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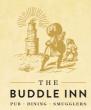


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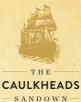








KINGS HEAD YARMOUTH-





Happy New Year! We hope your Christmas was filled with peace and joy.

In our first edition of 2022, we're sharing ways in which Islanders can reduce, re-use and recycle – to help get their new year off to a great start.

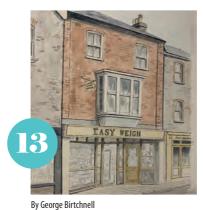
We look back at the history of Easy Weigh, an Isle of Wight business which has always appreciated the benefits of zero waste. We also share a recipe to use up Christmas leftovers, and details on how to start growing your own veg from kitchen

Even little changes can make a real difference to the future of our planet. And to your pocket too.

Whatever you have planned for 2022, we hope it's going to be a great one.

Amy Shephard

Editor amy.shephard@iwbeacon.com





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





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3.5 mile circular walk divised by Nettlestone & Seaview Parish Council to encourage residents and visitors to discover some of the footpaths and history of the beautiful Parish.

Start at the top of Nettlestone Hill where you'll find the Barnsley Trail board.

The walk can be muddy in the Barnsley Valley area. It is possible to follow the beach at low tide from Seagrove Bay to the slipway at Seaview High Street, but there are rocks and shingle in places so appropriate footwear is recommended. Care should be taken with tidal conditions and the weather.

The History of The Barnsley Trail

In Roman times, from where you stand, the valley below would have been a coastal inlet reaching back as far as Longlands Copse (1) and Park Woods (2). Fresh water would have drained into it from the spring which rises near the Copse, and Dragontail Stream which starts in St Helens. Over time, as the sides of the inlet silted and the sea retreated the two fresh water sources joined to form the Barnsley Brook (3) which still drains into the valley floor. Eventually an embankment was built and most of the land behind The Duver was reclaimed.

Duver (pronounced like cover) is an Isle of Wight dialect word, dating back to pre-1774 for a low lying piece of coastal land, subject to occasional inundation by the sea.

In 1086, both Barnsley (Benverdeslei), and Nettlestone (Hoteleston) were recorded in the Domesday Book as manors with ploughland and workers, taxable by King William (the Conqueror). Nettlestone (1)

TRAIL

the settlement behind you, was one of the smallest to be listed.

alking

THE BARNSLE

In the medieval era, the Barnsley valley was still open to the sea and developed as a harbour with works stretching out to sea and enough depth in the creek for quite large vessels to reach Pondwell, where a watermill (B) once stood, bringing corn and leaving with flour.

In 1545 the French invaded English waters. The Battle of the Solent is most remembered for the sinking of the Mary Rose, but here it is remembered because as the French retreated they sailed into Barnsley Creek where the crews landed and set fire to houses in Nettlestone. Although the entire Island population was only about 9,000 Richard Worsley Captain of the Isle of Wight militia, had an army of 6,000 under his command. Everyone on the sand had compulsory training, with women often fighting as archers. The

French invaders were said to

will be able to see to your right.

Salterns Cottages (B) date back to 1640, by which time the creek had silted up sufficiently for salt panning to commence. By the mid-18th century, salt-making in Hampshire and the Isle of Wight reached its peak. In 1790, James Kirkpatrick, a Newport banker purchased the cottages along with the saltpans and the marshes.

In the winter, men maintained the raised embankment, now Duver Road (7) and the series of sluices required for the summer salt making season. The salt industry continued until 1819. In 1806 the land called Outer Cliff or Fort Ground (8) was sold to the Caws famiy and the village of Seaview started to develop. By the early 20th century it had become a popular resort and rich visitors would race their cars on The Duver. The embarkment was a private toll road until 2000. The valley was rented for pasture-based farming. Cows were milked where The Dairy Bungalow now (9) stands on Pond Lane and until the 1950s the hay meadows were harvested annually. When the farm was sold in the 1960s, sand was extracted and used in the construction of Salters Village (10) and Tollgate Cottages (11) creating ponds or lagoons on the valley floor.

The fields in front of you are still used for raising cattle and in winter they become a roosting site for a flock of naturalised Barnacle Geese.

> In 2003 when a new sea wall was constructed, the valley floor was designated both as an internationally recognised RAMSAR wetland and a national Site of Special Scientific Interest, and the Hersey Nature Reserve (12) was created. It was named after Cllr. Alan Hersey who first proposed the creation of the Barnsley Trail. One area of the Reserve is open to the public and the entrance is on Duver Road. 3





The Olde Village Inn

61 High Street, Bembridge, PO35 5SF Tel: 01983 872616 www.yeoldevillageinn.co.uk











The Olde Village Inn, situated in the beautiful village of Bembridge is embedded in the community and surrounding areas alike.

Always a warm welcome from the many friendly professional staff. The pub prides itself on good food, friendly customer service and high-end entertainment.

Kelly and Jay devoted their time to making a safe Covid friendly space for everyone to enjoy, building pods and quirky seating areas, giving the outside space a festival feel.

Once the outside space had taken shape, the work started on the inside.

This was completed and saw people return in their droves for quiz nights, darts, crib, dinner

and live music.

Sadly during August the inside area flooded, making the inside a no go area once again. The damage was immense, it took three months to do the work needed to put it back together.

After 20 months of being closed, and in true VI style, the pub reopened, than ever. The layout

of the pub is cosy and friendly with a snug and sports area with an open kitchen restaurant area.

They are offering parties, live music and DJs with a covered heated outside area. Weekends is made up of music and dining and Sunday roasts.

On 23rd November the pub will be opening their Signature Lounge.

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Proceeds will go to the British Heart Foundation and the Wellow Ward, St Mary's Hospital.







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FOR 2022

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Beth Brookfield — Singer/songwriter
JoJo & The Teeth — Bone shaking five-some Becky Varley-Winter — Published poet Hannah George — Prolific comedy writer Hayley Morris — TikTok and Instagram star Grade 2 — Punk Band Louis Checkley — Jazz Singer











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THE ISLAND'S FAVOURITE...

isleofwightradio talks to TOM WALKER

Tom Walker rose to fame following the release of his hugely popular song Leave a Light On in 2018. He's gone on to write hits such as Just You and I and Wait For You. Isle of Wight Radio presenter David Francis catches up with Tom, over Zoom.

DAVID: How did you cope with lockdown?

TOM: Well, like everybody, I drank far too much wine got a bit depressed for a bit, it was a real rollercoaster, I'm fine now. And you know, it's nothing real to moan about and a lot of people had some very real stuff to moan about. So yeah, it was, it was an experience that I hope I don't have to do again in my lifetime.

DAVID: It was around about that time that people started to know who you were. So I guess all the PR and stuff was building up and you had plans to go out and do stuff and then you couldn't really do it.

TOM: I was actually quite lucky because artists had entire full year diaries that were just cancelled at a moment's notice. Where as I had, I think 35 gigs throughout the whole year. And the year before that we'd done 130. So it was a relatively quiet year in comparison, because I've been working on my second album, so, you know, it wasn't ideal. It put a few spanners in the works. It's taken me a lot longer to do this album because obviously it's been hard to get into studios and get out into the world and work with other people. Apart from over Zoom, which you know, writing songs over Zoom is fine doing like an hour meeting or a half an hour meeting on Zoom, but try and be on zoom with somebody for five hours writing a song it's slightly soul destroying, so it's nice to be back in the studio.

TOM: One of the funny things during the lockdown if it's somebody's birthday or whatever, just randomly ordering loads of takeaway to their house. I had a lot of mates who were celebrating their 30th birthday during the



lockdown, we tried to make it the best. We had a couple of bits of fried chicken and chips and that.

DAVID: Let's talk about the new record. So how did the recording happen then? Was it over Zoom?

TOM: I wrote, Leave a Light on with an amazing songwriter called Steve Mark. We wrote something beautiful together on our first ever writing Zoom session in the first lockdown and I loved the chorus and the pre-chorus and the kind of bridge but there was something not right about the verses. So I then spent ages doing like 20-28 different versions of the VS and just never managed to hit it on the on the head. So about six months later I heard Masked Wolf's Astronaut in the Ocean I just thought you know what on the off chance, let's just see if we can send it to him and see if he'd be up for jumping on it. And he literally sent back the vocals the very next day after going over how much he loved it and that is the version that you hear on the radio. We didn't change anything that he did, he absolutely nailed it. And then you know a couple

It's about finding something beautiful in the darkness

months later we finally met in person out in LA to do the music video so it was a bit of a mad one how it all came to be but I guess it was one of the silver linings of the pandemic. I don't think normally UK artists work with songwriters and artists out in Australia because it's the other side of the world. And then we managed to come together and finish it remotely which I just thought was quite cool.

DAVID: It's got a great sound to it. It does sound very much like it would sit in a Clint Eastwood Western it just it's got that kind of vibe to it.

TOM: Yeah, it's a bit spooky, a bit Western, just a bit odd. But that's kind of what the song is about. You know, it's about finding something beautiful in the darkness through a really difficult time and and I wanted the music to kind of reflect that and you know, I think we kind of got there in the end after a lot of work in a lot of different

versions. I'm really happy with how it turned out.

DAVID: So what are your plans for Christmas?

TOM: Just to go home and see my family is obviously a lot. My family is from Scotland and last year they closed the whole borders. Christmas was cancelled. I couldn't see anybody so I'm so excited this year to just spend some time with my sister on the ground and my mum and my dad. So that's gonna be amazing. And me and my partner are doing Christmas separately this year because last year obviously we did it together so I'm not actually spending Christmas with them because we were both so excited to go back and spend time with our family. I think that was one of the hardest things about that lockdown finally thinking you're going to get to go out for a little minute or catch a beer and catch up with everybody. And at the last minute the rug being pulled from under your feet. I'm so, so excited about Christmas this year, cannot wait for it.

DAVID: And what's the plans for next year? Have you got stuff in the diary for next year now?

TOM: Yeah, so there'll be a couple of new singles coming out. Plus obviously doing festivals. And the album's coming out. I don't think any of us are certain. That's the bit I'm a bit scared about because you know, musicians and crew and everybody who helps any part of the music industry, we were the first ones to have to leave work and we were the last ones back. So everybody's just like skating around on thin ice hoping that they don't fall through at the moment.



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

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

our circumstances.

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.

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4759 NRH 12/20 I









One Isle of Wight company which has always appreciated the benefits of zero waste and packaging, is Easy Weigh, first established on the Island in 1986.

his gratuity, Graham paid off the business loans against the shop.

In its early days, the shop was the place to go to pick up Caraway Seeds, used to make the (then) very popular, Seedy Cake. It also stocked ingredients for home brews and Ecover products, so Islanders could refill containers of cleaning products.

The shop was constantly evolving to meet new trends. For the first 15 years, owner Graham says prunes were the shop's best-selling product!

In 1991, the limited company Easy Weigh was a part of went into administration and most of the franchises connected to it folded. Thanks to the early bank loan pay off, the Island's Easy Weigh continued on on its own, going from strength to

The Newport shop relocated to its current position in Pyle Street in 1991.

Its legacy has passed down through the generations. Staff say customers who once came in as children to fill up a bag of pick 'n' mix now come in with their own children.

With the Ryde store now closed (since 2008) the Newport store continues to be the place to go for ingredients (even in the smallest of quantities to save on waste), seeds to grow your own veg and herbs to make your own tea.

Customers can still bring their own containers and buy loose ingredients and refills. Chinese curry sauce has taken the title as the most popular item in store in recent years.

Manageress, Angela, who joined the firm a couple of years ago has brought some great new ideas into the business. As a vegan, she knows how to accommodate those with different dietary requirements – and is looking forward to sharing some of her own recipes with customers this Veganuary.

www.easyweighwight.co.uk. 🕒

HELPING ISLANDERS BAKE

the Easy Weigh

he popular shop in Pyle Street sells a variety of loose dried goods such as sugar and flour, exotic ingredients for foreign cuisine and herbs and spices. The shop also stocks a wide range of home brew and winemaking equipment, with kits available to make beer, lager, cider, wines and liqueurs.

Easy Weigh started life as a franchise - opening its first store at 120 High Street, Ryde on June 20th

Shop owner Graham Sutcliffe and his wife soon branched out, opening a store in Lugely Street, Newport in September the same year.

Graham was away with the Navy for the first year in business, so Mrs Sutcliffe ran the store on her own until his return in June 1987.

Upon his return, and using





By George Birtchnell



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As well as loose produce, the shop also

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GONG GREEN EXEXPRESS



If you are looking to become more sustainable and energy efficient, either at home or in business, then there are some steps you can take that will make a real difference to both the environment and your finances. Future Isle of Wight and EV Express guide you through.



ELECTRIC VEHICLES

Changing from a petrol or diesel vehicle to an electric vehicle (EV) is the biggest positive impact you can make on the environment, and to reduce your carbon footprint.

As a guide, switching to an EV from a diesel car will save around 5.7 tonnes CO2 per 10000 miles. For a petrol car, those emission savings are around 2.91 tonnes per 10000

There is a rapid transition towards EVs going on right now, as the SMMT (Society of Motor Manufacturers and Traders) has shown in the latest batch of data for November 2021. It reported that nearly 19% of new car sales were Battery EV, or Pure EV as they are also known. That means cars that only run on electric. This is a massive increase year on year, and the trend is expected to accelerate through 2022 with more vehicle choice from manufacturers.

EV CHARGING

If you are thinking about EV, then you also need to think about EV charging. If you lease or purchase an EV, then until March 31st, 2022, you can qualify for the Home Charge grant, worth £350 where the key criteria is to have proof of vehicle ownership and off road parking at your property.

Most homes with a

standard single-phase supply, would install a 7kW charger, which normally charges an EV in around 6 hours. The Project EV charge point featured in our prize competition on this page, has a 7kW output. There needs to be capacity on your fuse board for the installation, approval from Scottish and Southern Electricity Networks and the installation needs to be carried out by an OZEV approved installer to claim the grant. Where 3 phase supply is available, then you could probably consider a more powerful charger (22kW) which would speed up the charging time.

If you own a business, then consider EV charge points for your staff and visitors. The government will support this with a £350 grant per socket through the Workplace Charging Scheme, and for up to 40 sockets (worth up to £,14000) which can be installed in phased way.

Where Home Charging or Workplace Charging are not options, then Public EV charging on the Island could be a viable option. The EV charging infrastructure here is developing, and where many EVs would have a range over 200 miles, then that could mean needing to charge either once or twice a week for Island-based motoring.

COMBINING WITH OTHER **RENEWABLES**

If you already have solar (PV) panels or are thinking about PV, then consider connecting your EV charge point. At the same time, think about battery storage. How we store and distribute energy will be a developing topic for all of us. As electric bills rise, then generating power for our self-consumption will become increasingly important to us. If you want to understand the



solar potential of your property, then Future Isle of Wight have a free to use information tool. Scan this QR code to find out about the solar potential for your property.

OTHER ENERGY EFFICIENT MEASURES

Future Isle of Wight offer help and advice around energy efficiency themes of heating, insulation and ventilation. Do you want to know more about home or commercial heating systems, such as air source heat pumps? Do you need cavity wall insulation? Does your property have effective ventilation? Taking any needed steps on all these points will make your home or business far more energy efficient. Future Isle of Wight can also access a range of possible grants available. 3



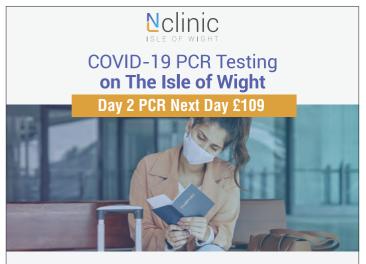
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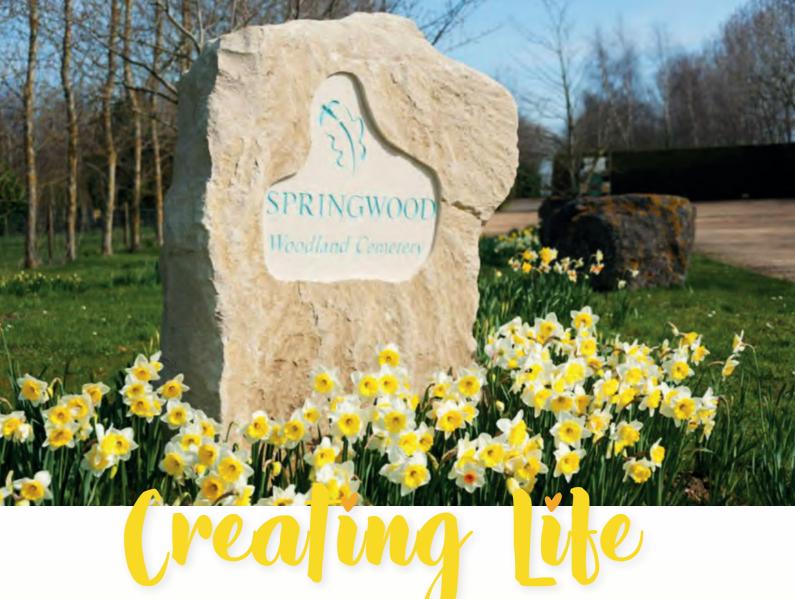
The Regional Adoption Agency for Hampshire, Isle of Wight, Portsmouth and Southampton Local Authorities











FROM DEATH Consider a natural form of burial which provides benefits

Consider a natural form of burial which provides benefits to both our environment and the local wildlife.

pringwood Woodland Cemetery was opened in Winford Road, Newchurch by William Hall Independent Funeral Directors in 1995. The cemetery recreates the traditional woodland which once covered the Isle of Wight.



The cemetery is approximately eight acres in size and was one of the first woodland burial sites created in the country. Each grave will have its own tree planted in memory, as well as a simple bronze memorial plaque at the base of the tree. Special areas also cater for cremated remains, providing choice for all individuals.

In 1996, parts of the cemetery were consecrated by the Bishop of Portsmouth, offering a choice of consecrated or non-consecrated areas, ensuring all beliefs are catered for.

Springwood Cemetery prides itself on being a tranquil place of outstanding natural beauty – and a haven for wildlife and wild flowers. Since the cemetery was created, bird feeders, nesting boxes, slowworm areas, kestrel boxes and stands have all been added, which have encouraged and protected wildlife. Resident squirrels, hares, foxes, kestrels, owls and many other birds can be found within the cemetery. You'll find a wide range of fish in the pond, which visitors often like to feed, as well as ducks and moorhens. A separate marsh area has been formed to provide homes for all different types of plants and insects too.

We are living in days when environmental damage is at the forefront of our minds – and chosing burial facilities which harmonise with our surroundings is a great step to providing a better future for our surviving loved ones.

www.williamhallfuneraldirectors.com. 3

AFFORDABLE WXWY Joedan Windows & Doors

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With sustainability and recycling being two of the watch words today, it good to know that local aluminium window producers, Joedan Windows & Doors have the philosophy of environmental concern and the choices they offer reflect this.

Did you know that aluminium is wholly recyclable, or that scrap and used products can be re-melted to make new material? Did you also know that over 70% of all the aluminium that has ever been produced globally is still in use or that aluminium is sustainable as it's the third most common element in the Earth's crust? If you didn't then Joedan's range of fabulous aluminium windows, produced in Tewkesbury, will certainly help with your home's green credentials.

With the perfect mix of modern materials and classic functional styling, aluminium windows have strength, durability and design flexibility and are perfect for the Island's coastal weather as they don't twist or buckle and are thermal making them an increasingly popular choice for window frames. The strength of aluminium also means that frames can be thinner allowing more glass to be used which lets more natural light into your home.

Joedan's Design Centre in Newport showcases the variety of styles, colours and finishes that are available in its 'Lusso' aluminium range to give you a traditional or contemporary look of timber frames whilst you benefit from modern insulation and security.

With customer service being at the forefront of Joedan's offering, there are no high- pressure sales, appointments are made at your convenience and installation and after sales service are all included in their competitive pricing with as little disruption as possible to customers. The Joedan team can give you expert advice on any installation however big or small and you can be confident that you'll get a fantastic level of service as well as a result you'll be delighted with. The company's manufacturing, supply and installation operations follow recovery and recycling policies. Underlying their product design is the imperative to produce energy-efficient end products.

Contact us today for a free quote.









www.joedan.co.uk

Visit your local Design Centre.

Open Mon - Fri 9am - 5pm • Saturday by appointment only 5 Daish Way • Isle of Wight • PO30 5XB t: 01983 825055





An indoor wooden skatepark is set to open in Chale early this year, on the site of a former derelict farmyard.



"WE AIM TO REACH

ANYONE WHO

WANTS TO SKATE"

hase one of an exciting new project to create an educational/holiday centre at Corve Farm is almost complete, with the first facility, a 400sqm indoor wooden skate park, almost ready to open to the public.

Canopy Skatepark will run sessions for toddlers, school groups, after school kids, open sessions, silver surfers and for those needing special attention and support.

Phase two will expand the range of

activities, including riding a mountain bike track, archery range and bushcraft area. Accommodation and a classroom/common room with cooking

facilities will also become available.

This project embraces education, tourism, physical activity (including positively impacting mental health), employment creation, and the prosperity and rejuvenation of a local rural community.

Owner, Hamish Fleming, said: "In any way we can, we want to contribute to protecting the environment for the future generations. We use recycled materials wherever possible in our build programme and we intend to become self-sufficient for energy using solar and wind. Over the last seven years, we have planted several thousand trees — with

nearly 1,000 planted on the Camp Corve site alone.

"Central to our philosophy is encouraging self-worth and a positive

Hamish Fleming was the skate coach ambassador for Penny Skate School UK and has worked with local authorities, police, schools, social services and charities — through which he has taught over 3,000 learners to skate.

His long held dream to create an educational/holiday centre started to be

> realised when five years ago he bought Corve, a derelict farmyard. Shortly afterwards, the idea of "Camp Corve" was born. Hamish is the founder

of Don't Rain Limited.

which has its own skate team, and he has set up and run skate competitions across the south coast. All of his work reflects his commitment to the growth of skateboarding as an easily accessible sport and lifestyle, and providing access to a supportive and diverse skateboarding community.

"We aim to reach anyone who wants to skate. People will need to become a member and book to enjoy Canopy Skatepark and its facilities because the park will not be open for walk ins. This way, we can maintain a high quality experience for all of our learners and customers." 3





News from Sandown North

by Cllr Debbie Andre

Another year has drawn to a close. One that most of us are probably quite happy to relinquish, although the vaccination programme has granted us a greater level of freedom than this time last year.
I'm aware that more people than ever will

find this a stressful time with money tight, especially in light of the increase in fuel charges. Help is at hand from The Footprint Trust who will provide impartial advice, free of charge to help you save money on your fuel and water bills. They can be contacted on 822282, or by emailing info@ footprint-trust.co.uk. Help is also available from "Help Through Crisis" on 823859 www.iow.gov.uk/helpthroughcrisis

There are some significant developments taking place in Sandown which I will keep you updated with as they progress. Work has now started on the Esplanade Hotel and is set to continue this year. We are looking to strengthen our enforcement team, but I will continue to keep a dialogue open with owners to drive forward improvements where I can.

Details will be published shortly of future plans for Culver Parade and Dinosaur Isle. As many will be aware, I have always favoured an environmentally sustainable plan that promotes ecotourism and accessibility. I'm delighted that the Alliance administration have been able to work with local partners to bring all of the elements together in a plan to protect our heritage and keep this much loved area for our local community as befits our Biosphere status.

I have met with The Wildheart Trust and am excited by their plans for the future which include fundraising for a new enclosure for rescued primates. I have offered to help with fundraising and will be locked in a cage in the café for a day, dressed as a lemur, without being allowed to speak (date to be announced)! I strongly recommend that you visit as there is always something new to see and events planned. Take a look at their website:

wildheartanimalsanctuary.org
I will be continuing this year to
strengthen my working with our local
policing team and community resilience team. There are some excellent initiatives being delivered and ongoing work with our young people to find out what extracurricular activities they would engage in, they are our future. I'm grateful for the work

that is planned for this new year. Starting this year, I will be holding a joint surgery with our policing team on the second Saturday of every month at 11am at Yaverland Sailing Club. Also, Cllr Heather Humby holds her weekly surgery at Sandown Library and is available every Thursday from 11am to midday and also on 402024 or heatherhumby@ sandowntowncouncil.gov.uk

Thank you for your support and I look forward to another year working with you all for the good of Sandown and the Island.

07948 757977

debbieandre4sandown@gmail.com

Islanders Get Their First Taste of Riding an E-Bike

By Jamie White

More than 500 Islanders have so-far experienced riding an e-bike for the first time, as part of the Isle of Wight Council's E-Cycle Roadshow project.

The council was one of nine local authorities to secure funding through the Department for Transport's (DfT) e-cycle extension fund to trial new ideas to make electric bikes more accessible to more people.

The programme is delivering five projects on the Island, including an e-cycle 'pop up' roadshow which will provide 1,000 residents with an e-bike taster experience.

The roadshow aims to introduce people to electric bikes in a safe environment, and understand how this initial experience can translate into more regular access to e-bikes in the medium term.

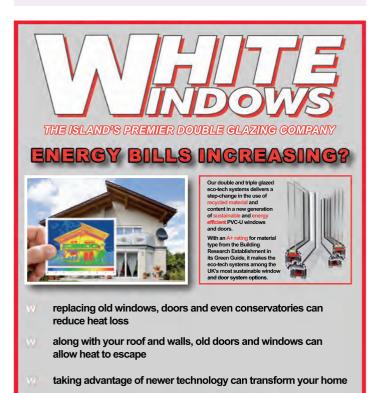
The roadshow project is delivered in partnership with Island cycle hire operator, Routefifty7, and started in September 2021. It recently welcomed its 500th participant, halfway to the 1,000 target.

All participants are required to complete a baseline and follow-up survey to understand the impact of the project.

Of the responses received to date, more than 50 per cent said they had not cycled in at least the past 12 months.

Roadshow events are free to attend and take place across the Island.

The next events will be held on Wednesday 19th January 2022 at St Mary's Hospital, Newport, PO30 5TG - 10am to 4pm and Saturday 29th January 2022 at Chessell Pottery Café, Shalcombe, PO41 0UE – 10am to 4pm. For details of future roadshows, visit www.routefifty7.com/ e-cycle-roadshow





Cost of Green Waste Subscriptions Set to Rise

By Louise Hill LDR

A price hike is on the cards for garden lovers who have signed up to the Isle of Wight Council's green waste collection service.

Subscriptions are set to rise by a third – from £72 per year, to £,96. It would mean an increase from f,6 to f,8 per month, or an extra £24

per year. In 2017, it cost just £60 to get your garden waste collected.

At a corporate scrutiny committee meeting in December, chair Cllr Steve Hastings questioned how many Islanders would stop using the scheme over what he called a 'dramatic' price increase.

act now and help keep the warmth in



Man v Fat Football Coming to Island

By Dominic Kureen

A six-a-side football programme that has already helped more than 6.000 men across the UK tackle obesity is set to kick-off on the Isle of Wight this month.

Organised by MAN v FAT Football, the programme will take place on Tuesday evenings from January 18 at The Bay CE School in Sandown, with Isle of Wight Council funding available.

The football clubs are specifically aimed at overweight and obese men with a BMI above 27.5. On the Isle of Wight, 62.3% of adults and 68% of men - are either overweight or obese, which could equate to as many as 35,500 men across the island.

MAN v FAT, an FAaffiliated scheme, currently has 6,000 players taking part at more than 100 clubs across the UK. The programme was created by Andrew Shanahan as an alternative to traditional weight loss classes.

Before matches players are weighed, followed by a 30-minute game of six-a-side, with goal bonuses awarded to teams based on the amount of weight players have lost.

Weight loss and match scores then contribute to teams' league positions within a club. Players receive additional support including healthy meal recipe ideas and tips on general fitness.

Richard Crick, head of MAN v FAT Football, said:

"We are delighted to be expanding our programme to the Isle of Wight following many successful years of helping men lose weight and improve their lifestyle elsewhere in the

"MAN v FAT isn't just about losing weight, it's about enjoying sport in a friendly environment, learning about healthy lifestyle and diet – while making new friends."

Players can join up at www.manvfat.com/football and they can get more information by calling 0345 163 1042 or emailing football@manvfat.com

He said it would 'risk more than we gain.'

Cllr Jonathan Bacon, environment and waste cabinet member, said there is always a risk of losing customers when prices rise.

He argued the benefits would outweigh the negatives, saying more Islanders would be able to sign up.

Cllr Richard Quigley said the service was not 'essential' service and argues the price increase would take considerable pressure off other services.

In all, 10,450 Islanders use the green waste collection scheme and growth in popularity means a second lorry had been purchased.

The report says 1,200 people are on the waiting list to join the scheme. It argues the price hike would help shore it up financially.

There are also plans for a third vehicle to collect green waste.



News from Sandown South

by Cllr Ian Ward

LET'S LOOK FORWARD TO A GOOD YEAR FOR SANDOWN - 2022: Despite the many troubles we have experienced during the last couple of years with lockdowns and other restrictions Sandown just experienced its best summer for many years. As tourists were discouraged from going abroad for their holidays the UK benefitted by them taking their breaks here. Hopefully, now people have experienced our lovely Island they will return. Sandown must move forward and will benefit from having unique tourist attractions. I will work to boost our opportunities to enable our tourist economy to thrive, which will benefit us all.

MEETING WITH DONNA JONES POLICE & CRIME COMMISSIONER: Last month I and a couple of other members met up with Donna Jones. Donna explained that with senior officers she was looking at the way the Hampshire & IW Police was structured with the intention of seeing if the force could be made more flexible and better able to cope with emergencies.

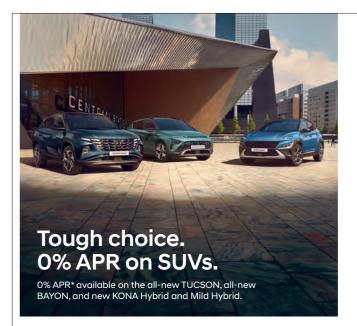
I did tell her that the most common problems in Sandown were vandalism and drug dealing/taking. Donna said that she hoped to be able to deal with these fairly common issues more quicky if the force could be more flexible, however, this could take some time to achieve.

ISLAND LINE UPDATE: It is very welcome to have our trains back in service and despite a few teething troubles, which are only to be expected, the service is running well. Ridership is nearly back to normal. The schedule is currently hourly, but it is hopeful that will change to a 30mins schedule when the final track engineering work is completed and there is sufficient passenger demand to support the additional trains.

PROSTATE CANCER TESTING: Last month I went along for a PSA Prostate Cancer test at the Methodist Church in George Street, Ryde, run by the Isle of Wight Prostate Cancer Support Group. I was surprised by the number of men who were also being tested while I was there. The whole administration and testing process worked like clockwork. Well done and many thanks to the people who organised the testing session. I have since received the test results and and I'm ok.

I would recommend all middle-aged men to have a test. Tests are organised by the Isle of Wight Prostate Cancer Support Group. Tel: 07568245124. Email: iwpcsg@gmail.com

3 403193/07772559093 ian.ward@iow.gov.uk



College Close, Sandown, Isle of Wight, PO36 8EB 01983 405565 | lesliesmotors.co.uk/hyundai/





Fuel Consumption figures for the models shown. Mpg (I/100km): Combined 39.8 (7.1) to 57.6 (4.9). CO₂ emissions: 160 - 112 g/km. Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load. TUCSON and all-new BAYON 0% APR offer available over 36 months only with no minimum deposit for private retail purchases paid for and registered between 1st October to 31st December 2021. Offer applies to All-new TUSCON and All-new BAYON models only. T&Cs apply. Subject to status. 18s and over. Guarantee may be required. All offers are subject to availability, while stocks last. Offers are not valid in conjunction with deposit contribution, Affinity and Scrappage. New KONA 0% APR offer available over 24 months only with 30% minimum deposit for private retail purchases paid for and registered between 1st October to 31st December 2021. Offer applies to New KONA 48V Mild Hybrid and New KONA Hybrid only. T&Cs apply. Subject to satus. 18s and over. Guarantee may be required. All offers are subject to availability, while stocks last. Offers are not valid in conjunction with deposit contribution, Affinity and Scrappage.



News from Ryde Monktonmead

by Cllr Karen Lucioni

Well here we are in 2022, sorry I have not written to you all for a while, like lots of other people I've had Covid and it took me a while to get over it.

I know many have been supporting communities still and for this I thank you! Let's still watch out for those in our communities that need our support especially those who may still be isolating or fallen poorly. If there is anyone you're aware of that may need some help please let me know.

One concern for me is those experiencing issues with fuel poverty. The Footprint Trust are there to give advice on how to combat the effects of cold, poorly insulated homes and other issues you may face. Fuel poverty meaning is if you spend more than 10% of your income on fuel for your home.

On a positive note we have spring and summer to look forward to with lots planned for Ryde which hopefully I can let you know about soon, however I am excited about all we are achieving in Ryde, let us continue to support

wonderful Ryde businesses. Our town is a special one.

Respect Rvde arranged litter picks at the start of spring and I will be starting my walking group again soon, so those who would like to get out walking with others please let me know. Let's get fresh air, a bit fitter and

have a chat.

Ryde Harbour should be transferred to Ryde Town Council by April 1st which is fabulous news. We all saw a great difference on our beachfront last year with more entertainment, beach sports, deckchairs and more fun for all than ever. Having ownership of the harbour, which will be rebranded Ryde Marina, will really put Ryde on the map. Vectis Hall moving forward is very exciting. One feature I have asked for as part of the development of the site is public accessible toilets

© 07506 930109 karen.iow@icloud.com



Quarr Abbey Features In BBC One Series

By Oliver Dyer

Ryde's Quarr Abbey is the feature of a new series which aired on BBC One.

Heaven Made is a threepart show made by Purple Productions.

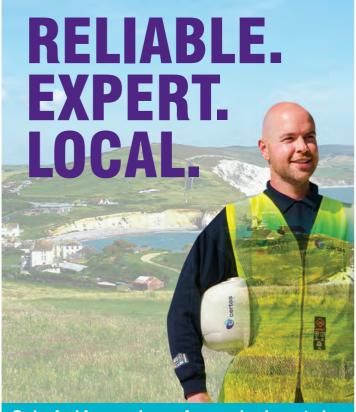
The TV programme shined a light on communities of monks and nuns in three Abbeys across the country, including those who live at

A synopsis of episode two

reads: "At Quarr Abbey on the Isle of Wight, Father Gregory oversees the production of Abbey Ale, while at St Augustine's in Surrey, the guest master prepares to welcome visitors for Advent."

The series will focus on not only craftmanship and skill used to create handmade products, but also the true meaning of Christmas.

The series is available on BBC iPlayer.



Order fuel for your home, farm, or business today.



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Isle of Wight Book Awards to be Judged by Distinguished Authors

Distinguished authors, Alan Titchmarsh, Joanna Trollope and Hunter Davies have lined up to judge the first ever Isle of Wight Book Awards, this

The Isle of Wight will be only the second region in the UK with its own regional book awards when the winners of the first awards are announced at a literary lunch on Isle of Wight Day, in September 2022.

Well known author and prolific journalist, Hunter Davies, who has a home on the Island, is starting the awards along with Peter Harrigan and Krissy Lloyd of headline sponsor, Medina Bookshop in Cowes.

All books must have a connection with the Isle of Wight and will be entered into one of three categories, fiction, non-fiction and children's books, sponsored by Hovertravel, the Isle of Wight Festival and the estate agents, Hose Rhodes and Dickson.

For this, the inaugural year, books which have been published in the last five years will be allowed to be entered. After that, the annual awards will be for books published during the previous year.

The aim is to promote interest in the Isle of Wight and encourage local authors

Lack of Late Night Crossings an "Absolute Travesty!"

By Oliver Dyer

Wightlink's refusal to put on later FastCat sailings has been labelled an "absolute travesty" by Isle of Wight commuters.

The ferry firm says it has considered scheduling later crossings but customer demand is "very low".

Wightlink has published its 2022 timetable for its Ryde to Portsmouth catamaran service.

It shows the last sailing from the mainland to the Island to be 8.22pm. Commuters say the decision is disappointing, given it used to be 10.45pm.

Changes, which were thought to be temporary, were

made to the FastCat service following the pandemic.

One person said he relies on the service to commute and socialise off Island, and 8.22pm is just too early.

A spokesperson for Wightlink said it will continue to review its decision and add more when demand increases:

"Although Wightlink has considered scheduling later FastCat services between Portsmouth Harbour and Ryde Pier Head, there is a very low level of demand from customers at present.

"However, the situation will be kept under review and extra sailings added when more people want to travel at this time. Later cross-Solent services are available on Wightlink's car ferries."



to write and possibly self-publish their own stories.

Submissions must be published books, not e-books, however print-on-demand books will be accepted. Unpublished manuscripts are not eligible. Entries should be submitted by March 2022. Shortlists will be revealed in

The winners will receive £,100 each.

August.

Author, Hunter Davies, said: "Everyone has a story to tell about their life, their family, their research, their hobbies, their interests. These days self-publishing is not too expensive or

complicated, so you can do it yourself and take pride in passing around finished copies to your family and friends and neighbours and I am

> sure a kindly local book shop on the island will display copies".

At September's awards lunch, local MP Bob Seely will also announce

his choice of the best books ever written about the Isle of Wight — which will also be put to an online vote.

For further details and entry forms, visit: www. iowbookawards.co.uk





News from Shanklin South & Central

by Cllr Chris Quirk & Cllr Michael Beston

MR JOHN RUSHBY: We extend sincerest apologies misreporting our December article regarding Mr John Rushby who sadly passed away in 2021. In former years John had been a central figure at the Remembrance Day services in Shanklin and

as chairman of the local Royal British Legion, helped facilitate the fundraising of the annual Poppy Appeal.

MORE POLICE - SAFER STREETS: The Crime Commissioner, Donna Jones sets out her vision for Hampshire and the Isle of Wight to be two of the safest places to live, work and visit in the country. More police means more detection and more prevention of crime. That's why Donna's main priorities are to have 600 more police officers visible on our streets by the end of 2023. Cracking down on Anti-Social Behaviour (ASB) is another priority for Donna with the creation of a new 'ASB Taskforce' working with councils, landowners, schools and parents to address long-term systemic ASB issues. A review of the current 101 Service will also be undertaken including the Single Online Home reporting function via the Hampshire Constabulary website and seek to introduce a mobile app for reporting both rural crime and general crimes and ensure feedback is provided for all crimes reported across the force area. Preventing crime by stopping young people from becoming criminals in the first place is key, Donna will commission services to support young people at risk of offending. Dealing



with high harm crimes, such as knife crimes, rape and homicides will remain the highest priorities for Hampshire Constabulary. The full Plan can be read at www.morepolicesaferstreets.com

MOUNTBATTEN HOSPICE - ISLE OF WIGHT: As a member of the Vectis Historic Vehicle Club, back in December, Michael attended the annual gathering with other club members at St Thomas' Square in Newport to help raise funds for the Mountbatten Hospice - Isle of Wight. The atmosphere was festive and uplifting with a good footfall into the Square. Visitors were greeted by an array of historic vehicles and enthusiastic owners who dressed up especially for the day including their cars. There was entertainment courtesy of a street guitarist, various Mother and Father Christmasses, even the Grinch made an appearance! All proceeds raised on the day went to this very worthy and important charitable organisation.

May we wish you all the best throughout 2022. Kind regards, Chris and Michael.

© 07802 705831 chris.quirk@iow.gov.uk **07885 644426** michael.beston@iow.gov.uk







Shanklin Town Council

Town Clerk RFO: Ms S. Janeway LL.B (Hons) CiLCA MSLCC, 65 Landquard Road Shanklin Isle of Wight PO37 7JX 🔇 01983 865101 🖾 shanklintowncouncil@hotmail.com 🞧 www.shanklintowncouncil.co.uk



Town Mayor's address

Councillor Chris Quirk, Shanklin Town Mayor

By the time you read this message Christmas will be over, but as I write the Christmas holiday is not yet upon us. I hope you all

enjoyed a happy, peaceful and blessed Christmas, and I and my fellow Town Councillors wish all of our local residents a happy and prosperous New

As 2021 came to a close, we entered pantomime time again with performances at Shanklin Theatre of "Peter Pan" presented by Theatre Train, and "Beauty and the Beast - the Pantomine" written and performed by Spotlight Isle of Wight; if you didn't make it to these shows you missed out on a treat, I would encourage everyone to support our local performing arts groups, the quality of their performances is amazing. These show are worth attending even with the irritation of having to wear a face mask because of the reintroduction of Covid-19 restrictions.

As most people will know, the Island recently said goodbye to legendary Island actor, journalist, broadcaster and author John Hannam. John was a good friend to Shanklin Theatre, and on Sunday 6th February the theatre will host "Sunday Night at Shanklin Theatre - a Tribute to John Hannam." Tickets are available from the theatre Box Office.

The early part of December saw severe weather conditions, and during one of the storms coping stones were displaced from the sea wall along the esplanade near to the Lazy Wave Café. Members of the Town Council alerted the Isle of Wight Council, who with the Environment Agency are responsible for maintaining the sea defences. The Environment Agency committed to a major investment programme for the Island's defences a year ago, Including the sea walls of the Bay, but we are encouraging the Isle of Wight Council to undertake interim repairs to stop further damage from occurring.

As we approach the Platinum Jubilee of Queen Elizabeth II the Town Council and the Isle of Wight Council are in discussion to carry out a major refurbishment of the Jubilee Memorial Clock Tower on Shanklin Esplanade. There are special arrangements to make it easy to arrange Platinum Jubilee street parties and we will

circulate information on this early in the New Year. The Town Council are discussing the planting of trees, possibly Royal Oaks (quercus robur), to commemorate the occasion, but we would be happy to also receive ideas from members of the Shanklin Community.

A current issue with existing trees in Shanklin is the spread of Ash Die-Back Disease, which has infected Ash Trees across the town, and accounts for the reason in most cases that mature trees being felled by Island Roads or the Isle of Wight Council. Both the Town Council and the Isle of Wight Council are committed to replacing felled trees with native species trees wherever possible.

Shanklin Town Council Meetings or open to the public, and 15 minutes is allocated at the start of every meeting to allow for questions from members of the public. If you wish to ask a question just come along to a Town Council Meeting and inform the Town Clerk or the Mayor that you have a question to ask. Prior notice of questions is not required, but you are likely to get a more detailed reply if you submit your question a couple of days in advance. Details of Town Council meetings, including agendas, minutes and policies are available on the Shanklin Town Council website at www.shanklintowncouncil.co.uk

Best Regards Chris. Shanklin Town Mayor (2021)



Ventnor Town Council

1 Salisbury Gardens, Dudley Road, Ventnor PO38 1EJ.

🕓 01983 857840 🖾 townclerk@ventnortowncouncil.org.uk 🕡 www.ventnortowncouncil.org.uk

CHRISTMAS COMMUNITY DAY

The strengths of the town's communities were on display in an impressive Christmas Celebration on Saturday 11 December with a programme of music from 11am around the well-decorated Spring Hill Gardens Christmas tree with craft fairs at both St Catherine's and the Baptist churches running into a Lantern Parade and Carols in the Park that even the evening rain was unable to dampen.

STORMY WEATHER

Salisbury Gardens' south elevation had to be completely scaffolded for repairs to the roof damage caused by the storm of the night of 30 October that lifted slates and removed much of the guttering and facia boarding. We're very grateful indeed to the scaffolders and roofers for their very quick response.

SUSTAINABILITY & BIODIVERSITY **GROUP**

The Working Group meets on the last Wednesday of each month by Zoom. Its Agenda each time now consists of considering the climate and biodiversity

issues for the Town Council and the town in the areas of Buildings, Food, Waste management, Transport and Biodiversity. The Group's proposal for an Audit approach to identify improvements from a current baseline was adopted at the November Town Council meeting and will be regularly reviewed.

TIME TO REMEMBER

To commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two World Wars and later conflicts the Town Council organised the Remembrance Sunday events on 14 November with a Service of Remembrance, 2pm at St Catherine's Church, followed by the laying of wreaths, 3pm at the War Memorial, Park Avenue. On the 11 November, a short memorial service was held in the High Street at the Royal British Legion with the road closed.

SOUTH WIGHT PARISHES FORUM

The Forum, organised by the Town Council, gives representatives from the 13 Town & Parish Councils of the area the opportunity

to hear from, and ask questions of, the leaders of the Island's Health and Wellbeing services. It's met twice since our last Beacon news: on 20 October at Wroxall's Community Centre with guest speakers Victoria White, Head of the Ambulance Service, Jane Hughes, Safe Places Co-ordinator and Lisa Beaney and Ray Harrington-Vail, Footprint Trust and again on 1 December at Godshill Methodist Church with guest speakers this time being Footprint Trust's Lisa Beaney and Maggie Bennett of Alzheimers' Cafes and Safe Places.

NEW WEBSITE

We've commissioned a new website from Zonkey Solutions Ltd in Bath at a cost of £3,000. Work has already started, supported by a Working Group of three Town Councillors and led by our Business Development Officer.

MORE INFORMATION

The Town Council's website, with contact details for Town Councillors and staff, is at www.ventnortowncouncil.org.uk; our Twitter account is: @ventnorclerk.



Ryde Town Council

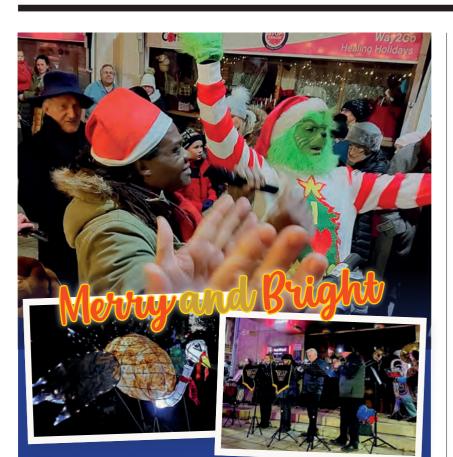
Town Hall Chambers, 10 Lind Street, Ryde, PO33 2NQ Tel: 01983 811105 Email: clerk@rydetowncouncil.gov.uk www.rydetowncouncil.gov.uk











Ryde Was Very Merry & Very Bright

Wow what a brilliant night it was for Merry & Bright on Thursday 2 December. A big THANK YOU to everyone who came out for a special festive celebration. It was wonderful to see so many people in the community enjoying this event while supporting local businesses, Ryde was certainly bustling.

The Grinch, accompanied by the Mayor of Ryde and the renowned Derek Sandy officially

welcomed everyone Mingh<u>ell</u>a Square for the big

Christmas tree light switch on.

It was a fabulous night for late night shopping including a festive-themed lantern parade, street entertainment and the illuminated gardens. Well done to everyone involved!

Upcoming Council Meetings			
Date	Meeting	Time	Venue
18/01/2022	Finance	7pm	Please see the agenda on our website three working days before the meeting for venue details
31/01/2022	Full Council	7pm	Please see the agenda on our website three working days before the meeting for venue details
01/02/2022	Planning	7pm	Please see the agenda on our website three working days before the meeting for venue details

Ryde Shopfront Improvement Scheme

The project will help restore or rebuild historic shopfronts in Ryde's High Street. Grant funding



will cover up to 80% of eligible costs for frontage improvements and 20% of work to bring unused floors back into use.

If you are a building owner in the High Street area of Ryde and would like to restore a shop-front please visit www.iwhaz.uk for more information on eligibility and details on how to apply.

Funding is only available for eligible properties located with the Ryde Heritage Action Zone from St Thomas Square, up through the pedestrian zone at Garfield Road to Star Street, and to include the High Street section to the traffic lights at St John's Road.

Pedestrian Zone Ryde High Street

Several vehicles are continuing to ignore the pedestrian zone sign, no vehicles are allowed to drive up the High Street except for loading between 6am-10am and to access off-street premises. Any vehicles driving up the High Street before or after these times are committing a road traffic offence.

Driving or parking up through pedestrian precinct is prohibited seven days a week and driving through the precinct outside of the allocated times puts pedestrians using the area at risk.



WHAT A DIFFERENCE A DAY MAKES



INSTALLED IN 1 DAY

"What a difference a day makes as the saying goes, and yes, that's all it took to install."

Mr & Mrs Barber, Wells

WARMER IN WINTER

"There is no doubt that the conservatory is much warmer than previously, and no, the room is not darker either!"

David Birch, Chichester

USABLE ALL YEAR ROUND

"The conservatory is now used throughout all seasons of the year and is far more comfortable to sit in whatever the weather outside."

Mr & Mrs Gibson, Portishead

MOULD & CONDENSATION

"This is the best thing we have done in this house. Used to run with condensation and now zero."

Karen Thomas, Chippenham

COOLER IN SUMMER

"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

REDUCES ENERGY BILLS

"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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Bembridge Parish Council

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Queen's Platinum Jubilee Celebrations

In Bembridge we have started to think about The Queen's Platinum Jubilee due to be held over 2nd-5th June 2022 and how we are going to celebrate the event.

The Street Fair will be on Thursday 2nd June, organised by the Cllr Jay Chapman and in the evening, beacons will be lit the length and breadth of the country at 9pm which we hope to organise on Culver Down with the help of the Scouts and the National Trust.

There are no events yet for Friday 3rd June, so would be a good day for residents to hold street parties. If you are planning a street party that involves road closures don't forget that this will require an application to Island Roads.

Saturday 4th June will be the day when the focus is on the harbour, the shore and sailing.

The Jubilee Jamboree will be in

Steyne Park on Sunday 5th June in the afternoon, plans are still at the ideas stage but lots of help from local businesses, groups and residents will be essential.

Anyone with a sewing machine and/or green fingers is encouraged to make LOTS of bunting to swathe the village, and to plant up their front gardens in red, white and blue (or purple and silver – the colours of the Jubilee).

The Parish Council will collate all the events and produce a calendar of events, so please forward any events planned for the bank holiday weekend to clerk@bembridgepc.org. uk or Cllr Harriett Brabazon, harriet. brabazon@bembridgepc.org.uk so we can advertise.



The Queen's Green Canopy

To celebrate the Queen's Platinum Jubilee in 2022 Bembridge wanted to be part of the Queen's Green Canopy, which is a tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022. Everyone across the UK is being invited to plant trees from

October 2021, when the tree planting season begins, through to the end of the Jubilee year in 2022.

The Queen's Green Canopy will create a network of individual trees, avenues, copses and whole woodlands in honour of the Queen's service and



the legacy she has built. This will create a green legacy of its own, with every tree planted bringing benefits for people, wildlife and climate, now and for the future. The Woodland Trust wanted to make sure everybody in the UK had the chance to plant a tree, so they were giving away hundreds of thousands of trees to schools and communities.

Bembridge Parish Council secured 345 native trees and hedges which arrived the last week in November and were planted in December. Bembridge Sea Scouts will plant 50 trees, and will maintain them, around the scout field in Mitten Road. The Holy Trinity Church Mice have been given 35 trees to plant with their children.

Thank you to local residents, Windmills Preschool, Men in Sheds, IW Cllr Robertson, PC Councillors and the Parish Lengthsmen who helped plant 260 trees and hedging around Steyne Park on Wednesday 8th December.



E-Newsletter

If you would like to sign up to receive a monthly E-Newsletter letting you know about local news, events and projects contact clerk@bembridgepc.org.uk

Full Council, Planning and other Committee Meetings are taking place remotely at present. For further details, agendas and documents, see the website www.bembridgepc.org.uk





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The Importance of Making a Will

Will is a legal document that allows you to pass on your possessions to benefit others after your death, giving you control over what happens to your money, possessions and property after you die.

Many people often assume their possessions will simply pass automatically to their spouse or children and consequently don't make any plans for the future after they are gone. Often people believe their assets are too small to require a formal arrangement or legal guidance.

If you die without having made a Will, the intestacy rules apply and may not reflect your wishes. Therefore, the only certain way to ensure that your wishes are put into effect is by making a Will.

Under the intestacy rules your spouse will receive a statutory legacy of up to £,270,000 and your personal possessions. If your estate is worth more than £,270,000 the balance is split with your children and so your whole estate will not necessarily all pass to your spouse.

Although it is increasingly common for partners to live together without marrying

Have you made any New Year's resolutions? If so, was making a Will one of them? Only 4 in 10 UK adults have a Will – despite owning property. But why is it so important to have one?

or entering into a Civil Partnership, at present the intestacy rules do not recognise these arrangements. Therefore, if you live with your partner and die without having made a Will, your partner will not automatically inherit any of your estate and would have to make a claim on your estate. This could mean them having to fight for their home at a time when they have just lost their life partner.

Family arrangements are also becoming more complex. If you have children from a previous relationship you can use a Will to protect assets for those children. For example, a Will can give a second spouse the right to occupy the family home, while protecting the capital for children of an earlier relationship.

A Will can also be used to protect assets against future care fees. If your estate passes absolutely to your spouse or partner on your death and your spouse or partner subsequently need care then your estate could be used to pay those fees. A trust can protect your capital for your children or other beneficiaries whilst allowing your spouse to remain in the family home and benefit from the income from any other capital.

What if you wish to leave gifts to charities or other organisations? Again, under the intestacy rules, this will not happen and so the only way to make sure your chosen beneficiaries do benefit is to make a Will.

Everyone's situation is unique, and the best way to ensure your wishes are in place is to seek professional legal advice. A solicitor is highly regulated and insured. They will make sure that they understand your situation to ensure that you are given advice appropriate to that. 3



April Newton is an Associate Solicitor at Glanvilles Damant specialising in Wills, Powers of Attorney, Trusts and elderly client matters. Please contact her on april.newton@gdlegalservices.co.uk or 01983 527878 for a free initial consultation.







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Quite simply, it is an alternative to a traditional funeral. The cremation takes place unattended, giving you the freedom to celebrate your loved one at a time, place and venue of your choice.

How much does a direct cremation cost?

We have 2 options to choose from:-

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

We offer this option for families who would like to take advantage of savings that mainland crematoriums offer.

Can I get help with the costs?

Yes, if you are in receipt of benefits you may be entitled to a payment of up to £1,000 from the Department of Work and Pensions, so we advise contacting them to enquire.

What is the difference between Isle of Wight Cremation and a mainland provider?

We are based here on the Island, we can take your loved one into our care promptly and without the distressing delay of travelling over on the ferries.

We can meet you face to face at our Island offices. Or make all arrangements over the telephone.

Whereas mainland providers often courier the ashes back, we provide a more personal service by hand delivering them to you at your home, or you can come in and collect them at either of our offices. We are locals and understand our local community.

Do you offer prepaid direct cremation funeral plans?

Yes, we do and we use Golden Charter, the UK's market leader for providing prepaid funeral plans to Independent Funeral Directors. Your funds are safe and placed into the Golden Charter Trust. Recently we were awarded by Golden Charter as the best funeral planner for 2020 in the Southern England Region.







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hen you're depositing your kitchen scraps – including old spuds, vegetable seeds and stones – in the bin, or on the compost heap, think again.

There are many things you can grow again from food waste, insist gardening duo and allotmenteers Paul Anderton and Robin Daly, known on Instagram as Two Dirty Boys.

"Regrowing scraps and cuttings can reward you with fresh homegrown food which can help reduce your grocery bill," say the pair in their new book Regrown.

"When we first started the process of regrowing, we did so in such small quantities that the cuttings generated just about enough food for Barbie's brunch. However, if you get into the habit of continually saving potential plants before they get to your compost bin, you'll find you are rewarded with a decent-sized harvest when the time comes."

Armed with a windowsill and reusable containers, you can make a start on these five easy to regrow edibles, following Anderton and Daly's guide...

BEETROOT GREENS

They say: "It takes a lot of beetroot cuttings to grow yourself a bag of beetroot greens – but the process is fun and there's nothing more satisfying than serving up a salad you grew on your windowsill."

Top tips: The top inch or so of a beetroot root can be used to regrow fresh beetroot greens which are wonderful in salad or used in dishes as a spinach substitute.

Start by removing the existing wilted leaves (or use them to cook with if they're fresh enough). Place multiple beetroot tops in a flat bottomed waterproof tray and fill the tray with a enough water that each root slice has access to water but isn't submerged.

Within the first day or two new leaves should start to emerge. Changing the water each day will ensure the plants don't rot. You'll be rewarded with a mini field of fresh beetroot plants.

Harvest the leaves as and when you wish. Harvesting leaves when they are still very small makes a novel topping for canapes.

SPRING ONIONS

They say: "This is a really easy and foolproof project. It's great to do with the kids as the progress is fast.

You'll never throw away the base of your spring onions again."

Top tips: Retain one inch of the root end of the vegetable for regrowing. Fill a jar with pebbles or marbles and position each cutting with the root end downwards amongst the stabilisers.



How to Grow New Vegetables from Kitchen Scraps

A pair of keen allotmenteers offer a guide to growing new plants from veg cuttings, fruit stones and pips.

Fill the jar with water to cover the roots, but leave the top of the cuttings above the water. Place on a bright windowsill and refresh the water each day. Harvest when desired.

AVOCADO

They say: "Avocado pits get tossed into the dustbin every day – each one a perfect new seed of a future avocado tree. They make beautiful houseplants."

Top tips: Rinse an avocado stone and gently peel away the outer skin revealing a nut-like surface. Identify the pointy end of the stone and ensure this now remains facing upwards during the next steps.

Pierce the stones with three toothpicks, evenly spaced. These will allow

you to position the stone in water without full submersion.

Fill a glass or jar with water and position the stone and toothpicks so the stone is hovering at the water line (with the bottom of the stone under water). It can take several weeks for the stone to germinate and start growing so be patient.



Once roots have descended and the stone has started to grow a stem and leaves, you could choose to transplant the plant to a plant pot filled with potting mix. Keep your new avocado houseplant in a bright location and water when necessary.

TOMATO SEEDS

They say: "It's the time of year most gardeners start thinking about their tomato seedlings. Why not grow this year's plants from a kitchen scrap? Heirloom tomatoes are the best choice."

Top tips: Scoop out the inner part of an overripe tomato and seeds and mix these with some water in a jam jar. Seal it and let it start to ferment for one week. This process will separate the seeds from the flesh and help fight diseases.

Strain the seeds, rinse them and lay them out on paper towels to dry for at least another week. After this time the seeds should be ready for planting. Use the

tomato seeds as you would any store bought tomato seeds. Then

start the process off using potting mix in seed trays.



of tasty spuds."

They say: "We've all been guilty of neglecting a bag of potatoes in a dark kitchen drawer or cupboard. It's easy to regrow these into a whole new batch

Top tips: An out-of-date potato can be used to grow a new crop of potatoes. Use a sharp knife to cut the potato into sections, but make sure

An out-of-date potato can be used to grow a new crop of potatoes

each section has its own 'eve' as this will be the foundation of a new plant.

Let the potato pieces dry in the open air to avoid bacterial infections. After some time, each eye should begin to sprout. The process is called chitting.

You can now plant each potato piece in the earth with the eye facing upwards (four inches deep) or in a plant pot or growbag (with a 50/50 mix of compost and garden

Water regularly if in pots and once the plant above ground has flowered and begun to wilt (between 70 and 120 days later), your underground potatoes are ready to be harvested. 3



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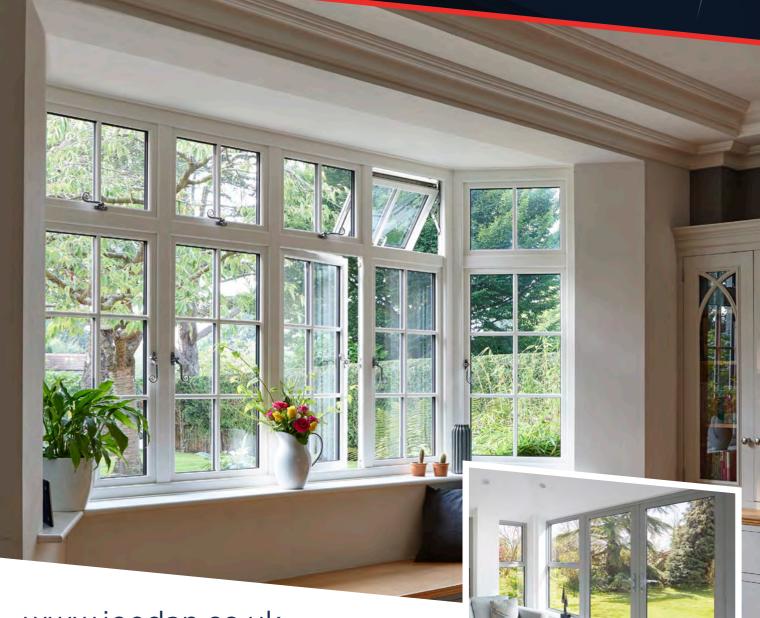






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