

W I N T E R E D I T I O N



Old Basing & Lychpit

Parish Council Community Newsletter

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WINTER 2023



Image provided by Chris Hawkins on behalf of OBLEC, showing one of the stunning views which is under threat from development in the countryside immediately surrounding our Parish

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Please support local businesses

A big thank you goes to all the local businesses that have advertised and supported this newsletter thereby enabling the Parish Council to produce this quarterly publication at no cost to our residents.

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Chairman's Report – Winter 2023

The last few months have been a very busy time for the Parish Council. We have been engaged in the Local Plan update (more from OBLEC elsewhere in this issue). The Neighbourhood Plan update and issues with the clubs using the recreation ground have all put pressure on our Clerks. Despite this they have done a marvellous job. We are fortunate to have them.

Another curve ball was the licence application for the Oldskool Neverland Festival on fields right next to the Recreation Ground in August 2024. The Parish Council strongly opposes this but at the time of writing the Licensing Committee's limited remit allowed them to approve the application.

Our principal objection is the applicant's assumption that the roads and pedestrian footpaths around Old Basing and Newnham could support 15,000 festival attendees. However, The Licensing Committee in their report has – "emphasised, having listened to the concern of residents, that handling of traffic is of paramount importance". To that end they have imposed a condition that a Traffic Management Plan must conform to certain conditions.

The applicant's current thoughts and constantly changing ideas indicate a woeful understanding of difficulties inherent in the road system in and around the village. It is not good enough to recommend routes along narrow country lanes and leave the residents, and probably the police, to deal with the inevitable fall-out. This is only a Licensing Committee decision not a done deal.

I must confess I am not a dog lover but would defend the right of most people to own a dog. However, owning a dog comes with responsibilities. Dog ownership increased during COVID and, according to the RSPCA, owners are now finding out what it really means to own a dog and, as a result, dogs are being abandoned. A dog is for life not just for COVID. Reports of dog attacks continue, even in our Parish, and these are not limited to the known dangerous dogs. Please remember you may love your dog, but others may not. Please clear up after your dog, you own the dog you own the poo.

Clr Peter Bloyce
Parish Chairman

County Councillor Elaine Still – Winter 2023



Improving Recycling and Reuse at the Household Waste Recycling Centres.

Residents are being asked to separate their waste ahead of a visit to a Household Waste Recycling Centre (HWRC) to reuse and recycle more, and to reduce the amount of material that goes to costly disposal methods such as landfill.

By taking a few moments more to sort our waste material, we could save up to £200,000 of taxpayers' money every year. The HWRC teams will be on hand to answer any questions and offer advice.

A wide range of waste can be recycled at the HWRCs. In addition, there are fantastic re-sale sections at all sites where reusable items can be left. It's a great place to hand in things you no longer need or to pick up a bargain!

Most HWRCs in Hampshire will be able to recycle the following materials:

- Garden and green waste
- Metals • Wood • Cardboard
- Electrical equipment and appliances
- Batteries, printer cartridges, and light bulbs
- Furniture • Clothing and textiles
- Paints, chemicals, engine oil and gas bottles

Check the County Council's website to find out what is accepted at your local Household Waste Recycling Centre.

Residents need to book an appointment to visit a Household Waste Recycling Centre via the County Council's website. Government appoints Hampshire County Council to take lead role in local nature recovery

Hampshire County Council has been appointed by our government to prepare a 'Local Nature Recovery Strategy' for Hampshire, including the areas of Portsmouth and Southampton. £388,000 will be provided to coordinate the development of the new strategy in collaboration with key partners.

The Strategy will bring together organisations and residents to restore precious habitats, protect wildlife and combat climate change. Hampshire County Council is one of 48 individual local authorities across England designated as leads for the delivery of Local Nature Recovery Strategies and will work with Southampton and Portsmouth unitary authorities, the region's two national parks and all eleven district and borough councils across Hampshire.

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Old Basing & Lychpit Parish Council

Neighbourhood Plan

The Update



Questionnaire

What is a Neighbourhood Plan?

The purpose of the Neighbourhood Plan is to guide development within the Parish and provide guidance to any interested parties wishing to submit planning applications for development in the Parish. The process of producing the Plan must involve the community as widely as possible and the different topic areas are reflective of matters that are of considerable importance to the residents, businesses, and community groups in Old Basing and Lychpit.

The first version of the Old Basing & Lychpit Neighbourhood Plan was agreed by Basingstoke & Deane Borough Council in July 2018.

Now your Parish Council is working on *The Update* of this.

Please complete the Questionnaire which accompanies this Newsletter

We want the views of residents regarding this updating work - so please take time to complete and return the Questionnaire which accompanies this Newsletter.

**THIS IS YOUR OPPORTUNITY TO CONTRIBUTE TO THE
UPDATE OF THE NEIGHBOURHOOD PLAN**

Please use the reply-paid envelope to return the Questionnaire as soon as you can.
(You can find the previous Neighbourhood Plan on the Parish Council website.)



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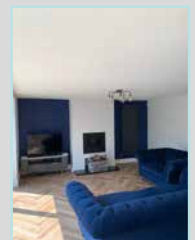
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CHRISTMAS AT THE REC

Old Basing Recreation Ground

5.00pm onwards Friday 22nd December 2023

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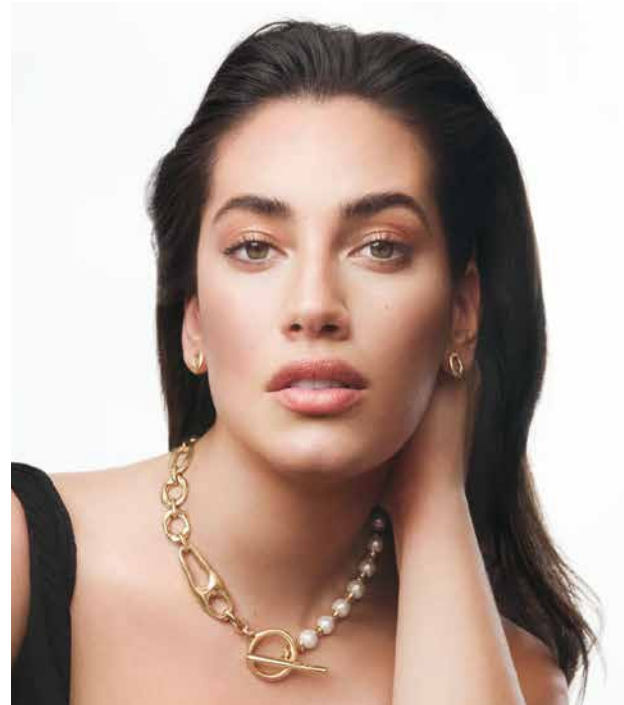
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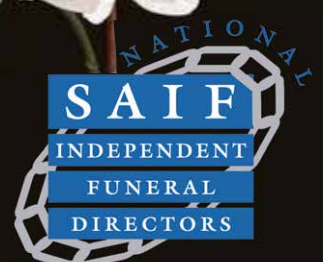
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F.O.O.B.S. Trail and Fun runs

The 2023 F.O.O.B.S. Trail and Fun Runs took place on Sunday 8th October at Old Basing and Lychpit Recreation Ground.

The annual all-inclusive running event brings runners from around Basingstoke and beyond to the parish and raises funds for Friends of Old Basing Schools (F.O.O.B.S.), in support of Old Basing Infant School and St Mary's CE Junior School. It consists of two trail runs in the morning, 10K and 6K distances, and a 2K fun run in the afternoon.

This year's event followed up on the glorious weather from 2022 with temperatures soaring into the mid-twenties. There was attendance of over 400 runners on the day and plenty of friends and family in support as well.

Runners were treated to a Barbie inspired warm-up from run committee member Cat before lining up to start at 10:30am. The run courses take in the glorious rural views which surround our village, and the runners were supported throughout by our volunteer marshal team providing smiles and encouragement, as well as local residents coming out to see them on. We were also lucky enough to have volunteer photographers for the day in Joanne Palmer and some of the team from Basingstoke Camera Club.

As the runners came through the finish line, they were presented with medals by the headteachers and staff from both schools. The top finishers for each distance were provided with trophies for their achievements and placed on a podium for photos before preparation began for the fun run.

Fun run attendees were also treated to a rendition of Barbie Girl before being corralled into the starting funnel to await the start of the race. On the sound of the starting air horn, over 250 children and supporting parents took to the course and worked their way around the Recreation Ground and Oliver's Battery twice before finishing with a flourish and being presented with medals and snacks for their efforts.

The day concluded as it had started, with smiles and laughter from the whole community, as well as queues for cakes and the barbeque. People sat down, rested, and took the opportunity to spend some time in the sun and warmth during October.

Overall, the event raised more than £3,000 and we have had some fantastic feedback. A huge shout out to our main sponsors for the event; Martin Keyte Financial Planning, SJB Autotech and Upsher Heating & Plumbing, as well as everyone else who made the day possible.

If you would like to see more photos from the day, as well as the results, please visit the Events section of the F.O.O.B.S. website at foobs.weebly.com

Gareth Pugh

Co-Chair of F.O.O.B.S. and Race Director



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Parish Notes

CHRISTMAS AT THE REC

Please join us on Friday 22nd December at 5 o'clock, for a Christmas singalong. You don't need to book a space but might like to bring a chair and a lantern or torch for your comfort. Song sheets will be available in limited quantities (or available on your own screen by scanning a QR code). Please walk if you can but, if not, the car parks in Riley Lane and at the front of the Recreation Ground will be available. This event has been generously fully funded by the Parish Council and Hampshire County Councillor Elaine Still. Hot drinks will be on offer alongside Christmassy treats courtesy of the wonderful Village Café. We will be offering the opportunity to all attendees of the event to make a donation to a local charity

CONGRATULATIONS

The Parish Council would like to take this opportunity to extend its warmest congratulations to Councillor Francesca Maritan-Hawkins and her husband, Chris, on their recent marriage. We wish you both the greatest happiness together.

THE VILLAGE HALL COMMITTEE

The Parish Council wishes to echo the kind words of Sheena Grassi on page 28 regarding the incredible contribution which Donald Grassi has made to the Parish having helped to initially found, and subsequently manage, the running of the Village Hall since it was built back in 1982. An amazing achievement, which is very much appreciated by the whole community.

BREAK IN AT THE PARISH WORKSHOP

Following a break in over the summer, we are disappointed to report that the workshop opposite the Parish Office was broken into again at the end of October. Only one week before this latest intrusion, the Parish Council had installed new CCTV cameras. The evidence and clarity which was available to assist the Police with their investigations was significant and somewhat fortunately, the perpetrators were unable to access the building. By the time this newsletter is distributed, the new automatic security gate will also have been installed, which we hope will go some way to preventing too many more of these events.

NEIGHBOURHOOD PLAN

Our Neighbourhood Plan became operational in 2018 and was intended to manage development in the parish in line with Basingstoke and Deane's Local Plan, protecting and enhancing our rural environment and heritage assets, development style and relieve the problems of traffic and road safety on our narrow roads. In this it has had some success. Having a Neighbourhood Plan has substantially increased our allocation of Community Infrastructure Levy (currently £412,000) which can be spent on suitable projects in the Parish.

Further information regarding this Levy can be read on page 16. Now, the Borough Council are rebooting their Local Plan and they recently gave Councillors a briefing on progress. There is continuing pressure for development East of Basingstoke, that is, east of Pyotts Hill and along

the Reading Road. This would add 900 houses there and potentially 600 more at Lodge Farm next to it. This would alter the whole character of Old Basing and Lychpit, and would endanger the natural environment, landscape and biodiversity of the River Loddon and valley. It threatens to make us just a suburb of Basingstoke.

We have engaged planning specialists to help us to refine and build on the current Neighbourhood Plan with grant funding. Much now depends on Basingstoke and Deane's Local Plan proposals which will be put forward in January 2024.

We hope there will be a more balanced view of how development can be managed. In this newsletter are various articles on the matter, and you should also have received a copy of a questionnaire about our objectives for the revised Neighbourhood Plan. Please help us judge the importance you place on the big questions we face by completing and returning this Questionnaire.

Parish Council

PARISH OFFICE



Sandra Tuck (Clerk)
clerk@oldbasing.gov.uk



Kate Hope (Deputy Clerk)
deputy.clerk@oldbasing.gov.uk

COUNCILLORS



Peter Bloyce
Chair,
Old Basing



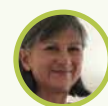
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PRE-PREP (4-7)



PREP (7-13)

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Parish Council Meetings & Events For 2024

Meetings take place on Tuesday evenings starting at 7.30 pm at The Pavilion, The Recreation Ground, Old Basing and are open to the public with time allocated for any member of the public present to address the meeting. If you wish to attend but have difficulty with stairs, please let us know (preferably no later than 11 am on the day) to ensure the meeting takes place in a ground floor room. Agendas are published in notice boards. Meetings may be cancelled if there are no items for discussion.

MONTH	FULL PARISH COUNCIL	PLANNING & DEVELOPMENT COMMITTEE	FACILITIES MANAGEMENT COMMITTEE	FINANCE & RESOURCES COMMITTEE	OTHER MEETINGS & EVENTS
January	9th	16th	23rd		
February	6th	20th		20th	
March	5th	26th	19th		
April	2nd	23rd			
May	7th (Annual Parish Council Meeting)	21st	14th		ANNUAL PARISH MEETING Tuesday 28th
June	4th	18th			
July	2nd	23rd	9th	16th	
August	6th	20th			
September	3rd	24th	10th		
October	1st	22nd		15th	
November	5th	19th	12th		
December	3rd	17th			COMMUNITY PARTNERSHIP EVENING Monday 9th at Lychpit Hall

NB. The Annual Parish Council Meeting on 7th May is when the Parish Council elects a Chairman & Vice-Chairman for the year ahead, members determine which Committees they wish to join and Policies & Procedures are reviewed.

The Annual Parish Meeting on 28th May is a more informal public meeting which usually includes a speaker and light refreshments.

The Community Partnership Evening is an opportunity for those involved with local organisations on a voluntary basis to meet Councillors and others. Light refreshments are provided.

Old Basing Village Hall

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Community Infrastructure Levy

Over the last year we have received £411,990 from developers. The Parish Council intends to use this money for permanent benefits to the community.

We have allocated funds for groups in the community, for improvements to the environment, and to reduce the carbon use in our buildings and to relieve traffic and road safety problems.

Groups in the Community Grants have gone to; Old Basing Scouts (£6,403), Basing Royals (£10,000) and the Village Hall (£10,000).

To improve the environment, funds have been used for Recreation Ground trees (£3000), the Millfield Conservation Group (£2000) and the Churchyard Group (£1000).

The third objective is to reduce our carbon footprint. The Parish Council owns four buildings, the Parish Office & Pavilion, the Workshop, the Beddington Centre, and the Groundsman's Cottage in Riley Lane. Following consultants' advice (£3500), surveys and planning applications (£5721), we have upgraded the insulation (£6884) and would like to install solar panels on the Workshop with a storage battery to feed the Parish Office (the greatest power demand). A heat pump will provide more efficient heating. Another heat

pump at the Groundsman's Cottage will replace the gas boiler. The residue of the budget for this is £103,895. We will use our experience to help residents considering similar measures.

We are conscious of traffic and road safety issues. The Parish Council were instrumental in getting the Cromwell Court developers to provide the footway on Basing Road. After getting expert (free) advice, Councillors met Hampshire County Council to discuss a footway on Milkingpen Lane (Churn Close to Manor Court), offering £170,000 toward the cost. Hampshire Highways would take the lead including design. They are considering our proposal in greater detail for possible inclusion in an up-coming programme. We await a final decision.

So far the commitments amount to £322,403 of received Levy monies. We keep these projects under review and have a list of residents suggestions. We will be taking other projects forward over time.

David Whiter



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event

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Old Basing & Lychpit Environment Campaign

Response to consultation by Hampshire County Council (HCC)/Tibbalds on proposed new housing East of Basingstoke - site 001/SS3.9 - July 2023

ASSUMPTIONS

1. That approximately 160 houses are proposed outside the boundary of Old Basing & Lychpit Parish. Thus the Redlands development will be extended.

2. That approximately 290 houses are proposed inside the boundary of Old Basing & Lychpit Parish.

Overall, 450 houses on the site form part of the Local Plan agreed in 2016.

The Local Plan stated 'A potential later phase for 450 dwellings may be delivered beyond the Plan period'. That is, beyond 2029. So why is HCC going to seek outline planning permission now for 900 houses on the site? We are in year 2023 – not 2029.

Comments on HCC proposals published on the HCC website on 13th July 2023: Have your say on plans for Land East of Basingstoke.

SITE CHALLENGES

1. Odour and noise

The proposals acknowledge that odour from the Basingstoke Sewage Treatment Works is a problem, known locally as the 'Chineham Whiff'. In 2016 the Planning Inspector said 'there would be unacceptable odours' for new residents. We note that a dotted line is shown on one of the maps to indicate the limits of the odour zone (to put it like that). We report that one of our Parish Councillors who lives in Broadhurst Grove in Lychpit had an odour problem in her road. Those who investigated this found that it was not a local drain causing the odour in Broadhurst Grove but the Sewage Treatment Works. (The distance between Broadhurst Grove in Lychpit and the Sewage Treatment Works is about 2.5 kilometres.) The vagaries of wind direction make this a very difficult problem to deal with.

Very still conditions tend to lead to the spread of odour, as in the Summer of 2022. The odour can be evident when walking along the path which is parallel with Park Pale, as it approaches the A33 and also along the permissive path that runs north of the incinerator.

The sewage odour is particularly noticeable along the path that runs to the north east of Blacklands Farm.

Does hcc think that it is feasible for people to live happily alongside such odour?

In 2016 the Planning Inspector said 'there will be noise from the A33, the incinerator and sewage works'. There are noisy vehicles delivering to the incinerator and sewage works all day, and in the case of the sewage works, at weekends too.

Regarding the incinerator, we make the point that this was built purposely to be away from housing estates. In HCC's 'Minerals and Waste Local Plan 1993', when the present incinerator was being planned, the 'countryside location' of the incinerator was noted on page 161. If houses are built in close proximity, the incinerator will no longer be in a 'countryside location'. Although the site is fairly close to housing estates in Chineham, the site was preferred to alternatives, presumably because of its more remote location.

The housing development planned by HCC will bring the houses closer to the incinerator. You will be aware that harmful particles may be released, causing respiratory and other health problems for residents living nearby.



2. Access And Movement

For us, the proposal to have a Bus Gate at the bottom of the site, going into either Bartons Lane or Great Binfields Road is particularly worrying. Should this proposal become the actuality then other vehicles will use it as a short cut very quickly. We don't want more vehicles passing through our Parish.

The appearance of a Bus Gate, with large signs and signage painted on the road, would be out of character with the near rural positioning of Lychpit and Old Basing.

At the recent consultation 'drop in event' at Lychpit hall, many residents were expressing concern about the increased traffic and the impact of that traffic. One resident reports hearing a verbal promise of 3 buses an hour but this would almost certainly be unprofitable for the operating company and the buses would be reduced to one per hour or even less than that.

We would like to see HCC's traffic survey.

3. Water And Flood Risk

Where will the water supply for the residential areas come from? We are told that no new reservoirs have been built in the last 30 years. Water supply for 450 houses must be a concern. (Thinking about 900 houses, much worse ...)

We are already worried about abstraction from the aquifers that feed the River Loddon, a rare north flowing chalk stream – a salmonid watercourse – with environmentally important peat bogs along its length.

Historic photographs show that, unless there are flood conditions, the River Loddon is very shallow (often just a few inches) compared to its flow in the past. Further abstraction could result in the river drying up, which has happened to chalk streams elsewhere, for example the River Quinn in Hertfordshire.

Climate change has resulted in less Spring and Summer rainfall, a fact acknowledged by The Environment Agency in 2019 when they found 'Soils got drier across much of England during April and by the end of the month soils were significantly drier than average across most of East and South-East England'. Since then, in 2022 there were drought conditions and June 2023 was exceptionally dry. Chalk streams like the River Loddon are England's most important habitat.

They are of global significance and it has been argued they are as important as rainforests in ecological terms. It cannot be assumed that the aquifers will continue to provide water for more and more consumers. The WWF has predicted there will soon be a need for water rationing.

If assurance has been given on sufficient water supply where has this come from?

The proposals acknowledge that there is flood risk in parts of the site. Please advise us of the distance between the flood zone and the nearest house to it.

The proposals don't deal with sewage treatment. When there is heavy rainfall the existing Sewage Treatment Works discharges raw sewage into the precious ecosystem of the River Loddon. According to Thames Water's 'live' map between the 7th January and the 13th January 2023 there were 139 hours of continuous discharge. Less lengthy incidents occurred later in the same month and in February and March. The more houses the plant has to serve the more likely this is to happen, which is not only unpleasant but incredibly damaging to delicate ecosystems.

Will a new sewage treatment plant be built? We understand that the existing one is at capacity.



4. Ecology And Biodiversity

Damage to the environment – In 2016 the Planning Inspector said the development would result in ‘the loss of key habitat’ as well as contributing to an ‘increase in watercourse phosphate concentration in the River Loddon’. The process of development will inevitably lead to noxious run off and particles going into the River Loddon.

The existence of important trees including large oaks has been acknowledged in the proposals.

How are these going to be protected from damage during the development process?

5. Heritage

We welcome the Roman Road becoming a pedestrian route.

We note that the Pyotts Hill Entrenchment will be protected. How close to this will the houses be built?

Will the existing footpath which runs parallel to the Pyotts Hill Entrenchment be retained as it is?

TRANSPORT AND MOVEMENT

Traffic and noise. The Inspector reported that ‘there will be noise from the A33, the incinerator and sewage works’, whilst also noting that the development could lead to ‘congestion and delays upon the surrounding transport networks’, namely the A33 which will be affected by increased resident and building vehicle traffic. As residents of Old Basing and Lychpit we already endure frustrating levels of traffic using village roads as a rat run and adding hundreds of vehicles from this development will not help.

The A33 is a single carriageway until it becomes a dual carriageway beyond Beech Hill. The housing estates at Taylor’s Farm and now Redlands mean that a route already at capacity – with no plans for relief - has got worse. The proposal that traffic will exit the East of Basingstoke site to go onto the A33 will result in the A33 becoming even busier.

(See again page 20 above for our concerns about the Bus Gate.)

LANDSCAPE AND ENVIRONMENT

Parish Councillor David Whiter wrote to the Borough Council Leaders and our MP in late August 2021, making these points:

- Producing our Neighbourhood Plan (published in 2018) made us very aware how much the residents valued the Loddon Valley environment and how strongly they wanted it protected and enhanced.

- It is shocking that the Local Plan Update proposal means an increase from 450 to 1800 houses on sites 001 and 002 in the Loddon Valley. This threatens an asset of huge recreational and environmental value with its bio-diversity, flora and fauna, numerous Sites of Importance for Nature Conservation, history and scenic beauty. Large scale development will further compromise water quality in the Loddon and minimise the value of the Strategic Gap between Basingstoke and Old Basing and Lychpit. A further 800 houses are proposed for site 007. (If brownfield sites are favoured, why select the Loddon Valley?)



There are few opportunities for the people of Basingstoke to have access to the countryside. The benefits in terms of well-being of walking in nature are well researched and documented. The Loddon Valley area should be retained for recreation by the local community.

INITIAL PROPOSALS

We note that, throughout the proposals document, there is a marked reliance on the Chineham and wider area for shopping, schools, doctors, dentists and community centre/s; some of these are oversubscribed.

HCC plans a new primary school, community centre and a local centre to be built within the site.

We ask: Built on what timescale? There is a history of HCC promising schools which only get built decades later.

The shortage of doctors and dentists is a nationwide problem but, to be parochial, how will the needs of 450 to 900 new households be met in this respect? Doctors’ and dentists’ surgeries must be under strain in the surrounding area. Pharmacies are closing, putting more pressure on those that stay open.

If we take the average household occupancy as being 2.4 people per dwelling, then for 450 houses there will be an extra 1,080 residents and for 900 houses an extra 2,160 residents. That’s a lot of people needing medical care and other services. (The context is that nearby Old Basing and Lychpit have around 7,400 residents who live in approximately 3,200 households.)

IN CONCLUSION

As reported above, in 2016 the Planning Inspector said 'there would be unacceptable odours' for new residents, also stating that 'there will be noise from the A33, the incinerator and sewage works'.

Building houses closer to the Sewage Treatment Works and the incinerator has inherent problems.

The residents of Lychpit and Old Basing have campaigned for decades to preserve the Loddon Valley and to protect the River Loddon. **SOLVE** – Save Our Loddon Valley Environment – has notably been in the forefront of raising concerns with Basingstoke & Deane Borough Council and HCC.

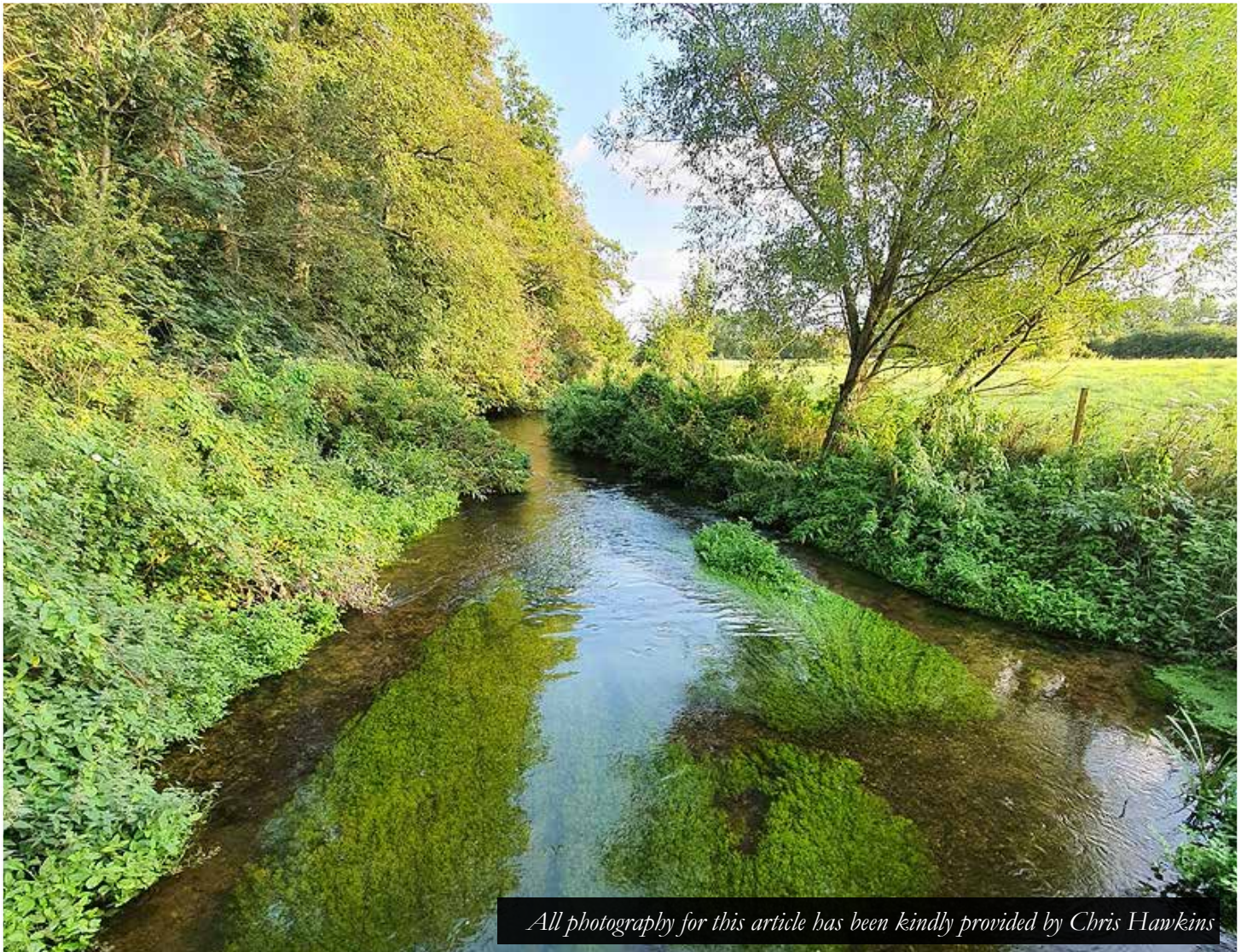
The concerns raised in this response are real and they do need to be addressed.

Alan Renwick

For the OBLEC Committee

OBLEC is a campaigning organisation - created by Old Basing & Lychpit Parish Council – run for and on behalf of residents within the parish of Old Basing and Lychpit. OBLEC's primary function is to robustly resist the imposition of large housing developments on greenfield sites within the Parish.





All photography for this article has been kindly provided by Chris Hawkins

5 ways to find more balance this festive season

Chameleon Coaching

I'm a somatic (body-centred) coach and I've recently started my Restore & Reset classes at Lychpit Hall, which include gentle movement, stretches, mindfulness and relaxation. The idea is that you not only get the benefits of the hour-long sessions themselves but you also get to know what works for you as an individual and to take away ideas and tools to help you to feel better at other times too.

With that in mind, here are 5 simple things you can do to help reduce festive season stress and overwhelm, that don't cost anything or take up any extra time:

1. Pause

We often go through life at 100mph! Just pausing for a few seconds and being present in the moment, can really help you to feel more relaxed. Whether you're brushing your teeth, washing your hands, or drinking your coffee, try slowing down and noticing how you feel.

2. Breathe

When we're stressed our breathing becomes shallower and faster. Try bringing your attention to your breath, without trying to change it at all. Notice how it feels as you inhale and exhale. Notice what you feel in your body and where. Perhaps you feel the cool air coming into your nostrils, or your lungs expanding as you breathe in. If you feel stressed or anxious, try lengthening your exhale just a little for a few breaths.

3. Use your senses

We experience the world through our senses and they detect threat or safety to our nervous system. So when we feel overwhelmed or emotional, our senses can help us to feel more

grounded. Examples could be having a favourite object or photo or piece of art on your desk to look at, using scented candles, essential oils or just a nice-smelling shower gel or hand soap, or listening to your favourite music. The key is to really focus on those things and connect to your body in the moment.

4. Seek out micro moments of joy and calm

Glimmers are the opposite of triggers. They are tiny little moments that fill us up with happiness or peace. Nature is abundant with them but they are in our homes and all around us too. Seeking them out for a few minutes here and there throughout the day has a cumulative effect. Some of my favourites include stroking my cats and hearing them purr (pets have an amazingly calming effect on us); listening to the birds sing; looking out at the trees; and looking up at the sky.

5. Use your imagination

Whether it's getting creative by doodling or colouring, writing or journaling with pen and paper, reading fiction, using visualisation or just daydreaming, using the creative part of our brain is great for our wellbeing. It enables us to get into a flow state, relax, be more present and experience joy.

Restore & Reset classes take place 12.30–1.30pm on Fridays at Lychpit Community Hall, and are tailored to the participants. Classes run for 6 weeks from 5 January and for 5 weeks from 23 February. More information & booking:

chameleoncoaching.co.uk/classes

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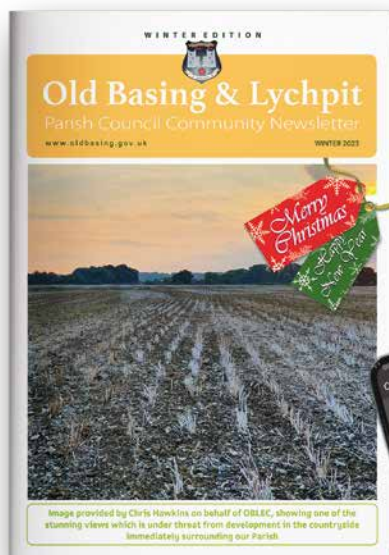
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Cooking up some festive magic: fun recipes for the christmas season

As the festive season dawns in Old Basing and Lychpit, we're thrilled to share a culinary journey that's perfect for bringing families together.

Our collection of fun and delectable recipes is designed to get children involved in the joy of Christmas cooking alongside adults.

From tasty turkey pockets to a healthy Christmas tree veggie platter, delightful cranberry and orange energy balls, and a classic chocolate yule log, these dishes not only capture the spirit of the season but also celebrate local ingredients.

Let's light up the kitchen with laughter and delicious aromas as we create cherished memories in the heart of Old Basing and Lychpit this December.

Festive Turkey and Cranberry Pockets

Ingredients:

350g turkey mince
1/2 onion, finely chopped
1 garlic clove, minced
100g cranberry sauce
1 teaspoon dried sage
Salt and pepper, to taste
1 pack of ready-made puff pastry
1 egg, beaten, for glazing
Festive-shaped cookie cutters

Instructions:

1. Preheat the oven to 200°C (180°C fan).
2. In a pan, sauté the chopped onion and minced garlic until soft.
3. Add turkey mince and cook until browned. Drain any excess liquid.
4. Stir in cranberry sauce, dried sage, salt, and pepper. Simmer for a few minutes.
5. Roll out the puff pastry and use festive-shaped cookie cutters to create shapes.
6. Spoon the turkey mixture onto half of the pastry shapes.
7. Place another pastry shape on top and seal the edges by pressing with a fork.
8. Brush with beaten egg for a golden finish.
9. Bake in the preheated oven for 20–25 minutes or until golden brown. Serve as festive pockets.



Vegan Recipe: Festive Cranberry and Orange Energy Balls

Ingredients:

1 cup rolled oats
1/2 cup dried cranberries
Zest of 1 orange
1/4 cup maple syrup
1/4 cup almond butter



1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

A pinch of salt

Desiccated coconut, for rolling

Instructions:

1. In a food processor, combine rolled oats, dried cranberries, and orange zest. Pulse until finely chopped.
2. Add maple syrup, almond butter, cinnamon, nutmeg, and a pinch of salt. Blend until the mixture comes together.
3. Roll the mixture into bite-sized balls.
4. Roll each ball in desiccated coconut to coat.
5. Chill in the fridge for at least 30 minutes to set.
6. Serve these festive energy balls as a healthy and delightful Christmas snack.

Christmas Chocolate Yule Log

Ingredients:

4 large eggs
100g caster sugar
65g plain flour
25g cocoa powder
300ml double cream
100g dark chocolate, chopped
Icing sugar, for dusting



Festive decorations (e.g., edible holly leaves, snowflakes)

Instructions:

1. Preheat the oven to 180°C (160°C fan).
2. In a bowl, whisk eggs and caster sugar until thick and pale.
3. Sift in the plain flour and cocoa powder, then fold gently.
4. Line a baking tray with parchment paper and spread the mixture evenly.
5. Bake for 10–12 minutes until springy.
6. Lay a clean tea towel on a work surface, dust with icing sugar, and turn the sponge onto it.
7. Gently roll the sponge with the tea towel and leave to cool.
8. Unroll, spread with whipped double cream, and scatter with chopped dark chocolate.
9. Roll up again and decorate with festive decorations.
10. Dust with icing sugar before serving.

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Old Basing Village Hall

Donald Grassi has recently decided to step down as Chairman of Old Basing Village Hall Management Committee after many years of service.

We are grateful that Donald will be staying on the Committee for the time-being, to share his invaluable knowledge and wisdom. The Committee appreciates Donald's commitment and fortitude to the Old Basing Village Hall, which he and his wife, along with a small group of other Old Basing villagers, founded by acquiring land (with great help from Mrs Betty Holmes MBE), raising funds, planning and building the hall before opening it to the community on 5th June 1982.

Graham Steele has kindly agreed to be the new Chairman, with the unanimous support of the Committee. Sheena Grassi will continue her role as Vice-Chair and Fundraiser.

Much work is required to keep the hall looking its best. Recently, the Gentleman's toilets have been updated. Appreciation goes to all those who put so much effort into completing this worthwhile project. The Committee also wishes to thank the team who have worked hard to keep the grounds surrounding the hall looking so smart over the past few months.

Looking ahead, the Committee are reviewing potential grant funding sources with a view to purchasing solar panels to enable the hall to be self-reliant and generate its own electricity to heat and light the hall.

To support the grant funding applications, the Committee have held several fund-raising events, including a charity quiz night, a jumble sale, a wedding fair, and a charity dog show. The next event will be another wedding fair, to be held on Sunday 11th February 2024. Further thanks to the Fundraising Committee and to the wider team which supports their work.

Finally, in October 2022 a wonderful team of volunteers ran a Cocktail and Canapes Party for the village – the proceeds of which were spent on a defibrillator, which has now been installed at the front of the Hall. Anyone can use a defibrillator and you don't need training. Once turned on, it will give clear instructions on how to attach the defibrillator pads before the device checks the heart rhythm and announces the need to shock if it is necessary. You can't shock someone accidentally.



All Defibrillators installed around the Parish are registered with the National Database and those with locked cabinets can be accessed by dialling 999. The Ambulance Service will advise you of the nearest defibrillator and the access code to the cabinet if required. It is hoped that a free training session on life support and using an AED will be available to book soon. Details of how to secure your place will be published on the Old Basing & Lychpit People Facebook page.

Sheena Grassi Vice-Chair

on behalf of the Old Basing Village Hall Management Committee.

IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS



D



DANGER ENSURE THE SCENE IS SAFE

FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE



R



RESPONSE CHECK THE CASUALTY NEEDS HELP

CHECK RESPONSE BY **TALK AND TOUCH**.

SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!



S



SHOUT SHOUT FOR HELP

IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.

DO NOT LEAVE THEM AT THIS STAGE. **DIAL 999 NOW!**



A



AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR

OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.



B



BREATHING LOOK FOR NORMAL BREATHING

KEEP THE HEAD TILTED BACK & LOOK TO SEE IF THE CHEST IS MOVING FOR 10 SECONDS. DO NOT PLACE YOUR FACE CLOSE TO THEIRS TO CHECK. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, **CALL 999!**



C



COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!

PLACE A CLOTH OR COVER LOOSELY OVER THE PATIENTS MOUTH. THEN PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS, NO BREATHS. PUSH TWICE PER SECOND



D



DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR

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Ian Botham Says Move More To Save The NHS

"Look, if you don't stay active, you get old very quickly. Whether you're getting up a mountain or getting out of bed... the important thing is to keep going." – Sir Ian Botham

Having undergone a complete knee replacement surgery in late 2022, Ian Botham dedicated the past year to his personal journey of recovery, rediscovering the profound value of physical and mental well-being through exercise. Inspired by this rediscovery, the sporting icon is now embarking on another mission to get the nation moving. Many of us know Ian Botham as the front-man of England's greatest ever comeback, "the miracle of Headingley" (1981), so he might just be the leader we need in this push to get our people to Move More.

Whilst Beefy's Charity Foundation continues to fundraise for the treatment of chronic and serious illnesses, Ian's 'Move More' message is one of prevention before treatment. Not all trips to hospital are easily avoided, but this initiative is one of self-awareness, asking individuals to consider if they could be doing more to keep themselves healthy, then encouraging them to do exactly that.

"When you were younger, you didn't have to think about exercise because you were exercising every day – out on the sports field and the playground. Nobody thought, 'Oh, I've got to do some exercise,' you just did it. As you get older, it gets a bit trickier to look after yourself, so you must be more disciplined." – Sir Ian Botham

Dr Rob Galloway, A&E Doctor and honorary clinical professor, recently published an article stating that "doing regular exercise is the single most important thing that anyone can do for their health and thus reduce demand on health care systems." The same article details concerns about the UK healthcare system, which revolve around its current focus on treating acute illnesses at the expense of prevention, leading to unsustainable demand and potential harm to patients.

In presenting movement as a solution to our healthcare crisis, Dr Galloway refers to exercise as "the wonder drug that every GP should be prescribing", being that it's zero cost, zero side-effects, and has a list of benefits longer than any pharmaceutical ever created. Considering the stress our NHS is currently under, Ian Botham's "Move More" initiative is an empowering reminder to help our healthcare by helping yourself.

Thinking of joining the movement? The NHS has created a useful tool to guide people who are looking to incorporate more movement into their routine:

www.nhs.uk/live-well/exercise

Inline with his ambassadorship for leading wellbeing brands, EthicaCBD and Revitive, Sir Ian Botham has been sharing his physical recovery processes, hoping to inspire his followers to keep striving for better living no matter what it takes. For those of us with added challenges, Ian's advice for staying active against the odds is rather succinct: "Get out there and have a crack. It's the only way to keep yourself mentally and physically strong."



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We're extremely proud to align ourselves with Sir Ian Botham's 'Move More' initiative. It's a message that everyone can support, and resonates with the 'Better Living' ideology that we stand for at EthicaCBD. In our experience, most customers share that same distinct goal - to move more, whether that be “getting out of bed or getting up a mountain”, as Ian says.

- Ruarri, Founder Of EthicaCBD



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Chocolate cheesecake recipe

This recipe was voted the winning pudding by the Old Basing WI Members who came to our rather wet Garden Party back in the summer.

It is really simple to make and the quantities can be halved to make a smaller 7" version. (Or do as I did, and use the full quantity and make 2 smaller cheesecakes – 1 for now and one for later!) Great for an easy Christmas dessert that can be made in advance and frozen. If you need it to be nut free then you can use regular chocolate spread. Thanks to WI Member Jill Sampford for the recipe.

Chocolate Hazelnut cheesecake (serves 12)

200g Honey nut cornflakes
800g chocolate hazelnut spread
360g full fat soft cheese
1 tbsp roasted chopped hazelnuts (optional)

Method

1. Put the cornflakes and 400g of the chocolate hazelnut spread in a large bowl and combine with a spoon and then press into the base of a 23cm springform cake tin. Don't worry about breaking the cornflakes!
2. In a separate bowl, beat the soft cheese with the remaining 400g of chocolate hazelnut spread until combined and spread over the cornflake base and level off.

3. Wrap the cheesecake and freeze overnight.
4. Remove the cheesecake from the freezer 30mins before you want to serve and cut with a sharp knife. You can sprinkle the chopped hazelnuts over the top if you wish.
5. Cheesecake will keep for a couple of months in the freezer.





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Old Basing Infant School

We are enjoying a busy term with the children engaged in a range of topics to support their learning.



Each year as a school we enjoy raising funds for charities through a variety of activities and themed days. When we are raising money for a charity the children make suggestions for the charities to support or events we will hold via the Pupil Council and the Pupil Council then vote and make the final decision.

This term we have raised money for Katherine Antrobus, one of our parents who is competing in a transatlantic rowing race. The children all came to school dressed as animals as Katherine's row is to highlight Climate Change and the impact of this on endangered species and to raise money for WWF. We are really looking forward to hearing about her adventures when she returns in the Spring term.

In October our Harvest Festival service with Reverend Jo donated 143 kilos of food, equivalent to 340 meals, to the Basingstoke Food Bank.

For Children in Need in November the children voted to wear their pyjamas to school to raise money for this day. It is always a fun day when the children are out of uniform with a high level of excitement across the school. Pyjama day is a firm favourite and is a vote winner every year!

Year R are currently preparing their Christmas Nativity performance for the parents to come and see and this will be used to raise money for charity. The children in Year R will choose the charity they want to support through their performances.

We are supported by incredibly generous parents who get fully involved with our fundraising efforts. It is important for children to know that there are simple things they can do that make a difference in a positive way to others.

Our children know that the rights they have are the rights of every child wherever they are in the world, that they have the right to be heard and can be advocates for the rights of every child.

We try to involve our children in our community and we love our community to get involved with us. We are always looking for volunteers to hear children read or support children with learning in a variety of ways. We are also keen to co-opt a new governor to our board. Co-opted governors are welcomed as valued members of the team and play a vital role in ensuring the governing body reflects the community it serves. Whilst the governors are not looking for specific skills and experience, they are particularly keen to improve the diversity of the governing body and would welcome applications from anyone who brings different lived experiences to contribute to our strategic thinking. Having more diversity will support the school to develop more inclusive practices and decision-making. Training and support is available to help governors develop into the role. This includes in-house mentoring and support as well as access to external governor training.

If you are interested in exploring being a co-opted governor here at Old Basing Infant School please contact the Chair of Governors, Richard Lilleker, via email: chair@oldbasing.hants.sch.uk

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Top 5 Tips for a Merry Christmas Tree

December is a quiet month in the garden, but there are more things to take care of than you might think.

The festive season is nearly upon us, and for many, it's synonymous with decorating a beautiful Christmas tree. If you've opted for a real tree this year, you'll want to keep it looking and smelling fresh throughout the festivities. Here are five expert tips to ensure your Christmas tree stays merry and green:

1. Choose Quality and Freshness

When selecting your Christmas tree, prioritise quality. Inspect the needles carefully – flexible, green needles are a sign of freshness, while brittle, snapping ones indicate a less-than-healthy tree. Give the cut end a gentle tap; if an excessive number of needles fall off, consider another option.

2. Trim the Trunk

Once your tree is home, saw half an inch off the trunk. This removes hardened sap, allowing the tree to absorb water efficiently.

3. Hydration is Key

Keep your tree well-watered throughout the season. Use a sturdy stand with a generous water reservoir. Check the water level daily – these thirsty trees can drink up to three pints a day.

Ensure the trunk remains submerged for happy, healthy needles.

4. Skip the Gimmicks

You may have heard of various additives like Coca-Cola, corn syrup and even tree food to enhance your tree's longevity. Ignore them! Your tree's primary requirement is a continuous supply of fresh water—it's that simple.

5. Maintain Ideal Temperatures

Your tree thrives in cool, outdoor temperatures. Minimize the shock of indoor relocation by placing it at a safe distance from radiators or heating sources. Consistent heat or temperature fluctuations can rapidly dry out your tree.

With these top tips, you'll ensure your Christmas tree remains a vibrant centrepiece, spreading holiday cheer all season long. Happy decorating!



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A Smashing Finals' Day at Old Basing Tennis Club

Old Basing Tennis Club has had another busy year of tennis.

We have welcomed 20 new members and as well as club play, coaching, drills, and fun mixed tournaments, we have also for the first time supported the Old Basing Schools Fete in July.

Our annual Summer Tournament was extremely successful and on Finals' Day on 2nd September there were over 40 spectators watching seven matches taking place throughout the day. 18 people competed to win the Champion's trophy in their event. It was great to see that new members of the club won some of the trophies, proving that if you're good enough, anyone can win.

The matches were played two at a time, starting with the Men's Doubles and Ladies Singles matches. The men displayed some incredibly fast rallies and saw two new partnerships battling it out. Brothers Marcus and James Robertson put up a good fight, but the worthy victors were Jamie Thomas and Andy Riding. Special mention should go to Jamie Thomas who won all three finals that he entered.

In the Ladies Singles the cup went to Jane Reap who played a solid game winning in two sets against Bev Cleaver to claim her first singles title.

Next Jamie Thomas and Marcus Robertson played each other in the Men's Singles and after some spectacular rallies, Jamie retained his title beating Marcus in two sets. Jamie has won the singles title nine times in the last ten years, quite a feat. We are sure Marcus will have his turn one day!

Playing at the same time was the Ladies Handicap Doubles, where pairs are given different starting scores to try and even up the results. There was lots of great action to watch with some high, deep shots from the eventual winners Lynn Pullen and Jenny Vaux who beat Alison Cruickshanks and Jan Petto to the title.

Next came the Men's Handicap Doubles and the Ladies Doubles finals. Both were very close matches with both pairs winning one set each, so it went to a deciding set. In the Men's Handicap Doubles new members Gary Baker and Ryan Hailey beat Nigel Hatt and Steve Vaux in an exciting and close fought match. In the Ladies Doubles Final, Sandie Benham and Bev Cleaver won the first set, but defending champions Jane Hatter and Penny Luke came through with some steady, deep returning of the ball and retained the title by winning the third set.

The afternoon culminated in a two-hour hard-fought and very close match for the Mixed Doubles title which finished in the twilight at 7:30pm. Mother and son pair Lynne and Jamie Thomas lost the first set to Penny Luke and Marcus Robertson, who then had two match points in the second set. But Jamie's amazing command of the court and his mother's excellent defending of the net position meant that they won the tie-break in the second set and eventually won the deciding set to deservedly retain their Mixed Doubles title.

The winners were awarded trophies, and the final award of the day was the Betty Holmes Trophy. Members vote for the person who has done the most to support the club throughout the year. This year's worthy winner was a newer member Steve Vaux, who has organised two fun Mixed Tournaments in June and September, helped with the project to get much needed court lighting and sells old tennis balls to dog owners to raise funds for the club.

If you or your children are interested in coaching or tennis drills sessions, the club is organising these over the winter and into next summer. To find out more contact Old Basing Tennis Club at obtc.information@gmail.com or go to our website or Facebook page where you'll find out about how to play tennis at Old Basing Tennis Club.

We have four recently re-surfaced courts, a newly decorated club house and large carpark so come along and meet us soon.

Old Basing Tennis Club,
Riley Lane, Old Basing
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