

# WINCHESTER

## Magazine

Spring  
2026  
Issue  
No.36



### Easter eats

Chocolate making and lots of naughty treats

### Flower man

Meet Dave from The Original Flower Stall

### Go outdoors

Fun and frolics and Spring festivals galore

### & More

Local artists and makers, movers and shakers

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Heather Wiltshire,  
Head of Property



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# Welcome...

WINCHESTER MAGAZINE SPRING 2026 ISSUE 36



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from The Original  
Flower Stall

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Lots of lovely  
things to do  
outdoors this  
Spring



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Share a little  
love and make a  
difference across  
the city

Winchester Magazine has a print run of 8,500. Our next issue (Summer) is out in July

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## Spring favourites

Spring is my favourite season in Winchester, with parks and gardens bursting into flower.

One of my regular weekend activities is to head to the car boot sale at The Cattle Market which is always full of interesting people and a treasure trove of bits and pieces. It's where we met our designers and it's a great place to get chatting over a bargain buy or two.

People are at the heart of this issue. Lots of our editorial pages feature someone local who is doing something that makes a difference to other people – from inspirational teachers doing their day job to community heroes.

This issue, we meet David from The Original Flower Stall on High Street who looks out for the folk that pass by his stall each day. We highlight city charities that need a helping hand and have expert advice on heart health from Deborah from REMEDI HEALTH.

It's going 'above and beyond' that makes the city businesses who advertise with us so special. Really good service counts, a smile counts and expert knowledge makes shopping, eating out, buying a car, attending an event – and lots of other things besides – even more enjoyable as a result.

Buying local not only supports the local economy but also boosts the businesses that give our city its character. We champion 'local' every day on our social media. Join our Facebook page @winchestermag where we have over 14,000 followers.

*Liz*

**Liz Kavanagh**  
www.winchestermag.com  
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A SHORT DRIVE FROM WINCHESTER

# What's on

Things to do this Spring

## On the buses

Take a free ride from The Broadway in a vintage bus on Bank Holiday 4 May. The Friends of King Alfred Buses was founded in 1985 to preserve King Alfred buses and coaches of all kinds which were once part of the fleet of King Alfred Motor Services. Its volunteer drivers will be running routes across the city.

[www.kingalfredbuses.org.uk](http://www.kingalfredbuses.org.uk)



## MADE Winchester

Enjoy a celebration of contemporary craft, design, and creativity as the finest makers and designers from Winchester and further afield take over the Cathedral and its Inner Close for MADE – a festival of craftsmanship, imagination, and inspiration from 7 to 9 May.

Meet talented makers, explore beautiful, handcrafted pieces in ceramics, jewellery, textiles, glass, and wood, and enjoy a weekend filled with creativity and community. Look out for local Winchester exhibitors such as Sophie Wiltshire, Joanne Bowles and Emma Holloway.

Free group art and craft activities for all ages will also be on offer as well as paid-for masterclasses, makers' talks, discussions, and live demonstrations.

[www.madewinchester.uk](http://www.madewinchester.uk)



## Mayfest

Mayfest celebrates Spring in music, dance and song across the city. See Morris dancers from far and wide, folk musicians, sword dancers and more during an animated day of good cheer on 16 May.

[www.visitwinchester.co.uk](http://www.visitwinchester.co.uk)



## Van Gogh Alive

Be transported through Vincent Van Gogh's world, surrounded by over 3,000 stunning images of his most famous works, including Starry Night, Sunflowers and The Bedroom in Van Gogh Alive at Winchester Science Centre's Planetarium until 22 March.

Set to a classical score, a 45-minute immersive screening features extracts from his letters and journals, weaving together his art, words and emotional journey, revealing the passion, struggle and hope that shaped his creativity.

In addition to the screening, part of The Science Centre will be transformed into an interactive, immersive space. Visitors can step into Van Gogh's Sunflowers masterpiece to experience his art like never before.

01962 863791

[www.vangoghalive.co.uk](http://www.vangoghalive.co.uk)



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# What's on

More great things to do this Spring

## Celebrate Jane Austen's Sense and Sensibility

Visit Jane Austen's House in Chawton for its Spring Fling Festival from 1 to 4 May which will celebrate her first published novel *Sense and Sensibility*. Visitors can enjoy special themed tours and talks, workshops, object sessions and performances. Many events are drop-ins but visit the web site for details of exclusive intimate ticketed events that must be pre-booked.

01420 83262 [www.janeaustens.house](http://www.janeaustens.house)



## Ladies in Lavender at Chesil Theatre

It's 1937. The quiet lives of two mature unmarried sisters are disturbed by the unexpected appearance of a young man, washed ashore near their cottage after a storm. As they nurse him back to health, he comes to represent all they have missed. See *Ladies In Lavender* at Chesil Theatre from 10 to 18 April.

[www.chesiltheatre.org.uk](http://www.chesiltheatre.org.uk)

## Beyond the garden gate

Take a walk round some of the best private gardens in and around Winchester as part of the National Gardens Scheme, which raises money for good causes. Many garden owners also offer tea and cake. The scheme is always looking for new gardens if you feel like opening yours to the public.

[www.ngs.org.uk](http://www.ngs.org.uk)



## Treasures from the past

Ever wanted to go behind the scenes at Hampshire Archives in Winchester? See rare documents and learn about how the conservation department restore treasures from the past damaged by mould, water and vermin at a tour of the archives on 14 May. Watch a short archive film show and find out more about the impressive array of documents that are available for public research.

01962 846154

[www.hants.gov.uk/librariesandarchives/archives](http://www.hants.gov.uk/librariesandarchives/archives)

## Explore the Cloister

Winchester College's War Cloister is the largest private war memorial in Europe. Thought-provoking tours bring to life the stories of the pupils and teachers from Winchester who died in both World Wars and subsequent conflicts, who are remembered in the cloister. They last for an hour and run on the first Saturday of the month. Pre-booking is a must.

[www.winchestercollegeheritage.org](http://www.winchestercollegeheritage.org)



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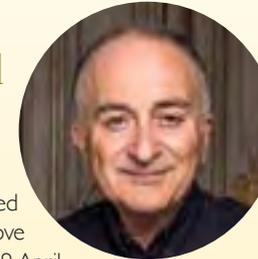


# What's on

Fabulous festivals – dance, comedy, books and watercress galore

## Winchester Books Festival

Winchester Books Festival is a celebration of reading and creativity, bringing together new and established authors and people who love to read. It runs from 17 to 19 April at The Arc, The Middle Brook Centre and Guildhall Winchester. Festival authors include Sir Tony Robinson, retail guru Mary Portas, designer and hotelier Kit Kemp and TV news anchor Tom Bradby.



[www.winchesterbooksfestival.com](http://www.winchesterbooksfestival.com)

## Winchester Comedy Festival

See the cream of the British comedy circuit at Theatre Royal Winchester at Winchester Comedy Festival's Spring Gala on 21 March. The line-up includes multi-award-winning Jo Caulfield and Steve Bugeja who starred in ITV2 sitcom Buffering. Compere Tom Deacon has followed The Champions League around the world as The Eurofan – notching up over a million YouTube views.

01962 840440

[www.theatreroyalwinchester.co.uk](http://www.theatreroyalwinchester.co.uk)



## RAW dance showcase

RAW, Winchester's contemporary performance week runs from 24 to 28 March at Theatre Royal Winchester and The Nutshell. It includes workshops with dancing pros who are offering sessions for adults and children.

A highlight of the week is Lewis Major Projects' Triptych. It's a fusion of movement, light and design, described as 'a triumph from beginning to end' by The Scotsman.

[www.rawwinchester.co.uk](http://www.rawwinchester.co.uk)



## Alresford Watercress Festival

Enjoy a street market, cookery demonstrations from top chefs, a Kids Zone and lots of live music as part of The Watercress Festival which takes place in Alresford on 17 May.

This free festival champions all things watercress as well as an array of delicious Hampshire fare. A fun highlight of the day is the much-contested Watercress Eating Championship.

[www.watercressfestival.org](http://www.watercressfestival.org)



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# “GLASTONBURY FOR DOGS”

THE TIMES

## GOODWOOF

16 | 17 May 2026

# GOODWOOF

## Race down to Goodwoof!

Head to Goodwoof this Spring for the ultimate dog's day out. Enjoy all-things canine at Goodwoof from 16 to 17 May which includes world-class competitions, demonstrations, wellness workshops, talks from key behavioural and veterinary experts and lots of activities to make your dog centre-stage.

## Join the parade

Take part in the celebration of rescue dogs in Goodwoof's 2026 parade. Rescue dogs of all breeds, shapes and sizes will join the Duke of Richmond to open the event each morning.

## In the dog house

Visit Barkitecture – Goodwoof's annual architectural exhibition and competition of cutting-edge kennels created by leading architects and designers for this year's theme of 'Dogs in Space', spearheaded by Kevin McCloud MBE and The Duke of Richmond. Bid for a chance to take one of these unique kennels home with you at a charity auction on Sunday.

## Join in

Head to the have-a-go area and form a team with your dog for agility tests including hoops and hurdles. Enter the Fastest Dog race where dogs big and small can participate in a 50m sprint and a place on the leaderboard. Watch dogs compete in the Action Sports Arena where the adrenaline-packed events include Flyball and take part in the ultimate dog disco – Ministry of Hound.

## See working dogs in action

Be inspired by working dogs in the Field and Trail area where presentations of perfect partnerships will showcase the unique relationship between man and his dog through demonstrations from world-class sheepdogs and gundogs.

## Wellbeing and wellness

Learn about Doga (the doggy equivalent of yoga) and enjoy the mutual benefits of sound-baths, reiki and dog massage in The Studio. Find out what your dog's body language is saying about the way he or she feels, learn doggy first-aid and pick up on anxiety signals in The Wellness Centre. The finest canine coiffeurs will be at work in The Grooming Parlour where you can pick up tips to keep your dog looking its best.

## Treat yourself

From coats, leads and portraits - Goodwoof offers a showcase of the finest makers and suppliers. And for humans needing a pit stop, there's a wide array of eating and drinking to be enjoyed, including seasonal, organic food from the Goodwoof Home Farm.

## Top reasons to book now

- Free parking
- Kids go free
- Dogs go free
- Save over 30% on your tickets

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## The flower man

One to one with Dave Langridge from The Original Flower Stall

He's best known as the 'flower man' – the cheerful chap who always has a good word for everyone who walks past his stall. But Dave Langridge does much more than sell flowers, making him a much-loved part of High Street.

"I started working on the flower stall at Winchester Market when I was 14," he says. "I'd set up and put away the stall for the owner before and after school for a fiver a time and work all day on Saturday. I set up my own flower stall with a friend and when we went our separate ways, I carried on."

Dave learnt his trade on the job. "I knew nothing about flowers," he says. "But over the years I've become more of an expert and now advise everyone from guys who want to be pointed in the right direction to customers needing wedding or funeral flowers. I have direct links with a Dutch supplier, so the flowers come straight to me and are always really fresh."

Dave is up at 5am each day when he starts putting bunches and bouquets together. "Setting up the stall can take a few hours so I'm on High Street before most people are out of bed," he says.

"During the day I see a mix of happiness, sadness and just about every other emotion from passers-by. I've always felt that part of my job is looking out for people – especially those who might not have anyone else to talk to. Just saying hello and asking how they are can make a big difference."

By 10am, Dave is ready for breakfast, with Greggs and Prêt A Manger his regular pit-stops. "Greggs does a really good bacon roll and Prêt is good for porridge and soup," he says. "Sometimes people bring me a cuppa which is always a lovely gesture."

Regulars buy from him every week, while others stop daily to say hello. "Some customers have been with me since I started," he says. "I often add in a few extra flowers for them or give them a plant for the garden."

"The most rewarding part of my job is being part of someone's big occasion," he adds. "I love my work and can't thank my customers enough for continuing to buy from me year after year."



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# Lovely things to do this Spring



Take a picnic to The Grange

The Grange in Northington is best known for its annual opera season. But the great house is cared for by English Heritage and you can walk around it and picnic on its perfectly manicured lawns without paying a penny. Dogs must be kept on leads.

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)



Walk in the bluebells

Take your camera and walk around Micheldever Wood, which is awash with bluebells from mid-April. It's all the more magical first thing in the morning, when you can really appreciate the scent from the spectacular carpet of blue.

[www.forestryengland.uk/micheldever-wood](http://www.forestryengland.uk/micheldever-wood)



Book a kitchen garden tour

Join Lainston House gardener Stef for a tour round the walled kitchen garden. The garden is used year-round for produce for the five-star hotel. The next tour takes place on 13 May and costs £5, which goes to Trinity Winchester.

01962 776088

[www.exclusive.co.uk/lainston-house](http://www.exclusive.co.uk/lainston-house)



Go on a guided walk

Winchester Association of Tourist Guides offers walks of all kinds from the Tourist Information Centre. Join a small group and find out about Winchester history that you never knew before, discovering hidden gems along the way.

01962 840500

[www.winchestertouristguides.com](http://www.winchestertouristguides.com)

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Waterstones, High Street



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The Sweetie Shop, High Street



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Oliver Bonas, High Street



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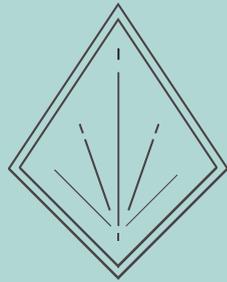
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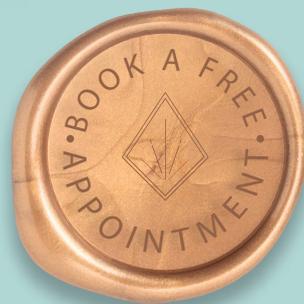
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# A few of our favourite things...

Style guru Donna Laine goes shopping for all things Spring

## Out for a walk

National Trust membership gives you access to special places across the UK. To discover even more this Spring, snap up a copy of 100 Secret Walks which costs £14.99 from its Mottisfont or Hinton Ampner shops.



## So pretty...

For Spring flowers, I buy from David at The Original Flower Stall opposite Marks & Spencer. They're always high-quality and he also sells lots of foliage so you can combine the two to make them look even more special.



## Smells like Spring

There's nothing nicer than a scented candle and for a real treat, Diptique's Figuier candle, £37, from Space NK on High Street is a gorgeous mix of woody, botanical and fruity notes.



## Go Grene in the garden

Sostrene Grene on High Street is a treasure trove of great value bits and pieces for your home or garden. Its sweet little seedling pots are just £1.92 and can be planted straight into the ground as they're biodegradable too.



## Emerald green

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Donna Laine is the owner of Donna Laine Fine Jewellery, Parchment Street, which stocks both new and pre-loved jewellery and offers repairs, watch services and battery replacement and remodelling.

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# Blooming lovely

Winchester travel expert Zoe Palmer shares her recommendations for floral delights

## Keukenhof Gardens, The Netherlands

Just a short flight or an easy Eurostar connection away, Keukenhof is often considered the ultimate Spring garden destination. Open for only eight weeks each year, this iconic Dutch garden bursts into life with over seven million tulips, daffodils, and hyacinths arranged in dazzling displays.



## Butchart Gardens, Canada

Head to Vancouver Island to see Butchart Gardens transformed into a vivid tapestry of tulips, primroses, and flowering trees. The Sunken Garden feels like stepping into a storybook world. Elsewhere in the gardens, there are over 900 varieties of plants and flowers to be enjoyed in spectacular displays.



## Monet's Garden, France

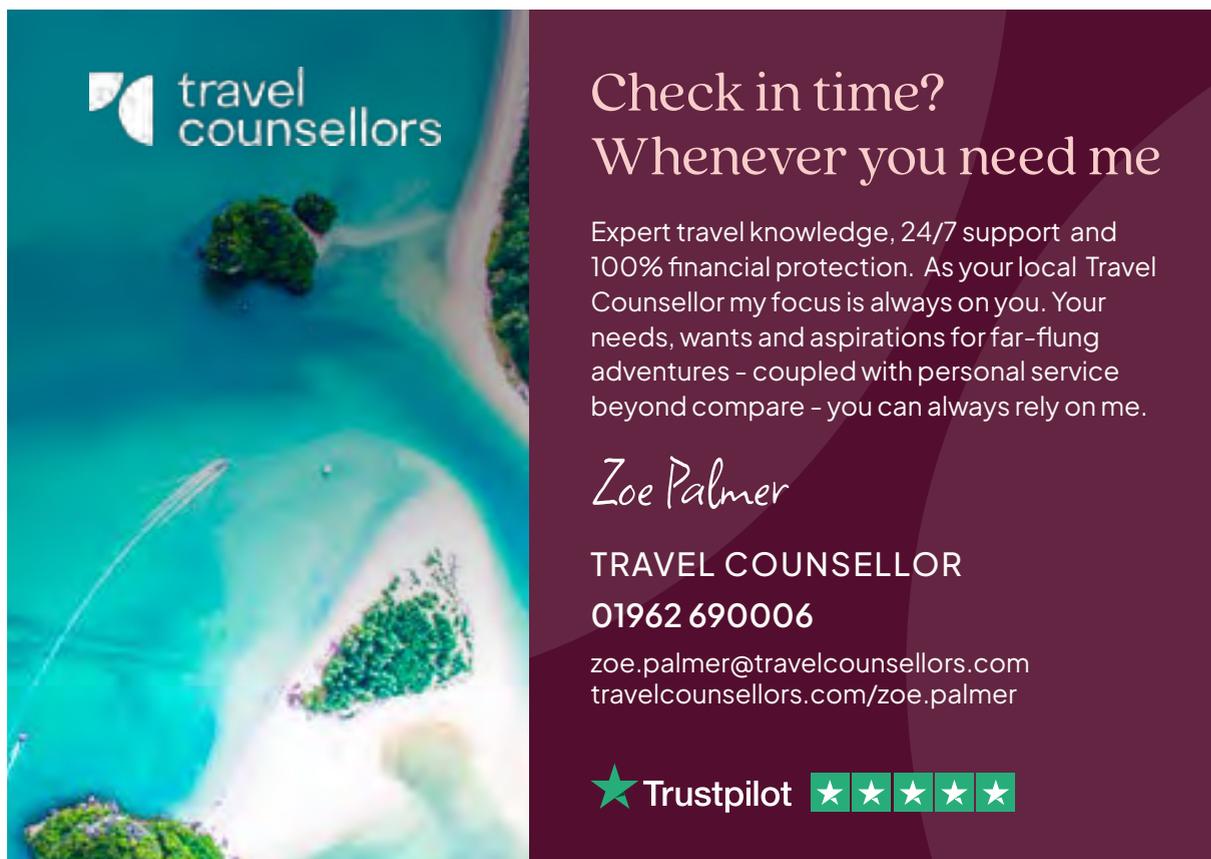
For art and garden lovers alike, Spring is one of the loveliest seasons to visit the gardens that inspired Claude Monet's most famous paintings. The water garden begins to awaken with irises and early lilies, while the Clos Normand is awash with colourful tulips and forget-me-nots. Easily accessible from Paris, Giverny makes a perfect weekend break for British travellers.

## Cherry blossom, Japan

While the exact dates change from year to year, April ushers in cherry blossom season in Japan and it's advisable to book as far in advance as possible. Iconic sights are transformed by an abundance of soft pink petals. Hanami (flower-viewing picnics) are a cherished Japanese tradition and celebrate the arrival of Spring and the fleeting nature of life.

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# A cut above

Melt-in-the-mouth steak from across the city

## At the steakhouse

Porterhouse on Parchment Street specialises in steak and its two-course fixed menu is just £22.95 a head from Sunday to Thursday and includes an 8oz rump steak. If you're pushing the boat out, there's a 32oz porterhouse steak for two on the à la carte menu, which also offers rib-eye, t-bone, sirloin and tenderloin steaks. All steaks are matured for 35 days before being cooked on the open grill and come with two house sauces, a selection of veg and lots of chips.

01962 810532 [www.porterhouserestaurant.co.uk](http://www.porterhouserestaurant.co.uk)

## Upper crust

Order a Pieminster Moo & Blue pie at The Eclipse on The Square and tuck into slow-cooked British beef with a good hit of Cropwell Bishop Stilton, served with creamy mash, peas and lashings of gravy for £15.95. It's one of the historic pub's most popular dishes and features on a menu with lots of pub classics.

01962 865676 [www.the-eclipse-winchester.co.uk](http://www.the-eclipse-winchester.co.uk)

## Sunrise Steak

Tuck into steak for breakfast at Turtle Bay on St George's Street where Sunrise Steak & Egg features on the brunch menu. Spiced with Caribbean trini-churri, 28-day aged grilled rump is served in a muffin with avocado, tomato and a fried egg.

01962 861000 [www.turtlebay.co.uk](http://www.turtlebay.co.uk)

## From the butcher

Cobbs Farm Shop in Headbourne Worthy has its own butcher's counter where you can buy steaks of any size and cut and glean expert advice on how to cook them to perfection from the team. Its British beef comes mostly from farms in Hampshire and Berkshire, ensuring food miles are kept to a minimum.

01962 889000 [www.cobbsfarmshops.co.uk](http://www.cobbsfarmshops.co.uk)

## Beef in the bistro

Tuck into a steak from King Charles' butcher at Hotel du Vin on Southgate Street where its rib-eye steak comes from Scottish supplier Donald Russell which supplies Buckingham Palace. It's served with peppercorn sauce and features on the à la carte menu which focuses on classic French food. Ask the sommelier for recommendations from the extensive wine list.

01962 896329 [www.hotelduvin.com/winchester](http://www.hotelduvin.com/winchester)



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[www.gurkhasinnwinchester.com](http://www.gurkhasinnwinchester.com)

# Something fishy

Tuck into fresh fish and seafood across the city

## Fresh fish at Cobbs

Every Wednesday from 11am to 2pm, Johnson's Fish – a family-run seafood business from Portsmouth – visits Cobbs Farm Shop in Headbourne Worthy. You'll find them outside the shop and you can pre-order if you're looking for something special. All fish is sustainably-sourced and the selection includes locally-caught day-boat fish such as sea bass, Dover sole, brill and plaice.

**02392 817547**  
[www.cobbsfarmshops.co.uk/johnsons-fishmonger](http://www.cobbsfarmshops.co.uk/johnsons-fishmonger)

## From Anita's Kitchen

Anita's Kitchen at 65a High Street offers fresh fish and shellfish in its wide range of sushi and sashimi which is inspired by flavours and ingredients from all over Asia. Sushi is made in front of you to take away from an imaginative menu which includes tuna and salmon sashimi and nigiri and our favourite, a delicious soft-shell crab tempura roll.

**01962 588130** [www.anitas-kitchen.com](http://www.anitas-kitchen.com)

## Local trout

West Lea Farm Shop at Ladycroft is dedicated to local produce and sells trout caught from just down the road at Itchen Abbas, both as fillets and whole. Also on offer is hot and cold smoked trout from Chalk Stream, which sources its fish from the Test and Itchen rivers, as well as a delicious selection of trout pâtés from Butler Country Estates, based in Winchester.

**01962 732476**  
[www.westleafarmshop.co.uk](http://www.westleafarmshop.co.uk)

## Fantastic fish and chips

For tip-top fish and chips we think Shoal on the corner of the Guildhall can't be beaten. There's a choice of takeaway or dine-in here and the restaurant menu is well priced, with cod, haddock and hake served with unlimited chips. Don't leave without trying the home-made gelato.

**01962 861919** [www.shoal.uk.net](http://www.shoal.uk.net)



## Nepalese-style

Gurkha's Inn on City Road is best known for mouth-watering Nepalese food and fish features widely across its menu. Tuck into a selection of dishes including a seafood platter of tandoori king prawns, salmon tikka and chilli-fried calamari to start, Goan king prawn curry cooked with mustard seeds, coconut milk, red chilli, turmeric and curry leaves and Tawa sea bass, seasoned with garam masala.

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<https://stclementssurgery-winchester.nhs.uk>



## Give your city gems a very special shout-out

Every time we run a Facebook post on someone who has gone out of their way to brighten up our day in a local shop or business, hundreds of you say that they make a difference to you too. If you come across one of these city gems let us know, and with their permission we'll run a Facebook shout-out to say thank-you.

Email [liz@winchestermag.com](mailto:liz@winchestermag.com)

## Have a good clear-out

Charity shops across the city are always grateful for pre-loved clothes and bits and pieces. If you've got larger items that are too big for the car, then call Emmaus at Bar End where the friendly in-house team will pick up from you. The charity supports people facing homelessness with a job in its superstore and workshop as well as providing accommodation for as long as they need it.

01962 868300  
[www.emmaus.org.uk/hampshire](http://www.emmaus.org.uk/hampshire)



## Paint a pebble

The Kindness Rocks Project started in 2015 in the US and now has an international following, with people of all ages painting, hiding and finding decorated pebbles in public places. There are painted pebbles to be found in Winchester too. One of our finds was tucked away in a crack in the wall at Incognito which just goes to show that it's not just children that take part.



[www.thekindnessrocksproject.com](http://www.thekindnessrocksproject.com)



## Support a local family

Support a child aged five to 13 and their family as a volunteer befriender for Friends Of The Family Winchester which helps local families who need a bit of extra help. Befrienders offer a listening ear, provide non-judgmental advice, involve their child in activities and encourage families to find solutions to the problems they're facing by signposting to other services.

01962 864466  
[www.fotfwinchester.org](http://www.fotfwinchester.org)



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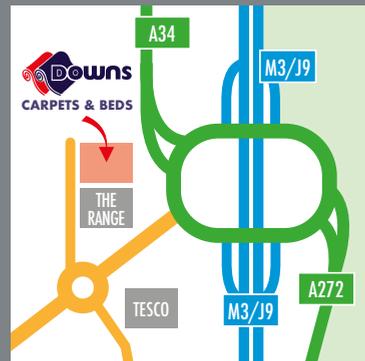
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# On the shelf

Beautify your home with P&G Wells' recommended reads



## The Quiet Home

by Michelle Halford, £27

'House hushing' is a new interiors concept. The Quiet Home incorporates design principles and strategies for creating serene interiors that promote calm and wellbeing. Find out how to create spaces that whisper rather than shout. A comprehensive guide to read cover-to-cover; the book provides lots of ideas for home projects, large or small. Each chapter is accompanied by beautiful imagery.

## Where the Heart is

by Katie McCrory, £16.99

One in three people don't feel 'at home' where they live. This book identifies eight emotional states that create the 'feeling of home': comfort, control, security, belonging, accomplishment, nurture, enjoyment and aspiration. Through clear advice and simple strategies, Katie empowers us to rethink our relationship with home – whether we rent or own, live solo or are growing a family.

## Kit Kemp: Design Stories

by Kit Kemp and Giles Kime, £45

New Forest-based designer Kit Kemp invites readers into her imaginative world, revealing how she transforms interiors using texture, craft, and individuality. Kemp's spaces are more than just rooms and a vibrant tapestry of art, antiques and bespoke details that surprise and delight. Break free from the ordinary, and create interiors that reflect personality, passion, and a true sense of place.

## Sarah Beeny's 100 DIY Jobs

by Sarah Beeny, £25

Sarah Beeny's down-to-earth attitude and expert knowledge informs her approach to DIY and in 100 DIY Jobs, she shows exactly how to tackle common household tasks. Clear, step-by-step instructions for each job are accompanied by a useful tool list. With lots of practical tips and illustrations, this book is a DIY must-have for every homeowner.

## The Happy Home: Layered Interiors for Joyful Living

by Ariel Okin, £37

Popular designer Okin's first book celebrates her deft use of colour and pretty, fresh take on traditional interiors that are warm and elegant. The Happy Home is an exploration of her belief that the best homes reflect the stories of their inhabitants. It's full of advice and inspiration for creating spaces that are as welcoming and personal as they are functional.

All books can be ordered  
at P&G Wells, College Street,  
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[www.pgwells.co.uk](http://www.pgwells.co.uk)



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In recent years, the UK property landscape has been shaped not only by market trends, but by a broader shift in outlook. With ongoing political and economic uncertainty, many individuals and families are re-evaluating where and how they want to live. For some, this means relocating within the UK; for others, it means looking beyond its borders altogether.

At Century 21 Fine Homes & Estates, this changing mindset presents an opportunity — not just to sell property, but to offer choice.

As part of the Century 21 global network, we are uniquely positioned to support clients whose lives, investments, and ambitions extend internationally. With hundreds of offices across Europe, North America, the Middle East, Asia, and beyond, our reach allows us to connect local homeowners with a truly global audience, while also assisting UK buyers who are considering a move overseas.

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While uncertainty may influence decisions, it also encourages people to think bigger, plan smarter, and explore new possibilities. Being part of a globally recognised brand allows Century 21 Fine Homes & Estates to offer reassurance, continuity, and expertise — wherever the next chapter may lead. In a world that feels increasingly complex, having a local partner with global strength has never mattered more.

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## Winchester • Romsey • The New Forest

At Century 21 Fine Homes & Estates, we believe true luxury is not defined by price — but by experience. Our mission is simple: to deliver a level of service that transcends expectation. For discerning clients seeking more than a transaction, we offer partnership — one built on expertise, discretion, and a deep understanding of lifestyle and place.

From historic manors and contemporary penthouses to tranquil countryside estates, every home we represent is unique — and deserves marketing that reflects its individuality.

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# The house that Nony bought...

The independent estate agent falls for one of her own properties

Anyone who has met Nony Kerr-Smiley will know that she positively bubbles with enthusiasm whenever she's talking property. She's an award-winning independent estate agent and works alongside husband Sam, with the combined skills of both making them much in demand.

"Whenever we get a new instruction, we talk about what we'd do with it if it was our home," says Nony. "We think about space, light, décor and the things that we would add to it or change."

It was only going to be a matter of time before Nony would fall in love with one of her own instructions. And when she did, Sam did too. "We realised that it had everything that we wanted to up-size – and more," she says.

With a growing grandson and regular family guests to accommodate, the house not only had the perfect number of bedrooms and bathrooms but also had a home office and grounds that were big enough for Sam to grow fruit and veg galore. There was even a shepherd's hut and the perfect nook for a Rangemaster.

Nony suggested to her vendor that they might like to have a separate valuation from another agent to avoid a conflict of interest. "They said they didn't need to go anywhere else," she says.

And so began the process of selling – which Nony and Sam did themselves – using their experience to streamline everything. "We rented our old home from the new buyer so there was a period of overlap after completion," says Nony. "It gave us time to do all the tweaking before we moved in."



That included building a stud wall to create storage in a room with a sloped ceiling. A boiler was removed from inside to the garage, making space for a roomy linen cupboard. Picture lights were put in, the house was painted from top to bottom and new carpets were fitted.

Blips there were. "We had to take a window out to install a sofa that wouldn't go through the door," says Nony. "Because we always use local professionals, a window fitter came over straight away. Our project manager 'Tall Tim' was brilliant. With a gap between selling and moving, we were able to move clothes and precious things ourselves. Making our bed was our first job. That's something I recommend to everyone."

Nony and Sam excel at looking after their clients. "Having recently moved ourselves, we're even more committed to helping them across the board," says Nony. "We sell homes and we look after people. The two go hand in hand."

07712 648740 [www.nonykerr-smiley.com](http://www.nonykerr-smiley.com)



# Ripples



“Ripples had already come highly recommended and now I can see why. The team are extremely professional and their knowledge is extensive. We are so impressed, we have already gone back to get our family bathroom designed. I have no hesitation in recommending Ripples to anyone.

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SHOWROOMS NATIONWIDE



FIND OUT MORE

# Top things to consider when designing a shower space

WITH BATHROOM DESIGN SPECIALIST RIPPLES.

With over 35 years experience designing bathrooms, the team at Ripples understands that the process can sometimes be daunting. Its designers are experts on all aspects of bathrooms and here, **Senior Designer Kerri** and **Designer Caroline**, from Ripples Winchester, discuss the top things to consider when designing a shower space.

Firstly, think about whether you want a shower enclosure or a more open space with a shower screen.

“If you're opting for an enclosure, consider which shape will work best to utilise the space available. If you go for shower glass, think about which style you like, whether that be Crittall-style, fluted or the emerging trend, etched.”

KERRI

Secondly, think about the space. If room is tight within a shower area, concealed fittings are the perfect choice. By hiding the pipes within the wall cavity, the fittings sit flush to the wall, reducing the possibility of bumping into them when showering and creating a sleek finished look.

Additionally, it's important to consider the ways in which you can minimise energy and water consumption.



One way to reduce water usage is to choose a shower head fitted with a flow restrictor. Luckily, this option doesn't mean you end up with a substandard shower as each flow restrictor shower has been carefully designed to reduce water consumption but still offer a pleasurable showering experience. Alternatively, you can opt for a technology-led shower which enriches shower water with air droplets, making for an invigorating shower experience.

“You can create additional in-shower storage by utilising the void in a stud or false wall to build alcoves for storing shower products, in turn maximising space on the floor.”

CAROLINE



# Ripples

Visit Ripples Winchester at 13- 15 Stockbridge Road, Winchester, SO22 6RN, head to [ripplesbathrooms.com](http://ripplesbathrooms.com) or call 01962 859296 for more information.



FIND OUT MORE

# A new way of living

Hampshire heritage and a sense of community are at the heart of Welborne Garden Village

"My ambition is to build a place in which people will still want to live, 100 years from now." So said Mark Thistlethwayte, the chairman of Buckland Group whose vision for a sustainable garden village designed with heritage in mind, has seen the creation of Welborne Garden Village.

It will be the size of Petersfield when it's finished and has easy access to the M27 with Fareham just a few minutes away. But what makes this development of up to 6,000 homes so special is that every element has been thoughtfully designed and delivered in a way that moves away from the high-volume builder approach.

"Mark's vision was to create homes, jobs and green space rather than a soul-less build of box houses that dominated the land that had been owned by his family for generations," says Fiona Gray, Buckland Development's director of place.

"Fareham Borough Council needed to increase housing provision and set about pursuing the idea of a new community 20 years ago. Mark was keen to ensure that Welborne would offer much more than bricks and mortar."

Buckland Development Ltd was appointed as master developer, with Ben Pentreath the town architect designer. Garden villages like Bournville were visited, where the Buckland team drew inspiration from classic timeless features as well as centuries-old, local Hampshire market towns and traditional architectural styles.

Regional housebuilders together with local consultants and craftspeople were appointed. Carefully created phases ensure that none of the new homeowners need travel through a building site.

"Integral to Welborne's vision is a commitment to create a community," says Fiona. "That means also building schools, a doctor's surgery, shops, a pub and community hall and designing over 50 per cent of the site as parks, woodland, play areas, allotments and green spaces.

"While our architectural designs reflect the past, we also have the supporting technology and connectivity to ensure Welborne thrives into the future. All homes will be heated and cooled by a low-carbon water source heat network. Most properties will have solar panels. A commercial district will have a science and technology park with office space and light industrial units."

To maintain the village to a high standard and build its community, homeowners will be part of the not-for-profit company Welborne Garden Village Trust Ltd which will be responsible for the long-term stewardship of all public areas.

Mark and Buckland Development will continue to be an integral part of the village. "The driving force is to create a place that not only serves new residents and people who live nearby now, but which will have a strong identity and a sense of place in the years to come," says Fiona.

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# Take the stress out of buying and selling

Conveyancing expert Heather Wiltshire from Shentons explains why a local solicitor is so important



Meet Heather Wiltshire who heads up Shentons' residential conveyancing department. Having worked for over 25 years as a conveyancing specialist, she's looked after the legal side of property purchases and sales for everything from studio flats to £8million mansions.

"There's a huge satisfaction about working on someone's journey towards a new start," she says. "Conveyancing moves quite speedily compared to other forms of legal work, so we generally fulfil everything that we need to do to secure the legal obligations of a purchase or sale in a relatively short timeframe."

The process is extensive and includes legal checks, drafting and exchanging contracts, handling searches and registering a property's new ownership. It's multi-faceted work and local knowledge helps Heather and her team look at each property holistically.

"We don't take a tick box approach to conveyancing," she says. "We think outside the box so might look at properties on Google Maps for example, to get a visual understanding of a right of way. Many of us live in and around Winchester and so we know the city inside-out. That has huge advantages in terms of local knowledge.

"We also go through the fine details of estate agents' particulars, which some solicitors don't do so we're really informed about the properties we're looking after."

It's rare that a client walks away from a purchase. But Heather's team is also there to identify potential pitfalls. "Some properties come with restrictive covenants that limit their use," she says.

"An example of this would be a covenant preventing owners running a business from their property or keeping commercial vehicles on the land. Ensuring there is clarity on vehicular access is also really important."

Shentons is a member of the Law Society Conveyancing Quality Scheme, so its lawyers undergo additional annual training and certification each year. "That helps us keep our knowledge up to date," says Heather. "Changes on Stamp Duty for example, can have a big impact on buyers and sellers."

Communication is vital when it comes to conveyancing. "We are a tight team so everyone who picks up the phone knows the properties we're working on and where we are in the process," Heather adds. "Updating a client with a call rather than sending out a letter helps keep costs down and is also important as a way of checking in with them.

"Trying to stay emotionally detached from a sale or purchase can be really hard," she adds. "We're there to support our clients at every step."

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Alasdair Akass  
Director of Development, Winchester Cathedral.



One of our many 5 star customer reviews.

# Top-notch cleaning

Rebecca Hopkins from Squeaky Clean Homes offers a superior service



When Rebecca Hopkins set up her domestic and commercial cleaning business 12 years ago after a career as a nurse and senior matron in the NHS, it was initially to give her flexibility around her growing family. She’s a self-confessed perfectionist and that attention to detail paid off from the start.

She now employs 20 staff who look after clients across Winchester: “They are as passionate as I am about doing a good job,” she says. “We treat every space as if it was our own and work at a high standard with attention to detail!”

Much of her business comes via word of mouth. “Customer care and reliability have been key to our success,” Rebecca continues. “We have automative processes which include a client feedback system when a clean has been completed. It is rare for us to have anything less than the maximum five-stars each time.”

Winchester Cathedral’s Deanery is one of Squeaky Clean Homes’ most prestigious sites.

“We all love working in heritage buildings,” she says.

“There’s something very special about caring for a property that has been there for hundreds of years.”

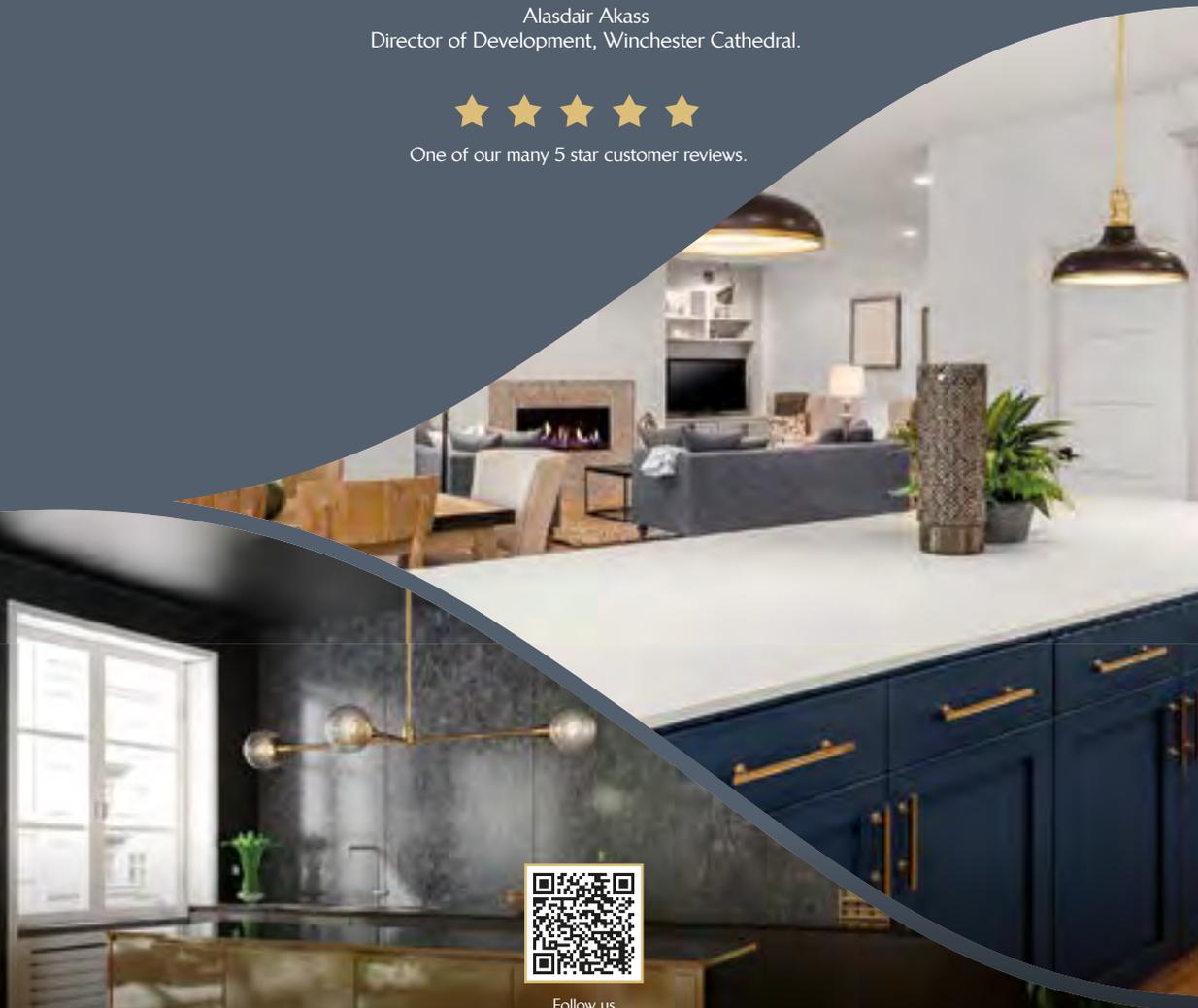
And it’s not just its clients’ properties that Squeaky Clean Homes looks after: “We care about our staff and pay them the Real Living Wage and for travel time between jobs,” adds Rebecca. “Everyone is trained in the same way so there’s consistency and that training is ongoing. We use quality products and also offer plant-based alternatives. We know that our staff are our biggest asset and we have a happy and dedicated team.”

Rebecca now has senior and admin staff to support her; but she continues to personally reply to enquiries. “That’s really important to me,” she says. “I still get a buzz when someone new comes to us, especially when they say they haven’t even considered anyone else.”

“I’m every bit as committed to providing a really high level of service as I was when I set up the business,” she continues. “Squeaky Clean Homes is a member of the Domestic Cleaning Business Network which recognises excellence. Last year, we were nominated for the Service Excellence category of the Winchester Business Excellence Awards. We were also finalists in the Maven Awards for customer care. I’m really proud of what we do.”

01962 656505

[www.squeakycleanhomes.co.uk](http://www.squeakycleanhomes.co.uk)



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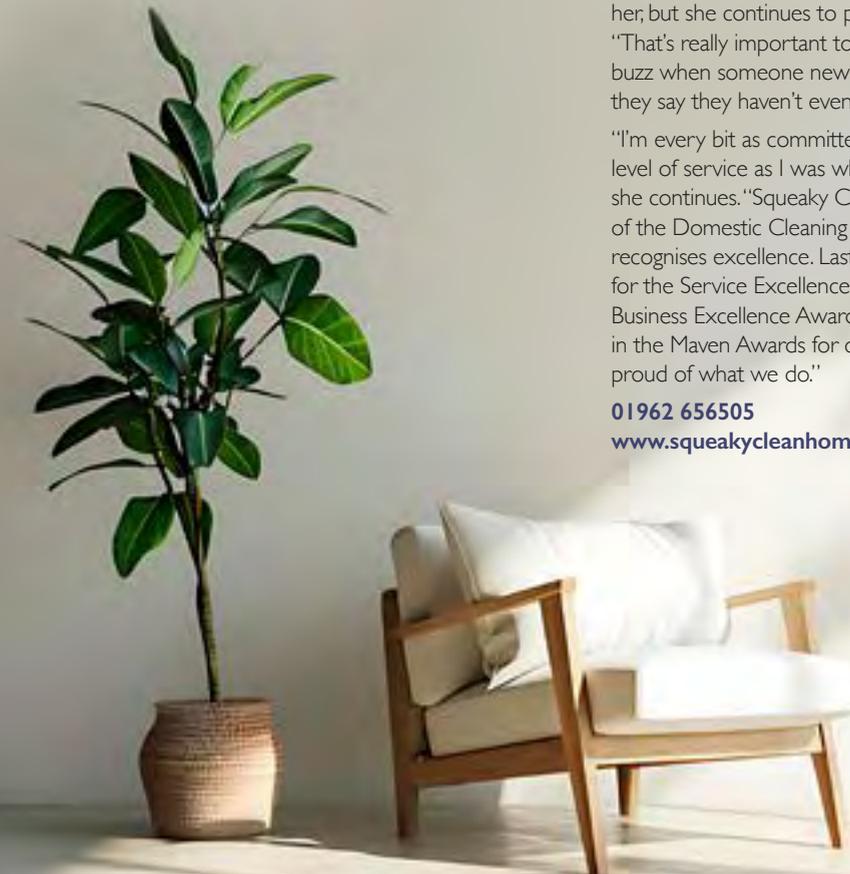
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# Make it, see it, do it

Arty crafty creativity across the city

## On the cover

Jo Burgess from Green Magpie makes bespoke collages of local homes and city landmarks from tiny pieces of paper in meticulous detail and is this issue's cover artist. Her talents extend to including tiny people within her work, making it completely personalised for commissions.

All the materials Jo uses in her collages are salvaged or repurposed – from old books to paper ephemera. She's a self-confessed magpie, so her work is unique in every way, depending on the special finds that she uses in her next collage.

[www.green-magpie.co.uk](http://www.green-magpie.co.uk)



## Get fruity with Jenny Muncaster

Explore colour, shape, and texture through fruit-inspired still life with city artist Jenny Muncaster who is running Get Fruity six-week mixed media and still-life courses this May using paint, collage, and texture.



Jenny's work has featured on the walls of Brasserie Blanc and Hotel du Vin and she's also the artist behind the painted bollards on The Square. She works from The Colour Factory studios on Gordon Road.

[www.jennymuncaster.co.uk/art-workshops](http://www.jennymuncaster.co.uk/art-workshops)

## Art at the hospital

Winchester Art Club's Spring exhibition transforms the long ground-floor corridor at the Royal Hampshire County Hospital into a gallery and kicks off on 12 April. A percentage of sales goes to The Magic Lion Appeal which raises funds to improve facilities in the children's unit and Winchester Hospice.



Buy original art from the cream of the city's artists – from landscapes to still life and more. The club was set up in 1919, and new members are always welcome.

[www.winart.org.uk](http://www.winart.org.uk)

## Lino printing at Peter Symonds

Peter Symonds Adult Education division has lots of creative courses this Spring. Sign up for lino printing on 20 June – a printmaking technique which involves carving designs into lino to create relief prints. The one-day workshop is perfect for learning the basic skills in a friendly and relaxed way.

01962 886166 [www.psc.ac.uk/ahed](http://www.psc.ac.uk/ahed)





St Swithun's  
WINCHESTER

A world-class independent boarding and day school for girls aged 3-18 with a co-ed preschool.

## PREP OPEN AFTERNOON

Friday 13 March 2026, 1.30pm

We warmly welcome families seeking places in our co educational preschool, and for girls only from Reception through to Year 6. Explore outstanding indoor and outdoor facilities, meet specialist teaching staff and discover our enriching curriculum.

## SENIOR OPEN DAY

Saturday 20 June 2026, 9.00am

Our vision is a world where young women see possibilities, not barriers. Attend our open day to see the value of an all-girls education.



Find out more:



# School news

LOCAL SCHOOLS AND STUDENT ACHIEVEMENT



## St Swithun's celebrates success across the board

St Swithun's School has been ranked the second best girls' boarding school in the UK for A Level results in the Sunday Times Parent Power 2026 league tables. 34 per cent of all grades were awarded A\* and 72 per cent A/A\* last year.

The Parent Power guide is one of the most comprehensive assessments of school performance. St Swithun's attained significant local success too, ranking second in Hampshire for combined A Level and GCSE results.

St Swithun's headmistress Jane Gandee said: "These rankings reflect not only academic achievement, but also the values that make our school distinct and empower our students to go out into the world as confident and compassionate young women."

01962 835700 [www.stswithuns.com](http://www.stswithuns.com)

## OBE for Peter Symonds principal

Principal of Peter Symonds College, Sara Russell, has been awarded an OBE in the King's New Year Honours List in recognition of her outstanding services to further education.

Sara joined Peter Symonds in 2018 and is the college's first female principal. With more than 25 years' experience in education, she has held a range of senior leadership roles across the sector and is widely respected for her commitment to widening opportunity and improving outcomes for young people and adults. Her career has combined strategic institutional leadership with a strong national contribution to education policy and system improvement.

01962 857500 [www.psc.ac.uk](http://www.psc.ac.uk)



## Heading to Broadway

Embley Senior School and Sixth Form drama students enjoyed a trip to New York. Their itinerary included two immersive Broadway workshops, three Broadway shows, a performance from the Radio City Rockettes and an exclusive behind-the-scenes tour of Radio City Music Hall. Beyond the theatre,



students embraced the magic of New York City itself, with a walk across the Brooklyn Bridge, views from the Top of the Rock observation deck and a poignant visit to the 9/11 Memorial.

01794 512206  
[www.embley.org.uk](http://www.embley.org.uk)

# Harnessing tech in the right way

Embley head of prep Sheina Gibb explains Pedtech



In a digital world, using technology in the classroom is vital for preparing pupils for later life. But making sure that technology isn't just used for technology's sake ensures that children at independent school Embley near Romsey benefit across the board.

Head of prep Sheina Gibb says: "Pedtech is an educational approach that puts learning outcomes first and considers whether technology can enhance that learning. There's been a subtle move educationally from using technology for its own sake to bringing it to the classroom in a much more considered way."

At Embley that means that iPads are firmly shut a lot of the time. And when they are open, they're open for a purposeful reason. This approach continues to prioritise key skills such as writing and reading, alongside technology.

"Advances like digital inking allow both child and teacher to annotate and analyse text and write and draw using a stylus, which works well in a range of lessons. Teachers can also mirror to the board using their iPad to help model and scaffold," says Sheina.

"In Science, we might use iPads for identifying plants and leaves or to connect equipment in the science lab," Sheina continues. "In Maths, adaptive technology helps increase the level of challenge in order for children to master and work at greater depth."

Embley is an 'Apple Distinguished School', which recognises its focus on forward-thinking and dynamic education. "Our teachers adapt tasks and resources and use technology to enhance what children do," says Sheina. "We use augmented reality to bring subjects to life, stop motion to develop storytelling, create and record news reports and learn to code."

Technology has big advantages for parents. "Online, parent logins provide them with a way to see exactly what their child is doing wherever they are and whenever they want to," Sheina adds.

Technology is used to adapt learning for the individual, from support to challenge. "That might be using a larger font on an iPad," says Sheina. "Individualised task-setting is really effective digitally where it can be adapted to the specific needs of a child."

There are clubs galore at Embley. "Our Year 6 and 7 book club created a podcast, combining lots of reading with digital recording skills" says Sheina. "We have a coding club and in the Senior School, children use simulators for Flying Club. Prioritising the how and why of technology enhances the learning experience and helps children to develop skills for the future."

01794 515737 [www.embley.org.uk](http://www.embley.org.uk)

## Reimagining education

Stimulating lessons and co-curricular, confidence-boosting activities and opportunities, and a listening culture where their voices make a difference mean pupils feel invested in their own learning.

TALK EDUCATION REVIEW



BOOK YOUR VISIT AT [EMBLEY.ORG.UK](http://EMBLEY.ORG.UK)





PRINCE'S MEAD

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01962 888000 [princesmeadschool.org.uk](http://princesmeadschool.org.uk)  
Worthy Park House, Winchester

# Sporting excellence

Prince's Mead is celebrating success at all levels

Prince's Mead isn't the biggest local independent school, but it's enjoying sporting successes that have seen both the boys' U11 football and the girls' U11 A and B netball teams achieve record results. With director of sports Graham Arkley and head of girls' games Kathryn Little as a dynamic duo at the helm, it's easy to see why.

"Part of our success is down to engaging children in sport from our nursery class right the way through the school," says Graham. "That means nurturing a love of sport from the very start of their time at Prince's Mead. Many of our teachers, including the headmaster and deputy head, lead sports lessons, adding their own injection of enthusiasm and expertise."

This winter, the U11 football team was crowned The Independent Schools Football Association's regional champion and won the Independent Association of Prep Schools National Plate, beating teams from across the country. Its next big challenges are playing in The Hampshire Cup and The ISFA's national finals at St George's Park in May.

"It's a team where there's lots of talent and the boys work incredibly hard for each other on the pitch," says Graham. "They're also impressively modest about their successes. We celebrate achievement across the board at Prince's Mead and children excel at all levels."

"Sport has huge benefits for children's health and fitness and also develops confidence and a sense of belonging," adds Kathryn.

Prince's Mead's U11 A and B netball teams achieved a clean sweep of victories at Churcher's Junior School, Oakwood School and Portsmouth Grammar School's netball tournaments. "It's hugely rewarding to see the team do so well," she says. "The girls are so enthusiastic that winning is a bonus. It's being able to compete at a high level that they really look forward to. We regularly have Year 6 pupils going on to other schools with sports scholarships. Two are now on the England pathway for netball."

With 13 acres of grounds, Prince's Mead has its own athletics bowl with a 200m running track and long jump. There is also a cross-country track, cricket, football and rugby pitches, netball and tennis courts and a large multi-purpose sports hall with basketball and badminton courts. Since the school's merger with King Edward VI in Southampton, pupils also have use of an additional 33 acres of sports facilities, including an astro pitch at Wellington Sports Ground.

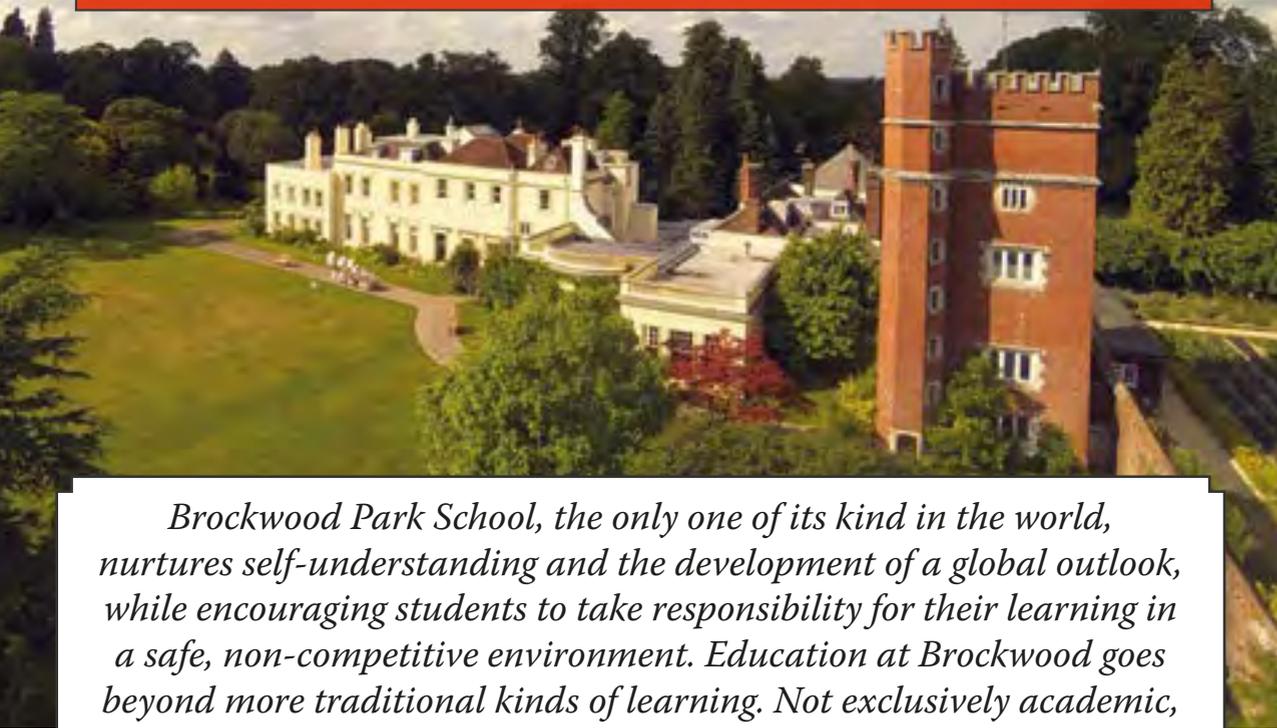
"Our children get to try a range of sports including dance and swimming as well as gymnastics, cross-country, tennis, hockey and athletics," says Graham. "Girls are encouraged to play football in the same way that boys are encouraged to play netball."

"We're all about giving children an opportunity to try sports that they really enjoy and the confidence to believe in themselves."

01962 888000 [www.princesmeadschool.org.uk](http://www.princesmeadschool.org.uk)



*We are an international co-educational boarding school providing a holistic education for around 60 students aged between 14-19 years old.*



*Brockwood Park School, the only one of its kind in the world, nurtures self-understanding and the development of a global outlook, while encouraging students to take responsibility for their learning in a safe, non-competitive environment. Education at Brockwood goes beyond more traditional kinds of learning. Not exclusively academic, its intention is to help students learn the art of living, bringing together aspects of learning, sensitivity, open-mindedness and self-reflection that are too often ignored.*



**Brockwood  
Park School**

[brockwood.org.uk](http://brockwood.org.uk)

 [@brockwoodparkschool](https://www.instagram.com/brockwoodparkschool)



# A nurturing approach

Inwoods Small School in Bramdean offers children a truly unique holistic education



Surrounded by woodland, Inwoods Small School is a unique independent school for children aged four to 11. It is owned by the Krishnamurti Foundation Trust and takes its ethos from the teachings of Jiddu Krishnamurti, the world-renowned educator and philosopher. At Inwoods, learning is individualised and encourages children to develop self-understanding and relationships in a non-competitive and holistic environment. There is no school uniform, no ongoing testing and interestingly, no rewards or punishments.

"Our focus is on letting children learn at their own pace, without pushing them to conform to the pressures of the outside world," says school coordinator Kate Power. "They are encouraged to develop their own interests. They learn because they want to rather than because they have to."

Much of the day is spent immersed in project work and happens outdoors, grounding subject learning in real life, tangible experiences. Teachers are Forest School trained and every Wednesday everyone spends Nature Day outside – regardless of the weather:

"Although academic learning is important, the focus is on holistic education rather than the acquisition of knowledge alone. Learning is viewed as a joyful process where both teachers and children discover together," says Kate. "We value activities that are hands-on and those that bring about closeness with nature. We don't teach using PowerPoint and big screens and we ask that children have limited screen-time at home."

With class sizes no bigger than 15, the school has a family-feel. "Older children read with the little ones and lead lunch-time clubs," says Kate. "Teachers go by their first names. We don't have a uniform, and we eat vegetarian food together – often from our own veggie patch. Bushcraft and an appreciation of nature have as much importance as Maths and English.

"Preparing children for secondary school is important, as is ensuring that our standards are aligned with the National Curriculum," Kate continues. "By taking the focus away from test results, we encourage our children to develop at their own pace and gain self-confidence that prepares them for the more competitive world outside our setting."

Some go on to Inwoods' sister school Brockwood Park at 14 which shares its grounds and ethos. "What's important is that our children feel they have a voice and have been nurtured to love learning," Kate adds. "We offer a gentle, calming environment where children learn through their own interests. We don't believe in a 'one size fits all' approach."

With fees significantly lower than other local independent schools and bursaries available, Inwoods welcomes children from all backgrounds and nationalities. "Education shouldn't be all about achieving results," says Kate. "It should be about creating wonder and curiosity. Our children are happy simply being children."

01962 771065 [www.inwoods.org.uk](http://www.inwoods.org.uk)

## Space to grow

Brockwood Park is Inwoods' sister school and shares both its grounds and caring ethos.





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[www.winchestercollege.org](http://www.winchestercollege.org)

# Girls making history

Winchester College welcomes its first female boarders



When Winchester College announced that day girls would be joining its Sixth Form in 2022, it made national headlines. This was a school that for over 600 years had dedicated itself to educating boys.

But Sixth Form girls have brought a new dimension to school life and for the first time will be able to board from September, allowing them to enjoy the full experience of their male peers.

Katherine Cole will be the housemistress of the first girls' boarding house. "It's a huge privilege to be able to be part of this new development in Winchester College's history," she says. "The opening of the new boarding houses will more than double the numbers of girls currently in each Sixth Form year. Offering boarding and expanding our day provision will mean that we can welcome girls from further away as well as even more from the local area."

Every element of the two new boarding houses has been carefully considered, providing boarders with ensuite single and double rooms, a common room, library, dining hall and co-educational study spaces, set around a central courtyard.

"By looking at other schools' boarding and building on our success of bringing Sixth Form girls and boys together as one community, we've created boarding houses that will encourage lots of interaction and be inspiring spaces to be in," says Katherine.

She's also a German teacher and tutor at Winchester College and was Upper Sixth housemistress at Sherborne Girls. Living in, she will bring her young

family to the boarding house and will be joined by resident tutors and a matron.

"Pastorally, we want our girls to feel supported at every level," she says.

"Currently both day girls and day boys tell me how quickly they felt part of college life. They enjoy the teaching, the challenge and most of all the opportunity to be their authentic selves. Whatever your passion, there's a place for it here.

"Being able to board means that girls can fully enjoy the activities that wrap around the school day. That includes access to our new Sports Centre and more than 30 activities like climbing, swimming, cricket and martial arts."

Generous bursaries allow girls to come to Winchester College regardless of their financial circumstances. "They include provision for boarding and day girls living close-by," says Katherine. "Boarding gives our pupils independence and prepares them for life at university and we do it well."

Elizabeth Stone is Winchester College's first female headmaster. The girls who came in 2022 were the first to study here. This year, once again, girls will be making college history by being the first to board. The college is constantly evolving and there will be many more 'firsts' to come.

01962 621247

[www.winchestercollege.org](http://www.winchestercollege.org)



# Supporting the child

Pilgrims' director of wellbeing Craig Cuyler is committed to wellbeing in all its forms



Parents are increasingly aware of the need for schools to foster a happy culture where children thrive. Personal, Social, Health and Economic Education (PSHE) is obligatory in all schools and at Pilgrims', its principles are at the heart of everything the Winchester prep school does.

"We know that happy children do well," says director of wellbeing Craig Cuyler. "Our wellbeing programme includes age-specific assemblies, parent participation in workshops, tutor check-ins and an open-door policy that encourages our boys to talk to teachers openly about how they feel.

"PSHE is woven through school life so that it becomes part of a wider culture that underpins each boy's wellbeing. Lessons draw on stories, discussion and practical activities, making ideas feel relevant to boys' everyday experiences."

Pastoral care across the board is one of the reasons parents choose Pilgrims'. Younger pupils are guided to value friendship and the importance of how to get on with others.

Phones are not allowed in school, and boarders only have access to them for a limited time so that connections are kept real. In the older years, boys are taught the importance of forming respectful relationships, how to handle pressure around exam time and online safety.

"If a boy can talk about his feelings, then he'll be much more able to work through life's challenges," says Craig. "If we can instil confidence in our boys' ability to get on with others because they can be empathetic to

difference, then we've given them a set of skills that go far beyond the classroom."

Caring for your fellow man is important at Pilgrims'. "We run an 'Uncles and Nephews' scheme where our Year 8 pupils mentor our younger Year 3 children and form close bonds," says Craig. "In the playground, we see boys of all ages playing together. There's no hierarchy at Pilgrims' which means that everyone is treated as an individual whose voice matters.

"We also want to prepare our boys for the reality of life where things don't always work out as we want them to," Craig adds. "Learning from failure is as important as celebrating success."

Parents are encouraged to sign up for the Wellbeing Matters programme which includes masterclasses on everything from online safety to the importance of sleep. "Engaging parents is vital when it comes to nurturing children – whatever educational setting they're in," says Craig.

PSHE isn't tested. Its benefits emerge holistically. "That might be in the thoughtful way a child resolves a disagreement, in the resilience he shows when faced with a setback, or in the empathy he extends to someone who is struggling," Craig continues. "These moments may be subtle, but they reflect deep learning and skills that will support boys not just through school, but throughout their lives."

01962 854189

[www.thepilgrims-school.co.uk](http://www.thepilgrims-school.co.uk)



## OPEN MORNINGS

Saturday 14 March, 9.30-11.30am

Saturday 16 May, 9.30-11.30am



# TO DISCOVER TO BE A PILGRIM

The Pilgrims' School is a day and boarding school for boys aged 4-13, an hour from London in the heart of Winchester.

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Find out more at [thepilgrims-school.co.uk](http://thepilgrims-school.co.uk)



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**tutordocor.co.uk**  
**sboon@tutordocor.co.uk**

# What's on

Great ideas for kids

## Meet Thomas & Friends at The Watercress Line

All aboard for a rockin' good time! Day Out With Thomas' Let's Rock, Let's Roll Tour is hitting the tracks at The Watercress Line from 23 to 31 May.

Hop on board a train ride with steam engine Thomas, watch live shows from Sodor Station's sweepers Rusty and Dusty, join in the Thomas & Friends character hunt, have fun with garden games and keep the beat going at Music Corner.

Other activities include play zones with Thomas & Friends activities, giveaways for every child and Thomas & Friends story time sessions.

**01962 733810** [www.dayoutwiththomas.co.uk](http://www.dayoutwiththomas.co.uk)



## Bunny Hop around Winchester

Search for clues in the windows of city centre shops and businesses and earn an Easter treat as part of this year's Bunny Hop, organised by Winchester BID from 28 March to 12 April.

Download a trail sheet online or collect a copy from the Visitor Information Centre, The Arc or Winchester City Museum. Then find Easter-themed words, return your completed trail sheet to one of three city hubs and collect a treat.

[www.winchesterbid.co.uk](http://www.winchesterbid.co.uk)

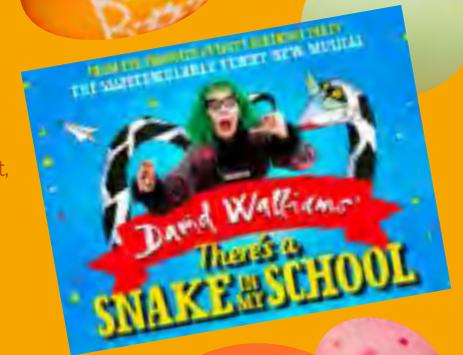


## There's a Snake in My School on stage at Theatre Royal

Based on David Walliams' number one bestselling book, There's a Snake in My School, a musical full of fun, comes to Theatre Royal Winchester from 7 to 8 April.

On Bring Your Pet To School Day, Miranda, who loves to be different, introduces her classmates to her very special pet – Penelope the python. Miss Bloat, the horrid headmistress, doesn't like pets much. Or children. She thinks snakes shouldn't be allowed in school. But Penelope has other ideas.

**01962 840440** [www.theatreroyalwinchester.co.uk](http://www.theatreroyalwinchester.co.uk)



## Thrive + Wild indoor soft play

Winchester has a lot of amazing play areas and parks to keep little ones entertained. But sometimes you just need an indoor soft play. Thrive + Wild opened in January and has a large soft play area as well as an on-site café and wellness spaces for adults at The Foundry in Kings Worthy.

[www.thriveandwild.co.uk](http://www.thriveandwild.co.uk)



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# Make the health of your heart a priority

Deborah Evans from REMEDI HEALTH shares her personal story

Did you know that you can do everything 'right' to look after your heart – never smoke, follow a healthy diet, stay active, maintain a healthy weight – and still be at increased risk of a heart attack or stroke?

This is what Deborah Evans, founder of REMEDI HEALTH, discovered after putting herself forward for an advanced cardiovascular lipid check, offered privately at the Southgate Street clinic and pharmacy.

Deborah is fit, goes to the gym regularly, eats well, has never smoked, drinks in moderation and is not overweight. Yet it was thanks to REMEDI HEALTH's advanced testing that she gained a detailed understanding of her own heart health.

"High cholesterol is one of the earliest warning signs of cardiovascular disease," she explains. "You can do everything right, but genetics can play a major role in how your body handles cholesterol. That's why cholesterol testing is routinely offered as part of the NHS Health Check for adults aged from 40 to 74."

Standard NHS cholesterol tests provide a basic picture, but the Healthy Heart Check at REMEDI HEALTH goes further by including advanced markers such as Apolipoprotein B and Lipoprotein(a) which contribute to plaque formation in the arteries. While plaque can't be removed, it can be stabilised and its progression slowed.

Motivated by her family history of heart disease, Deborah underwent the Healthy Heart Check herself. Her results showed raised cholesterol and elevated lipoprotein levels, suggesting she could be at greater risk of arterial plaque. Working alongside REMEDI HEALTH's private cardiovascular partner, VCL, she had a specialised CT scan which shows the coronary arteries in detail and identifies blockages, narrowing of blood vessels and other circulatory issues.

"It revealed that plaque had caused a 50 per cent narrowing of my right coronary artery," she says. "I had already started lipid-lowering statins to help reduce Apolipoprotein B, and my cardiologist advised me to be even more aggressive in lowering my levels. I'm continuing all my positive lifestyle habits and focusing on reducing inflammation, managing stress and improving sleep. My LDL cholesterol has already come down from 5.4 to a much healthier 2.14, with a goal of 1.4."

Although the narrowing in her artery will likely remain, Deborah knows she is substantially reducing her risk of a heart attack or stroke by acting early.

"A lot of what we offer at REMEDI HEALTH is preventative healthcare," she explains. "We can refer to private specialists and provide detailed guidance on medicines used to treat heart conditions."

"Our multiple awards for excellence demonstrate the impact of preventative care. We support clients to optimise their health, reduce risk and detect conditions that might otherwise severely affect, or even shorten, their lives unnecessarily."

01962 798580 [www.remедиhealth.co](https://www.remедиhealth.co)





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Register now for Against Breast Cancer's Breast Walk Ever on 14 June. Starting at IBM in Hursley, this popular annual event has three circular routes to choose from – a marathon, half marathon and 10k. Walkers are asked to raise a minimum of £100 in sponsorship for Against Breast Cancer's life-saving research. Breast cancer is the most common form of cancer in the UK, making the charity's pioneering work even more vital. One in seven women will develop breast cancer in their lifetime.

[www.againstbreastcancer.org.uk](http://www.againstbreastcancer.org.uk)



## All about hormones

Find out about how hormones affect physical and mental health with Dr Louise Newson who comes to Theatre Royal Winchester on 25 April for Breaking the Cycle: The Power of Hormones. Known as 'the medic who kick-started the menopause revolution', Dr Louise will unpack the history and the often-neglected science of hormones, revealing decades of misinformation and medical misogyny. The talk aims to help women to think differently about hormones and learn ways to reclaim their health and confidence.

01962 840440

[www.theatreroyalwinchester.co.uk](http://www.theatreroyalwinchester.co.uk)



## Barre at Station Mill

Barre classes at Station Mill in Alresford combine a mix of ballet movements with elements of Pilates, Yoga and strength training.

There's no choreography and classes include lots of parallel work to stretch and tone. Choose from a traditional barre class or a cardio barre session with continual movement and a faster pace.

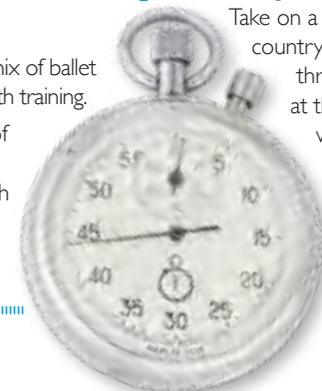
01962 735110 [www.stationmill.co.uk](http://www.stationmill.co.uk)

## Take part in trytri Winchester

Combine your fitness in swimming, cycling and running at trytri Winchester on 25 May.

Take on a pool-based swim, then a countryside bike route and finally run through the city's green spaces at this popular annual triathlon which has two different levels for adults and shorter swims and outdoor routes for juniors.

[www.trytri.co.uk](http://www.trytri.co.uk)



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# Get on track this Spring

Great ideas for running across the city – and beyond

## Parkrun Winchester

Parkrun is an inclusive, free Saturday morning event at North Walls Recreation Ground with a 5k route. Tail walkers ensure that no-one is left to complete the course alone and there's a great family atmosphere, with runners of all ages taking part.

[www.parkrun.org.uk/winchester](http://www.parkrun.org.uk/winchester)

## 'Runseeing' with Great Runs

Great Runs specialises in routes that take in the sights of cities across the world. Its Winchester 'runseeing' circuit includes Winchester Cathedral, the River Itchen and St Catherine's Hill. Check out its other Hampshire runs or log-in abroad to find routes that include landmarks of all kinds.

[www.greatruns.com](http://www.greatruns.com)

## Winchester Running Club

Winchester Running Club focuses on road, cross-country and trail events. It was officially affiliated with England Athletics in 2023 and has over 150 members of all ages and abilities. They compete in the Hampshire Cross Country League and other local and county events, with training sessions taking place throughout the week.

[www.winchesterrunningclub.org.uk](http://www.winchesterrunningclub.org.uk)

## BigWayRound Winchester

BigWayRound Winchester is a trail run with four routes – 13 or 19 miles or a marathon or 50k ultramarathon. It starts and ends at Winchester Rugby Club on 4 May.

It takes in The Itchen Navigation Heritage Trail, St Catherine's Hill and Cheesefoot Head as well as The South Downs Way and St Swithun's Way, with great off-road views.

[www.bigfeatevents.eventrac.co.uk](http://www.bigfeatevents.eventrac.co.uk)

## Great for athletes

Winchester and District Athletics Club is one of the largest athletics clubs in the country, with a mixture of juniors and seniors competing in cross-country, athletics, and road running events. Most training takes place at The University of Winchester's Athletics Stadium at Bar End, Teg Down and Farley House. The club offers taster sessions for new recruits.

[www.wadac.org.uk](http://www.wadac.org.uk)

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# Out and about

People, parties, launches and lunches



## The Mayor unveils a milestone marker

The Mayor of Winchester, Councillor Sudhakar Achwar, unveiled a routeira milestone marker at Hyde Abbey as part of the 68-mile ancient St James' Way Camino Ingles. The Camino Ingles is part of a network of ancient pilgrimage routes across Europe which includes the Camino de Santiago.



## A financial boost from Flowerdown

Barchester Flowerdown Care Home on Harestock Road presented Winchester GoLD with a cheque for £2,500 to help fund the charity's Go ME programme which provides adults with learning disabilities a safe and supportive space to explore their strengths, set personal goals and build meaningful connections.



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# Out and about

People, parties, launches and lunches



## The new Dean of Winchester Cathedral says hello

The new Dean of Winchester Cathedral, Canon Chris Palmer met with staff, choir girls, pupils from The Pilgrims' School, Winchester Beacon and The Arc to find out more about their work. Canon Palmer will be installed at the cathedral on 15 March and comes from Exeter Cathedral where he served as Canon Residentiary and Treasurer.



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