

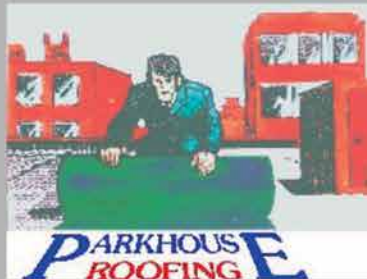


# The Harrow Way

The Viabes Community Centre Magazine



Vertical tiling



Tile repairs

[www.parkhouserofing.co.uk](http://www.parkhouserofing.co.uk)  
phone 01256 840103



EPDM rubber single ply roofing



Liquid GRP roofing



Built up felt roofing

Parkhouse roofing, your local roofing contractor for built up felt roofing, EPDM single ply rubber roofing, GRP liquid glass fibre roofing, uPVC facias, soffits, guttering, cladding and vertical tiling. We have been trading since 1986.



uPVC facias, soffits, guttering

**Meet the BARN TOTS SEND Playgroup team: Jeanette, Lindsay and Sophie.**

SEND—Special Educational Needs and Disabilities

We are now more commonly known as SEND Tots, a name that has been born to us over time by our users. As an established and popular SEND group, GPs and Paediatricians often refer families straight to us. A great compliment to the group and a way to 'bridge the gap' before you receive further expert support.

We control the environment to cater for those special needs – low lightening, lower numbers, an eye for escape routes, and resources and toys that are considered and for particular challenges.

We are lucky to have specialist equipment, light boxes, floor projected touch-sensitive games, balls of every sort and response and things that wobble, rock and surprise. The biggest plus is each other—the non-judgemental support of parent/carers who know what it's like, have been there and are maybe experiencing the same as one of you on your journey.

A typical session would include play time to explore the room as a sensory experience, some led by adults, most left for children to find. A sensory based cooking event usually takes place weekly where children can, without pressure, feel, taste, smell, see or even hear ingredients for simple snacks – allergies permitting.

Snack time may include the cook's efforts but always tries to offer different tastes and textures to widen children's palates and safe familiar favourites.

Songs and stories are offered but not compulsory to sit and listen to, and every child is celebrated.

*Barn Tot SEND playgroup is every Thursday 10-11.30am at Viables Community Centre.*



Lindsay, Jeanette and Sophie

**Spencer & Peyton Ltd**  
*Established 1961*

3rd Generation family owned and run Funeral Directors and Monumental Masons

24 Hours

Our family serving your family for over 60 years

380 Worthing Road  
Basingstoke, RG22 5DZ  
**01256 323165**

7 London Road  
Hook, RG27 9DY  
**01256 761717**

Trading Standards approved

funerals@spencerandpeyton.co.uk  
www.spencerandpeyton.co.uk

ON SITE FLORIST

**01256 355556**  
www.theflowergirlflorist.co.uk

THE FLOWER GIRL

WE'RE MORE THAN JUST A LEAKY TAP



**Boilers**

Installations  
Servicing  
Breakdowns



**Bathrooms**

Cloakrooms  
En-suites  
Shower rooms



**Plumbing**

Taps  
Toilets  
All plumbing jobs



Contact us for a FREE estimate



info@catlinph.co.uk

07774 741021

# Message from the Manager

*Hello everyone!*

I would love to say that we had a great summer but it barely felt like summer! We did, however, have a wonderful time. We ran a coach trip to the Cotswold Wildlife Park, held exciting sessions almost every day across the summer holidays, including Clay Workshops, Young Artists, Messy Play, Eastrop Foodies, Tuff Tray Play and, of course, our amazing Play Days! We are so grateful to everyone who came to our sessions—each time someone does that it helps us gain income to continue the wonderful work we do at both centres as a local charity.

We said goodbye to our children's activities Coordinator Hannah who is enjoying spending some time with her family, and are recruiting for this role AND another! Please look at our website and Facebook pages for details of recruitment opportunities.

We also said a sad goodbye to our lovely Pat, one of our volunteer gardeners who sadly passed away in August. A wonderful lady who will be very much missed.

Our Memory Club is growing from strength to strength and we are always looking for more volunteer support for this and our other services, events and activities. If you would like to gift us some of your time, please get in touch at [office@viables.org.uk](mailto:office@viables.org.uk) or 01256 473634.

We previously mentioned that we were due to have roof works carried out across the main building and refurbishment works to the Osborne Room. As always with these things, there have sadly been some delays so there will be some disruption to sessions and classes from Sep 25th. We would like to give you an exact date of when the work will be completed but weather may well dictate that as it is so unpredictable. If you are attending a class here and would like to check it is still running, we recommend that you contact us or your class facilitator before arriving. We will get back to you as soon as we can with the most up to date and accurate information we have at that time. The good news is that we will have wonderfully new parts of the building for all of our users when it is completed. Please bear with us while we continue to develop and maintain our community spaces for everyone's benefit.

*Luan Squire*



# Activities at Viables

Please be aware that many session times may have changed due to roof works at the centre, so PLEASE contact the session facilitator or the Viables office for clarification.

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—Seamour Room	18.30
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 Carol O'Neill— Please check times and venue 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
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
MEOWS 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
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

A significant change is happening at Cranbourne, as we begin the new academic year.

After seven years as Headteacher, Jane Aplin has chosen to start her retirement and has now passed on the Headship to Sarah Conlon, who was previously Deputy Head at Cranbourne.

Jane said: "I'm very proud of what we have achieved at Cranbourne, and Sarah has been my right-hand woman all the way through. I feel that the school is in a great place, culturally diverse and has



its largest year group of 260 students starting in September. I have loved my time here as part of the Cranbourne Community."

Sarah, who has been at Cranbourne since 2001 is excited to take on the Headship, saying "being appointed as Headteacher is my proudest moment yet! I have seen the school grow and thrive and taught at least two generations of families here. Every day is a different, but some things remain constant - fantastic students, wonderful staff and committed parents!" We're excited to see what this next chapter will bring and will continue to support our families, inspire our students to achieve great things and stay true to our values and strong ethos.



# Community News

## Volunteer spotlight on duo team Linda and Mick

Hello my name Linda and my husband and I help at the Memory Club with my husband Mick and also my granddaughters. We have been helping for about seven and a half years. It is so good—we chat, smile, laugh, do crafts, quizzes and lots more.

OK, so why did I start to help? My mum had dementia and I found this club. My mum loved the club! She would smile, she felt safe and connected. It also gave my dad time to go shopping and take time off to just relax, which was well needed. If you have been touched by a friend or relative who has dementia you will know just how important a club like this is. I still do this to help others who are where I have been and know how much this club and clubs like this are needed. If any of you have time to volunteer you are always welcome.



## Singing InTuition

Singing Lessons for all ages!

Unleash Your Creative Spirit!

**NEW! 1-1 Singing Lessons coming to  
The Viables, Basingstoke**



Call 07855 113758 for details and prices



## 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:  
21st Oct 2pm - 4.30pm  
3rd Dec 2.30pm-5pm  
Roger Morris Community Centre:  
10th Dec 1.30- 4pm

Entry 50p

Charity Commission No: 1177363

## 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.

Dates for the diary - 1.30-3pm.  
04/09, 25/9, 30/10, 27/11, 18/12  
(SOME DATES HAVE BEEN AMENDED)

## An Evening of Mediumship with Susie Gigg

15th Oct at Viables Community Centre

18th Nov at Roger Morris Centre

£10.50 pp

19.30 for a 20.00 start



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



Basingstoke



## Get Help with the Cost of Living

If you don't have enough money to live on, you might be able to get help to afford essentials like bills and food. This includes the Household Support Fund and cost of living payments.

You should check if you can claim benefits - you might be able to do this even if you work, have savings or own a home.

If you owe money and you're struggling to pay:

- You should speak to the organisations you owe money to – they might let you pay smaller amounts or take a break from payments,
- Don't ignore bills or letters about money you owe,
- You can find out how to start dealing with your debts.

## Check what benefits you can get

You might be able to claim benefits or increase your current benefits if you're:

- of working age and on a low income
- sick or disabled
- of State Pension age and on a low income
- a carer
- responsible for children

Lots of people miss out on benefits they're entitled to - so it's worth checking what you can get on: [www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get/](http://www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get/)

If you would like some advice on the Cost of Living payment, essential bills and budgeting, or help with your energy bills, please do get in touch with Citizens Advice Basingstoke on **0808 278 7829** or complete the 'Contact Citizens Advice Basingstoke Today' form on [www.basingstokeandtadleycab.org.uk/citizens-advice-basingstoke](http://www.basingstokeandtadleycab.org.uk/citizens-advice-basingstoke) - you will receive a response within 3 to 5 working days.

Citizens Advice Basingstoke are currently seeking volunteer advisers, if you can spare one or two afternoons per week, please do get in touch on [trainingadmin@basingstokecab.org.uk](mailto:trainingadmin@basingstokecab.org.uk) for more information.



# Community News

u3a learn, laugh, live

## OUR CREATIVE WRITERS AIM HIGH WATCH OUT FOR THE MYSTERY OF BLACK DAM PONDS TOO

Winning Local Competitions and Aiming for National Awards



As well as getting themselves published, over the last few years some of our members have won writing competitions both locally and further afield across Hampshire. Now others are aiming higher - they're currently doing battle with U3As nationally in a creative arts competition. Meanwhile they're all working together too, on a 'round robin' story. Each member is contributing a chapter and it's called 'The Mystery of Black Dam Ponds!'

One to look out for. So if you enjoy putting pen to paper as well, why not join our Creative Writing Group? Annual membership starts in September, so it's an ideal time to get going.

Over 75 Activities to Choose From for Just One Annual Membership Fee of £38

If you're no longer in full time work, whether it's outdoors or indoors, play or learning, there's a very friendly activity for you in our u3a. Sports, science, languages, outings, board games, music, arts and crafts, films, history - the list goes on. And if your favourite isn't there yet, don't forget we can help you start up a group of your own.

Ukelele, Short Mat Bowls and Motorbikes have all been set up recently this way. Give us a try.



[facebook.com/Basingstokeu3a](https://facebook.com/Basingstokeu3a)  
[www.basingstokeu3a.org](http://www.basingstokeu3a.org)

Email: [basingstokeu3aenquiries@gmail.com](mailto:basingstokeu3aenquiries@gmail.com)

phone 07787 520 281

## VOLUNTEERING OPPORTUNITY!



**Are You:**  
A Good Listener?  
Caring & Understanding?  
A Parent/Grandparent/Carer?  
Do you have 1-2 hours a week you could spare?



We are looking for Volunteers to support families in the Community, YOU can make a difference to someone's life.

**INTERESTED?**

Contact us:-  
Tel: 01256 325793

Email: [info@homestart-nwhampshire.org.uk](mailto:info@homestart-nwhampshire.org.uk)

Website: [www.homestart-nwhampshire.org.uk](http://www.homestart-nwhampshire.org.uk)

Volunteers benefit from 10-25 hours training over 2-5 weeks **starting Friday 13<sup>th</sup> October 2023 @9:30am-2:30pm** (A DBS Check will be completed during the Course).

**BECAUSE CHILDHOOD CAN'T WAIT!**

## VOLUNTEER BEFRIENDING SERVICE

**We are looking for Volunteers in your Community**

Could you be a 'Befriender'?

**What will I be doing?**

As a Volunteer Befriender your role will be to provide social companionship to patients who have a chronic or life limiting illness and who are isolated or lonely. Visiting patients in their own homes, you will help them to feel more supported and help to improve their emotional well-being and confidence.



**How much time do I need to commit?**

Just 2-hours a week, or less, can make a real difference to a patient living in your local community.

**What support will I be given?**

All relevant training will be given, as well as regular and on-going support and supervision.

**Interested?**

For further information contact Caroline Nash, Befriending Manager on: 01264 835293

Email: [Caroline.Nash@hhft.nhs.uk](mailto:Caroline.Nash@hhft.nhs.uk)

Interested volunteers will be invited to an informal interview and the role is subject to references, simple health checks and DBS clearance.

Andover War Memorial Hospital  
Basingstoke and North Hampshire Hospital  
Royal Hampshire County Hospital

## DO YOU HAVE A WILL IN PLACE?




CLARKE & SON  
SOLICITORS

A Will is quite possibly one of the most important documents you will ever sign.

Call now to book a free Will healthcheck or to start the process of making your Will.

Clarke & Son Solicitors LLP  
Manor House 8 Winchester Road  
Basingstoke Hampshire RG21 8UG

T: 01256 320555  
[www.clarkeandson.co.uk](http://www.clarkeandson.co.uk)



# **Fun times to be had at Viables and Eastrop!**

## At Viables Community Centre

Susie Gigg: 15th Oct

Craft Fayre: 21st Oct

Open Mic: 11th Nov

Indoor Car Boot: Dates to be announced!

Cribbage and Ukulele dates to be confirmed  
as we know when the roof works are  
complete

## At the Roger Morris Centre

Community Wardrobe Fashion Show: 11th  
Nov

Susie Gigg: 18th Nov

Once we know our hall availability, we will be  
able to add more dates to the diary.

# Transforming Basingstoke homes since 1996

- ✓ Windows & Doors
- ✓ Conservatories & Orangeries
- ✓ Garage Doors
- ✓ Guaranteed Work
- ✓ Great Prices



Quote  
'HARROWWAY'  
for a preferential  
quote.

Call 01256 841522

[riptonwindows.co.uk](http://riptonwindows.co.uk)