



WINCHESTER

Magazine

Spring
2024
Issue
No. 30

Lambs

Fun and frolicking in
the great outdoors

Spring

Gardens galore and lovely
things for your home

Easter

Chocolate, crafting,
eating and egg hunting

& More

Local artists, makers,
movers and shakers

Family

MOVING ON

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Olivia Cameron,
Trainee Solicitor



Making the law work for you

Welcome...

WINCHESTER MAGAZINE SPRING 2024 ISSUE 30



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Cracking city
chocolate from local
makers and masters

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Winchester
College head
Elizabeth Stone
on why 'manners
makyth man'



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Spring into fitness!
Great ideas for a
healthier you

What's not to love

We've got a new look! And we hope you like it every bit as much as we do.

Every one of our editorial pages is packed full of Winchester content and our new design allows us to cover even more of the lovely things that are happening this Spring.

Morgan Radcliffe is the company behind our spruce-up. We met them when we got chatting about vintage homewares at the Cattle Market car boot sale. Like you do.

Our new style and food writers Donna and Emma live, shop and eat locally, so they really know their stuff. We met them because we like city shopping – and eating too!

Our proofs are printed by Alan who works from a Winchester workshop and our biggest team of distributors comes from Winchester GOLD, a charity supporting people with learning disabilities who we pay to deliver our magazines to city-centre homes.

People are at the heart of this issue. Nearly every one of our editorial pages features someone local doing something they really believe in and doing it well. We believe in that too. We've never filled our pages with crosswords or recipes. We don't need to! We write about things that we go to and want to go to, so you're getting personal recommendations every time.

Help us to support our advertisers by buying local – whether it is from city specialists or by wineing and dining out at local delis, restaurants, bars or pubs. That not only boosts the local economy, but also helps the people behind the businesses that make our city so special. Enjoy!

Liz

Liz Kavanagh

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

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A SHORT
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WINCHESTER

National Trust

20 Years of Milling with the National Trust

Explore photographic displays and stories
Free entry
Saturday 2nd March- Sunday 12th May

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What's on

Things to do this Spring...

Craft & Crust

Book now for the Craft & Crust Festival at Guildhall on 6 April where you can choose from over 25 craft beers and ciders and enjoy small-batch craft gins and spirits.

'Crust' comes in the form of pies and pizzas from national and local makers and there will be music throughout the day from local bands.

www.craftandcrustfest.co.uk



Pink Floyd: The Dark Side of the Moon 50 Years

Celebrate the 50th anniversary of the iconic The Dark Side of the Moon album at Winchester Science Centre on 30 March, which is joining 100 other planetariums across the world for a screening like no other.

Pink Floyd is celebrating its 1973 London Planetarium album press launch on a global scale, with the Winchester show including ten hits set against solar system projections in the ultimate 'Great Gig in the Sky'.

01962 863791 www.winchestersciencecentre.org

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 18 May.

www.visitwinchester.co.uk/mayfest



Winchester Books Festival

Winchester Books Festival is a celebration of reading and creativity, bringing together new and established fiction and non-fiction authors and people who love to read. It runs from 19 to 21 April.

Confirmed authors include Frank Gardner, Daisy Goodwin, Liz Earle and Alison Weir and there will also be children's events including a session with Lauren Childs.

01962 840440

www.winchesterbooksfestival.com



On the buses

Enjoy a free ride across the city from The Broadway in a vintage bus on Bank Holiday Monday 6 May with Friends of King Alfred Buses.

The charity lost several of its buses last year due to a devastating fire in its storage facility, so do give a few pounds if you can, to help pay for the restoration of some beauties that otherwise will be lost for ever.

www.kingalfredbuses.org.uk





All the usual Science Centre fun
PLUS
Eggs-travaganza Easter Hunt and
Bubble Trouble live science show!

Weekends and school holidays
16th March to 15th April

Book now
winchestersciencecentre.org



CREATIVE ACTIVITIES

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Every Friday – Pizza & Pottery 4-5:30pm

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Seating for families. Birthday Parties & Group Hire

CRAFT SHOP & FUNCTION ROOM



01962 843301



Kings Walk, Winchester, SO23 8AF



www.bellacrafts.co.uk



What's on

Even more things to do this Spring...

Beyond the garden gate

Enjoy 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



Griff Rhys Jones: The Cat's Pyjamas



Griff Rhys Jones's new stand-up comedy tour comes to Theatre Royal Winchester on 5 May promising witty anecdotes galore on everything from age and family to the TikTok generation and crocodile smuggling. Away from the stage, Griff is best known as the star of TV's

Alas Smith & Jones, being one quarter of *Not The Nine O'clock News* and for his travels in *Griff's Canadian Adventure*.

01962 840440

www.theatreroyalwinchester.co.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 25 March and 23 May. Watch a short archive film show and find out more about the impressive array of documents that are available for public research.



www.hants.gov.uk/librariesandarchives

Brontë at Chesil Theatre

Branwell Brontë returns home in disgrace. It is 1845 and while he descends into alcoholism and self-loathing, his three sisters write. All is revealed in *Brontë*, a play that sees Charlotte, Emily and Anne enter the imagined world of their fictional characters at Chesil Theatre from 18 to 25 May.

www.chesiltheatre.org.uk

Watercress Line Spring Gala

Head to The Watercress Line in Alresford for its Spring Steam Gala from 26 to 28 April. Ride behind guest engines and home fleet locomotives, go behind the scenes at the workshop and yard, and

get up close to historic trains under restoration. Visitors can also explore every station along the ten-mile line and hop on and off as many trains as they like.

01962 733810

www.watercressline.co.uk





GOODWOOF

a dog event like no other



at Goodwood
18 | 19 May 2024

goodwood.com



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Race off to Goodwoof

A dog event like no other

Tail wagging fun

It's the ultimate dog's day out, with world-class competitions from top canine athletes, wellness workshops, talks from key behavioural and veterinary experts and lots of free-of-charge activities that you can take part in with your dog. Goodwoof at Goodwood, from 18 to 19 May, is the perfect opportunity to make your dog centre-stage this Spring.

Participate in 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 canine first-aid and pick up on anxiety signals in The Wellness Centre.

A daily schedule of unique experiences includes Field and Trail working dog demonstrations, Literary Corner readings and Chien Charmant dog and human presentations of perfect partnerships.

Treats for all

Shop for tasty treats for your dog and tuck into delicious estate-reared and organic food from the Goodwood Garden yourself. From the Taittinger Champagne bar to coffee and soft drink stations, there are plenty of options for thirsty humans. Water bottles can be refilled free of charge at one of the water stations – both for you and your four-legged friend.



Fun for kids

Bringing kids? Head to the Have-A-Go areas with your dog where they can form a team for agility tests including hoops and hurdles, and learn basic discipline commands and some fun tricks.



In the dog house

Visit Barchitecture, an array of innovative kennel designs presented by Goodwood owner, the Duke of Richmond, and TV architect Kevin McCloud. This year's theme is 'Lounge Access: For the Jet-Setting Dog'. Leading architects have been invited to design a kennel that creates a sense of calm and tranquillity for travelling dogs and there will be a showcase of the very best.

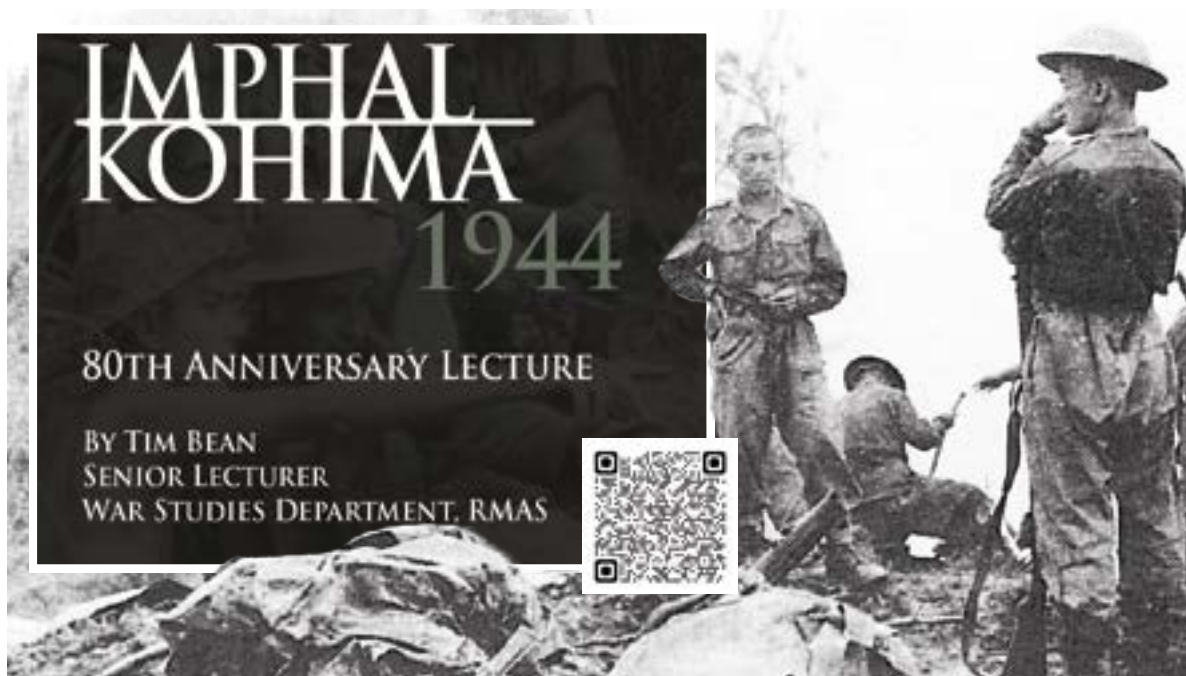


Join the parade

For the first time in Goodwoof history, a celebratory parade will be taking place on both Saturday 18 and Sunday 19 May.

Led by the Duke of Richmond, hundreds of Labradors will gather in front of Goodwood House on the first day, creating a spectacular start for the Goodwoof weekend.

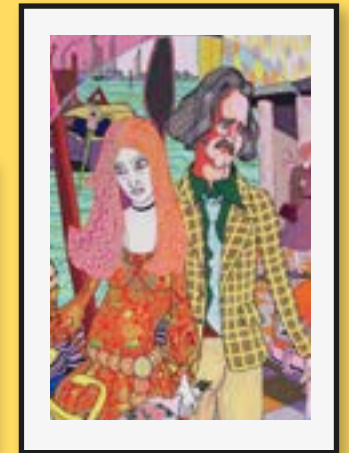
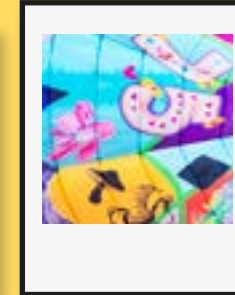
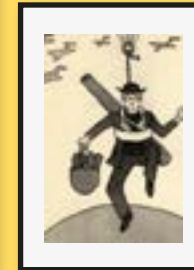
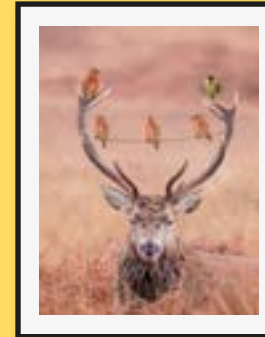




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ENJOY AN AUTHENTIC GURKHA CURRY ON THE 9TH APRIL 2024
WWW.THEGURKHAMUSEUM.CO.UK/WHATS-ON | 01962 842832

What's on

Arts and culture



Caught on camera

Winchester Photographic Society was founded in 1923 by a group of prominent local photographers and is now one of the largest and most successful camera clubs in the South of England.

See a showcase of members' work selected by a panel of judges from over 500 entries at an exhibition at City Space at The Arc from 27 April to 9 June.

To join the society or to find out more about its talks and events visit its website.

www.winphotosoc.uk

Heath Robinson At War

English cartoonist and social commentator Heath Robinson had a unique ability to counter the horrors of war with gentle satire and absurdity. A collection of over 50 of his works is now on show at Mottisfont, demonstrating his dry, ironic humour even in the face of national despair. Heath Robinson at War runs until 14 April.

www.nationaltrust.org.uk/visit/hampshire/mottisfont

A celebration of youthful self-expression and diversity

See the work of young people supported by Hampshire Child and Adolescent Mental Health Service in an exhibition at The Arc championing self-expression and diversity supported by Hampshire Cultural Trust. 'This is me' by The ICE Project runs until 23 April at City Space.

www.arcwinchester.org.uk

Grayson Perry at The Arc

Sir Grayson Perry is an English contemporary artist, writer and broadcaster known for his ceramics, tapestries, and cross-dressing, as well as for dissecting British prejudices, fashions and foibles.

His work comes to The Arc from 15 March to 12 June in The Life of Julie Cope - two tapestries that tell the life story of an ordinary woman living in modern Britain.

www.arcwinchester.org.uk

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 runs from 14 April to 13 July.

Buy original art from the cream of the club's artists, with a percentage of each sale supporting the hospital's charities. The club was set up in 1919 and new members are always welcome.

www.winart.org.uk

Find
out more

Follow our Facebook
and Instagram pages
where we run regular
updates on local art
and artists.

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29th March – 14th April 2024

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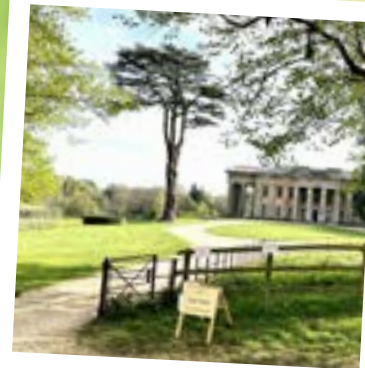
WINCHESTERBID



For more information and T&Cs

www.winchesterbid.co.uk/easter-bunny-hop-2024

Lovely things to do this spring



Take a picnic to The Grange

The Grange in Northington is best known for its 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



Walk in the bluebells

Take your camera and walk around Micheldever Wood, which is awash with bluebells from mid-April. It's even 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



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. Spring tours take place on 17 April and 22 May and cost £5, which goes to Trinity Winchester.

01962 776088

www.exclusive.co.uk/lainston-house



Smell the roses at Mottisfont

The walled garden at Mottisfont is home to a huge collection of roses, which are at their best from May to June. Over 500 varieties, many of which are scented, include ancient roses brought to England by the crusaders and the Romans.

www.nationaltrust.org.uk/visit/hampshire/mottisfont



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www.honeyandharvey.co.uk



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Discover more

Cracking chocolate

Indulgent Easter treats full of naughtiness

Make your own

Join Pippa and her friendly team of chocolatiers at Chocolate Craft in Alresford and create your own chocolates for gifting this year.

The company makes chocolates for Fortnum & Mason and offers ongoing workshops where participants create creamy ganache using luxury ingredients then fill their own chocolates and hand-decorate them. There's even beautiful packaging to box them up in too.

01962 732731 www.chocolatecraft.co.uk



Artisanal Easter eggs

Chococo on High Street has been making chocolate for over 20 years and its award-winning chocolates can be bought individually so you can put together a bespoke box of your favourites. Its Easter selection is always inventive and includes hand-painted chocolate eggs and colourful tubes of Easter hens, chicks and bunnies.

01962 658181 www.chococo.co.uk

Feel-good chocolate

Oxfam on High Street stocks Tony's Chocolonely, which is made by a company committed to paying cocoa farmers fair prices for their beans. That helps them earn a living income and reduces reliance on child labour: the average cocoa farmer in Ivory Coast earns just 78 Euro cents a day. The large, chunky chocolate bars include milk caramel, sea salt, milk hazelnut and honey nougat, and there's a range of Easter goodies too.

01962 868945 www.oxfam.org.uk

Planet-friendly chocolate

Montezuma's on High Street has gluten-free chocolate available this Easter. All its chocolate is wrapped in fully-recyclable, compostable or biodegradable packaging. We love its Peanut Butter Mini Eggs, but if you like dark chocolate, the Absolute Black made from 100 per cent cocoa is as good as it gets.

01962 840961 www.montezumas.co.uk

Retro chocolate favourites

Who doesn't like a taste of the past? Our go-to for retro chocolate bars is the Old Fashioned Sweetie Shop at the top of High Street. As well as stocking lots of Easter novelties, it also offers the likes of Fry's Turkish Delight, Hershey bars, Baby Ruth, Caramac and Poppets – just like the treats you used to fight over in the school playground.

01962 861978

www.oldfashionedsweetieshop.co.uk





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Pop the cork...

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Wine and cheese

Cobbs Farm Shop in Headbourne Worthy stocks a selection of English wines including Alder Ridge, High Weald and Halfpenny Green. It's also a great place to buy local cheeses like Old Winchester, Lyburn and Tunworth to pair with them – and the olives here are delicious.

01962 889000 www.cobbsfarmshops.co.uk

Uncorked at Abbey Mill

Sit outside on the terrace in Abbey Mill or enjoy the eclectic interiors and tuck in to locally-sourced food, cheeseboards and charcuterie alongside a great selection of wine from all over the world.

01962 678100 www.innthePark.co.uk



Join the club

Independent wine merchant Wine Utopia is based in Stockbridge and it's now offering a wine subscription service, with curated wine cases delivered to your door, at a frequency that you choose. Prices compare well to other national wine subscriptions, and you'll be able to get your hands on fine wine that you just won't find anywhere else.

01962 883145 www.wineutopia.co.uk

Sommelier's choice

With Ciaran McElean from Wine Utopia

Exton Park RB23 Reserve Blend Rosé, Hampshire, £39.95

A stunning local fizz, bursting with notes of strawberry, white peach and rich plum. A popular wine at any time of year.

Passatempo Grande Escolha Vinha Verde, Portugal, £10.95

Outstanding value and real quality. This slightly spritzty wine has bags of floral notes, zesty citrus undertones and a reduced alcohol level of 11.5 per cent. It's a great mid-week dinner wine.

Les Six Cairanne, France, £17.45

A real crowd-pleaser with Wine Utopia customers, this beautiful red blend is full of rich dark fruits, mocha and spice notes, with a silky-smooth finish.





LAINSTON HOUSE



Jazz Lunch

If tasty food and toe tapping tunes are your thing then join us on Sunday 2nd June.

Enjoy a unique woodfired buffet on The Avenue terrace, whilst overlooking the breathtaking views of our mile-long avenue of lime trees. All whilst listening to the incredible sounds of 'British contemporary crooner' Paul Pashley and his band.

Sunday 2nd June
£600 for a table of 6 or £100 per person
Terms and conditions apply.

01962 776088
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exclusive.co.uk/lainston-house

E^{CL}USIVE COLLECTION



Upper crust

Where to go for great city bread and baking

Woodfired baking at Lainston House

There's nothing quite like the smell of freshly baked bread and pizza!

Book into Season Cookery School at five-star Lainston House on 19 May and learn about woodfired ovens before mastering the techniques of proving, hand shaping and moulding to create perfect bread and pizza. The full day course costs £195 and includes lunch.

01962 776088

www.exclusive.co.uk/lainston-house

Sensational sourdough

Seeded Sourdough is The Winchester Bakery's best-selling bread – regularly sold-out because it's so good.

All of the pastries and cakes sold here are baked in Winnall, making the food miles from oven door to the bakery by the Buttercross just over one! Take away or pull up a chair outside on a sunny day. There's also seating upstairs where you can spy on people below through the paned windows.

www.winchesterbakery.co.uk

Perfect with pasta

Cook on St George's Street can always be relied on for quality food that tastes home-made – you can even buy serving dishes to decant larger portions of its frozen savoury dishes.

Its garlic ciabatta is about as good as it gets and delicious with lasagne. If you're feeling lazy you can buy that in-store too – or pre-order for click and collect.

01962 790239 www.cookfood.net

Challah bread

Wenzels on High Street was started in North London nearly 50 years ago and bakes Challah bread every Friday for Jewish Shabbat which runs from sundown on Friday until after night has fallen on Saturday night. The traditional braided loaf is sweetened with honey and wonderfully soft.

www.wenzels.co.uk

Did you know?

Every sourdough loaf from Hoxton Bakery on Jewry Street takes 24 hours for the leaven to ferment, followed by four hours of letting the dough rise and another 12 hours of proving in a cold environment. And that's even before it's popped in the oven. In comparison, most of the bread we buy in supermarkets is made in under two hours.

www.hoxtonbakehouse.uk



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Cobbs Farm Shop & Kitchen, Springvale Road, Headbourne Worthy, Winchester, SO23 7LD | 01962 889000 | winchester@cobbsfarmshops.co.uk

COBBSFARMSHOPS.CO.UK



Feel-good food

Foodie Emma Caulton shares some local favourites



Honey Bee Happy

Did you know honey is a superfood that aids digestion and boosts the immune system? Honey Bee Happy's artisan beekeepers near Alresford sell their honey at West Lea Farm Shop in Itchen Stoke and also run beekeeping courses and experience days.

www.honeybeehappy.co.uk



Butler Country Estates

Trout is an excellent source of Omega 3, which is good for heart health. Butler Country Estates' smoked trout pâté range includes watercress, dill, and beetroot with horseradish, as well as a dairy-free option. You can also buy fresh and smoked trout direct from its Winchester smokery.

www.butler-country-estates.co.uk



Real Jam & Chutney Company

The Real Jam & Chutney Company uses traditional methods and local produce to make quality preserves. In 2022, the company became part of the Minstead Trust which supports people with learning disabilities to build skills and independence. Buy chutneys, jams and relishes from Cobbs Farm Shop or Winchester Visitor Information Centre and you're also helping to boost the charity's coffers.

www.realjam.co.uk



Hill Farm Juice

Award-winning Hill Farm Juice is lovingly squished from apples grown in the Meon Valley. For aromatic deliciousness, try apple with ginger. Snap up a bottle at Beechcroft Farm Shop, Winchester, and Cobbs Farm Shop, Headbourne Worthy.

www.hillfarmjuice.co.uk



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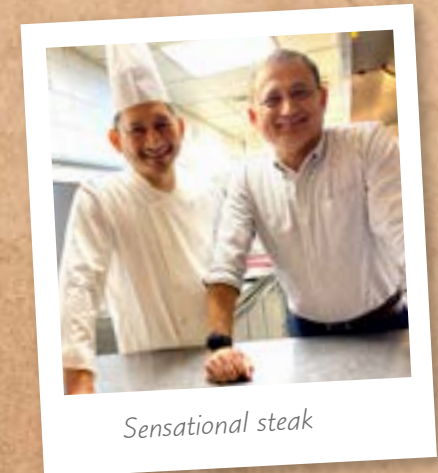
Fabulous foodie finds



Deli delicious

Basil Leaf Deli on St George's Street does food and you can tuck into platters of fine cheeses and meats straight from the counter. It's also licensed, and the staff are lovely. Enjoyed what you ate? Then buy all the ingredients to recreate it at home.

01962 896470 www.basil-leaf.co.uk



Sensational steak

No one does steak quite like Porterhouse Steakhouse next to Theatre Royal Winchester. The well-hung, grass-fed beef from Hertfordshire is consistently good. Chef Bimal works from an open grill, so his timing is spot-on – every time. And you don't get a more welcoming host than Pradeep.

01962 810532 www.porterhouserestaurant.co.uk



*Sunday roast at
The Winchester Hotel*

Alfred's Restaurant at The Winchester Hotel is now offering Sunday lunch, with two and three-course menus for £25 and £35. There's a good selection of starters and a very generous roast or five other main courses including grilled sea bream.

The desserts are very naughty indeed!

01962 709988 www.thewinchesterhotel.co.uk



Freshly-caught smoked trout

Church Paddock Smokehouse on Bedfield Lane sells smoked trout, which is line-caught direct from its fishery. You can also buy smoked cheese and nuts, trout paté – and fresh trout. Fancy a spot of fishing? Tuition is always on offer and you can buy vouchers too.

www.churchpaddock.com



The Eclipse Inn
 c.1940

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www.the-eclipse-winchester.co.uk

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On the table

FOOD NEWS FROM WINCHESTER AND BEYOND



Rule the roast

Beechcroft Farm Shop's cows, pigs and sheep live well, grazing on fields on Sarum Road. Its Creedy Carver chickens, sourced from another family business, roam freely too. Buy one from Beechcroft's in-house butcher's counter for an extra tasty roast.

01962 868214 www.beechcroftdirect.co.uk



Full of Hampshire sunshine

Summerdown near Malshanger is best known for its peppermint, but camomile is also grown on the estate. Its deep yellow colour comes from the vibrant flowerheads that soak up the Hampshire sunshine. The result is a pure, intense cup of wild and windswept camomile – perfect for bedtime.

www.summerdown.com/shop

From field to fork



Hampshire Farmers' Market is a regular must-do to buy direct from local makers and producers. It's on the second and last Sundays of every month from 9am to 2pm on High Street and Middle Brook Street.

Winchester produce includes beer from Alfred's Brewery, flowers from Bellers Blooms and delicious trout paté from Butler Country Estates.

www.hampshirefarmersmarkets.co.uk



Gin for Spring

Winchester Distillery is best known for its multi-award-winning Twisted Nose gin, but it also makes seasonal small-batch gins including Spring Meadow Gin.

It's rich in juniper and spring botanicals including elderflower, lavender, lime flower and orange blossom and works a treat with Indian tonic, plenty of ice and a citrus twist to toast the arrival of longer sunnier days.

www.winchesterdistillery.co.uk



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A few of our favourite things...

Spring shopping, serenity and sparkle from style guru Donna Laine

For pampering

I've just discovered Michelle from Ostara Holistic Therapies (ostaraholistics.com) who combines Reiki, reflexology and massage so you can benefit from their holistic qualities.



She's a firm believer in the powerful link between the mind, body and soul and is very kind and nurturing. Her massages in her home-based wellness room are blissful!

Zero-waste shopping

Earthian on Parchment Street has just had a revamp so there's even more reason to pop into this excellent zero-waste shop. As well as stocking a great range of eco home and body products, it sells lots of competitively-priced food staples by weight so you can buy as little as you like.



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.

01962 860202 www.donnalaine.com



Spring flowers

I love fresh flowers and David's Original Flower Stall opposite Marks & Spencer sells the best in the city. He also delivers flowers. There's nothing better than the scent of hyacinths to remind me that Spring is on its way.



Easter treats

Supporting independent businesses keeps our city full of them. My Easter gifts always come from Chococo on High Street. Its hand-painted chocolate bunnies (£10) are gorgeous and made from ethically-sourced cocoa beans.



Silver sparkle

For an extra special Easter gift, these stunning Faberge-style silver egg-shaped lockets (£249) are sold at Donna Laine Fine Jewellery on Parchment Street. They feature Swiss marcasite and seed pearls and open up, so you can pop anything from a love note to your earrings inside.



**Brewin
Dolphin**



Five ways to reduce your CGT liability

Cuts to the capital gains tax (CGT) exemption mean that arranging your investments as tax efficiently as possible is more important than ever. However, CGT can be highly complex, so it's important to seek expert advice to avoid paying it unnecessarily. Here are some ways to reduce CGT:

1. Use your CGT exemption

Your annual CGT exemption enables you to make tax-free gains of up to £6,000 in the 2023/24 tax year; this is due to be cut to £3,000 in 2024/25. This can't be carried forward into the next tax year, so making full use of it each year could reduce the risk of incurring a significant CGT liability in the future.

2. Transfer assets to your spouse or civil partner

Transfers between spouses and civil partners are exempt from CGT, so assets can be transferred from one partner to the other to use each person's annual CGT exemption. The transfer must be a genuine, outright gift.

3. Invest in an ISA / bed and ISA

Gains (and losses) made on investments held in an ISA are exempt from CGT. In the 2023/24 tax year, you can invest up to £20,000 in an ISA.

The tactic 'bed and ISA' involves selling investments to realise a capital gain and then immediately buying back the same investments inside an ISA. This enables all future gains on the investment to be CGT free. There are risks involved, so if you're unsure, speak to a financial adviser.

4. Invest in an Enterprise Investment Scheme

Any gains made on investments in an EIS (Enterprise Investment Scheme) are free from CGT if held for three or more years. In certain circumstances, you may be able to defer a capital gain by investing that gain in an EIS qualifying company.

The downside of EIS is that these schemes are higher risk than traditional investments.

5. Contribute to a pension

Making a pension contribution from relevant earnings could help you save on CGT because it effectively increases the upper limit of your income tax band. If, for example, you made a gross pension contribution of £10,000, the point at which higher-rate tax becomes payable would rise from £50,270 to £60,270 (2023/24 tax year). If your capital gain plus other taxable income fell within this extended basic-rate income tax band, CGT would be payable at 10% instead of 20%.

We live and work local to you. We would be delighted to help you and your family achieve financial clarity and stability.



Adam Jarvis
Head of Office –
Senior Investment Manager
E: adam.jarvis@brewin.co.uk



Kirsty Simpson
Financial Planner –
Divisional Director
E: kirsty.simpson@brewin.co.uk

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T: 01962 798000
W: www.brewin.co.uk/our-offices/winchester



The value of investments, and any income from them, can fall and you may get back less than you invested. This does not constitute tax or legal advice. Tax treatment depends on the individual circumstances of each client and may be subject to change in the future. Information is provided only as an example and is not a recommendation to pursue a particular strategy. Information contained in this document is believed to be reliable and accurate, but without further investigation cannot be warranted as to accuracy or completeness.

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BDM4844 1/24_0.5

Smooth operator

Specialist workmanship can bring your prized motor back to showroom standard, says Mike Laskowski from Könings Detailing

Mike Laskowski, owner of Könings Detailing, does not look like someone who gets his hands dirty.

He's a sharp dresser with a very definite sense of style. But look around his new temperature-controlled, purpose-built, carbon-neutral detailing studio in Winchester and you soon realise this is a man who is very serious about cars indeed.

Leave your pride and joy with Mike and it'll be returned to you in showroom condition. Specialist services include paint enhancement and correction, Xpel paint protection film, anti-corrosion treatments, cosmetic restoration and dry ice cleaning.

The paintwork on the Ferrari Enzo he is working on the day I visit is so pristine you can see your face in it. Mike is well-known in the automotive industry, having worked for some of its biggest names, including Rolls-Royce, McLaren, and Jaguar Land Rover for over 20 years.

"I've restored cars that most drivers could only dream of, including McLarens belonging to megastars like Ralph Lauren," he says. "My biggest job at Rolls-Royce was overseeing a fleet of bespoke Phantoms for a Middle East hotel group. The cars' bespoke diamond-studded badges cost £38,000 each alone."

He's now the detailer of choice at Beaulieu Motor Museum, where he worked on a 1935 American Classic Auburn, which you can see in the main display. But you don't have to be a megastar to benefit from Mike's services. He's also happy to bring any much-loved car back to its former glory.

Cars that have had a once-over from Mike achieve top prices when they're put up for sale. "My work typically adds at least 10 per cent," he says. "Many of my clients have gained significantly more."

"The most rewarding part of my job is seeing cars return to the road looking their absolute best. I want my clients to feel as proud of the models they drive as I do transforming them."

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motoring

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The Forest Rally

Winding its way through the trees and forests of the Goodwood Estate, the Forest Rally stage is challenging, edge-of-your-seat exciting, and a festival must-see.

See the world's greatest rally drivers and cars twist and turn through the course for ultimate glory on Sunday. Watch modern WRC winners barrel into corners, chasing after rally legends like the Lancia Delta Integrale and Audi Quattro, leaving enormous dust clouds in their wakes.

Tomorrow's world

Discover revolutionary new ideas, inventions, concepts and the innovations of tomorrow at Electric Avenue and FOS Future Lab.

Meet pioneering engineers from the Fast Tire Company whose airless tyres could revolutionize the biking and automobile industries on a global scale.

The motoring must-do

It's a heady mix of cars, stars and motorsport royalty over four days from 11 to 14 July. Goodwood's Festival of Speed is an immersive celebration of technology and mobility, gathering together the world's rarest and most glamorous vehicles, whilst also providing a glimpse into the future.

Get within inches of the latest Formula One monsters from teams like Mercedes, Ferrari and McLaren, and meet young guns and motorsport legends as well as the biggest names in F1, MotoGP, and more.

With events for everyone and children's admission free, it's the perfect event for anyone who loves high-action performance motoring.



The hillclimb

Every year, the unassuming stretch of road leading to the top of the Hill is transformed into one of motor racing's most challenging courses. For iconic manufacturers, drivers and race teams, it's a chance to show off their stunning machines and perfectly-honed driving skills. But when the stopwatch comes out on Sunday, the very best put everything on the line for a shot at glory.



Try your hand at something new!

New this Summer term:

A Beginners Guide to Textile Techniques

An Introduction to Improvisation

Beginners Dressmaking

Drawing & Sketching

Effective Editing for Creative Writers

English Literature: From Sense to Sensibility

Monologues for Public Speaking

Resin Casting: Jesmonite Terrazzo

Textiles: Keepsake Blankets & Memory Quilts

Willow-weaving: Basketry



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Wanderlust

Places to go, things to do and city experts to get you there

24 hours in... Nice

Winchester travel expert Zoe Palmer shares her must-dos

Stay...

Treat yourself to an iconic stay at five-star Riviera landmark Le Negresco or opt for Hotel La Pérouse if boutique is more your style. If it's town house vibes you're after, then consider Hotel Villa Victoria or the prestigious, Art Deco-style, Boulevard Victor Hugo.



Eat at...

Le Canon has no set menu. Instead you'll be served the best of whatever has been brought in that day by the restaurant's trusted local producers. Enjoy food farmed, fished and grown within just a few miles, cooked to perfection.

Visit...

The atmospheric Vieille Ville is full of narrow medieval streets and alleyways. You'll find specialist shops of all kinds, small family cafés serving Pastis and trickling fountains. Don't miss the sweet-smelling flower market at Cours Saleya.

Strut your stuff...

The Promenade des Anglais which winds its way along Nice's seafront is a must, with uninterrupted views of the sparkling Baie des Anges.

Travel Counsellor Zoe tailor-makes trips for individuals, couples and families across the world

01962 690006

www.travelcounsellors.co.uk/zoe.palmer



Stylish sunglasses

We love Rawlings' range of sunglasses from Maui Jim who are one of the market leaders in polarising sunglasses. They offer colour enhancement, 100 per cent glare reduction and all the UV protection you need to look after your eyes. Best of all, they're available for prescription lenses too.

01962 862492

www.rawlingsopticians.co.uk

Speak the lingo

Sign up for one of Peter Symonds Adult Education College's language courses which include French, Spanish and even Mandarin if you're thinking of going long-haul.

01962 886166 www.psc.ac.uk/ahed



Nice reads

Look out for pre-loved travel guides at Oxfam, The Deanery and city book swaps.



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Wanderlust

Places to go, things to do and city experts to get you there

travel



Discover Nepal

Ever wondered why our city has a big Nepalese community? Many local Nepali families descend from Gurkhas who trained as part of the British army in Hampshire. The Gurkha Museum in Winchester's Military Quarter tells the story of their history and unwavering bravery.

We travelled to Nepal in January with G Adventures for the trip of a lifetime, taking in Kathmandu, a stay in a monastery with Buddhist monks in Pharping, safari in Chitwan National Park and World Heritage Site Bhaktapur.

Book a Nepal trip through
www.independentholidayshop.com or
www.travelcounsellors.co.uk/zoe.palmer

Holiday souvenirs - from Oxfam

Buying local crafts from local people is something we always enjoy abroad. Don't let suitcase space keep you from enjoying more of them once you get back. Oxfam on High Street has a great range of crafts from people from faraway lands. Buy here and you'll be certain that the makers are getting a fair price for what they make. You can also buy them online too.

onlineshop.oxfam.org.uk

Award-winning service and expertise

Congratulations to the Independent Holiday Shop at The Brooks Shopping Centre which has been named AITO Agency of the Year.

Booking with an AITO Agent guarantees choice, high levels of expertise and full financial protection. The Independent Holiday Shop is the only AITO Agent in Winchester and has been in the city centre since 2005.

Co-owner Sharron Brammall said: "Booking travel independently online just doesn't give you that same level of protection as the services of a dedicated specialist at the end of the phone when you need it. Our clients really appreciate that".

01962 877327 www.independentholidayshop.com



Travel must-have

Who doesn't love a touch of luxury when travelling? This Chanel No 5 eau de toilette purse spray is available at Boots on High Street and comes with refills so you can top up as and when you need to. It costs £85.



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Make the right match. Does your child like computers? Hate exams? Respond best to art? Your personally matched tutor will get to know your child and tailor an approach to their interests.



Communicate as we go. After each session, we'll share how your child did, what we will continue working on, and recommend next steps for achieving your child's goals.



Call us today to schedule a free consultation at:

01962 277002
tutordocor.co.uk
sboon@tutordocor.co.uk

What's on

Great ideas for kids

Bunny Hop

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 29 March to 14 April.

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

www.winchesterbid.co.uk

Charlie Cook's Favourite Book

Charlie loves reading. Especially books about pirates. But his sister hates it – it's boring! Can Charlie convince her that reading is fun?

Charlie Cook's Favourite Book written by Julia Donaldson is brought to life in puppetry and song at Theatre Royal Winchester on 2 and 3 April.

01962 840440 www.theatreroyalwinchester.co.uk

Egg-travaganza at Winchester Science Centre

Winchester Science Centre's Eggs-travaganza Easter hunt is back. But don't expect any eggs! Instead, find the rabbits and hares that are hidden across the centre, explore the differences between furry friends and solve puzzles to earn an edible prize. The Easter hunt is free with admission and runs from 16 March to 15 April.

01962 863791 www.winchestersciencecentre.org

Ultimate activity for all ages

Ultimate Activity Camp at Twyford School is so popular with our kids, they go every year. Children aged 4 to 14 can enjoy over 40 sports, games, and craft activities during its holiday programmes, with swimming, tennis and zorbing on the summer programme. Book for a day or two or a whole week of fun. Residential programmes are also on offer for summer 2024.

www.ultimateactivity.co.uk

Easter Bunny Train

New this year, The Watercress Line in Alresford is running an Easter Bunny Train from 29 March to 1 April. Expect seasonal fun along the line and steam trains galore. There will be crafts, colouring, singalongs and an Easter bunny!

01962 733810 www.watercressline.co.uk

children



Parent Information Morning and Taster Experience for Year 5 girls

Saturday 18 May, 9.00am - 12.00pm

Top tips for parents and a fun-packed programme for the girls.
Refreshments will be served. Booking is essential.

For parents and students looking at Year 7 Entry 2025.

Scan here to register



Outstanding learning for girls

St Swithun's School celebrates 140 years of empowering young women in Winchester

In the beginning

In 1883, Anna Bramston, daughter of the then Dean of Winchester, set out to form a school to provide a 'sound and thorough' education for girls in Winchester and its neighbourhood.

The idea found support across the local community, the cathedral and the professions and trades. On 5 May 1884, Winchester High School opened in the centre of Winchester with 17 pupils, later changing its name to St Swithun's School in 1927.

World War One

After rain reduced the Morn Hill training camp to a muddy swamp in January 1915, school caretakers were given just one hour to prepare for the emergency reception of 400 soldiers.

The school magazine from the time commented: "Men content themselves with the form rooms, passages, and staircases as sleeping apartments, and positions next to hot water pipes are in great demand."

A new site and World War Two

By 1929 the school had grown to such an extent that it moved to its current home on Magdalen Hill. Princess Mary the Princess Royal opened the new buildings in 1932.

The outbreak of World War Two saw the school turned into a hospital and in 1942, St Swithun's became an American casualty clearing station. According to school records, 'girls were escorted to the swimming pool in a strict crocodile line past sunbathing, convalescing troops and told under no circumstances whatsoever to look at them.'

Where no man has parked before...

In 1984 the Hampshire Chronicle reported on the school's centenary celebrations and noted: "The Royal prerogative enabled Princess Anne to boldly park where no man has parked before – on the front lawn of St Swithun's."

Equality – on and off the sports pitch

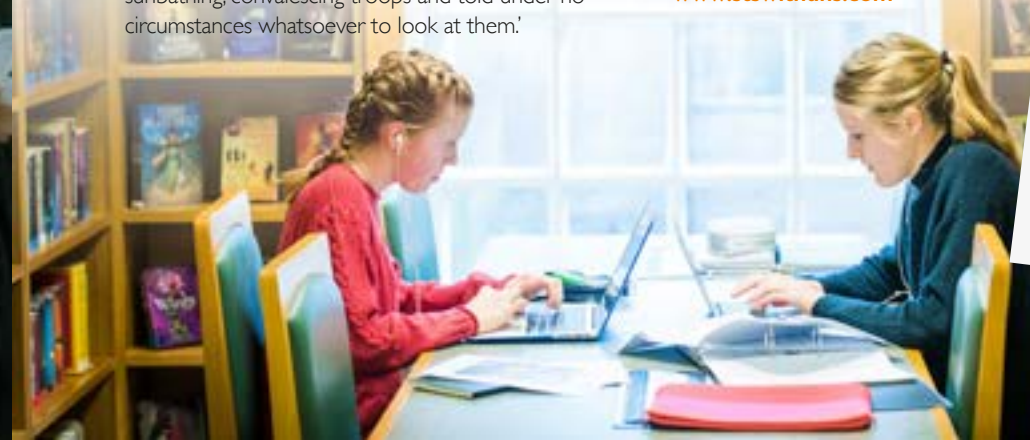
From its earliest days, St Swithun's championed the importance of teaching girls science, maths and sport. Last year St Swithun's was reaccredited as a 'High Performance Learning World Class School'. The HPL accreditor noted: 'St Swithun's truly is an exceptional school that others can look to for inspiration'.

A school for aspiring girls

Jane Gandee, St Swithun's headmistress says: "We are proud of the positive impact the school has had on generations of girls. Anna Bramston set about forming the school because she saw a lack of appropriate education for aspiring young women. 140 years on, we are passionate about ensuring that all our students have opportunities to learn who they are and what they can aspire to be."

01962 835750

www.stswithuns.com





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A Tim Tam with Elizabeth Stone

Liz Kavanagh meets the dynamic headmaster of Winchester College

I meet Elizabeth Stone, the headmaster of Winchester College in an office that is so grand that it wouldn't look out of place in a royal palace. The first thing she does is offer me a Tim Tam – the Australian version of a Penguin bar, gifted by a student to remind her of home. It's proffered straight from the packet, with a welcoming smile.

Elizabeth has crossed the world from her native Australia twice to work at Winchester College; firstly as a maths teacher and undermaster and again to be headmaster. "When I had a call inviting me to apply, I got a very definite tingle," she says. "The intellectual ambition, the richness of the co-curricular offering and our students' sense of purpose makes for a very special school. And that's even before you consider our history."

Founded in 1382 as a boys' boarding school, Winchester College has the longest continuous history of any English school. Elizabeth is its first female headmaster. "That doesn't weigh much on my mind," she says. "My role is to get the job done well."

The doorplate on her office remains 'Headmaster', inherited from her predecessors. "I'm big on recycling," she says with a smile. "It's saved on stationery too."

Elizabeth joins the school as the second cohort of girls goes through its Sixth Form. "Working alongside the opposite sex gives our boys a run for their money and an appreciation of a different outlook," she says. "Everyone benefits."

Some of these girls have won bursaries. "I was a Rhodes Scholar for my Oxford Masters," she says. "Having to fund that would have made it untenable. Giving exceptional local students the opportunity to join us is important. We run hundreds of free talks and learning sessions for state schools every year."

'Manners Makyth Man' is the school motto. "It's a liberating message," says Elizabeth, "and one that was incredibly forward-thinking in the 1300s when status was everything. Titles don't interest us here. We place value on our students' sense of purpose, encourage them to make a positive impact on the wider world and be true to themselves. If you can achieve those things in life, then all else will follow."

01962 621100

www.winchestercollege.org





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education

School news

LOCAL SCHOOLS AND EDUCATIONAL EXPERTS



Boost your teen through exam stress...



Winchester children's clinical psychologist and author Dr Angharad Rudkin shares her tips:

- Make your teen feel more in control of their exams with a revision timetable and colour coding notes.
- Help them set realistic targets, using motivational reminders of deadlines on their phones to keep them going.
- While teens are used to juggling multiple screens at once, remove all but the one screen they're revising from to help with periods of focused revision.
- Sharing with others helps embed new information. Ask your teen to talk about information that they're learning.
- Research has found that if students write down what they are feeling about an exam before they go into it, this can help unload anxiety and help them to perform better.
- Do remember that your teen is not you. They will have their own way of working and you need to help them discover that rather than assume they will work the way you did.

What's My Teenager Thinking? Practical child psychology for modern parents by Angharad Rudkin.
Available from P&G Wells for £16.99.

Prince's Mead win

Prince's Mead has been awarded Level 4 in the prestigious Royal Horticultural Society School Gardening Awards for caring for wildlife and using gardening to support the curriculum. Weekly outdoor learning sessions include growing plants and making bug hotels. A popular extra-curricular gardening club produces fruit and veg that is used in the school kitchen.

The school also has its own hive and is part of the South Downs Bee Lines initiative which helps bees and other pollinators flourish.

01962 888000

www.princesmeadschool.org.uk



Preschool Pilgrims

The best way to know whether a school is right for you and your child is to spend time there. Pilgrims offers hour-long play sessions for parents and guardians of boys and girls to chat over refreshments, whilst their pre-schoolers play together. Book for 17 May or 7 June by emailing tingram@pilgrims-school.co.uk.

01962 854189

www.thepilgrims-school.co.uk



EMBLEY HAMPSHIRE



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SENIOR OPEN EVENING - WEDNESDAY 15 MAY

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Artist in residence at Embley

Embley welcomed Winchester artist Jenny Muncaster for a Year 8 'artist in residence' workshop to explore pattern and colour. Students created eye-catching and vibrant abstract art, building layers as they discovered new techniques. Jenny works from The Colour Factory in Gordon Avenue.

01794 512206 www.embley.org.uk



Join our club!

It's the co-curricular club that everyone wants to be in! Embley students are mastering the art of chocolate making in a new club run by Hampshire chocolatier Chocolate By Miss Witt. Sessions have included learning about the origins of chocolate and the tempering process and lots of hands-on fun creating delicious treats under the watchful eye of a pro.

01794 527371 www.embley.org.uk

Pulling on their wellies...

As part of a traditional culture of learning outdoors, Forest School is integrated into Pilgrims' Pre-Prep curriculum to help boys to develop socially and emotionally alongside their academic studies.

"It builds an appreciation for the natural world and enables children to foster collaborative working practices and skills that are transferable into the classroom," says Sarah Hall, head of Pre-Prep. "To be able to do this in the idyllic natural environment we have in the shadow of the cathedral makes it even more special."

"Early Years and the formative stages of schooling are a magical time for children, when every experience is fresh and exciting, imaginations run wild, and laughter goes together with curiosity and wonder about the world around us. Forest School gives us so many opportunities to learn and have fun together."

01962 854189

www.thepilgrims-school.co.uk



Gold for gymnasts

Congratulations to Prince's Mead's Year 5 gymnasts who won gold medals at Treasure Gymnastics' winter competition.

The organisation encourages children to enjoy gymnastics in a fun and encouraging way and operates across 15 local schools.

www.treasuregymnastics.co.uk





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Open Morning on
Friday 17 May

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Excellent in all areas - ISI Inspection 2023

Independent co-educational school
for children aged 3-11 years

01962 888000 princesmeadschool.org.uk
Worthy Park House, Winchester

Masterpiece in miniature

Headmasters Commendations are awarded to Prince's Mead pupils who go above and beyond. So when Year 6 pupil Amy made the most amazing eco-house model, combining wind, water and solar power, it was definitely deserving of praise. Tiny details included water droplets on its water wheel and a vegetable garden with rainwater harvesting. Head of Science Jemma Chinappen said: "I only wish I had a magic wand so that I could make it life-sized and live there!"

01962 888000
www.princesmeadschool.org.uk



A very special stitcher

When Prince's Mead called for pupils to take part in the Fabric of Winchester community quilt-making project, Daisy, a talented embroider in Year 6, came forward. She based her square on King Arthur's Round Table and it was sewn into a quilt for Winchester Hospice where it will be used to keep patients cosy. Well done Daisy!



01962 888000
www.princesmeadschool.org.uk

Achievement across the board at Henry Beaufort

Such has been the success of students at Henry Beaufort that 98 Head Teacher Awards were given to pupils last term. The awards marked excellence in home learning, supporting other students, charity fundraising, commitment to sport and taking on additional challenges.

Nominations come from teaching and support staff and, impressively, representatives from the community. Head teacher Sue Hearle said: "Presenting head teacher awards is one of my favourite parts of my role. It is a real privilege to hear about the great work our students are doing both in and out of the classroom."

01962 880073
www.beaufort.hants.sch.uk



Love from Pilgrims

We love Pilgrims' new notecards which were specially designed by illustrator Belinda Roberts to celebrate all the quirkiness and fun of life at the historic school.

Costing £5 for a pack of ten, they are available to purchase from the school front office. We particularly like this card (cropped on this page) depicting life in an energetic Pilgrims' dorm. Brilliant!

01962 854189
www.thepilgrims-school.co.uk



Southern Vipers at St Swithun's

Southern Vipers cricketers stars Nancy Harman and Alice Monaghan visited St Swithun's School to mark its inclusion in

The Cricketer's Good Schools Guide. As one of the top 20 all-girls cricketer schools in the UK, St Swithun's excels at the sport. The under-15 team reached the national indoor finals at Lord's last summer.

01962 835700
www.stswithuns.com

thebeehive@BartonFarm.UWINAT.co.uk
bartonfarmacademy.co.uk



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Learning library skills at Kings'

Year 7s at Kings' School have been enjoying library skills lessons, learning about the Dewey System of Classification. To hone their search and research skills, students took on a scavenger hunt to discover more about the school's extensive non-fiction collection. They also learned about online resources, such as eChalk, and the school's library. Library manager Edyth Miles said: "I've been delighted to see such a positive attitude towards learning. Our Year 7 cohort demonstrate exceptional character in every lesson."

01962 861161 www.kings-hants.com

Could you help support a local child?

Friends of The Family Winchester is a charity that provides trained volunteers to spend two hours a week with local children who need a boost of confidence by giving them undivided attention.

That might be playing games or sharing stories, going out on walks or for an ice-cream or simply spending time together in a setting that is relaxed and fun.

Boosting children's self-esteem has huge benefits at school and can also improve troubled family relationships. People from all walks of life can make a big difference and full training is on offer.

www.fotfwinchester.org



Star Wars fame for Pilgrims choristers

Congratulations to the Pilgrims' Winchester Cathedral choristers who won a Grammy for their work on the Star Wars Jedi Survivor game with composer Stephen Barton.

Stephen, a former Pilgrims' Chorister himself, recorded the boys singing at Abbey Road Studios for the soundtrack for the video game 'Star Wars Jedi: Survivor' – a PlayStation and Xbox top-seller. The game was a Grammy winner for Best Soundtrack for a video game, competing against God of War and Hogwarts Legacy.



01962 854189 www.thepilgrims-school.co.uk



Shining bright

If you've driven past St Swithun's on Alresford Road, you may have seen it lit up to mark its 140th year. Special events include a school evensong at Winchester Cathedral, a birthday lunch and party on 3 May and a Founders' Day concert. Students across both the senior and prep school will come together on 4 July to raise funds for the Bramston Bursary Foundation which provides recipients with 110 per cent bursaries.

01962 835700 www.stswithuns.com

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www.fotfwinchester.org
01962 864466



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5 STAR REVIEWS

Canvas and craft

Arty, crafty things we love

On the cover

Every issue since we started we've featured the work of a local artist on our cover. And 30 brilliant pieces of work on, this issue's painting is by Ted Hepenstal. Ted, who lives in Bishopstoke, is influenced by Van Gogh, Kandinsky and Cezanne and uses bold colours and brushstrokes. His studio work is based on sketches and drawings he does in-situ.



"I want to create paintings that speak both to me and to others about the beauty that I see in the world," he says. "I'm spoilt for choice when it comes to painting scenes in Winchester which is so rich in historic architecture and surrounded by picturesque landscapes." See Ted's paintings in the Fulflood Gallery, online and by appointment in his studio.

www.tedhepenstal.com



Crafts for all ages

We love going to Bella Crafts in Kings Walk for its adults' workshops which change every month. It's a great place to learn a new skill under the watchful eye of a pro and you can buy craft materials here too. Children's events this Spring include an Easter special with craft and food.

www.bellacrafts.co.uk

On the street

Don Lavelle can regularly be seen in Winchester painting local life from his easel. Commissions for The Eclipse and Greens Bar and Kitchen hang on their walls. City locals feature in many of his paintings, including David from The Original Flower Stall, who also commissioned Don for a painting of his own.

www.donlavelle.net



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Get your relationship back on track

Going through a rough patch in your relationship? Amber Goymer, an integrative psychotherapist is now offering couple's counselling at Station Mill. Having a confidential, non-judgmental, and supportive environment to talk things through can be really helpful, and individual sessions are also on offer too.

Amber is an MA qualified psychotherapist, with a Practice Certificate in Couple Counselling and is a registered member of the British Association for Counselling & Psychotherapy.

www.ambergoymertherapy.com



Pink or blue?

Want to find out your baby's gender with 99.9% accuracy?

REMEDI HEALTH on Southgate Street offers a simple blood test from six weeks gestation, which analyses the foetal DNA in the maternal blood to detect whether it's a boy or a girl you'll be welcoming into your life.

01962 798580 www.remedihealth.co

Expert help with sleep



Wide Asleep is a sleep and wellness consultancy providing face-to-face sessions and workshops run by Allie Lewis.

Allie has a strong academic background and over 20 years' NHS experience. Based in Winchester, she's an expert on using cognitive behavioural therapy for insomnia. Book a consultation with her at REMEDI HEALTH on Southgate Street where you can also get help with medication, supplements, allergies and investigative blood tests under the same roof.

www.wideasleep.co.uk

All in the eyes

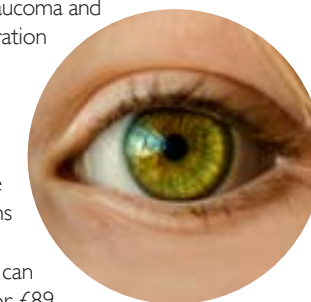
OCT imaging provides highly detailed images of our eyes. But not every optician can offer it.

It's invaluable for early detection of eye conditions like glaucoma and macular degeneration – in some cases picking up these diseases years before they would otherwise be detected. Scans are painless and non-invasive and can be carried out for £89,

which also includes a private eye examination, at Rawlings Opticians on High Street.

01962 862492

www.rawlingsopticians.co.uk



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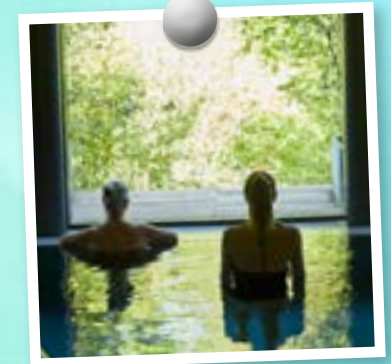
Looking for some me-time with a bit of wow-factor?
Then book in to one of these luxury spas, all within
a short drive from Winchester.



The Spa & Club **at The Four Seasons Hampshire, Dogmersfield**

The 20m pool is the jewel in the crown of this uber-luxurious spa and is flooded with natural light from floor to ceiling paned conservatory windows on two sides. Swim out to the smaller bubbling vitality pool outside, which is heated year-round and has massaging thalassotherapy jets.

www.fourseasons.com/hampshire



Herb House Spa **at Lime Wood, New Forest**

Herb House Spa is inspired by its forest surroundings and with the tree canopy almost touching the windows of its hydro pool, we don't think there's anywhere better for connecting with nature. The outdoor hot pool is surrounded by aromatic herbs and the roof-top gym looks out over the forest.

www.limewoodhotel.co.uk



The Spa **at New Park Manor, Brockenhurst**

Enjoy views of the New Forest from the newly refurbished spa's 16-metre pool or from its outdoor bubbling hot tub. The sweet-smelling steam room and sauna are gently scented with aromatherapy oils to re-balance, detoxify and refresh. Children can enjoy the spa too, with a treatment list just for them.

www.luxuryfamilyhotels.co.uk



Senspa **at Carey's Manor, Brockenhurst**

Enjoy the pool, herbal sauna, crystal steam room and tepidarium in this Thai-inspired spa, then relax in the large hydrotherapy pool where jets relax muscles and increase circulation. Authentic Thai therapies and delicious Thai food in the spa restaurant make this an all-day destination.

www.senspa.co.uk

Do you know about your prostate health? Are you at risk of prostate cancer?

Risk Factors:

- Age > 50
- Father or brother affected
- Black ethnicity

Winchester's dedicated prostate cancer team, led by highly experienced consultants Mr Tim Dudderidge and Mr Werner Struss, provide a local urology clinic focused on diagnosing and treating men with urinary and prostate disorders using advanced technology and a holistic approach.

Winchester Prostate Clinic offers rapid access appointments. GP or self-referrals are accepted for a full assessment including consultation, examination, PSA test and, if required, an MRI scan. Self-funding or insured patients can be seen.

Winchester Prostate Clinic

Book appointment

023 8076 4391 or info@tdurology.co.uk

Appointments at Sarum Road Hospital and Spire Southampton Hospital
Winchester Prostate Clinic is delivered by TD Urology Ltd Company number 11872460

tdurology.co.uk
winchesterprostate.co.uk



Fast-track your prostate care

Going private takes the uncertainty out of waiting for NHS treatment, says consultant urologist Werner Struss from Winchester Prostate Clinic



Anyone who has ever had to wait for treatment for cancer knows just how hard another day of uncertainty can be. The most urgent cases rightfully get NHS priority, but for many men with prostate cancer treatment can be drawn-out over months.

"Prostate cancer is the most common cancer in men, but it's often relatively slow growing," says consultant urologist Werner Struss of Winchester Prostate Clinic. "In the earliest stages, many men don't even know they have it and assume they simply have age-related urinary problems.

"Some prostate cancers grow too slowly to cause any acute problems. But others grow quickly and are more likely to spread. Prostate cancer is not always life-threatening but, when it is, the earlier you catch it the more likely it is to be cured."

Some patients diagnosed with prostate cancer are advised to take an 'active surveillance' approach with regular monitoring. Often, the cancer has not spread outside the prostate gland which means it can be treated in isolation, while still preserving the rest of the prostate.

Surgery may be needed for more aggressive cases as well as radiotherapy and/or hormone therapy depending on the severity of the growth/lesion. So why go private? "Waiting for treatment for cancer is really difficult for anyone to deal with," says Werner. "Some patients come to me because they want treatment sooner than they might get offered it on the NHS and don't want to put their lives on hold. Sometimes we can offer tests and diagnostics on the same day.

"Going private also means longer consultations and allows our patients more time to ask questions."

There are other benefits. "Within the NHS, patients can be transferred from one hospital to another and swap from one team to another, depending on the treatment they need," he continues.

"At both Circle Health in Winchester and Spire Southampton, I have the latest technology under one roof and patients stay with me all the way along. "That gives me access to precision diagnostics with MRI-guided biopsy, non-invasive high-intensity focused ultrasound and brachytherapy – a form of radiotherapy which can treat an isolated area without damaging structures around it. Reducing the side-effects of treatment means less time is needed for patients to recover."

Going private doesn't mean necessarily staying private. "NHS patients can choose to go private at any stage of their diagnosis or treatment," says Werner. "Sometimes men book consultations to talk things through or to get a second opinion. We can also do referrals back to the NHS for treatment or after-care. What going private does do, however, is put our patients in the driving seat of their cancer care. That can make a huge difference to the way that they feel about having prostate cancer in the first place."

02380 764391
www.winchesterprostate.co.uk



Fitness news

TRY SOMETHING NEW THIS SPRING

Top of the rocks

Top Rock's climbing walls at Winchester Sport and Leisure Park aren't just for kids. Climbing is a great workout for your whole body, helping to build strength and cardiovascular fitness.

An auto-belay system eliminates the need for a belayer, making it ideal for those who want to climb independently. Book sessions in advance. There's lots of support from the friendly team.

01962 848700 www.everyoneactive.com

"Cycling is a good way to build up stamina and it's great fun too. Give it a go..."



Fitness guru

Knowing your functional threshold power or FTP is essential for improving your stamina when it comes to long-distance cycling, says Scott O'Shea from Station Mill Health and Fitness.

"FTP is the average number of power watts a rider can sustain in an hour as a steady effort, not the up-and-down levels you might see during a hilly ride or hard session," he says.

"Using a meter to measure output, cyclists can track progress, analyse rides and set accurate pacing strategies for training and competing. We have a dedicated Skillbike studio for year-round bike training and PTs that specialise in cycling stamina."

01962 735110 www.stationmill.co.uk



Did you know?

If you enjoy lots of different sports, then trytri Winchester might be just the thing for you.

Compete in swimming, cycling and running during this popular city event which takes place on 6 May.

www.trytri.co.uk



Breast Walk Ever

Sign up now for Against Breast Cancer's Breast Walk Ever on 12 May which has three routes for walkers of all abilities. Start at Hursley, following waymarked trails including the Clarendon Way and Itchen Way, raising money for vital research.

www.breastwalkever.org



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Extra Care facilities are for people over 55 who meet the criteria assessed by Hampshire County Council Adult Social Care. Residents can benefit from self-contained apartments as well as on-site 24/7 care should they need it. Applicants must live in the Winchester City Council district or have family living here, need help with personal care and be in housing that is no longer suitable for their needs.

For more information contact
shelteredhousing@winchester.gov.uk | Tel: 01962 855 335

Walking Winchester

Hit the city streets and surrounding countryside with a Spring walk

Walk for wellbeing

Join a Winchester Wellbeing Walk – a great way to get some fresh air and meet other people. A free weekly Wednesday walk led by volunteers from Community First starts from central Winchester and covers between two and three miles, usually over an hour.

07737 688523 healthywalks@cfirst.org.uk

Guided walking tours

Book a tour with the Winchester Association of Tourist Guides, which offers guided walks from the Tourist Information Centre across the city, including lower and upper Winchester; hidden railways, notable city women and the treasures of Guildhall and Winchester College.

01962 840500 www.winchestertouristguides.com

Winchester Ramblers

Share your love for walking with other enthusiasts at Winchester Ramblers, which runs more than 300 walks a year and has an active social programme. Walks range from three to 12 miles. Most are in Hampshire and the countryside around Winchester, but the group also walks further afield too.

01962 853640 www.ramblers.org.uk/winchester

Walk the Clarendon Way

Register now for the Clarendon Way Walk from Winchester to Salisbury, which takes place on 2 June. The charity walk raises funds for Naomi House & Jacksplace children's hospices and takes in 26 miles of countryside along the historic Clarendon Way. Don't want to walk the whole way? Then opt for shorter 12 or 5 mile routes instead.

01962 760060 www.naomihouse.org.uk

Historic Winchester at your own pace

Enjoy a self-guided cultural walking tour of the city and learn about the past with a themed map from Winchester Tourist Office. Walks include Tudor, military and medieval Winchester as well as a sunset tour and Viaduct Way walk. Maps can also be downloaded direct from the tourist office website.

www.visitwinchester.co.uk/brochures



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Filling empty jars is a much more cost-effective and planet-friendly way of stocking up on food staples. Take jars and bottles to Earthian on Parchment Street to be refilled with everything from cereal to coffee as well as oil, vinegar and cleaning products.

If you want to shop for what you need rather than buy a large amount, Cobbs Farm Shop in Headbourne Worthy has self-serve freezers with frozen pastries, fruit and veggies sold by weight.

01962 842532 www.earthianzerowasteshop.co.uk

01962 889000 www.cobbsfarmshops.co.uk

Ecclesiastical edge

The Hambledon in The Square can always be relied on for something that little bit different. We love its range of ex voto, based on traditional pieces hung in churches as thanks for answered prayers. This halo heart costs £22.95.

01962 890055 www.thehambledon.com



Treasures from the auction house

We've been buying retro and antique furniture from auction for some time from Andrew Smith & Son in Itchen Stoke. Solid wood furniture often costs less than modern flat-packed pieces and will last you a lifetime. Pick up mirrors, clocks and original paintings that no one else will have.

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www.andrewsmithandson.com



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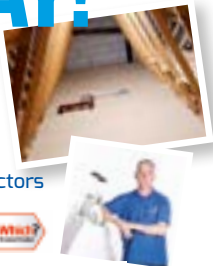
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We love the whimsical!

We couldn't resist snapping up these concertina Easter bunnies and they're for sale via the National Trust online (£6 each). Buy from the National Trust and you'll be contributing to keeping our City Mill and nearby Mottisfont and Hinton Ampner properties going too.

www.nationaltrust.org.uk/shop



"My childhood home was filled with vibrant, idiosyncratic, colourful prints and patterns..."

One to watch

Winchester designer and printmaker Fanny Shorter's fabrics are stocked in the William Morris Gallery and Liberty in London – and you can also buy them at Coudre's city workshop.

Fanny says: "I had a very English upbringing in Winchester surrounded by historic architecture and idyllic countryside and my childhood home was filled with vibrant, idiosyncratic, colourful prints and patterns on books, plates, cushions, rugs and wallpaper."

"Rural holidays reinforced my love of nature and my designs feature British flora and fauna in traditional and classic forms with contemporary freshness. All of my fabrics are block printed in England."

www.fannyshorter.com



There's no place like home

Seeing how something will look in situ is the best way to decide if it's right for you and not only does independently owned Downs Carpets in Winnall offer customers flooring samples to take home, but the team will also bring samples to you and can measure up and give you a no obligation on-the-spot quotation. That's great service from a local business whose Google customer rating score is consistently five stars.

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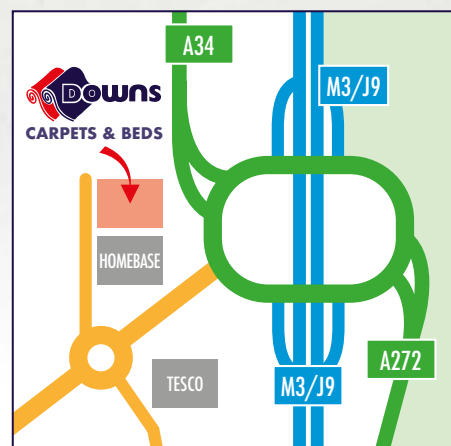


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On the shelf

Must-have home style books from P&G Wells

Country Life: 125 Years of Countryside Living

by John Goodall and Kate Green, £65

For 125 years *Country Life* has presented its readers with the finest of everything quintessentially British. This spectacular collection of images offers the best of life in the British countryside.

Studio Ashby by Sophie Ashby, £45

Interior designer Sophie Ashby has a passion for modern art, fine antiques, and bold colour.

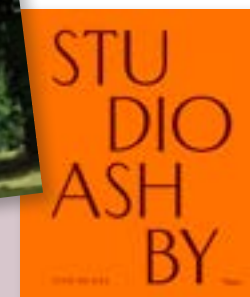
Immerse yourself in her vibrant, rich, whimsical interiors brimming with bright hues, quirky shapes, glamorous touches, eclectic materials and artworks.

Home Office Reimagined

by Oscar Riera Ojeda and James Moore McCown, £42.50

A source of ideas and inspirations for innovative home offices that are inventive, accessible, and serene. *Home Office Reimagined* has great ideas and space-sensitive solutions for anyone in need of space to think and to work.

All books can be ordered at P&G Wells, College Street, in person or via its website.
01962 864130 www.pgwells.co.uk



Well hung

Need advice on curtains or blinds or some inspiration on what material to go for? Rosie Williams from Coudre in Winchester has over 20 years' experience and has decked some of the finest windows in the county. She also works on smaller jobs and can make matching or complementary cushions. "Always get a professional to measure for curtains," she advises. "Mistakes can be extremely costly when it comes to curtaining and every window is different. We offer home visits to measure, thousands of fabric swatches to choose from – and fitting at the end of the job. Everything is sewn to order in Winchester."

07411 711168 www.coudre.co.uk

Meet the maker

Jo Burgess from Green Magpie painstakingly makes bespoke collages of local homes from tiny pieces of paper.

As well as adorning city walls, her work was also chosen for the set of BBC's *Dr Who* Star Beast where it hung in Donna Noble's (aka Catherine Tate's) house. It's also on the wall at the Cart and Horses pub in Kings Worthy. All the materials she uses in her collages are salvaged or repurposed from old books and paper ephemera.

www.green-magpie.co.uk



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*Shared Ownership terms and conditions apply, see website for details [sovereignliving.org.uk](https://www.sovereignliving.org.uk). Shared Ownership value is £68,750 for a 25% of the full market value of £275,000. †Cashback incentive - Terms and conditions apply. Subject to availability & applicable to new reservations only. Sovereign reserve the right to withdraw this offer at any time. For more information please speak to a member of our sales team. ^Walking times taken from www.google.co.uk/maps. Prices correct at time of print, February 2024.

homes&interiors

Making city living more affordable

City living can be an option with Shared Ownership. Lisa Moran, sales and marketing director at Sovereign, explains how



What is Shared Ownership?

It's an opportunity for people to buy the home that's right for them without the need for a large deposit, or the mortgage that goes with it.

Who's eligible?

Shared Ownership is available to people over 18, who have a household income of less than £80,000 and who don't already own a home at the time of buying a Shared Ownership property.

Higher house prices have meant that potential homeowners often find themselves priced out of the Winchester housing market, with the average home costing over £627,000 according to Rightmove.

Shared Ownership makes it possible for more people to get on the property ladder or move up the ladder when they can afford to do so.

How does it work?

Shared Ownership allows buyers to own a share in a home that's right for them, this is typically between 25 and 40 per cent of the home's full market value. They then pay a reduced rent on the remaining share and a monthly service charge towards the upkeep of communal areas and shared outdoor spaces.

Can you own more of your home as you go along?

Yes, homeowners have the option to 'staircase', meaning they can buy more shares in their home as and when they can afford to do so. They will then own a larger portion of their property and will pay less rent.

Will I need a deposit?

Typically, you'll only need a deposit that is five percent of the value of your share, rather than the total property value. This really helps buyers who don't have big deposits. At our Winchester development, Knights Quarter, prices start from £68,750, meaning buyers can reserve with a deposit from as little as £3,438.

What's available in Winchester?

We're currently selling stylish one and two-bedroom Shared Ownership apartments at Knights Quarter, just ten minutes from the city centre, on Romsey Road. We're conscious of keeping residents' costs low, so have made sure the new apartments have been built with high standards of energy-efficiency, and within walking distance to all local amenities.

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homes&interiors

Fencing lessons

Maxine Read from Trethowans reveals how legal support can help when it comes to boundaries



Pat and Dave are just the sort of neighbours that everyone wants. However, the fence that separates their garden from yours is in a poor state and leaning over your prize begonias, threatening to crush them entirely. Whose responsibility is it to fix the fence?

Maxine Read, an associate at Trethowans who specialises in dispute resolution says that the best way to sort out boundary issues is to first do your homework.

"Generally, you should start by looking at the deeds of a property," she advises. "Sometimes the deeds will say the boundaries are shared which means that both parties could be responsible for the upkeep of any dividing wall, hedge, fence or other physical structure."

A summary of the deeds is usually available for a small fee via the Land Registry and can be accessed online. Newer builds' deeds are more likely to come with covenants which define a buyer's maintenance obligations for their boundary.

"If your deeds don't have the answer you're looking for, it is worth doing some digging to see if there has ever been an agreement about the boundary," says Maxine. "Find out who planted dividing hedges, for example, and who has previously taken responsibility for maintaining them. It's also worth checking historic photographs or Google Earth images. Doing some detective work can really help."

"Having a friendly chat with your neighbour is always the first port of call," she adds.

"If a rotting fence is causing both of your gardens to look neglected, sharing costs for a new one is a reasonable option."

"It's only when conversations about repairs haven't got anywhere that we tend to get involved. Then we will review deeds and can write a letter demonstrating that a falling fence, for example, is crossing a physical boundary or causing damage and needs to be rectified. Very often, that will be enough to spur a neighbour into action."

"As with all legal matters, if you can sort out an issue amicably that's always the best way," she continues.

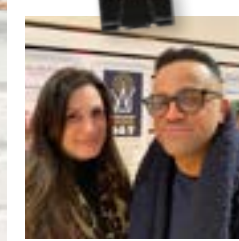
"Good sense usually prevails in cases like these in the end, with very few boundary cases escalating into full legal action."

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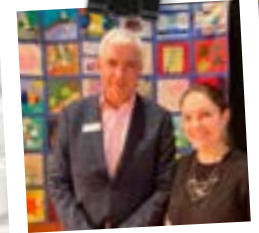
Out and about

People, parties, launches and lunches



Community quilting for Winchester Hospice

The Fabric of Winchester project unveiled its community quilts at The Arc. The community initiative encouraged locals to create quilt squares based on a happy memory. Over 100 donated squares were then sewn together to form beautiful quilts for patients at Winchester Hospice.



Work for an organisation you can be proud of

Astronaut, artist, footballer, doctor...whatever your ambitions, chances are you didn't fantasise about working for a building society when you were small (although if you did, good for you!)

Whether you're finishing full-time education, looking for a career change, or considering returning to work after an extended break, our branches are great places to work.

Our Winchester branch, conveniently located on the High Street in easy reach of public transport has recently been refurbished. This means you have a state of the art space to work in – check out the pictures above to see what to expect!

Although you may never have imagined working for a building society, we could be the perfect fit for you. Let's talk about why!

What will you be doing?

Our Customer Service Advisers are the friendly face of the Society, supporting our members in person, over the phone, or in writing. It's a varied role, with the chance to make a real difference to our customers' experiences.

We are looking for people who are:

- Enthusiastic about providing excellent customer service
- Strong communication skills – verbal and written
- Some experience with Microsoft products like Outlook, OneDrive, and Excel would be beneficial.

What we offer:

- Personalised training and development, opportunities to get involved in projects and take on new responsibilities.
- A community-focused environment with the chance to support local charities and events, plus 2 days of paid volunteering leave each year.
- Your birthday off.
- Once it's completed, a brand new workspace, with modern, stylish uniform to match!

We also provide a generous holiday allowance, contributory stakeholder pension scheme, access to our NBS Rewards discount scheme and more.

To see what roles we have available in Winchester, and to apply, visit www.newbury.co.uk.

Newbury Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Financial Services Register number 206077). English Law applies and we will communicate with you in English. We are participants of the Financial Ombudsman Service. We have a complaints procedure which we will provide on request. Most complaints that we cannot resolve can be referred to the Financial Ombudsman Service. 9391

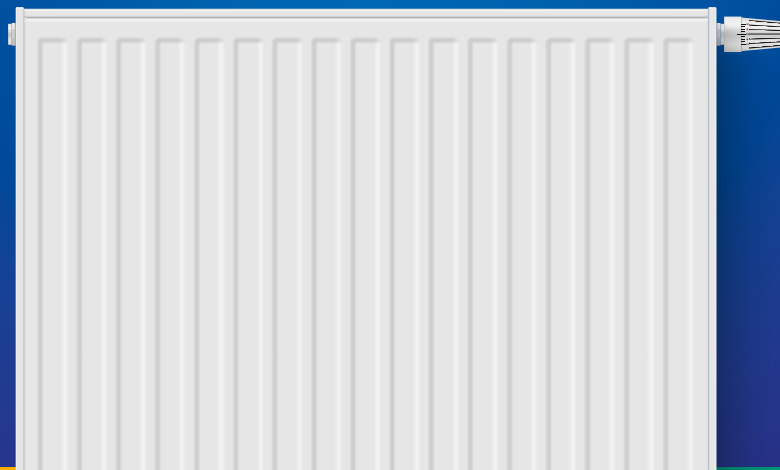


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Out and about

People, parties, launches and lunches



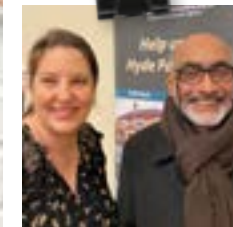
Ladies open day

Winchester Muslim Cultural Association held a ladies' open day for members and locals to see its new home at Hyde Parish Hall in Hyde. Brownies and other community groups are still using the hall and its smaller rooms which continue to be available to hire for all.



Looking good...

The group's first job at Hyde Hall was to tidy the overgrown garden. It's now all ready for Spring!



Steve Brine MP

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Winchester and
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This advert has been financed through allowances to the Member of Parliament

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Out and about

People, parties, launches and lunches



Rishi Sunak on Winchester High Street

Prime Minister Rishi Sunak paid a visit to Winchester for a walkabout on High Street with Steve Brine MP and Winchester BID, stopping at Winchester Bakery and meeting passers-by of all ages.



Out and about

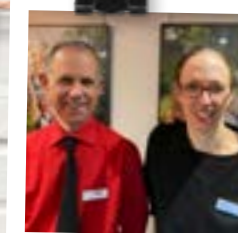
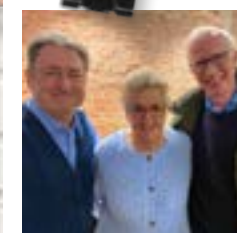
People, parties, launches and lunches



Alan Titchmarsh Trinity Fundraiser

Alan Titchmarsh MBE hosted 'An Evening with Alan Titchmarsh' at Theatre Royal Winchester to raise funds for Trinity Winchester.

www.trinitywinchester.org.uk/upcomingevents



Find out about charity events by following us online or signing up for local charities mailing lists.

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THURSDAY.....	10:00 - 17:00
FRIDAY.....	10:00 - 17:00
SATURDAY.....	9:00 - 17:30
SUNDAY.....	10:30 - 15:30

We look forward to welcoming you back to our recently refurbished and expanded store.



You can bring your own containers to fill from our bulk dispensers and shop for as much or little as you need. Our range includes organic whole foods, home cleaners and personal care products.

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Out and about

People, parties, launches and lunches



Burns Night dinner at The Gurkha Museum

A very stylish affair was enjoyed by all at The Gurkha Museum which hosted a Burns Night celebration dinner with a Nepali twist.

Gurkhas have a long history and affiliation with Scotland and Scottish regiments. During the storming of the Dargai Heights in Pakistan in 1897, Gurkhas and the Gordon Highlanders gallantly fought side-by-side on the North West Frontier.



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NEW BUILDING DUE AUTUMN 2024

Out and about

People, parties, launches and lunches



Twinkle, twinkle

Twilight Trees celebrated ten years in business with a suitably sparkling evening full of the company's stunning illuminated trees.

The company supplies trees to top-notch names in hospitality and events including The Ritz, The Victoria & Albert Museum and Historic Royal Palaces.



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Since we launched just under three years ago, we have agreed sales for more than **150 houses**, and have redefined the estate agent experience for both the buyers & sellers we have worked with.

Our ethos is to tailor our service to our clients' individual needs, which is never one size fits all. Glowing testimonials have proven this to be a welcome and refreshing approach!

If you are thinking of selling your home in 2024 and want a great experience with less stress, we are here for you.

Contact either Sam or myself for a no-obligation chat, and we'll do everything we can to make sure you are well looked after!



SAM KERR-SMILEY
07801 056784
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We Are Selling... Are You?

Extracts of some of the reviews we received recently include:

"Nony is a superstar who has helped us through the highs, lows and speed bumps of selling our house. A positive can do attitude mixed in with a sprinkle of realism and bags full of know-how."

"Nony and Sam play many leagues ahead of your average high street estate agent. Their stature and wealth of experience within the industry gives them a penetrating knowledge of the Winchester housing market, and they know exactly how to push the right buttons in the right places to make your sale a success from beginning to end."

"Nony is by far and away the best estate agent we have ever worked with, and we have moved house plenty of times. Not only does she know the local market and the process of house-selling inside out, the personal approach and hard work she brought to our sale was at a different level to anything we have seen before."



2023 WINNER



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If you are currently under a sole contract to another agent, you should check the terms of that contract to avoid potentially being exposed to dual fees.