

# The Harrow Way

**The Viables 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.
- We teach absolute beginners, as well as students who can already draw and paint, who seek more tuition with like-minded people.
- Mediums taught include pencil, charcoal, acrylics, watercolours, ink and wash and more.
- · Held at the Viables Craft Centre, Basingstoke.
- · Taught by Resident Artist Carolyn Taylor

Get in touch for more details or to book your space Visit our website www.creativeartclasses.co.uk or email studio@creativeartclasses.co.uk or call Carrie 07780 714656

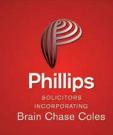












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NEW GROUP

# HAMPSHIRE

STARTING MONDAY 6TH DEC

THE ROGER MORRIS CENTRE AT EASTROP

EASTROP WAY

BASINGSTOKE

RG21 4QE

**EVERY MONDAY 19:00 - 20:30** 

GROUPS@TOUGHENOUGHTOCARE.ORG
#TOUGHTOGETHER

#### **Peer to Peer Support Groups**

### What are TETC support groups?

We are here to support any male over the age of 18 going through a difficult time or just in need of a chat without being judged.

### Why attend?

Why not?! Worth giving it a try and you may even be able to offer support as well as receive it, whilst enjoying a cuppa!

### Do They help?

Talking always helps but it's surprising how much listening can help too. Sometimes it's hard to talk to people we're close to, but if you don't fancy talking then that's fine too.

### What can I expect?

A friendly welcome with a cup of tea/coffee and a biscuit. No obligation to talk other than to say hello. Leave if it is not right for you—nobody will be offended.

#### What does it cost?

Nothing! So why not give it a go? It might just help you and it will definitely help others.

### Message from the Manager

### **Hello Everyone!**

Well! So much has changed since we last sent out our magazine!

As of Dec 1st, Viables Community Association will be managing a second building—The Roger Morris Community Centre at Eastrop. We are so excited about it and hoping that we can bring some of the magic and excitement of Viables to the community of Eastrop and Riverdene too.

We are also now joined by Debbie Soto as our new Assistant Manager. Debbie was a former Trustee and volunteer with Helping Hands for the Blind and we are really pleased to have her join our team. In addition, we welcome some new trustees to our association—Leigh, Tracey and Lindsay all join us for what we hope will be another successful year.

In order for us to run as effectively as possible, we have increased our staff base to help us achieve this. By the time you receive this, we hope to have those new people in place—a children and families activities Coordinator, a Memory Club Activities Support and a Centre Coordinator.

Our Christmas event this year will take a slightly different format so as to ensure there is social distancing in place for those who are not yet comfortable with social get togethers and who may be more vulnerable. Therefore, it will be a ticketed event. If you would like to attend, please contact the office by phone or email and add your name(s) to the list. Tickets are free but we ask that you let us know if you cannot attend as the place can then be offered to someone else. We are limiting seats to 70 people, plus the choir—the amazing Basing Singers.

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

FB—@viables

Insta—@viablescommunity @rmc\_eastrop

Twitter—@ViablesCC

01256 473634

Office@viables.org.uk

## Luan Squire

### Aaron Ford - Decorating and Home Projects

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### Community News

#### Update from Cranbourne

It continues to be a busy Autumn term here at Cranbourne with plenty of moments to be proud of. Our students have settled back into school well since their half-term break. This half term we have been focusing on "Green Cranbourne" and how we, as a school community, can contribute to positive change and help to preserve our planet for future generations.

### Turning to Solar Power in response to Climate Crisis

At Cranbourne we are working towards promoting a greener future for our students and local community and we are proud to announce the addition of 126 Solar panels on our Sports Hall roof. The addition of Solar panels will help save 11.1 tonnes of Co2 every year whilst yielding up to 43,309 kWh of energy of which 98.70% is to be used directly on the school grounds. The panels were officially switched on with the help of our Senior prefects who are heading up the Green Cranbourne venture.

Our student team were equally as excited about Cranbourne making its own clean power saying: "I believe that the school solar panels are really good for the environment as it will help the school in being more eco-friendly and it really helps with saving money that would previously be spent on electricity. We do have a couple of ideas to help grow Green Cranbourne and together the school council will develop more ideas. One idea is discovery days aiming to help educate students about working towards a more eco-friendly future." Portman Waite, Head boy

"Sustainability is crucial to maintain an eco-friendly environment. That's why Cranbourne is one if the first that is working to become greener. Solar panels are just a step to start many more, because as the younger generation we care about our planet and those who inhabit

it. Everything we do towards helping the planet, the better our future." Sanjila Gurung, Head Girl



We are immensely proud of being able to work towards a greener and brighter future for our students and we will be taking steps to ensure we take the appropriate steps to being more climate conscious. See pictured above our Green Cranbourne Team lead by our Head Boy and Head girl Portman and Sanjila.

### The Grange Festival

Cranbourne school students have been working hard at their performing skills and recently visited the Grange Festival to see a showcase of their work alongside other participating schools. During May and June, 28 students worked alongside industry professionals to create a song and video for a WWF project. They were asked to create a song explaining their feelings and emotions about the destruction of ancient woodland. The song was recorded and produced by a professional engineer and a video developed from the students ideas. The project was creative, fun and developed a heartfelt message. At the showcase event Cranbourne's video and song was greeted very well by the audience and the students themselves were surprised to see and hear themselves on the big screen! But there is more exciting news as the event was covered by BBC South Today and footage of the showcase will be shown on TV during November to coincide with the Climate Change Conference. We are incredibly proud of our Music and Performing Arts students for contributing to the Grange Festival with their performance film, Wood Wide Web.

Please visit our website at http://www.cranbourne.hants.sch.uk/ And follow us on social media to keep up to date on what is happening at Cranbourne.

Facebook: https://www.facebook.com/Cranbourneinfo/ Twitter: ttps://twitter.com/Cranbourne\_info Wishing you a very happy and peaceful Christmas time and we look forward to bringing you more news about Cranbourne in 2022! Jane Aplin Headteacher, Cranbourne 01256 868600



### Travels with my sketchbook

An illustrated compilation of material spread over 50 years capturing scenes and events using a variety of medium including pencil, fibre pens, felt tips and watercolours.

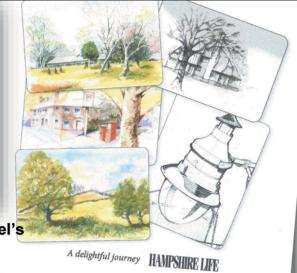
Subjects range from holidays,

work to Christmas scenes and more. The 70 page hardback book is available now from Amazon

The Proceeds are to go to St Michael's Hospice

Available to buy on Amazon in support of St. Michael's Hospice for just £15.99.

A lovely Christmas gift! By local artist David Charsley



### NEW u3a GROUPS IN THE PLANNING



### www.basingstokeu3a.org facebook.com/Basingstokeu3a

### Sounds of the 60s and Skittles!

Are you missing those great 60s (and 70s) sounds? Would you like to re-create some of them for fun? The u3a is looking for members who are experienced musicians and singers of either sex to get together, maybe once a fortnight for 2-3 hours, to make some good-quality music.

If this sounds like you, and you have a decent singing voice, or play lead or rhythm electric guitar, keyboard or drums (and have your own instruments/kit), do please contact us.



We're planning a new weekly Skittles Group too, meeting at the Town's Bowling Club, Fairfields Road, Mondays from 10:00 - 12:00. Again, contact us if you're interested in joining up and playing with us. You'll be very welcome; places will be first come first served!

### Getting to Grips with Web Sites, Facebook and Smartphones

We're also looking for people who might enjoy constructing their own websites but wouldn't know where to begin. A member has volunteered to lead a basic web design group, including things like putting photos on it. And whatever we think of it, Facebook's now an important part of millions of lives, so someone else has offered to lead a group for members who are interested in learning what it has to offer – how to create Facebook pages, for example.

Finally - Smartphone camera masterclasses. Are you getting the most out of your phone - our members shot all the u3a video on our website on mobile phones! Again, if you'd like to learn how to take better photographs and create videos, we'd love to hear from you.

Many of our existing groups are fully back in action at last - such as badminton, table tennis, cycling, walking, dancing, rounders, walking football and netball for the more active of us. Our singers are singing, and creative members are enjoying arts and crafts, including painting, sewing, needlework, and flower arranging.

Those who like quizzes and indoor games are coming together to play, from bridge to board games like Scrabble and Rummikub. Study groups still include modern languages, film studies, Latin, calligraphy, philosophy, science and literature.

There's plenty to choose from and trips and holidays are being planned as well. Look out too for our second Christmas Fundraising Quiz.

Don't forget that for just one annual membership fee, you can join as many groups as you can fit into your week!

email: basingstokeu3aenquiries@gmail.com

If you're not on-line

and would like a paper copy of all current activities

phone: 07787 520 281

### Community News



### **CHALK RIDGE CHILDREN HAVE A BUSY AUTUMN**

### Learning Carries on Happily as Usual

Children throughout the school have continued to

work hard. Some have been exploring the Amazon Rainforest and thinking about the deforestation in Brazil. Others have been finding out what it was like to live in World War Two and had fun living through a WW11 day after half term...

Some have become excellent map readers; some have worked together to produce E-safety podcasts; others have been exploring sound and how to block it - much to the relief of some parents no doubt!

### Children Help their Local Communities Too



Chalk Ridge plays its full part in the community as well. Pupils have filled shoe boxes for the Rotary Club appeal, collected Poppy contributions, and donated enough food for Basingstoke's Foodbank to provide 814 meals! A big well done to them all.

If you haven't bought your Christmas cards yet, our children have been busy designing some for you, with the money raised all going back into school funds through the Parent Teacher Association. Their work is being made into cards, calendars, gift labels and mugs.

### Become a Governor and Help us Support these Great Children

Chalk Ridge has some governor vacancies at the moment. It's very rewarding work, especially at this difficult Covid time for *all* schools, as they do their utmost to keep children safe and learning. We're currently holding our meetings either face to face or on-line, depending on how safe everyone there feels. Contact the school if you'd like more details, you'll be made very welcome.

### Email: adminoffice@chalkridgepri.hants.sch.uk

www.chalkridgepri.hants.sch.uk

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

### Dear Residents,

Here is our latest Newsletter, which we hope you will find helpful. CGH have been chosen to run a Breast Pilot Scheme for 30+ year olds, who are experiencing breast pain or, who have found anything unusual, such as a lump. You can now contact the surgery and be seen on the same day, and referred directly. As with all GP practices, CGH is experiencing high levels of demand for all services. To ensure you are seen within the appropriate time frame, please use E-consult for non-urgent matters. If you require medical attention more urgently, please contact the surgery on 01256 479747, or go in to Reception where someone will be able to help you. If CGH is closed, please ring 111 for assistance. For anything life threatening, always ring 999. For up-to-date information and help on a full range of subjects, please visit the CGH website: www.cghpartnership.co.uk

Patient Details, and Ethnicity It is important for CGH to have up-to-date information for patients. If any of your details change, e.g. email address, mobile/phone number, please do let CGH know for their records. In the coming months, you may be asked for your ethnicity, as it is important for this to be recorded on patient's records. We want to ensure everyone understands the reasons for this. Firstly, it is to help identify risk factors. Some groups are more at risk of certain diseases, and some have specific care needs. It also ensures we always give the appropriate care. It helps us understand the needs of our patient population, deliver services fairly to everyone who needs them, and improve public health by ensuring our services are reaching all local communities. Thank you for your cooperation in letting us know this information so we can keep our records updated.

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. 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. CGH/PPG/November 2021





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 for a couple of hours

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!** 

### **Hub Community Church**

As we approach another Christmas, doesn't everything still feel a little uncertain? We still have to hold plans lightly, knowing that if we have a positive test, plans for at least the next 10 days will be changed. We have learnt to somehow juggle that uncertainly and have been forced to process many disappointments along the way. Many people who are vulnerable or who suffer with anxiety or other conditions are still, understandably, very nervous to mix with lots of other people.

As a family, we have always welcomed our wider family into our home or travelled to be with loved ones at Christmas. We've never really contemplated a Christmas at home, just the four of us. Last year we did just that for the first time, after any plans for a family gathering looked unlikely in the run up to the holiday season and then disintegrated just a few days before Christmas. Yes, there was disappointment and frustration, but we really enjoyed our time together and while we missed sharing the day with our extended family it was a special and more simple, uncomplicated experience.

Over the past couple of years, I have appreciated the simple and often unhurried nature of life. Slowing down and pausing is so often such a valuable thing to do. How often have we believed the lie that we have to spend lots of money or plan the best and most exciting activities to have a good time? The simple way is often the most authentic.

I had hoped that the experiences that many people spoke of during the early stages of the pandemic; the way we looked out for each other and how neighbours connected, would continue to grow. Some of that is continuing, which is great, but it seems as if we now live in a more divided society than ever with the rich getting richer and the poor getting poorer. The divisions over Brexit appear to have intensified and the differences of opinion over the vaccines remain. We need unity and love for one another more than ever.

This Christmas, I do hope to celebrate with my extended family, but I am asking myself what else I can do to bring people together. It might be a simple invitation to a lonely neighbour to come over for a glass of wine or encouraging our church to come together and reach out to the community in some way.

What could you do?

God bless,

**Andy Wright** 

Andy Wright, Senior Leader, Hub Community Church

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Monday	<b>LUV</b>
Messy/Sensory Play—booking through Trybooking only	1 - 1.45
Ukulele Classes Booking is essential - contact: office@viables.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
<b>Move it or Lose it -</b> Change the way you age, for over 60's Amanda 07399 618947	12:30 - 13:30
Zumb Gold with Kate	14.00-15.00
Cookstars with Natasha Children's cooking classes E: natasha@cookstars.co.uk T: 07570 690 758	16.00 - 17.15
Antenatal Fitness with Magda—starting in the new year!	18.00
Dog Training with Kathy	18.30 & 19.30
Krav Maga Self Defence Sonny 07851 433456	19.15 - 20.45
Wednesday	
<b>Pilates</b> Elaine 07808 895279	10:00 - 11:00
Hatha Yoga Elaine 07808 895279	11:15 - 12:15
Dress Making classes	10:00 - 12:00
Contact Sewfistication on 07880 716593  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—postnatal group for babies and parents	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 Jeanette 07885 596380	19:30 - 21:00
Friday	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.org.uk 01256 473634	10.00 and 11.00am
Weight Watchers Vanda 07771 884553 Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia Helene O'Connor 01256 473634 helene@viables.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



### Five tips when considering divorce

Dealing with a divorce is never easy but Elizabeth Ford, a family law solicitor and mediator at Phillips Solicitors offers five tips to help make the process as smooth and amicable as possible.

1. Get legal advice

It is important to have a full understanding of your legal rights and responsibilities. Having an idea of what the divorce process involves will help you feel much more in control and less anxious. Write a list of questions to take to your first appointment; no question is trivial or irrelevant.

2. Gather your financial information

You and your spouse will need to share financial information with each other. If possible, work together to gather details about your income, property valuations, mortgages, savings, pensions and debts. If you cannot do this together, write down what you can recall about the financial arrangements during the marriage.

3. Keep communicating with each other

This will be a very difficult time but maintaining open channels for communication can make planning your futures much easier. Make a written note of what you have talked about to remind you both.



4. Mediation is often helpful

For many people, mediation is a quicker and cheaper option for resolving family difficulties about children or finances than going to court. It empowers separating couples to make their own decisions together.

We can refer you to a local mediation service or you can choose to come directly to Haymarket Family Mediation, which is part of Phillips Solicitors instead if you prefer.

Phillips

Brain Chase Coles

5. Update your personal details and entitlements

You should check to see whether you are making the right claims for benefits including Child Benefit, the council tax reduction if you are living separately and Universal Credit.

If you are considering divorce, please contact Elizabeth by emailing elizabeth.ford@phillips-law.co.uk or by calling 01256 854628.

Alternatively visit www.phillips-law.co.uk/family

### **Greetings from everyone at All Saints Church**

**Christmas Greetings from everyone at All Saints Church** 



'Shop early for Christmas' seems to have been the rallying cry to consumers from all quarters over these last few weeks. If you want to be sure of having a turkey to serve on Christmas Day or 'pigs in blankets' to go with it; if you want to be able to give your children or grandchildren the special gifts that they're hoping Father Christmas will deliver; or if you want to be sure of a grocery delivery slot, get organised well in advance and 'shop early!' And on top of all that there's a certain amount of uncertainty about Covid because we all remember the disappointment when plans for last Christmas were disrupted at the last moment. Will we be able to gather together with all our families and friends to celebrate the occasion in style?

One thing is for sure, whatever you might read in the media, Christmas will NOT be cancelled! Christmas is the celebration of the birth of Jesus, the baby born in the manger, the Son of God, who grew up to show us just how much God loves us. That love is something we celebrate not just with food and drink and presents but in our hearts and by the way we live our lives. At All Saints Church we hope very much that we shall be able to welcome you into our Christmas services which will be a reminder of the special story, and a chance to remember the real meaning of Christmas:

Sunday December 19th 6.30pm Carol Service

Christmas Eve 4.00pm Crib Service (all welcome but especially for younger children)

11.30pm Midnight Mass

Christmas Day 10.00 am Christmas Morning Service

Sunday December 26th There will be NO service at All saints on Boxing Day, but there will be a

10.00am at St Michael's.

If there has to be any change to this schedule because of Covid it will be announced on the website and Facebook page.

Wishing you a very Happy Christmas

https://www.facebook.com/allsaintsbasingstoke

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

Revd. Jane Leese

Assistant Priest at All Saints Church









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