

Tidworth Times

The official publication of Tidworth Town Council



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Christmas in Tidworth

On the 8th December, despite the awful wind and rain Santa, his elf and reindeers managed to make a special trip to Tidworth Community Centre. Lots of children and of course adults too told Santa what they would like him to deliver on Christmas morning. He and his elf gave each child a chocolate treat, which was quickly opened by many!

Besides Santa's Grotto Holy Trinity Church held their Annual Raffle surrounded by stalls, Cllr Paine was in charge of the Candy Floss machine and there was a very popular Elfie Selfie. Burgers, hot dogs and soft drinks were on sale too.

To get everyone into the Christmas spirit Cllr Slater sang Christmas songs all afternoon and a few adults joined in as well.

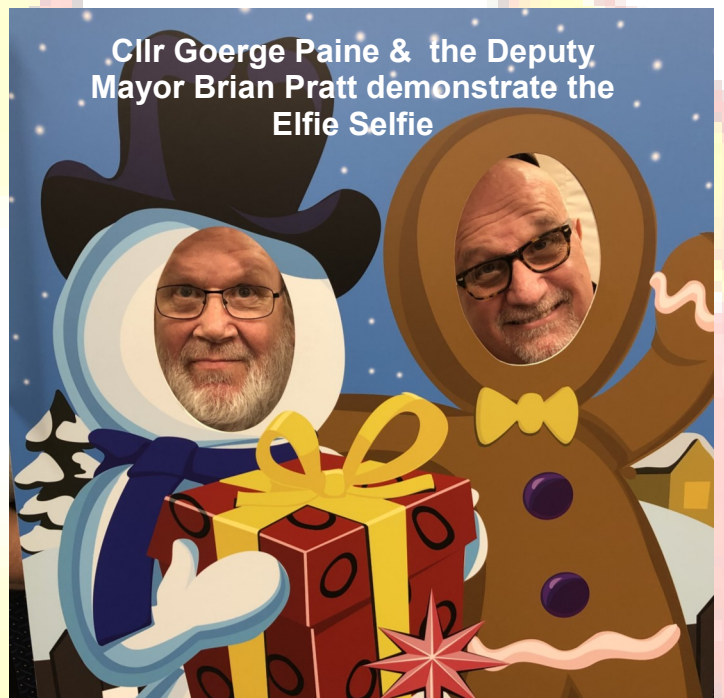
Outside Santa's reindeers braved the rain and eagerly waited to be fed as they had come a long way from Lapland. The Tea Cup rides proved very popular so did the Rodeo Reindeer.

To finish the afternoon Decibelles Choir led the carol singing.

Thanks go to the Community Engagement

Committee, the Town Clerk and Admin Assistant, our Mayor Cllr Connolly for opening the event, Teresa Slater and Karen Connolly for stepping in at the last minute to provide the food and most importantly to everyone who came to make the afternoon a success.

We are now planning this years' event so watch this space!!



Upcoming Events

The council's Engagement Committee organises several events over the year. These are publicised through: Tidworth Town Council's website, Facebook, word of mouth & with Castledown FM. In the hope that all residents will be able plan to attend this year's main events and dates are:

- Easter Saturday 20/04/19**
- Tidworth Festival 20/07/19**
- Mortuary Chapel 21/09/19**
- Christmas 07/12/19**

Slimming World - Caroline's Comeback

Caroline Palmieri, 38, lives in Tidworth, Wiltshire, with her husband, Matt, and their three children, Effie, six, Gene, three, and Art, one.

Height: 5ft 5ins Starting weight: 13st Weight now: 9st 1½lbs WEIGHT LOST: 3st 12½lbs

Caroline attends Linda Blair's Slimming World group in Tidworth at the Community Centre.

As I walked into a Slimming World group for the first time, my nerves were jangling.

My daughter, Effie, was four months old and I felt ready to get back into my pre-baby clothes. I was so fed up with wearing baggy, shapeless outfits – but would I feel comfortable trying to lose weight alongside a load of strangers? I'd been eight months pregnant when I'd moved to Devon with my husband, Matt, who is in the Army. My friends and family were hundreds of miles away and, feeling lonely, I'd been comforting myself with daily cream teas and cake. Now, as my bubbly Consultant Lisa chatted away during her welcome talk, I listened, then said: 'Hang on, are you telling me I can eat pasta, rice and potatoes and still lose weight?' She nodded. 'Sign me up!' I replied. Everyone started laughing and, suddenly, my nerves began to ease. We were all in the same boat and this was going to be so much easier than losing weight on my own. My only worry was whether I could fit the plan around a baby.

That night, I planned my dinners for the next week and wrote a shopping list.

I remembered what Lisa had said in group and I bought everything I needed to healthier **versions** of all my favourite rice, potato and pasta dishes. Before, I'd always seen my big appetite as my downfall. So it took a bit of a leap of faith to fill my plate – could eating hearty meals really help me slim? I swapped oil for low-calorie cooking spray, used sweetener instead of sugar, cut the fat off all my meat and made sure I filled at least a third of my plate with salad or veggies. One of the biggest surprises was finding that cooking from scratch wasn't as time-consuming as I'd imagined. Instead of skipping breakfast, I waited until Effie was napping, then cooked scrambled eggs with grilled lean bacon and two slices of wholemeal toast. If I was in a rush to get to a baby group, I filled my handbag with apples and tangerines, then had a proper meal afterwards, like a jacket potato with a portion of cheese and a bowl of home-made soup packed with veg. In my first week, I lost 3½lbs.

Matt loved the meals we were trying and wanted to take a turn as head chef. From then on, Matt's 'Spag Bol Fridays' were born. Other nights, I'd cook: cottage pie, chilli and rice... or salmon with home-made coleslaw and Slimming World chips. The number on the scales continued moving in the right direction and the group kept my motivation firing. All my past attempts at slimming had made me feel tired, anxious and trapped – whether I was spending hundreds of pounds on weight loss supplements, crash dieting, or just eating less and feeling miserable. Now I was cooking nutritious meals that I really enjoyed – and I reached my target of 10st 7lbs in May 2014. The first thing I did was head out shopping. Gone were the mumsy clothes I'd lived in since Effie was born. Being slim completely changed my morning routine. Instead of feeling stressed about what to wear, I just pulled something out of the wardrobe and slipped it on – from a selection of size-12 skinny jeans, pretty tops and fashionable dresses. I was feeling great about myself and I wanted it to stay that way. So when we moved to Tidworth in Wiltshire, I joined the local Slimming World group where I was warmly welcomed by my new Consultant, Tracey, and the other members.

Just weeks later, I had some surprising news...I was pregnant. Matt and I were so excited. I had just one small worry. 'I feel so proud of losing this weight, Matt,' I said. 'What if I put it all back on?' With his encouragement, I mentioned it to my midwife. Knowing that Slimming World works with the Royal College of Midwives, she said she'd be happy for me to follow Slimming World's guidelines for mums-to-be. Next, I had a chat with Tracey, who gave me guidance on how to continue eating healthily when pregnant. Just like before, I could eat to satisfy my appetite and, I was mindful of including some fish and filling up on a varied diet with lots of salad, fruit and greens. My midwife was delighted with my iron levels,

as well as my steady and sensible weight gain. I felt brimming with health and really enjoyed my pregnancy.

Our son, Gene, arrived just before Christmas 2014 and I couldn't wait to show him off to Tracey and the other members. After a lovely Christmas, I took him along to group with me to find out my post-baby weight. When I stepped on the scales, I couldn't believe it – I'd lost 17lbs. Tracey turned to me and said: 'Caroline, take a bow.' And as I did, the room erupted into applause. I couldn't stop the tears from flowing and neither could my friends. I'd just had a gorgeous, healthy little boy and I felt better than ever. With Tracey's support, I set myself a new target of 9st. I wasn't going to put any pressure on myself, but I was excited by the thought of maybe being a size 10 one day. Just shy of five months later, with my baby fast asleep in his buggy next to me, surrounded by my friends at my group, I learned I'd reached my new target.

With a toddler and a new baby in tow, I hit the shops. I didn't have time to try things on, and came home with bags and bags of clothes. When I put them on to show Matt, he couldn't help but laugh at how big they looked. I realised my mind hadn't caught up with my new, slimmer body. I went back and swapped everything for the next size down, which fitted me perfectly. Before joining Slimming World, fashion had been about what disguised my shape – now I was just choosing whatever I liked the look of! With my confidence soaring, I posted my weight loss transformation on Instagram and dozens of messages pinged through. One girl said: *If I can do half of what you've done, joining will be worth it.* I sent her pictures of my meals, showing her how much I was eating, and she joined straight away. We kept in touch and she's since lost 7st!

Then something happened to bring more happiness into our lives – I was expecting again. This time, I knew I had all the tools I needed to get back to target once our new baby boy arrived. When I was six months along, we moved to Warminster and I joined another Slimming World group. And, yet again, the members and my new Consultant, Linda, were so welcoming. A few weeks after our son, Art, was born, I went along to group not knowing what to expect...and weighed in at 9st 5lbs. I was only a few pounds heavier than I'd been at the start of my pregnancy – it felt like a great start to an exciting new chapter of family life.

I was so glad that healthy eating had become a way of life, as my three little ones definitely kept me busy! Once I'd got into a routine, I went back to planning our week's meals in advance. Even now I still WhatsApp my shopping list to Matt on a Friday, so he can buy everything on his way home from work. My body seems to run well now – I'm no longer tired or breathless, so I have lots of energy for racing around after Effie, Gene, and Art, ready-made exercise! Just lifting the boys in and out of the car multiple times a day is like a weights workout. My arms have never been more toned. Every weekend, Matt and I take the kids out for 'Saturday Fun Day'. We go to a safari park, or head out for a bike ride or to explore beautiful countryside using our National Trust passes. Being an active mum makes me feel so proud.

Before I joined Slimming World, I'd read other people's success stories in magazines and think I had more chance of winning the lottery than losing weight. How wrong I was. With the support of my wonderful Consultants and all my friends at group, I've won the real lottery: becoming a healthier, happier me.



The image shows the cover of a Slimming World magazine. The title 'Slimming World' is at the top in large red letters. Below it, the date 'MARCH/APRIL 2018' and the website 'slimmingworld.co.uk' are visible. The main feature is a woman with blonde hair wearing a red dress, smiling. Text on the cover includes: 'I'm in the shape of my life' How mum-of-three Caroline lost 3st 12lbs plus 8 more slimmers, 48st lighter. A red circular badge says 'SAVE £1 Only £1.95 to members in group (£2.90 Republic of Ireland)'. At the bottom, there are three red bullet points: 'Fall head over heels for weight loss', 'Find your passion for fitness', and 'Fix your relationship with food'. A barcode and the price '£2.95' are also present.

Benefice of Ludgershall and Tidworth

Dear Friends

For the past 15 months our church has been in the interregnum, which means we have had no priest of our own. Rest assured we have still been here, the services all go on with a willing supply of retired and associate priests supplied by the Diocesan.

From 1st December we have become the Benefice of Ludgershall and Tidworth. Which means we will share a Priest. And we have the good news that the Bishop has offered the post of Priest in charge of Ludgershall and Tidworth to Reverend Tim Laundon, who will live in Ludgershall with his wife Amy.

Holy Trinity Church is a beautiful 13th Century grade ii listed building in the Parish of Tidworth. You can find us on Plassey Road Tidworth SP9 7LE, which is tucked behind the Post office and the Trinity View housing estate on Pennings Road. The majority of the church is hidden from view, and it is sometimes easy to forget it is there. But it is and has been here for over 700 years, serving our community. It is a focal point for many town events; not only our Sunday services at 12 noon but also for Easter, Harvest and Christmas services when we get together and celebrate important events in the Church's calendar. It is also there to welcome our parishioners and visitors for some of the most important occasions in their lives such as baptisms, confirmations, weddings and funerals.

Our Church is a beautiful building and is well worth a visit. It may have been standing in the 12th century but the earliest reference to it is in 1291, found on a long line of previous priests on a board inside. There is a chancel, lovely north organ, nave with a south porch, west Tower with a west vestry and a beautifully carved Rood beam erected to the memory of the men of the Parishes of North and South Tidworth who gave their lives in the service of their Country in the great war and the second world war.

The Church was rebuilt in the 15th Century and contains features from an earlier Church, including the 12th Century Font and a reset 14th Century niche. Over the years the tower has been repaired many times. In 2010 it was restored once again with help from Tidworth Town Council and a 6th bell was added so the bells could ring out again. If there are any budding campanologists out there who would like to make up a team please let us know.

We also have a lovely Church hall next to us. We use it at various times in the year for things like PCC meetings, harvest suppers etc and our Trinity Toddler group at 1.30pm on Mondays. The general public hire it for events too, like Zumba and children's parties.

Tim will be licenced at a special service on the 22nd January. So we have a priest! Once Tim is in place we will start looking for a half time priest to help Tim and he/she will live in Tidworth.

Article by Tina-Churchwarden

Zouch Academy Visit Tidworth War Memorial

On Tuesday 4th December, 5 classes from Zouch Academy's Year 5, Year 4 and Year 3 visited Tidworth War Memorial to further their studies into The Great War, also known as World War 1. Cllrs Humph Jones and Ann Birch were on hand to tell them about war memorials in general and Tidworth's war memorial in particular, how it came about, and what each panel represented. The children listened attentively and then Cllr Birch handed out a short quiz which entailed the visitors examining the war memorial in sufficient detail to be able to discover the answers. After which everyone went back to the adjacent Community Centre where the children were able to put questions to the two Councillors on the 100,000 war memorials around Britain and more general ones about The Great War



itself. It was obvious that the children knew their subject well and asked some very searching questions!

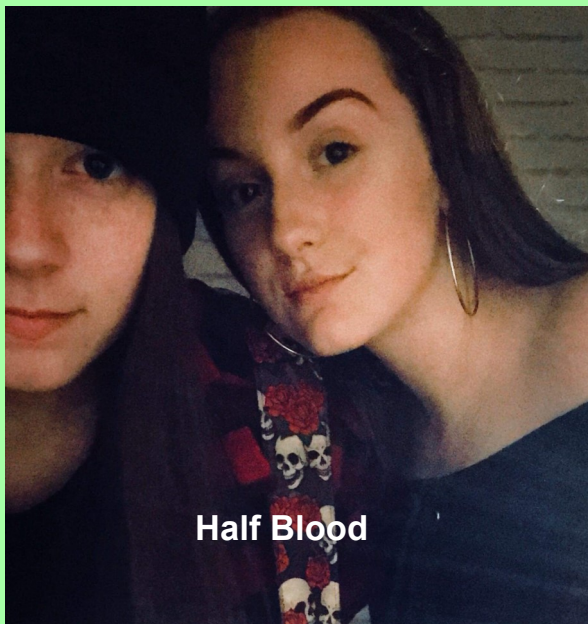
All too soon, Mr Karl Topliss, the teacher who had arranged the visit, said it was time for two last questions. Then the children and class teachers said their thanks and goodbyes to the two Councillors. All agreed it had been an interesting and informative visit.



Decibelles & Whistles

"The Decibelles & Whistles Community Choir are putting on a show at the Community Centre in Tidworth on March 30th 2019 at 7.30pm. The theme will be a Motown Extravaganza. They will be joined by some local guests throughout the evening. Tickets are priced at £5 pounds seated, and £2.50 standing.

For all enquiries, please get in touch with Decibelles & Whistles via their Facebook page."



Half Blood

Decibelles and Whistles present
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EXTRAVAGANZA

Saturday
30th March
2019

7.30pm
till
10.00pm

Tickets
£2.50 Standing
£5 Seated

Tidworth
Community
Centre

Featuring

Ben Elliott

Half Blood

Paige Dobson



**All proceeds will be donated to
 Wiltshire Air Ambulance + Wiltshire Portage**

Tickets must be purchased in advance, available from Wellington Primary and Tidworth Community Centre.

For more information contact Karrina - 07864673621 or Decibelles Tidworth on Facebook.

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Castledown FM is your local radio station dedicated to the Tidworth Community Area. The station offers many opportunities to bring our community together and we have a great weekly schedule including specialist shows for you to listen to. To find out what shows are on and when, simply visit www.castledownfm.com. If you are local you can tune in to 104.7fm, alternatively click the 'Listen Live' button on the website.

www.castledownfm.com — 104.7fm

Clinical Solution Focused Hypnotherapy

I am a qualified Solution Focused Hypnotherapist, with a Diploma awarded by the prestigious Clifton Practice Hypnotherapy Training School (CPHT), arguably the best hypnotherapy school in the UK. I am also a practicing nurse, with a BSc (Hons) in Adult Nursing from Kings College London.

You're probably wondering what Solution Focused Clinical Hypnotherapy is? For some of you, hypnotherapy may well conjure up images of stage shows, where volunteers are persuaded to imagine that they may be oversized chickens, (or worse) and perform all manner of silly things for the amusement of the audience. Solution Focused Clinical Hypnotherapy has no resemblance to this at all.

It is a safe, effective, natural and very powerful way of assisting clients to attain a much better quality of life and help them thrive in the way that they choose (I never tell clients what they want to achieve - they decide that for themselves). The very best thing about Solution Focused Hypnotherapy (SFH) is that it can help people achieve amazing results, whilst the process is relaxing, safe, calming and completely confidential.

Using trance, we assist clients to access the incredible power of their subconscious in order to help them achieve their goals. Indeed, the list of things that SFH can help with is absolutely huge! If you would like to sleep better, deal with stress/anxiety, confidence issues, low mood, exam-stress, phobias, rid yourself of unwanted habits or just improve your life and make positive changes in some way...I would recommend that you consider solution focused hypnotherapy.

As the American John Burroughs is famously quoted, "*If you think you can do it - you can*". Even though it's true that hypnotherapy can be a highly pleasant and relaxing process - it is not passive. Clients who engage with the therapist and work in partnership with the purpose of making positive changes are the ones who will benefit most. I never cease to be amazed at the positive outcomes that can be achieved. Often, once one particular problem is resolved, clients find that other areas of their life also fall into place, similar to dominoes in a row. Another advantage is that not only will the client benefit - often their family and friends do to. Personally, I think that we are very good at taking care of others, but not so good always at looking after ourselves.

You would reboot your computer if it was playing up, or get your car serviced regularly in order to maintain it, perhaps visit a nail technician, or a massage therapist? Why not look after your mental health and wellbeing in order to reach your full potential and be the best version of yourself - you're worth it!

<http://www.thinksmarthypnotherapy.co.uk/>

Article supplied by *Jenni Nelson*

Submit an Article

In the last edition, as the editor, I asked for articles from the community and we received several. So many that the articles I have from in house about the council have had to wait for edition 28. With this edition coming out in the New Year the article on pages 2 and 3 may help with some resolutions. Jim submitted an article on Tidworth Garrison Golf Club, pages 10 & 11. Decibelles & Whistles are promoting a concert they are putting on to raise money for charity. If you, or yours, take part in a club and you can put together an article then submit it to tidworthadmin2@tidworthtowncouncil.gov.uk putting 'Tidworth Times' in the subject line.



Tidworth Garrison Golf Club



“Did you know there is a top class 18 hole golf course in Tidworth Garrison?”

Be Healthier.

Play Golf.

Play Tidworth

Moving to the south of England in August 2015 from nearly a lifetime living in Northamptonshire, I was looking forward to having the time to play golf again following a short lay-off.

I tried a number of local golf courses/clubs but eventually was recommended to Tidworth. When I looked up the course on the web site my first reaction was that it was a “military” club and that had some connotations, not being from that fraternity! The first time I played the course I was alone. Within minutes of leaving the first tee and heading up the first fairway I was struck by the peace and tranquility surrounding me. I completed the course in more shots than I care to remember! Nevertheless I was enthralled by the place. My second reaction was just how good a course this was compared to the others I had tried so I took up the “introductory offer” and was invited to join a group of seniors. My third reaction was just how friendly the seniors’ group turned out to be, with stories and jokes not really fit for print!

The golf course is 110 years old and shows the fantastic maturity of a very high quality, with the greens on occasions being extremely fast and a test for any golfer. The course layout produces many top class holes and with a new Standard Scratch (SS) of 72 off the competition tees justifies the statement being “probably the best in Wiltshire”.

It is not just a course for mainstream golfers: The Senior’s and the Ladies sections are very active, growing in popularity and indeed developing significant reputations.

The Juniors’ section is also a very important area being promoted by the club boasting some potentially very good and perhaps even tournament golfers.

A further development is the increased interest in mixed golf (I would like to play off the ladies’ tees)

The golf is supported by a top class Club Professional. Bundle discount lessons are available on request.

If you are enthused and interested by any of the above and your appetite is whetted by either returning to golf or are thinking of starting, you need look no further than to

visit the club and have a chat with the management, the club professional or other members in the convivial atmosphere of the club house. Call or visit the web site details below:

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The Course is open year round closed only through exceptional weather conditions.



Tidworth Garrison Golf Club - Bulford Road, Tidworth,
Wiltshire SP9 7AF

01980 842 301 • www.tidworthgolfclub.co.uk

Moo Music at Tidworth Community Centre

We have had so much fun at Moo Music this term! It has been a joy to watch the children moving, stamping and shaking along to our fabmoolous songs each week. Back in September we started the year by meeting all of the Moo Croo including Maggie Moo, Ollie Oink, Henry Horse and Doris Duck on Chestnut Farm. Since then we have been on a safari adventure to South Africa, dressed up as members of the emergency services and even been on an adventure into the secret fairy garden where we sprinkled magic fairy dust. Leading up to Christmas we celebrated Bonfire Night and did our own version of the Nativity story. We ended the term on a high with our very own festive fun-filled Christmas Party. The children posted letters to Santa in our special postbox that went directly to Lapland, we decorated the Christmas tree and it even started to snow! We couldn't celebrate Christmas without having a ride on the reindeer and it was a joy to watch the children ride their reindeer around the room jingling their bells as they went. After bouncing our Christmas dinner on the parachute we danced to the Oogie Boogie waving our dancing ribbons in the air and holding our disco lights. Finally our Christmas Robins came to say hello to the children before they had a very special delivery from Santa and the children sat down to open their presents. It has been a fantastic term and we can't wait for plenty more Moo Music fun in the new year.



Tuesday 10.00 – 10.45 (Mixed Moo) Tuesday 11.00 – 11.45 (Mixed Moo) Tuesday 12.00 -12.30 (Baby Moo)

Council Meetings

Tidworth Town Council is here for you, so why not come along and see what a full town council meeting is all about.

Annual Town Meeting 7th May @ 6pm

Full Town Council Meeting Dates:

- **Tuesday 5th of March**
- **Tuesday 2nd of April**
- **Tuesday 7th of May**
- **Tuesday 4th of June**

Start time: 7.00 pm

Location: Community Centre, Wylie Road

See our website or Facebook page for Agenda items.

www.tidworthtowncouncil.gov.uk

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Mayor's Blog

2019 THE YEAR OF ROADWORKS

Tidworth has seen a lot of housing development in recent years and the final elements of these will be the highway improvements for the town. Firstly, there will be roadworks on the A338 near the Ashdown estate as the entrance for the new early years centre is constructed. These works will take place in January to March. Secondly, Bulford Road will have roadworks as a right-hand lane at VCP 2 will be created and a car park provided. These will last from January to April. On the other side of the road, a new 4G sports pitch will be built.

These will be followed by the Army Basing highway improvements for the new large roundabout at the St Andrews Road and Ordnance Road junctions (to replace the two mini-roundabouts); traffic lights will also be provided at the Meerut Road junction (the road that leads towards Bulford Road); the traffic lights at the bottom of Station Road will be upgraded with phased pedestrian movements and a new left-hand filter from the A338 Northbound towards VCP 2; and, a right-hand filter lane on the A338 to turn into Ludgershall Road.

These works will inevitably cause a lot of delays over the coming year. They are needed due to the increase in population as a result of both Army re-basing and civilian housing in the area.

Finally, the Town Council is moving forward with revised plans for the Civic Centre, which will replace the Community Centre in Wylie Road. The Council is working in partnership with Wiltshire Police, who will close both the Amesbury and Tidworth stations to move into a new location, hopefully an annex to the new Civic Centre. A feasibility study prepared by architects will be considered by the partners in the near future.

Mayor Mark Connolly



If you would like to receive this newsletter via email please email tidworthadmin2@tidworthtowncouncil.gov.uk and put 'Tidworth Times' in the subject line.