



# The Harrow Way

The Viabes Community Centre Magazine

WE'RE  
HIRING!



See inside for  
details!

H E L L O

J U N E !



Enjoy reading our magazine? Please help us reach the whole community by helping us deliver! We are in need of some more people who like to get a bit of fresh air as well as get their steps in. We only need your help 4 times a year and it mostly takes about an hour of your time. If you are able to help, please let us know by popping in, calling or emailing. Details below. 01256 473634—[office@viabes.org.uk](mailto:office@viabes.org.uk)



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Basingstoke Lions Club proudly presents

## GRAND SUMMER CEILIDH

Barn Dance with the celebrated band

### B A N T E R

Friday 28<sup>th</sup> June 2024, 7pm for 7.30pm start

Ever seen a 'lion' do-si-do?

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Come and try out this 'extreme sport' at

**THE ROYAL BRITISH LEGION CLUB, CROWN LANE, OLD BASING, RG24 7DN**

**Tickets: £15.00** from: [www.basingstokelions.org.uk](http://www.basingstokelions.org.uk) - or Tony Bamberger 01256 850254 – or email [tony.bamberger@hotmail.co.uk](mailto:tony.bamberger@hotmail.co.uk)

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# Message from the Manager

*Hello everyone!*

It has been another busy few months here at the centre, and at our Eastrop centre too. By the time you read this, we will have help our Pop-Up Shop in Festival Place! We were hugely excited about this as it was a great opportunity for us to showcase what we do, why we provide the service and how people can get involved. Many thanks to our staff and volunteer for organising and participating.

Memory Club continues to offer excellent activities for our members and we do currently have space. If you have a loved-one, friend, neighbour or colleague who you think would benefit from our support, please do ask them to get in touch with us. Our staff and volunteers really do love being able to offer members a great range of things to do, and our carers some much needed time.

We have lots of events coming up for you as always this year but REALLY could do with some extra pairs of hands for some of them. So if you feel that you may have a couple of hours free —maybe once a month—we would love to hear from you. Please contact us on 01256 473634 or email us at [office@viables.org.uk](mailto:office@viables.org.uk) to let us know what you may be interested in helping us with.

Our summer timetable of activities and events for children will soon be released—be fast when booking! Last year most activities sold out within a week. We will do our best to put on as much as possible to help all families find fun things to do in the holidays. Kerry, our activities coordinator, is busy planning as we speak. We are also hoping to plan a coach trip, especially one that will appeal to those who may not have easy access to transport, for a great day out in the summer.

We have a few gaps in our timetable for regular hirers should anyone be interested in taking a space at one of our buildings so please do get in touch if you are looking to hire. Here's to some great weather over the summer months!

*Luan Squire*

# Activities at Viabes

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
Meraki Dance—from Contemporary to Acro and conditioning	4.30 + additional times
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	16.30, 18.00 & 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@viabes.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	8.00, 9.30 & 11.00
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viabes.org.uk 01256 473634 Returns after Christmas	10.00—10.45
Memory Club - Activities for those with dementia Helene O'Connor helene@viabes.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
Indoor boot sale—1 x monthly—please enquire for dates	13.30—15.30
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
U3A Science and Technology—1st Tuesday of the month—MEMBERS ONLY	14.00
Wednesday	
Boogie Babies—walking to 5 years disco session	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 start of the Summer term here at Cranbourne has been another busy one and it's hard to believe we're quickly approaching the end of the academic year!

Our Year 11 students are currently sitting their GCSE exams and we are already so proud of them. They have worked tirelessly over the last few months and the dedication to their studies has been truly admirable. We're looking forward to celebrating their time at Cranbourne at their Leavers' Prom at the end of June before they make the next steps in their educational journey.

Year 10 got their first taste of the world of work last month, where they spent a week away from school on their work experience placements. Students gained an insight into a variety of career fields including teaching, engineering, hospitality and retail and have returned to Cranbourne with confidence and a sense of direction.

Year 9 Cranbourne+ students visited Reading University where they explored the campus, participated in a Q&A session with the student ambassadors and attended a lecture in Film and TV studies with a professor. Jess D said "This was one of my favourite school trips ever because it gave me an insight into my future and showed me what uni life could be like."

Our Sports Leaders have been busy delivering sports sessions to KS1 and 2 pupils at Chalk Ridge Primary School as part of our 'Energise Me' project, teaching new games and supporting them to develop their skills and gain confidence in their abilities. It has been wonderful to watch them thrive in their roles and do the Cranbourne Community proud!

The cast of Legally Blonde Jr performed a sensational run of shows in March, working like true professionals, putting in an incredible amount of effort and showing extreme dedication to their craft. Spread the news and rock the pews... we're pleased to announce our next production will be Sister Act, blessing audiences in December!

As part of our efforts to make Cranbourne greener, we have just launched our brand-new recycling initiative which invites students to return their empty plastic bottles or cans to the Canteen to claim back 5p. We hope this incentive will encourage our students to be more active in recycling across the school.



## Peace

Well, there is a word that is bandied around. It means different things to different people.

The word in the bible is Shalom and it goes far beyond just calmness. It's about everything being right, people being well, relationships being good, and people's lives flourishing. It seems a far cry from the realities of life, with broken relationships, trouble, stress and fear.



Shalom or God's peace is a remarkable offer. It is miraculous and goes far beyond what we deserve. One of God's names in the bible is Jehovah Shalom, which means God is our peace. It means that peace is bound up in a person. Indeed Jesus was called the Prince of Peace. I think that this is important as finding peace is not easy on our own. We need help to finding peace in our relationships, we need help to find peace with ourselves. The bible makes it clear that this is an offer to us.

Forgiveness is a major key to this. Christians know peace because they are recipients of God's forgiveness. Indeed, when one person forgives another person for a wrong done to them it liberates peace in the one that forgave.

Forgiveness is a technical financial word and it means this. To cancel a debt that is owed to us. I also run a reasonably large business. A while ago we were owed a substantial debt. When we addressed it with the debtor and heard their situation we forgave them we cancelled it. We let them off what they owed us.

When someone wounds or offends you, in a sense you have a right to for pay back but by forgiving them you are canceling the payback. In a sense you have taken the hit. There is a cost to forgiving someone, but the reward is peace.

Forgiving someone does not necessarily mean that you will like or trust that person for a while. It does not immediately heal the hurt or wound caused. But it does bring a peace and life it too short to not enjoy the peace that is available to us.

**Warmest regards,  
Dave Rebbettes,  
Pastor**

[www.kingschurchbasingstoke.com](http://www.kingschurchbasingstoke.com)



**King's**  
Church



# Basingstoke's Hub of Creativity and Innovation

In the heart of Basingstoke, there's a special place where the community comes together to create, learn, and collaborate. This unique space is known as the Basingstoke Makerspace, and it's a true gem that deserves to be highlighted.

The Makerspace first came into being in 2016 as an informal group of makers and hobbyists meeting in various community venues around Basingstoke. But in 2017, the group took a big step forward when they were able to secure a home in Maritime House, a building at 65 New Road that was for many years the home of the Royal Naval Association. This allowed the Makerspace to truly flourish, expanding its offerings and drawing in an ever-growing community of members.

Today, the Basingstoke Makerspace is a bustling hive of activity, equipped with an impressive array of tools and equipment that members can access 24/7. From 3D printers and laser cutters to metalworking tools, woodworking equipment, and beyond, the space provides makers of all kinds the resources they need to bring their creative visions to life.

"The real magic of the Makerspace, though, goes beyond the tools," says Steve Hawtin, the Chair of the organisation. "It's a community of passionate, knowledgeable members who are always eager to share their expertise and collaborate on new projects. Whether you're a seasoned maker or just starting out, you'll find a welcoming and supportive environment here."

Basingstoke Makerspace is not just a workshop – it's a hub of learning and skill-sharing. Every Tuesday evening, the space opens its doors to the public for 'Open Evenings' from 7pm to 9pm, where anyone can come in, explore the facilities, and get advice and assistance from resident experts. These sessions have become a beloved tradition, sparking all sorts of new ideas and connections.

Unfortunately, the future of the Basingstoke Makerspace is now in jeopardy. The owners of Maritime House have decided to sell the building, and if the Makerspace can't raise the funds to purchase it, they may be forced to vacate their beloved home. That's why the organisation has launched a bold initiative, an application for government support through the Community Ownership Fund. If granted, this must be matched by a community bond issue that will allow members of the public to invest in the Makerspace's future and earn interest while doing so.

"This is a critical moment for us," Hawtin acknowledges. "But we're confident that the local community will rally behind us. The Basingstoke Makerspace is a truly unique and valuable asset, and we're determined to ensure that it continues to serve makers, learners, and innovators for years to come."

*Kevin Roche*



**Recent Open Evening**





# Viabes Memory Club



## What we offer:

A variety of activities including reminiscence tasks, music, using photographs, games, art, physical movement, conversations, Tovertafel and quizzes!

**Every Friday**

**Morning sessions - 10.30 - 12.30**

**Lunch 12.30 - 13.00**

**Afternoon sessions: 13.00 - 15.00**

**Cost per session: £8pp  
plus £5.00 for lunch option**



**01256 473634**

**office@viabes.org.uk**



## Checking if something might be a scam

Scams can be difficult to recognise, but there are things you can look out for. If you've seen something online or in an email or text, you can use our online tool to get advice. The tool will ask you questions and use your answers to give you advice on how to check whether something is a scam and what to do if you've been scammed.

Start the online tool: <https://www.citizensadvice.org.uk/decision-trees/scams/>

It might be a scam if:

- It seems too good to be true – for example, a holiday that's much cheaper than you'd expect,
  - Someone you don't know contacts you unexpectedly,
  - You suspect you're not dealing with a real company – for example, if there's no postal address,
  - You've been asked to transfer money quickly,
  - You've been asked to pay in an unusual way – for example, by iTunes, vouchers or through a transfer service like MoneyGram or Western Union,
  - You've been asked to give away personal information like passwords or PINs,
- You haven't had written confirmation of what's been agreed.



For more information on scams, please go to: [www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/](https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/)

If you have an enquiry please call our free Adviceline on **0808 278 7829**, we are here to help.



# What does Viables Community Association have to offer?

## Our Facilities - Viables

Recent refurbishments and roof replacements have livened up some of our spaces, increasing room hire and people's love of the facilities. Whilst both of our buildings are owned by the Basingstoke and Deane Borough Council, we are responsible for their maintenance, so we regularly budget for improvements. During 2024, we aim to replace the windows and external fire doors to the Madeline Barn – our largest space at Viables Community Centre.

- Madeline Barn – holds up to 200 people standing
- Four lanes Room – holds up to 75 people standing
- Osborne Room – holds up to 20 people seated
- Seamour Room – holds up to 12 people seated



## Our Facilities - RMC

A new fixed canopy shelter at our Eastrop building will only add to the improvements we are making to the community buildings. We have replaced internal fire doors to the hall, have redecorated the lobby, and will continue to redecorate to maintain a warm and welcoming facility.

The hall can be divided into two spaces with a dividing, moveable wall for flexibility of use. This creates the Large Hall and the Small Hall, in addition to our Poppy Room (a small meeting room.)

Hall (in total) holds 120 people standing.  
Poppy Room holds 12 people seated.





# FAMILY SKITTLES EVENING at Viables Community Centre



**SATURDAY 29TH JUNE**  
**7.00PM-10.00PM**

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0-5 years

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9.30-10.15  
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## Know your rights - Flight Delays and Cancellations

It's coming up to holiday season and hopefully your travel plans will all go smoothly. However, if you experience flight delays and cancellations, you might be able to claim compensation.

If your flight is delayed for long enough, your airline has to give you:

- food and drink
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accommodation if you're delayed overnight and journeys between the airport and the hotel

How long the delay has to be depends on the distance of the flight and the countries it's flying between. You can check flight distance on WebFlyer: [www.webflyer.com/travel/mileage\\_calculator/](http://www.webflyer.com/travel/mileage_calculator/)



Basingstoke

Flight distance	How long the delay has to be
Less than 1,500km	2 hours
Between 1,500km and 3,500km	3 hours
More than 3,500km	4 hours

You can find out much more about flight delays and cancellations on the Citizens Advice website: [www.citizensadvice.org.uk/consumer/holiday-cancellations-and-compensation/if-your-flights-delayed-or-cancelled/](http://www.citizensadvice.org.uk/consumer/holiday-cancellations-and-compensation/if-your-flights-delayed-or-cancelled/)

If you have a general enquiry, please call the **Citizens Advice Basingstoke** free Adviceline on **0808 278 7829**, Mon-Fri, 9am-5pm. Citizens Advice Basingstoke is an independent charity, helping local people to resolve their problems. We are here to help. Registered charity no 900116.

**If you are looking to promote your business, an event or an activity, please contact us at [luan@vibles.org.uk](mailto:luan@vibles.org.uk) for advertising costs or information.**



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have we  
been up  
to?



Scan the QR code to find  
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taking place each week!



Play  
time



Charity no. 1177363