

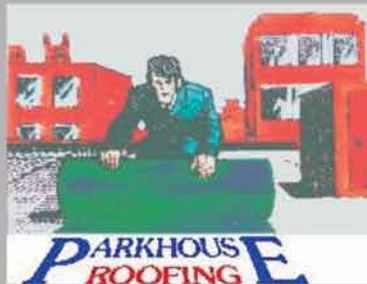


# The Harrow Way

The Viabes Community Centre Magazine



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# Weigh and play!

Wednesdays 9.30 - 11

The Roger Morris Community Centre, Eastrop

Grab a cuppa, play and weigh your baby for FREE




# Carers' Support Group

Mondays at the Roger Morris Community Centre

This group is open to all those caring for someone with dementia. You are welcome to attend alone or bring along a loved one to seek support and share experiences with others. Supported by our Memory Club Activities Provider

Free to attend  
Refreshments provided

## Viables COMMUNITY CENTRE

### Memory Club

Dates for the diary - 1.30-3pm  
27/3, 24/4, 5/6, 26/6, 31/7, 28/8, 25/9, 30/10, 27/11, 18/12



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# Message from the Manager

*Hello everyone!*

*What a busy time we have had!*

*We had a wonderful Afternoon Tea event to celebrate the King's Coronation, attended by over 120 of you as well as the Mayor and Mayoress of Basingstoke. It was a huge success and we would like to thank everyone involved.*

*Both of our community buildings are becoming very busy so there is lots of choice if you are wishing to join an activity. Details of these are further inside the magazine and include a new Beginners' Pilates that is starting this month.*

*Easter was wonderful here at the centre. We had around 300 of you attend for our trail, tombola and cake sale, as well as activities that Hannah ran through the holiday. It was so lovely to see so many of you. This was shortly followed by other events such as our craft fayre, mediumship event, open mic nights, indoor boot sales, cribbage and Ukulele Jam. Never a dull moment with Viables Community Association.*

*March saw the launch of our Weigh and Play sessions at the Roger Morris Centre, Eastrop and we have over 120 local families in our group, with around 30 families attending per week. This session is currently FREE and open to anyone with a baby who would like the opportunity to weigh their child accurately and meet other parents in the area. April saw the start of an additional Memory Club session running on a Thursday afternoon, due to a high need for our services. If you or someone you know has early stages of dementia and wishes to join us, please do contact us at [office@viables.org.uk](mailto:office@viables.org.uk) or call 01256 473634.*

*The summer brings us some exciting changes as we look forward to having the roof of the main building replaced. Due to its age, we have had many little leaks and we are having the work done by BDBC so that they don't turn into larger leaks! This means that there will be a little bit of disruption to some activities between July and the end of September but we have liaised with all of our regular hirers to ensure this runs as smoothly as possible with minimal disruption to all of our wonderful users. The work will be carried out in two phases so at least one of our halls will be open at all times. In addition, we are refurbishing our Osborne Room in September too! We are creating a disabled toilet space, extending the unit so we have additional storage and redecorating the whole space to create a more comfortable and accessible feel for you all. Please bear with us while we continue to develop and maintain our community spaces for everyone's benefit.*

*Luan Squire*



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# Activities at Viables

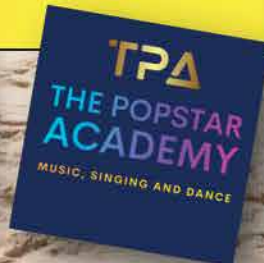
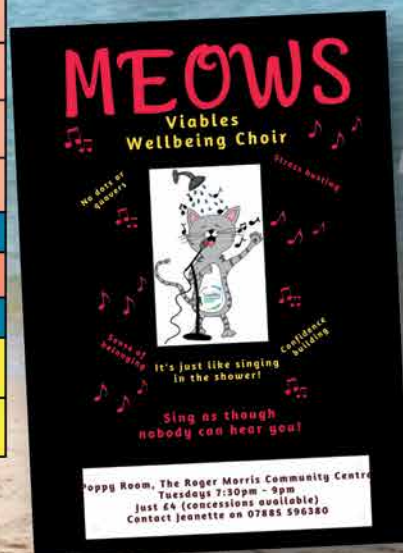
Monday	
Seated Yoga with Sue	10.30-11.30
Messy/Sensory Play	13.00 - 14.00
Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	17.45- 21:15
Art classes in blocks of 10 weeks—contact Carrie on 07780 714656 for information or booking	Am and PM sessions
Tuesday	
Gardening Club March - Nov 01256 473634	9:00 - 12:00
Barn Tots - friendly, informal term time 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—Dance and Drama club	18.30—20.30
Beginners Pilates Elaine 07808 895279	18.00-19.00
Yoga Elaine 07808 895279	19.00-20.15
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
Basingstoke 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—Baby Ballet 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
Soft and Sensory Play	13.00-14.15
Memory Club - Activities for those with dementia Sarah sarah@viables.org.uk	13.00-15.00
Hampton Trust support group—booked through Hampton Trust only	17:00 - 21.00
VoxFresh choir—minis, juniors and teens	16.00-18.30
Guitar Sessions with Sean Campbell—coming soon!	TBC
Pilates Janice 07789 711294	17.45 - 20:00
Friday	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.org.uk 01256 473634	10.00—10.45
Weight Watchers Willow Wren Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia Helene O'Connor helene@viables.org.uk	10:30 - 12:30 13:00 - 15:00
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	19.15-20.15
Saturday	
Baby Ballet contact Babyballet Alton for details	9.30- 12.45
Five and More Senses SEND group <a href="https://www.trybooking.co.uk/BLLN">https://www.trybooking.co.uk/BLLN</a>	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

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.

Monday	
Tiny Town—role play village—childminder discounts available	09.45-10.45
Mencap—Dance exercise	11.30-12.30
Indian Dance	17.00-18.00
Brazilian jiu Jitsu	19.00-21.30
Carers' Support Café (05/06 26/06 31/07 28/08)	13.30- 3pm monthly
Tuesday	
Mencap Bingo followed by Chatty Tuesday/life skills	10.00-11.00 11.00-12.00
Sight Loss Coffee Morning—A site for sore eyes!	10.00-11.30 fortnightly
Rummage Sales for the Community Wardrobe—1 x monthly	10.00-11.30 fortnightly
Yoga with Ri	5.45-6.45
MEOVS choir	19.30-21.00
Brazilian Jiu Jitsu	19.00-21.30
Wednesday	
Tuff Tray Play	9.30 -10.30
Weigh and Play	9.30- 11.00
Mencap—Life skills	11.00 -12.00
Mencap—Sports/social club	12.00-14.30
Meditation with Ri	18.15-19.15
Thursday	
Tiny Talk baby signing classes	10.00-11.00
Mencap—Crafty Thursday	11.00-12.00
Boxcamp	18.45-19.45
Friday	
Yoga with Ri	07.00-08.15
Caterpillar Music 9.20 0-4 years and 10.15 0-12 months	9.20 & 10.15
Tots Play Michelle—07843 479359	10.45
Popstars Academy	17.00-18.00
Brazilian Jiu Jitsu	18.00-20.30
Saturday	
Brazilian Jiu Jitsu	09.00-13.00
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00





# Community News

## News from Cranbourne School

We have had very exciting start to the Summer Term at Cranbourne and we still have a number of upcoming events to look forward to!

Performing Arts week begins here at Cranbourne on 26 June, where we have some exciting events planned. Our Year 10s are busy getting to grips with a performance of "Much Ado About Nothing" which will have you toe tapping and humming along.

Our students have also started preparing for a very special performance to say farewell to Mrs Aplin, with singing, dancing and scenes from an abridged version of Romeo and Juliet.

On Wednesday 3 May we took our Years 7-9 team to compete in Basingstoke District Superstars 2023 at Queen Mary's College. They did exceptionally well and took home second place! We were very impressed by the superb collective team spirit our team showed – everyone played their part and they truly did our Cranbourne Community proud!

Our very own Mr Roberts ran the London Marathon on April 23<sup>rd</sup>, and raised more than £2,500 for the Phyllis Tuckwell Hospice in memory of his Mum – an incredible achievement! We are so proud of him and have been inspired by his dedication to crossing the finish line.

As we begin to approach the summer months and hotter weather, we would like to announce that summer shorts are now available as part of the Cranbourne uniform. They are priced at £16 and can be purchased directly from Skoolkit.

Jane Aplin, Headteacher





# Community News

## Volunteer spotlight on Jeanette Hobden.

I volunteer for Viables Memory Club. A group that meets weekly for people with dementia. Every week is a time when I forget myself and talk to people that appreciate my chatter. I am find I am needed, I have fun and afterwards I realise I've received more



than I have given. I look around the group and there are smiles everywhere, sometimes the biggest ones on the faces of the volunteers. The act of volunteering is seen as self sacrificing but in reality it is a gift you give yourself. Our lovely members look forward to their break from being a home, their carers have precious time to themselves and the comradery is palpable.

Without Memory Club I'd just drink tea and eat cake... oh I do that at Memory Club as well!

## An Evening of Mediumship with Susie Gigg

July 8th 2023

£10.50 pp

19.30 for a 20.00 start



<https://www.trybooking.com/uk/eventlist/viablesandeastrop>

## KEVIN DAVEY - 1-1 Singing Tutorials at Viables Community Centre.

Kevin is delighted to now offer his 1-1 vocal tutoring at Viables Community Centre.



Kevin trained at Webber Douglas Academy, London and has worked extensively in both theatre/film and video as a professional singer/performer and also director/producer.

Kevin is highly professional and has a relaxed teaching style. He welcomes students across ALL ages! He greatly enjoys supporting and building the passion, confidence and skill in a new student to enable each individual to reach their own singing and creative potential!

### Tutoring in Vocals

Kevin teaches vocal technique for beginners and intermediate of ALL ages. Vocal lessons include:

- Key vocal techniques to create clear understanding in how to use the voice & body together, safely as an 'instrument' when creating a vocal for a song
- Exercises & techniques to fully support a student with the following – i.e. projection/pitch/power/harmonies/tone/sustain etc. Muscle, breathing and relaxation exercises to improve pitch and tone
- Musical expression and performance including microphone technique
- Pitch and rhythm exercises
- Specific advice and coaching to 'each' chosen song

### For 'Beginners'

Kevin has a wide experience teaching 'beginners' of all ages. He will help you, your son or daughter, in the preparation of an agreed song that will enable them to improve and increase their vocal range. He believes singing should ultimately be fun and available to anyone at any age or skill level!

**HOW DO I BOOK A CLASS?** For more information re. booking and pricing please contact Kevin on **07855113758** to discuss 1-1 singing lessons.

## Craft & Gift Fairs

Come along and find some wonderful arts & crafts as well as some beautiful individual gifts. Great for picking up unique gifts!

Viables Community Centre:  
24th June 2pm- 4.30pm  
6th August 2.30pm-5pm  
Roger Morris Community Centre:  
20th August 2pm-4.15pm

Entry 50p

Charity Commission No. 1177363





# What's on this summer

## **Viables Community Centre**

- **Open Mic Sat 10th June/  
Sat 15th July**
- **Craft Fayres Sat 24th June/  
Sun 6th Aug**
- **Cotswold Wildlife Park Trip  
Thurs 3rd Aug**
- **Playday Tues 15th Aug**

## **Roger Morris Community Centre**

- **Family quiz night Sat 17th June**
- **Playday Thurs 10th Aug**
- **Craft Fayre Sun 20th Aug**



# Community News

## SPRING HAS BLOSSOMED AND OUR GROUPS ARE FLOURISHING TOO

u3a learn, laugh, live

One of the benefits of belonging to our u3a is that if enough people want to try something new, we can bring them together and help start the fun. So this year, with lots of new members, we've added activities such as Canasta and Backgammon to our list of activities, and doubled up on our popular book clubs and sewing groups. Our February exhibition in town brought new members to our art groups too.



### Anyone for Pickleball?

There's always something for everyone. Some of our new members are joining our more active groups to dance, walk or cycle together. Others are playing skittles, walking football, netball and rounders. Pickleball is now up for offer too! It's a mixture of badminton, ping pong and table tennis - and yet another new activity which members have come together to set up recently.

Now's a good time to try u3a membership and see what it has to offer - it's £25 for the rest of our membership year to September. Everyone's welcome and some of you may bring yet more ideas for activities with you too!

## BASINGSTOKE-OLD BASING U3A

[www.basingstokeu3a.org](http://www.basingstokeu3a.org)

07787 520 281





### Coronation afternoon tea 7th May




**Cotswold Wildlife Park & Gardens**

Viables Community Centre  
 Day Trip to Cotswold Wildlife Park  
 Thursday 3rd August  
 Tickets  
 Adult £27.00  
 Children/Disabled £23.00

Departing Viables 0900am and Returning @ 6.00pm  
 We need a minimum of 44 to run this trip



Viables Community Association 1177363




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### CGHB News

During a recent meeting with CGHB/Operose, it was agreed that a second Meet the Patients meeting with Maria Miller MP, would take place during the summer 2023. Maria Miller has confirmed she will be facilitating this meeting. Date to be confirmed. Future Operose newsletters are scheduled to include details on issues in respect of Dr iQ training videos, and an explanation of the Team of Teams initiative for patient awareness.

Call wait times are starting to improve, and work continues in this area. There are general staff recruitment problems, with the national shortage of GPs causing difficulties. In line with NHS policy, CGHB proactively recruit other clinical roles, such as Advanced Nurse Practitioners, pharmacists and paramedics to provide a multi-disciplinary clinical team giving as many appointments as possible for patients. CGHB also use the NHS ARRS scheme, which provides funding for additional clinical roles, and draws on central support teams, i.e. pharmacists, to support their practices.

If a health matter is causing concern, and patients have difficulty contacting the surgery for an appointment, the 111 service is allocated a limited number of appointment spaces at CGHB and, depending on urgency, are able to contact the surgery to arrange a telephone appointment the same day.

### PPG News

Contact us with any surgery issues or concerns on the above email address. We continue in our endeavours to identify and resolve ongoing patient service problems with CGHB and Operose.

### Items of Interest/Information

**Open Sight** : A Sight Loss Information and Equipment day is being held at St. Andrews Church Hall, Western Way, RG22 6ER, from 1000 to 1500 on the 20<sup>th</sup> March, with free entry and refreshments. This is an opportunity to try a range of aids and equipment for the visually impaired, and find out information in your local area. Contact Open Sight on 02380646380 or, email [Pam.Bateman@opensight.org.uk](mailto:Pam.Bateman@opensight.org.uk).

**Dementia Support** : Basingstoke Discovery Centre hold social afternoons every Monday from 1330 to 1530, to help dementia sufferers using Arts and Crafts, Reminiscence, Cognitive Stimulation Games, Quizzes and Conversation. Full details can be found at : [www.mydementiasupport.org](http://www.mydementiasupport.org)

**Basingstoke and District Disability Forum** : A free magazine created and distributed by BDDF has an online version available at : [www.bddf.org.uk](http://www.bddf.org.uk). The magazine covers a wide range of subjects including physical and mental health, pain management, financial wellbeing, transport, and more.

**Prescription Review Dates** : we recommend that patients check the review date on their repeat prescriptions, and contact CGHB where necessary to ensure medication requirements are as up-to-date as possible.

**Eating Disorders in Men** : Beat Eating Disorders recently launched the UK's biggest survey on men's experiences with eating disorders, to better understand these complex mental illnesses. Results suggest around 1 in 4 of those with an eating disorder are male, and around 1 in 5 had never spoken about their struggles. If you, or anyone you know, needs help, contact : 08088010677 or, email : [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Caroline Atkinson, Editor





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