Issue 2 2025



Eastrop Express









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.

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	12.0014.30
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





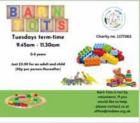












Meet the Team



Luan Squire Manager



Debbie Soto Assistant Manager



Cheryl Vertannes Centre Coordinator



Ashley Oates Centre Assistant



Kerry Sharp



Gemma Simpkins Marketing and Coordinator



Beth Aubrey Memory Club Coordinator



Sarah Gaunt Memory Club Activities Support