



The Harrow Way

The Viabes Community Centre Magazine



£40.00 per Adult
£35.00 Per child
This includes return coach from Viabes Community Centre

Viabes Community Centre
Coach Trip
Wednesday 24th August
Coach to leave @ 09.00 and return @ 6.00pm

There are carer tickets available, please contact us for more information



We will need a minimum of 45 to run this event
Viabes Community Association 1177363



Viabes Community Centre

Monday 25th July 10-12.30 or 1.30-4.00pm

Tickets are £10 per child



KEV F'S COMIC ART MASTERCLASS

Kev F Sutherland writes and draws for Beano, Doctor Who and Marvel comics, and makes graphic novels adapted from Shakespeare, and now he'll teach you how easy it is. After the end of a Comic Art Masterclass, everyone goes away with a comic containing a strip by everyone in the class plus an individual caricature by Kev F.

Learn everything he knows, so you could leave school and steal his job!
(Classes are for age 7 and upwards)

Community News

An exciting summer term for Cranbourne!



It has been an excellent year so far at Cranbourne and we are very excited for this Summer term. We have lots of events planned, including our Performing Arts Festival, Cultural Evening, Day of Sport and our Year 7 Transition days. Plenty to look forward to!

Cranbourne Students Get Inspired.

This term, Year 8 and 9 students went on a careers themed trip to the 'Get Inspired' careers exhibition. The event, at Basingstoke's Apollo Hotel, had a huge selection of interactive and challenging activities for everyone to get involved in. Year 9 student, Calum T said *'This event was a truly amazing experience. I have learnt so much, about jobs that I have an interest in, and learnt about some that I hadn't considered previously. I recommend to all that can, to go to the Get Inspired event, as it is a great opportunity to learn more about potential job opportunities.'*



QMC Sporting Superstars



Our amazing KS3 students took part in QMC's Superstars 2022 Competition, all the students that took part made Cranbourne proud! They came in third place overall, bringing home the bronze and were the strongest in the swimming, coming in both 1st and 2nd place. Congratulations to Luke C who won overall in the Year 7 boys and to Hayden C who won overall in the Year 8 boys. Well done to all our superstars!



Year 6 Transition

We are thrilled to be running online sessions for our upcoming Year 7 students. We have sent a communication to our intake families with a timetable of exciting taster sessions for your child to take part in. This is a great way to get to know our specialist subjects and the teachers. We look forward to seeing you online and then in person at our transition days. -Mrs Aplin, Headteacher

And then there were 2...

WANTED!

We are looking for volunteer gardeners to join our volunteer team on a Tuesday morning. No experience is required but enthusiasm and being happy to get mucky are essential! If you can spare any time between 10 and 12 on a Tuesday morning, we would love to hear from you.

01256 473634 or office@viables.org.uk

Message from the Manager

Well, what a busy few months!

Since we last issued our magazine, we have supported Ukraine by collecting, sorting and arranging transport for essential items that have been taken not only to the border checkpoints, but into Ukraine for those in great need; developed English lessons for our newly welcomed Ukrainian guests with basic English in order to help them feel settled and gain confidence in their new surroundings; opened Basingstoke's Community Wardrobe at the Roger Morris Community Centre, Eastrop, run successful art workshops and an art course for children aged 5-12 years and held wonderful Jubilee celebrations!

These are just a few of the highlights and we can assure you that we are still working on a whole host of other things, including our annual play day, a trip to Legoland and more!

A massive shout out to our volunteers who have been sorting, packing, teaching, supervising the wardrobe, and everything in between! We simply couldn't do it without you and many of you have been here week after week, if not day after day—we really appreciate your help. THANK YOU!

We have had some staffing changes and would like to introduce you to the full team for both centres:

Luan—Manager

Debbie—Assistant Manager

Kathryn—Centre Coordinator

Hannah—Children's Activities Coordinator

Helene—Memory Club Coordinator

Sarah—Memory Club Activity Support

Leslie—Site supervisor (evenings and weekends)

As always, we would love to hear from you if you are looking to volunteer your time. We have a lot of events and activities so there is bound to be something that you will find enjoyable!

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

FB—@viables

Insta—@viablescommunity @rmc_eastrop

Twitter—@ViablesCC

01256 473634 01256 410605 Office@viables.org.uk or Bookings@therogermorriscentre.org.uk

Luan Squire

Aaron Ford - Decorating and Home Projects

Painting and decorating. Ceramic tiling
Bathrooms and kitchens refreshed
Bath/shower/worktop - silicone seams replaced
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Quality workmanship. Fully insured
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01256 350937 - 07771 531069
aaronaford@hotmail.com



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NEW GROUP

TETC
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.

Activities

Here are some of the amazing artworks created by our 5-12 year olds on our Young Artists workshops and course!

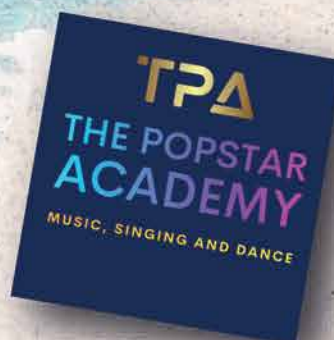
Monday		
Messy/Sensory Play		13.00 - 13.45
Ukulele Classes		From 17:45
Booking is essential - contact: office@viabes.org.uk		
Phoenix Martial Arts - Kickboxing		17.45- 21.15
Email Tom Hayward pma_kickboxing@hotmail.com		
Art classes in blocks of 10 weeks—contact Carrie on 07780 714656 for information 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
Zumba Gold with Kate		14.00-15.00
Mencap		18.30—20.30
Krav Maga Self Defence	Sonny 07851 433456	19.15 - 20.45
MEOWS - Wellbeing Choir for all	Jeanette 07885 596380	19:30 - 21:00
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
WI first Wed of the month		14.00-16.00
Slimming World - Natalie		17:30, 18.30 & 19.30
The Bastion 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
Beeginners/Refreshers Pilates and Yoga—Elaine		11.45-12.30
Baby Steps—postnatal group for babies and parents		13.00-14.20
Hampton Trust support group		17:00 - 21.00
Pilates	Janice 07789 711294	17.45 - 20:00
Friday		
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viabes.org.uk	01256 473634	10.00
Weight Watchers	Willow Wren Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia	Helene O'Connor 01256 473634 helene@viabes.org.uk	10:30 - 12:30 13:00 - 15:00
Young Artists 5 week blocks		16.00-17.15
Saturday		
Baby Ballet	contact Babyballet Alton for details	8.30- 12.45
Five and More Senses SEND group	https://www.trybooking.co.uk/BLN	11.30-13.00
Sunday		
Healing Springs Church	Ben 07984 544982 And 18.00-20.00 2 x monthly)	10:00 - 13:00



The Roger Morris Community Centre, Eastrop

Monday	
Arts and Crafts—children's activity	09.30-10.30
Mencap—Dance exercise	11.30-12.30
Southern Health—Breast feeding clinic—please check with your HV	Pm
Indian Dance	
Tough Enough To Care—Male support group—drop in	19.00-20.30
Brazilian jiu Jitsu	19.00-21.30
Tuesday	
Mencap (followed by 11.00-11.30 individual or group chat to staff)	10.00-11.00
Sight Loss Coffee Morning—A sight for sore eyes!	10.00-11.30 fortnightly
Brazilian Jiu Jitsu	19.00-21.30
Wednesday	
Dino Play or Messy Play (alternating weeks)	9.30-10.15/ 10.30
Mencap—Life skills	9.30-12.00
Mencap—Sports club	13.00-14.30
Popstars Academy	20.00-21.00
Wildcats	16.15-19.15
Thursday	
Tiny Town	10.00-11.00
Mencap—Crafty Thursday	11.30-12.30
Dog Training Classes	18.30-20.30
Friday	
Messy Play with Stacey	10.00-12.00
Popstars Academy	17.00-18.00
Brazilian Jiu Jitsu	19.00-20.30
Saturday	
Wildcats	9.15-11.45
Brazilian Jiu Jitsu	11.00-14.00
Sunday	
Indian Dance/singing	9.00-12.00
Christian Community Church	17.00-22.00

As you already know (hopefully) we also now manage this building too! So here are some of the wonderful activities happening there on a regular basis.



Community News

Camrose, Gillies & Hackwood PPG

Hello CGH Patients,

Over April and May our PPG has been busy analysing the output from our two workshops held at Brookvale Community Hall. Thank you to those that attended, as it's given us information to feed back to CGH. You can now read what patients have said on our website. Our website is expanding all the time and can be found at <http://www.cghppg.co.uk/>

Busy Busy - Changes at CGH Currently 13 PPG members are trialling a new App called Dr IQ for the surgery. Once launched, probably towards the end of the year, it will allow patients to make appointments, request prescriptions and more 24/7.

CGH is also implementing a system called Docman 10. This allows documents to be transferred and filed electronically, rather than manually, to and from hospitals on the same system. So a lot of work and training is going on to implement the new systems, which will make admin much quicker and easier.

PPG Engagement with Local Councillors Maria Miller, MP for Basingstoke, is holding a special event focusing on improving community health services on 26th May. Our deputy chairman will be a member of a specialist panel talking about the PPG. Tickets for this event can be obtained via this link:

<https://www.eventbrite.co.uk/e/delivering-a-strong-primary-healthcare-system-for-basingstoke-tickets-324299206657>

In addition, Councillor Kim Taylor has been running a patient feedback survey on line for the last two months. You can add your own feedback via this link:

<https://basingstokelabour.org/gp-feedback-survey/>

Self-Care - You will be aware from the media that there is a shortage of doctors. This has resulted in a huge workload for our GPs and hospitals. The NHS is promoting self-care awareness, so we can better help ourselves in the first instance. Information is available to read on self-care on CGH and NHS websites, but of course you should make an appointment if you need to.

Elective Care - If you have been referred for a hospital appointment you can get a **rough guide** of the waiting time for an appointment, operation, or treatment by going on to this web site <https://www.myplannedcare.nhs.uk/>. **This does not include cancer treatments.**

Covid Jabs - Spring boosters are ongoing for those who will be 75 by June 30th 2022. Immunosuppressed people will receive an appointment. 5-11 year olds are being vaccinated at Jameson House by appointment only. Walk-ins for 1st, 2nd, and boosters, including Spring boosters, continue at Festival Place, which is next to the Tiger shop, 12-15 year olds must have an accompanying parent. It's important that all under 18's have 3 months clear of Covid, everyone else 28 days. Festival Place is open 7 days a week from 11.00-17.00.



Basingstoke WI are now meeting in
The Four Lanes Room
at
Viabes Community Centre
on the 1st Wednesday of each month,
at 2pm

We are a small but busy group and would welcome new members to join us. At our meetings, we have speakers, workshops, entertainments and, of course, refreshments!

We also have four regular monthly groups who play cribbage, board games, meet for craft and a chat and a play/reading group called the Jam Tarts. We also go on outings frequently and attend workshops and are involved in national and county WI events so life is never dull and we are always busy, but you can do as much or as little as you want. Please do come along and see if you like us; you are very welcome.

YOGA CLASS AND PILATES

FOR
BEGINNERS/REFRESHERS

Learn all the basics of both
Pilates and Yoga in this 45 min
class with time for questions
and demonstrations after

Beginners
classes
Thursdays
11.45-12.30

Join our class and balance your body

Greetings from everyone at All Saints Church

Greetings from everyone at All Saints Church – 'your church at the Top of Town'.

We're very pleased that we're gradually able to return to our pre-pandemic ways of being together and worshipping but while some things are returning to normal, the four churches of the Basingstoke Team are in a period of transition right now. The churches - St Peter's South Ham, Christ the King Brighton Hill, St Michael's and All Saints in the town centre – have been grouped together as a Team for many years now, each with its own vicar and held together by the Team Rector who has always been based at St Michael's. Over the last few years, the full-time clergy of those churches have all moved on and have not been replaced, in readiness for a new team of ordained and lay leaders to step in and lead us into the next phase of our life together. Staff are still being appointed, conversations are being held and there are many decisions still to be made, but we know that the plan is that the four churches will work much more as a single unit, sharing resources and opportunities, and that the clergy will serve all four congregations rather than focussing on just one.

By the time the next edition of The Harrow Way comes out in the autumn there will be much more to tell you....but for now, please be assured that at All Saints we continue to worship every Sunday at 10.00am and there is a short midweek service every Thursday, also at 10.00am. We continue to be a welcoming and inclusive church; our worship is traditional in style and the beauty of the music and the surroundings is uplifting. We'd love you to join us week by week, or we can help you plan a baptism or a wedding in our lovely church.

Further details can be found on either our website or our Facebook page – don't hesitate to get in touch.

Revd. Jane Leese

Assistant Priest at All Saints Church

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

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



Hub Community Church

This month we celebrate the Queen's Platinum Jubilee, marking 70 years of her reign. What an achievement and what an excellent role model she is; fully of integrity and dignity, always displaying a quiet and humble leadership. She certainly has my respect and gratitude.

In a time when the integrity of our nation's leaders is being questioned and challenged, I find it reassuring to reflect on the Queen's reign and acknowledge the rock she has been over many years.

I remember the Queen's Diamond Jubilee in 2012. The street parties and the family gatherings were a great way to celebrate with the rest of the country. I'm thankful for her faith in God and for her character, much of which seems moulded by her Christian faith, which shines through in her video messages and communications.

I was particularly impressed by the Queen's conduct at her husband's funeral and how she observed the Covid restrictions, not allowing one rule for her and another for her citizens. She showed great character and strength and I will always admire her for it. It is conduct like this that demands my respect; she a great role model.

As we seemingly face crisis after crisis, be it the war in Ukraine, energy and fuel costs, inflation increases or mental health challenges, the need for honourable and gifted leaders is more pressing than ever. Every time we see evidence of poor leadership, in whatever sector it may be, let's thank God for our Queen, who, for 70 years, has in my opinion modelled good, sound and Godly leadership.

I trust you will enjoy any Platinum Jubilee celebrations you have, as we reflect on our Queen's reign, and reflect on what she has achieved and the example she has set.

God bless, Andy Wright



Andy Wright, Senior Leader, Hub Community Church



Our latest initiatives



If you are interested in volunteering,

please contact us at
office@viabes.org.uk
 01256 473634



Welcome to the
 Basingstoke Community
 Wardrobe

Our Aims:

- reduce waste
- reuse
- keep clothing affordable
- bring some community spirit!

How does it work?

You may do one or more of the following:

- donate clothing that is in good clean condition (no tears or stains please)
- Swap a like for like item from the wardrobe with one of your own
- Make a small payment/donation for items from the wardrobe
- Bag a Bargain - this is where you can fill one of our bags for a flat payment of £10



Welcome to the
 Basingstoke Community
 Wardrobe

If you are swapping like for like there is no charge. If you would like to take but are unable to donate clothing, our pricing is as follows:

- Baby items - (sleepsuits, vests, booties, bibs etc) 50p each
- Children's clothing - t-shirts, leggings, shorts, etc - £1 each
- Children's clothing - jumpers, jogging bottoms, heavier items £2 each
- Adult clothing - £1.50 - £4 depending on weight and quality (e.g. t-shirts up to heavy jumpers/trousers)
- Jackets/Coats £5 unless priced separately
- Shoes - £2 - £5
- Bags - Starting at £1
- Bag a Bargain - fill one of our bags for £10



FREE ENGLISH CLASSES FOR OUR UKRAINIAN GUESTS

Ideal for those with little to no English
 Supported by ESOL teachers and volunteers

Mondays at Viabes Community Centre

10-10.30 for new learners
 10.30 - 12.00 for those who have already been assessed by us.
 Refreshments provided.

As we do here at Viabes, we also have a community bookshelf at our Eastrop centre, should you know of someone in the area who may benefit.

We have opened Basingstoke's Community Wardrobe there too which is manned at the following times:

Mondays—10-12 and 18.30-19.30

Tuesdays—10-12

Wednesdays—10-12

Thursdays 10-12

We are looking for volunteers who may like to support the wardrobe at a weekend so please get in touch if you are able to help, even if not every week.

In addition, we are supporting those arriving from Ukraine with in person English lessons, where they are also socialising with other people from their country, which is proving hugely beneficial for all, including our wonderful volunteers.

CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF THE MONTH
19.30 - 21.30
BAR OPEN!

01256 473634
viab.org.uk

Did you know we have a membership scheme?

MEMBERSHIP

Join

Craft and Gift Fayre
at the
Roger Morris Community Centre
on Sunday June 26th

Come along and see all the wonderful
crafts and goodies for sale.
This will be a great fayre for picking up last
minute teacher gifts

Entry just 50p
per person



Keen to learn to play the ukulele?

Come and learn to play at Viabes!
Classes for complete beginners as
well as those wishing to improve.

To find out more,
contact us on
01256 473634

MEOWS

Viabes
Wellbeing Choir

No dots or
quavers

Stress
busting

Sense of
belonging

Confidence
building

It's just like singing
in the shower!

Osborne Room, Viabes Community Centre
Tuesdays 7:30pm - 9pm
Just £4 (concessions available)
Contact us at office@viabes.org.uk or call
jeanette on 07885 596380

Open Mic Vivo

Saturday 10th March, 9th April, 21st May
7:30pm till 11pm
at Viabes Community Centre

Entry for all is £1
All proceeds go to The Viabes Community Centre.

Raby Steps

For new parents/carers with children under 1 to network,
support and make friends whilst having a hot drink.
Sanitised toys, designated mat areas and opportunities
to make friends.

Thursdays
1pm-2.15pm

Booking in advance
via Try Booking
where possible

<https://www.trybooking.co.uk/vix>

Little Seedlings Music and Movement

Fridays
10.00-11.00
Osborne Room
Viabes Community Centre

£5.00 per an
adult and child
(5th year)

With a new
each week, there's
lots to enjoy

If you would like to know more about any of our activities, at
either building, please contact us at office@viabes.org.uk or

call 01256 473634

Thursdays
10-11.30
£2.50 per adult
and child 50p
add on per
sibling

FAMILY MOVIE/ MUSIC QUIZ NIGHT

SATURDAY 25TH JUNE 6.30PM-9.30PM
AT VIABES COMMUNITY CENTRE

For more information or to book please email
office@viabes.org.uk or call 01256 473634

EVERYONE
WELCOME

£5 EACH OR
£25 PER
TABLE OF 6

Craft and Gift Fair June 11th - 1.30 - 4pm

Join our selection of local craft and gift se
an afternoon of browsing and shopp
50p entry

This is a fundraising event. Charity no. 1177363

An Evening of Mediumship



Saturday 24th September 7.30

Viabes Sensory and Messy play

Sitting to 12 months of age

£5
per child
and
accompanying
adult

Mondays
13.00-13.45

Monday 14th June onwards term time - pay for materials shown on
advance booking via [trybooking.co.uk/vix](https://www.trybooking.co.uk/vix)

BARN TOTS

Tuesdays term time
9:45-11:30am

0-5years
Just £2.50 for an
adult & child
(50p per child
thereafter) No
additional adults
per booking due
to current
guidelines

Barn Tots is run by
volunteers. If you
would like to help
please contact us at
office@viabes.org.uk
01256 473634



Thursday mornings
10.00 - 11.00



Armed Forces Day Flag Raising Ceremony

Monday 20 June 2022, 10am

Basingstoke and Deane Borough Council, in line with others, will be raising an Armed Forces Day flag at the Civic Offices on Monday 20 June at 10am. The Mayor, Cllr Paul Miller, would be pleased if you would show your support and join him in celebrating the Armed Forces.

All service personnel (cadets, those currently serving and veterans) and members of the public are welcome to attend this year's Armed Forces Day in the town, organised by Basingstoke and Deane Borough Council in partnership with Basingstoke and Overton Royal British Legion.

The Mayor's Chaplain Reverend Canon Linda Scard will lead the ceremony.

The Mayor Cllr Paul Miller, the borough's Armed Forces Champion and a veteran himself, will present any veterans who have requested it with their Veteran's badge.

**The Worshipful the Mayor of
Basingstoke and Deane**

Councillor Paul Miller

requests the pleasure of your company at his

**Armed Forces Day
Flag Raising Ceremony**



**ARMED FORCES DAY
SHOW YOUR SUPPORT**

Who can attend?

- All welcome
- No charge

Parking

Parking is available in local car parks: [Basingstoke Car Parks](#) (charges apply)

Dress:

- Day Uniform / Lounge Suit or Dress
- Badges and Medals may be worn

A quick glance at just a few
of the things we have been
up to the last few months!



FOR MORE THAN JUST A LEAKY TAP

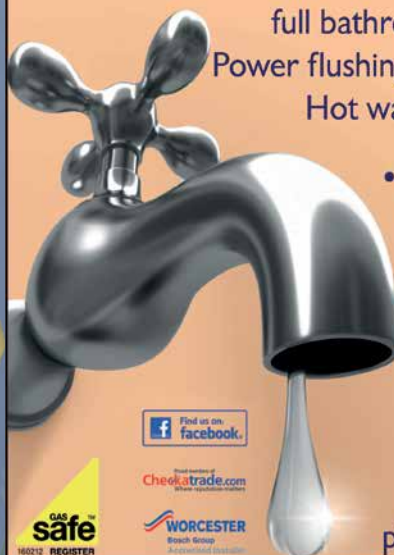


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