

APRIL 2025

DOWER HOUSE NEWSLETTER

CHARITY TALK



Lucy Butcher from Hampshire & IOW Air Ambulance visited The Dower House to talk to us on the operating service HIOWWAA whom we support.

Lucy explained that in February 2024, Hampshire and Isle of Wight Air Ambulance announced plans to centralise the operating base. Currently, the critical care team operate from the airbase in Thruxton, Andover in the northwest of the county, and the charity team are based in Nursling, Southampton. Centralising would bring the operation teams together under one roof, and crucially, bringing our life-saving service to the centre of our community.

The planning application was approved by Eastleigh Borough Council, with support from Southampton City Council, Southampton Airport and the local community. The charity is now fundraising for £3.6 million to rebuild and equip the site in George Curl Way to make it fit for operational purposes. In order to operate it costs 10 million a year of that is all charity funding.

Lucy explained patients are usually transported by car to the hospital unless it's a critical situation, when critical patients with burns will be flown to Salisbury hospital, amputations below the knee or elbow will be Bath, cardiac to QA and Neuro to Southampton. This wouldn't be the closest hospital but in the interest of the patient, the best possible outcome preventing patients being transported again to another hospital for specialised treatments.

Critical care dispatch team are listening into every emergency call. If call there will be a specialist paramedic also a Dr or specialist care paramedic qualified to carry out all emergency procedures. The air ambulance is lifted on each occasion within 4 mins from leaving the dispatch room, they don't run, remain calm. The pilot isn't aware of the type of emergency, purely a grid reference so that it doesn't impair on their emotions effecting their flying judgement.

The type of incidents that they attend are more related to cardiac arrest. They do of course attend all other emergencies including road traffic accidents, medical emergency, falls, assaults.

Each vehicle and aircraft are fitted with emergency kit bags they weigh 2 stone the crew carry 2 bags each plus monitors etc.

Lucy explained how proud they are with their aftercare team; the crew are fantastic at going out to see our patients. The aftercare team are able to enlighten the patient with the missing pieces that they cannot recall following the trauma of the accident and help them with their recovery. They also provide support to the person who was first on the scene who may have been traumatised by what they had seen. Regular mock-ups for all the emergency services are held no one is aware this is going to take [place and its usually on a very large scale and can be held all over the country.



We would not have a charity without the support of the volunteers who are so very valuable.

Questions were asked by our residents about the funding, Lucy explained that everything is paid for by the charity including the Doctors time. Other questions lead on to sea rescues Lucy explained that we do rescue but unable to winch patients into the aircraft.

Ben's Gardening News Update

Now we are in April the weather is warming up and turning our garden into a palette of colour. Apart from the daffodils, crocuses, cowslips and the forthcoming blue bells, all our trees with spring blossom and shrubs are bursting with new shoot



Over the past few months we have been fine tuning, weeding & edging. We are currently working our way back around the patio gardens getting the borders ready for mulching. With the help of Darren, we have been repairing a few features around the garden so all is in top condition ready for us to enjoy as the weather is getting better.



Terry and I will also be taking control of the lawns. We have a new machine to help us with the mowing and strimming, once a week on a dry day we will ensure the lawns are neat & tidy.

During April we will start feeding tender plants including the roses with mulch. The lawns have now received their first cut we can begin feeding them too although this depends on how wet April can be, feeding the lawns at the wrong time can lead to us not being able to cut the lawns. Let's hope for a dry spring!



Belinda Rush-Janssen's Swans



Shrubs when clipped, create effect of Persian carpet

I look forward to talking to you at our first gardening club in April, meanwhile come for a walk around the garden and see these at your leisure whilst sitting down on a sunny day with your afternoon tea and cake!

Looking back on our activities during March



Winchester College Community

Residents were delighted by beautiful tones from the college singers. We look forward to hearing them again in the future....

Staff racing on pancake day

6 staff members made a run for it! tossing pancakes in the air whilst residents Counted. If they drop a pancake, then it was back to the starting position!! Our winner was Denise who flipped more than 24 times along the track. Residents cheered on, encouraging the staff. We even flipped a pancake on Ceiling and apologised to the late Mrs Lywood. (no marks were made)



Lent Reflections with Helen Bradish

Lent is the season of dust, ashes, brokenness, and journeying with Jesus towards the cross. This season of Lent we invite you to share that journey with us, all people for whom the struggle against poverty is etched in our lives on an ongoing basis, but for whom faith in Jesus (and Jesus' faith in us) helps us to keep going.

We welcomed Marc Burford Guitarist (new performer)

Marc is a song writer and currently works from his recording studio in the heart of Hampshire (Sunrise Sound). Marc said that he spends the mornings writing songs, he also writes the lyrics for TV adverts. Spending an hour away from his studio provides relaxation and enhances new ideas. We certainly are pleased he made contact; and are looking forward to his return.



Singer Mike Sidaway

Mike and our staff certainly put on a show for all to enjoy! Residents danced and sang to their favourite hits such as Frank Sinatra, Nat King Cole, Sammy Davis Junior.



Encouraging wildlife into our gardens

People seem to be more aware of the importance of having wildlife in their gardens.



The latest report on the state of Britain's hedgehogs shows that after several years of decline, urban hedgehog populations are showing signs of recovery. Making small (CD-sized) gaps in fences helps hedgehogs travel in search of food.



Birds love scratching at mulch and leaf litter. Rotten wood and bark are perfect for a host of insect species which are food for many birds.

A garden for birds must have cover. This will provide nesting places, signing posts, protection from predators and food. The cover can range from grass a few inches long to a 500-year-old oak tree and everything growing in between, but hedges are especially valuable. Any hedge is good including deciduous ones of which Hawthorne Beech and Hornbeam are ideal. Deciduous and evergreen shrubs also are good.

The song thrush loves areas of damp woodland. By meeting these birds' basic needs for food, water, shelter, and nesting sites, it is possible to attract thrushes and enjoy their amazing company all year round.



A single family of tiny nesting blue tits can devour hundreds of caterpillars in one day. Slugs and snails are a nuisance but without any in your garden, you have fewer song thrushes. Blue Tits are one of the most welcome and frequent visitors to garden bird feeders, especially for peanuts but also seeds and fat balls.

How well do you know the birds?



The Blue Tit

Smaller than the great tit, the blue tit is also a bird of woodland, parks and gardens. It nests in holes in trees but is just as happy to use nestboxes. Blue tits are active feeders, hunting out insects and spiders among the smaller branches and leaves of trees in woodlands. But they are also well-adapted to gardens and towns and will visit bird tables and peanut feeders; they are even famed for breaking the tops of milk bottles and taking the creamy top off the milk. In winter, they will form flocks with other tits, roaming the countryside and visiting gardens in groups. Blue tits have a trilling, 'tsee-tsee-tsee' song.

The Great Tit

The great tit is larger than the blue tit and has a black head and throat. The back is olive-green, and the stomach is yellow. It has a white spot on its cheek. The great tit is 12.5-14.0 cm long and weighs 16-21 grams. It is a songbird and has up to 40 kinds of songs and sounds. In the summer it eats insects and spiders. The Great tit eats for example cockroach and grasshopper.



The Coal Tit

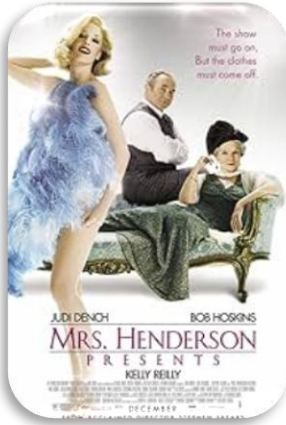
The Coal tit is not as colourful as some of its relatives, it has a distinctive grey back, black cap, and white patch at the back of its neck. It has a smaller, skinnier bill than Blue or Great Tits which helps it feed in conifers. A regular visitor to most feeders, they will take and store food for eating later. In winter they join with other tits to form flocks which roam through woodland and gardens in search of food.

The Long-Tailed Tit



The long-tailed tit is a tiny bird of hedgerows, woodland, parks and gardens. It builds a domed nest out of moss in a bush or the fork of a tree, and camouflages it with cobwebs and lichen. It lines the nest with as many as 1,500 feathers to make it soft for the eight to twelve eggs it lays. Long-tailed tits are active feeders, hunting out insects and spiders among the smaller branches and leaves of trees in woodlands. But they are also well-adapted to gardens and towns and will visit bird tables and feeders. In winter, they form flocks with other tits, roaming woodlands, parks and gardens, and commons and heaths with suitable bushes.

APRIL FILMS



SUNDAY 6TH MRS HENDERSON

Following her husband's death, eccentric 70-year-old widow Mrs Laura Henderson purchases a redundant cinema and remodels it to create the Windmill Theatre in London, as a post-widowhood hobby and appoints autocratic manager Vivian Van Damm. In 1937, they start a continuous variety revue called "Revudeville", but after other theatres copy this innovation, they begin losing money. Mrs Henderson suggests they add female nudity,

SUNDAY 13TH MRS MINIVER

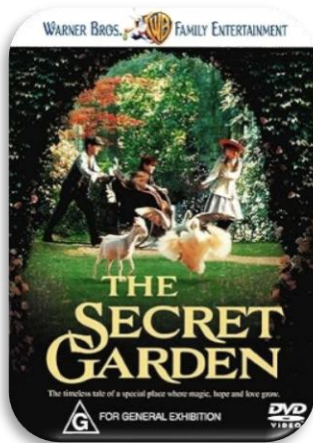
Mrs. Miniver is a 1942 American romantic war drama film directed by William Wyler and starring Greer Garson and Walter Pidgeon. Inspired by the 1940 novel ...

It became the highest-grossing film of 1942 and winning six Academy Awards, including Best Picture, Best Director, Best Actress



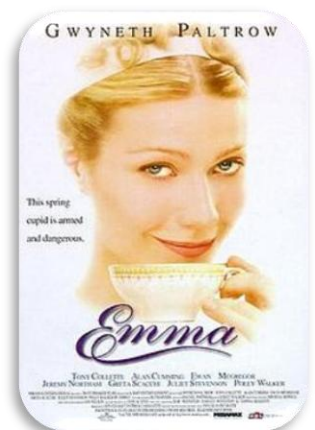
SUNDAY 20TH THE SECRET GARDEN

The novel centres on Mary Lennox, who is living in India with her wealthy British family. She is a selfish and disagreeable 10-year-old girl who has been spoiled by her servants and neglected by her unloving parents. When a cholera epidemic kills her parents and the servants, Mary is orphaned.



SUNDAY 27TH EMMA

In early 19th-century England, Emma Woodhouse is a spirited, proud young woman of wealth and high rank who fancies herself worldlier than merited by her limited life experience. After her governess, Miss Taylor, marries Mr. Weston, Emma proudly takes credit for bringing the couple together and now considers herself a matchmaker within her small community. Her father and an intimate family friend,



WHAT'S ON IN APRIL

Every Monday at 10.30 Knit & Natter with our ladies from Inner Wheel

Every Tuesday at 11am Keep Fit with Christine

Film Club every Sunday at 3pm

Tuesday 1st 3pm Games of Rummikub, Scrabble & Cards
Wednesday 2nd 11am Lent reflection
3pm Mike & Hilary Slideshow on Switzerland
Thursday 3rd 11am The Word Games
3pm Afternoon Crafts
Friday 4th 11am Games of legs
3pm Quiz Trivia Questions
Monday 7th 3pm Afternoon Chats
Tuesday 8th 3pm Matthew Quilliam
Wednesday 9th 11am Lent reflections with Helen
3pm The Word Game
Thursday 10th 11am Games of Sundial
1pm Minibus trip
Friday 11th 11am Gardening club
3pm What the papers say, and general chats
Monday 14th 3pm David Bickerton speaking on 'The Bismarck'
Tuesday 15th 3pm Garden Walks
Wednesday 16th 11am Holy Communion
3pm Sarah Hobbs Singer our favourite songs
Thursday 17th 11am The Word Game
3pm Marcus Singing
Tuesday 22nd 3pm Games of True or False
Wednesday 23rd 11am Games of legs
1.30pm Jackie Drew on the Violin
Thursday 24th 11am The Word Game
3pm Matrons Meeting
Friday 25th 11am Quiz time
3pm Brian Budden
Monday 28th 3pm Gardens Walks
Tuesday 29th Finish the sentence (New)
1pm Minibus trip
Wednesday 30th 11am Holy Communion
3pm Craft time