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# Beacon

May 2022

JUBILEE RECIPES

CORONATION  
CHICKEN

HEIRLOOM  
TOMATO  
GALETTE

ISLAND STORY

SET SAIL TO  
RIVERFEST

INTERVIEW

MATT GOSS

HISTORY

80<sup>TH</sup> ANNIVERSARY  
OF THE COWES BLITZ

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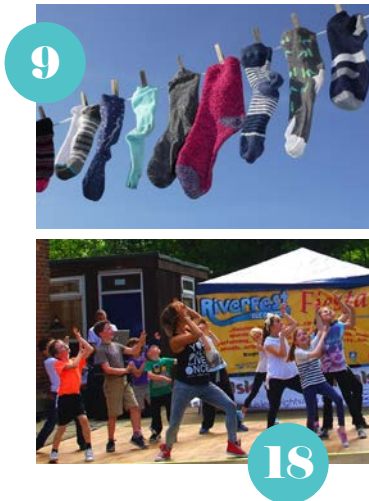


# Welcome from the EDITOR

This May, people from across the Island will be lacing up their walking boots and exploring hundreds of Isle of Wight walks, through fields and countryside, across beaches, woodland and historical sites. I love the sound of the Bluebell Quest, starting from Shanklin Theatre, the Seaside Story Walk and the Squirrel Valley Trail. These are just a few of the amazing walks on offer with this year's Spring Walking Festival. You'll find more details on page 9. This month's edition of Beacon will also bring you some royal recipes to prepare in celebration of Her Majesty The Queen's Jubilee, early next month. There's a great gardening page to teach you how to grow incredible edibles. And we take a look at this year's Riverfest, which takes place down on Newport Quay this month. Have a wonderful May.

*Amy Shephard*

Editor amy.shephard@iwbeacon.com



- 5** Recipe: Heirloom Tomato Galette
- 7** Recipe: Coronation Chicken
- 9** Walking The Island: The Spring Walking Festival
- 11** The Entertainment Guide
- 13** Interview: Matt Goss from Bros
- 15** History: 80th Anniversary of the Cowes Blitz
- 18-19** Set Sail to Riverfest
- 22-25** News from Your Area
- 33** Gardening: Incredible Edibles
- 35** Spot the Difference Competition

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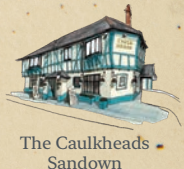
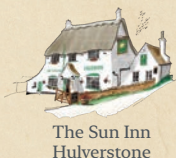
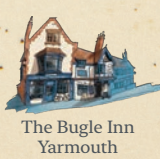
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# Heirloom Tomato



SERVES

6

## INGREDIENTS

### For the pastry

195g (7oz) plain flour,  
plus more for rolling  
out pastry

115g (4oz) unsalted  
butter, cold and cut  
into cubes

50g (1¾oz) freshly grated  
Parmesan cheese

Zest of ½ lemon

115ml (¾fl oz)

cold water

½ tsp salt

### For the filling

115g (4oz) Gruyère cheese  
or another preferred  
cheese, grated

340g (12oz) ripe heirloom  
tomatoes, sliced or  
halved if small

1 tsp fresh basil,  
finely chopped

1 tsp fresh rosemary,  
finely chopped

Freshly ground black  
pepper and salt

1 tbsp olive oil

1 large egg, beaten

# GALETTE

Galette is the French name for a freeform rustic tart. Adele Trathan suggests an heirloom tomato option, as it makes for a colourful creation with an easy to adapt filling, to suit personal preference by incorporating various seasonal vegetables and different cheeses.

## METHOD

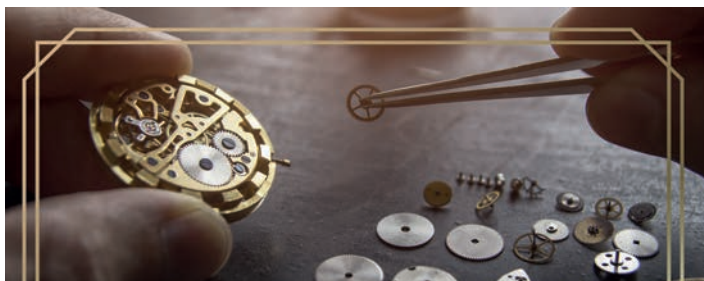
**1** Put the flour, butter and salt into a large bowl and use fingertips to rub the butter and flour until it resembles breadcrumbs. Add the Parmesan cheese and lemon zest then gradually drizzle in the water mixing with a fork, until it starts to hold together as a dough. You may not need all of the water, then use your hands to form a ball. Wrap the dough in clingfilm and refrigerate for 1 hour or overnight.

**2** Preheat the oven to 200°C (180°C Fan, 390° F, Gas 6). Dust a clean work surface with flour and roll the pastry into a 12 inch circle. Transfer the pastry to a 10 inch round baking pan or low sided skillet.

**3** Cover the pastry evenly with the cheese leaving a 1 inch border all around. Arrange the tomatoes on top of the cheese, also leaving a 1 inch border.

**4** Brush the tops of the tomatoes with the olive oil then sprinkle the herbs over the tomatoes and season well with salt and pepper.

**5** Fold the border of the pastry inwards to cover the edge of the tomatoes all around. Brush the pastry edges with the egg and bake for 20-25 minutes until the dough is golden. Remove from the oven and allow to cool in the pan for 10 minutes, then slice and serve.



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# CORONATION Chicken

Celebrate The Queen's Platinum Jubilee with this classic recipe that was created for the coronation in 1953. This version by Adele Trathan is based upon the original royal dish, and it might stir up a few memories... for those old enough to remember!

## INGREDIENTS

4 skinless chicken breasts  
2 tbsp coriander seeds  
1 cinnamon stick  
1 bay leaf  
1 tsp black peppercorns  
4 dried apricots, finely chopped  
4 spring onions, finely chopped

## For the Sauce

250g (9oz) mayonnaise  
100g (3½oz) crème fraîche  
or Greek yoghurt  
2 tbsp medium curry powder  
3 tbsp mango chutney  
1 tsp lemon juice  
a pinch of sugar  
salt and pepper

## METHOD

**1** Place the chicken breasts in a large saucepan and cover with cold water. Add the coriander seeds, cinnamon stick, bay leaf and black peppercorns. Bring to the boil and simmer for 15-20 minutes until the chicken is cooked. Drain and leave aside to cool completely.

**2** In a large bowl, mix all the ingredients for the sauce together and stir until they are well combined. Season to taste and add more lemon juice if required.

**3** Shred the chicken breasts using a pair of forks.

**4** Just before serving add the chicken to the sauce, along with the chopped apricots and spring onions. Stir well and check seasoning to taste.

**5** It's best served immediately but can be kept chilled in the fridge for an hour or two if required. This dish is so versatile, it can be used as a sandwich or baguette filling, or deliciously piled into baked jacket potatoes, or maybe even make it the centrepiece of a regal buffet.



SERVES

6

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## Sock Hunting Story Walk

Sunday May 15th

**J**oin Sue Bailey the storyteller as she takes you on a family-friendly story walk around Northwood House grounds this month. Do you have many odd socks? Sue-the-storyteller has. You'll need sharp eyes and keen ears to hear the clues in the stories she tells, as she leads a search around the grounds of Northwood House to find the missing socks. ☺

Voluntary donation requested but not obligatory. Suggested donation £5/child to Northwood House Charitable Trust. Donate online at [northwoodhouse.org/charitable-trust](http://northwoodhouse.org/charitable-trust)  
**Start time: 11am**  
**Start location: Meet by the war memorial in Northwood House grounds.**  
**Duration: 1.5 hours**  
**Length: 1 mile**

## The Bonchurch Family Treasure Hunt - A Quiz For All The Family

Every day throughout the walking festival

A quiz sheet of 30 questions about Bonchurch Village has been devised. Answers can be found by walking around the village in your own time, with other answers found online (for any rainy days!). Quiz sheets can be purchased for £5 from Rock Villa in the Village Road from 5th May and during the IW Walking Festival. (More venues to purchase the sheets will be added nearer the time, see [bonchurchvillage.co.uk](http://bonchurchvillage.co.uk) events page for details). Each quiz sheet is numbered and goes into a draw for a £40 Waitrose token which will be sent by post to the winner. The winning number will be announced on the website (on the events page) and Bonchurch village Facebook page from the 17th May 2022. Quiz answers will be listed on the Bonchurch website events page for a two week period from the 17th May. Proceeds go to the Bonchurch Community Association for the enhancement of the village.

This quiz can be taken on at any time from 7th-15th May 2022 at your own time and pace.

**Start location: The Pond, Village Road, Bonchurch, PO38 1RG**  
**Duration: Approximately 3 hours. Length: 3 miles**  
**Price: £5 per quiz sheet.**

## Brading Marshes Nature Walk with Natural Links

Saturday 7th May

One of the best birdwatching sites on the Isle, with wildfowl and waders, herons and egrets, birds of prey and reedbed specialists such as Reed, Sedge & Cetti's Warblers, as well as a wide range of other wildlife and wildflowers.

**Start time: 9.30am**  
**Start location: St. Helens Green Car Park, PO33 1UJ**  
**Duration: 4.5 hours. Length: 6 miles**  
**Price: Free.**

## A selection of Spring Walking Festival walks



Saturday 7th May

### The Myths And Legends Of Brading

Start time: 10.00am Start location: Car park at Brading Roman Villa, PO36 0EN  
 Duration: 3 hours. Length: 3.5 miles

Sunday 8th May

### Mountbatten Walk The Wight

Start time: Between 06.00am and 08.00am  
 Location: Bembridge (near Bembridge Airport), PO35 5PW  
 Duration: 6-12 hours. Length: 26.5 miles  
 Shorter walks available.

Monday 9th May

### Two Sainly Lighthouses

Start time: 10.00am Start location: Blackgang Viewpoint Car Park, PO38 2JB  
 Duration: 5 hours. Length: 6 miles

Tuesday 10th May

### Squirrel Valley Trail

Start time: 1.30pm Start location: Naturezones, Blackwater, PO30 3BP  
 Duration: 2 hours. Length: 3.5 miles

For the full list and further information, availability and to book each walk, please visit [isleofwightwalkingfestival.co.uk](http://isleofwightwalkingfestival.co.uk).

Wednesday 11th May

### Bluebell Quest From Shanklin

Start time: 10.30am Start location: Shanklin Theatre, PO37 6AJ  
 Duration: 4.5 hours. Length: 9.5 miles

Thursday 12th May

### Culver Cliff At War

Start time: 11.00am Start location: Bembridge Fort Car Park, Culver Down Rd, PO36 8QY  
 Duration: 2.5 hours. Length: 2.5 miles

Friday 13th May

### Eco Valley Trail

Start time: 10.00am Start location: Naturezones, Blackwater, PO30 3BP  
 Duration: 2.5 hours. Length: 5 miles

Saturday 14th May

### Donkey Sanctuary To Shanklin

Start time: 11.00am Start location: Isle of Wight Donkey Sanctuary, PO38 3AA  
 Duration: 4 hours. Length: 6 miles

Sunday 15th May

### Carisbrooke Castle Circular

Start time: 10.30am Start location: Carisbrooke Priory Car Park (Free), PO30 1YS  
 Duration: 4 hours. Length: 6 miles

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# The Entertainment GUIDE

Visit [iwbeacon.com](http://iwbeacon.com) to see our full events guide

Join GP Sport on Saturday 11th June 2022 for a unique trail marathon or long distance walk across the Isle of Wight at night.

Run or walk from The Needles to Yaverland Bay to raise funds for Aspire Ryde. Aspire Ryde is a community hub, providing services throughout the week in a redundant church building which now buzzes with activity.

Participants will be issued with a map and a GPX file, and to help with navigation, junctions on the course will be way marked with directional arrows. There will also be a number of manned checkpoints along the route with snacks and water, and full safety cover is provided.

Not ready for a full marathon distance? Why not tackle Challenge the Wight Half? Starting at The Needles and finishing at the Carisbrooke Castle midway point, or starting from



11TH JUNE STARTING AT THE NEEDLES

Carisbrooke Castle you can join the challenge for the final 14 miles and finish alongside the marathon distance on Yaverland seafront for a bacon butty and a well earned cup of tea.

All participants will receive a medal upon completion plus a complimentary breakfast is provided at the Yaverland Bay finish.

Register at [www.gpsport.org/event/challenge-the-wight-2022/](http://www.gpsport.org/event/challenge-the-wight-2022/)



## Spontaneous Potter...The Unofficial Improvised Parody

Grab your wands, don your house robes, and apparate yourselves to the box office! A very magical improv show awaits...

Spontaneous Potter: The Unofficial Improvised Parody is an entirely improvised wizarding comedy play, based on an audience suggestion of a fanfiction title - with live musical accompaniment! Age rating: 16+. [medinatheatre.co.uk](http://medinatheatre.co.uk)



MAY 27TH 7.30PM MEDINA THEATRE

## Free Jubilee "Picnic in the Park" celebration at Northwood House

Bring some family, friends and a picnic to join in the official free community celebration of the Queen's Platinum Jubilee at Northwood House and Park and Cowes on Sunday 5th June from 12pm to 5pm. There will be live music on the Northwood House lawns, as well as a kid's arena with entertainment and activities including fun races and dancing. There will be a number of Island charities showcasing themselves too as well as a licensed bar, bbq and tea tent... plus a huge fun dog show with lots of classes, so bring your dog too! Don't forget to dress up in something red, white or blue to mark the occasion.

More information at [northwoodhouse.org/events](http://northwoodhouse.org/events)



JUNE 5TH 12-5PM

## Rydabus 2022

Based in and around Ryde, Rydabus involves local attractions and events and provides a timetable of free vintage services. New for 2022, Rydabus is going green and has two Park N Ride sites. ParkNRide South is at the Donkey Sanctuary, Wroxall and ParkNRide West is at Retro Staycations, Asheys. Park your car at these attractions and take the free bus into Ryde. Programmes available now online, at almost 40 venue partners, and the bus museum. Get ahead and plan your weekend. [www.rydabus.co.uk](http://www.rydabus.co.uk)



14TH & 15TH MAY

## Commemorating the Defence of Cowes by the ORP Blyskawica

### Summary of key events

East Cowes Town Hall. 10am to 4pm: Exhibition on ORP Blyskawica from Saturday 30 April to Monday 2 May inclusive and Saturday 7 May (to 6pm): Organised by East Cowes Heritage Centre

### Wednesday 4 May

East Cowes Town Hall. 6.30pm: Blitz Talk and Film 'Voices of the East Cowes Blitz'.

### Thursday 5 May

8am-10am: Arrival of Polish Naval Vessel ORP Wodnik at Cowes Roads. The Royal Yacht Squadron will greet the Polish warship with a five gun salute. 2pm: Plaque unveiling in Kings Square, East Cowes

2.30pm: Guided blitz walk. From Kings Square to Kingston Cemetery  
4pm: Memorial service at Kingston Cemetery

6pm -7pm: Welcome reception by Brigadier Maurice Sheen CBE QVRM TD DL, Her Majesty's Vice Lord-Lieutenant of the Isle of Wight. By invitation. 7.30pm: Gala Piano Recital at the Royal Yacht Squadron (RYS) by Eva Maria Doroszkowska, granddaughter of Captain Francki, Commander of the ORP Blyskawica on the night of the Blitz 4th May 1942.

Online booking for the recital and optional supper after open at [www.ticketsource.co.uk/islandconcerts](http://www.ticketsource.co.uk/islandconcerts)

4TH - 8TH MAY

### Friday 6 May

East Cowes Town Hall. 7.30pm: Concert: Never Forgotten Polish and English Music Katy Carr and Medina Marching Band in support of the Ukraine Refugees in Poland. Online booking for the concert open at: [www.ticketsource.co.uk/islandconcerts](http://www.ticketsource.co.uk/islandconcerts)

### Saturday 7 May

Northwood Cemetery, Cowes - Exhibition on the Blitz  
1pm-4pm: Kings Square, East Cowes Performances by: Little Karpaty & Karolinka Dancers. Polish food market. 2.30pm: Cowes Blitz Walk. From the war memorial in Northwood Park to Northwood Cemetery. 4pm: Northwood Cemetery, Cowes Rededication ceremony of the refurbished communal war grave. 7pm-11pm: 1940s Dance at East Cowes Town Hall. Period dress encouraged. Tickets £5 available from The Heritage Centre, Flix Hairdressers East Cowes or on the door.

### Sunday 8 May

12noon: Short remembrance ceremony at Francki Place, Cowes. Cowes Parade Commemoration 1.30pm: 80th Anniversary Ceremony of the defence of Cowes and East Cowes. Inauguration of the new Consulate of the Republic of Poland in Cowes in the presence of Poland's Ambassador to the United Kingdom. The Royal British Legion Band will play in support at the Cowes Parade.



Photo by Robert Bannach

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THE ISLAND'S FAVOURITE...

# isleofwightradio talks to MATT GOSS

Lead singer of iconic 80s duo, Bros, Matt Goss talks 80s trends, coping with Covid — and tells Isle of Wight Radio host, Jenni Costello, what inspired his new album, *The Beautiful Unknown*.

**JENNI:** Congratulations on your new album, *The Beautiful Unknown*. And I love the new single *Better with You*. It's so 80s and it's so upbeat.

**MATT:** Yeah I just had this overwhelming feeling that was similar as when I was writing part of those number one songs. And I just know in my heart, this is a big, big hit record. And I'm very proud of it.

**JENNI:** So how did you cope with lockdown? Because I read that a lot of the inspiration for this album came out of that time.

**MATT:** I completely fell out of love with music. I didn't want to even touch my piano, my guitars. I'm a multi-instrumentalist. I love building tracks, but I didn't even want to go into my studio for months. My sole mission was to plough through my fears and my worries and just make sure the audience were transported into a better place.

**JENNI:** I've heard that you did reach out to a lot of your fans during lockdown, didn't you? And helped quite a lot of them through it.

**MATT:** Yeah, I made a promise to them that I would go live every day, until we saw some kind of light at the end of the tunnel. I ended up going live over 300 times. I called four or five fans. There was one time when a girl was going through a very, very troubling time at the highest level. And 22,000 people joined us on that live. And we lifted her spirits. And she then later went on to tell a national newspaper about what happened. And she said that it saved her life. It gave me great purpose. And those lives. They're the reason why I sat down and wrote a song called *Shipwreck*. *Shipwreck* is about that moment. My imagery was that dismantling of a shipwreck underwater in slow motion. And that's how I felt. I felt dismantled. And sitting down at the piano made me feel that I could express that. I called the legendary Babyface. And he said, "Man, we've got to record this."

**JENNI:** So the title of the album, *The Beautiful Unknown*, what do you mean by that?

**MATT:** *The Beautiful Unknown* is part of my inner philosophy. I use it a lot in my poetry. In poetry you're never imprisoned. When it comes to similes, metaphors, analogies, you can just lose yourself. It can be terribly dark or terribly uplifting. But I use that phrase a lot because I believe



*The Beautiful Unknown is part of my inner philosophy*

that we've been programmed to fear the unknown in some ways, rightfully so. But my wish would be that this becomes a very loved British pop record. Also because of the sensibility and the honesty about it, and what it addresses. And it is wrapped up in these beautiful pop melodies, but hopefully, if we collectively all believe that the unknown is a beautiful thing, that there's something not to be fearful, I do truly believe in energy. And I think, on an energetic level, if we all collectively move in one direction and say, hey, listen, it's gonna be alright. That is exactly what will happen.

**JENNI:** So you're moving back to the UK. Are you going to miss LA and Vegas?

**MATT:** I'm living by-coastly I'm going to live in LA and London. I don't think I'll ever come back to one place. I just think it's in my blood. My mum was a bit of a gypsy and I feel the same. I am received like a member of the family in this country. If you walked through any street with me, people will talk to me with an immediacy of familiarity. Emotionally it's very comforting.

**JENNI:** Looking back to those golden days of the late 80s. Tell me about your most memorable moment on *Top of the Pops*.

**MATT:** I think the most memorable moment on *Top of the Pops* is simply the

first time you get that call. And you are just a regular guy with a record out and you're watching that show. It was a TV religion. You were not British if you didn't know *Top of the Pops*. But that very first *Top of the Pops* is a pinch me moment. And to this day, it's a moment I'll never forget.

**JENNI:** Why do you think the 1980s were so special?

**MATT:** Back then, you get *She Drives Me Crazy* from the *Fine Young Cannibals*. You get *INXS*. You get *Sinead O'Connor* you get *Ultravox*, you get *Duran Duran*, you get *Bros*, you get all these different sound in bands that are the 80s and nobody tried to write a song that sounded like somebody else. You would get a song just smack you in the face, you know, where did this song come from. In the 80s less was just less. I am a big lover of less is more when it comes to style and you know the way fashion is. But less was just less in the 80s and it was unashamedly beautifully massive and manic and rock and roll. That era and that band in that time has given me some incredible things to be grateful for.

**JENNI:** Everybody was so original, and all the songs are so original, and you were like nobody else. Nobody else was like *Bros*, which is fantastic.

**MATT:** The thing about *Bros* is there was a uniform. If you think about it... ripped jeans, or just *Levi's* white t-shirt, bandana and a biker jacket, or bomber jacket. And our first record, just in Britain alone, 2.2 million and getting close to 10 million copies worldwide. That first record, it was an incredible feeling to be part of that movement. And just as important as the music, the uniform that was created. And in many ways I still think that we're responsible for a lot of moves in fashion.

**JENNI:** Oh definitely all the *Bros*ettes copying everything you wear. And talking of *Bros*ettes, are you going to be doing another tour together?

**MATT:** I think Luke's right to say this, we won't tour until we do another record because we vow that we would never break up again. So I am still the lead singer of *Bros* we are still a pop supergroup. We want to continue to play venues like the *O2*. But we do not want to go out without new music. But that is on the cards next year. Yeah. 🎧

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# 80<sup>TH</sup> ANNIVERSARY *of the Cowes Blitz*

On the night of the 4th May 1942, 160 German bombers arrived off Cowes. Over 70 people of Cowes and East Cowes died that night and many more were injured — but the Polish destroyer defended East and West Cowes from certain obliteration. This month marks 80 years since that fateful night.

**O**RP Błyskawica, along with her sister ship ORP Grom, were built in the local shipyards of J S White and were the world's fastest destroyers when launched; Błyskawica achieving 41.5 knots at her peak. Nowadays she lies in the port of Gdynia, Poland, where she's an immaculately preserved floating museum having received over 7 million visitors. She's the pride of Poland's maritime history. The defence of Cowes by Błyskawica was brought about by her being in port for re-armament, enabling her to defend our towns throughout the night of the raid.

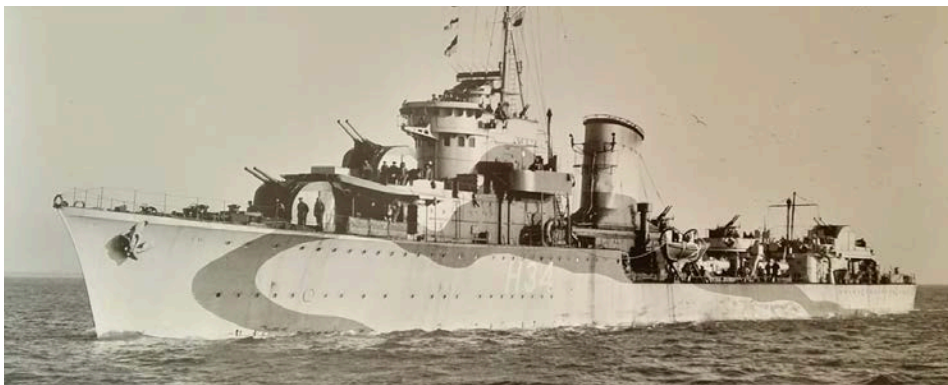
On April 28th six German bombers made a hit and run sortie on Cowes, and nearly sank ORP Błyskawica. After this attack Cpt Francki, the ship's commanding officer organised ammunition to arrive from Portsmouth. This was against Admiralty regulations as the ship was supposed to be disarmed when undergoing a refit.

On the night of the 4th May 160 bombers arrived off Cowes. The ORP Błyskawica's anti-aircraft guns fired without a pause. Hands were scalded and gun barrels grew so hot that seawater was gathered in buckets to cool them down. The ship's crew lit smoke canisters in an attempt to obscure the towns from its attackers. Large calibre guns were used to force the Luftwaffe to fly higher, affecting the accuracy of its bombing.

The Free French Naval units also opened up fire with smaller calibre weapons. Over 70 people of Cowes and East Cowes had died that night and many more were injured. At dawn emergency services from all over the Island raced in to help, and Polish sailors from ORP Błyskawica joined them, acting as firemen and diggers.

ORP Błyskawica was the only Polish vessel to have been awarded with the Gold Cross of the Virtuti Militari Order, the highest Polish military decoration.

Early May brings about the commemoration of the 80th anniversary of the defence of Cowes and East Cowes by the Polish destroyer. Annually, the Friends of the ORP Błyskawica Society hold a ceremony on Cowes Parade to mark the date. The Cowes-based organisation aims to make the 80th anniversary an important



event over a period of five days starting on the evening of the 4th May until the end of Sunday 8th May. The Polish government has taken great interest in this anniversary event and members of the society met with Poland's Ambassador to Great Britain at the embassy, where they were offered liaison and support for the forthcoming commemoration.

However, due to the situation in the

***ORP Błyskawica was the only Polish vessel to have been awarded with the Gold Cross of the Virtuti Militari Order***

Ukraine and the refugee exodus into Poland, the Polish Ministry of Defence much regrets that the hoped for Polish Naval Band will not be able to attend the 80th commemoration this year. ☹



## 80TH ANNIVERSARY EVENTS

**30th April-2nd May 10am-4pm and Saturday 7th May until 6pm:** ORP Błyskawica Exhibition, East Cowes Town Hall organised by East Cowes Heritage Centre.

**Wednesday 4th May 6.30pm:** Blitz Talk in East Cowes Town Hall

**Thursday 5th May 8am-10am:** Arrival of ORP Wodnik at Cowes Trinity Buoy.

**2pm:** Unveiling of commemorative plaque in Kings Square, East Cowes.

**2.30pm:** Guided Blitz Walk, East Cowes

**4pm:** Memorial Service at Kingston Cemetery.

**6pm:** Welcome reception for Polish Navy officers at the Royal Yacht Squadron, Cowes (by invitation)

**7.30pm:** Piano concert by Eva Maria Doroszkowska at the Royal Yacht Squadron. Tickets available.

**Friday 6th May:** 7.30pm East Cowes Town Hall

**Concert:** Never Forgotten Polish and English Music Katy Carr and Medina Marching Band. Tickets available.

**Saturday 7th May:** 10am-6pm: Northwood Cemetery - Exhibition on the Blitz

**1pm-4pm:** Kings Square, East Cowes. Performances by: Little Karpaty & Karolinka Dancers. Polish food market.

**2.30pm:** Cowes Blitz Walk. From the war memorial in Northwood Park to Northwood Cemetery.

**4pm:** Northwood Cemetery. Rededication ceremony of refurbished communal war grave.

**7pm-11pm:** 1940s Dance, East Cowes Town Hall. Tickets £5

**Sunday 8th May:** 12pm: Remembrance ceremony at Francki Place, Cowes.

**1.30pm:** 80th Anniversary Ceremony. Inauguration of the new Consulate of the Republic of Poland in Cowes. The Royal British Legion Band will play in support at the Cowes Parade.

Full programme can be found on Facebook: The Friends of The ORP Błyskawica Society [www.blyskawica-cowes.org.uk](http://www.blyskawica-cowes.org.uk)

MORE  
DETAILS  
ON  
PAGE 11

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# “The hospice is one of the friendliest places I have ever worked”

Tracey Richards' retirement sounds idyllic. Quality time spent with her partner and sons watching football, weekly coffee catchups with friends, trips to the theatre, and long walks with her Jack Russell, Ozzie.

**B**ut despite having a full schedule that includes the occasional holiday somewhere hot and sunny, Tracey, 59, from Ashley, Ryde, volunteers every week to support Mountbatten.

“I moved to the Island in 2017 and knew I wanted to do some volunteer work to support a local charity,” Tracey said, speaking from the inpatient unit at Mountbatten, where she helps every Thursday. “I chose Mountbatten because it is a worthwhile cause and gives much-needed support to people who are dying, and their families.”

Mountbatten relies on the generosity of people like Tracey, whose support enables them to provide the best possible care for people across the Island.

“Giving something back is so rewarding. It makes you appreciate what you have and that others are suffering and need your help. I get a great sense of achievement from giving my time to support others.”

Volunteering is a great way to enhance your CV, build your experience, boost your social life, and give back to your community. As well as volunteering on the inpatient unit, Tracey is also a Mountbatten Neighbour and visits Angie once a week to keep her company.

Angie is in her 70s and her husband recently died. She has regular bereavement counselling with Mountbatten alongside a weekly visit from Tracey.

“We sit and chat and put the world to rights,” Tracey said.

Mountbatten Neighbours are a group of trained volunteers who offer their



time, companionship, and support to people living near them who have serious illnesses, or who are older.

The project aims to keep people connected to their community and protect them from loneliness and isolation.

“I love being a Neighbour and knowing I've made a difference to Angie's day. And the friendship we have

**“I would recommend volunteering with Mountbatten to anyone. Being part of a community and giving back selflessly. It will enrich your life”**

developed is important to both of us,” said Tracey.

Back on the inpatient unit, Tracey is preparing for her afternoon shift. “I serve lunch to patients and drinks to their visitors, checking on them regularly to see if I can get them anything. I love stopping for chats as I go round.”

“The hospice is an amazing place.

Whilst there is sadness there is also happiness and laughter. I meet wonderful people – patients, families, and staff. It is one of the friendliest places I have ever had the pleasure of working in.”

With the demand for their services increasing rapidly, Mountbatten needs more people like Tracey to give their time, creativity, experience, and knowledge to fill a wide range of volunteer roles. There are opportunities to fit whatever time you have available, and it is flexible to fit with your life. And as Tracey says, there are lots of benefits for you, too.

Join Tracey and the amazing team of Mountbatten volunteers.

Visit [www.mountbatten.org.uk/](http://www.mountbatten.org.uk/) volunteer to find out more.





Saturday, May 14<sup>th</sup>  
Newport Quay  
10am-4pm

# Set sail to RIVERFEST

NEWPORT QUAY · ISLE OF WIGHT

Riverfest — the popular free Newport event — is back for 2022, with new organisers at the helm.

**R**iverfest was launched in 2008 by the Isle of Wight Council, before being taken over by The Footprint Trust in 2010.

Due to the coronavirus pandemic, the event had to be cancelled in 2020 and 2021. During this period, the Trust's main work in promoting energy efficiency in homes and assisting Islanders in fuel poverty, grew substantially. The Trust decided it was time to hand Riverfest onto another organisation, so they could focus on their core work.

Following discussions with Newport Carnival and Community Events

Association's Committee, the charity has now formally handed over the event.

Riverfest was organised by the Footprint Trust's General Manager, Ray Harrington-Vail, and his staff and volunteers. Over the past 10 years, it has raised thousands of pounds for charities and helped promote local businesses, given a platform to young performers, and raised the profile of the importance of wetlands, water efficiency and the River Medina.

Speaking on behalf of The

Footprint Trust, Ray Harrington-Vail, said: "It has been a pleasure in seeing this event grow and achieve so much. We are very grateful to Newport and Carisbrooke Community Council for all the support over the years — and to the thousands of local people who have supported Riverfest.

"We are assisting the carnival committee during this transition and wish Paddy McHugh and his team every success as they take this event forward."

Speaking for Newport Carnival and





Community Events Association, Paddy McHugh, said: "As soon as Newport was approached by The Footprint Trust, the committee was all too keen to take on such a long-standing popular event."

"Seeing as it is Newport Carnival's 100th anniversary this year, as well as being offered this fantastic event, the committee felt it was time to change the carnival's name slightly to better reflect our identity and purpose."

"Newport Carnival's umbrella name is now Newport Carnival and Community Events Association - with the carnival, Riverfest

*As soon as Newport was approached by The Footprint Trust, the committee was all too keen to take on such a long-standing popular event*

and other events running under this name."

Paddy added: "I have personally helped The Footprint Trust over the past decade with the running of the event, and can see how valued it is to the local community."

"On behalf of Newport Carnival and Community Events Association, we thank Ray and his team for allowing us to hopefully continue Riverfest how it used to be, like it was prior to the two-year break as a result of the pandemic."

More information can be found at [riverfest.org.uk](http://riverfest.org.uk) or by emailing [info@riverfest.org.uk](mailto:info@riverfest.org.uk).



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# Peter Gets a Lift

Thanks to Deltron Lifts Coastal Ltd

Lyn and Peter Barsdell were some of our lucky winners, who won a free stairlift, complete with free installation, courtesy of Deltron Lifts Coastal.

We asked back in December whether you knew anybody who would benefit from having a FREE stairlift installed? We had lots of great entries, and although we would have liked to have given away a stairlift to every one of them, Deltron Lifts selected two deserved winners.

Lyn entered for her husband Peter, who was struggling to get himself upstairs because he had limited movement in his hips, due to Osteoarthritis.

Lyn said: "The stairlift is all fitted and is amazing. The guys that fitted it were lovely, very kind towards my Peter. They really hard right and



and helpful husband, worked to get it all explained

everything we needed to know about the way it worked.

"My husband was very emotional about receiving this amazing prize that will make his life so much easier to deal with. So from the bottom of my heart I cannot thank you enough for picking me as your prize winner."

Here's Lyn and Peter on the day their stairlift was installed, with the wonderful team at Deltron Lifts Coastal.



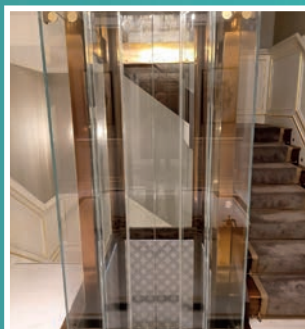
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NEWS FROM  
**COWES MEDINA**

by Cllr Lora Peacey-Wilcox

**HEARTFELT THANKS!** To you all for your unconditional support. I truly couldn't do this job without you all. Please keep me posted of events and issues you hear and see about!

**JUBILEE:** Newport Road will be re-creating the events held since 1977. My grateful thanks to Jayne Arnold and Jill Groves for taking up the reigns and running with the event. I have old photographs over a number of the events so pop down and have a look. BBQ, bouncy castle, music, ROAD closure, (Shamblers, St Faiths, Arnold, and Newport Road).

**NORTHWOOD HOUSE:** Well done on a superb plant and garden fair. Thanks to the volunteers who made the event happen.

**LITTER PICK:** Great British Litter Pick. I was pleased to help out fellow town councillors and residents to clean up in Arctic Park, Arctic Road, and up along Newport. I think we collected around six sacks of rubbish; odd things picked up by me, two heavy metal flares, a stocking, a very thick woolly hat and more face masks than I could count!

**WIGHT PROMS:** Very excited now I have my tickets. A local event,

organised by our local celebrity, Mike Christie. Look up their website: [www.wightproms.co.uk](http://www.wightproms.co.uk) Peter and the Wolf was excellent and he is bringing Horrible Histories to the Island. Great fun for the children.

**IW WALKING FESTIVAL 2022:** Superb walks for everyone! If only I had the time. [www.isleofwight-walkingfestival.co.uk](http://www.isleofwight-walkingfestival.co.uk).

**COFFEE MORNING & MEMORY OF THE BLITZ EVENT.** Northwood Cemetery, Newport Road. 10.30-12.30 All welcome.

**WALK THE WIGHT:** As always, I look forward to greeting you at Carisbrooke. Good luck and thanks to you all!

**BLYSKAWICA:** A number of events over the weekend 6-8th May. See you at the Parade on Sunday 1.30pm.

**HELP AND SUPPORT:** Citizens Advice, (local number) 0800 144 8848

**FOOTPRINT TRUST:** Fuel & Myth busting advice: 01983 822282  
**No limits - Space 4 U. IW mental health crisis for children.** 02380 224224

**SAMARITANS:** 116123

📞 645765 📧 [lora08@sky.com](mailto:lora08@sky.com)

# Julian Clary and RuPaul's Drag Race Stars to Headline Wight Proms

By Oliver Dyer

Comedian Julian Clary and stars from RuPaul's Drag Race are among the famous faces announced for this year's Wight Proms.

The six-day festival will take place on August 16-21, 2022 in the grounds of Northwood House in Cowes.

It'll celebrate comedy, drag, opera, musical theatre, and of course the 'Last Wight of the Proms'.

Among those appearing are comedy legend Julian Clary who will headline the comedy night on the Friday, called 'A Wight Laugh'.

RuPaul Drag Race stars Ella Vaday, Kitty Scott-Claus and Choriza May will headline 'Isle of

Pride' on the Wednesday night, in association with Isle of Wight Pride and StoneCrabs Theatre.

The climax of the festival – The Last Wight of the Proms – will mark the Island debut for multi-platinum selling X-Factor stars G4, who will headline this year's event, accompanied by the Wight Proms Concert Orchestra for a rousing celebration of British music and flag-waving, including Pomp & Circumstance on the Sunday.

Tickets for this year's Wight Proms festival are already on sale: [www.wightproms.co.uk](http://www.wightproms.co.uk).

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## Overnight Parking Charges Double

By Dominic Kureen

Changes to the overnight pay and display parking charge were rolled out across the Island last month.

The Isle of Wight Council has updated signs and ticket machine software to accommodate changes which will see overnight parking charges adjusted until October 31.

The overnight charges

will be £2 until that date but will revert to £1 from 1 November 2022 to 31 March 2023.

Motorists are advised to check the tariff board or ticket machine signage as these will be changed to indicate overnight charging has started.

It is estimated changes to on and off-street overnight parking charges will generate



## Vicar Tackling Kilimanjaro to Raise Funds For Newport Charity

By Dominic Kureen

Rev Amanda Collinson, vicar of the Northwood and Gurnard churches in Cowes, will scale one of her steepest challenges this summer on behalf of Newport's end-of-life charity Mountbatten.

This September will see her take on Mount Kilimanjaro alongside friends, in the hope of raising £20,000 for the charity.

They will be climbing in memory of friend Jill who died in June 2021, having been looked after by Mountbatten during her later days.

Rev Amanda said:

"Mountbatten Hospice is the most wonderful of places and sadly I have needed the help of these amazing people too many times since arriving on the Island in 2013.

"In addition to Jill, we will be climbing for my awesome neighbour Val and many lovely parishioners and community members who have had cancer.

"The (staff at Mountbatten) see and hold us when we are at our most vulnerable, and bless them, they consider it a privilege to look after our loved ones in their final weeks and continue to support the families — mentally and emotionally — afterwards."

In addition to the walk, Amanda teamed up with Hannah Brear and her award-winning Medina Community Choir to hold a concert to raise further funds.

The Gospel concert, held at St Mary's Church in Cowes on April 23, had an unusual twist, with members of the public invited to take part after attending a workshop.

The initiative saw a gospel workshop in the afternoon before the concert, with guests invited to learn two songs for a performance with the choir that evening.



around £80,000 to help fund other essential council services.

The initial introduction of a night-time fee was introduced in 2019.

The council is reminding

residents who live within 200 metres of a pay and display car park that they can purchase a discounted permit to park there for £198 per year — which equates to around £3.80 per week.



## News from Cowes West

by Cllr Paul Fuller

**Energy Price Increases:** Councils are overseeing the repayment of the £150 rebate through Council Tax reimbursements for A to D properties. To speed up payments residents are being encouraged to pay Council Tax through Direct Debit. For details visit: [www.iow.gov.uk/news/Energy-rebate-update](http://www.iow.gov.uk/news/Energy-rebate-update)

**Car Parking Charges for Egypt Esplanade, Cowes and Princes Esplanade rejected:** Confirmed: Although charges were scrapped by the Alliance administration in May 2021, this was only formalised at last month's budget. A super huge thank you to residents for supporting the campaign.

**SGN Woodland Clearance, Gurnard Seafront:** Thank you for feedback on wildlife that used the protected woodland which was cleared by contractors working on behalf of SGN. Information on wildlife habitats are now the IW Council who are prosecuting SGN for damage caused.

**Supporting Young People:** Cllr Alison Carter from Cowes Town Council is leading a local initiative to engage closer with young people in the town. Please contact Alison (through Cowes Town Council. Tel: 01983 209022) or let me know of issues or of support you can offer!

**News from the Solent Forum:** Following the collapse of oyster beds, a programme is in place by the Blue Marine Foundation to repopulate the Solent with oysters to improve water quality and biodiversity. Following £110,000 worth of grant funding, oyster rafts have been introduced at Langstone Harbour with the second phase hopefully taking place at the Newtown Estuary.

**Cowes Community Bus:** The Community Bus Forum are seeking volunteers to drive their fleet of buses. If interested, let me know!

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NEWS FROM  
**CENTRAL NEWPORT**

by Cllr Julie Jones-Evans

Very exciting news regarding the Tour of Britain that sees the final leg of this prestigious cycling event, watched by millions of people worldwide, staged on the Island on 11th September. Part of the race will come through the centre of Newport and will be quite a spectacle. At Shaping Newport we have already started to discuss what we can do in town to enjoy the day and we are looking at having a weekend of car-free focused activities, such as a bike show, road closures to have outside dining, family games, pop-up parks, food and craft markets. I'll keep you posted. Jubilee celebration organisation is going well with the main focus being on the Saturday parade which is shaping up to be quite impressive with vintage cars, motorbikes, scooters, schools,

skaters and much more. Platform One will have a music stage going all day in St James' Square and the screens will be showing the events in London, so we don't have to be at home to watch and can join in the fun in town. Newport Business Association members that have shop windows will be dressing them in the style of what the shop was in 1952 or in their favourite decade of the Queen's reign. The whole town will be getting involved and we encourage anyone coming in on the Saturday to dress up in their favourite decade's fashions and anyone can get involved in the parade - email [laura.cansdale@iow.gov.uk](mailto:laura.cansdale@iow.gov.uk) for the details

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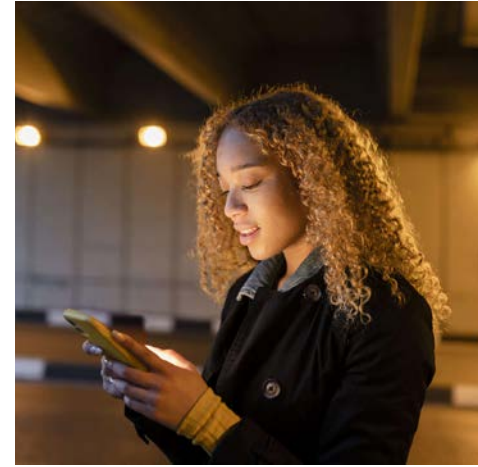
# New App Protects Female Islanders on Walk Home From Work

An app designed to help women feel safer while travelling home from work at night, is to be offered free to female hospitality workers.

After a successful bid to the Home Office, the Isle of Wight Council will work in partnership with Shaping Portsmouth and Portsmouth City Council to issue over 300 licenses for the StaySafe Lone Worker app to women working in the hospitality sector on the Island and in Portsmouth.

The app is available to businesses such as pubs, restaurants and shops. It is able to track their movements and connect them to a call centre while travelling home at night. The user will be able to log when they leave work and then again when they reach home, with their whereabouts picked up by a Milton Keynes based control centre to ensure they reach their destination.

If they feel unsafe along the way, the user can tap to be connected to a call handler to speak to while they travel, and if the situation escalates the handler can then contact the police and give them accurate co-ordinates. Councillor Ian Stephens, Isle of Wight Council Cabinet lead for Community Protection, said:



"I would encourage Island hospitality business owners to sign up to this app, to provide that added precaution for their female workers on their journey to and from work.

"Keeping our Island a safe community is a priority for us and this app provides peace of mind and security for lone workers travelling home at night."

The free app offer is in place for the hospitality sector to use the available licenses until March 2023. **If you would like to sign up your business to the StaySafe app offer, email [contactus@shapingportsmouth.co.uk](mailto:contactus@shapingportsmouth.co.uk).**

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## Elite Garages Opens in Newport

Elite Garages has been a family-run business for over 60 years, with three generations of the family working together, and Newport is their 16th vehicle repair centre. Richard Whittemore (Managing Director) said, "We pride ourselves in being a local garage who deliver the personal touch you would expect from a family business. The whole team has worked so hard to get our Newport site ready for opening. Our Isle of Wight customers can expect competitive prices and a friendly, trustworthy service from our highly experienced team."

The Elite Garages Newport branch will be

overseen by Area Manager Mark Stevens, who already manages branches in Portsmouth, Brighton and Pulborough. Mark said, "We're excited to be opening on the Isle of Wight. The great location in Newport means it's easy to leave your vehicle with us, or you can enjoy our free customer WiFi whilst waiting for your vehicle. We have brand new, state-of-the-art equipment in our workshop and a spacious, modern waiting room for our customers."

Elite Garages Newport offers a vast range of services including MOTs, tyres, servicing, brakes, clutches, exhausts, batteries,



# Tour of Britain's Isle of Wight Route Revealed

By Oliver Dyer

The Isle of Wight's leg of this year's Tour of Britain will be "the toughest ending" to the event in modern history, organisers say.

Riders are being welcomed to the Island for the conclusion of the cycling event on September 11.

Stage eight will see riders start in Ryde before embarking on a 150-kilometre route to The Needles.

Not only will the route showcase the Island to a worldwide TV audience, fans will be able to catch the race in multiple locations owing to the way it loops around the Island.

Among the towns featuring will be Newport, as well as Cowes, Sandown, Shanklin, Totland, Ventnor and Yarmouth.

The final 20 kilometres will take the peloton along the stunning Military Road, which offers stunning panoramic views out across the English Channel, towards The Needles Landmark Attraction.

This year's race culminates with a two-kilometre climb up to Tennyson Down, the final 400 metres of which average a gradient of 9.6%, making it the toughest ending to any Tour of



Britain in modern history.

ITV4 will continue to broadcast live flag-to-flag coverage of every stage, as well as a nightly highlights show, allowing fans in the UK to watch wherever they are.

The race will also be shown in over 150 countries worldwide, in part thanks to the event's partnerships with Eurosport and the Global Cycling Network.

This year's Tour of Britain will comprise the following stages:

Stage one: 4/9/2022

Aberdeen to Glenshee Ski Centre

Stage two: 5/9/2022

Hawick to Duns

Stage three: 6/9/2022

Durham to Sunderland

Stage four: 7/9/2022

Redcar to Duncombe Park, Helmsley

Stage five: 8/9/2022

West Bridgford to Mansfield

Stage six: 9/9/2022

Tewkesbury to Gloucester

Stage seven: 10/9/2022

West Bay to Ferndown

Stage eight: 11/9/2022

Ryde to The Needles.



## New Inn Re-Opens Under New Management

The New Inn in Shalfleet has reopened under new management.

Simon Cant and Liam White, best known for managing The Castle Inn, Newport and The Vine Inn, St Helens, will take on the pub for the time being.

Simon and Liam said: "Thank you to all of you who stopped by for drinks to welcome us into your beautiful village! It was lovely to see so many of you. "If you've not popped in to say hi yet, we'd love to see you!"

The 18th century pub, located on the main road through Shalfleet, has been closed in recent months.

The kitchen is now open and serving food.



diagnostics, air con, wheel alignment and other mechanical repairs.

With thousands of tyres in stock within the Elite Garages group, they have tyres for everything from a wheelbarrow to a Ferrari, at extremely competitive prices.

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You can book your vehicle in to Elite Garages Newport by calling 01983 478161 or visiting their website [www.elitegarages.co.uk](http://www.elitegarages.co.uk).



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# Alzheimer Café IOW

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Email: [info@alzheimercafeiow.org.uk](mailto:info@alzheimercafeiow.org.uk)  
Website: [www.alzheimercafeiow.org.uk](http://www.alzheimercafeiow.org.uk)



## East Cowes Alzheimer Café

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

## Ryde Alzheimer Café

All Saints' Church Hall  
Queen's Road, Ryde PO33 3AF  
First Friday of the month  
11am—1pm

## 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  
2pm—4pm

## Ventnor Alzheimer Café

The Green Room, Salisbury Gardens,  
Dudley Rd, Ventnor PO38 1EJ  
Third Wednesday of the month  
6pm—8pm

## Sandown Alzheimer Café

The Broadway Centre  
1 Broadway, Sandown PO36 9GG  
Fourth Wednesday of the month  
2pm—4pm

## Newport Alzheimer Café

Newport Methodist Church  
Quay Street, Newport PO30 5BA  
Last Wednesday of the month  
6pm—8pm

## ACE7 Alzheimer Café

for people with early onset dementia aged 45—65 years  
Riverside Centre  
Newport PO30 2QR  
2nd and 4th Tuesdays of the month  
10.30am—12.00 o'clock

**Newcomers very welcome**

*Booking only necessary when Covid-19 restrictions apply*

An Alzheimer Café is a meeting place providing informal education about dementia, guidance and signposting to other services. We welcome people with dementia, their families, carers, professionals and anyone with an interest in dementia.

## What is an Alzheimer Café?

An Alzheimer Café is a meeting place that provides informal education and information about the issues surrounding dementia. Alzheimer Cafés welcome everyone who has an interest in dementia; people with dementia, their families and friends and people in the community, who would like to learn more about dementia.

Alzheimer Cafés provide an informal, safe, and sensitive environment for, sharing feelings, giving, and receiving support and guidance, and provides the opportunity to make new friends with people in similar situations. Alzheimer Cafés have a friendly and relaxed atmosphere. Each month there is a speaker who presents information on a dementia related subject, sometimes from another service, and welcomes professionals and visitors' who provide updates and information on their areas of expertise.

The Alzheimer Café Team will give you a warm welcome, 'a listening ear', provide refreshments and signpost people to other services and agencies, where appropriate, to access information and services.

There is no need to book to attend an Alzheimer Café, you are welcome to come along to any of the Cafés across the Island. There is no charge – but we welcome donations in the orange collection boxes.

ACE7 welcomes younger people with dementia aged 45-65 years.

For further information, please contact us.

Tel: 01983 220200; Email: [info@alzheimercafeiow.org.uk](mailto:info@alzheimercafeiow.org.uk)

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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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| LEGAL & FINANCIAL |

# Accident At Work: Employed Or Self-Employed

**When it comes to making a claim for compensation following an accident at work resulting in injuries, it is important to know what your rights are.**

**W**hilst it is easier to make a claim if you are employed, it does not follow that just because you are someone who is self-employed, you cannot make a claim.

A business owner/manager still owes duties to a self-employed contractor working for them.

There is an obligation for example not to place someone whether employed or self-employed, in danger and to ensure their safety is considered whilst they are at work.

The way in which someone's loss of earnings is calculated is also different.

If a person is employed, it is very simple to provide evidence of loss of earnings by way of salary slips.

However when someone is self-employed, then it is a matter of providing

evidence of loss of profits. In such circumstances, the evidence of loss is usually by way of providing three years pre-accident profit and loss accounts which would show average profits based on which loss of profits since the date of the accident can be calculated.

If employed, sometimes an employee could continue to receive their salary under the terms of their contract of employment (if the contract provides for this).

However if self-employed, then clearly should someone be unable to continue to work, they will not receive payment.

The only option available to them would therefore be to claim benefits, which are unlikely to be at the same level as an individual's earnings.

In those circumstances, it is possible to ask for an interim payment on account of the claim, so as to allow an injured person to continue to meet their financial liabilities such as mortgage payments or bills.

If you have been involved in a serious accident at a place of work, please do feel free to speak to Parisa Costigan, senior solicitor, for an informal chat to find out what you may be entitled to claim including for example an interim payments (payment on account of the claim), from the business owner (Defendant), if you are unfortunate enough to have to take time off work as a result of any injuries sustained, given one's responsibilities to pay bills and a mortgage do not stop even if someone stops working.

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# Incredible EDIBLES

Some plants have got the lot – they look good and do you good. Flo Whitaker recommends planting some handsome vegetables in your flower borders.



this way, but it's always fun to grow a few edibles.

Carrots have elegant, border-worthy foliage. The small ball-type varieties don't require much depth of soil and can also be grown in a container; likewise radishes, which are very quick to crop. Incidentally, radish flowers are beautiful – a few roots left unharvested will produce delicate flowers in gentle mauve and cream shades.

Here are reasons why a traditional vegetable garden looks the way it does. Centuries of trial and error has come up with a system that's hard to beat. Crops grown in neat rows take up less space and are easier to water and harvest, but if there's no room in your garden for a designated veg plot you can still grow some vegetables. Many have great ornamental qualities and can be mingled through the flower borders to good effect. The yields will be smaller



Wigwam supports are quick and easy to make. Use bamboo canes or hazel poles firmly bound at the top with string. Each support needs to be spaced approximately 20 cms from its neighbour and pushed 15cms into the soil (keep that in mind when considering the eventual height

of the plants you want to support!). A tall wigwam of French or runner beans makes a bold statement in a border. The annual climber, *Ipomoea lobata*, ('Spanish Flag') can be combined with runner beans. Vigorous by nature, it will



easily keep up with the rapid growth of the bean plants and bears unusual blooms in graduating shades of red/orange/yellow. Mangetout peas have dainty flowers, are easy to grow and will quickly scramble up a support. Some varieties have snazzy pink or purple pods. Courgettes and squash can be trained up a wigwam or over a trellis arch. Some gardeners actually prefer this method, reckoning the additional airflow makes for less mildew/rot problems. Make sure your supports are sturdy as these plants will become heavy as they start to crop.

Cut-and-come-again lettuce is surely the easiest vegetable of all. It's best grown in a patio pot where the leaves will remain cleaner. Beetroot seedlings are my latest salad-obsession. You'll require a seed tray filled with general purpose compost, sharp scissors and a heart of stone, for once you've snipped and harvested the cress-like leaves, the seedlings die – but they are so delicious, with the distinctive taste and colour of mature beetroot. They look fabulous scattered over a green salad. Lettuces and violas aren't an obvious combination, but make surprisingly companionable bedfellows. Violas enjoy the shade cast by the developing lettuces and if you grow dark-leaved lettuce, really interesting colour combinations may occur. Viola flowers are edible and make a pretty garnish for summer cordials – or a G&T! ☺

“*Lettuces and violas make surprisingly companionable bedfellows*”



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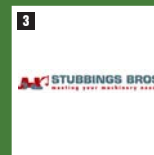
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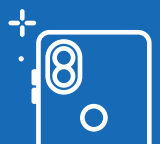
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### Closing date - 31<sup>ST</sup> MAY 2022

Send your entries to: **IW Beacon Competition, 8-10 Dodnor Park, Newport, Isle of Wight, PO30 5XE**  
When sending your entry to us you **MUST** ensure that you use the correct postage. Terms and conditions available on request.  
Prizes must be claimed within 30 days of the draw date. Previous winners can be found on our Facebook and Twitter pages.  
Winners will be contacted by phone.

**Did you know...**  
You can take a photo on your phone and email your entry to [win@iwbeacon.com](mailto:win@iwbeacon.com).



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