

THE ALTONIAN WEEKLY

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD
www.alton.gov.uk

WEEK 3

Hampshire Farmers Market

While the government are still allowing outdoor food markets to continue, Hampshire Farmers Markets have made the decision to temporarily suspend all their markets.

Therefore there will be no market in Alton on Saturday 11th April 2020.

Parking In EHDC Car Parks

If anyone who is working from home has no off road parking and is currently paying to use the EHDC car parks in town, please get in contact with the Town Clerk townclerk@alton.gov.uk as arrangements can be made with the district council for the issuing of free temporary permits.

There are also free temporary permits available for care workers visiting people in town and the ability for those who currently have a parking permit to add a second registration number free of charge.

Message From Alton Town Council

Welcome to our third weekly edition of the Altonian. For those of you who are not self-isolating we have details of a local walk you can try to vary your daily exercise. For those of you who are confined to home we have a number of free on-line exercise classes you can join to try something different.

Next week we will have a focus on Alton in Bloom and things to do in the garden over Easter.

BBC Local Radio



Are you, or do you know someone aged over 70, who would benefit from a free DAB radio?

Local BBC radio stations have joined with manufacturers and retailers to set aside thousands of DAB digital radios to be given away for free to vulnerable people aged over 70.

From Monday 30 March, the charity Wavelength is inviting people to nominate someone for a free radio by completing an online application form at wavelength.org.uk - by clicking on this link you will be redirected to the Wavelength website and subject to their privacy notice and terms.

Good luck and let us know if you are one of the lucky ones.

Lets Keep Active

The BBC has teamed up with Sport England and the thinktank Demos to broadcast a series of short exercise sessions are called *10 Today* (10 x 10 minute exercises) and can be heard on BBC Radio 5 Live Sports Extra every weekday morning between 5am and 10am. They will be repeated every 15 minutes, with a new session added each day over two weeks.

The *10 Today* exercise classes are aimed at older listeners (70 and over) to boost wellbeing, mobility and balance during what may be a difficult and lonely time for people who are in self-isolation.

5 Live Sports Extra can be found at DAB: 12B Freeview: 706 Freesat: 706 Sky (UK only): Virgin Media: 908

<https://www.bbc.co.uk/programmes/m000h00y>

Online Classes

30-day free access to Davina McCall Own Your Goals Website & App:

<https://ownyourgoalsdavina.com>

PE with Joe Wicks live 9.00am weekdays:

<https://www.youtube.com/channel/UCaXW1XT0iEJo0TYIRfn6rYQ>

6-weeks free trial of Chris Hemsworth's App:

<https://centr.com/join-us>

Free online sitting exercises and videos by the NHS

<https://www.nhs.uk/live-well/exercise/>

Exploring Our Open Spaces

Whilst each of our open spaces is enjoyable in its own right, James Willis has designed a lovely walk around all of the open spaces in the centre of town which is detailed overleaf. The whole walk can be completed in around an hour, or you could break it down and focus on exploring somewhere new. Just a reminder to dog owners, with more people taking a daily constitutional please be even more vigilant about picking up after your doggy doos, thank you.

Council Tax Support

If you would like to apply for council tax support, or are a low income you may be able to your council tax bill reduced. Please complete the online application form <https://www.easthants.gov.uk/council-tax-support>

Alton Mutual Aid

Call 07466 304501

(Monday - Friday 9am-5pm) or email altonmutualaid@protonmail.com

if you need support with shopping, picking up prescriptions, one to one calls / video chats, posting mail.

New Helpline Launched

East Hampshire District Council has joined forces with Hampshire County Council, voluntary groups and other district and boroughs across the county to set up the Coronavirus Hampshire Helpline.

The line can be used by residents who do not have support from families, friends or their local community, and who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness.

0333 370 4000 will be manned seven days a week, from 9am-5pm.

Support Directory

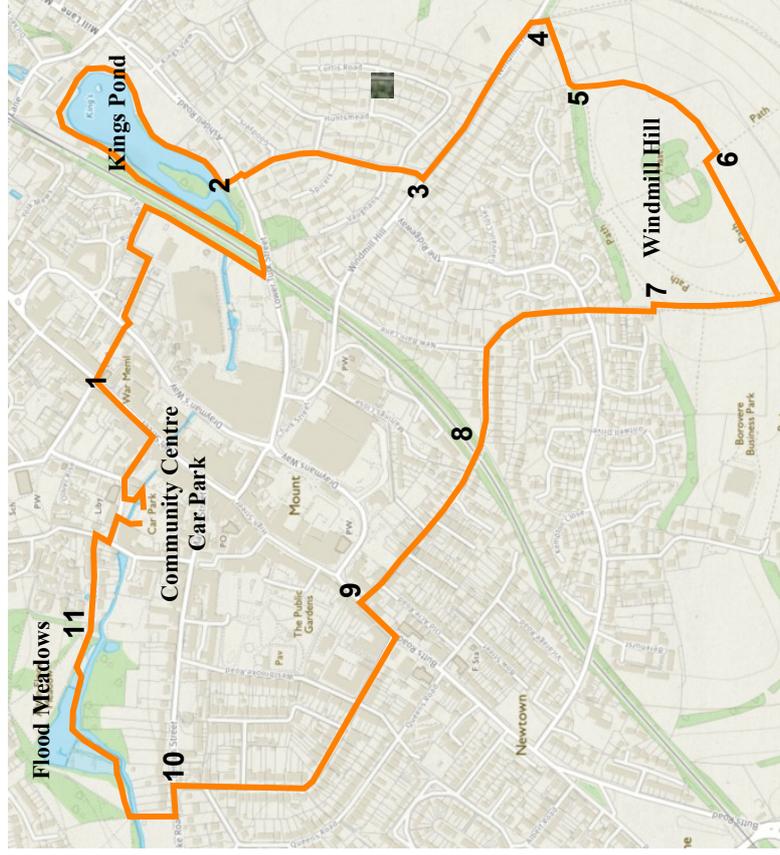
Connect To Support Hampshire have collated a directory of useful links and information for Coronavirus. From volunteering to NHS advice to loneliness, this is a great resource to direct people to if you get queries from the public.

<https://www.connecttosupporthampshire.org.uk/s4s/WhereILive/...>

Celebrating Alton's Public Open Spaces

By James Willis

Alton is blessed with an extraordinary amount of public open space. But some of it is tucked away and little advertised and not as well-known as it deserves to be. In a bid to celebrate and share this precious resource of our town I have devised a walking circuit of just over three miles which takes in three of these beautiful sites and the public gardens, starting from the Community Centre and using footpaths that not everyone will know.



The zoomable original of this map can be accessed via bit.ly/AltonPublicSpaces (observe the caps)

Originally published in the Summer 2016 edition of the Alton Society newsletter *Alton Now*
www.altonsociety.org.uk

A convenient starting point is the Community Centre car park. Go right in front of the Library and take the alley way straight ahead past the Bakers Arms to the High Street. Now go left up Crown Hill to the War Memorial and turn right [1] into the footpath which runs along the far side of the Curtis Museum. This takes you to Drayman's Way, which you cross with due caution. The footpath opposite curves left and takes you to the top of Kingsmead, where you turn right and proceed boldly to the bottom. Here you will discover a footpath going left beyond the last house – you follow this around a right hand corner and on down to the footpath at the near side of the railway embankment. Turning right onto this path (i.e. away from the station) you walk the 200 yards to Lower Turk Street, turn left under the railway bridge and immediately left again into the **Kings Pond** woodland.

Follow clockwise round the pond – keeping close to the water and the fabulous wildlife – and when you have gone about three quarters of the way round look up through the trees on your left for the avenue of great Wellingtonians leading steeply up Crowley Drive. When you see this [2] climb the unmade path to Ashdell Road and cross to the foot of this avenue. This crossing is dangerous - it is hard to see traffic coming from the right. Now climb the 300 yards to the top of Crowley Drive [3] and then turn left along Windmill Lane for another, gentler 300 yards to its top. Just after the road begins to turn downhill turn right into the open cluster of entrances [4] and take the narrow footpath half right (between two drives) second from the right. Walk through the empty metal gate-frame and after a few yards turn left through the opening [5] into **Windmill Hill** public open space. Here you can walk freely, but I suggest following the mown path near the left hedge and letting it lead you round to the south (left hand) side of the central copse. Here you can enjoy the stunning views to the south from the log seats [6]

Now carry on past the copse and straight ahead down to the boundary hedge. Turn right along the hedge as far as the wooden litter bin [7] where steps take you left through a gap. Turn immediately right into the wonderfully green, dark tunnel of a footpath. This path leads 200 yards down to The Ridgeway. Go straight across into another footpath for another 100 yards until you meet the top of Mount Pleasant Road. Carry straight on, descending between the houses, across the Watercress Line Bridge [8] and all the way down to Butts Road [9].

Turn left towards All Saints Church and then first right into Ackender Road, crossing when it is safe to do so. In this modified walk for the Coronavirus crisis, we are sadly avoiding the locked-up Public Gardens, so now we walk straight up Ackender Road, following round its right hand corner, and down to the T junction with Lenten Street [10] Cross here and turn left, and after 100 yards right past the last house into the short, broad path leading to **Flood Meadows**.

Turn right immediately after the footbridge, keeping close to the infant River Wey (only yards from its source) and along the delightful causeways maintained so lovingly by Martin Gibbs and the Alton Society volunteers. Wind along the paths in the same direction, close to the river until the path bends gently away and eventually exit in the same general direction into Tanhouse Lane [11]. That lovely little street will take you to the foot of Amery Hill where the Community Centre car park can be seen ahead of you on the right.