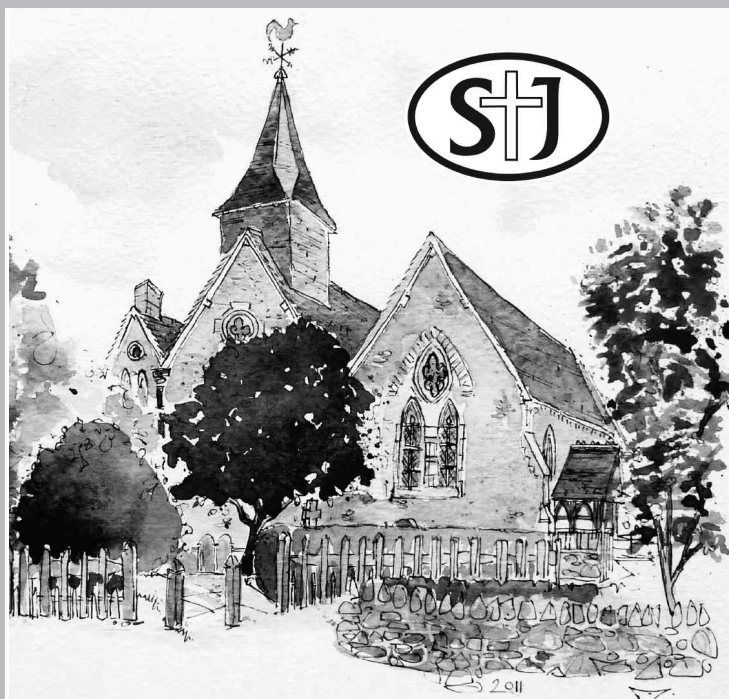


THE Farncombe Villager

ST JOHN'S PARISH CHURCH



On 10th May the 2025 St. John's Spring Fair will be held at the Church. A chance for all of Farncombe to get together for a fun day!

There will be all the usual stalls - gift and bottle Tombola, a Grand Raffle - with great prizes, books, bric-a-brac, handicrafts, and plants. The garden will have many sideshows, can you Splat a Rat or win at Pot Luck? If you are feeling in need of refreshments there will be cakes and sandwiches, burgers and hotdogs and of course our favourite ice cream van will be in attendance! Tea and coffee will

St. JOHN'S CHURCH 2025 SPRING FAIR

WILL BE HELD AT
St. JOHN'S CHURCH
St. JOHN'S STREET FARNCOMBE
11am SATURDAY 10th MAY

- Burgers • Cakes • Tombola • Raffle
- Books • Refreshments • Bric a Brac
- Plants • Gifts & Cards • Ice Creams
- Children's Activities

plus lots more fun stalls

be served in the church room and soft drinks and mocktails also available! We will be supported by stalls from many charities and organisations including Cat Protection, the Meath, National Diabetes, Godalming Youth Services, the local Air Cadets and Godalming Community Garden.

Entertainment will be provided by Godalming School of Dance, and Godalming and Farncombe Jazz Choir.

We hope to see you there - a good time guaranteed rain or shine!

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From the Rectory



Many years ago I found the church mentioned on one of the community Facebook pages. I think someone had come in when it was open during the week and found a group of youngsters riding bicycles round inside the building and had sent them packing. There were a variety of comments mostly expressing outrage at the disrespect and that sort of thing (and thankfully we haven't experienced any such misbehaviour for a long time), but one person said 'Congratulations to the kids for finding a use for a useless building'. Never read the comments, they say, and they are usually right. In complete contrast I spoke the other day to someone who told me they often come into the church when it's empty and sit to enjoy the peace. This is a person I've known for some time, but I had no idea popping into the church was part of their life.

We who spend a lot of time in St John's are very familiar with it. It's an important part of our lives. It's the landscape of our spiritual lives. Except on my days off I come down the hill and say Morning and Evening Prayer in the space every day just as my predecessors did, and I hope my successors will as well. I listen to the noises from outside, vehicles going past (or indeed announcing they are reversing!), people talking, children running by. The life of the

community flows around these stone walls and, through the prayers of the people who enter, finds its way inside them too. It is a rare day that nobody comes in to light a candle, and I know many more come in and just sit without leaving any sign of their presence.

The church also provides a venue for all kinds of non-religious events too, and is the only one of its size in the centre of Farncombe. The role of the building in the community was recognised very recently when Godalming Town Council kindly voted to allocate us a grant from the Community Infrastructure Levy to support installing new emergency lighting as part of our fire safety improvements. The need was demonstrated very clearly a few weeks ago when just before an evening meeting there was a short-lived power cut and the entire building was plunged into complete darkness. Getting out would have been quite hazardous had the lights not come back on again. Ironically the meeting was a fire safety training session ... !

I wonder how you view the church building? Although we who are part of the congregation look after it, it belongs to everyone in the parish. I hope if you've never ventured inside, you might come to look around some time, and maybe you might even find a little peace of the spirit which you might not have expected. **James, Rector**

Treasure in the Field course

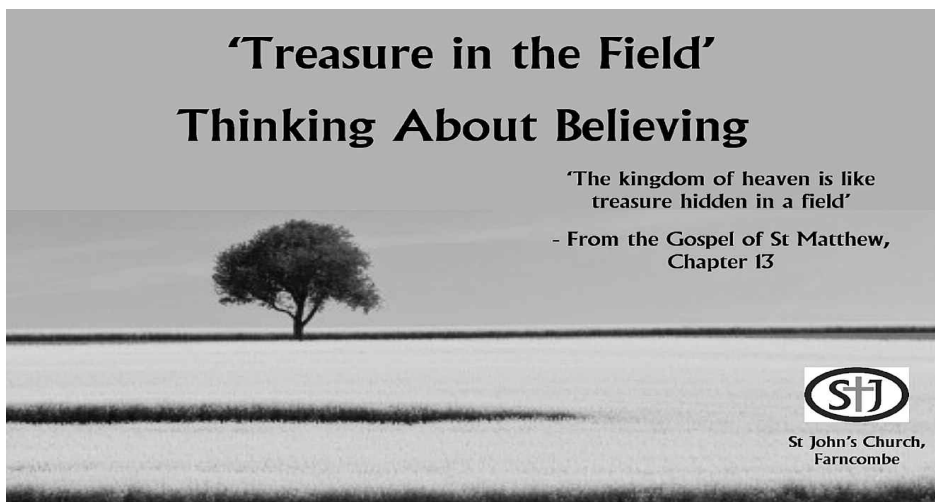
We have wanted to run a course for people interested in finding out more about the Christian faith for several years but only now have we managed to get a group together. Seven souls gathered for five evenings in January and February to talk about questions of belief based around short videos we put together a few years ago. Lay Reader Gertrud Sollars led the discussions and the Rector provided the food, which required some battling with the kitchen equipment and resulted in the incineration of a jacket potato in the microwave. The intention is that this becomes part of the routine of the church and, if we can gather another group, we'll begin again in January next year.

.....

'Treasure in the Field' Thinking About Believing

'The kingdom of heaven is like
treasure hidden in a field'

- From the Gospel of St Matthew,
Chapter 13



Forest Church in the Winter

Forest Church is our initiative to take worship outside the church building and into the environment, reflecting on the presence of God in the natural world. We've been doing this for a couple of years now, once a quarter on the last Sunday in January, April, July and October.

For January's gathering the Rector had become interested in the footpaths that link the roads of new houses at the top of the hill between the sites of long-vanished buildings, a closed highway, and surprises such as a towering Wellingtonia tree, so that was where we walked, looked about, and reflected. However, Sunday 26th January turned out to be one of the windiest and wettest days of the whole winter, and we were a very small group indeed! We didn't meet so much as a single bedraggled dog-walker. We'll probably try this walk again later in the year when the conditions are less challenging.

Music is back at St. John's with CHARTERHOUSE CONCERTS



CHARTERHOUSE
PRESENTS
CHARITY MUSIC
CONCERTS
St John's Church
6th March 1.15pm
15th May 1.15pm
SEE POSTERS FOR DETAILS

'Deo Dante Dedi,' meaning 'God having given, I gave.' Our school motto highlights the significance of acts of service for Charterhouse pupils, encouraging us to make a positive impact on the world around us.

As music scholars here at Charterhouse, we recognise the fact that we are very fortunate to be able to experience high-quality musical education. Thus, we would like to commit ourselves to giving back to our community by organising charity concerts for fundraising purposes.

We have chosen to support The Cheryl King Trust; their goal is to ensure that no young person in Surrey should be prevented from learning a musical instrument due to financial barriers. The Cheryl King Trust supports underprivileged children by providing bursaries for instrument lessons and grants for music ensembles. This does not only enable local children to receive education for their musical development but also provides the opportunity to enjoy music as a group by participating in musical ensembles.

Besides the fundraising purposes, we also aim to provide our local community with a variety of musical performances. Therefore, we have been hosting charity concerts during Thursday lunchtimes, enabling our community to enjoy the breadth and depth of the music we offer here at Charterhouse. We are currently looking to establish a long-lasting partnership with St. John's Church in hosting this series of concerts – we particularly appreciate their alluring setting, their profound acoustics, and most importantly, their huge generosity in lending the venue to us.

Furthermore, we also hope to give our scholars an opportunity to display their musical excellence through performances. As we look back to our very first charity concert in October, we have invited musicians ranging from the youngest to the oldest at Charterhouse to showcase their musical talent and passion. The concert started off with one of our organisers, Christy, playing Bach's Violin Partita, followed by Tin Ching playing Devienne's Flute Sonata. Next was Evelina's singing performance, which beautifully resonated with the church's acoustics. The performance given by violinist Hayley, playing Beethoven's Romance in G, gave the audience a quintessential taste of classical period music. This was then followed by Charlie's Horn

arrangement for the more expressive Vocalise by Rachmaninoff. Following that was the hauntingly beautiful Brahms Clarinet Sonata played by Rachel. Finally, our senior music scholar Jonathan concluded this concert with a seemingly tranquil yet moving cello piece by Mendelssohn. We were very glad that our first concert was a big success, and it was thrilling to see our scholars enjoy sharing their music on such a nice platform.

The second concert in the series offered an even wider genre of music! As we continued the tradition of starting the concert with a piece by Bach, our very own year 9 musician Rupert offered his organ playing, followed by another flute piece by Bach played elegantly by Eudora. We then had Alex's dynamic recorder performance, bringing audiences through a rollercoaster journey of music. A quick transition brought us to Alexandra's Chopin Nocturne performance, truly expressing a rich depth of melancholic emotions to the audience. Subsequently, Austin's Schubert singing performance displayed a sophisticated presentation. Following this are two exceptionally contrasting performances offered by our contemporary musicians Freddie and Kade. Freddie sang Bob Marley's Redemption Song with his guitar playing – a bright yet soulful performance! This concert then ended majestically with Kade's sweet singing performance of Ray Charles' Georgia On My Mind. Once again, this concert offered a diverse range of musical styles, and we were very glad to see the smiles on our audience's faces during and even after the concert!

We aim to make the Charterhouse Charity Concert series a long-lasting tradition in the Music Department as we continue to fundraise for local charities, as well as provide an opportunity for our music scholars to showcase their talent. So far, we have nearly raised £500, and we would like to thank all contributors for their support. It would be fantastic if we could gain more support from you all! Therefore, if you wish, please donate through the QR code below or donate in person by attending our future concerts in March and May. We will soon be putting up more posters around town, so please be on the lookout for them. We are thrilled to continue sharing music with you all!



Eamon and Christy Year 12

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Have a look round

Many of us associate "history" with Romans, Vikings, battles, prime ministers, Acts of Parliament and so on, at which point we 'switch off' mentally and turn on the TV/computer/other electronic device. Whilst the topics mentioned are still interesting, it is worth remembering that history also involves local developments such as where we live, how we earn our living, how we travel and how we get our food and clothing. Like any town or village, Farncombe has changed a lot over the years and it is interesting to look around, not just at the buildings but at the roads and their names to see how things have developed. With (hopefully) warmer weather on its way, why not take a walk around the area and look at the road names – this may sound boring but they give some interesting clues about how Farncombe has grown. As an example, if we start in Farncombe Street, we can assume that this was the central road and Station Road must have been built to serve the station. St John's Street would be named after the church, which was built in 1849. Lower and Upper Manor Roads guide us to the existence of a Manor House, with Manor Gardens as an extra clue although this road and the houses are much more recent than the other roads. At the top of Farncombe Street there is Harrow Lane, its name taken from an agricultural implement, originally horse-drawn, which would suggest that beyond it there were fields and possibly



Have a look round and see if you can work out where this picture was taken

some farms. Now of course there are houses all the way along Binscombe Lane so the two villages have effectively merged.

One advantage of this kind of history is that there are no exams so do give it a try, take a walk and look out for more clues about the development of our village.

John



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Nina Schumann, is an accomplished South African pianist
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FARNCOMBE COMMUNITY GARDEN

OPPOSITE BROADWATER SCHOOL

OPEN DAY SAT 22nd MARCH 10-12 noon

January may have seemed long, wet, and cold, but the days have gradually been getting longer, despite it all; and that can only mean one thing – that there is more time to spend in a garden! Friday 21st March is the spring equinox, that day in spring when day length and night length converge, and so it is very fitting that we will be holding our Open Day at Farncombe Community Garden on Saturday 22nd March – the first day when the day is longer than the night!

March is such an exciting time in the gardening year, as there is so much growing time to come and the garden seems to change every day with bulbs popping into life, trees awakening with bright new



leaves after their long winter sleep and seedlings competing to be the first to take advantage of the warmer weather. And at the garden there will be a flurry of activity as we sow seeds for the new season, prepare old beds for

planting and plan new areas to develop. And so much has changed since we had our first open day last March!

We would love you to join us on the 22nd, from 10am to 12 noon as we celebrate the garden together. If you have not been to the garden in a while then the biggest change you will see is our wonderful new building, erected by Nordic Room, which we will be formally opening at the Open Day. This fabulous facility – complete with electricity,

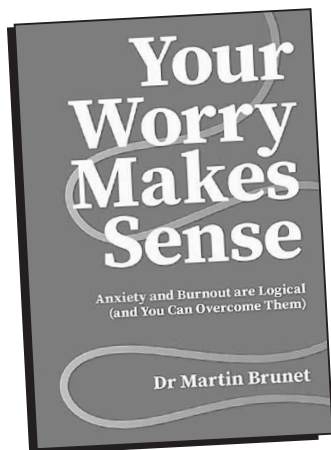
heating, hot water and the ability to boil that all-important kettle! – has been made possible by the award of a fantastic grant from the One You Surrey fund, in combination with a wonderful legacy donation from our neighbours at Broadwater Lodge Care Home. We are so excited that the residents of the care home will soon be able to come across into the garden to use our facilities and enjoy this wonderful space, and we have asked Angie Bookham, the care manager at Broadwater, to do us the honour of opening our new building.

Angie has been so supportive of the project from the start, and it has been fantastic to work with her so we are delighted that she is happy to take on this role at the Open Day. We have also decided to name the building 'Lambert Lodge' after Caroline Lambert a wonderful friend and district nurse who worked in our community for many years before she died quite suddenly a couple of years ago. It was the suggestion of the staff at Broadwater that we dedicate the Lodge to Caroline's memory, as they knew her so well from the dedicated care she gave to the residents at the care home over so many years.

As with any good open day there will be plenty of tea, coffee and cake to keep us all going, and our team of volunteers will spend much of the morning helping people explore the garden so that everyone can enjoy this beautiful and inspiring space, as well as answering questions about what we have done so far, and our plans for the coming year. We would love you to be there, so do come and join us if you can!

Martin Brunet

BOOK LAUNCH



I came across a fascinating Old English word the other day – 'uhtcearu' (oot-key-are-oo) which expresses 'the sorrow before the dawn'. It is the feeling you get when you lie awake at night in the darkness and worry for the day to come. I imagined an Anglo-Saxon in their wattle and daub hut and felt strangely comforted by this powerful reminder that worry has always been part of being human. The psalmist may say 'your consolation brought me joy', but only after declaring that 'anxiety was great within me' (Psalm 94 v 19).

And yet, there is no doubt that anxiety is on the increase and that the cares of the 21st century are hard to navigate. Worrying is both natural and bewildering; it can leave us feeling foolish, frustrated and trapped. Instinctively, we often reach for solutions that seem to help in the moment, but often make things worse; real solutions seem harder to grasp, too difficult to comprehend. As a GP, I see this every working day. People say to me, 'I know it's foolish but...' when I know their experience is entirely understandable and not foolish at all; or, 'I'm not the sort of person who gets depressed,' while I'm thinking they're exactly the sort of person who's at risk of burnout. Helping people to make sense of their worry is a key part of my role, and I love this aspect of my job. In my practice, I can only work with one patient at a

time, and yet there are so many people who feel trapped by their anxiety. I wanted to do more, and so I started writing. Four years on and my book, *Your Worry Makes Sense*, is about to be published!

I am so pleased with the title of the book, because I hope to help people really make sense of their worry and lessen the fear of fear that often keeps us trapped. The book aims to empower readers to retake control and manage their worry. I've included a whole section on burnout, as well as chapters on breathing, sleep and both medical and psychological treatments.

The book will be published on 21st March and I'm delighted to be holding a Book Launch at Guildford Baptist Church on Saturday 29th March at 3.30pm. The book launch is free to attend and open to all. I will be taking part in a conversation about mental health (imagine a live podcast!) and will read some key sections from the book to whet your appetite! Hannah Robinson, who did the powerfully witty illustrations for the book, will be joining me to discuss how she brought my ideas to life so effectively and there will be refreshments! I will also be announcing details of a series of evening seminars on anxiety which I will be running at Guildford Baptist Church in June and July.

The Book Launch is open to all so please share this invitation far and wide! Although there is no charge we do need to have an idea of numbers so please sign up on my website at www.martinbrunet.com/book-launch (or follow the QR code) to reserve your place. You can also preorder a signed copy of the book at a discounted price to pick up on the day, or, if you can't make the launch then you can order a copy to pick up at Binscombe Medical Centre. I do hope you can come!

Martin Brunet



REGULAR SERVICES at ST JOHN'S

SUNDAYS

8am Holy Eucharist
 8.45am Roman Catholic Mass
 10am 1st Sunday in the month, Sunday Space
 Other Sundays, Parish Eucharist
 6.30pm 1st Sunday in the month, Sung Eucharist
 7.30pm 2nd Sunday in the month, Compline over Zoom

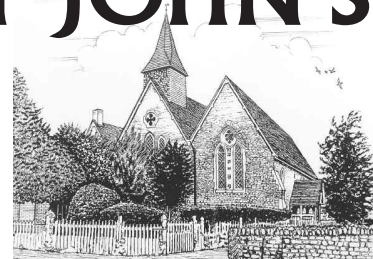
TUESDAY

10.30am Holy Eucharist

FRIDAY

11.45am Last Friday in the month,
 Toddler Praise

For all other information see our website: www.farncombe.org.uk



PARISH REGISTER

In Memorial

We commend into God's loving care those who have died; May they rest in peace.

Jean Watts



COFFEE MORNINGS at ST JOHN'S

all are welcome in the Church Room

10am -12noon 1st, 15th & 29th March
 12th & 26th April 24th May



PRAYER FOR FARNCOMBE

A small group of pray-ers gather on the second Thursday of the month at 9 a.m. in the Lady Chapel to pray for Farncombe, its people, organisations, schools and businesses. Our next meetings are on 13th March, 10th April, 8th May and 12th June..

New members to our group are welcome, and if you have a concern that you would like us to include in our prayers, please tell us by emailing prayers@farncombe.org.uk

There is a Roman Catholic Mass every Sunday morning at St John's starting at 8.45am *all are welcome*

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Celebrate at St John's

Spring is almost here but it certainly seemed like a long winter, but now we are delighted to see more Weddings and Christenings being booked here at St John's Church. Here are some photos of celebrations from previous years and we look forward to more to come.



SUNDAY SPACE

10am - on the 1st Sunday of the month is time for
SUNDAY SPACE

AN INFORMAL GATHERING AROUND IMAGES, SONGS AND PRAYER

In the past, we have reflected on topics like National Treasures, Food for the Soul and Expectations. Come and find out what we have picked for the next series.

The dates for the next term are the 6th April, 4th May and 1st June.

Open to God - Open to each other - Open to all

Phyllis Tuckwell Revs up for Motor Show

Phyllis Tuckwell's Motor Show will once again be held at its exclusive venue in Churt, on Sunday 3rd August, and exhibitor registration is now open!

Since the charity started hosting its popular Motor Show at this impressive location, in 2023, around 3,000 people have attended each year, viewing over 700 unique and classic vehicles, and raising over £100,000 for Phyllis Tuckwell. Venue owners Robert and Tanya Lewis will also be opening up their own incredible private collection of over 60 classic cars and hundreds of pieces of motoring memorabilia for attendees to view, making it a day not to be missed!

All of the money raised by the Motor Show will go towards helping fund the palliative and end of life care that Phyllis Tuckwell provides for local patients and families living with an advanced or terminal illness, such as cancer. Every day it supports over 250 patients, relatives and carers, offering medical and nursing care, therapies, counselling, social work advice and practical support. However, as the NHS/Government only cover 25% of its costs, it has to raise over £25,000 every single day to do this, and relies heavily on the support and generosity of the local community.

"The Motor Show is a great event, with a huge number of amazing vehicles to view, and we are very grateful to Robert and Tanya Lewis for hosting it again this year" said Ruth Masters, fundraising manager at Phyllis Tuckwell. "The atmosphere is wonderful and, with refreshments



and entertainment, it's a lovely day out for the whole family. We are also looking for sponsors and auction prizes for the show, so if you could help, please call us on 01252 729446 or email ptmotorshow@pth.org.uk

Registration is now open for exhibitor vehicles, priced at £25 for cars and campervans, and £15 for motorcycles and scooters. Attendee tickets will go on sale on 3rd March. Exhibitors should arrive from 9am and attendees from 11am. For more information and to register to exhibit your vehicle at the show, please visit www.pth.org.uk/motor-show or email ptmotorshow@pth.org.uk to request a paper registration form.

SIGHT FOR SURREY

Sensory Services by Sight for Surrey is a charity dedicated to enabling and empowering people who are deaf, hard of hearing, blind, partially sighted and deafblind to be independent, thrive in their communities and achieve their aspirations.

They offer expert support and advice to people of all ages across Surrey, delivering services in homes, communities, and from their main office in Fetcham, Surrey.

Being diagnosed with a hearing or sight impairment can be a daunting prospect and the charity is there to help, starting with their Eye Clinic Liaison Officers who provide practical and emotional support to help people understand their diagnosis, come to terms with their sight loss and maintain their independence.

A highly skilled assessment and rehabilitation team offer practical everyday living skills to enable people to adapt to life with a vision impairment. They also provide a wide range of other services including technology advice for computers and phones, social groups and benefits advice.

If you are hard of hearing the charity can help with their Aladdin's cave of equipment to make living with your sensory impairment easier. They also have qualified social workers and Deaf Community Officers who support the Deaf Community with monthly get-togethers with British Sign Language Interpreters.

If you have a child or young person with a vision or multi-sensory impairment, their children's team provide a habilitation and recreation service that will help children be independent.

Sign up to be a volunteer!

Do you have any spare time in your week to visit a blind or partially sighted person in their home and help break the isolation that many people with sight loss can experience?

We are desperately seeking Home Visitors in Farnham and Woking, but we would love to hear from anyone in Surrey who can help us.

Do you have a car and time to spare during the day? We also need Volunteer Drivers in Camberley, Farnham, Godalming and Woking to bring people to our offices in Fetcham, or to a local social hub. Mileage will be reimbursed.



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All our volunteers have been trained by the audiology departments of Epsom & St Helier Hospital or the Royal Surrey County Hospital and hold training completion certificates

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Tel: 01372 377701 SMS: 07860 026 269

FaceTime: dutysw@sensoryservices.org.uk

SignLive via: www.sightforsurrey.org.uk

Email: info@sensoryservices.org.uk

As a charity, Sensory Services by Sight for Surrey rely on donations. If you would like to make a donation to help them continue their work please visit www.sightforsurrey.org.uk or call their Helpdesk.

Cotton On Craft Club

New! Handicraft Group at St John's Farncombe

The 2nd Wednesday in the month

- Bring your favourite craft to share
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BROADWATER PARKRUN



Did you know there is a friendly, free and fun 5k community event every Saturday morning at Broadwater park? Join us to run, walk or jog - or become part of our fantastic volunteer team!

Parkrun is a series of volunteer run, weekly, 5km timed runs around the world. In the UK they take place at 9am. Parkrun is open to everyone and it is safe and easy to take part. People of every ability are supported. Our Broadwater regulars range from babies in buggies to octogenarians; some complete the 5k in well under 20 mins, and some over an hour. All are welcome!



SPRING GARDENING

Our gardens will be well-watered this year and we have not (as yet) had much frost so we need to keep a good lookout for unwanted molluscs which will be trying to tuck in to any fresh growths! We will also need to add compost to the soil before planting out our new seedlings. Here are some suggestions for jobs to do, weather permitting.

Vegetables Crops such as broad beans and cabbage can be sown, either in trays or if the weather is suitable, directly into the soil. Seed potatoes can be chitted ready to plant, make sure the soil is well fertilised. Plan the sowing of other crops such as carrots, parsnips, beetroot and leeks and also early salad crops.

Fruit Mulch established plants such as raspberries and currants and also recently planted trees. Keep a look out for pests on trees and bushes and treat them as soon as possible.

General maintenance After the stormy weather we have had this year check fences and trellis and support any loose or damaged posts. Some lawns may need aeration to help drainage and bare patches will need to be re-seeded. If hand tools have not been serviced, a clean, scrub and sharpen where appropriate will make them easier to use. Machinery needs to be cleaned and checked - take a look and see if the engine oil needs changing too.

Happy gardening

John



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BROADWATER SCHOOL'S BUZZING BEE INITIATIVE



Headteacher Mrs. Matthews of Broadwater School is a passionate advocate for bees, emphasizing their crucial role in our ecosystem.

In a bid to 'Save the Bees,' Broadwater School has launched an ambitious project to introduce bees into the community. This spring, the school will welcome its first

bee colony, thanks to the dedication of several staff members who have recently qualified as chief beekeepers.

The school's Bee Club is abuzz with activity, as students design and create beautiful, bee-friendly hives. These hives will be placed in the Farncombe Community Garden, providing the bees with a rich variety of pollinating plants.

WHY KEEP BEES?

Pollination:

Bees are essential for pollinating plants, which is vital for our food supply.

Honey and By-products:

Bees produce honey and other valuable products like wax, royal jelly, pollen, and even venom.

Biodiversity:

Bees help pollinate wild trees and flowers, supporting a wide range of wildlife and maintaining ecological balance.

Industrial Uses:

Beeswax is used in various industries, including cosmetics, polishing, and pharmaceuticals.

Broadwater School's initiative not only aims to support the local bee population but also educates students and the community about the importance of bees in our environment, because without bees, we wouldn't BEE here!



MORE ACCOLADES FOR BROADWATER

In January, the Fairer School guide results were published which offers a comprehensive look at where teachers are truly making a difference and provides an accurate reflection of the schools where educators are going above and beyond for their students. The index includes every school in the UK, highlighting the dedicated staff who are making a

positive impact on their pupils' lives. We were delighted to have been named the 8th 'Best School in the South East'. We are also the only school in the Top 10 that is neither a selective grammar nor a faith school. We are so proud of this achievement!



BRITIAN'S BIGGEST HOCKEY CLUB IS IN FARNCOMBE

Did you know that Britains biggest field Hockey Club is based in Broadwater park?

Each week 1000 children and 350 adults play and train at Guildford Hockey Club, proudly based at Broadwater School since 1998. As well as a huge club-participation focus the club is an award winning provider of hockey in local primary and secondary schools across Waverley, which includes a tri-annual primary school festival hosted in partnership with Charterhouse School.

Director of Hockey, and Double Olympian, Dan Fox emphasises that school and junior hockey is part of the clubs vision of "Great Hockey for Everyone"...we know that 3/4 of the people who play club hockey first picked up a stick at school so we are determined to share that chance with as many people as possible."



Furthermore the club has two National League teams competing for silverware in the England Hockey Leagues. Matches are on Saturday and Sunday afternoons and spectators are admitted for free this season. With a licenced bar, and great facilities it's a fantastic place to bring the family and watch international players competing with the country's finest. More broadly, after 21 promotions across its 19 adult teams in the past three years the whole club is going from strength to strength.

There are also opportunities for disability hockey players on Sunday mornings, and adults returning to play or starting for the first time as part of the club's Back2Hockey programme. Whatever your experience, level, age or gender there is an opportunity to try hockey at Guildford Hockey Club.

To find out more visit www.Guildfordhockey club.co.uk



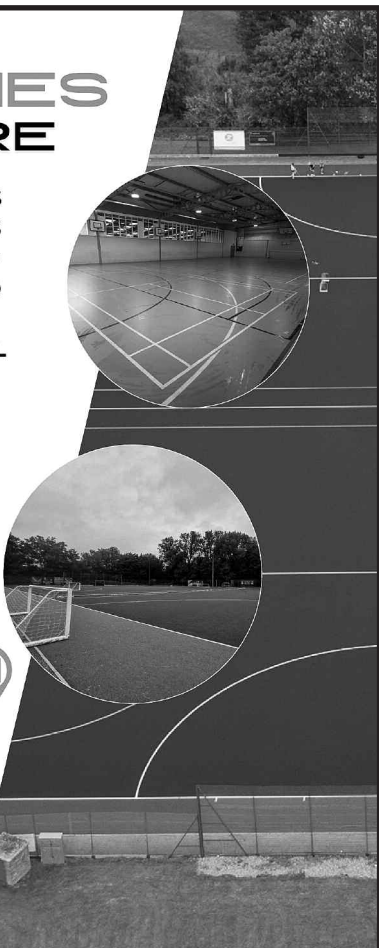
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Slimming World News

Polished performance wins Vikki a Bronze Award!



A weight-loss expert from Farncombe has won a brilliant bronze award for the exceptional work she does in helping 100's of people in the area to lose weight every week.

Vikki, who runs the Farncombe and Cranleigh Slimming World groups has been given the 'Bronze' status by the UK and Ireland's leading weight management organisation because of

her success in supporting local slimmers to reach their dream weights, improve their health and change their lives.

The accolade is awarded to Slimming World Consultants who successfully build a vibrant and dynamic group of around 50 members, and when the service they provide is so good that members keep coming week after week. It's the first time she has been awarded this in all 3 of her successful groups.

She says: "I'm delighted to have received the 'Bronze' award on behalf of all 3 groups. I feel passionately about helping people to transform their lives by losing weight in the same way that I did when I lost 6 stone 7 pounds with Slimming World in 2015. Losing weight made me feel happier and healthier and gave me so much more confidence. I became a Consultant because I wanted to share that feeling and help other people to achieve the same success I had myself. Seeing the members in my

Farncombe groups reach their target weight is so rewarding and receiving this award is just the icing on the cake."

"This award belongs to the Farncombe group's members. They're the ones who make the groups the success they are, with their fabulous commitment, the wonderful support they give each other every week, and, obviously, their impressive weight losses while following Slimming World's Food Optimising eating plan."

The St Johns church group has put healthy weight loss on the map in Farncombe. Together, they've lost an amazing 75 stone this year, in just 2 months. Vikki says: "The number of people living with obesity is at record levels and in UK it's estimated that 30 per cent of adults are living with obesity. As well as the emotional difficulties this causes, obesity is linked to many serious health conditions such as type 2 diabetes, heart disease, strokes and several types of cancer. So I'm extremely proud to be supporting people in our community each week to lose weight by eating more healthily and adopting a more active lifestyle for the long term. The healthy influence of Slimming World stretches right across families, too, with 75 per cent of members reporting that they have influenced their family and friends to make healthier food choices."

To join the Farncombe group, which is held every Tuesday at 8:30am, 10am, 5:30pm and 7pm at St Johns Church, either pop along or give Vikki a call on 07810868360.

EMERY & ORCHARD



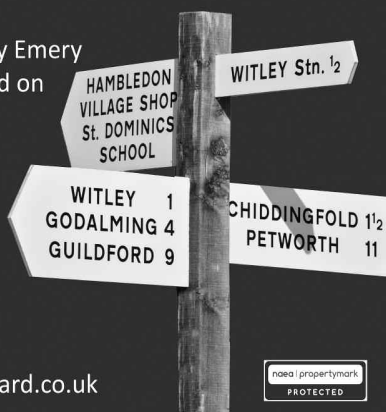
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This Month's
Mystery
Photo is?

The answer is
on page 19



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QUIZ TIME

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2. By what name is the length of 39.4 inches better known?
3. Which English cheese is known by its red colour?
4. In which Derbyshire village does the Pennine Way start?
5. In the cartoon series, who was Snoopy's owner?
6. What is the name of the Scottish wooden implement used to stir porridge in a saucepan?
7. What name is given to walls dividing up fields which are built without using cement?
8. What is the value of x in the equation $5x - 2 = 33$?
9. What type of animal is a pipistrelle?
10. What specially cured haddock is produced in Arbroath?

Answers on page 19

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The Farncombe Initiative

Today we focus on **A RAILWAY LAD**



As most of you will know, the Farncombe signal box (SB) is coming to the end of its working life, after which all level crossings from Guildford to Petersfield will be managed remotely from Basingstoke. Local resident Matt Buckle has spent over 16 years working in our Farncombe SB and he was happy to talk about his life.

In the late 1980s jobs were plentiful and one for a farmhand caught his



attention. Rural science was the only subject at school he really enjoyed, so he went for an interview and was offered the job, albeit with a clear warning that it was on a low salary. The role was in husbandry, looking after sheep and beef cows being reared for M & S. Whilst he was happy in the role, after a year or so he was really struggling financially and felt utterly depressed that he had barely enough to cover the cost of a modest sandwich

for lunch, while the owners had regular breaks at their property in France and drove a lovely soft-top sports car. The haves and the have nots?

His next move also came from a newspaper job notice, this time from the railway Permanent Way team in Guildford. It sounded grand, so Matt kitted himself out with a shirt, tie and suit for the interview and, subject to a medical, promised an induction course in Eastleigh followed by work in the Guildford depot.

During his 3 years working for the Permanent Way section, with a lot of night work, he noticed that a nearby portacabin was occupied by the Signals and Telecoms team, which by contrast, seemed to be working happily among dozens of computer screens, during daylight hours. So as before, he liked the sound of this, got himself an interview, answered some questions about basic electrical functions and was accepted into the S&T team, primarily acting as a driver and 'gofer' for a mobile team. However, the team leader was not a pleasant individual who, on one occasion, took great delight in parking the van as far possible from the shop where Matt needed a snack and some printer paper, in the pouring rain. Somewhat fed up therefore, he visited the Guildford signal box and asked if there were any signalling jobs in Farncombe, and to his great delight, there was!

Signalling school was in Leeds during which he caught a heavy cold and did not pass the course. However, the next course was in Watford where the instructor was much better and Matt passed. This was followed by 3 months of practical training. He now has 14 years' service in Farncombe under his belt as a fully qualified signaller, has loved it and had pleasant co-workers for most of that time.

Sadly, there is no long-term future for the Farncombe box, which will likely be demolished after the level crossings down to Petersfield will be operated remotely from Basingstoke after 2024. No doubt you will have seen much trackside work in 2023 to lay cables and install new control cabinets.



The signal box - photo Matt Buckle

The Farncombe SB controls both a manual and a CCTV based level crossing, and has overall control of automatic half-barriers at Milford. As a rough guide to operations, when a train approaches the Farncombe 'panel', the signaller's task is to put down both the crossing barriers, in which case the 'interlocking system' adjusts track signals for the driver to proceed – or stop of course. What many residents may well have noticed is that there is always a noticeable difference in time after the barriers have dropped, between trains arriving from London compared to those arriving from the Portsmouth directions; this is due to the differing distances from Farncombe where the track sensors are placed.

Trains leaving Guildford will trigger the sensor just south of the Shalford junction, whereas the equivalent sensor from the Portsmouth direction is close to Witley, and of course the train may thereafter have to stop at both Milford and Godalming stations before it gets to Farncombe. In recent times, all trains now stop at Godalming. This process is the same whether the trains due are scheduled or not, electrical or diesel, stopping or fast services. Either way, afterwards, barriers go up automatically after the train has cleared the crossing.

Should an incident occur on the line such as a metal object like a bicycle be thrown onto the line, an electrical short will be identified at a control centre in Eastleigh which can cut off the power to a given section of line, allowing safe clearance of the object. If a member of the public contacts the SB, Matt is able to notify his Mobile Incident team and set the signals to either a 'protecting' or danger status. But this is very rare.

By the end of 2025 the signalling and level crossings operation will be handled remotely from Basingstoke, using the latest technology, in order to increase rail capacity between Waterloo and Portsmouth, benefiting all train users. Thus, the signalling role will actually change from a signaller to an 'Operator', whose responsibility will relate primarily to safety and faults with little minute-by-minute monitoring activity as at present. These roles will be higher grade positions although there are expected to be some 'crossing keepers' required at Feltham on the Basingstoke line, after the Farncombe box is closed.

A signal box is not the place for notable memories although Matt has some recollections:

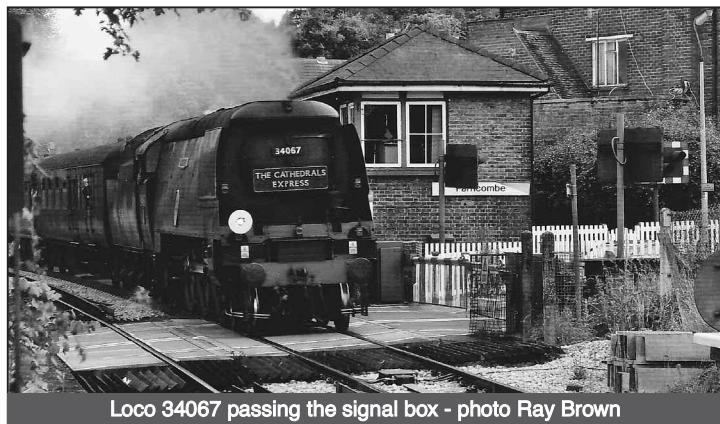
The Weald of SE England has, to many people's surprise, a dozen or so oil wells, one of which is in woodland to the east of Lasham airfield, known as Humble Grove. For most of its existence the oil flowed by a short pipeline to a train terminus near Alton, where rail tankers travelled up to Woking and then descended to Fawley refinery alongside Southampton Water. Which sounds both industrial and routine, but even the locos hauling these wagons caught the attention of trainspotters who collected the engine numbers from Farncombe crossing! The last such 'Holybourne tanker train' ran in September 2016.

One day during a period of severe frost, de-icer trains were part of the daily routine, but on one occasion the overnight de-icy had not run and the next day a train arrived at Godalming and got stuck, causing a blocked track from 7am to 3 pm when the warming effect of the sun eventually released its icy hold. In the past there was a crossover point at Milford but in the event of another blockage, the next crossover is now at Haslemere.

Another unusual event was literally under the SB window. An elderly resident with a walking frame became immobile on the crossing and could go no further until a local girl helped him across.



And finally, on the Farncombe East crossing where Matt has CCTV but no voice connection, a car had become stuck fast. Why did the driver not simply push it so it could roll down the slope to the far side he wondered? The fire brigade truck was called but even it was unable to pull it free, causing a massive delay until a recovery truck came. Although out of sight to Matt, the problem turned out to be due to a collision from a vehicle emerging from Station Road, and the front of the car was



Loco 34067 passing the signal box - photo Ray Brown

seriously crushed. Later, Matt was asked to be a witness in court. I wonder if the guilty driver might have been a little over the limit?

I asked Matt how signalling had changed since he joined the team, and the answer is surprisingly simple – LED lights replaced filament bulbs. All the rest of the 1970s era electronics, of which both floors of the box itself and the next-door building are packed, are still working reliably 50 years later. Looking back over his signalling career, it is clear that Matt loves the job, is undoubtedly good at it as 14 years' experience testifies, and will be very sad when the signal box finally closes.

On a personal level, Matt has experienced major changes; from shortly after leaving school, he was a heavy smoker, 20 a day for 30 yrs, but about 10 yrs ago gave up the fags and as so many before him have experienced, he began to taste his food again leading to a massive weight gain. This in turn led him to reduce all the excess weight and he

took up walking, and with a close friend, took part in an all-day event called 'Walk the Wight', the photos of which appeared on his friend's Facebook pages. Looking at these photos, he says, were a significant embarrassment which led to a very determined attempt to lose weight by walking daily and entering more events. In particular, to participate in Park Runs (5 or 10 km each held all over the country which you can walk or run) and covered over 1,000 miles one year.

The first Park Run was in Cranleigh where his friend lived, and to his own surprise he decided to run it instead of walking and loved it. Later, he saw a press notice about an event at Walton on Thames which took place on the Thames Towpath. It was a looped route which began at 3pm and finished in the dark at 10pm, laid out over a single loop whereby 4 loops totalled a half marathon. Imagine his surprise when, after completing 7 loops and intending to finish, he spoke to one of the organisers who told him that most people who complete 7 laps invariably do one more to make it a marathon – which he did!

Matt very much enjoyed the novelty of the process, enjoyed chatting to people, collecting sweets and energy drinks at the water stations on every lap, and wanted to do more, especially as his weight was plummeting. What an achievement!

At the time of writing, Matt has completed 65 marathons yet he does no training whatsoever. He just enters and runs. Not only that, but a couple of years ago, he ran 10 marathons in 10 days! As a regular runner myself with two London marathons and two London triathlons to my name, the concept of doing a marathon on each day for 10 days stretches credulity, especially without a mile of training beforehand.

Matt's secret seems to be to run at a relatively modest pace, stopping to admire the roadside bands and chatting to and taking photos of runners in fancy dress, and raising money for charity, for example the Cellar Café by the High Street in Godalming. Perhaps not surprisingly, having done so much, he aims to complete 100 marathons. I feel sure he will do this. Matt is currently at 90 full official marathons, the last one being 17th January along the Thames towpath. For those interested, his average time is 6 hours, with a best time of 5 hours 20 mins.

John Bennett



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Simple Steps to Fix a Slow Computer Running Windows 10/11

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1. Restart Your Computer

This clears temporary files and refreshes the system. Click the Start menu, then select Restart

2. Disable Unnecessary Startup Programs

Too many programs running at startup can slow things down. To disable them:

- Press Ctrl + Shift + Esc to open Task Manager
- Click the Startup tab
- Select programs you don't need and click Disable.

3. Free Up Space

A full hard drive can slow performance. Delete old files, empty the Recycle Bin, and run Disk Cleanup (search for it in the Start menu)

4. Check for Updates

Keeping Windows updated helps with speed and security. Go to Start > Settings > Windows Update and install any available updates

5. Scan for Viruses

Malware can slow your computer. Use Windows Security to run a Quick Scan

6. Consider Hardware Upgrades

Adding more RAM or switching to an SSD (Solid State Drive) can greatly improve speed

By following these steps, you can keep your computer running smoothly. If issues persist, consider seeking help from a tech-savvy friend or a local repair shop

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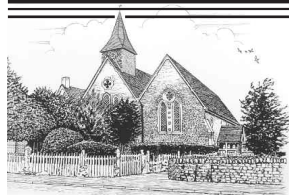
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