



The Harrow Way

The Viabes Community Centre Magazine

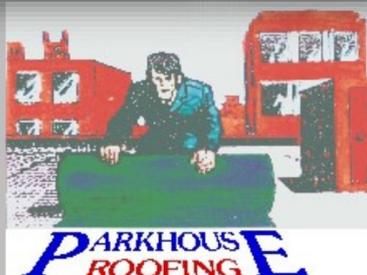
WANTED

CARETAKER

18 hours per week
Unlocking and locking for bookings
maintenance
Generally taking care of our Viabes
and Eastrop community buildings



Vertical tiling



Tile repairs

www.parkhouserofing.co.uk
phone 01256 840103



EPDM rubber single ply roofing

Parkhouse roofing, your local roofing contractor for built up felt roofing, EPDM single ply rubber roofing, GRP liquid glass fibre roofing, uPVC facias, soffits, guttering, cladding and vertical tiling. We have been trading since 1986.



Liquid GRP roofing



Built up felt roofing



uPVC facias, soffits, guttering



SING AND BRING
CHRISTMAS CHEER

VIABLES CHRISTMAS CELEBRATION

This is a free event and
we hope you can join
us for mulled wine and
mince pies!

Friday 22nd Dec

7:30pm

Spencer and Peyton ad here please

WE'RE MORE THAN JUST A LEAKY TAP



Boilers

Installations
Servicing
Breakdowns



Bathrooms

Cloakrooms
En-suites
Shower rooms



Plumbing

Taps
Toilets
All plumbing jobs



Contact us for a FREE estimate



info@catlinph.co.uk • 07774 741021

Message from the Manager

Hello everyone!

Well, what can I say?! This has been a rather different few months as the roof work has been undertaken and the refurbishment of our Osborne Room is underway. We are so grateful to all our lovely hirers for their understanding during this time, dealing with somewhat uncertain dates, venue changes and some disruption (though we have tried our best to keep this minimal.) The contractors have been wonderful and the council have worked hard too to ensure we have a lovely new roof that doesn't leak!

In the meantime, we have continued to remain busy and focused on ensuring our community have the range of activities and events we have always tried to offer. Our children's activities have remained well attended and our Eastrop building has continued to build in regular hirers as well as provide a welcoming space to our party hirers.

We have a new member of staff too! Gemma Simpkins has once again joined our team but in a new capacity. She is our new marketing and volunteer coordinator, conscientiously working to get the message out to everyone that we are a charity organisation, not funded by the local authority or government, generating our income in order to further support you all, as well as attract and celebrate our volunteers.

From January, we also have a new Children's Activities Coordinator joining us to continue to deliver the great range of 0-5 activities we have to offer, and organising more opportunities for school holidays for your older children to enjoy too. Suzie will be an asset to us all, I am sure.

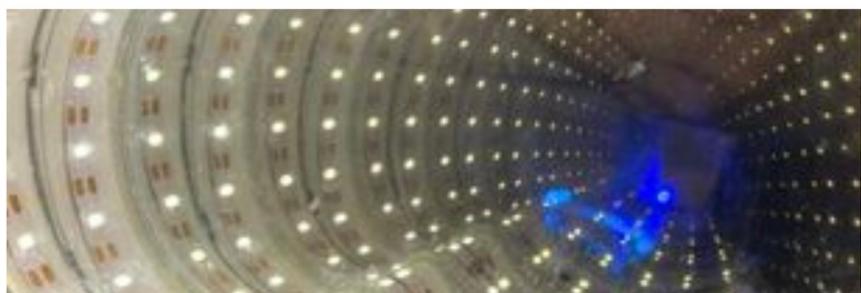
We have recently helped a Fashion Show for the Basingstoke Community Wardrobe, which is one of our great projects running from the Roger Morris Community Centre, Eastrop. This continues to grow and create momentum so please do pop along weekdays between 10 and 12 to see what we may have that would suit you or your family.

We sadly say goodbye to one of our very longstanding Trustees, Nicky, who has decided to step down after 15 wonderful years, but will be continuing to volunteer with us. Thank you Nicky, for all your hard work, commitment and dedication over the years.

Last but not least, I would personally like to thank the team for pulling together to cover other roles and adapt to constantly changing situations while the roof work has been taking place. You are all amazing! Thank you.

If you would like to join our team, we have a position available for a caretaker. Please contact me at luan@viables.org.uk for more information.

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—returns in January	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
Ukulele class—start date to be confirmed	13.30—14.30
Mencap—Dance and Drama club	18.30—20.30
Beginners Pilates Elaine 07808 895279—Please check this is running in advance—runs in blocks	18.00-19.00
Yoga Elaine 07808 895279	19.00-20.15
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	17:30, 18.30 & 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
Guitar Sessions— with Sean Campbell—Seamour Room	18.30
Pilates Janice 07789 711294	17.45 - 20:00
Friday	
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
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	19.15-20.15
Saturday	
Baby Ballet contact Baby ballet Alton for details	9.30- 12.45
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	09.45-10.45
Mencap—Dance exercise	11.30-12.30
Indian Dance	17.00-18.00
Carsers' Support Café (05/06 26/06 31/07 28/08)	13.30– 3pm monthly
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
Rummage Sales for the Community Wardrobe—1 x monthly	10.00-11.30 fortnightly
Yoga with Ri	17.45-18.45
Sound baths with Rhiannon	19.30-20.30
MEOWS choir	19.30-21.00
Wednesday	
Tuff Tray Play	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	
Tiny Talk baby signing classes	10.00-11.00
Mencap—Crafty Thursday	11.00-12.00
Boxcamp	18.45-19.45
Friday	
Yoga with Ri	07.00-08.15
Caterpillar Music 9.20 0-4 years and 10.15 0-12 months	9.20 & 10.15
Weight Watchers Carol O'Neill— Please check times and venue with your group leader	9.30am
Popstars Academy	16.15
Saturday	
HIRING SPACE AVAILABLE	
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00

NEW Group starting soon for those with babies born prematurely.

**Please enquire for details
01256 473634 or 01256 410605
office@viables.org.uk**



A new Defib has been installed at our Eastrop building using funding supported by Cllr Ronald Hussey

News from Cranbourne

Our Cranbourne Community was shocked and saddened by the news of the death of Jensen, a Year 8 student. Jensen was a well-liked, positive role model and a wonderful member of the school community who is deeply missed by us all.

This half term, we are celebrating the success of our students with our first Reward's Evening of the school year taking place in early December. Each department nominate an exceptional student from each year group – those who have shown themselves to be role models, achieved excellent results or who have put their all into the subject.

We're pleased to be welcoming back the Year 11 students who left Cranbourne this summer for their Graduation Ceremony Evening, which is a chance to recognise and celebrate their successes during their time here.



Auditions for Cranbourne's Got Talent have been taking place, with students showcasing an array of talents. Last year's competition winner, Mayana, won first place with an exceptional singing performance. We can't wait to see who will take the 2023 title! The final will take place on Thursday 14 December.

We are proud to have supported the Rotary Christmas Shoebox Appeal once again this year. Our students filled an incredible 64 boxes with toys, toiletries and educational books which are already on the way to displaced children across the world.



To celebrate Diwali, our Canteen team produced a delicious meal including an assortment of curries, homemade samosas, onion bhajis and poppadoms. This was enjoyed by all and we can't wait until the next food celebration!

Preparations for our annual Ski Trip are well underway – this year staff and students are off to the Spanish Pyrenees. We are sure they will have a fantastic time.

-Sarah Conlon, Headteacher

A festive poster for Craft & Gift Fairs. The background is dark green with white snowflakes, pine branches, and gold and red streamers. At the top center is the logo for Viablers Community Centre, which includes the text 'Viablers COMMUNITY CENTRE' and 'The Roger Morris Community Centre Eastrop'. Below the logo, the text reads 'Craft & Gift Fairs', 'Come along and find some wonderful arts & crafts as well as some beautiful individual gifts. Great for picking up unique Christmas gifts!', 'Viablers Community Centre: 3rd Dec 2.30pm- 5pm', and 'Roger Morris Community Centre: 10th Dec 1.30pm-4pm With Christmas photo sessions'.

WHAT'S ON

Open Mic Nights

Dates to follow
for 2024!

Check out our range of children's activities



Singing InTuition

Singing Lessons for all ages!

Unleash Your Creative Spirit!

NEW! 1-1 Singing Lessons coming to

The Roger Morris Community Centre



Call 07855 113758 for details and prices

Daytime Ukulele Classes at Viables!



Starting in January
Tuesday afternoons
13.30-14.30

Please enquire at office@viables.org.uk to book

Carers' Support Group



Mondays at the Roger Morris
Community Centre

This group is open to all those caring for someone with dementia. You are welcome to attend alone or bring along a loved one to seek support and share experiences with others. Supported by our Memory Club Activities Provider

Free to attend.
Refreshments provided.

Dates for the diary - 1.30-3pm

18/12/23 24/01/24 26/02/24 25/03/24 24/04/24

An Evening of Mediumship with Susie Gigg

Next date to book is....

18th Nov at Roger Morris Centre
£10.50 pp

19.30 for a 20.00 start



<https://www.trybooking.com/uk/eventlist/viablesandeastrap>

Has your parcel gone missing?

If your parcel wasn't delivered to the location you agreed, it's the seller's legal responsibility to sort out the issue. Check the delivery address you gave the seller. Then contact them and ask where your order is. If the seller claims they've delivered it or doesn't know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances.

If your item left with a neighbour or somewhere else has gone missing, it depends on whether your item was delivered by Royal Mail or a courier. If Royal Mail left something with a neighbour or in a certain place because you told them to, it's not the seller or Royal Mail's responsibility if it gets lost.

If Royal Mail left something with a neighbour or in a certain place and you didn't tell them to, it's the seller's responsibility if it gets lost. You should contact the seller to ask for a redelivery or a refund - you can phone, email or write a letter. You can choose not to have future deliveries left with a neighbour by [completing a form](#) on the Royal Mail website.

If your item was delivered by a courier, check your terms and conditions or account details - they might include other places for delivery, like your porch or a neighbour's house. If you agreed to them, it's not the seller's responsibility if your order has gone missing. If your item wasn't delivered to the location you agreed, it's the seller's legal responsibility to sort out the issue. You can ask them to redeliver your item. You can ask for a full refund if a delivery date was essential and wasn't met, a delivery date was agreed but wasn't essential, and a second date also wasn't met or no delivery date was agreed and a second chance to deliver was not successful. A delivery date is essential if you told the seller you needed your delivery by a specific date. For either a refund or a redelivery, you can phone, email or write a letter. You can access template letters on our link below.

To find out more information about the steps you can take, check out our online support on www.citizensadvice.org.uk/consumer/somethings-gone-wrong-with-a-purchase/if-something-you-ordered-hasnt-been-delivered/

Citizens Advice Basingstoke is here to help whatever your enquiry involves. Please contact us on 0808 278 7829.





On Saturday 11th Nov, we held the Basingstoke Community Wardrobe's first Fashion Show. This was our first event of this kind and we thoroughly enjoyed it! Here are some of the photographs taken of the evening —thanks to Sarah Gaunt Photography for the images

Thanks to all our volunteers!





**Refurb
2023**



Mr. Flaherty's Private Theatricals Presents:  Central Studio

A Christmas Carol



14-16 December 2023
Central Studio

Tickets £15; privatetheatricals.ticket-office.co.uk

 Supporting St. Michael's Hospice 

Clarke and Son ad here please



Don't Worry!

Hi, a good friend of mine reminded us recently how easy it is to let worry overtake us, and there does seem to be plenty to worry about. Cost of living, strikes, Ukraine, mortgage increases, food prices, and so the list goes on. Add to that how quickly bad and even fake news gets spread around with today's technology. It is no wonder there is so much anxiety across the world.

The bible talks about this quite a lot. The phrases "don't be afraid" and "don't worry" can be found throughout its pages. It gives some good advice too, for example it says that one antidote to worry is to be thankful. Thankfulness reminds us of the good things we have whereas the news today seems to only remind us of all the bad things in life. It also says that we would be wise to control what we think about. It says "whatever is good, whatever is true, whatever is admirable, whatever is noble, whatever is excellent, think about these things and the peace of God will be with you." It goes on to remind us that worry doesn't actually help, "who, by being anxious, can add a single hour to the span of their life".

The problem with worry is that it is contagious, our kids, family members and friends pick up on it and become anxious too. You pass it on without realising it, like a virus (there's something else that has caused a lot of worry). The good news is that we can decide what we choose to think about. It brings with it positivity which is also contagious.

Despite what the press would try to tell us, most of us have more to be thankful for than we realise. For example, I have recently been reminded just how many great and amazing friendships I have at King's Church and I should never forget it.

Let's try to be deliberate about what we think about in the weeks ahead.



Warmest regards,
Dave Rebbettes,
Pastor, www.kingschurchbasingstoke.com

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.

Petra
Jewellery

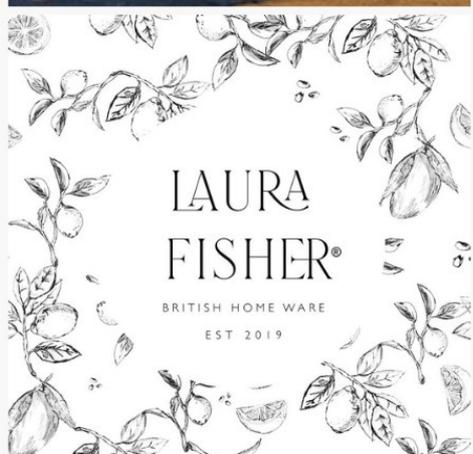
The
Salon Society
BY SHANIECE

THE
PARLOUR TEAROOM
EST 2010



Sewfistication

Fashion Design, Dressmaking
& Sewing Tuition



VIABLES CRAFT CENTRE