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Like everybody, I am really looking forward to welcoming 2021 with open arms and saying goodbye to a really difficult year. Although I know normality is still a little while away, little shoots of positivity are springing up here and there — especially now the vaccine is being distributed.

At Beacon, we look forward to bringing you more great content throughout 2021. Alongside our friends at Isle of Wight Radio, we're launching a very special online community which will bring you lots of exclusive competitions, money saving offers, priority events, webinars, e-zines, fascinating articles and inspirational ideas for your downtime.

What's more, it's completely free to join! Flick to page 6 for more details about Hidden Island.

For now, enjoy our first print edition of 2021 — and have a very Happy New Year.

Amy Shephard









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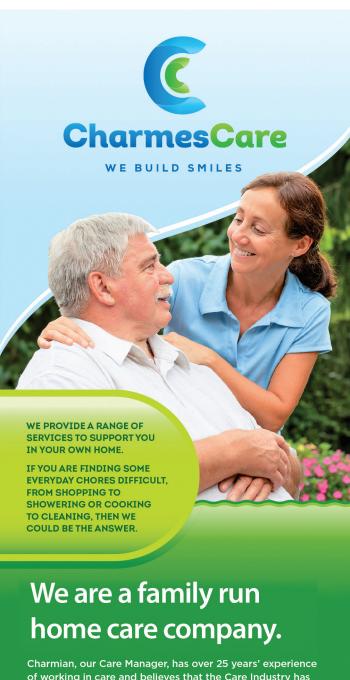


IW Beacon Media Centre, 8-10 Dodnor Park, Newport, PO30 5XE









Charmian, our Care Manager, has over 25 years' experience of working in care and believes that the Care Industry has become so impersonal and hurried, that the needs of the human beings at the centre are sometimes forgotten.

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In more recent years Sheridan has been in so many hit TV series and movies. These include Cilla, Cleaning Up, The Moorside, Black Work. The Widower, Love Soup and 7.39. On stage she was superb in Funny Girl.

heridan was one of the stars of the new movie Scapegoat, made by Island Pictures, the company owned by two talented Islanders Sarah Beardsall and Dominic Minghella. They produced the movie and had persuaded Sheridan to come to the Island for the première showing at Newport's Medina Theatre. I was thrilled to be asked to host the post show Q & A and, luckily, Sheridan was on the panel.

After the session she came over to thank me and, apparently, although I never realised it, she put her hand on my knee whilst we had a friendly chat. One or two keen-eyed people in the audience had certainly noticed it. Boldly, I asked her if she could spare me a little time the following morning at her Ventnor hotel. She agreed instantly and invited me to join her for breakfast at the Royal.

Sheridan, who instantly fell in love with the Island, was the perfect host and went out of her way to be helpful. There was no time limit on the interview and she was delightful company. I was invited to stay on and we had a walk around the garden.

Just before our interview I asked Sheridan to solve a puzzle. The day before, I had seen her in a daily paper with red hair. Now here she was next to me as a blonde. The answer was simple. She'd been in Australia filming Mrs Biggs, who had red hair, and she had gone blonde again just the day before.

My immediate impression was that Sheridan was so grateful for the chances she had early in her career. Like our own Laura Michelle Kelly, she never went to a posh drama school. In fact, they did work together as young teenagers. Sheridan joined the National Youth Musical Theatre and was spotted at the age of 17 in their London production of Bugsy Malone. That led directly to Into The Woods at the Donmar Warehouse.

"After being in a large cast of children I was suddenly in a show with Dilys Laye, Sophie Thompson, Anne Reid and Jenni Russell. It was quite a shock coming from a little village but they really took me under their wing and I learnt so much," said Sheridan.

She admitted to being a workaholic and told me I was just the same – and she

Apparently, when Sheridan turned up for her first appearance in The Royle Family she expected a proper living room. Then discovered it was just three walls in a studio. She admitted to being nervous among so many famous actors she had seen in the hit series.

When she was James Cordon's real life girlfriend they thought she would be perfect as Ruth, Smithy's sister, the girl from Essex, in Gavin and Stacey. They were spot on.

Sheridan also notched an incredible double. She won Olivier Awards two years running for Legally Blonde and Flare Path.

In more recent years Sheridan has been in so many hit TV series and

movies. These include Cilla, Cleaning Up, The Moorside, Black Work. The Widower, Love Soup and 7.39. On stage she was superb in Funny Girl.

She almost cried with happiness when Dustin Hoffman visited her backstage after a West End show. He wanted her in his movie Quartet. Later when her phone rang she didn't recognise the number. It was Dustin offering her the part.

If all goes well Sheridan could soon be starring in a brilliant Bill Kenwright touring production of Cilla The Musical. It was a victim of Covid-19.

Sheridan, so often unfairly treated by the national press, loves a bit of fun. On the Scapegoat premiere night, on her own admission, the way she read out the raffle numbers was not quite an Oscar winning performance. I presented her with the list again just as I was leaving. She roared with laughter and promised to frame it. 🕒

John Hannam has just released his very first set of DVDs. The Television Years features fourteen local quests that John interviewed on his television chat shows on both TV12 and Solent TV. In all, he presented over 100 shows. They sell at £9.99 and volume one features Oscar Stretch, John Hayward, Alby Payne, Sylvia Jones, Morris Barton, Stuart Peters and Hilary Hall. Volume two features Keith Newbery, Bernie Cullen, Derek Hunt, Fred Price, Henry Adams, Colin Smith and Wally Edwards. Stockists include Farnsworth's, Newport, Glyn Morgan's Shanklin, Godshill Old Smithy and Dalverton Garden Centre, Lake.

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Bob Dylan, gave a press conference at the long gone Halland Hotel at Seaview. Alongside him is Ray Foulk.



Rocking the Isle of Wight

The remarkable story of three twenty-somethings from Totland

Almost overnight

who rose to every

entrepreneurs

challenge that

came their way

they became daring

New book *Rocking The Isle of Wight* by Alan and Tom Stroud focuses on the original Isle of Wight festivals that were put on by three Totland brothers, Ronnie, Ray and Bill Foulk.

he book tells the story of the festivals which brought global superstars and hundreds of thousands of music fans to Godshill, Wootton and Freshwater between 1968 and 1970 but from the so far untold local angle. It is a fascinating day by day account of how locals from all walks of life helped the brothers to put on the festivals – and also how many others did not!

It tells how local landowners and a council full of brigadiers, admirals, commanders and generals, all strictly opposed to the festivals, were aided and abetted by the local MP and newspapers, who were firmly against the festivals.

In those far off days of the sixties, an outdoor gathering attracting hundreds of thousands was literally unheard of in this country. Pulling off such an event would have been a daunting undertaking for anybody, but three twenty-somethings from Totland, armed with little more than the confidence of

youth managed to carry it off. Almost overnight they became daring entrepreneurs who rose to every challenge that came their way. Along the way they sometimes got things wrong but mostly, they got it right.

Over 272 pages long, Rocking The Isle of Wight contains confidential official documents, interviews with

locals, unseen correspondence, and over 60 superb quality colour photographs including previously unseen ones of the 1970 festival taken by Ken Box, who taught art at

who taught art at Carisbrooke Grammar at the time.

It is a remarkable story, involving a superstar cast, death threats, High Court battles, an Act of Parliament and huge amounts of money, and the fact that it all happened here on the Island makes the story even more remarkable.

Their first festival in 1968 was a small scale affair at

Godshill, attracting between seven and 10,000 fans, and encouraged by making a small profit, the brothers decided to hold a bigger and better event in 1969. Against all the odds the Foulk brothers persuaded Bob Dylan to perform in a field at Wootton and become part of the largest outdoor assembly ever seen in this country and literally invented the British rock festival. The event was a success and with their stars in the ascendant they announced a festival the following year. At that point they seemed invincible and it seemed the

Isle of Wight
Festival was here
to stay. But it was
not to be.

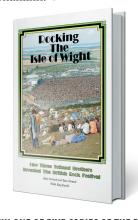
They were stopped dead in their tracks in 1970 just as their careers were about to take off. Their

downfall was being forced by the council to use the Afton site. Between 250 and 300,000 fans attended but many used the downs overlooking the arena to watch the performances for free rather than buy a ticket. Musically a huge success, it was a financial disaster and the brothers lost everything.

Rocking The Isle of Wight has a commentary throughout the

book by Ray Foulk, who says: "The book contains refreshing revelations after half a century of exaggerations, confusions and downright untruths. The Strouds are more than qualified to undertake this comprehensive examination of the original Isle of Wight Festivals."

Signed copies of Rocking
The Isle of Wight can be
bought from the website
rockingtheisleofwight.com.
It is published by Now And
Then Books at £13.95 and
is available from Chivertons
of Cowes, Farnsworths and
Waterstones in Newport,
Ryde Bookshop, Holdings
of Yarmouth; Occasions in
Ventnor and Glyn Morgan in
Shanklin. ③



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INGREDIENTS

450g (16oz) haggis with packaging (not casing) removed 600g (21oz) swede peeled and cut into rough 1.5cm chunks 600g (21oz) floury potatoes such as King Edwards peeled and cut into 2cm chunks 30g (loz) butter 5 tbsp sunflower oil 50g (2oz) plain flour 200g (7oz) bag prepared kale or 225g whole leaves 4-6 duck eggs poached (see instructions below)

METHOD

Steam the haggis in advance, prick the casing in about 6 places with a thin skewer and put into a steamer and when the water boils lower the heat and simmer gently for 40 minutes. Take out of the steamer and put to one side.

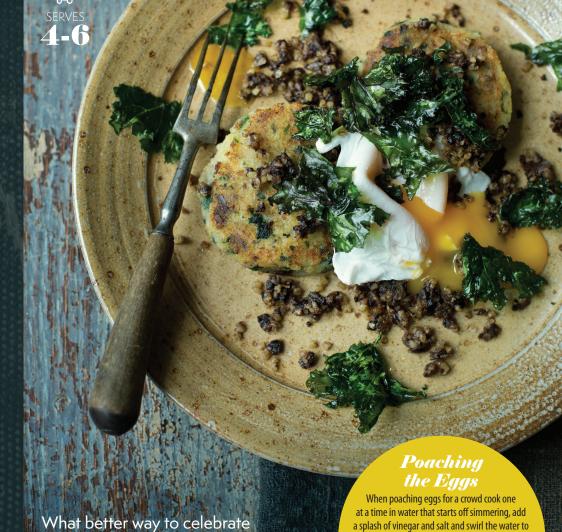
Meanwhile, put the peeled and chopped swede and potato in separate pans of fast boiling salted water and lower heat to a simmer until soft. Drain once they are ready and leave in the colander with kitchen paper over until both are cooked. Tip both into a bowl, add the butter and mash until smooth.

Preheat the oven to 180C/360F/Gas 4. Meanwhile take the casing off the haggis and crumble into a bowl. Add 150g (5oz) of the haggis into the potato and mix through.

Roughly strip the kale off any tough stems. Measure out 20g (loz) of the leaves and put to one side. Spread the remaining leaves in a single layer on a large baking sheet toss with half a teaspoon of the oil and bake for 5 minutes until crispy but not brown. Put on a tray to

5 Wilt the 20g of kale leaves you put to one side in boiling salted water for 5 minutes. Refresh under cold running water, drain well and squeeze out all the moisture and pat dry with





经出版品等条件以源证 kitchen paper. Chop finely and add to the potato/ swede/haggis mixture, mix well and form into 8-12

Burns Night on Monday 25th

January than serving this tasty twist

on the traditional Scottish supper

Put the flour on a plate Oand coat each cake and fry in a little hot oil until

golden and crisp on both sides (do this in batches). Keep them warm in a low oven until they are all

7Heat the rest of the oil and fry the rest of the haggis until hot and

just crisping up and serve scattered over the cakes along with the crispy kale.

a splash of vinegar and salt and swirl the water to

create a whirlpool effect and then crack the egg into

the centre. Turn down the heat and poach for 2-2 ½

minutes. Lift into cold water with a slotted spoon.

When ready to eat pop them all into a large pot

of fresh hot water for about 45 seconds to

heat through.

You could make the cakes in advance, wrap in tin foil and heat in a moderate oven.

HERBS for HEALTH

Herbs are a great natural way to help beat stress, boost the immune system and get your skin glowing as local herbalist Sarah Hillyer explains

adrenalin will

not only keep us

awake at night

but can lead to

ulcers and IBS

stomach upsets,

ur stress-packed 21st century lives can quite literally make us ill. Stress in small doses is good for us – we thrive on the occasional adrenalin rush – but when this carries on day-in day-out, our adrenal glands become exhausted and our immune system weakened, and that's when nasty viruses can strike.

Adrenalin is our 'fight and flight' hormone. As it rushes through the body, the blood moves away from the gut to the heart and muscles, ready for action. Too much adrenalin will not only keep us awake at night but can lead to stomach upsets, ulcers and IBS.

Stress is also extremely dehydrating.

Next time you reach for caffeine-containing drinks, alcohol or nicotine, make sure you also have a glass of water. The adrenalin 'kick' you're looking for will keep you going in the short term but plays havoc with the water content of your

skin in the longer term. Drinking enough water will do more than any beauty product to hydrate your skin, keeping it supple and beautiful.

And what about the stress? A brisk daily walk in fresh air will reduce your adrenalin load. Yoga, tai chi and meditation may not be your thing, but finding your own way to relax is essential. And a large daily helping of green fruit and vegetables will do wonders to boost your immunity.

Food for thought? Try these three recipes and amplify that positive start to 2021.

Golden Milk

(to boost your immunity)

In a small saucepan, simmer half to 1 tsp of turmeric powder in approximately 120ml (4fl oz) of water for 5 minutes, then add about 200ml (7fl oz) of milk (or almond milk), a pinch of black pepper and 1-2 tsp of sweet almond (or coconut) oil.

Bring just to the boil and remove from heat, add honey to taste and drink hot. Research has shown that the cucurmin in turmeric will also boost the 'good' cholesterol in the body, and it has anti-inflammatory properties and improves joint health.



CAUTION

Always consult a qualified health care professional if you are unsure of any medical symptoms.







not to be ok

We all have times when life gets on top of us – sometimes work-related like a stressful workload, a negative atmosphere or even being made redundant. Sometimes it's something else; our health, our relationships, or our circumstances.

Whatever the reasons, if you feel you are not coping as well as you would want to be, help is at hand.

Call NHS 111 or visit www.iwmentalhealth.co.uk

We all have times when we come across unexpected

problems.

It might be employment issues, housing difficulties or worrying about money. And sometimes it can be hard to ask for advice.

Whatever your circumstances, if you need support and guidance, help is at hand.

> Freephone 0800 144 8848 or visit www.islehelp.me





Tennyson Down to the Old Battery

dog-friendly hilly walk, with fantastic views along the way. There are many variants of this walk, which you can enjoy depending on how active you're feeling. Here we are taking a 6.5km circular loop. The views are breathtaking over the Channel. Stop for something to eat at one of many local eateries, including the tearoom at the Old Battery, The Needles or the Highdown Inn.

Start at the National Trust Tennyson Down car park, postcode PO39 0HY. As you come into the car park, take the path on the left, up the steep steps towards the Tennyson Monument. The steps veer to the right.

When you get to the Tennyson Monument, head right and keep to the left and stroll along the top of the cliff. But beware of cliff edges. You'll pass through a couple of gates, before heading back down off the cliffs towards the Coastguard Station. Turn right, towards the Needles Old Battery and Alum Bay.

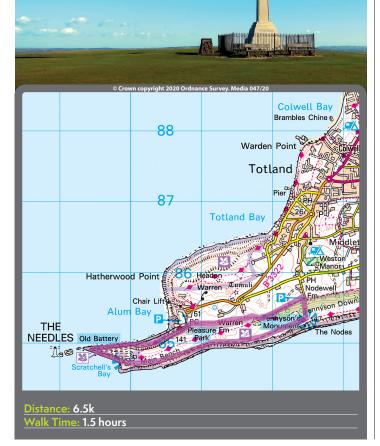
Head through the West High Down gate, followed by a further gate and down some steps on to the road. Keep heading right.

When you get to the bend, take the steps on your right to Tennyson Down.

Walk through the field following the overhead power line. You'll pass Warren Farm on your left.

Go through two large gates along a bridlepath — and you'll find yourself back at the car park where you started.

Top tip: Wear wellies!







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BOOKING IS ADVISABLE

Below: Now and then

Call It What You Want!

We find out what's cooking up at the Cowes restaurant renowned for doing things differently.

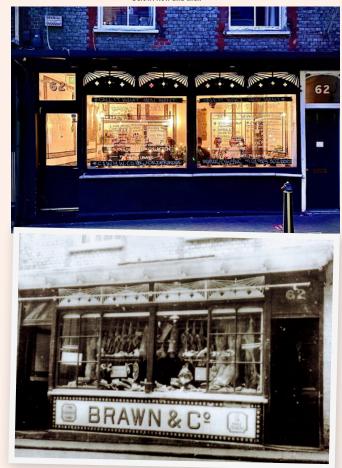
o you know where to find an original Victorian shop interior in Cowes? It's a butcher's shop, on the High Street, that served the sailing clubs for 300 years. Today the interior is still just as it was when the last joint was removed. Fortunately, the best Island produce is now back thereincluding award-winning beef and lamb from Cheverton Farm.

But this time it's not a butcher. Back in 2019, a group of flavour-focused cooks got together to open Call It What You Want in this iconic location. Since then, they have gathered a fanatical base of diners who have propelled the restaurant to the

top of the Island's TripAdvisor reviews.

Taking cues from the comfort foods of the American South, CIWYW favourites include a rich and satisfying Louisiana Fish Chowder, spicerubbed slow-cooked Witching Hour pork ribs, and Bayou classics like traditional Gumbo and Jambalaya. They've also experimented with using slowcooked best beef brisket in burgers – heresy but heavenly!

Lately, they have also been wowing Cowes with takeaway and delivery menus that include Buttermilk Fried Chicken, and are about to open a new delivery base in Newport so more of us can try them out. 3









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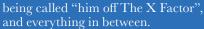
Entertainment GUIDE

VISIT IWBEACON.COM TO SEE OUR FULL EVENTS GUIDE

Lost Voice Guy comes to Medina Theatre

Following the success of his sell out debut tour in 2019, Lee Ridley (aka Lost Voice Guy) is heading back out on the road in 2021 to put a smile on the faces of people up and down the country once again.

The Britain's Got Talent winner will poke fun at his life living as a disabled person in a post-apocalyptic world as he tries to cope with the fame and fortune since his memorable victory. From the highs of meeting 50% of The Chuckle Brothers to the lows of



Lee might not have a Geordie accent yet, and he might still sound like a posh version of Robocop, but his comedy is sure to leave you speechless.

Lee is the first stand-up comedian to use a communication aid.

Lee is an Ambassador for the charity Scope and is also a patron of Smile For Life, Find A Voice, Communication

Matters and The Sequal Trust.

Medina Theatre, Newport Thursday 13th May at 7.30pm Box Office: 01983 823 884 www.medinatheatre.co.uk



I.W.

Story Festival returns

The Isle of Wight Story Festival will come to a Newport venue during February Half Term.

The team behind the event have been working hard to plan fun workshops, trails and activities to entertain families from February 17th-20th.

Like last year's inaugural event, the festival offers an opportunity for children and families to engage with well-known authors and illustrators, and will be opened by the festival's Patron, Nicholas Allen. Nicholas is the author and illustrator of numerous bestselling picture books (including 'The Queen's Knickers') and promises that his session will not only include reading and illustration, but magic illusion and chocolate!

It is hoped that many of the sessions will run live, with small, covid-safe audiences and live streaming on Facebook to allow more families to join in the fun. Whatever happens, the organisers promise that there will be some special story-related open-air happenings around Newport for all families to enjoy.

Other authors appearing at this year's festival include Jennifer Killick, Neal Layton, Roopa Farooki and Tom Palmer. There will be sessions from many wonderful Island-based children's writers and illustrators too – including Blue Peter award-winner Kieran Larwood, Jules Marriner, Zoe Sadler, Kathryn Rossati, Debbie Webb and Peta Rainford.

Keep an eye on the website www.iwstoryfestival.com for up-to-date information, venue details and tickets.

Isle of Wight Live and Local

The Island has a history of great locally made music — and IW Radio wants to showcase the best local artists and bands. Have a listen to the latest local talent and read DJ David Francis' Live and Local blog at iwradio.co.uk/features/blogs/liveandlocal



2021 DATES for your Diary

Sunday, May 9th
Walk the Wight

17th-20th June
Isle of Wight Festival
Saturday, July 3rd
Round the Island Race
Sunday, July 25th
Rainbow Run Bubble Fun

July 27th-August 1st Ventnor Fringe

July 31st-August 7th Cowes Week

6th-8th August Jack Up the Summer

8th August Sandown Regatta 27th-29th August

IW Scooter Rally Weekender

3rd-5th September Experience 1970

25th and 26th September Sweetcorn Fayre

Saturday, October 30th Fan TC Con 2



DONKEY JOURNEY'S END IS NEAR

t's been a tough year for all Island charities, with vital fundraising

Despite a difficult year, t

Donkey Sanctuary has found it particularly tough.

But the team of staff and volunteers say what shines through the most is the dedication their supporters have shown in these troubled times.

events being cancelled left, right

and centre — and the Isle of Wight

Having to close to the public for four months during the first lockdown, followed by a further month shortly before Christmas, the sanctuary had been unable to welcome guests on to the farm, into the shop and cafe, through which they raise much needed funding.

As well as many popular events throughout the year, including Gaelic Day, Donkey Valentines, Concert in the Courtyard and Fun Dog Shows, the sanctuary usually raises funds through festive events such as Santa in a Stable, nativities, Christmas markets and their popular Christmas Carol Service. Sadly none of these have been able to go ahead in 2020 due to Covid-19 lockdowns

Despite a difficult year, the Isle of Wight Donkey Sanctuary are ending on a high, after completing their first international rescue — ten donkeys from France.







and restrictions, but the supporters of the sanctuary have stepped up, with their own fundraising efforts. One incredible supporter over the festive season was Luke from Binstead, who lit up his house for Christmas and put a charity donation box in place to raise money for the donkeys. Fab Fundraisers Packs are available from the sanctuary for people who are planning to organise sponsored events for the sanctuary in 2021.

Staff and volunteers at The Donkey Sanctuary have been working hard to continue to offer the same great level of care for their much loved donkeys - and to give opportunities to adopters to visit their adopted donkeys during the festive period.

Another truly heartwarming story to come out of this tumultuous year, is that of ten French donkeys, which became the sanctuary's first international rescue.

"Recently we were contacted by a British lady in France, Tracey Bradford, who had helped to rescue two families of donkeys from a slaughterhouse, where they had been destined for the Italian meat market," the sanctuary announced on Facebook in October.

"The donkeys had all been through a terrible time and needed a permanent home. The question was, could the Isle of Wight Donkey Sanctuary complete this rescue and give these beautiful donkeys a permanent home?"

"We looked at our land, we looked at



our stables and barns and we looked at our new woodchip barn. We thought about our staff and our volunteers. We all came to the same conclusion. We must help these donkeys.

The donkeys had

all been through

permanent home.

a terrible time

and needed a

"Operation Bring the French Donkeys to Wroxall' is being prepared! Passports, vet checks, transport, ferries, stabling all are being planned. The challenges are great – an English Lockdown, a French Lockdown and the need to beat Brexit by

December 31st. If we achieve this it will be a wonderful Christmas for the donkeys and for the sanctuary."

At the time of going to press, Tracey had made all of the necessary passport applications, got the microchips sorted, arranged vet checks and was currently waiting for the authorities to return the completed information so they could travel across.

Donkeys Hope, Charity, Javette, Jiva, Jenny, Jumpy, Josephine and Junon and babies Koko and Kitchy are hopefully on their way in time for the new year.

Thankfully, exciting renovations which were planned for this year did go ahead, despite a number of set backs. And now the sanctuary is able to welcome guests into its beautiful newly built Grazers Cafe. Grazers is open for hot and cold food, cream teas and tasty seasonal treats.



The sanctuary was also thrilled to win Red Funnel's Isle of Wight Gold Award 2020 for the best place for families to bring their dogs. An award which reflects the beautiful countryside walks surrounding

> the sanctuary and the warm welcome received by all visitors.

The sanctuary will be open this year on New Years Day so people can burn off the previous night's excesses by walking around the sanctuary, meeting the donkeys and having fresh coffee and cake

in Grazers café. The sanctuary's Browse and Brays gift shop will also be open, with a lovely selection of gifts and cards for sale. The donkeys will be mostly found in the barn, unless we get some bright frosty days. The barns will be open for people to walk round.

Moving forward in to 2021, the team at Isle of Wight Donkey Sanctuary are hoping for a less challenging year.

"We have been hard hit by the impact of Covid-19, but we continue to be grateful for the help from our supporters in making donations, buying items from our Amazon wishlist, and adopting donkeys. Without your help, it would have been extremely difficult to deal with the challenges of 2020. There may be further, difficult challenges ahead, but we are determined to remain positive and give our donkeys the best winter care possible." 3







News from Central Newport

by Cllr Julie Jones-Evans

It feels good to be stepping into 2021 with some positive energy, as we leave 2020 behind us.

Post Office Lane toilets are now completed. We have brand new toilets finished with light and clean enamel panels from AJ Wells. Back to the days of spending a penny - a penny in 1900 is the equivalent of £1.30 today - we are charging 40p and contactless payment is available to stop you fumbling about for change.

Through the Shaping Newport project the old Laura Ashley shop is being rented for 6 months to use for popup shops and other community uses.

NCCC is also looking at acquiring a building that can be an asset for the council and community. For the past 12 years we have rented accommodation and as we seem to grow a little more each year this seems to make sense to have a more permanent home.

The High Street Heritage Action Zone is making good progress and the design code will be ready by the spring.

The markets in St Thomas' Square went well before Christmas and the new company, Market Days CIC are focusing on reviving Newport's market culture with a variety of markets including a Teen Market, encouraging young entrepreneurs.

521068/07886437688

Julie.Jones-Evans@iow.gov.uk

Toy Appeal target reached

Thousands of lessfortunate children on the Isle of Wight were smiling this Christmas - thanks to kind-hearted Islanders.

More than 2,800 toys with a value in excess of f,28,000 – have been donated to the Isle of Wight Radio Christmas Toy Appeal.

Despite the coronavirus pandemic affecting almost all fundraising events, the Island has again come together to support the campaign to brighten up Christmas for young

carers, children in hospital, children in care, sick youngsters, bereaved children or those challenged by poverty and housing problems.

The incredible amount was distributed to individuals, groups and organisations across the Island to make Christmas special for underprivileged youngsters.

Collection boxes at official supermarket drop off points across the

Island were emptied and brought to Isle of Wight Radio in Newport, before being taken to partner agencies to be wrapped.

This year, the toy appeal was supported by helpers Karen Eeles and Paddy McHugh, who played a vital role ensuring everything went to plan.

Since it was founded nine years ago by Daniel and Deborah Rooke, all gifts donated have stayed on the Isle of Wight.

IW Radio Programme Director and Breakfast Show host, Paul Topping, said: "Because of the COVID-19 pandemic, the toy appeal very nearly didn't happen. But thanks to some great teamwork, it happened and we are so pleased it did.

"The Toy Appeal has become a tradition on the Island and is so important – this year more than ever. Once again, the Island came together in a way which is truly inspiring."



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Surviving Winter campaign helps people keep warm

The Hampshire and IW Community Foundation (HIWCF) has launched the Surviving Winter 2020-2021 campaign to help tackle fuel poverty for older and vulnerable people struggling to keep warm at winter time.

As temperatures begin to drop leading most of us to boost up our heating thermostats, many older residents in our communities need extra support. For people living within limited financial means, they simply may not be able to afford to top up their electricity meter to keep warm or they may be anxious about using their cooker to heat food, due to fear of the gas bill arriving on the doormat.

Surviving Winter grants are distributed through key partners Citizens Advice and The Footprint Trust IW to help vulnerable people to stay warm, eat well and remain mobile during the coldest months, including practical assistance to travel to medical appointments or assistance with shopping for essentials.

The Surviving Winter Campaign is asking those in receipt of the annual Government Winter Fuel Payment to donate their payment if they are able to do so. Families, individuals and businesses can make a donation online via: virginmoneygiving. com/fund/SurvWinter

For more information about the grants, contact The Footprint Trust by email on info@footprint-trust.co.uk.

Mince Pie Marathon raises thousands

The Isle of Wight Mince Pie Marathon 2020 has raised an impressive £6,415, more than doubling last year's total.

Last year, mince pie fever hit businesses on the Island with the event — organised by Brightbulb Design, raising funds for Wight Brainy Bunch charity — which supports families affected by brain tumours on the Isle of Wight.

This year it has been bigger and better than ever before, with headline sponsor, WightFibre and Isle of Wight Radio helping to deliver the goods. The event was also opened to both businesses and the public.

Organisers said: "Together we raised £6,415 for the Wight Brainy Bunch and pulled off the biggest mince pie extravaganza of all time with over 150 deliveries in a single day across the Isle of Wight. Thank you!"

Find out more about the fantastic appeal at www.mincepiemarathon.co.uk.



WightAid records bumper year but warns of difficult times ahead



WightAid has recorded a bumper year of charitable donations with over £138,000 given to good causes on the Island. But those behind the foundation warn that more support is required to help the community through difficult times ahead.

Established in 2016, WightAid was set up to help channel support from businesses to community groups, charities and voluntary organisations improving the lives of Island people. Now, as it marks its fourth anniversary, it has helped raise over a third of a million pounds for over 140 good causes.

This year alone, WightAid has supported 78 charities

and good causes with the fundraising support and donations the foundation has

With the stark arrival of COVID-19, the foundation also combined with the IW Foundation, Hampshire & IW Community Foundation, The Daisie Rich Trust, The IW Sports Foundation, The High Sheriff's Trust and The RYS Foundation to launch a Crisis Appeal.

The appeal helped raise over £,103,000, helping charities like the IW Foodbank and Pan Together with food provisions, support for organisations like West Wight Covid Support Hub helping deliver food and prescriptions to the community, PPE for organisations like Embracing Age and iPads for care homes through Age UK to help keep residents connected.

Anyone interested in joining WightAid as a business partner or a charity seeking project funding can contact the charity on 555915 or by emailing admin@wightaid.org. www.wightaid.org



News from Cowes West

by Cllr Paul Fuller

IW Council Budget 2021/2

IW Councillors will set their budget next month. Please tell the Council your views before 25th January at: iow.gov.uk/Council/OtherServices/Financial-Management/Budget-Consultation

Waste and Recycling.
Please feedback to the IW Council your views on waste and recycling before 8th January here: surveymonkey.co.uk/r/RecyclingWasteSatisfactionSurvey2020. Polystrene Waste.

To assist residents with their waste and recycling, households are allowed to place excess polystyrene in clear or white sacks between 19th December and 8th January during refuse collection week.

Parkhurst Forest.

I continue to receive complaints concerning walkers, dogs and vehicles being targeted in car parks around Parkhurst Forest. If you have witnessed any antisocial behaviour, please report to: olivia.peachey@hampshire.pnn.police.uk Cowes Medical Centre

I continue to support Cowes Medical Centre concerning communications, and the roll out of the Covid-19 vaccination, in the coming weeks. Updates on this, other matters and access to the e-consult service appear online at: cowesmedicalcentre.co.uk/. If you're unable to use the website, the best time to call the centre is early afternoons.

Cold Calling

Complaints continue against doorstep traders who ignore No Cold Calling in the Cowes Area. If you receive calls, or require a sticker, please let me know!

Useful Helplines:

- If you're worried about fuel bills call The Footprint Trust on 01983 822282.
- Islehelp for information on benefits, money issues, rent concerns. Telephone: 01983 823859/ 823898; Website: www.islehelp.me; Email: enquiries@
- IW Council Covid-19 Support Telephone: 01983 823600
- Struggling on your pension, you may be entitled to more money. Pension Credit helpline **0800 991 234**.

🕓 289595 🖾 paulfulleriw@gmail.com

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News from Cowes Medina

by Cllr Lora Peacey-Wilcox

I think we'll welcome 2021 to try to find a semblance of normality. I wish you all good health and prosperity for the coming year.

Chickens: Do you have them at home? The IW Council will be contacting

owners with larger flocks, but the new rules apply to everybody, even if they only have a few birds. Anybody who keeps poultry should check the Government website for updates and information on the new rules: www.gov. uk/quidance/avian-influenza-bird-flu

Debt: Dont hide the bills. Get in touch with citizens advice. Islehelp.me a 9-5 Mon-Fri. Or the online link 24hrs a day seven days a week.

Hedges/Fences: Please consider neighbours and pedestrians in keeping your hedges and fences clear for walkers and drivers.

your hedges and fences clear for walkers and drivers.

Bin Day: We have to be so grateful to our bin men for the superb job they have done during whole pandemic to keep the bins emptied. PLEASE can you ensure your bin is removed from obstructing pavements as soon as you can.

Brexit: As I write, we have no idea how this is going to affect us. We hear of shortages, price hikes etc. I have for many years advocated being as self-sustaining in our own countries, as much as we can. I am hoping our, very clever, astute residents will think about how they can provide for us, not just locally but as a nation locally but as a nation.

Think before you throw away: Daily I see people asking where to 'give away clothes and other items'. Please ensure you give to local charity shops first. Likewise, if you have items of furniture, glasses, cutlery, clean bedding, curtains, etc contact the STOREROOM on Somerton Industrial Estate. DON'T automatically think of taking to the tip.

Open Tues-Saturday 10am-4pm. www.storeroom.org.uk 01983 298679. Fraser Close: There appears to be issues regarding the Crown Land around the area. I am keeping a close eye on developments. If you have concerns

Roads in the area: Island Roads are considering making a number of changes Traffic Regulation Orders in Cowes. When I have confirmation I will write via this medium to let you know to make representations if you are not supportive.

3 645765 lora08@sky.com



98-Year-Old Receives Island's First Coronavirus Vaccine

By Oliver Dyer

A 98-year-old World War Two veteran is the first person on the Island to have received a coronavirus vaccine.

Carisbrooke Health Centre, in Newport is the first site on the Isle of Wight to begin vaccinating people in what is the biggest immunisation programme in the nation's history.

The first patient through the doors was Kenneth Killeen, 98, from Newport. Mr Killeen, who served in the RAF during World War Two, was the first Island person to receive the vaccination.

He said: "It's not been an easy year for anyone – particularly with lockdown. A lot of elderly people were confined in their homes. I didn't expect to be front of the queue, but very pleased to be. I fully respect people who won't want it on various grounds,

> but if you can you should. Particularly when you think of medical science now to how it was 98 years ago when I arrived."

Mr Killeen has two children, two grandchildren and four great grandchildren.

Giving the vaccination was Dr Myrto Kaklamanou, GP at Carisbrooke Health Centre, and clinical director of the Central and West Health Alliance Primary Care Network.

The latest phase of the vaccine rollout is being



co-ordinated by GP-led primary care networks with more practices and community pharmacies in other parts of England joining on a phased basis during December and in the coming months.

Andrea Finch, lead practice nurse, said: "It's really exciting that we are one of the first GP hubs in the country to offer the vaccination and such a privilege to be able to vaccinate patients.

"Although the vaccine has been developed very quickly, we know there is still a way to go, so we all need to carry on with what we're doing and remember hands - face - space."

All those vaccinated will need a booster jab 21 days later.

The Pfizer vaccine needs to be stored at -70C before being thawed out and can only be moved four times within that cold chain before being used.

Pupils Get Behind 'Veg Pledge' for Island Zoo

By Adam Richardson

Animals at the Isle of Wight Zoo will receive hundreds of items of fruit and vegetables, thanks to the children of Brighstone Primary School.

Following Reception's and Key Stage One's school trip to the zoo at the beginning of November, the whole school was inspired to get involved in the zoo's 'Veg Pledge' scheme which

helps the zoo to provide quality fresh food to their animals at minimal or no cost.

The school has been running a 'reverse advent calendar' throughout the three





First Female Quadriplegic Skipper to Finish Atlantic Challenge

By Iona Stewart-Richardson

An Isle of Wight sailor, who uses her breath to sail her boat, has completed her challenge to cross the Atlantic.

Natasha Lambert is the first and youngest female quadriplegic skipper to cross the Atlantic using the only boat to be adapted to use the sip puff technology developed for this purpose.

She crossed the finish line at 10:39 hrs after 18 days, 21 hours and 39 min sailing, and covering 2808 Nm.

Helmed by Natasha Lambert and her crew, Blown Away (her specially adapted boat) has now crossed from the Canaries to St Lucia, a 2700nm journey (as the crow flies.) Natasha, an awardwinning sailor renowned for challenging her own ability has now added 'conquering the Atlantic Ocean' to her resume.

Living with Quadriplegic Athetoid Cerebral Palsy, Natasha has difficulty using her arms and legs, making sailing a little more challenging, but this awardwinning young sailor does not let that stop her!

Natasha, also known locally as 'MissIsle' (named after her first boat) took part in this year's ARC Rally; the latest in a long series of challenges with the sole aim of raising money for three charities close to her heart. Raising

money for her local RNLI station in Cowes, the Ellen MacArthur Cancer Trust (EMC Trust) and a charity that Natasha ambassadors, the Missile School of Sip and Puff Sailing.

Now, Natasha and her family plan to stay in the Caribbean for some time, visiting local communities and schools with the aim of teaching them how to use the Sip-Puff technology.

You can still donate by going to Natasha's website www.missisle.com

weeks leading up to Christmas, with pupils and their families collecting and donating items each day.

Children at the school have donated a wide variety of fruit and vegetables to provide meals for creatures including capuchin monkeys, meerkats, porcupines, racoons, lemurs and the zoo's farm animals.

Headteacher, Mrs Rebecca Lennon, said: "We know how difficult it has been for the zoo this year due to the impact of the pandemic so felt inspired to support their veg pledge.

"We have been amazed to see such a variety of fresh produce being brought into school, from sweet potatoes and butternut squash to eggs, blueberries and parsnips."

Marc Fox, Animal Manager said: "We are so grateful for the support of the local community which is helping us through these unusual times. The generous delivery of fresh fruit and vegetables from the children at Brighstone this December has helped us enormously, and the animals are very thankful for their tasty meals."



News from Central Wight

by Cllr Steve Hastings

Green Island Homes Grant

The IW will be one of the first places in the country to benefit from the government's Green Home Grants Local Authority Delivery scheme. Under the scheme, low-income households will be able to apply for grant funding to upgrade the energy performance of their home. Grants will cover insulation of walls, floors and roofs, installation of double or triple glazing and low-carbon heating like heat pumps or solar thermal - measures that could help households save up to £600 a year on their energy bills. Further details on the council's website. This grant must be spent by April 2021. Coastal erosion and the Environment Agency

Coastal erosion is a natural and on-going process The coast is constantly changing and is at risk from sea flooding, erosion and landslips. Sea levels will continue to rise well into the next century, which will accelerate the rate of coastal erosion in some places.

Local authorities take the lead in managing coastal erosion and landslips. They work with communities where protection measures are not technically possible or affordable, or may be environmentally damaging, and have a number of tools available to support those affected

Shoreline Management Plans (SMPs), and more local strategies that accompany them, also

more local strategies that accompany them, also highlight the potential management 'pathways' that might be taken as thresholds such as sea level or particular impacts are crossed. SMPs are material considerations in the local planning process and many local authorities have designated coastal change management areas in their local plans to enable local authorities to plan the state of the st for flood and erosion impacts upon communities in advance through their local plans. Many local

authorities have also designated coastal change management areas (CCMAs) in their local plans. The Environment Agency is working nationally with coastal authorities on a £1 million, 3-year refresh of SMPs to ensure that they are up to date and using the best evidence in their recommendations.

Un-adopted Roads Project With Amey
The council have a duty of care as the Collection
Authority to ensure our contractors are managing risk and employee safety through both contract specification, management and monitoring of the Health, Safety and Environment.

Amey has an employers duty of care under the HSE to ensure their staff have a safe working environment

Frontagers on unadopted and private roads have maintenance liability for the part of the road in front of their property.

Refuse collection vehicles of 18 or 26 tonnes

have high centres of gravity compared to other trucks and are more prone to topple over in such

Overhanging trees on unkempt verges can impede vehicles from accessing a property. The conditions of the roads can cause injury.

Progress is being made with un-adopted roads by collaboration with ward councillors and Town and Parish Councils. Corbett Road in Ryde, residents had a stroke of luck due to the BBC filming in the road and have agreed to pay for the repairs if their repair day had to be moved so as not to disturb their filming. We had a Teams meeting with ClIr Michael Beston's residents in his Shanklin ward to gain agreements of the way forward. Gravel Pit Road, Wootton has now been repaired to completion standards.

I would like to thank residents and Councillors for their help in this matter.

07870127024 steve.hastings@iow.gov.uk



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Karen Thomas, Chippenham

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"You could have fried an egg on the table in there in the summer, I now look upon the conservatory as a new room. It is quiet, restful and cosy."

Carol Doyle, Surrey

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"I've already turned the underfloor heating down. Lovely job guys, thank you!"

Anne Bird, Bristol

QUIETER IN BAD WEATHER

"For the first time in 10 years we do not have to close the door to the conservatory when it rains, as the noise is minimal and before I found it difficult to hear the TV over the loudness of the rain on the old roof."

Mr & Mrs Bailey-Webb, Warsash

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How does it work?

Direct cremation is an affordable alternative to a traditional funeral. It separates the cremation from the funeral ceremony. The cremation takes place without any service at the crematorium, and without mourners or a minister present.

What's the difference between a direct cremation and a traditional funeral?

A direct cremation separates the celebration of life from the cremation. The cremation takes place without anyone present allowing you and your family the freedom to celebrate your loved one at a time, place and venue of your choice. We carry out this service in the same dignified, professional way as we would do for any funeral that we undertake. The simple nature of a direct cremation is reflected in the price.

How much does a direct cremation cost?

We have 2 options to choose from:-

- Our 'Island Way' is £1,695.00, this is for a direct cremation at the Isle of Wight Crematorium
- Our 'Wessex Way' is £1,495.00, this is for a direct cremation at a mainland crematorium.

We offer this option for families that would like to take advantage of the savings that mainland crematoriums offer. We then pass this saving onto families. Both these options are all inclusive with no hidden additional costs; unlike mainland providers who charge additionally for ferry fares.

Why Choose it?

- Less expensive than a traditional funeral
- It allows you the freedom & flexibility to focus on celebrating a life well lived.
- Freed up from the cremation it opens up the options for venues and times, even weekends, to hold your celebration.
- A simple and easy to arrange process

What's the difference between Isle of Wight Direct Cremation and a mainland provider?

- To start with we are based here on the Island. We can promptly take your loved one into our care without the need for travelling over by ferry involving lengthy and distressing delays.
- We usually meet you face to face either at our island offices or in the comfort of your own home, but due to current restrictions of social distancing we can make all arrangements on the telephone
- Mainland providers courier the ashes back to you whereas we provide a more personal service by returning them to you at home, or you can come into either our Bembridge or East Cowes office.
- We are locals too and understand the local community.

Who is Isle of Wight Direct Cremation?

We are independent family funeral directors based here on the Isle of Wight. We are the Isle of Wight's longest running established undertakers.

We have offices based in Bembridge & East Cowes so you can come in, or call us on **632598** or even visit us on line at **www isleofwightdirectcremation.co.uk.** With over 190 years of experience we are on hand to make a difficult time easier.

Do you offer pre paid direct cremation funeral plans?

We get asked this question a lot and the answer is, Yes! Often people like to get their affairs in order to avoid expense being left to their loved ones at a distressing time. Our plan holders often tell us that this can be a big weight off their mind.

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Who is Golden Charter?

Golden Charter is the UK's market leader for providing pre paid funeral plans to Independent Funeral Directors since 1989. Your funds are safe and are placed into The Golden Charter Trust. The Trust will pay out for every plan that pays into it.





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End of Life Decisions

As we step forward into a brighter 2021 and a take a leap away from the shadow cast by 2020 it is important that we take stock of last year. It was a year like we had never known before where we all had to confront the reality that life can be cut short and not to take the simple things for granted. As we walk forward with a renewed optimism for the future it is important not to lose sight of the need to discuss important issues such as our wishes for end of life care with loved ones.

The coming year will rightly bring with it an ongoing review of how many matters were handled and managed during the pandemic, so that lessons can be learnt for the future. We of course already know that vulnerable people have been the hardest hit by the pandemic, having to shield to protect themselves for months, away from family and friends. It is also very concerning to hear that Do-Not-Attempt-Resuscitate (DNAR) orders, that being a document which tells your medical team not to attempt cardiopulmonary

resuscitation (CPR), have been wrongly applied for vulnerable people.

Sadly the Care Quality Commission's review into the application of DNAR orders during the pandemic has shown that they have been incorrectly used as they have been applied to groups of people, particularly care home residents. This isn't how they should be used and this kind of treatment of older people cannot be tolerated going forwards.

There are best practice guidelines set out by the Resuscitation Council, but unfortunately they aren't being followed everywhere. Too often these are ignored or treated as a tick box exercise with people often accepting a DNAR to avoid feeling like a burden. Consultation on DNAR orders should prompt meaningful consultation with patients and loved ones and consider their wishes and their general health, not focus purely on age. All of us should talk to our loved ones about whether we would want to be resuscitated and our other wishes for care should we have an accident or serious

illness. Once we are in an emergency situation it can be too late. There are many legal tools at our disposal to guarantee that our wishes are carried out by our loved ones, including Advance Directives (Living Wills) and Lasting Powers of Attorney for Health and Welfare.

Interestingly research shows that only 59% of those aged 70+ have talked to loved ones about their care wishes. And whilst 81% of us think planning ahead for later life is important, only 22% of us have a Lasting Power of Attorney in place, setting out our wishes in writing in a legally binding way.

So whilst it is good to live in the present, we can only truly do that with the peace of mind that whatever the future may hold, we have the right support in place. We really do need to start talking about our wishes should we lose mental and/or physical capacity or require emergency medical treatment. This recent investigation into the use of DNARs must encourage us all to have those difficult, but vital conversations, no matter our age.



Glanvilles Damant Legal Services offer free home visits or a Covid safe office space should you wish to visit in person. Please call Kate Gould on 01983 527878 or email Kate.Gould@gdlegalservices.co.uk



All residents can be supported by the Wellbeing Team based at Kleo Friend Apartments who are there to help everyone feel settled, supported and safe; this unique Wellbeing service can respond to your needs 24hrs a day on an unplanned care basis, enabling you to live independently in your own home.

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- Reception desk 7 days a week
- Laundry room
- Cinema
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- Communal lounge/Dining room

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Our team is expanding

Harris Fowler is pleased to welcome Deborah Wagstaff, who has joined our friendly and professional Clinical and Medical negligence team.

About Oeborah

Deborah is the President of the Isle of Wight Law Society and joins Harris Fowler as an Associate Solicitor with over 38-years experience in the legal industry, now specialising in Clinical and Medical Negligence. Deborah has a deep understanding of Clinical and Medical Negligence and how an injury caused by it can affect a person's life. We are pleased to welcome her to our team and look forward to gaining her expertise as the President of the Isle of Wight Law Society.

For Deborah, the most rewarding aspect of her job is helping a family in bringing a successful Medical Negligence claim. She enjoys working hard for her clients and achieving compensation and helping them rebuild their life. She also enjoys assisting them throughout the whole process to get through a very difficult time.

In her spare time, she enjoys riding scooters and is a member of two vintage scooter clubs. She also spends time walking her two Spaniels (Harriet and Joshua).



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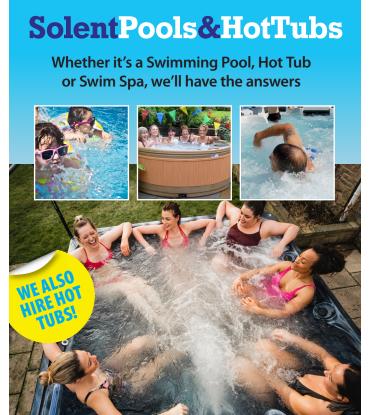
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Hanging out WITH HOLLY

There's a lot more to holly than spiky green leaves and a few red berries. Peter Erridge explains all things historical and prickly.

ossils indicate ancestors of holly existed around 50 million years ago. The Druids considered holly to be a sacred plant with a strong place in their belief system; as a symbol of fertility, eternal life, and protection against lightning strikes.

Holly is found in hedgerows, usually grown from seeds dropped by birds; and is left as markers of footpaths, old boundaries or sightlines for ploughmen. A group of hollies is called a 'hollin' and appears in place names such as Hollingbourne in Kent.

The name holly comes from an old English word meaning prickly and has nothing to do with 'holy'. Christians associate holly with their religion; the spines on the leaves representing the crown of thorns and the berries the drops of blood shed at the crucifixion.

According to Churchwardens' records, holly and ivy were used to decorate churches from the 15th century. The association was strengthened in the early 19th century when German members of George III's household brought Christmas trees indoors. In 1841 the press reported Queen Victoria had a Christmas tree and

brightened the scene with glossy leaved, red berried holly. Thus, a tradition was born, although it was initially seldom seen outside wealthier families.

The holly genus is widespread in temperate and sub-tropical regions of the world, but large holly woods thrive mainly in Britain. There are over 450 species of holly, including trees, shrubs and climbers. They occur in temperate and tropical climates and grow in most



soils except wet and poorly drained, preferring acid soils. Hollies are hardy and adapted to the shade of woodlands, creating an understory.

Being rich in nutrients holly is often grazed by animals and until the early 18th century farmers used it as a feed. Above grazing height leaves tend to be smooth. The larger shrubs and trees with dense foliage provide shelter from harsh weather for cattle and birds. Few diseases or pests affect hollies although the caterpillars of Holly Blue butterflies feed on the leaves

Folklore relates a heavy crop of berries to a forthcoming hard winter, when in fact the density

of berries depends on the number of pollinating insects at flowering time.

Readers should know of Ilex aquifolium, the English holly, with dark green spiny leaves. However, there are many cultivars some with a variable number of spines, or no spines, and some with yellow or silver leaf colouring. Most hollies are either male or female with only the latter bearing berries. A word of caution – some varieties have misleading names such as Golden Queen, which is actually a male holly!

Although most berries are red, they can also be yellow, white, or black. They contain poisonous

substances affecting people and animals. With children, eating as few as two berries can lead to stomach upsets. For birds, they're more palatable after being frosted when the berries soften and have a milder taste. Germination of holly seeds can be slow taking from 6 to 16 months.

Things have gone full circle since the Druids and these days it's considered unlucky to bring holly indoors before Christmas Eve, but good luck should ensue if this holly is burnt in the garden after Christmas. 3





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