



The Harrow Way

The Viabes Community Centre Magazine

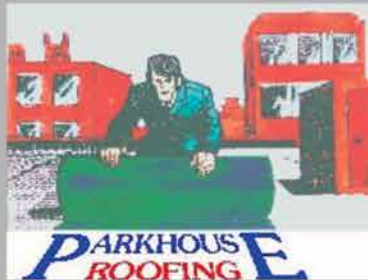


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Message from the Manager

Hello everyone!

Since our last edition, our Osborne Refurbishment has now been completed! The room is beautiful and the facilities are excellent, with a new kitchen, storage area and toilet. The room now benefits from new heating to keep all our users lovely and warm.

The roof work completed in December and so our halls are much warmer and, most importantly, no longer leak in heavy rain.

Our new Children's Activities Coordinator has started. Her name is Kerry and we hope to see you all making her feel welcome at one of the sessions we provide from a great range of activities.

We have recently said goodbye (though they will never really have left us) to Nicola Hicken and Lesley Rust who, after around 25 years collectively, have officially stepped down from the board of Trustees to focus on other aspects of their busy lives. We wish them the very best and thank them for their dedication, hard work, ideas and support for this wonderful community over so many years. Bruce Hibbert is now our Vice Chair, Kevin Roche is Chairperson, and Ian May-Miller remains as our Treasurer, along with 4 other trustees who are hugely involved in all that we do at the two community centres we manage.

As always, we are always interested in those who may like to get involved with what we do and are currently seeking new trustees who feel they have the passion for community that we all have, to join the team and make a difference to this community. If you think that you could get involved, either as a trustee or a general volunteer, then please get in touch at luan@viables.org.uk.

Our Memory Club is now taking place on a Thursday afternoon, in addition to the Fridays, so it means that we have more capacity to welcome new members who may be facing challenges due to dementia or other cognitive impairment. If you would like to know more, please contact the office at office@viables.org.uk, where we can put you in touch with Helene and Sarah who run the club for us.

We have lots of events and activities coming your way! You can find these on our social media sites, and I am in the middle of updating the website for you. If you cannot find the most recent information, please flick through the rest of the magazine to get the latest!

If you would like to be regularly updated, you can sign up to our mailing list by contacting the office to give us permission to contact you by email.

Luan Squire

Activities at Viables

Monday	
Messy/Sensory Play	13.00 - 14.00
Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	17.45- 21:15
Ukulele Classes—beginners and intermediate	17.45 and 19.00 starts
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
Mencap—Dance and Drama club	18.30—20.30
Beginners Pilates Elaine 07808 895279—Please check this is running in advance—runs in blocks	18.00-19.00
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
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 –0-3 years	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
Pilates Janice 07789 711294	17.45 - 20:00
Friday	
Slimming World - Natalie	8.30– 12.30
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.org.uk 01256 473634 Returns after Christmas	10.00—10.45
Memory Club - Activities for those with dementia Helene O'Connor helene@viables.org.uk	10:30 - 12:30 13:00 - 15:00
Bootcamp with Carla	18.00-19.00
Cribbage—first Friday of each month	19.30– 21.30
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	19.15-20.15
Ukulele Jam—1 x monthly—please ask for dates	19.00-21.00
Saturday	
Baby Ballet contact Baby ballet Alton for details	9.30- 12.45
Open mic—1 x monthly—please ask for dates	19.30-23.00
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	
Tiny Town—role play village—childminder discounts available	09.30 –10.30
Mencap—Dance exercise	11.30-12.30
Indian Dance	17.00-18.00
Carers' Support Café (last Mon of the month)	13.30– 3pm monthly
Tough Enough to Care	19.30– 21.30
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
Premature Babies Parent Support Group (term time)	11.15-12.15
Yoga with Ri	17.45-18.45
Sound baths with Rhiannon—fortnightly	19.30-20.30
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	
Park Tots	9.45-11.30
Mencap—Crafty Thursday	11.00-12.00
Boxcamp	18.45-19.45
Friday	
Yoga with Ri	07.00-08.15
Popstars Academy	16.15
Saturday	
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	10.00
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00



Community News

News from Cranbourne

The Spring Term is already off to a busy start with lots of exciting events, Parent Evening's and sports fixtures. We celebrated Chinese New Year with a delicious meal of sweet and sour chicken, chow mein, egg fried rice and spring rolls cooked by our fantastic canteen team. Our Year 9 & 10's took on the UK Maths Challenge and students had a fantastic time on their rewards' trip to watch Beauty and The Beast and Queen Mary's College.

Our first Careers Fair took place in January, where lots of local businesses and charities talked to our students about their industries and the path that led them there. Our students were inspired after listening to them speak so passionately and are excited to consider their future options for life beyond Cranbourne.

It's nearly time to turn Cranbourne pink! Our talented Performing Arts students have been busy rehearsing for this year's production of Legally Blonde Jr, which will be performed at Cranbourne on 20, 21 and 22 March. Don't miss out - tickets are available now at

www.ticketsource.co.uk/cranbourne-school



We're really pleased to have launched the Cranbourne Food Pantry in partnership with the Community Food Link. The pantry is open to members of our Cranbourne Community every Thursday between 11am and midday to collect food items and toiletries – no questions asked. Our canteen team will also be using any leftover food to batch cook and freeze meals that can also be collected.

Our Cranbourne Community is growing and we're looking to employ more teaching staff to join us in September. If you or anyone you know is passionate about achieving excellence in everything, we'd love to hear from you! We've got a number of roles available, visit: www.cranbourne.hants.sch.uk/about-us/vacancies





T R U S T E E



What do you have to offer?

Do you have a skills set you can share with others? Do you have experience you'd like to put to good use?

We are looking for new trustees to get involved with our small charity in Basingstoke.

We need a **Secretary** on the committee who will be responsible for supporting the Chair in ensuring the smooth functioning of the Management Committee in terms of ensuring meetings are effectively organised and minuted, maintaining effective records and administration.

So, if you think you can spare a couple of hours every month to help a small local charity, please get in touch with us here, through messenger or via my email luan@viables.org.uk

Memory Club

Thursdays
 Afternoons 13.00 - 15.00
 Fridays
 Mornings 10.30 - 12.30
 Lunch 12.30 - 13.00
 Afternoons 13.00 - 15.00
 Sessions £7pp per session
 Lunch £4.50

The Viables Memory Club is a weekly facility which provides people with dementia the opportunity to participate in a wide range of activities that will encourage and engage thought processes and activate physical movement for greater health and wellbeing. It offers carers and families a little respite when their loved one uses the service and creates a routine for members to follow, adding consistency and stability.

Running each Thursday/Friday, it is intended to provide a safe environment for people who are at the earlier stages of dementia (though most of our members stay with us for a long time) to undertake activities and socialise, whilst being supported by staff and volunteers who have been trained with an awareness of the needs of supporting someone living with dementia.

The Memory Club is a popular service in the area and is appreciative of any support that it receives, including grant funding and volunteers. If you would like to volunteer with us, or you would like to attend the service, please contact Viables Community Centre at office@viables.org.uk or call 01256 473634.



PLEASE BOOK
 USING
 TRYBOOKING

If you'd like more information, please feel free to contact us on 01256 473634 or email us at office@viables.org.uk

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

BARN TOTS
 SEND

Opening doors to those with
 additional needs and disabilities

If you are struggling to afford the sessions please email us

BARN
 TOTS



Tuesdays term time
 9:45-11:45am

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@viables.org.uk
 01256 473634



What's on

An Evening of Mediumship with Susie Gigg

Sunday 27th April - RMC
 Sunday 21st July - Viables
 Saturday 5th October - RMC
 Saturday 16th November - Viables



19.30 for a 20.00 start

Tickets £10.50 and can be booked through our TryBooking site



Open Mic Nights at Viables and the Roger Morris Centre

Just £1.00 entry and the bar will be OPEN*
*Viables has a bar but RMC does not and you may bring your own

Sat April 13th - Viables	Sat Sept 7th - RMC
Sat May 11th - Viables	Sat 12th Oct - Viables
Sat June 8th - RMC	Sat 9th Nov - Viables
Sat July 20th - Viables	Sat 14th Dec - Viables

CAR BOOT SALE

Viables Community Centre

Saturday 16th March
 Saturday 20th April
 Saturday 18th May
 Sat 15th June
 Sat 20th July

1:30-3:30pm

Indoors!

£5 per table, bookable in advance

AA00

Little Seedlings Music

Viables Community Centre

Fridays 10.00-10.45

In the Newly Renovated Osborne Room
 Viables Community Centre

£3.00 for an adult and child (0-5 years)
 £2.00 per sibling

Viables Community Centre

Learn To Play Ukulele With Us

Beginners Class
 Mondays 5.45-6.45 and Tuesdays 1-2pm

Intermediate Class
 Mondays 7.00-8.30pm

LET'S LEARN AND FAN!

LEARN ABOUT:

- How to play ukulele
- Ukulele chords
- Basic strumming patterns

For more information, please contact: office@viables.org.uk or call 01256 473634

Messy and Sensory Play

Viables Community Centre

£3.50 per child

Suitable for ages 0-5 years

Every Monday 13.00-14.00 at Viables Community Centre

More activities can be found on by using the QR code



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

25/03/24 29/04/24

More dates to follow

Free, confidential and impartial advice

Citizens Advice Basingstoke is a local charity providing free advice to help people put food on the table, stay warm during the coldest months and keep a roof above their heads.

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Love deliberately

I was talking to the headmaster of a local school recently. He mentioned that he has resolved to carry out more random acts of kindness this year. It got me thinking about a very misunderstood word. I think this particular word has lost its meaning in the English language.

That word is 'love'. The problem is centered on the fact that, in English, we only have one word for love. The Greeks had three words for our one word. All three are important to understand.

The first Greek word is Eros. This is a romantic love, a love of attraction. It kind of just occurs. You can't make it happen, you can't require someone to fall in love with another person.

The second Greek word is Philio. This is a love of friendship, comrades, good mates, and buddies. It is a love of affection. Likewise, you can't make it happen. You can't make yourself affectionate towards someone.

The third Greek word is Agape (a ga pay). This is a deliberate love. A love that pays attention. This love is different from the other two in that you can choose to Agape. You can choose to pay attention to the needs of someone that you are neither attracted to nor affectionate towards. It's the kind of love that lasts, the kind of love that holds a relationship together. We can all have moments when we are not very friendly or attractive but thank goodness for those around us who think of our good during those times.

This is the type of love that the bible talks about when it says:
Love (Agape) is patient, it is kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; Love bears all things, hopes all things, it endures. Love never ends.

This is the kind of love makes a difference to people and can restore hope.

Dave Rebbettes

If you are looking to promote your business, an event or an activity, please contact us at luan@viables.org.uk for advertising costs or information.

Craft Fairs

We have these upcoming
fairs at Viables
Community Centre

Sat 8th June

Sun 4th August (Summer
Fair)

Sat 19th Oct

Sun 1st Dec (Christmas
Fair)

