



Issue 1 2024

Eastrop Express



Welcome!
to our new community
communication from
The Roger Morris Centre

If you would like to learn more about us or
place an ad, please get in touch with
luan@viabes.org.uk

Registered Charity no. 1177363

Message from the Manager

Hello everyone!

For those of you who don't yet know us, we are Viables Community Association and we run your local community centre –The Roger Morris Centre, situated next to Eastrop Stores. Since taking over the running of the centre in Dec 2021, we have developed a lovely programme of activities and are establishing events for you to enjoy. The centre is open for hire for parties, events and regular hirer activities. We currently have boxing exercise classes, yoga, meditation, sound baths, dog walking, a wellbeing choir, Mencap, Tough Enough To Care male support group and LGBTQ+ support group, Indian dancing, Popstar Academy and more operating from our centre. Our own activities include a sight loss coffee morning, Weigh and Play, a support group for those with Premature Babies, Tiny Town and fayres which are open to all. Many of our activities are bookable but we also welcome you if you have not had time to do so. We would love to see you to show your support for this local community facility. We will soon be adding an outdoor shelter into our lovely garden too!

We are always looking to increase the range of activities we provide and would welcome your ideas, so please feel free to email us at Cheryl@viables.org.uk to let us know what you would enjoy!

Volunteer support is also really helpful to us, so if you have some time that you would like to fill, or would appreciate the chance to meet others socially and get you out of the house, please do let us know. We are bound to have opportunities for you!

Our centre is also the home of the Basingstoke Community Wardrobe, our wonderful project that promotes reusing and recycling, as well as reducing costs for individuals and families looking to refresh their wardrobes. The items are pre-loved (sometimes new) and in good condition. This works on a donation basis, whether that is through clothing exchanges or small affordable monetary donations. The wardrobe is open to all between 10 and 12 weekdays and we sometimes hold sales at a weekend so please keep an eye on our social media pages. We are now looking forward to working with Basingstoke Foodlink too!

Luan Squire

What's on!

Monday	
Tiny Town—role play village	09.30—10.30
Mencap—Dance exercise	11.30-12.30
Indian Dance	17.00-18.00
Carers' Support Café (05/06 26/06 31/07 28/08) - monthly	13.30— 3pm
Tuesday	
Mencap Bingo followed by Chatty Tues-day/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	
Yoga with Ri	17.45-18.45
Sound baths Rhiannon 1 x monthly	19.30-20.30
MEOWS choir	19.30-21.00
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	
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	16.15
Saturday	
Dog training	Time?????
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00

Weigh and play!
Drop in on Wednesdays
9.30 - 11
The Roger Morris Community Centre, Eastrop
Grab a cuppa, play and weigh your baby for FREE

Toddler Group
0-5 years
Thursdays
9.45-11.30
£2.50 for an adult and child and 50p pp thereafter. No need to book!

An Evening of Mediumship with Susie Gigg
Sunday 27th April - RMC
Sunday 21st July - Viabes
Saturday 5th October - RMC
Saturday 15th November - Viabes
19.30 for a 20.00 start.
Tickets £10.50 and can be booked through our TryBooking site



Tiny Town
Role Play Village for children aged 3-5 years
Monday Mornings 9.30 - 10.30
£4 per child and £2 per sibling special prices for registered children

Open Mic Nights at Viabes and the Roger Morris Centre
Just £1.00 entry and the bar will be OPEN!
Sat April 13th - Viabes
Sat May 11th - RMC
Sat June 8th - RMC
Sat July 20th - Viabes
Sat Sept 7th - RMC
Sat 12th Oct - Viabes
Sat 9th Nov - Viabes
Sat 14th Dec - Viabes

PREMATURE BABIES PARENT SUPPORT GROUP
£1.50 to attend
Please DO NOT attend if you or your baby are or have had these bugs (swell) recently - Thank you



Community Events



**We have these
upcoming events at
The Roger Morris
Community Centre**
Sunday 18th August
Summer Fair



Sun 8th Dec Christmas Fair
Thurs 15th August
Play Day



Saturdays 8th June and 7th
Sep
Open Mic nights



Susie Gigg Mediumship
evening
Sunday 27th Apr
Saturday 5th Oct



Quiz night Sat 14th Sep