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Health, Beauty & Wellbeing

THE KETTLE IS ALWAYS ON

Testwood Baptist Church in Salisbury Road, Totton, hold its monthly Bereavement Café, offering a safe space where people can talk about the pain of loss and also find strength and courage in knowing that they are not alone. The Café is run on a 'drop-in' basis between the times of 1.30pm and 3pm on the **second Monday of each month**

and is not designed to be a counselling session. Visitors to the Café will discover a warm welcome and a supportive environment for reflection and conversation; a place

to find mutual support and encouragement. The kettle is always on with tea, coffee and a variety of cakes (including a gluten-free option) served by a friendly team

of volunteers. **The next Café session will be on Monday 8th August.** For more information, please contact the Church on: 023 8086 0320 or visit: www.testwoodbaptist.org

5K...DONE!

by Louise Kitcher

In April I wrote about how I had joined the Hardley Runners Beginners Course, which runs over ten weeks and follows a plan similar to the 'Couch to 5k' app but with coaches offering support and guidance throughout.

We began the course on Monday 28th March, over the following ten Mondays, a small group of us met at Gang Warily (there was a larger group at Dibden too) to complete the run and three of us met twice more during the week for our 'homework' runs. It was hard, sometimes we wanted to give up, but together we persevered (and moaned!), on 30th May along with the beginners group from Dibden, we all completed our 5km (3.2 miles)!

After a tough start to training in week four, we had smashed our 2 homework runs and were feeling like we could run a marathon (a feeling that was short lived!) so we decided to book our places in the Copythorne Carnival 5k Run to be held on Monday 13th June; 2 weeks after the course finishes. This would be our first 5k race with other 'proper' runners for which the results would be properly recorded with a very clever chip in our number bibs! It was baking hot, the race started at 7.30pm and it was still over 20 degrees, along with it being our first road run, we were all feeling the pressure. We all finished and the 3 of us had each beaten our previous times! It was lovely to see so many local residents outside their houses along the route, cheering us on along the way; it really helped and gave us some much



Low, Chris Harris (Hardley Runners Coach) Hannah and Lucy at the Copythorne Carnival Run

need motivation to keep going! A huge THANK YOU goes to Chris, Brendon, Karen, Louisa and Aaron for all of your support, laughs, chats and encouragement along the way; we really couldn't have done it without you and thank you to the Dibden coaches; Sharon and Julie for making us so feel welcome when we all met for our 5k. The three of us are planning on meeting up at least once a week for a run and we are all looking forward to joining the Hardley Runners and their weekly training sessions and social runs. Keep an eye out on Facebook, in The Herald and on the Hardley Runners website: www.hardleyrunners.co.uk to see when they are planning their next beginners course (usually held once a year in March) or get in contact to find out more about joining this supportive and friendly group to start your running journey; if I can do it, anyone can do it!

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Three Generations of Anglim Family Represent Great Britain Age-Group Team

Mick Anglim, a Dibden Purlieu resident, is no stranger to International competition as he has represented GB in Duathlon (run/bike/run) over 50 times. Recently in Romania, however, he was joined by both his son Brendan and for the first time for GB his granddaughter Erin.

Mick is the Hardley Runners' President and along with Alan Doney it was the first time that 4 members of the club had represented GB together. The event was the World Sprint Duathlon Championships in Targu Mures in the hilly Transylvania region and was Brendan's 11th GB race and Alan's 3rd time.

The two runs in 22°C were up and down the main city centre street with the first 5.7km over 6 laps. That was followed by a '20km' five lap bike course which zigzagged through the streets around the medieval castle with over 600' of climb, cobbles and 65 corners. A 3 lap 2.5km run then took competitors to the finish.

Brendan completed the 3 disciplines in 69 minutes as 10th M50 and 3rd for GB. M55 Alan took 78 minutes, Mick took 92 minutes to win M75 Silver and W20 Erin took 90 minutes to place 4th W20 and 2nd GB.

Mick had already won M75 Gold on a hired mountain bike in the brutally hilly Cross Duathlon in the hills above the city on the previous Monday. The 6.5k and 3.5k trail runs through the woods had over 1650' of climb but the 4 lap mountain bike course was even tougher with many of the climbs too steep to ride for the older competitors. Mick was the only M75 to take on the demanding course which involved over 3,850' of climb in 34kms and took him 3 hours 50 minutes.

Four days later a still tired Mick



The Anglim trio: Brendan, Erin and Mike, before the race

competed in the Standard distance 10/40/10k Duathlon around the hilly Transylvania Motor racing circuit. In the first 10k run Mick was behind the Norwegian Olaf Ellefsen (who went on to win the M75 Sprint Gold). Mick was faster on the bike to take Gold by over 4 minutes after the second 5k run and win his 5th World Duathlon title.

The Standard course included over 1,400' of climb so Mick was doubly weary at the start of the Sprint Duathlon two days later.

Mick is making the most of being an M75 'youngster' and is now National, British, World and European Middle Distance, World Cross and Standard Duathlon Champion. Last week's 3 medals takes Mick's International Duathlon total to 28 including 14 Golds and he has 3 European Duathlon Championships to look forward to in Bilbao.

The great news for the Anglims was that as Brendan and Erin finished in the top 3 GB finishers in their respective age categories all three generations of Anglims have qualified for GB for the 2023 World Sprint Duathlon Championships in Ibiza.

Celebrating 50 Years of the Netley Marsh Steam and Craft Show!

The Netley Marsh Steam and Craft Show is back and celebrating its 50th Anniversary this year!

The Netley Marsh show was first held in 1971, when it was a one day show called The Puff-in, where local steam engine owners brought along their engines to entertain the visitors. The aim of the show was to raise funds to pay for urgent repairs to St Matthews Church. Following the success and the general enjoyment that was had by everyone who attended the show, it was decided that this should be an annual event. The show has been going ever since, and is now a three day event with traction steam engines and a wide and varied range of vintage vehicles and engines as well as a wide range of entertainments for all ages.

The 50th Anniversary Netley Marsh Steam and Craft Show is taking place on the 22nd, 23rd and 24th July, as well as the vintage steam engines the organisers

have also announced that there will be entertainment from Ken Fox's Wall of Death and Horsemen of the Knight – as seen on the Game of Thrones, War Horse and Peaky Blinders!

The entertainment will go on into the evening on the Friday and Saturday with live music from local bands including: The Modules, Loonee Toons, Trav Cats, Abba Revival, It Must be Madness and Pure Queen.

Camping is available throughout the weekend and can be booked online via their website: nmcs.org.uk/camping For the full line up and to book your tickets please visit: nmcs.org.uk



Netley Marsh Steam and Craft Show

DOWN THE GARDEN PATH

Foresters Flower Club Join Platinum Jubilee Celebrations at Copythorne Parish Hall

by Debbie Thorne, Foresters Flower Club

Saturday 4th June promised rain and we were well prepared, but instead the sun chose to shine on us!

The previous Thursday morning members of our Flower Club met and made numerous handied posies and arrangements, ready to display at our stall. Despite being busy people, we all agreed how therapeutic a morning of flower arranging is - flowers and friends: always a good combination!

Our stall was decorated in royal colours, bunting and union jacks and filled with the three different sizes of posies, basket arrangements, Jubilee memorabilia and succulents – a feast for the senses!

One end was dedicated to making floral crowns. Some of our ladies were busy making crowns of different sizes and decorated with different flowers and foliage. We all had trouble keeping up with demand!

The other ladies were helping all ages make their own bespoke crowns. Everyone thoroughly enjoyed this activity. To make the crowns we demonstrated how a long piece of egg ivy/honeysuckle could be used as a base. It was sized for the person's head. Then raffia twine was wound around and used to attach chosen flowers and foliage. These included roses, alstroemeria, gypsophila, fresh statius, spray and single carnations, verbena, asters and daisy chrysanthemums. They looked beautiful!

We were all delighted to see how people walked off proudly adorned with their beautiful crowns and a twinkle in their eye! We even had the village policeman try one on for size, sadly he was the only



Foresters Flower Club Stall

customer who decided against wearing one, we had no idea why!

We all enjoyed having a look around all the different stalls and activities for families and of course an ice cream! At the end of the busy day there were a few flowers left so we made some little posies and gave them out randomly to people still enjoying the entertainment and the sunshine.

I think we can safely say that we bought a little flower magic to the Family Fun Day and hopefully some flower inspiration.

Our next meeting is **Thursday 4th August**: Practical Evening – Flower Arranging for Shows.

All meetings are held at Copythorne Parish Hall: SO40 2NZ for more information please call Debbie Thorne: 07769 830752.

Horticulture and Craft Show

The Horticulture and Craft Show is taking place at St. Andrews Hall, Dibden Purlieu, SO45 4PT on **Saturday**

30th July from 1pm to 3.30pm. Entry is 50p for over 16's, refreshments will be available as well as a plant sale.

If you'd like to enter the show you can collect a schedule and application form from either St Andrews Church or Hythe Library.

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