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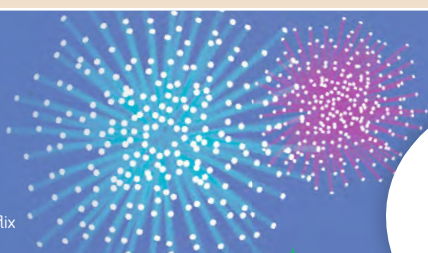
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Welcome from the EDITOR

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 scraps.

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



By George Birtchnell



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CHEESEBOARD *Macaroni*

Still working your way through the Christmas cheeseboard? Use up ageing cheese by melting it all down and adding to pasta to create a tasty Cheeseboard Macaroni – packed with different flavours.

INGREDIENTS

300g mixed leftover cheese, grated
350g pasta
3 tbsp plain flour
500ml milk
2 tbsp butter
1 clove of garlic
1 tsp mustard powder

METHOD

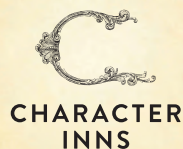
- 1 Preheat the oven to Gas Mark 4/180c
- 2 Cook your pasta according to instructions. Drain the water.
- 3 Melt the butter in a small saucepan on a low heat.
- 4 Grate or crush the garlic and add to the butter until softened.
- 5 Now add the mustard powder and cook for a further minute.
- 6 Add the flour and combine into a paste.

- 7 When the mixture starts to bubble, take it off the heat and pour in the milk.
- 8 Whisk fast to get rid of the lumps.
- 9 Now return to the heat until thickened.
- 10 Fold in most of the cheese until completely melted.
- 11 Now add in the pasta and stir.
- 12 Pour into a deep baking dish.
- 13 Sprinkle with the remaining cheese and bake for 30 minutes.



SERVES

4



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A 3.5 mile circular walk divided 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)

Walking the Island

THE BARNSELEY TRAIL



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

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 have been driven back by archers hidden in the woods you

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 salt pans 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 family 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 embankment 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. (B)



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The Entertainment GUIDE

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isle of wight radio 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. 🎧





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By George Birchnell



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 strength.


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* SINCE 1986

The 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 1986.

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

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



By George Birchnell



By George Birchnell

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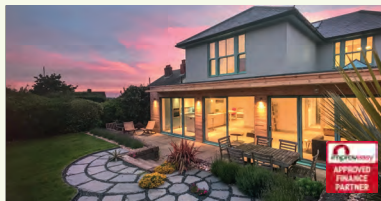
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If you are looking to become more sustainable and energy efficient, either at home or in business, then there are some steps you can take that will make a real difference to both the environment and your finances. Future Isle of Wight and EV Express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

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. ^B



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

Springwood 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 choosing burial facilities which harmonise with our surroundings is a great step to providing a better future for our surviving loved ones.

www.williamhallfuneraldirectors.com 

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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.

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SK8PARK



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



Phase 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 headspace."

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." ^B

**"WE AIM TO REACH
ANYONE WHO
WANTS TO SKATE"**





News from Central Newport

by Cllr Julie Jones-Evans

Firstly please let me wish you all a very Happy New Year! We have all risen marvellously to the challenges of 2021 and found strength in each other and our community, a special thanks to all those who have volunteered and cared for those who are vulnerable and in need. The Tom Woolgar Trust will be accepting applications for older residents (over 65) in Newport to assist with fuel payments. Please call the Clerk of Newport and Carisbrooke Community Council on 529119 to find out how to apply. For others who find they are struggling, please contact The Footprint Trust who help people experiencing fuel poverty and Citizen's Advice who are the first point of contact for the Connect4Communities scheme to help with food and fuel poverty on the Island this winter. Please don't hesitate to reach out to these organisations, they can help, don't suffer in silence.

We have already started preparing for the Platinum Jubilee

Celebrations in Newport 2-5th June and we are also hoping it will be a double celebration, as we should know by then if our bid to become a city has been successful. The full list of which towns have applied for city status hasn't been released (at the time of writing), my research shows that out of 48 English counties, 11 don't have a city and we are one of course. If we get clearance it would be great to publish the application from Newport and Carisbrooke, as it's a great document outlining our Royal connections, history, population, transport, employment, entertainment, natural world etc. It makes a fascinating read and the 50 photos that accompany the application really give the reader a sense of place. We don't know when the announcement will be made, just sometime in the spring or summer.

☎ 521068/07886437688

✉ julie.jones-evans@iow.gov.uk

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, Route Fifty7, 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.route fifty7.com/e-cycle-roadshow



Hunnyhill Pre-School Provision Considered

By Dominic Kureen

Cabinet members are being asked to consider plans for a new pre-school at Hunnyhill Primary School, Newport.

The school has applied to lower its age range from four to three years old in order to continue the offer of pre-school provision on the school site.

The plans, if approved could see an additional 32 children enrol on the site.

An existing private school on the site, Jigsaw Preschool, is closing and the proposal is for those staff to move across to the main school.

Cabinet lead for children's services, education and lifelong skills, Cllr

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Third Phase of Coppins Bridge Lights to Start

The third phase of works at Coppins Bridge will resume on January 10 when the signals in Lower High Street and those between Lower High Street and Coppins Bridge itself will be upgraded.

During this phase, the Lower High Street will be closed to traffic between January 10 and January 28.

Since November 22, Island Roads has, on behalf of the IW Council, been working to upgrade the Coppins Bridge/Barton Road pedestrian crossing and signals. This follows the completion the initial phase – improving the lights at the Coppins Bridge junction with St George's Way.

Island Roads has previously visited businesses to discuss their individual needs during this phase and, based on feedback, have come up with a traffic management plan to meet the various delivery requirements of these businesses. This will be further discussed with affected businesses prior to the recommencement of work.

Pedestrian access will be maintained during this phase.

The project to upgrade signals and crossings at the Island's busiest junction is part of work under the Highways PFI to improve and maintain the Island highway network.

The work will enable the traffic signals to better adjust their sequencing according to traffic volumes and will also make them more reliable and able to use significantly less energy because of the LED lights and the far safer low voltage (48volt) electric systems used.



Debbie Andre, said: "This is part of our key aim to work with local communities to make sure they have good or outstanding local school provision and ensure schools have a sustainable future to build on."

The move follows

consultation with parents/carers, and all school and pre-school staff.



News from Cowes Medina

by Cllr Lora Peacey-Wilcox

I do hope you all had a lovely Christmas break. Wishing you good health and prosperity in 2022.

ARCTIC ROAD: I received notification from residents about issues with parking and with massive building works going on in the area. I contacted the site and am pleased to say that the issue (at this time) is now resolved. Thanks to all those that contacted me, and have understood the situation.

CEMETERY: Coffee morning, Fri 7th Jan. 10.30-12.30. Theme: bring and buy! A really lovely event to enjoy with friends and neighbours. A very warm welcome to you all. (First Friday of each month, different theme!).

FUEL BILLS: On average all our bills will be going up by £400 that's without us doing anything differently or using more fuel. Please get in touch with the marvellous team at Footprint Trust: 01983 822282 or info@footprint-trust.co.uk they can hopefully help you.

ONLINE SHOPPING SCAMS: Only create an account if necessary. Be cautious if the website asks you for

details that are not required for your purchase, such as your mother's maiden name or the name of your primary school.

When it's time to pay for your items, check there's a 'closed padlock' icon in the browser's address bar. Use a credit card when shopping online, if you have one, most giving you protection.

Some of the messages you receive about amazing offers may contain links to fake websites. If you're unsure about a link, don't use it – go separately to the website. Report suspicious emails you receive by forwarding them to: report@phishing.gov.uk. Report suspicious text messages by forwarding them to: 7726.

DEBT: Don't bury your head in the sand. Please seek help! The amazing team at Citizens Advice and Islehelpme are there ready to help you. www.citizensadviceiw.org.uk and <https://islehelp.me/>

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News from Cowes West and Gurnard

by Cllr Paul Fuller

BUCKLERS VIEW UPDATE: Proposals to redevelop Bucklers View has been put on hold until the second half of next year. A reapplication to planners will be required should the scheme not start by 2023.

REGENERATION SUPPORT FOR GURNARD: A meeting took place with the IW Council's Director of Regeneration to address concerns over Gurnard businesses being bypassed. At the meeting it was agreed to address signage, whilst local businesses will work closer to address concerns.

ENERGY BILLS: With increased energy bills the Footprint Trust are supporting residents with their energy costs, which can save householders £100s. Call 01983 822282 or email: info@footprint-trust.com for details.

COVID BOOSTER VACCINES: I continue to receive complaints regarding accessibility to Covid Boosters. Last month I contacted the Clinical Commissioning Group, which was followed up by the NHS Booster Bus visiting the Island. Please let me

know if access to Boosters continues to remain an issue.

COMMUNITY BUS: If you are interested in volunteering as a driver, please let me know! In the meantime we all remain grateful to residents who contribute donations to keep our lifeline operational.

SMOKING IN BUS SHELTERS: It is unlawful to smoke in most shelters. Fines can be imposed on people disregarding this.

RETAINING WALL, CROSSFIELD AVENUE: I've been assured the retaining wall in Crossfield Avenue is due to be repaired in the coming weeks.

COWES/ GURNARD TRAFFIC ORDERS: These are due to be implemented soon. Most Orders will be implemented 'as advertised'. Once I have details these will feature on my website.

☎ 289595/ 07935 090 835

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Youngsters Designs Brought to Life

By Dominic Kureen

Three young Islanders have seen their bespoke Christmas designs brought to life as part of a festive competition.

People were invited to design their own illuminated Christmas decoration as part of the 'Light Up a Lamppost' competition, with three winning designs handmade by NDL Electrical and attached to lampposts in Newport as part of the Christmas festivities.

Liam Finch, 14, Zoe Foster, six, and five-year-old Angel-Hope Love all attended the Newport 'Day of Christmas' in November, where their bespoke designs were illuminated for the first time when they pushed the plunger together in front of an audience of hundreds.

Last year Newport and Carisbrooke Community Council worked with contractor NDL Electrical to give young people a chance to be involved in designing the town's Christmas lights.

Liam designed a happy elf motif, Zoe's design featured

robins and Angel-Hope's design showed Father Christmas in his sleigh.

The winning designs can be seen on lampposts along Church Litten until the beginning of January.



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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 year.

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

Family-Run Business Takes Over Former ATS Site

By Oliver Dyer

A family-run business is coming to the Isle of Wight, to take over Newport's former ATS Euromaster site.

Elite Garages has confirmed it will open its first Island premises early this year.

The business, which also has branches in Portsmouth, Southampton and Bournemouth, will move into the old ATS building opposite Morrisons.

It has been sat empty since ATS closed after the first COVID lockdown. The South Street site will become the 16th vehicle repair centre in the Elite Garages group.

A spokesperson for Elite Garages said: "We see huge potential in the Newport site, which will offer a range of automotive services including MOTs, tyres, servicing, free



checks, batteries, exhausts, clutches, wheel alignment, brakes and other mechanical repairs. The site will also offer electric vehicle servicing.

"Elite Garages has been a family-run business for over 50 years, with three generations of the family working together. We have a very loyal customer base across all our branches, with customers returning for our friendly, trustworthy service.

"The site will be overseen by Area Manager Mark Stevens, whose closest existing site is in Portsmouth. We will begin rejuvenating the site and recruiting for a new team at the start of 2022."

Isabelle's Artwork Brings Colour to East Cowes Esplanade

By Dominic Kureen

Young artist Isabelle Dove, from Holy Cross Catholic Primary School in East Cowes, is making sure everybody knows how to get to the esplanade.

A brand new enamelled sign has been unveiled on Columbine Road featuring Isabelle's artwork.

The sign includes a host of local features: the paddling pool, the woods at Spring Hill, the beach huts, the café, and Columbine Building and, right in the middle, a big sign pointing visitors towards the beach.

Isabelle and her family were joined by the mayor of



East Cowes, Cllr Michael Paler, and the Isle of Wight Council's director of regeneration, Chris Ashman, to declare the new sign open on Thursday December 9.

Isabelle was the winner of the 'To the Seafront' mural competition, organised by the IW Council and East Cowes Town Council earlier this year.

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 August.

The winners will receive £100 each.

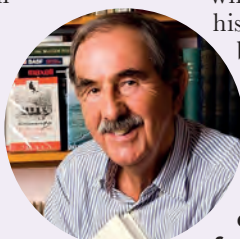
Author, Hunter Davies, said: "Everyone has a story to tell about their life, their family, their research, their hobbies, their interests. These days



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



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Alzheimer Cafés

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Email: info@alzheimercafeiow.org.uk

Website: www.alzheimercafeiow.org.uk



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York Ave, East Cowes PO32 6RU
First Tuesday of the month
2pm—4pm

Cowes Alzheimer Café

Football Club, Reynolds Close
off Park Road, Cowes PO31 7NT
Second Wednesday of the month
2pm—4pm

Totland Alzheimer Café

St Saviours Holy Family Centre
Weston Lane, Totland PO39 0HE
Third Wednesday of the month
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Newport Alzheimer Café

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(Conference Rm, PINK Building)
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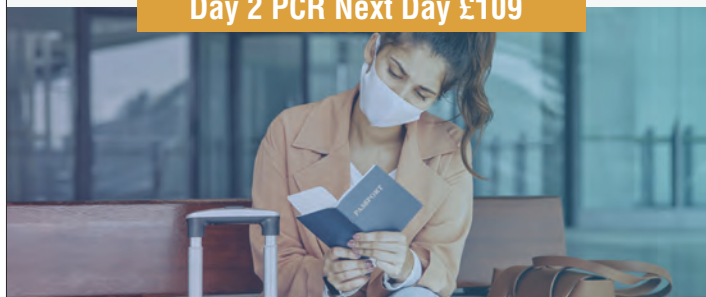


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David Birch, *Chichester*

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"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*

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Karen Thomas, *Chippenharn*

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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*

REDUCES ENERGY BILLS

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

Anne Bird, *Bristol*

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"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."

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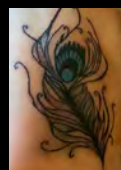
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The Importance of Making a Will

A 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



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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?

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When 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 allotmenters 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.

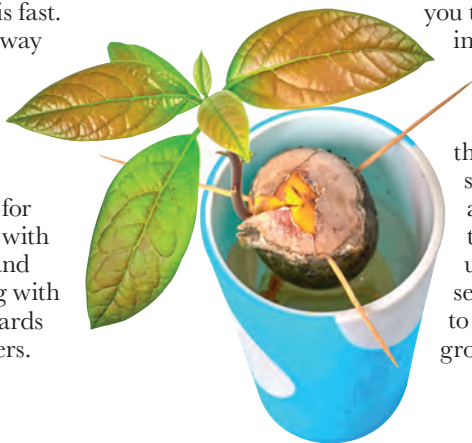
Within the first day or two new leaves should start to emerge. Changing the water each day will ensure the plants don’t rot. You’ll be rewarded with a mini field of fresh beetroot plants.

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 allotmenters 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.

POTATOES

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 of tasty spuds."


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 'eye' 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 soil).

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. 







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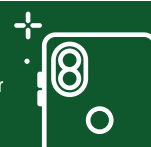
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