

Issue 50 December 2019



The Harrow Way

The Viables Community Centre Magazine



'tis the season
TO BE JOLLY



We are currently carrying out a short survey. If you could take part we would really appreciate your help and support. To do this, please type the following link address into your Internet Browser or use the QR code.

Many thanks!

<https://www.surveymonkey.co.uk/r/TXW6VG8>



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Message from the Manager

In the run up to Christmas, we have lots of exciting events and activities taking place. We are particularly looking forward to our annual Christmas Celebration on Friday 20th December that is free and open to all to attend.

This month has brought some changes too, as Emma has left to have her baby which is due on January. We wish her well and hope she has an enjoyable maternity leave. This means that we also welcome Katie Loosley to the team who will be taking on Emma's role. Katie lives and now works in this community and we wish her the best of luck in joining our team.

Tiny Town started in September and we are delighted that it has been so successful. We have been listening to feedback and creating lovely new zones to be enjoyed. Thank you all for your support in making this new venture a success.

We have also purchased a coffee machine (tea and hot chocolate also provided) for use by those attending our centre and look forward to enabling greater use of our smaller business meeting spaces so that this can be further utilised.

As always, we have lots of volunteering opportunities and we are looking for people who may be able to help pack away our Tiny Town equipment on a Thursday morning at 11.30. If you think you may be able to lift and move boxes and small fencing etc, please get in touch at office@viables.org.uk or call 01256 473634.

Hope to see lots of you over the next month or so at one of our exciting events. Wishing you a very merry Christmas and a great new year!



Loan Squire

What's it like to volunteer at Viables?



VOLUNTEER

'Reflecting on my volunteering at Viables, I realised that I have been helping at the Memory Club for over three and a half years. It is now an important part of my week, and (except for holidays) I can be found there most Friday afternoons, or occasionally at the morning session.'

I know our members really look forward to coming to our friendly, fun and stimulating group and I feel exactly the same. Not only have I got to really know and care for our lovely members on a personal basis; I have also made some new friends in our great team. Just a few hours, and such a varied programme for all; it's so fulfilling!

Colin and I also volunteer to deliver 'The Harrow Way' magazine which only takes us 45 minutes, every few months. It's such an interesting and useful publication for our local community that I like to help as many people as possible have access to read it.'

Mary Andrews

If you would like to volunteer with us—use your skills, share your experience, or feel part of something special—please get in touch at office@viables.org.uk, call us on 01256 473634 or pop in between 9am and 3pm weekdays.

Community News

News From Cranbourne



We have had a busy but successful start to the school term at Cranbourne jam packed with; Open Events, Cranbourne Has Talent, Adventure Week, Car Boot Sales and our first Discovery Day.

At Cranbourne we are very proud of the strong links we have with our Feeder Schools which helps students to transition from their primary school to Cranbourne easily as they are already familiar with their surroundings. We look forward to working with all our feeder schools over the upcoming weeks as we prepare for our Cluster Conference in January 2020.

Chalk Ridge students make a splash at Cranbourne! Year three pupils from Chalk Ridge have just started curriculum swim lessons at Cranbourne. Each and every Friday afternoon, Mrs Wilkinson and her class walk to Cranbourne to take part in swimming sessions. This is to assist in the aim of every pupil being able to swim 25m by the time that they leave to go to secondary school! Two groups have lessons of approximately 40 minutes and in that time we are able to increase water confidence and develop the basic skills required to swim un-aided. Most of all though, we have fun and we are all very eager for each Friday to come along!

Working with the enthusiastic and lovely youngsters is such a joy and pleasure each week. *Andy Kimber, Primary PE Link*

It's official... Cranbourne Has Talent!

October 2019 saw the return of our annual talent show organised by Mrs Simpson and Mr Knatt of Andrew Lloyd Webber House. Cranbourne students embraced the opportunity to show off their talents and skills, with House Points up for grabs! This year students competed in the heats and semi-finals during lunchtime and after-school. In a change of format, this year the Grand Final was held in the evening in the Drama Studio where parents were able to watch the acts perform.

The competition was a great success with students from across all houses and year groups participating in a variety of acts dancing, beat boxing, magic and even a dog act in the final!

Congratulations to all the finalists, particularly to Danell (Head Girl) who came in 1st place with a fantastic dance routine.

Final Standings:

1st Place – Danell Purdue (Dance Act)

2nd Place – Aaliyah Harmer (Singing Act)

3rd place (Joint)- Lucas Miller (Singing Act), Milly and Poppy Richardson, Nikita Canning and Aaliyah Harmer (Dance Group) and Jake Steel (Magic Act)

SAVE THE DATE: Friends of Cranbourne Christmas Fair is on Saturday 7th December 2019

There are lots of exciting opportunities at Cranbourne, to keep up to date with our latest news and updates;

Visit our Website: www.cranbourne.hants.sch.uk

Follow us on Facebook: <https://www.facebook.com/Cranbourneinfo/> or Twitter: @Cranbourne_info

For any admission enquiries please contact Susan Sayers, PA to the Headteacher on 01256 868605 or email s.sayers@Cranbourne.hants.sch.uk.



The **Basingstoke & District Disability Forum** recently identified a lack of Basingstoke based support groups for people affected by the condition fibromyalgia. We responded to this need by creating two new Chronic Pain Support Groups, both take place once a month. We run our evening sessions on the first Tuesday of the month from 6pm to 8pm at Popley Fields Community Centre. The daytime sessions take place on the third Mondays from 1pm to 3pm at The Roger Morris Centre, Eastrop Way. Booking is not required, you are welcome to come along if you are affected by any chronic pain condition or are a carer of someone suffering with such a condition.

The sessions are an opportunity to meet people with common experiences or concerns in a relaxed environment and to provide each other with encouragement, comfort and advice. Some sessions include the opportunity to take part in an activity or hear from a relevant speaker. For more information about what's on please check our website www.bddf.org.uk, call us on 01256 423869 or email info@bddf.org.uk.



Hub Community Church

For me, the morning of Saturday 2 November 2019 was an anti-climax. Like many others, I watched the Rugby World Cup final with a mix of frustration and disappointment. How could England play so well throughout the tournament, especially in the semi final against New Zealand, and then struggle so much in the final? Of course, credit should be given to South Africa, but I felt very deflated for much of the game and almost turned the TV off straight after the final whistle.

I was glad I didn't, as we began to hear the inspiring story of South Africa's captain, Siya Kolisi, who grew up in a poor township of Zwide, just outside Port Elizabeth on the Eastern Cape.

His desire was to win the world cup, to help bring the country together and inspire every kid in the country.

I couldn't help but be moved by his story. From growing up without money and not knowing where the next meal would come from, Siya Kolisi's story reminds us that there is hope, both for individual people and for a nation. Our future doesn't have to be defined by our past.



CREDIT: WORLD RUGBY

The story of Christmas is a story of hope. It focuses on a God who loves and a God who redeems; a God who takes a child with no hope from a slum in South Africa to a podium to lift the World Cup. It invites us to be grateful, not just for material things we have, that so often seem new and exciting in the moment but then dated and commonplace so quickly. It's an opportunity for us to be with loved ones, to give and receive kindness and love before presents and cards.

Let me encourage you to find a way to give and receive hope this Christmas, and I wish you all a merry Christmas and a happy new year!

God bless,

Andy Wright



Hub Community Church Web: www.hubcommunitychurch.org

Andy Wright, Senior Leader, Hub Community Church Web: www.hubcommunitychurch.org

We are Digital—EU Settlement Scheme

Local residents can get help and support on changes that may affect them following Brexit.

Supported by Basingstoke and Deane Borough Council, Citizens Advice Basingstoke and Tadley will be providing a new service to support residents in the borough affected by changes as a result of Brexit.

European citizens living in the UK are required to apply to the EU Settlement Scheme to continue living in the UK after 30 June 2021, with an estimated 7,000 people currently living in the borough needing to apply to the scheme.

Other support the charity will provide includes guidance on employment rights and EU employees' rights to stay, UK citizens living overseas and looking to return and consumer concerns such as travel insurance and access to healthcare.

As well as help and support from Citizens Advice, digital assistance is available for residents who do not have the access, skills or confidence to complete the online form by appointment at Viabes Community Centre.

To arrange an appointment, please call We Are Digital on 03333 445675.

For more information and to get in touch with Citizens Advice Basingstoke and Tadley, visit www.basingstokeandtadleycab.org.uk or call 01256 329984.

The new service forms part of the council's preparation work, alongside its partners, to look at the potential impacts and opportunities that Brexit may bring and ensure residents and businesses are prepared.

For more information on the council's work and guidance on Brexit, visit www.basingstoke.gov.uk/brexit

What's on at Viables Community Centre

To find out more about any of our events or activities, please contact us on

01256 473634 or email us at office@viables.org.uk



Regular Activities

Mon	Funk & Twist —Selina 07900 988209	9.30 - 10.30
	Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
	Forever Young - a circuit class of evidence based exercises for the over 65's. Emma Cameron 07787 558221	11:15 - 12:30
	Boogie Babies	13.00 - 13.45
	Ukulele Classes Booking is essential - contact: office@viables.org.uk	From 17:15
	Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	19:45 - 21:15
Tues	Gardening Club March - Nov 01256 473634	9:00 - 12:00
	Barn Tots - friendly, informal play for under 5's 01256 473634	9.45 - 11.45
	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
	Funk & Twist —Selina 07900 988209	18.00 - 19.00
	Krav Maga Self Defence Sonny 07851 433456	19.15 - 21.00
Wed	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
	Qi Gong Simon 01189 701781	12:30 - 1:30
	The Harrow Way over 55's group - fortnightly friendly meetings for mature members. 01256 324012	13:30 -15:30
	Laughter Yoga Liz 07859 920107	15.00-16.00
	Slimming World Jo 07515 719190	17:30 & 19:30
	The Bastion - The Gaming Club Jason 07763 521027	18:00 - 22:00
Thurs	Tiny Town —9.30-10.30; 10.30-11.30 Online booking	9.30 and 10.30
	Barn Tots SEND - friendly, informal play for under 5's with special educational needs and/or disabilities 01256 473634	10:00 - 11:30
	Pilates Janice 07789 711294	18:55 - 20:00
	MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
Fri	WW Studio Vanda 07771 884553	8:30 & 10:00
	Memory Club - Activities for those with dementia Emma Cameron 01256 473634 emma@viables.org.uk Booking is required	10:30 - 12:30 13:00 - 15:00
Sat	Funk & Twist —Selina 07900 988209	9.30-10.30
Sun	Boxercise Alison 07946 442359	8:00 - 9:00
	Healing Springs Church Ben 07984 544982	10:00-13:00



VIABLES COMMUNITY CENTRE
PRESENTS

CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF EVERY MONTH
19:30

BAR & REFRESHMENTS AVAILABLE

Just £2.50 per session


Tel: 01256 473634 Email: office@viables.org.uk

Viables Memory Club

£7 per session £4.50 lunch

**Sessions: 10.30—12.30;
13.00—15.00**

lunch 12.30—13.00



Viables Memory Club

The Viables Memory Club is a weekly facility which provides people with dementia the opportunity to participate in a wide range of activities that will encourage and engage thought processes and activate physical movement for greater health and wellbeing. It offers carers and families a little respite when their loved one uses the service and creates a routine for members to follow, adding consistency and stability.

Running each Friday, it is intended to provide a safe environment for people who are at the earlier stages of dementia (though most of our members stay with us for a long time) to undertake activities and socialise, whilst being supported by staff and volunteers who have been trained with an awareness of the needs of supporting someone living with dementia.

The Memory Club is a popular service in the area and is appreciative of any support that it receives, including grant funding and volunteers. If you would like to volunteer with us, or you would like to attend the service, please contact Viables Community Centre at office@viables.org.uk or call 01256 473634.

In this month's edition... **How It All Began...**

THE PANTOMIME

Pantomime, or Panto as it is more commonly known, is an annual British theatrical ritual which takes place nationwide and has travelled across the globe in both amateur and professional theatre companies.

It was born, however, in the Italian street theatre of the Commedia dell'arte, back in the 16th century, with stories of the old man, Pantalone, the clown Pierrot, and Columbine – the girl in love with the naughty servant, Arlecchino.



There are similarities between these performances and our modern-day pantos with a principal boy and girl who would overcome everything for love and live happily ever after.

The English for Arlecchino is Harlequin, and in the late 1600's the Harlequin, a mute panto character, used a paddle made from two pieces of wood which made a slapping sound when it hit someone...and from this we get the word 'Slapstick'.

The clown had always been a minor part, but in 1800 Actor Joseph Grimaldi took the character to popular new heights, turning the clown into a loveable and mischievous rogue.

The clown took over from the Harlequin and Grimaldi invented many of the gags we see in panto today. A modern example of a clown is the role of Buttons in Cinderella.



Early pantomimes were silent, or "dumb show", performances consisting of only dancing and gestures but by the late 1800's Pantomime had become popular entertainment fare at Christmas time. There were, however, only three theatres that were allowed to perform spoken drama, so to get around the law, theatres would add music and dance alongside.

Two writers at the time, James Planché and Henry James Byron, elevated the fairy tale aspect of the panto and performances became lavish with large casts from popular music hall stars and variety artists.

By the 1960's, many West End theatres could no longer afford the huge costs of running a pantomime and the art went into decline. Then, breaking with the tradition of a female role, Norman Wisdom played principal boy in Aladdin at the London Palladium for 15 years.

The theatre held many pantos up until 1988. They restarted Pantomimes again in 2016 with Cinderella.



Cinderella. Picture: David Harrison.

In the 1970's, with the sexual liberation of the decade, pantomime moved away from the traditional family entertainment, becoming more risqué and adult oriented. Following a downturn in sales it reverted back to the more popular family friendly format.

1980's, 90's and 00's

Pantomimes now often star British celebrities and sometimes even big Hollywood names such as David Hasselhoff and Pamela Anderson have come to the UK just to get involved in the British tradition. The use of celebrities in panto roles dates back more than 100 years.

And of course, no panto would be complete without audience participation.

The classic lines are: "He's behind you!" and "Oh no he's not!" followed by "Oh yes he is!"

Written by Sue Scott

If you fancy joining us for your own entertainment, why not try one of these?

Open Mic Vivo
Experienced or first timers come and play at our open mic event or just come along for a fun evening and listen to some great music

11th Feb 2020	8th May 2020
13th March 2020	12th June 2020
	14th August 2020

7:30pm till 11pm
Entry for all is £1 and all proceeds go to The Viables Community Centre.

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19.30 - 21.00
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Basingstoke Gang Show - Meet your local cast!!



Basingstoke Gang Show returns to The Haymarket for its 27th stunning, variety show spectacular with a production of classic to contemporary performances showcasing the very best of local talent in the Scout & Guide associations; you can expect to be delighted by magnificent live music & LOL comedy.

Basingstoke Gang Show is recognised as the best-selling and longest running 'family variety show' in our region and showcases an extremely talented cast – recognise any of the cast living in your area pictured here?



This best-selling amateur production is not to be missed. The 11 performances, many over February half term week 2020, will entertain audiences as you laugh out loud, tap your toes and sing along to the songs that you love.

Intrigued? Book your tickets early for your family and friends to experience this feel good family show at The Haymarket.

Show dates: Thursday 13th to Saturday 22nd February 2020 (excluding Sunday 16th). Matinee performances on Saturday 15th and 22nd February.

Ticket prices: Adults £20.00, Children £14.00. Last night (Saturday 22nd) all seats £21.

Early Booking Discount (book by 31st December 2019) to save £2.00 off each ticket by quoting code 'BGS2020' for performances on Thursday 13th, Monday 17th, Tuesday 18th February 2020.

Group booking discount of £1.00 off each ticket for every 10 purchased before 31st January 2020. Discounts not available with online bookings. One discount only, per booking.

Book tickets here:

<https://www.anvilarts.org.uk/whats-on/event/basingstoke-gang-show-2020>

Take a look at the Basingstoke Gang Show website

www.basingstokegangshow.com



New business community to help local businesses learn and grow!

Bizmosis® Basingstoke is a business community focused on helping business owners and their businesses to grow. Launched in November, this weekly hub takes place at the Viables Craft Centre and will be focusing in January on what its members need to make sure that 2020 is a success.

You can find out more about Bizmosis® by visiting www.bizmosis.com/Basingstoke

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Survey—Your Centre, Your Say

Please help us by completing and returning this very short survey.

1. Which of the following services do you use at Viabes?

Memory Club	Laughter Yoga	Exercise Classes	Bastion Gaming Club
Ukulele	Barn Tots	Barn Tots SEND	Dressmaking
Table Top Sales	Open Mic	Kickboxing	Over 55s Social Club
Weight Watchers	Cribbage	Chi Gung	Family Quiz
Boogie Babies	Quiz Night with Ploughman's	Tiny Town	Healing Springs Church
Slimming World	Krav Maga		

2. Is there a service or activity missing from our timetable that you would like to be able to attend?

3. We are keen to support local families by helping to fill gaps created due to the local cuts in Health Visiting services. If we were able to provide an activity that helped new parents, how likely would you be to attend?
Very likely Likely Not likely Not at all

4. How often do you use the facilities at Viabes Community Centre?

Weekly Monthly Yearly Other

5. If you do not use the centre regularly, please tell us why.

6. We have other equipment and services we provide alongside activities, events and room hire. Please select those you know about.

Bouncy Castle Hot drinks machine Tovertafel Boogie Babies parties AV equipment in Conference room Toys for 0-5 years Cinema screen and projector Membership scheme

7. As a small charity, we rely on volunteer support. If you were able to help, what would you be able to help us with?

Memory Club on Fridays Setting up tables and chairs for events Being a Trustee Helping put away the Inflatable Serving refreshments Helping behind the bar Adding events online Distributing our community magazine Unable to help at this time

8. Our longstanding Quiz Nights have seen reduced numbers over the last six months. If you used to attend but don't now, can you tell us why that might be? Please also leave us any suggestions that may help improve your experience.

Many thanks! We would appreciate your survey being dropped into the office or being posted to Viabes Community Centre, Harrow Way, Basingstoke RG22 4BJ

Christmas at All Saints' Church

We all know that Christmas is coming and, even as I write this in early November, decorations and gifts, puddings and cakes are filling the shop shelves, enticing us to start spending! I love the build up to Christmas as the festivities get under way – but I usually wait a few more weeks before I join the busy throng!

In church we have plenty to prepare for as we celebrate Christmas as the time when Jesus was born. It is a very special season for us and one when we are delighted to welcome lots of visitors to our services. It's an opportunity to take a little time away from the turkey and the tinsel and to enjoy the peace and joy that Jesus brought into the world.

We'd love to welcome you to any of these special services at All Saints' on Southern Road:

Christingle Service—Monday December 9th at 5.30pm

Carol Service—Sunday December 22nd at 6.30pm

Christmas Eve—Crib Service at 4.00pm; Midnight Mass at 11.30pm

Christmas Day—Christmas Eucharist and Carols at 10.00am

The Christingle and Crib services are planned with children in mind – but everyone is welcome. Details of all our services can be found at: facebook.com/allsaintsbasingstoke/

or at
www.basingstoketeamparish.org.uk/all-saints-church-basingstoke

Happy Christmas!



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6TH MARCH 2020

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