



Onslow Village Residents Association

The Village Voice

Autumn 2025 - Issue no. 79

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A big thank you to Chantries & Pewleys
for kindly sponsoring this issue!



Chantries & Pewleys

Hello from OVRA!

I hope you've all had a wonderful summer! One of the highlights of my summer was undoubtedly the Open Gardens event in June. With over 250 people in attendance it was a fantastic afternoon - the gardens were looking fabulous and there was an incredible feeling of community. Thank you to everyone who made it possible.



We have 2 more lovely community events to look forward to this term. One is the well established tradition of Advent Windows, and the other our newly introduced Community Carol Singing. Both events are a great way to feel part of the community so look out for more information on getting involved.

In addition we have 3 more events. At the end of September we have a fascinating talk by nature consultant Molly Biddell, whose family own the Hampton Estate in Puttenham. Molly is overseeing some impressive plans to 'renature' the estate which includes the beautiful Puttenham Common. She also does consultancy work on the Knepp Estate in Sussex famous for it's Rewilding project. Come along and find out more.

Sticking with a nature theme and following on from our highly successful Spring tours of the Arboretum last year, we have organised an Autumn tour of the Arboretum in October. No cost and no need to book, just turn up on the day - it will go ahead in almost any weather!

And finally we have another free Resus and Defib training event coming up in October.

Having raised an impressive £600 for it's upkeep at the Open Gardens we want as many people as possible to feel confident to use it should the worst ever happen.

However, we all know that prevention is better than cure and so the theme of this term's Village Voice is keeping fit and active. You'll be amazed at all the opportunities we have on our doorstep. I hope you'll feel inspired to get out and join in!

Best wishes,
Jo x

Jo Rew
OVRA Chair



A quick update on the Hedgehog Highways Project:

We've had a wonderful response to this project with lots of sightings and photos of hedgehogs being emailed in to us. Visit the website to see the latest map and the photos we've received.

The Monitoring tunnels have been in constant use throughout the summer although many of us were disappointed to get no visitors. For most this will be because there are too many impenetrable barriers between our gardens. Why not agree with your neighbours to add some hedgehog holes to your fences so we can create a **Hedgehog Highway** throughout the village?

Many thanks to Onslow FC for providing the wonderful photo of the club in action on the Rec for the front cover!

Regenerating and Restoring Landscapes - The Power of Nature-Based Solutions in Surrey

A talk by Molly Biddell of Hampton Estate, Farnham

Tuesday 30th September, Onslow Village Hall
Refreshments from 7.45pm, Talk starts at ~8pm
Entry by Donation

Molly Biddell leads on nature-based solutions and community engagement for Hampton Estate near Puttenham which is a family-run regenerative farming business and includes Puttenham Common.

She is also head of Nature Capital at Knepp Estate, Britain's pioneering rewilding project in Sussex. She is a columnist for Farmer's Weekly and helps to run two Farming Cluster groups.



Autumn Arboretum Tour

Saturday 18th October 2025 - 11am
Meet at the Arboretum Noticeboard

Join us as the Senior Tree Officer of Guildford Borough Council gives a free guided walk around the arboretum, sharing his knowledge of the trees and plants and showing us what to look out for in Autumn.

No need to book, just turn up on the day!




Free Resuscitation and Defibrillator Training

Saturday 11th October: 2.45 - 5.15pm

Johns Hall by Onslow Village Hall

Limited places: To book a place email info@ovra.org.uk

Private group sessions can also be arranged @ £25 minimum donation



Wanted : Advent Windows to bring joy to our Community this Christmas!

We're looking for as many volunteers as possible to share in the fun of this Onslow tradition. All you need is a window, a lamp and a little creativity (although a timer switch is useful too!).

If you would like to create a window, or need a little bit more info before you decide, email us at info@ovra.org.uk or call 07508 261160

For more inspiration take a look at the Advent Window Gallery on our website.



Join us for Community Carol Singing and Mulled Wine

Friday 12th December 2025
 Mulled wine from 5.45pm
 Singing 6.15 - 6.45pm
 Under the twinkling lights outside the Village Hall - if wet we'll be in the hall.

Autumn Term Book Recommendations.....

This term Martyn Parker, OVRA's Book Guru, has chosen books that deal with contemporary issues with intelligence, nuance and originality. To whet your appetite here is a sample of the books he has recommended, but go to the **'Book Groups'** page, under the **'Local Initiatives'** tab of ovra.org.uk for the full inspirational experience!

- **Yellowface** By Rebecca King - deals with cultural appropriation, political correctness and identity politics, amongst other things
- **This is Pleasure** By Mary Gaitskill - focusses on issues around the MeToo movement. It's short, powerful and nuanced.
- **Sorrow and Bliss** By Meg Nolan - a moving book exploring family and relationship through the lens of mental illness.
- **Perfection** By Vincenzo Latronice - looks at what it means to live a meaningful/perfect life in this highly curated digital world.
- **Enter Ghost** By Isabella Hammon - a thought provoking look at the Palestinian community in Isreal in 2017.

Staying Active in Onslow Village

Introduction

By Jo Rew

As our lives have become more and more sedentary, there seems to be a renewed realisation about the importance of staying active. Whether it's to reduce our risk of major illnesses (including heart disease, cancer and dementia) or to protect our mental health, the science is telling us over and over again that regular exercise is essential for a healthy life.

In this issue of The Village Voice we're going to introduce you to the many sports and exercise groups that meet in the village. Whether you're in to tennis or yoga, football or dancing, there will be something for everyone, whatever your age and ability.



Yup, that's me, at Pilates in the Scout Hut.
Clearly not working hard enough -
I'm still smiling!

All the details of the groups mentioned can be found at ovra.org.uk . If you are aware of any other groups that meet in the village that don't currently feature on the website please let us know.

Staying active matters - Don't put it off!

Onslow Football Club

Onslow F.C. is a friendly community club established in 1986. We offer competitive football for boys and girls youth teams (U6-U18) in Onslow Village and the wider area. Surrey Sports Park and Guildford County School provide the club with the best facilities in Guildford for both our home matches and training.

We are affiliated to the Surrey FA and play on Saturdays in 2 competitive leagues in the local area:

- South Surrey Youth Football League
- North-East Hampshire Youth League

We offer a single season subscription fee, which covers matches, training and kits. At the end of every season the club has its awards day and AGM at the Village Hall celebrating the achievements of all of the teams and their players.



If anyone is interested in playing for us, they can contact one of the Committee members or an Age group Manager via the contact form on the website:

onslowfc.co.uk

Onslow Village Lawn Tennis Club

Past to Present

Written By Neil Bowker, Historical Research by Carole Lee



Take a walk across our beloved Recreation Ground and you can't fail to notice that Onslow Village has its very own tennis club. What you may not know is that the club has been there for very nearly as long as the village itself...



The first houses in our garden suburb were built in 1920, and within two years a group of tenants had got together to form a tennis club on land at the North end of the Rec, leased from Onslow Village Ltd. And so on 6 March 1922 Onslow Village Lawn Tennis Club came into existence. A group of willing volunteers began the arduous task of levelling and rolling the land to create two grass courts. Extraordinarily, by May play had begun...annual subs were £1, membership restricted to village residents and junior players were not welcome!

Coincidentally, 1922 was also the year that the All England Club moved to its current site in SW19, but it's unlikely that the village club's courts were quite up to Wimbledon standards – it didn't help that cows from Wilderness Farm (where Powell Close and the infants' school now sit) would sometimes wander onto the courts!

A third grass court was added the following year and by the end of the decade Onslow Village Ltd had built two hard courts, where Courts 3 and 4 are now, "for use by the general public."

The Thirties saw several important developments at OVLTC. The three grass courts – by now in pretty poor shape – were converted into two hard courts, and the two existing hard courts were acquired to create a layout very much like today's. Also a wooden pavilion was built at a cost of £12.10 shillings, and 16 junior players, aged 12 and upwards, were allowed to join the club!



War came in 1939 but play continued until 1943 when it became impossible to source tennis balls and equipment, with manufacturing understandably geared to the war effort. But three days before VE Day play resumed with reconditioned old balls.

A new clubhouse was opened in 1959. This replaced the wooden structure which seems to have been sited near the current football pavilion. Costs had rocketed to an eye-watering £1,200 including fixtures and fittings. This remains the club's base, though it has been improved and refurbished many times over the years.

In 1965 the juniors' hut was trashed – the police never did find the culprits, though in recent years one former member has admitted that he “might have had something to do with it...” To their credit a group of juniors did the right thing by repairing the damage.

The most significant development of the following decades came in 1990 when OVLTC installed floodlights on Courts 1 and 2, and five years later on Courts 3 and 4. These lights have been upgraded several times since and enable us to play all year round on our four all-weather courts until 9.30pm, when we shut them down to avoid disturbing those who live in Powell Close.



OVLTC survived the rigours of COVID, which closed the courts for the first time since the war, and celebrated its centenary with a “1920s tournament.” Players competed in outfits from the era, using wooden racquets and traditional white balls. We also unveiled a commemorative clock on the outside wall of the clubhouse.

The club has a friendly and welcoming reputation, and organises several social events throughout the year, including our annual fund-raising quiz at the village hall.



We like to think we're a real community asset and regularly offer our facilities to local schools. We have a weekly U3A group and recently staged an all-day tournament and barbecue for the police, with five regional forces involved.



For those who like their tennis with a more competitive edge we have three men's, three ladies' and two mixed teams who take part in local leagues – and regularly punch above our weight against bigger clubs. We also run annual tournaments for adults and juniors. Finals Day this year is Saturday 20 September – do come along and enjoy a burger, maybe a glass or two of Pimms and some top class tennis! The juniors have their finals two weeks earlier, on Sunday 7 September.



Now three years into its second century, OVLTC is in good shape with approximately 125 adult members and the same number of juniors. Coaching – for groups and individuals – is led by head coach Petr Kucera.

If you're interested in joining us, the easiest way is to Google Onslow Village tennis which will take you to our website, run by Clubspark. Or pop along to our weekly Saturday afternoon mix-in sessions. We'd be delighted to see you!

Guildford Karate Academy



Join us on **Thursday evenings at All Saints Church Hall**, GU2 7QJ for traditional Wado Ryu karate, a blend of Japanese karate and jujitsu.

We welcome students from Guildford area & offer high-quality instruction in a friendly and structured environment.

Children's Class (age 6+): 6.30–7.30pm
Teens & Adults: 7.30–9.00pm

Beginners are always welcome, the first lesson is free.

Visit surreykarate.co.uk to learn more.

Talon TKD

We run Taekwondo and Self Defence classes at
**Onslow Infant School on
Wednesdays 7:30-8:30pm**



Learn how to defend yourself, improve your fitness, and gain confidence in mixed classes for children aged 10+ and adults. We welcome everyone from complete novices to people that have had previous Martial Arts experience.

Not sure? Come along and try 2 classes completely free with no obligations or strings attached! Bring friends and family and you will also all get a month's free training when you start your membership.

Book your trial by emailing us at Enquiries@TalonTKD.co.uk or by messaging us on Facebook (@TalonTaeKwonDo). Visit our website at TalonTKD.co.uk

Jungle Body @ Guildford UK

Jungle Body is a global exercise and movement-to-music company offering soul-igniting and beat-driven programming for everyone. In our inclusive and vibrant classes we dance, get fit and feel happy, celebrating and empowering all body shapes, ages, sizes and fitness levels. Classes are held on **Mondays and Thursdays 7:30 - 8:20pm at Guildford County School**
Find us on Instagram and Facebook - [@THEJUNGLEBODYGUILDFORDUK](https://www.instagram.com/THEJUNGLEBODYGUILDFORDUK)

Ed: Whilst these classes no longer meet in Onslow Village they sound fab - and they've only moved down the hill to Guildford County School - so they're getting a mention!

HH Personal Training with Hannah Hayward

Hannah Hayward is an independent personal trainer and fitness instructor, living and working in Onslow Village.

She runs a number of group exercise classes and fitness sessions at the Onslow Recreation ground, Onslow Village Hall, All Saints Church and Guildford County school. Classes are suitable for all fitness levels and the first class is FREE!

All classes cost between £8-10 and class pass options are offered if you'd like to do more than one class a week

Details of classes below:

Monday – Womens Strength and Tone

A strength class designed for women aged 40+ with a focus on strength training and low impact exercise options. Using a variety of resistance equipment, this class focuses on building muscle strength, bone density, flexibility and coordination. Each class will also see a focus on pelvic floor with the aim to strengthen core and pelvic muscles.

Onslow rec 12.30pm. In Winter classes take place at the Onslow Village Scout hut

Tuesdays – Gym Circuits

Takes place in a fully equipped gym. Learn how to use a variety of gym equipment including free weights and machines as well as putting into practice different training systems and workout plans. You will leave feeling confident about entering a gym and knowing how to workout effectively.

Guildford County School. 6.30pm and 7.30pm.



Wednesday - Summer Bootcamp

Each week includes a range of workouts, focusing on combining strength training and cardio conditioning. A great total body workout, designed to push you in every way. The class will be topped off with a lovely stretching routine allowing you to take in the summer sunsets!

The Onslow Rec. 6.30pm in Winter classes run at All Saints Church Hall

Friday - Morning HIIT

A high intensity workout that incorporates a range of fitness drills, circuits and exercises. This class uses a variety of equipment and uses all the space the recreation ground has to offer. A brilliant total body workout where no two sessions are the same.

The Onslow Rec Fridays at 9.15am

Friday - Womens strength and Tone.

This popular class is also run on a Friday lunchtime. (See Monday class for description)

The Onslow Rec Fridays 12.00 - 1.00pm

Contact details:

Tel: 07800505099

Website: hhpersonaltraining.co.uk

Email: hannahhayward84@gmail.com

Jessica Pilates

Jessica Pilates runs small, mixed ability, group mat pilates classes.

Classes are held in the Scout Hut on the Recreation Ground, every Friday at 9:15am & 10:20am.

At Jessica Pilates our team are passionate about training bodies to become fitter, stronger, leaner and better balanced with fewer aches and pains. We love working alongside clients to help them achieve their goals in health and fitness.

Sessions are informative and energising, helping to transform your body and leave you feeling empowered. Enjoy looking and feeling younger as you start working on a stronger core, increased flexibility, better posture and greater body confidence.

For a Free Taster session to start you on your Pilates journey, contact Nikki Hey via email: admin@jessicapilates.co.uk

Visit our website at jessicapilates.co.uk

Sylvia who takes the
Onslow classes



Anna Coates Yoga

Anna Coates is a Hatha yoga teacher and accredited Menopause Yoga teacher, providing nurturing, friendly and supportive yoga for all abilities.

Whether you're a complete beginner or a seasoned yogi, Anna will help you move in a way that feels good, breathe a little deeper and have some fun along the way. You'll build strength, improve balance, increase your range of movement and flexibility, enjoy better sleep, feel better in your body and more content in your life.

Classes are relaxed, supportive and fun, providing time for you to pause, breathe and reconnect, so come and join us locally each week during term time. Everyone is welcome. Your first group class is completely FREE! Simply book online using the code FIRSTCLASSFREE at the checkout – annacoatesyoga.com

8.00 – 9.15pm – Monday @ All Saints Church Hall

6.00 – 7.15pm – Wednesday @ Guildford County School

Anna also works 1:1 with many local residents who are in need of that extra guidance and support, leads corporate sessions and runs regular one-day and weekend retreats throughout the year in UK and France. Get in touch for more information or to discuss which group class or private offering might best suit your needs.

Email – anna@annacoatesyoga.com



If organised sport and exercise classes aren't your thing.....

and you prefer your exercise with a little less lycra how about the following activities. To find out more about each club simply google them or visit the **Activities** tabs on **ovra.org.uk**

Guildford Scottish Country Dance Club

Meets every Monday 8 - 10pm in the Village Hall

u3a International Folk Dancing

Used to meet in the Village Hall but has now had to relocate to St. Catherine's Village Hall, off Portsmouth Road, but still attended by Onslow Village residents every other Friday afternoon.

Guildford Dance

Offers ballet classes for children aged 2.5 - 18yrs on Monday afternoons in the Village Hall.

Godalming School of Dance

Offers beginner tap and ballet classes for children on Saturday mornings in All Saints Church Hall.

Guildford Ramblers

Organise a full programme of walks, usually on Sunday mornings, around the Guildford area. This group is well supported by residents of Onslow Village.

Castle Green Bowling Club

Join Onslow resident and Club Chairman, Jonathon Readings at the bowling club for some gentle exercise in a beautiful setting and with a friendly crowd.

Or how about starting your own group?

Have you ever wanted to have a go at 'Pickle Ball' or play badminton locally?

Would you like to find like-minded people for a beginner ballroom dance course, or to have a go at Line Dancing or Ceroc?

OVRA would love to help facilitate your group by helping you find other like-minded people and by advertising your activities.

If you would like our help simply email us at **info@ovra.org.uk**. We can send out a message to all our members, that's over 400 households in the Onslow area, and include your events in the monthly "What's on in Onslow", as well as listing them on the website.

If you are a business we are always happy to advertise 'Special Offers to Onslow Residents' or special events in our regular mailings, as well as a listing in the Local Business Directory and a listing under the Activities Tabs on **ovra.org.uk**

With 6 halls to hire within the village, all at very reasonable rates (find out more under the 'Onslow Village' tab of the website) there is sure to be a venue to meet your needs, and if not you can try Guildford County School, Surrey Sports Park or Spectrum.

Lets get active and stay healthy together!

Why Sign Up to OVRA?



OVRA's aim is to '**Strengthen Community in Onslow Village**', so that everyone feels connected and supported, and we can work together to look after our local environment. It is totally free because we don't want anyone to miss out.

When you sign up to OVRA you will receive 3 regular mailings:

- **The Village Voice** - a termly newsletter that celebrates our Village community
- **What's On in Onslow** - a monthly diary of what's going on
- **Local Focus** - a less regular update on potential changes in the area.



For an easy way to sign up scan this QR code!

How to sign up?

- Visit the new website at:
www.ovra.org.uk
or scan the QR code below
- Email us on
membership@ovra.org.uk
- Ring us on 07508 261160
(membership enquiries only please)

Follow OVRA

Facebook: @OVRA

Instagram: @onslowvillageresidents

**Anyone in the Onslow area can sign up and it's completely free!
You can unsubscribe whenever you want.**

"I honestly couldn't endorse them any higher!"

Mr A Jakeway - 5* Google Review
Guildford Sales - 01483 405222 (option 1)
Lettings - 01483 405222 (option 2)



Chantries & Pewleys

THE GUILDFORD TEAM...

