

Issue 71 March 2025



The Harrow Way

The Viables Community Centre Magazine

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@viables.org.uk

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

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www.clarkeandson.co.uk

An Evening of Mediumship with Susie Gigg



Saturday 22nd March - Rucstall
Saturday 21st June - Viabes
Saturday 20th September
- Roger Morris Centre

Tickets are £10.50 per person



Graft Fayre at Viabes Community Centre
Saturday March 15th 2025
2.00pm-4.30pm

Ali Clement Artworks	Southdown Glass gifts
Daisy Chain Crochet	Young in Mind
Tropic with Alex	Old Boys Workshop
Crochet Fairy	Avon Skincare
Handmade by hedgehog	And much more.....
Megans Fabulous Thread	
Cake Corner	
Creative Crafts	

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Message from the Manager

Hello everyone!

Since we last caught up, we have held a number of events and taken over the management of Rucstall Community Centre fully, encouraging new sessions to get started from local hirers and launching our own sessions. The Den (which used to be a social club) has renovations starting on 3rd March that will turn the space into multi-functional community space for parties, groups, meetings and coffee mornings. We have lots of plans so watch this space!

We have welcomed two new members of staff and continue to grow our organisation for the benefit of the local communities we support.

Our gardeners are back this month, tending to the planted areas around the site, so if you are a keen gardener and would like to join them between 9.30 and 12 noon on a Tuesday then please feel free to pop down and meet them.

We have a variety of events and activities coming up and these are primarily on our social media pages but we continue to update our website as much as possible. If you have any questions about any of our activities then please get in touch using the details below.

As always, if you have any questions, would like to volunteer, book a space or simply find out more about what we do, then please either email us at office@viables.org.uk or call us on 01256 473634.

<https://www.facebook.com/Viables>

<https://www.facebook.com/RMCEastrop>

<https://www.facebook.com/RucstallICC>

Luan Squire

Getting repairs done if you're renting privately

This advice will usually apply to you if you rent from a private landlord and you don't live with them, the council or a housing association.

Your landlord is responsible for most major repairs in your home. Write to them as soon as you notice a problem, as you could be held responsible if it gets worse. It's best to put it in writing and send to your landlord, keeping a copy yourself.

If a letting agent manages the property for your landlord, write to them and they should talk to your landlord. The letting agent will be responsible for making sure your landlord does the repairs.

If your landlord is responsible for the repairs, they should do them in a 'reasonable' amount of time. What counts as reasonable depends on the problem. For example, a broken boiler should be fixed sooner than a leaky tap.

You should get evidence of the problem, for example:

- photos of the damage, particularly if the problem gets worse over time
- any letters, texts, emails or notes of any conversations between you and your landlord or letting agent
- receipts if you've had to replace damaged items
- letters from your GP if the problem has made you ill
- a copy of your tenancy agreement

Keep any evidence you've got - you might need it later if you have to take further action to get repairs done.

Unless it's an emergency, your landlord should give you at least 24 hours' written notice if they want to visit your home to see the damage or do repairs. If your landlord won't do the repairs, keep paying your rent. If you don't, you'll get into rent arrears and your landlord might then try to evict you. More information is available on the Citizens Advice website

www.citizensadvice.org.uk/housing/repairs-and-housing

Citizens Advice Basingstoke is an independent local charity providing free, confidential and impartial advice, whatever the enquiry involves. To speak to an adviser please call Adviceline on 0808 278 7829, Monday to Friday, 9-4pm.

Meet the Team



Luan Squire
.....
Manager



Debbie Soto
.....
Assistant Manager



Cheryl Vertannes
.....
Centre Coordinator



Ashley Oates
.....
Centre Assistant



Kerry Sharp
.....
Children's Activities Coordinator



Gemma Simpkins
.....
Marketing and Volunteer Coordinator



Beth Aubrey
.....
Memory Club Coordinator



Sarah Gaunt
.....
Memory Club Activities Support

Activities at Viables

Monday	
Let's Get Messy!	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
Meraki Dance —from Contemporary to Acro and conditioning	4.30 + additional times
Camera Club —last Tuesday of the month	19.30-21.30
Wednesday	
Pilates Elaine 07808 895279	10:00 - 11:00
Hampshire Parent and Carer Network	10.00-12.00
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	13.45 -11.45
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
Rotating Children's Activities -0-5 ears	13.00-14.00
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	18.45 - 20:00
Friday	
Slimming World - Natalie	8.00, 9.30 & 11.00
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
Baby Serenity	15.45-16.30
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
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
Church Group	12.00-17.00

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– 15.00 monthly
Tough Enough to Care	19.30– 21.30
Tuesday	
Mencap Bingo	10.00-11.00
Sight Loss Coffee Morning—A site for sore eyes!	10.00-11.30 fortnightly
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	
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
Genealogical Society—1 x monthly	19.30-21.30
Thursday	
Park Tots	9.45-11.30
Mencap—Crafty Thursday	11.00-12.00
Boxcamp	18.45-19.45
Friday	
Yoga with Ri	17.30—19.30
Beginners Strengthening Class	10.00-11.00
Energy Medicine Practice Group	11.30-12.30
Saturday	
Lots of hiring space available around our party hirers	
Sunday	
Indian Dance/singing	9.00-13.00



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.

Rucstall Community Centre ACTIVITIES

Monday	
Rockbox with Sarah Durrant	19.00-20.00
Tuesday	
Multiple Birth Support Group—Homestart	10.00-11.30
Mini Movers—o-5 years activity for balance, exercise and gross motor skills development	13.00-14.00
Bootcamp with Sarah Durrant	19.00-20.00
Zumba with Greta	20.00-21.00
Azure Art Academy—coming soon! Currently using the Four Lanes at Viables while renovations take place	17.00-21.00
Wednesday	
Azure Art Academy	Morning and afternoon sessions
Kettlebells with Sarah Durrant	
Thursday	
Slimming World	9.30-11.00
Friday	
Weight Watchers—current session time change but ordinarily at 9am	9.15-10.15
Tuff-Tastic! 0-5 years activity for children to develop fine motor skills, explore, be creative and enjoy a variety of resources.	13.00-14.00
Saturday	
Rockbox with Sarah Durrant	9.30-10.30
Skate Vibes with Zoe Martin	11.00-12.00
Sunday	
Bujinkan Dojo	12.00-14.00



Children's Activities across all three centres

MESSY PLAY AND SENSORY PLAY

Mondays 1pm - 2pm at Viables Community Centre

£3.50 per child
£1 for siblings

Suitable for Sitting - 5 years

My Own Role Play Village

for children aged Walking - 5 years

Monday Mornings 9.30 - 10.30

at The Roger Morris Community Centre, Oakley

£4 per child and £2 per sibling
Special prices for registered childminders

PARK TOTS

Toddler Group 0-5 years

Thursdays 9.45-11.30

£3.00 for an adult and child; £1.00 per extra child thereafter
No need to book!

Tea, Coffee, Squash, Snacks

Donations Welcome! Charity no. 1177363

VOLUNTEERS NEEDED!

CHILDREN'S ACTIVITIES ACROSS THE WEEK

Interested in joining us?

Call us at 01256 473634, email office@viables.org.uk or chat to Kerry during sessions. Free admission for one child if you become a regular volunteer!

WE NEED HELP WITH:

- setting up the resources
- setting up the children
- setting resources and boxes
- putting away the resources

Rucstall Community Centre

Fridays 1-2pm

£3.50 per child

TUFF-TASTIC

Imaginative and sensory tuff tray activity for 1-5 years

To book call 01256 473634 or visit trybooking.com

BARN TOTS

Tuesdays term-time 9.45am - 11.30am

0-5 years

Just £3.00 for an adult and child (50p per person thereafter)

Barn Tots is run by volunteers. If you would like to help please contact us at office@viables.org.uk

Charity no. 1177363

BARN TOTS SEND

Term Time £2.50 per adult and child 50p add on per sibling

Thursdays 10-11.30am

£2.50 per adult and child 50p add on per sibling

SEND (Special Educational Needs and Disabilities)

PLAID SEND (Learning Disabilities)

Rucstall Community Centre

Tuesdays 1-2pm

Mini Movers

Fun balance and obstacle class for 18 months-5 years

£3.50 Per Child

Book now call 01256 473634 or visit trybooking.com

Little Seedlings Music and Movement

Enjoy a fun music class with singing, dancing and instruments. New theme each week.

Every Friday 10 - 10.45am

The Osborne Room @Viables

£3.50 for an adult and child, £2.50 for siblings.

Book now on trybooking.com

Toot Toot! Play session

Thursdays (every 3 weeks)

1.00 - 2.00pm

Viables Community Centre

Suitable for ages 1 - 5 years

£3.00 per child £1.50 per sibling

Please check TryBooking for dates

Community News

News from Cranbourne



It's been a busy start to the Spring term at Cranbourne, filled with school trips, sporting achievements, our annual Cluster Conference and Spring Concert.

We hosted our annual Cluster Conference with this year's theme being 'Courageous Advocacy'. Students were encouraged to think about the small actions they can take each day that will make a big difference and participated in activities such as community litter picks, bullying roleplays and poetry designed to develop their knowledge, skills and confidence to become courageous advocates for change.

The highlight of the day was taking on the problem-solving obstacle course, where they were challenged to guide their blindfolded teammate through the various obstacles in the quickest time possible. The activity relied on students being able to successfully communicate with each other, considering a different perspective to their own and finding creative solutions.

Our Year 8 Young Interpreters delivered a workshop session at Kings Furlong Junior School, aiming to inspire and motivate pupils with team building activities and stimulation games. At the end of the session they reflected on their origins and took pride in sharing their diverse backgrounds and languages with each other.

Year 10 have begun to think about their prospects for life after Cranbourne, as they prepare for their upcoming work experience placements in April. They attended the 'Get Inspired' event hosted by EBP South, where local businesses, training providers and educational institutions shared insight into their sectors and discussed potential job opportunities. Four of our students explored what a career in the Army could be like after attending the residential Army Work Experience week at Brunswick Lines Camp in Woking.

Our first Spring Concert took place on Wednesday 12 February, which saw students take to the Cranbourne stage for a night of extraordinary talent. The audience were treated to a selection of performances from a variety of musicals, led by our Performing Arts Department. The confidence and showmanship shown by our students was exceptional and it was certainly a night to remember!

The PE Department has seen some fantastic sporting achievements from our Netball, Table Tennis and Football teams and are excited to see what comes next as we head into the summer.





Viabes Community Centre

**2nd Saturday of every month
(except October)
1.30pm-3.30pm
Starting 11th January 2025**

£6.00 per table
Please email
office@viabes.org.uk
to book or call 01256
473634

Charity No 1177363



CAR BOOT SALE

Viabes Community Association is a registered charity - 1177363



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

D E M E N T I A

Basingstoke Choral Society is delighted to present their spring concert:

When: Sunday 30 March 2025

Concert starts **7:30 pm**

Where: Anvil Theatre – Basingstoke

Conductor: David Gibson

Accompanied by professional orchestra and soloists.

To book: anvilarts.org.uk

Programme:

Ralph Vaughan Williams: A Sea Symphony and
Toward the Unknown Region

Benjamin Britten: Four Sea Interludes from Peter Grimes

Our programme this spring is inspired by the beauty and grandeur of the sea and showcases two major British composers.

We are delighted to be joined once again by our friends from Croydon Philharmonic Choir, as well as a professional orchestra and soloists, making this a concert not to be missed, so join us on our seaward travels.

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A SEA SYMPHONY

Toward the Unknown Region

RALPH VAUGHAN WILLIAMS

Four Sea Interludes from Peter Grimes

BENJAMIN BRITTEN

Basingstoke Choral Society

Croydon Philharmonic Choir

Conductor

David Gibson



Sunday March 30th 2025 at 7.30pm

The Anvil Basingstoke RG21 QR

Tickets: The Anvil Box Office: 01256 844244
or www.anvilarts.co.uk



www.basingstoke-choral.org.uk



BCS is a registered CIO no. 1202484

Basingstoke - Old Basing u3a - reduced Membership Fee



Basingstoke – Old Basing u3a are offering a reduced membership fee of £20 covering March to end of September. If you are retired or semi-retired and are looking for something interesting to fill some of your time and occupy your brain, then the local u3a group is for you.

The u3a is a thriving, lively group of over 1000 members doing all sorts of activities in over 80 different interest groups. Some of these groups are energetic and sporty, while others more sedate doing things like tabletop games, talks and quizzes. Members can learn a new skill or perhaps revisit an interest you had years ago. The group is run by members for its members and if you have a passion for something not on offer, then you can start your own inspiring group. It is a great opportunity to meet like-minded people.

In April the u3a are starting a brand-new Health & Wellbeing Group. This will bring informative presentations from healthcare professionals and charity groups to help members proactively manage their health.

More information about the u3a can be found on their website basingstokeu3a.org or Google **Basingstoke Old Basing u3a**.



Well, Spring is on its way and we are all starting to come out of hibernation, it got me thinking about community.



In an age where many of us feel increasingly isolated despite being more connected than ever, the idea of true community has never been more vital. The word "community" evokes images of neighbours helping one another, shared meals, and a sense of belonging. But what if we dug deeper into what it truly means to live in community—to embrace what the Bible calls "koinonia"?

"Koinonia" is a word rich with meaning, often translated as fellowship, partnership, or sharing. It signifies more than casual interactions; it speaks of a profound togetherness, a shared life where individuals support one another in their joys and struggles. It's the kind of connection that transforms neighbours into friends and acquaintances into family.

But how do we cultivate such a sense of togetherness in our fast-paced, often fragmented lives? You have to be deliberate. Building genuine relationships requires us to step beyond superficial greetings. It might mean inviting a neighbour for tea, offering a listening ear to someone going through a hard time, or simply being present. Community is often built in the small, everyday moments that, over time, create bonds of trust and mutual care. Finally, community thrives on generosity. Whether it's giving our time, sharing a skill, being generous or simply showing kindness ...all helps to create community. These acts of giving remind us that we are all interconnected, each of us part of something greater than ourselves.

Maybe today is as good a day as any to make a start. A smile, a kind word, or a helping hand could be the first step towards building a deeper, more connected community right here in southern Basingstoke.

Warmest regards,
Dave Rebbettes,
Pastor

www.kingschurchbasingstoke.com





Viables Community Centre

Basingstoke's
Bump2Bargain
Baby/children's clothes and
toys sale

Saturday May 24th
1.30pm-3.30pm



SALE



Coming Soon



If you would like to sell at
our Bump2Bargains market,
please contact us on
01256 473634 or email us at
office@viables.org.uk

JOIN US