



Issue 2 2025

Eastrop Express



VOLUNTEERS NEEDED!
CHILDREN'S ACTIVITIES
ACROSS THE WEEK



Interested in joining us?

Call us on 01256 470134, email: office@viablos.org.uk, or visit us
Kerry during sessions. Please
additionally for one child if you
become a regular volunteer!

WE NEED HELP WITH:

- Cleaning the premises
- Maintaining the website
- Supporting children's activities
- Promoting the centre

**An Evening of Mediumship
with Susie Gigg**



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

Tickets are £10.50 per person.



Viablos Community Centre

Basingstoke's
bump & bargain
baby/chairman's clothes and
toys sale

SALE

Saturday 14th March
10am - 3pm



Registered Charity no. 1177363

Message from the Manager

Hello everyone!

We apologise for not getting this out to you sooner – we are still seeking some kind volunteers who will be able to help us get this delivered to local people.

We have been very busy since our last publication. We have had a canopy erected in our rear garden so that we can offer shelter and shade for the diverse weather conditions we experience. Our garden offers a great space for parties and events, and would be a great space for a little gardening group! If anyone is interested in meeting on a regular basis to enjoy some gardening or take part in a mindful activity, we would love to hear from you,

We have continued to provide a FREE service for parents to weigh their babies and stay to play, meet others and take advantage of the opportunity to use the Basingstoke Food Link who deliver to us every Wednesday. If you are someone who would benefit from taking a few groceries from our selection, please do call in. Cheryl has also now trained as a Blood Pressure Champion. This means that she has a blood pressure monitor on site that you can use to check your blood pressure. She can then signpost you as needed and provide you with a small record book to keep a track for your own peace of mind or to use to support you in any GP appointments.

The Community Wardrobe had a pop-up shop in Festival Place and we aim to have another this year – 31st May and 1st June so please pop into see us and show your support whilst grabbing a bargain. We have continued to work with local secondary schools to provide prom dresses and suits for year 11 students, and have a huge stock of dresses in a range of sizes. These are all available for a minimum donation of just £10, so please do pay us a visit if you are looking for a prom dress for your teen.

Our heating has been upgraded to ensure greater energy efficiency and we hope to keep growing our range of activities and events for you all. If you are unsure of where we are, we are situated at the end of Eastrop Way right next to the shop. Rucstall Community Centre, just a short walk from us, is also now managed by us, so if you are looking for more great activities (children's activities, coffee mornings, art classes etc) then look no further. You can join us there too!

You can contact us on 01256 410605 or email office@viables.org.uk. Please do get in touch if you have an hour to spare every few months to help us deliver this to those who may not easily be able to find the information they need.

Luan Squire

What's on!

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 Monday of the month)	13.30– 15.00
Tough Enough to Care	19.30– 21.30
Tuesday	
Mencap Bingo	10.00-11.00
Sight Loss Coffee Morning—A site for sore eyes! - Fortnightly	10.00-11.30
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—members only	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



Children's Activities across all three centres

Join This V-Date
For children aged
4-5 years
Monday Mornings
9.30 - 10.30
at
The Roger Morris Community Centre, Eastrop

**£4 per child and
£3 per sibling
for registered
children**

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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

PARK TOTS

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!

Rustall Community Centre
Fridays 1-2pm

TUFF-TASTIC

Imaginative and sensory tuff tray
activity for 1-5 years

£3.50 per child

To book 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 @Viabiles

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

Book now on
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)

Charity no. 1177963

Barn Tots is run by
volunteers. If you
would like to help,
please contact us on
office@barn-tots.org.uk

**MESSY PLAY
AND
SENSORY
PLAY**

Mondays
1pm - 2pm
at
Viabiles Community Centre

£3.50 per
child
£1 for siblings

Suitable for
Sitting - 5 years

Toot Toot!
Play session

Thursdays
(every 3 weeks)

£3.00
per child
£1.00 per sibling

100 - 2.00pm
Viabiles Community Centre

Suitable for ages 1 - 5 years

Rustall 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

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