



The Harrow Way

The Viabes Community Centre Magazine



Learn to Draw & Paint

- Daytime, Adult Art Courses in Basingstoke, in a friendly, welcoming and relaxed class setting.
- Many students come to learn but also to meet new people and have a bit of 'me' time.
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- Taught by Resident Artist Carolyn Taylor



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Basingstoke Neighbourcare is here and ready to help!

If you need a lift to the hospital - we can help?

Are you feeling lonely, and keen to make a new friend – we can maybe help?

NeighbourCare has a fleet of mature DBS checked volunteer drivers across Basingstoke, Tadley and nearby villages, ready to help older local folk no longer able to drive or lacking the mobility they once had to use public transport.

NeighbourCare also has a group of experienced and carefully screened “befrienders” able to drop in and provide friendship and support where you might no longer be able to see others as much as you used to.

Our drivers can typically take people to Hospital appointments, visit their Doctor or Dentist, travel to and from a day centre or exercise class or on a shopping trip, for a small donation towards our running costs.

If invited to do so, our befrienders visit lonely and isolated ‘neighbours’, who perhaps suffer from reduced mobility or increasing isolation. Care is taken to pair up people with similar interests who can then drop in regularly to have a chat over a cup of tea, thereby helping to keep their neighbour more fully engaged with the world.

If you want our help, or simply want to know more, call us on; 01256 423855,

E-mail us at: info@neighbourcare.com, have a look at our website www.neighbourcare.com or find us on Facebook

Reg.Charity No 1154382



**The Queen's Award
for Voluntary Service**

Message from the Manager

Hello Everyone!

We are so pleased that the latest step of the government's roadmap has run smoothly here at the centre and we now welcome back the last of the groups and activities that had not restarted. MEOWS choir, Open Mic, Cribbage, Little Seedlings Music, Harrow Way Over 55s, Ukulele Jams, Ukulele classes and Healing Springs Church have all also now returned or set their start dates. Welcome to everyone who has joined us for these and thank you to everyone for the continued support you have shown to us as an organisation.

As we continue to build the services and activities we provide, we ask that if any of you have time to spare and would like to be added to our volunteer base, we would love to hear from you.

We welcome Creative Art Classes too this September and details for this can be found on the front page.

We are very excited to announce that we have been awarded £250 by Asda to support the Memory Club, £200 from Dashwood Manor, and £500 from Linbury Trust to support our Parent and Toddler group for those with special needs, following the amazing fundraising carried out by attendees of the sessions. Thank you to everyone. We are so grateful.

We are really looking forward to bringing you news of our upcoming Christmas celebration that we were sadly unable to provide last year but are very much looking forward to this year.

If you are on social media, please follow our pages on Facebook, Instagram and Twitter.

FB—@viables

Insta—@viablescommunity

Twitter—@ViablesCC

Luan Squire

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Community News

Update from Cranbourne

News from Cranbourne- Our Yearly Round-Up

Here at Cranbourne we have had a very successful year, looking back on the past term there have been several memorable moments to be proud of. Our students have done amazingly well this year despite the adversity they have faced in the time of Covid and it is fantastic to share with you a few of our highlights.



Library opening

We were incredibly proud to Open our newly refurbished Library this past Half-term, ready for our students to use when they return to school in September. Please see below a statement from our School Librarian, Miss De Broize;

"We were really thrilled to hold an official launch, at the end of the summer term, of our new 'Saunders Reading Room' which has been created as part of our new library refurbishment. The library has needed some extra attention for some time, and our school librarian was extremely grateful to The Four Lanes Trust, who awarded a grant to restore it back to the high standard that we know our students deserve. Four Lanes Trust has given us a helping hand before, and so we appreciate their help in this, one of our biggest funded projects in the last couple of years.

When the initial plan came together for the library refurbishment, it took no time at all to choose to create a legacy to our treasured colleague and friend, Laura Saunders. Laura was a blazing light and visionary in our English Department. She was full of ideas, energy and joy. Laura was a one-of-a-kind type of teacher, making a huge impression on everyone lucky enough to know her, colleagues and students alike. Tragically, we lost Laura early last year, a loss that is still very much felt throughout our community. We were so happy that Laura's children were able to join us to officially open what we all agree is a fitting tribute to her."



The prom

After being unable to hold a prom for our 2021 Leavers, we were keen to hold a memorable and Covid safe event for our 2021 Leavers. The evening was held on the school property in a beautifully decorated marquee with a red carpet leading the attendees to the dancefloor. It was a wonderful night, and we were thrilled to be able to give the Year 11's an opportunity to dress-up and celebrate the end of their time at Cranbourne.

Welcome to our new year 7 students

We are looking forward to welcoming our upcoming Year 7 students into school for their induction day on Monday 6th September. We were able to hold an array of Virtual Teams meetings including Subject taster sessions to help give our new families a taste of how our teaching works. We look forward to saying "Hello!" to our new Year 7 group this coming Autumn term.

Open mornings

We are pleased to be holding our 2021 Open Mornings on Saturday 18 September 2021 and Saturday 2 October 2021 this year.

Drop In and explore what Cranbourne has to offer by taking part in a series of fun, interactive, 20-minute sessions to give a taste of our teaching style. There will also be an opportunity to hear our Headteacher, Jane Aplin. You can come from 9.00 am or drop in during the morning. All the family is very welcome!

No booking is required. Tours of the school can be booked at the Open event.

Please contact 01256 868600 for any further enquiries.

SUMMER BECKONS AND ACTIVITIES COME TO LIFE

www.basingstokeu3a.org

facebook.com/Basingstokeu3a

Our Cyclists have enjoyed the Summer



Our cyclists made the most of some good weather in early summer, and thoroughly enjoyed a well-planned tour of the Cotswolds. Using cycle routes, lanes and tracks, in three days they sped from Oxford to Stratford upon Avon, on to Gloucester and then back to Oxford - making great use of tea rooms and pubs on the way!

Our walking groups have continued to be popular, including the three new groups - Football, Netball and Rounders. "Such great fun" one footballer has said! Croquet, Walking, Walking with Your Camera groups have all met normally, and Gardening members, in groups of six, visited each other's gardens over the summer.

Other activities began to follow the "Rule of Six" indoors too. With the relaxing of lockdown rules, Badminton, Table Tennis, Line Dancing and our Strings & Things Music groups all restarted, and everyone has enjoyed seeing each other again.

Autumn Brings a New Bridge Course for Beginners

Many of our groups have used technology to meet throughout lockdown of course, enjoying quizzes, family history, learning a language, creative writing, philosophy, arts and crafts, and playing bridge - to name but a few. We've joined up in organised excursions together as well, including a very popular trip for fish and chips on the south coast!

Our bridge players plan to return to playing face to face at the start of October, with a new course for beginners starting up. Check on our website or facebook page for details if you're interested - as with all our activities, you'll be made very welcome. And everything we plan is always in line with current government guidance.

You may have spotted us in the Park

Members from all the different activities usually come together once a month to listen to a speaker and have a cup of tea. We've had to manage on Zoom over the last year, but we organised two 'picnics in the park' instead for August. These were on either side of town, in Stratton Park and Popley Fields, with around 45 people signing up to each. Needless to say, everyone was very pleased to be with each other, and thoroughly enjoyed themselves. Once we're into autumn and it's safe, these meetings will be held centrally in Queen Mary's College, Cliddesden Road.



Join Us

Don't forget that you can join in with as many activities as you want for just one annual fee. And our membership year starts in September. Do join us, we'd love to meet you! email: basingstokeu3aenquiries@gmail.com You won't be the only one if you're not on-line We keep in touch with all our members regularly, including those who aren't on-line. phone: 07787 520 281

u3a learn,
laugh,
live

Community News

THE SCHOOL YEAR COMES TO AN END AT CHALK RIDGE



Year 6 Leavers Fun Day and Assembly

We've said good bye to our wonderful Year 6 children as they move on to their new schools. At the end of last term they presented a virtual assembly for parents, friends and families, which was a lovely opportunity for everyone to celebrate their achievements, hear their memories, shed a few tears and share a lot of laughter. They followed this with a Fun Day which everyone *thoroughly* enjoyed. The children as always were great



company for each other, laughed and played, entertained and had the best time ever with their water games. It was good weather for water fights, and we're not sure whether it was the children or teachers who enjoyed this the most!! We'll miss the children greatly but know that they're all ready to move on to new adventures and challenges. We wish them well.

More Goodbyes

In July we said farewell and thank you to Mrs Beswick our Headteacher, as she moves to a school nearer home. At a special leavers' assembly, Year 6 children presented her with a book full of butterfly cards which pupils had coloured and written messages on. Staff gave her a Chalk Ridge Leavers Hoodie and a cherry tree for her new garden. We will miss Mrs Beswick and we wished her well in her new school; our loss is their gain! Meanwhile our new Headteacher, Miss Jackson, will join us in January. We've said goodbye and thank you to Mr. Bond, our IT Technician too. He's retired after 15 years at Chalk Ridge!

And Some Hallos

Autumn is usually the time when parents are choosing a school for their children. Last year Covid restrictions meant that we couldn't admit visitors to have a look around, so we organised three virtual tours and visits. And there's a virtual tour on our website too.

We'd love to welcome anyone who has still to decide, so do check the website or contact the school for help. We're very proud of Chalk Ridge and its children!

www.chalkridgepri.hants.sch.uk adminoffice@chalkridgepri.hants.sch.uk

01256 461733



Basingstoke NeighbourCare were honoured to recently welcome the Lord Lieutenant of Hampshire, Nigel Atkinson Esq. to a special gathering of Basingstoke NeighbourCare volunteers at the Apollo Hotel. At the event, the Lord Lieutenant, together with the Mayor of Basingstoke Cllr Onnalee Cubitt and Sean Keating a former Mayor were in attendance, when Mr Atkinson was able to finally present the Queen's Award in person, after it was awarded during lockdown, in June 2020. The small group present was able to witness receipt of a signed certificate from Her Majesty the Queen, and a crystal award with the QAVS insignia.



**The Queen's Award
for Voluntary Service**

Welcoming the distinguished guests, the Chair of Basingstoke NeighbourCare Colin Hunsley said, *"This is a tremendous achievement which recognises the dedication, excellence and compassion of our volunteers who have continued to provide a service throughout the pandemic. While the award was made before Covid, it is recognition of the efforts and flexibility many of the volunteers have demonstrated which makes Basingstoke NeighbourCare the success it is. We all feel very honoured to be a part of an organisation receiving such a prestigious award."* The Lord Lieutenant explained that he had been a judge for the QAVS since it started, and that NeighbourCare's nomination was judged as being very special as the service it provides is much needed by the local community. He was also impressed to see that we support over 500 people in the local community, thanks to the enthusiasm and commitment of our trustees, volunteers, and supporters.

He added *"NeighbourCare is a vital service to the residents of Basingstoke and Deane, especially those who are vulnerable by virtue of age or infirmity. NeighbourCare continues to make a hugely positive contribution to the quality of life and the wellbeing of all those who they support. We should be proud to have this service as part of our local community"*.

About QAVS:

The QAVS is the highest honour that can be bestowed upon groups of this kind and is equivalent in status to the MBE and is awarded for life. There were only 230 winners in the UK in 2020, all of whom have been nominated by members of the public who have been helped personally by, or witnessed the benefits of, a group's work in their community.





We are currently looking for someone who would like to run our workshops to enable people to get online. If you think you have the following skills and would be able to help, please get in touch:

- **Friendly**
- **Patient**
- **IT confident (can use a tablet to navigate websites and do online shopping, set up email accounts etc.)**
- **Able to volunteer your time on a weekday**

A HUGE thank you as always to all our wonderful volunteers who have supported, and continue to support, the centre. We appreciate each and every one of you.

THANK YOU!

Camrose, Gillies and Hackwood (CGH) Patient Participation Group (PPG) News

Dear Local residents,

Here is our latest monthly PPG bulletin. We hope you will find it helpful and interesting.

We ask that we all "Be kind and respectful to each other". Throughout the pandemic, our NHS staff have gone above and beyond to help our nation tackle COVID-19. This has been a difficult time for everyone, including the teams in our local practices who have had to deal with lots of changes in the way they work and with high demand for GP services. This can cause frustration, and some staff have experienced abuse during this time which is of course upsetting for them and is not acceptable.

We would like to take this opportunity to extend our thanks and appreciation to CGH staff for continuing to provide patients with a good service, under very difficult circumstances.

The new website is now up and running after a bit of a delay. It can be found at <https://www.cghpartnership.co.uk>. Please visit the website (About Us -> Practice News) to read the quarterly newsletter, and (About Us -> Patient Participation Group) to read the minutes of our last meeting with the Practice held on 11th August.

EConsult is no longer mandatory. If you are unable to complete this, you can now ring the surgery and a receptionist will complete it for you. You can choose to use E-Consult if happy to do so, and for non-urgent appointments. There are now two reception teams meeting demand for phone, or on-line, giving improved service and flexibility for whichever option is preferred. You can use the **Ring Back service** 'press 1 facility' when telephoning, which works well and saves listening to repeated messages.

CGH have been chosen to run a Breast Pilot Scheme for 30+ year olds, who are experiencing breast pain or, who have found something unusual, such as a lump. You can now contact their surgery, and be seen on the same day, and be referred directly.

OTHER NEWS

GPs are now contacting 16/17yr olds for Covid vaccination appointments. If anyone is having difficulties getting to appointments, it is possible to walk into clinics. Take up for vaccinations in the 18/29 age group could be improved, so please encourage friends and family to get vaccinated, as it protects you and the wider community.

Long Covid is recognised as a severe problem for those affected. CGH are signed up to the National Enhancement Service designed to support those patients. Symptoms vary between patients, and help can be found in various ways. The British Lung Foundation is a non-profit making organisation and offers help for rehabilitation where breathing difficulties are an issue. Meetings are held at Popley Fields Community Centre on a Monday and Wednesday, £3 a session. Contact 01256 414494, or email office@popleyfields.org.uk

The Aquadrome are offering a service where staff have been trained by CAWS Inclusive Learning to help people with muscle weakness caused by Long Covid. A programme is put together for individuals using gentle exercise to rebuild muscle strength. Membership, or payment by session, would be required. Other local gyms may also provide this service.

N.B. Each patient experiences different symptoms, and this may not be suitable for everyone. It is important to note that this programme has not been tested by the practice.

The deadline given last month for opting out of the NHS data grab has now been extended indefinitely. Opt out, for those concerned about privacy and data protection can be done via www.nhs.uk/your-nhs-data-matters

Activities

Monday	
Messy/Sensory Play—booking through Trybooking only	1 - 1.45
Ukulele Classes Booking is essential - contact: office@viabes.org.uk	From 17:45
Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	17.45- 21:15
Art classes starting in September—contact Carrie on 07780 714656 for information or booking	Am and PM sessions
Tuesday	
Gardening Club March - Nov 01256 473634	9:00 - 12:00
Barn Tots - friendly, informal play for under 5's 01256 473634	9.45 - 11.30
Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
Move it or Lose it - Change the way you age, for over 60's Amanda 07399 618947	12:30 - 13:30
Cookstars with Natasha Children's cooking classes E: natasha@cookstars.co.uk T: 07570 690 758	16.00 - 17.15
Boxercise with Ali	18.00 - 19.00
Krav Maga Self Defence Sonny 07851 433456	19.15 - 20.45
Wednesday	
Pilates Elaine 07808 895279	10:00 - 11:00
Hatha Yoga Elaine 07808 895279	11:15 - 12:15
Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
The Harrow Way over 55's group - fortnightly friendly meetings for mature members.	13:30 -15:30
Slimming World Jo 07515 719190 times may vary during COVID	17:30 & 19:30
The Bastion - The Gaming Club Jason 07763 521027	17:00 - 23:00
Thursday	
Baby Ballet for under 5s—BabyBallet Alton	9.00 - 11.30
Barn Tots SEND - friendly, informal play for under 5's with special educational needs and/or disabilities 01256 473634	10:00 - 11:30
Baby Steps	13.00-14.20
Hampton Trust support group	17:00 - 21.00
Pilates Janice 07789 711294	18:55 - 20:00
Fit and Flow with Gemma Caws 07500 666639 gem.caws@neelamyogaandwellness.co.uk	20.15-21.15
MEOWS - Wellbeing Choir for all Starting Oct 8th Jeanette 07885 596380—returning later in the year	19:30 - 21:00
Friday	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viabes.org.uk 01256 473634	10.00-11.00
Weight Watchers Vanda 07771 884553 Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia Emma Cameron 01256 473634 emma@viabes.org.uk	10:30 - 12:30 13:00 - 15:00
Real Aquifer with Damien—Martial Arts classes— SPRINGBOARD TO MARTIAL ARTS (SPRINGS) AGES 4, 5 & 6 - 5:15 PM JUNIORS (AGES 7+) - 6:00PM R.A.W - 7PM	5.15 onwards
Saturday	
Baby Ballet contact Babyballet Alton for details	9.00 - 12.00
Sunday	
Healing Springs Church Ben 07984 544982	10:00 - 13:00



Summer holiday break-ups and family mediation

For many families the summer holidays are the best time of year. This is especially so for children when they can spend some quality time with their parents.

Unfortunately, this is not always the case as for many people the summer break can reveal cracks in a relationship that were previously papered over. Indeed, spending a great deal of time together when a marriage is already on rocky ground can often be the final straw as has been proved to be the case by many in the pandemic.

Divorce may already be on the cards, but we often find that parents are unwilling to start proceedings until the children are back at school, when couples can take stock as to whether the marriage is worth preserving.

Sheila Parkes, who heads Haymarket Family Mediation, which is part of Phillips Solicitors, tends to see an increase in mediation enquires around children and finances on or in the lead up to a separation," said Sheila, who has been a qualified family mediator for more than 25 years.

"If you feel that you want to separate, then my advice is to use a qualified family mediator, such as myself, to help you resolve issues around children and finances on or in the lead up to a separation," said Sheila, who has been a qualified family mediator for more than 25 years.



"When people discover that family mediation is less expensive than being represented in court proceedings in a divorce case, as well as being less stressful and quicker than the court process, most realise it is a process worth considering."

"Over the years I have helped hundreds of parents work together to develop realistic and effective parenting plans and fair financial outcomes, always with the aim of putting the best interests of their children first. After all, parents are the best people to make the decisions that will affect their future and that of their children, rather than a judge imposing a decision."

If you feel that mediation is right for you or to find out more information, please contact Sheila by calling 01256 854652, emailing sheila.parkes@phillips-law.co.uk or by visiting www.phillips-law.co.uk/haymarket-family-mediation

Greetings from everyone at All Saints Church

September has always felt to me like a time of new beginnings. I suppose that's left over from my schooldays when we all went back after the summer holidays, usually into a new class with a new teacher or maybe into a new school. I'd be full of good intentions about getting homework done on time and keeping my exercise books neat and tidy! Even now, when schooldays are but a distant memory, September still feels like an opportunity for a fresh start.

At All Saints we are really pleased that we are having a fresh start and gradually returning to a normal pattern of worship. We've added an 8.00am communion to the weekly 10.00am service, twice a month on a Sunday and there are lots of special events coming up that we'd like to tell you about:

Thursday September 9th at 10.00: we're restarting our regular mid-week communion.

Sunday September 11th: Ride and Stride sponsored Cycle ride

Saturday/ Sunday September 18/19: Heritage Open Days with tours of the Church Tower.

Sunday September 19th: Hymns and Pimms

Sunday September 26th at 10.00: restarting 'Come Fourth' our monthly service that is more accessible to children. We will be celebrating God's wonderful creation and harvest.

Sunday October 31st at 10.00: All Saints' Sunday

Sunday November 7th: All Souls Service, remembering our loved ones who have died.

Sunday November 14th: Remembrance Sunday

You will be welcomed warmly at any of these events. You will find further details over the coming weeks on our Facebook page or on the church website. Or if you would like to speak to one of the clergy, our Associate Priest is Revd. Pat Palmer on 01256 412986.

We continue to pray for everyone who lives, works and studies in our district and ask God's blessing upon you all.

Revd. Jane Leese

Assistant Priest at All Saints Church

<https://www.facebook.com/allsaintsbasingstoke>

<http://www.basingstoketeamparish.org.uk/all-saints-church-basingstoke>



Returned to Viables!

CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF THE MONTH
19.30 - 21.30
BAR OPEN!

01256 473634
office@viables.org.uk




Open Mic Vivo

Saturdays

Sep 11th, Oct 16th,

Nov 13th, Dec 4th

7:30pm til 11pm


Viables Community Centre, Entry for all is £1 and all proceeds go to The Viables Community Centre.

MEOWS
Viables Wellbeing Choir

No dots or quavers
Stress busting
Sense of belonging
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It's just like singing in the shower!
Sing as though nobody can hear you!

Osborne Room, Viables Community Centre
Thursdays 7:30pm - 9pm
Just £4 (concessions available)
Contact us at office@viables.org.uk or call Jeanette on 07885 596380



Ukulele Classes

Got a ukulele? Been wanting to learn?
Come and learn to play at Viables!

6 week courses
starting
27th September

Beginners
17:45-18:45
£40
Improvers
19:00-20:30
£45

No previous experience is required - just come along with a ukulele, music stand and tuner! Contact 01256 473634 or office@viables.org.uk to book.

Are you interested in holding a stall at our Christmas fayre?

Please email Office@viables.org.uk for an application form

Christmas Fayre
5th December
2.30 - 5pm



Hi, I'm Helen Noonan the co-owner of the pretty Heart & Compass zero-waste refill store which occupies two of the converted stables in the Viables Craft Centre. This new shop, which opened in August, helps you on your environmental journey with essential items for you and your home that are kind to you and kind to the planet.

So how did the Heart & Compass come about? The journey began when I met Steve, my partner, and we took responsibility for not harming the environment. We intentionally prepared meals from local, non-processed organic food that is in season. Happy chickens burble away in the garden, and we grow some of our own vegetables. We don't eat the chickens, but we eat the veg! In fact, our lives are becoming like the classic sitcom, The Good Life.

Then David Attenborough's Blue Planet II put an end to filling our bin with single-use plastics.

I am excited that, through the Heart & Compass, I can make it easy and fun for you to buy essential products that are extremely kind to you and kind to the planet. It makes me incredibly happy to see friendly faces refilling bottles and jars. By being one of these friendly faces you become a role model for friends, family, neighbours, and colleagues. I can't wait to meet you.



The Heart & Compass stocks a wonderful range of laundry & household cleaning products as well as shampoos, conditioners, soaps, deodorants, body washes and feminine hygiene products. There are clean, re-usable bottles and jars in the store just waiting for you to fill. We are always on the lookout for your spare bottles and jars with lids. If you have some then please be a hero and bring them over.

In September, the Heart & Compass will have environmentally friendly baby products for the new mums in Basingstoke. Did you know that the average baby gets through 4,000 disposable nappies by the time they're potty-trained, costing families £400 a year and creating the equivalent of half a tonne of carbon dioxide?

What's next? The second converted stable, which is currently getting a lick of paint, will be stocked with loose teas, coffees, herbs, and spices. Dried goods, pasta, chickpeas will follow and then refillable wine, beer, and spirits. Come on over!



Website - www.heartandcompass.co.uk

Facebook - www.facebook.com/heartandcompassbasingstoke

Instagram - www.instagram.com/heartandcompass

Band Community Lottery supporting **Viables Community Centre**

WIN UP TO £25,000

Play today and support our cause!

- Make a difference to the community and support Viables Community Centre!
- Sign-up for only £1 a week!
- You get the chance to win cash prizes up to £25,000 every week!
- We get 50p from every £1 ticket
- Join your community in making where we live an even better place

To start supporting, visit:

www.BandCommunityLottery.co.uk
and search for: **Viables Community**

Supporters must be 16 years of age or older



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