.com
Tel: 07702 785801

To view online copies of this magazine, scan the QR code by pointing your smart phone camera at it, or go directly to the community website:

https://www.ovingcommunity.org.uk/community/oving-district-news

Oving Scarecrow Day 2024

May 11th 2024

WE NEED YOUR SCARECROWS! It doesn't have to be witty or clever, anything goes! There's no wrong way to make a scarecrow, you don't need broom handles or stuffing, a mop and bucket or flower pot works brilliantly. If you live outside the village, guest scarecrows are welcome at Madam Green Farm.



Activities start at the Jubilee Hall around midday and we'll be publishing times on the website and on social media nearer the time, so you can plan to see everything. This list is just the start, there's teas and raffle tickets in the hall, as well as many lovely craft stalls.

Ferret racing, yes - they're back!
Alpacas with Dunreyth Alpacas
Frank's plant stall
Classic cars
Waste Busters
Herbalist
Belly Dancing
Morris dancing
Bognor Archery
Big Noise Samba band
Sussex Sax Band
Oving Folk Group
Pimms in the garden
Tractor/trailer rides
Dance display by Arabesque



Don't forget to see the community garden, the pump track and the recreation field. More going on there!

Save some energy for the evening **Scarecrow Boogie** at the Hall with live music from the Cheese Bandits. Buy your fish and chips from the van and a drink at the bar.
Free entry, but you will need a ticket via Eventbrite for numbers. Scan the blue QR code on the right!



How can you help?
Please make a scarecrow: they are the main attraction! It would be great to fill the village.
To be included in the judging please ensure your scarecrows are out by 11am on Saturday 11th.

We always needs home made cakes for the refreshments, so any donations would be gratefully received. Please bring them to the hall on the morning.

Scan the pink QR code to visit our website and find out more.



www.ovingscarecrows.co.uk or find us on Instagram or Facebook. Please like and share our page.

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Updated Deadlines for Future Editions

Summer 2024: Fri 12th July

Winter 2024: Fri 1st November

Spring 2025: Fri 14th March



Distributors needed!

Could you spare about an hour three times a year to deliver this magazine in your local area? Our team of distributors are looking for additional help with the distribution to help reduce the workload and to cover for holidays and other life events. We'd particularly like assistance in Shopwyke but also all other areas. If you would like to get involved, please contact Clive and Lynda Sayer, our distribution co-ordinators, by email at: clive.sayer@gmail.com

Contributions and articles

Do you have something you'd like to share with the parish? If you'd like to contribute an occasional or regular article for the magazine, please do get in touch. We are particularly interested in content from the wider district! This is **YOUR** magazine and contributions are most welcome. Drop us an email and we'd be happy to discuss further.

Advertising

Would you like to advertise in the Oving District News?

There are three editions a year delivered to around 1250 business and residential addresses in Colworth, Drayton, Merston, Oving, Shopwyke and Woodhorn. Please get in touch to be advised of the current price list with an option to be included in future editions.

Please email: ovingdistrictnews@outlook.com

With special thanks to all those who continue to support this magazine, whether by providing interesting and informative articles, through advertising, Oving Parish Council who contribute a hefty grant to ensure we can continue to provide printed copies for the whole parish, and also to our fantastic distribution crew! **Thank you!!**

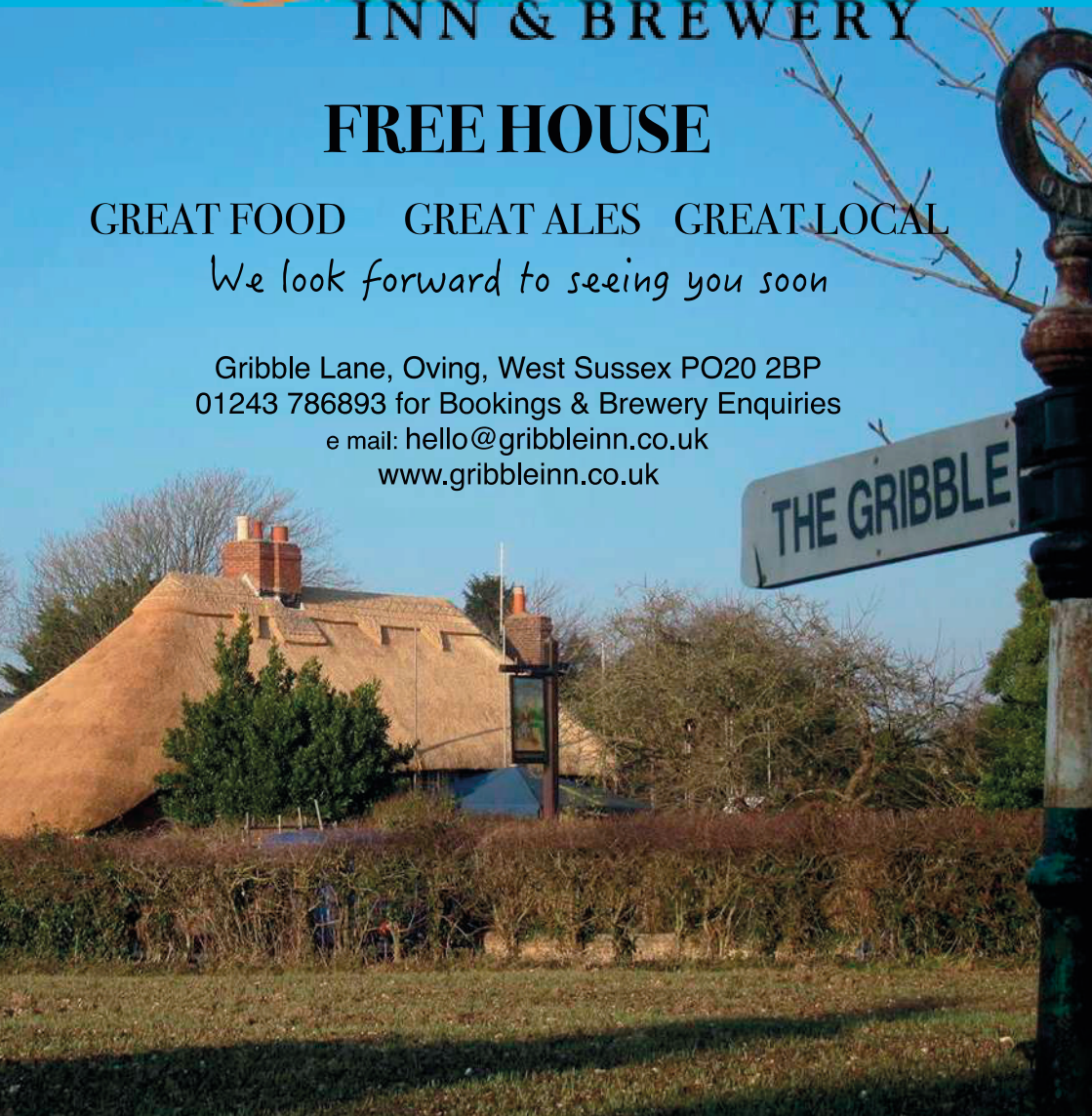
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Parish Council News

Dear Parishioners,

Flooding! After a wetter winter than most this is foremost on many people's minds. Our Annual Parish Assembly will be focused on this issue to explain the complexity of the problem and who to direct calls for action to.

Also, at that meeting I will be covering Chichester District Council's Local Plan Review, which is soon to be taken to examination in public. This is going to be allocating Wildlife corridors, further housing, and employment sites in Oving Parish.

Please do come to the meeting at Oving Village Hall on the **Thursday, 16th May at 7pm**.

We welcome Millie Riddell as councillor to the parish. Millie joins us from Shopwyke and brings a wealth of knowledge having been a councillor where she lived previously. We now only have one councillor position left to fill and we expect that to be completed very soon which will mean we will be a full complement of nine councillors for the first time in a quite a few years!

Oving Parish now has dedicated PCSOs again and we welcome working with them to help reduce crime further in our area. Please report any crime either via 999 if an emergency or any other crime via either calling 101 or via the website www.sussex.police.uk/contact-us-beta/contact-us/

There are now three allotments available to rent from Hyde located to the South of the Recreation ground. Please contact Hyde on 0800 3 282 282 if you are interested in any of them.

It is great that the Western bridge across the A27 to the Retail Park is now in place. Hopefully it will not be too long before it can be used.

I would like to thank everyone for all their support to others in the community in so many ways. I would also like to welcome all the new members of our community that have recently moved into the Parish.

Rod Hague - Oving Parish Council Chair

From Simon Oakley

Our WSCC Councillor



WSCC passed its £2.0431Bn budget for 2024/25 on 16th February (Agenda for County Council on Friday, 16 February 2024, 10.30 am (moderngov.co.uk)). I'm often asked - what does the increasing Council Tax go on? About 64% of the @£761M net revenue budget goes on Adults and Childrens services, which account for most of the annual increase in Council Tax. Growing demand for Special Education Needs and Disabilities services and home to school transport, are significant pressures. WSCC has some £549M of external debt, only £36M of un-ringfenced general reserves and a FY24/5 Capital spend programme of @£132M.

Continuing heavy rains and attendant flooding have continued increasing pressure on WSCC Highways. Between 2013/14 and 2017/18 @31,000pa repair jobs were raised, 2018/19 – 2022/23 @37,000, 2022/23 @41,000 and @45,000 projected for 2023/24. In 2022/23, 71756 reports were received, compared with the normal average of 50-55,000. Reflecting this, an additional £4.5M has been put into WSCC's highways maintenance budget for this year, and £4M for next.

Flood risk management information can be found at Managing flood risk - West Sussex County Council. WSCC has recently recruited two additional Officers whose role is dedicated to working with riparian owners to restore and improve drainage.

WSCC has recently undertaken the initial public consultation on the A259 Chichester – Bognor cycle route (A259 Chichester to Bognor Regis Corridor Scheme | Your Voice West Sussex). Design approval work is progressing, between National Highways and developers, on the foot/cyclelink between the Northern Shopwyke Lakes bridge and Longacres Way.

Highway defects should be reported via WSCC's website Make an enquiry or report a problem with a road or pavement - West Sussex County Council .

WSCC's Community Hub (0330 222 7980, Community Hub - West Sussex County Council) continues to connect those most in need to support services.

Link details for Simon Oakley's WSCC article

Agenda for County Council on Friday, 16 February 2024, 10.30 am (moderngov.co.uk)
https://westsussex.moderngov.co.uk/ieListDocuments.aspx?CId=136&MId=3350&Ver=4

Managing flood risk - West Sussex County Council
https://www.westsussex.gov.uk/fire-emergencies-and-crime/dealing-with-extreme-weather/flooding/flood-risk-management/managing-flood-risk/

A259 Chichester to Bognor Regis Corridor Scheme | Your Voice West Sussex
https://yourvoice.westsussex.gov.uk/a259-chichester-bognorregis

Make an enquiry or report a problem with a road or pavement - West Sussex County Council
https://www.westsussex.gov.uk/roads-and-travel/make-an-enquiry-or-report-a-problem-with-a-road-or-pavement/

Community Hub - West Sussex County Council
https://www.westsussex.gov.uk/leisure-recreation-and-community/community-hub/

For ease of access, consider using the online version of the magazine here: https://www.ovingcommunity.org.uk/community/oving-district-parish-news

Pot Holes and other road defects can also be reported using the Love Clean Streets app. This app ensures the report is sent to the right people.

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Oving Parish Away Day

On March 7 the Parish Council held an Away Day. Its purpose was to step back from regular matters and reflect on longer term, strategic issues particularly in the light of our rapidly expanding population. The 2021 national census showed our population as 1717 against 1051 in 2011.

We discussed housing needs, school places, road improvements, safety and security, the status of the emerging local plan.

We had presentations on parish assets such as the Jubilee Hall, its management, its improvement plans and how it is funded. We were updated on the recreation field with its playground equipment, the recently installed Hackman cycle track and the flourishing community garden where children try their hand at sowing and planting. We were reminded of the many channels of communication within the parish from the website to WhatsApp and Facebook groups.

June Milson described her work providing personal support to members of the community including the popular monthly tea/ lunch parties. Dawn White, our long standing community warden, reminded us of her familiar presence in the life of the parish, and how she complements the police community support officers in their safeguarding of residents against anti social behaviour.

We had participants from across the parish including the recently formed Shopwyke Residents Association. We welcomed the recently assigned PCSOs who warned us against financial fraud, today the most pervasive national crime. The event provided an opportunity for team building and bonding among individuals and groups who contribute in a rich variety of ways to the health of our parish.

A topic that attracted particular attention was Oving village's links with Shopwyke Lakes. There is already a good deal of inter community collaboration with Shopwyke represented on the Parish Council, the Neighbourhood Plan steering group, the management of the Jubilee Hall and as community gardeners. Should we rename ourselves the Shopwyke and Oving…….?

Said one participant, 'I found it very informative and liked the format. It was particularly interesting to hear more about new housing proposals and footpaths. I will look at your website more often! I also enjoyed meeting people I had not met before and exchanging ideas. All in all an interesting meeting!'

Stephen Quigley

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Oving Community Garden

The weather has been so wet for so long that we have had to postpone the last couple of meetings as to carry on would have caused more damage to the garden rather than good. However, the garden is now starting to become lush and green again as spring is finally starting to arrive and the days become sunnier and warmer. This means there are plenty of jobs to do. March is too early to plant out tender young seedlings, but we are preparing the beds ready for planting in April.

Don't forget to come and see us at Scarecrow day, on Saturday 11th May. We will be on the map with activities for children and volunteers to show you round. So plenty to see and do for all the family!

We meet every 1st Saturday of the month, at 9:30am, (weather permitting), but please visit for a wander anytime - the garden is open to everyone in the community, every day.



Down on the Farm

At the time of writing it feels like there is no hope for an end to the rain. We have water lying in fields where I have never seen water before, winter sown crops have been severely damaged and some won't recover, whilst we are unable to get near the land to sow our spring crops. These concerns are overshadowed by the desperate need to let the cows out to grass as we are rapidly running out of our winter feed. There is plenty of grass for them but a few hours on saturated fields will create such a muddy mess that the grass will not recover for the rest of the year. In fairness, the cows aren't aware that their larder is nearly empty and they wouldn't leave their dry and warm cow shed anyway, even if we pushed them – and you try pushing 800Kg of obstinate cow where she doesn't want to go!

Rainfall levels have been record breaking but we have to accept the weather is, as always, just 'part of farming'. Our troubles are nothing compared to those of the poor souls whose homes have been flooded in the parish, sometimes with raw sewage. Our farm team have spent an enormous amount of time, effort and expense clearing and maintaining our ditch network this winter, as they do every year. This is our responsibility and of course we do not get recompensed. It is, however, intensely frustrating when our efforts are undermined by the refusal of the local authority, highways and water companies, to carry out their duties in the same way.

I wrote a while back about our net zero ambitions. The objective remains, but to my mind it needs to be much more nuanced. There is far too much 'greenwashing' and manipulation of numbers and messages in the name of 'net zero' throughout industry and even national governments. Furthermore, there is little clarity or agreement as to what should be measured, let alone how. We recently engaged an independent company to carry out a carbon audit on the farm and the results were encouraging – we are making good progress. However some of the advice as to what we should do to progress further was, to be blunt, absurd. An example: we naturally have some cows that produce less milk than others.

This, according to the current metrics, makes these lower yielders less 'efficient' and therefore they use more resources per litre of milk produced than the higher more 'efficient' yielding cows. The advice? To kill the lower yielders and replace them with more 'efficient' higher yielding cows. If being carbon neutral means killing perfectly healthy, productive cows then 'I'm Out'.

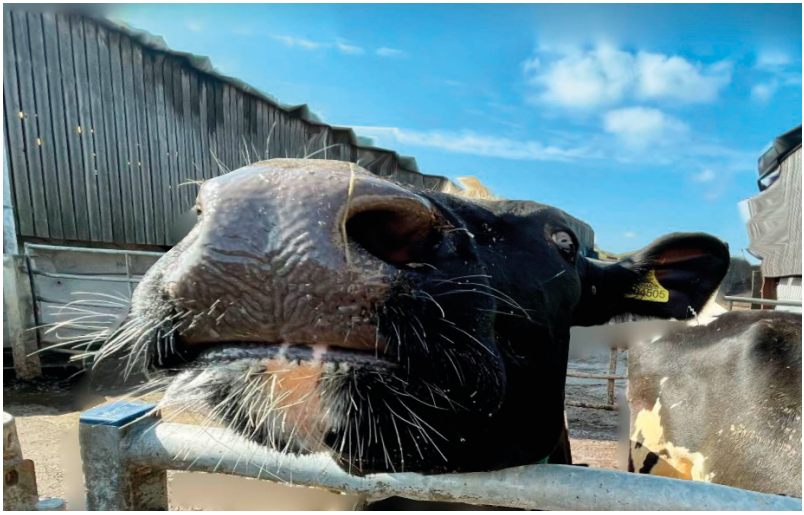
Our ambition has always been to produce top quality food whilst being fully aware of our responsibility to the environment from the flora and fauna on the farm, animal welfare and our role in the community, to our role in tackling climate change. Pursuing net zero in isolation appears to be contra to this and whilst it is disappointing to acknowledge, it is something we need to understand better. Our overall approach to farming may be understood internally but we have never written it down. Over the coming months I aim to (try) to create our own Woodhorn focused set of written policies and objectives that demonstrate and prove what we are doing (to our customers in particular) whilst helping us to learn where and how we can improve. The ambition to achieve net zero remains but we will do it our way and in a way, I hope, that has real meaning.

The trouble with writing an article during months of endless rain is it can end up being a bit too serious! So here are a few cow jokes to lighten the Mooo'd!

What do you call a cow in an earthquake? ***A Milkshake***
What do you get from pampered cows? ***Spoiled milk***
What do you call a cow that won't give milk? ***An udder failure***
JP 11.3.24

Ed:

Perfect Pic borrowed from Woodhorn Farm Facebook page!



Hedge laying at Woodhorn Farm

We have planted many miles of new hedges in recent years (and will continue to plant more) but we of course have many old hedgerows too, some that are officially classified as 'ancient'. Eventually all well managed hedgerows become 'leggy' and hollow at the bottom or, at the other extreme, they can become too tall and overgrown.

Eventually every hedge needs to be rejuvenated from the base and hedge laying is one of the best and most traditional ways of doing this. A laid hedge provides a stock proof barrier and a dense habitat for wildlife but most importantly it encourages new growth that starts a new life cycle of the hedge.

However, hedge laying is a traditional country skill that has been largely lost to the modern generation – it is also hard work! So we are truly grateful to Sarah Hughes, our local wildlife Officer and advisor, and her fantastic band of volunteers for giving up their time and energy this winter to produce some stunningly rejuvenated hedgerows.

John Pitts



Despite the blue sky, this picture was taken *this* winter!

Chichester Open Studios Art Trail 2024
The dates have changed this year to the last 2 weekends in May, 18/19, 25/26/27.

There are several studios open in the area, in Barnham, Halnaker and Eastergate with myself in **Colworth at Venue 66**.

There will be booklets available in the village hall and other local venues, but you can always get details from the website at www.chichesteropenstudios.org

As always, there is great diversity in the area and most artists are happy to chat about their work and process, with absolutely no expectation that you will buy something! There is a wealth of talent around and the booklet and website allows you to have a browse and see what sort of work might interest you.

For myself, I've been trying to take a step back from exhibiting (last year was particularly busy for me), so the Open Studios is one of only 3 opportunities to see what I've been up to this year. My studio painting space is crammed with half finished paintings, drawings and ideas, some of which will hopefully come to resolution before May! For those who have never been, I convert my dining room into an exhibition space and a walk through the house to my back printing 'shed' offers more opportunities for seeing work and finding out about my process. My neighbours old chapel building across the drive, serves as a painting studio, so lots to see. It would be great to see you and the kettle is always on with home-made biscuits!

Sue England



Useful Community Resources

The Oving Community website: https://www.ovingcommunity.org.uk/

The website includes a link to sign up to occasional **Oving Parish News Alerts** emails and access to view online versions of this magazine.

Oving Community Group (West Sussex) - Private Facebook Group for Oving
Shopwyke Lakes Community Page - Private Facebook Group for Shopwyke Lakes
Oving Community - West Sussex - Public Facebook page for Oving Parish
Oving Jubilee Hall - Public Facebook page for Oving Jubilee Hall
Oving Community Garden - Public Facebook page for Oving Community Garden
St Andrew's, Oving - Public Facebook page for St Andrew's Church
Oving Scarecrows - Public Facebook page for Oving Scarecrows
Oving News Group - WhatsApp - contact annemariedutchy@gmail.com or 07810 128245

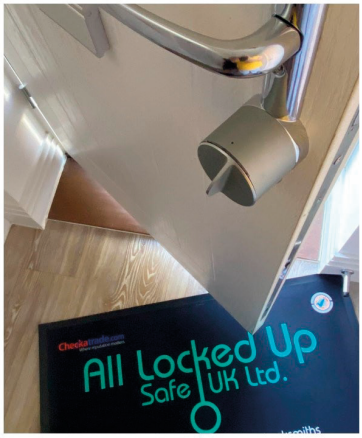
What's missing? Please get in touch to have something added!

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BOOK CLUB REPORT



Our book choice at Christmas was not festive, but certainly thought-provoking. Not a novel but "The Red Notice" is the harrowing true story of a man's fight for justice against the might of the Soviet Union.

Bill Browder was one of the first to set up a Stock Market with Shares in Russia. The early chapters of his book deal with this enterprise, which some of us found difficult to follow, being full of financial details and difficult Russian names. Browder enlisted the help of a young solicitor, Sergei Magnitsky, to advise him on matters of law. But the Russian leaders began to turn against Browder, he was pursued by the Secret Police, and able to get away in 2005. But Sergei was targeted, his office wrecked and finally he was arrested on trumped up and illegal charges. He was imprisoned, beaten, tortured and murdered. The rest of this book details Browder's fight to get a law called "The Red Notice" through Congress in America. This would enable any country to prevent entry, or have deported, anyone suspected of judicial murder. The law was finally passed, many countries subscribe to it but we all know that The Soviet continues to do as it wishes.

In 2007 our club read Australian writer Kate Grenville's first novel. Now we have recently read "**A Room Made of Leaves**", her 7th. Not everyone going to Australia in the 1780's was a convict. There were also military garrisons, and ordinary folk looking for a better life in the new Colony. In 1788 Elizabeth and John MacArthur embark on such a voyage. After a dreadful crossing in which their newborn daughter dies, they arrive in New South Wales. Their story is based on a few known facts, one being that they introduce the Merino breed of sheep to Australia. MacArthur is not a pleasant man, but he is ambitious, he gradually buys more land, and builds a bigger house. Elizabeth is a hostess to social gatherings for the officers of the garrison, where she meets Mr Dawes, a shy astronomer attached to the Military. They fall in love and meet secretly in a hideout made of canvas with a roof of leaves. Here he teaches her about the world, especially Australia, and its original inhabitants. Their secret is kept by two former convicts, the housekeeper Mrs Brown, and farmer William Harraford who helps Elizabeth choose sheep. When the garrison leaves ,Mr Dawes has to return to England with them. Elizabeth is heart-broken, but she has learned to love the land and make her own decisions. She builds her own house of leaves where she can think and plan her future.

The novel is heavily fictionalised, but it adds to our knowledge of early settlement "down under".

Continued over.

In 1944 in Tuscany, Evelyn Skinner and Ulysses Temper (named for a winning greyhound) meet. He is 24, she in her sixties. In Sarah Winman's "**Still Life**" the reader will follow their separate paths until they meet again. After the army Ulysses returns to London, where his life centres around the pub run by Col. A whole cast of characters meet here – Ulysses' wife, Peg who loves a G.I. she met in the war, Col's daughter Ginny, Pete the pianist and old Cressy (Cress). One day a solicitor arrives with the news that Ulysses has been left a property, by a grateful Italian whom he prevented from committing suicide. It is near Florence. Eventually Ulysses, Peg's daughter, Alys, (the Kid) and Cress go there. It is a huge mansion, and a charming lawyer helps them with the legalities and becomes a friend. There is also the parrot, Claude, who has not spoken in the pub for years, then suddenly breaks into lines from Shakespeare at any suitable moment. The reader must just accept Claude as a fantastic character after Cress has smuggled him into Italy. The house is turned into a hotel and restaurant, so a whole new set of people come into being. The novel sparkles with wit and joy, although there are sad events such as the great flood which overwhelmed Florence in 1966-67. Ulysses' trade, that of making world globes is ruined. Evelyn and Ulysses narrowly miss each other over several years, but at last they do meet, and Evelyn tells her story.

We all liked this book, felt the characters were truly alive, and had moments when we laughed aloud. It is impossible to summarise so much of this tale. We heartily commend it to all. **Beryl Lang**

Speedwatch

I love living in Oving, we have such a wonderful community nestled in farmland with close proximity to the beach, the Downs and Chichester. But our lovely village also has a downside, which is the increasing amount of traffic on the High Street…

As a dog owner and a frequent visitor to the Jubilee Hall I walk alongside the High Street several times a day. Very often, the speed of the passing cars makes me feel unsafe. It's dangerous and detrimental to our health and the environment.

Surely as a village/parish we can do something about this. How about setting up a Speed Watch Team? We would need at least 12 volunteers and training will be given.

Attending a recent OPC meeting I met with a resident of Shopwyke Lakes and they are having the same problems - maybe we can team up with them?

If you are interested and willing to help drop me a line:
annemariedutchy@gmail.com
Let's DO something for our parish, our families and the wildlife.

FILM REVIEW by ANNIE BENNETT

WICKED LITTLE LETTERS directed by **THEA SHARROCK**

Set in 1920's sleepy Littlehampton, this wickedly black comedy relates the true life events surrounding the case of the filthy poison pen letters, and the investigation into exposing the author.

The central characters are Edith Swan, (Olivia Colman) a pious holier than thou spinster living with her very religious, priggish parents, (Timothy Spall and Gemma Jones) and their new neighbour, Rose Gooding (Jessie Buckley) a gregarious, outspoken Irish woman who is definitely not religious and well versed in the art of swearing……really outrageous swearing, including a fair bit of blasphemy to add to the mix. Initially friends, the 2 women fall out and soon afterwards, Edith starts receiving anonymous letters, describing her with the most offensive and crude language.

The hunt is on to discover the culprit.

In some ways, the most charming of films featuring the best of British comedic actors and actresses, in others the reality of this type of behaviour and language in the 1920's was so shocking (Aunty Mary would have had an attack of the vapours) that it was even discussed in the House of Commons. A sign of the times also plays into the fact that Rose's daughter is suspected of being illegitimate, thereby condemning her as a woman of low morals.

The local plod immediately suspect and indeed arrest Rose and she is re-manded for trial. The one and only Sussex Policewoman at that time, Gladys Moss (Anjana Vasan) is not so sure and on her own initiative, even though told not to, starts her own private investigation with the help of other Littlehampton ladies who too are not convinced of Rose's guilt.

I shall reveal no more, other than to say, the rest of the film brings to the fore the nostalgia of the Ealing Comedy era, which I for one enjoyed tremendously.

The acting is excellent, the scenery so familiar and the denouement classic. Colman and Buckley are superb, and the supporting cast of Joanna Scanlan, Eileen Atkins, Lolly Adefope and Hugh Skinner complete the ensemble and fully complement the leading characters.

Fingers in your ears though if colourful language is not your thing.

In Cineworld now and New Park in April.

Annie Bennett

OVING PARISH COMMUNITY WATCH

2024 Tea Party Dates - Oving Jubilee Hall

June Milson 07508 059955 (Tuesdays 9am-1pm and Thursdays 9am-5pm) June.milson@ovingcommunity.org.uk

April 18th	TEA PARTY**	2.00pm-3.30pm

The raffle will be donated to Stonepillow

May 16th	TEA PARTY**	2.00pm-3.30pm
June 20th	TEA PARTY**	2.00pm-3.30pm
July 18th	TEA PARTY**	2.00pm-3.30pm

The raffle will be donated to Cat & Rabbit Rescue

August 22nd	OUTING	To be confirmed
September 19th	TEA PARTY**	2.00pm-3.30pm
October 24th	TEA PARTY**	2.00pm-3.30pm
November 14th	TEA PARTY**	2.00pm-3.30pm

The raffle will be donated to Oving Youth Club

December 12th	CHRISTMAS LUNCH	To be confirmed

*Lunch will include soup, a roll, savouries, tea/coffee and cake

** Tea party will include a choice of sandwiches cakes and tea/coffee

Additional items including savouries, fruit and meringues may be added.



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Have you heard of Spoon Theory?

Do you or someone you care about have a chronic illness or disability that causes issues with fatigue? Do you struggle to explain or understand the issues this causes? You may find this useful as I did.

The Spoon Theory was an idea coined by **Christine Miserandino** when explaining to a friend at a restaurant what life was like living with lupus. She used spoons as a metaphor for the energy she'd start the day with, and gradually expend until she had no more spoons left.

The idea has been adopted by "spoonies" who have to deal with fatigue that means they need to plan their activities and ration their energy throughout the day.

Search online for the Spoon Theory or follow the link from the Wikipedia page:

https://en.wikipedia.org/wiki/Spoon_theory



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From our Community Warden - Dawn White

159 This is a number that I would like you all to remember and here is why.

There are so many people being caught out by scammers and because they are so devious anyone can be caught out. The main objective for the scammers is for you and your money to be parted.

159 is a direct and secure way to contact your bank if you think someone is trying to scam you or you have been scammed.

Here is an actual scam that happened in the last two weeks. I happened to turn up at this person's house while they were on the phone and what I could hear didn't sound right at all. I asked who they were talking to on the phone, and they said the bank, I realised by hearing the conversation they were being scammed and told them to hang up on the call immediately, which they did. I then gave them my phone to ring **159** because scammers will wait up to 10 minutes on the line after you think you have cut off the call so that when you make a call to your bank it will still be the scammer and not the bank.

This is what happened: The victim received a call saying it was their bank and they were just checking because they suspected they were scam transactions on their account.

The caller gave the person the 16 digit code from their bank card and also their bank account number as proof, you can see why they believed them. They then said that they didn't have a mobile phone number on record, so the person gave it to them. What happened next beggars belief and shows the extent these criminals will go to, to get at your money! The caller said that they wanted to give them some four digit security codes that they could use to protect themselves. While the criminals waited on the landline phone, they told them their mobile would ring and an automated service would ask for the codes that they had been given 'by the bank', this happened 6 times before I arrived and stopped it.

What had actually been happening was the criminals were making on-line purchases as they had somehow intercepted the mobile phone to get the one-time purchase security codes which they were giving to the victim and the victim was then repeating them back to the automated service which let the purchases go through!

Continued.

From our Community Warden - Dawn White (continued)

159 is an automated and secure line that will firstly ask you to press a corresponding number to a group of banks and then another number is pressed for your actual bank, this then connects you to your bank. You can then check to see if the call was from your bank or if you have been scammed. In this case the person had been defrauded out of £800 with further pending on-line purchases of nearly £3000! We were also connected to the fraud team at the bank who took a full statement about what had happened and thankfully they repaid the £800 back into their account. They were very grateful for this but were left very shaken by the whole ordeal.

If you ever get a call from your bank, never give out any confidential information and do not worry about disconnecting the call and checking with the bank - they would rather be cut off for you to check than you be scammed.

Community Warden - dwhite@chichester.gov.uk Mobile no. 07768 210358

Oving
Neighbourhood Plan

Oving Neighbourhood Plan Resumed

Based on the progress of the emerging local plan we have decided to get back to work. We are commissioning the production of robust evidence to support new policies on strategic gaps and wildlife corridors. There may be one or two more potential new policies to explore. Later in the year we shall be commissioning an environmental report to check any impact on wildlife. Later still when the emerging local plan has been submitted for inspection we will have all the Neighbourhood Plan policies reviewed for compliance. I would expect our own plan to be distributed in draft form early in 2025. But don't hold me to it.

Stephen Quigley
Chairman, Oving Neighbourhood Plan Steering Group

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18 & 19 May 2024

The greatest celebration of all that we love about dogs will take place at Goodwood over the weekend Saturday 18 and Sunday 19 May.

As always, Goodwoof's early bird offer is available now giving over 15% off adult and young person ticket prices. Children 12 years and under and dogs go free. Also free of charge is all-day parking and a Bark and Ride shuttle bus service which will take you to the heart of the action. Snap up your tickets now at goodwood.com. Your dog will love you for it.

Find out more at the website: **https://www.goodwood.com/goodwoof/**



Global Accessibility Awareness Day: Raising the Profile With 4Sight Vision Support

West Sussex charity 4Sight Vision Support (4SVS) invites everyone to learn more about digital accessibility while celebrating Global Accessibility Awareness Day (GAAD) on Thursday 16th May. The purpose of GAAD is to get everyone talking, thinking and learning about digital access and inclusion, and the more than one billion people worldwide with disabilities/impairments.

The GAAD Foundation's mission is "To disrupt the culture of technology and digital product development to include accessibility as a core requirement." They demand that "Someone with a disability must be able to experience web-based services, content and other digital products with the same successful outcome as those without disabilities. This awareness and commitment to inclusion is the goal of Global Accessibility Awareness Day (GAAD), a global event that shines a light on digital access and inclusion for people with disabilities."

4 Sight Vision Support has a dedicated Accessible Technology Specialist who supports and advises visually impaired clients on how current technology such as smartphones, computers, tablets, and smart speakers can be made more accessible. Advice can also be provided about the digital services available that can assist with day to day life. Accessible Technology is one of the best ways to help people remain independent, keep in contact, manage finances, work, shop, and much more.

To find out more about digital accessibility for you, or someone you know, call 4SVS on 01243 828555 or visit www.4sight.org.uk For more details about GAAD visit https://accessibility.day



Bognor Regis Vision Support Centre
36 Victoria Drive,
Bognor Regis,
West Sussex
PO21 2TE

Charity Number: 1075447

Latest News from St Wilfrid's Hospice

Moonlight Walk 2024

Take on a walk to remember this June!

St Wilfrid's Moonlight Walk returns this June 15th for the local community to get involved and raise funds for their local community hospice.

This event sees hundreds of people gather on Chichester College playing field, donning the Moonlight Walk event t-shirts and enjoying a great atmosphere. Walkers then take on a 5 or 10 mile walk around the local area, under the moonlight.

By taking part and fundraising, you will help raise vital funds to allow St Wilfrid's Hospice to continue providing expert palliative care and compassion to local lives suffering with life-limiting illnesses.

Get your tickets here: www.stwh.co.uk/moonlight

More than a Shop

Want to make a purchase that actually makes a difference to the local community?

St Wilfrid's Hospice has 12 shops and an online shop that offers affordable, pre-loved items. By purchasing from one of their charity shops, you will be helping fund the end-of-life care provided by the Hospice, making a difference to local lives in the community.

Whether it's refreshing your wardrobe, looking for some new furniture or simply buying a few trinkets, whatever you purchase from a St Wilfrid's shop will help give care to someone in need.

Find your nearest shop: www.stwh.co.uk/shops

Gifts in Wills

Did you know, gifts left in Wills pay for 1 in 4 of St Wilfrid's patient's care?

As an independent local charity, St Wilfrid's only receives a small amount of funding from the NHS, so the majority of the Hospice running costs are paid for thanks to the generosity of our local community. Leaving a gift in your Will, whether big or small, helps the Hospice to continue providing expert care and compassion to local lives suffering with a life-limiting illness.

Learn more about leaving a gift in your Will: www.stwh.co.uk/gifts-in-wills

St Wilfrid's have just released their latest Newsletter filled to the brim with stories and news from the Hospice.

You can read the latest version online, as well as sign-up to receive the next edition on your doorstep! www.stwh.co.uk/newsletter

THE FRIENDS OF ST. ANDREW'S CHURCH, OVING



The Friends are pleased to continue this year with their fund-raising efforts to support the Church wherever they can.

We continue to cover the ongoing costs of grass cutting of the Churchyard to keep it tidy and pay for regular cleaning of the Church, etc. We aim to continue this help wherever we can to enable the Church to be a welcoming peaceful place to visit and worship in. Additionally, we covered the cost of the scaffolding to enable repairs to the roof to be carried out by volunteers.

Last **Sat 2nd December** we were heavily involved in the **Christmas Fayre** in the Jubilee Hall. This was jointly organised with the Oving Jubilee Hall Committee and the Church. It was a very successful and enjoyable event!

On the eve of St Patrick's day we had the Irish Themed Evening of Music and Dance with Oving Folk. This was held jointly with Oving Jubilee Hall and was a great success with many of those who attended saying how much they had enjoyed it.

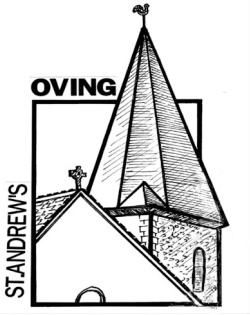
Later in the year please keep the date for our annual **Quiz Night** on **Sat 5th Oct 7.30pm**. More information in the summer issue!

The **Christmas Fayre** this year will be held on **Sat 30th Nov**, timings yet to be agreed!

Looking forward to the summer!

Lynda Sayer (Chairman, Friends of St. Andrew's Church Oving)

A Note from the Rectory



It seems like only yesterday that I was writing the last Note from the Rectory, but it was before Christmas. The days were short, the nights long. We were looking forward to Christmas and the birth of Jesus in the stable. Now we are looking forward to days that are longer than the nights and days that are getting warmer.

But we are also preparing for Christ's death on the cross. Born into the world in poverty and leaving the world crucified as a common criminal. His death on the cross being the darkest days that his disciples had to deal with. His death leaving them with no hope.

However, we know that that wasn't the end of the story. His death as a criminal led to his resurrection as the Son of God. Overcoming death for us all.

Christ's death and resurrection brings us all hope. In the darkest of times we can be assured that Christ is with us in the darkness. The light of Christ shines out for us all. He died on the cross as a man, but was raised up as the divine.

When it seems that the darkness is too much for us to bear, let us remember that the darkness will become light. Let us remember that Christ will be there for us, as he was then and how he is, now and always.

Our regular Sunday service is a 11:00 at St Andrew's, Church Lane, Oving. All are welcome to join us.

With every blessing

Revd Trevor Marshall
revdtrevor@icloud.com

SAVE THE DATE

The Annual Fund-Raising BBQ has been scheduled for
Saturday 22nd June 2024

The event will take place outside the Oving Jubilee Hall on this occasion and the theme will be “a New York Deli”.

- **Live Band**
- **Cash Bar**
- **Raffle**
- **Prize for 'Best Dressed'**

Tickets go on sale 1st April



Visit our website (ovingchurch.org.uk) for further details or contact Tony Barnard at: tonybarnard@hotmail.co.uk



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Community Events coming up at Oving Jubilee Hall in 2024

May 11th – Scarecrow **Day** and FREE **Evening Party** with live band
Daytime event organised by the Scarecrow Team, evening by OJH

June 22nd – Village BBQ with live music – theme "New York Deli"
Organised by the St Andrew's Church team

October 5th – Quiz Night - Organised by the Friends of St Andrew's

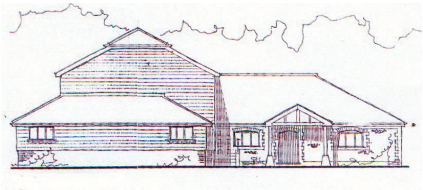
October 26th – Monsters' Party - Organised by OJH

November 30th – Oving Christmas Fayre
Organised by The Friends of St Andrew's, the Church and OJH

Regular Weekly Groups

Day	Time	Activity	Contact
Sunday ++	10.00 - Noon	Raventor Re-enactment Group **Winter months only**	Contact Booking Secretary
Monday	9.30 – 12.30	Art Group	Barbara 01243 266193
	12.45 – 17.30	Dog Training	Veronica 01243 827550
	18.00 - 1900	Pilates	Petra petrapilates1@gmail.com
Tuesday	09.30 – 11.30	Food Pantry UK Harvest and Chat &Chill Cafe **Alternate Tuesdays**	Michelle Stone 07872 052158
	13.45 – 16.30	Oving Indoor Bowls	
	17.15 – 21.00	Dog Training	Veronica 01243 827550
Wednesday	08.30 – 9.30	Core and Floor	Book: www.raft.fitness
	10.30 – 11.30	Pilates	Rachel 07973 632412
	Afternoon	**AVAILABLE FOR HIRE**	
	18.30 – 21.00	Youth Club	Gareth Jones 07768 202356
Thursday	9.30 – 10.30	Zumba Gold	Mel Winstanley 07824 668368
	09.15 – 11.15	Spanish lessons	Contact Booking Secretary
***	14.00 - 1600	Village Tea Parties for parishioners **Once a month**	June Milson 07508 059955
	18.30 – 19.30	Zumba Toning	Mel Winstanley 07824 668368
Friday	10.15 – 11.15	Pilates	Rachel 07973 632412
	11.45 – 1.15	Tiny Tots (1 month to 18 months approx)	Jess Wisdom 07944 457673
	Afternoon/ evening	**AVAILABLE FOR HIRE**	
Saturday	**ALL DAY**	**AVAILABLE FOR HIRE**	

++ Raventor meet on Sunday mornings during the winter months only
***The Parish Tea parties take place once a month on a Thursday but we can work any other Thursday bookings round this community event



News from the Jubilee Hall

Hello and welcome to news of YOUR Oving Jubilee Hall

Hello and welcome to news of the Oving Jubilee Hall

All of a sudden, it's March and, hopefully, by the time you read this the rain will have stopped and the sun will finally be shining….

Looking back to the end of last year the Hall hosted a very successful and lively Christmas Fayre. Whether the success came from Eileen's mulled wine, our very friendly Father Christmas in his beautifully created grotto, the Christmas card bunting, the delicious bacon butties or perhaps the atmospheric Christmas music is a question I can't answer. It doesn't matter, we will just do exactly the same again this year. Footfall was up and most stalls did well – and those that didn't, enjoyed themselves anyway, at least that's what they told me.

We had a very successful Irish Night on 16th March. It was the idea of Clive and Lynda Sayer and was very much enjoyed by all who attended. It was an opportunity to sing along to the music of the Oving Folk Group and also to attempt, with much hilarity, to do some traditional Celtic dances although the caller probably despaired of all the left feet and those who couldn't tell their left from their right!! There was lots of 'craic' and over £1200 was raised to be shared between the Oving Jubilee Hall and Friends of St Andrew's Church.



Anne-Marie Eastwood

Chair Oving Jubilee Hall Management Committee
annemariedutchy@gmail.com

For bookings contact the Bookings Secretary Katie on 07962 932560
or Email: hall@ovingjubileehall.org.uk
For viewings contact either Nick or Doug on 07875 491031



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THE WOODHAM GROUP

Phoenix Art Group



We started the year taking the artist John Craxton as our inspiration with a still life based on the Greek colours of blue, white with dashes of lemon. John Craxton lived on Crete for most of his life. He is best known for his paintings and drawings of Greek life, especially sailors, fishermen and goat herders. Line was very important in his paintings and he outlined in several bright colours.

After the still life most of us took our sketches and developed them further following his style using various mediums. We also spent a morning doing mono printing. Monoprinting is a one-off fine art printing technique that uses a sheet of glass or Perspex to transfer a unique design onto a sheet of paper.

The Phoenix Art meets Monday mornings at the Jubilee Hall. We have three sessions a year of about 12 weeks each. It really doesn't matter if you have never tried art before. There is always someone willing to help and guide. We start each session with a theme and go from there. We either follow the theme or do our own thing.

We start at 9.30am – 12.30pm. Our summer session will start on the 6th May. If you are interested please come one Monday and join us for a cup of coffee.

Barbara Cotton is our organizer and her number is **01243 266193.**



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W: www.mjengineeringsussex.com
T: 01243 527400

The Benefits of Beauty Therapy **Jocelyne Gwilym**

Beauty therapy offers a multitude of benefits that extend beyond mere aesthetics. Here are six reasons why incorporating beauty treatments into your self-care routine can enhance your overall well-being:

Personal Retreat: Whether you're stepping into a spa hotel or an at-home salon, beauty therapy provides a personal retreat from the hustle and bustle of daily life. It's a chance to unwind, relax, and recharge.

Me-Time Mastery: Booking a beauty treatment is more than just a pampering session; it's an investment in yourself. It allows you to carve out dedicated "me-time" to prioritize your mental and emotional health.

Holistic Healing: From massages to facials, beauty therapies offer holistic benefits that go beyond skin-deep. These treatments can improve circulation, release tension, and uplift your mood, promoting overall wellness.

Emotional Support: Beauty salons often serve as safe spaces for heartfelt conversations. Whether you need to vent, seek advice, or simply connect with others, therapists are there to listen and provide support.

Boosted Confidence: A beauty treatment can leave you feeling rejuvenated and confident. Whether it's an eyelash tint or a manicure, the boost in self-esteem serves as a reminder of your worth and value.

Physical and Mental Rejuvenation: Engaging in beauty therapy is not just about enhancing your appearance; it's about nurturing your physical, mental, and emotional well-being. It's a holistic approach to self-care that leaves you feeling refreshed and revitalized.

Pins and Pinot



This friendly group of crafters meet at 7.30pm on the first Monday in the month at The Gribble Inn. Everyone is welcome, its very informal, some people bring whatever they are working on, some people just come and chat. Sometimes we work on a joint project, such as the yarn bombing on the last Scarecrow Day, and sometimes, we just do our own thing. There's always help on hand if you get stuck on a pattern or can't remember how to make a stitch. It's not just knitting and crochet, all crafts welcome. We share ideas and skills over a glass of wine, or a cup of coffee. Just turn up and follow the laughter, or **call Martina on 07812 454715** if you'd like to know more.

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chair@ovingcommunity.org.uk

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Cllr.Quigley@ovingcommunity.org.uk

Councillors
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Cllr.Marston@ovingcommunity.org.uk

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Jeremy Matcham
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Ben Hunt - 07795 306299
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Millie Riddell - 07910 586880
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Clerk & RFO
Ruth Palmer
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Clerk@ovingcommunity.org.uk

NEW - Communications mailbox
For news and info to be shared to the parish via website, email and social media
Communications@ovingcommunity.org.uk

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Nick and Doug - 07875 491031

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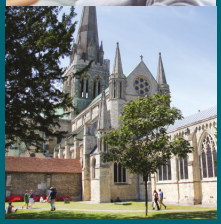
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