



The Harrow Way

The Viabes Community Centre Magazine



If you would like to advertise in our magazine that is distributed to approximately 2100 local homes, please contact the editor, Luan Squire, at luan@viabes.org.uk



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NEW GROUP

TETC HAMPSHIRE

STARTING MONDAY 6TH DEC

THE ROGER MORRIS CENTRE AT EASTROP
EASTROP WAY
BASINGSTOKE
RG21 4QE

EVERY MONDAY 19:00 - 20:30

GROUPS@TOUGHENOUGHTOCARE.ORG

#TOUGHTOGETHER

Peer to Peer Support Groups

What are TETC support groups?

We are here to support any male over the age of 18 going through a difficult time or just in need of a chat without being judged.

Why attend?

Why not?! Worth giving it a try and you may even be able to offer support as well as receive it, whilst enjoying a cuppa!

Do They help?

Talking always helps but it's surprising how much listening can help too. Sometimes it's hard to talk to people we're close to, but if you don't fancy talking then that's fine too.

What can I expect?

A friendly welcome with a cup of tea/coffee and a biscuit. No obligation to talk other than to say hello. Leave if it is not right for you—nobody will be offended.

What does it cost?

Nothing! So why not give it a go? It might just help you and it will definitely help others.

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Message from the Manager

Hello everyone!

As we move towards Christmas, I would just like to tell you about a few things that we have been doing or plan to do soon.

Our Christmas fayre was a wonderful success as always and we had our first ever at our Eastrop building—here's to many more. Thank you to everyone who got involved and supported us.

We have also set up the Hot Spots. These are warm spaces that are intended to help those who may be feeling cold in their own homes. We have had an overwhelmingly fantastic response in gaining volunteers for this, for which we are very grateful. We have had some attendees but we are always welcoming more. So if on a Wednesday every fortnight, you feel like joining us for some hot soup, some warm bread and a cuppa while you chat to others, then please call in. It runs here from 12.30 until 14.30 and is totally FREE. We also run a Hot Spot coffee morning at the Roger Morris Community Centre at Eastrop and that is FREE to attend too! It runs fortnightly from 10.00 until 11.30 on Tuesdays.

Following feedback from the community, we have also identified that there is a need for parents to be able to weigh their babies accurately. Therefore, we will soon be announcing sessions where parents can weigh their babies in order to make their own informed choices about whether they feel they would benefit from further support from Health Visitors. Watch this space!

Our annual Christmas Celebration is due to take place on Friday 16th December and this year we will be joined by our new regular hirers—VoxFresh Children's/Youth choir, which we are really excited about. It would help us if you could let us know you intend to come. As always, there is no charge for this event. We will set up a free ticket link so you can reserve your space or you can call the office to let us know.

Our new parent and toddler group is getting nicely established at our Eastrop building and runs from 9.45 until 11.30 on Thursdays. It would be lovely to see some of you support us there too.

For any enquiries, please get in touch on 01256 473634 or by email at office@viables.org.uk

Luan Squire

Volunteering Opportunity!

Are you: A good listener?

Caring and understanding?

A parent/grandparent/carer?

Do you have 1-2 hours a week you could spare?

We are looking for volunteers to support families in the community. YOU can make a difference to someone's life. Interested?

Contact us on 01256 325793

Email: info@homestart-nwhampshire.org.uk

Website: www.homestart-nwhampshire.org.uk

Volunteers benefit from 10-25 hours training over 2-4 weeks starting 20th January 2023—9.30am-2.30pm.

BECAUSE CHILDHOOD CAN'T WAIT!



DO YOU HAVE A WILL IN PLACE?



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www.clarkeandson.co.uk

Activities

Monday

Messy/Sensory Play	13.00 - 14.00
Ukulele Classes Booking is essential - contact: office@viabes.org.uk	From 17:45
Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	17.45- 21:15
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
Zumba Gold with Kate	14.00-15.00
Mencap—Dance and Drama club	18.30—20.30
Yoga Elaine 07808 895279	19.00-20.15
MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00

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 Hot Spot —fortnightly—this is a warm space to attend for FREE to eat soup, grab a cuppa and a chat and stay war.	12.30-14.30
The Harrow Way over 55's group - fortnightly friendly meetings for mature members.	13:30 -15:30
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—BabyBallet 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—fortnightly	13.00-14.15
Baby Steps—fortnightly postnatal group for babies and parents	13.00-14.15
Hampton Trust support group	17:00 - 21.00
VoxFresh choir —juniors and seniors sessions—2 sessions	16.00-18.30
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	10.00—10.45
Weight Watchers Willow Wren Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia Helene O'Connor 01256 473634 hele-ne@viabes.org.uk	10:30 - 12:30 13:00 - 15:00
Young Artists 5 week blocks Starts again 13th January—ages 5-12 years	16.00-17.15

Saturday

Baby Ballet contact Babyballet Alton for details	8.30- 12.45
Five and More Senses SEND group https://www.trybooking.co.uk/BLLN	11.30-13.00

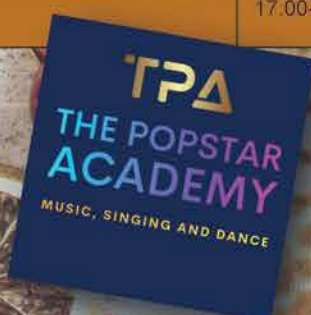
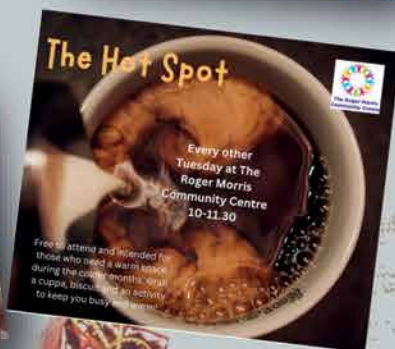
Sunday

Healing Springs Church Ben 07984 544982 And 18.00-20.00 2 x monthly)	10:00 - 13:00
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The Roger Morris Community Centre, Eastrop

As you already know (hopefully) we also now manage this building too! So here are some of the wonderful activities happening there on a regular basis.

Monday	
Tiny Town—role play village—childminder discounts available	09.30-10.30
Mencap—Dance exercise	11.30-12.30
Southern Health—Breast feeding clinic—please check with your HV	Pm
Indian Dance	17.00-18.00
Tough Enough To Care—Male support group—drop in	19.00-20.30
Brazilian jiu Jitsu	19.00-21.30
Tuesday	
Mencap (followed by 11.00-11.30 individual or group chat to staff)	10.00-11.00
Sight Loss Coffee Morning—A sight for sore eyes!	10.00-11.30 fortnightly
The Hot Spot—drop in coffee morning and warm space—FREE	10.00-11.30 fortnightly
Yoga with Ri	5.45-6.45
Brazilian Jiu Jitsu	19.00-21.30
Wednesday	
Tuff Tray Play	9.30-10.30
Mencap—Life skills	9.30-12.00
Mencap—Sports club	13.00-14.30
Popstars Academy	20.00-21.00
Wildcats—Martial Arts for children	16.15-19.15
Thursday	
Park Tots—parent and toddler group	9.45-11.30
Mencap—Youth Club	16.30—18.30
Dog Training Classes	18.30-20.30
Friday	
Boogie Babies—fortnightly	13.45-2.30
Popstars Academy	17.00-18.00
Brazilian Jiu Jitsu	18.00-20.30
Saturday	
Wildcats—Martial Arts for children	9.15-11.45
Brazilian Jiu Jitsu	11.00-14.00
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00



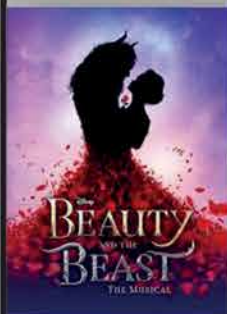
Community News

News from Cranbourne

We have had very exciting start to this academic year at Cranbourne; we have held our Cranbourne Has Talent Competition. On Tuesday 19th September we took 56 students to see Beauty and the Beast in London and held our first Cultural Diversity Evening.

Cranbourne has Talent

This was an exciting event where all our year 7 – 11 students showed us their wonderful talents! This ranged from singers, to musicians, jugglers to dancers. Over the course of 5 days, 20 acts performed in front of an accumulative audience of over 600 students and after the voting declared our finalists, 10 acts went through to our Wednesday night extravaganza. The performance not only celebrated our performers, but also showcased our Front of House and Technical teams as they welcomed our audience and judges, and controlled the lighting, sound and backstage area. We are so very proud of all our students who made this year's Cranbourne Has Talent such a huge success. We also extend our thanks to all of the staff, visiting judges and returning students who facilitated and took part in such a wonderful celebration.



Beauty and the Beast

This was an exciting event for our students who went to the heart of the West End of London. The visit to this show tied in perfectly with our community here at Cranbourne as in March we are performing our own version of Beauty and The Beast Jr.

Cultural Diversity Evening

We were very excited to hold our first Cultural Diversity Evening on Friday 14th October 2022. It was wonderful that so many of our Cranbourne community: staff, students, ex-students and families were able to attend. This event represented the diverse cultural community that we have at Cranbourne. What an amazing time everyone had. Thank you to Mr Ndlovu and his team for organising this event. Stay tuned for plans for the next one!



Future upcoming events

During this half term we are looking forward to our Rewards Evening, GCSE Certificate Presentation Evening and taking students to QMC to see some shows. It is wonderful to be able to hold these events again.

New Year 7 intake- September 2022

We have been delighted to welcome our biggest intake of Year 7 students to the school in many years – over 200! We are delighted at how quickly our new students have settled into secondary school life. We are very much looking forward to sharing their journey at Cranbourne over the next five years.

Jane Aplin
Headteacher



Community News

A festive poster for the Christmas Celebration 2022. The background is a warm, golden-brown with musical notes and bokeh lights. On the left, there's a close-up of a Christmas tree with red and gold ornaments, including one with the 'Viabes Community Centre' logo. On the right, the text 'Christmas Celebration 2022' is written in a cursive font. Below it, 'VIABLES COMMUNITY CENTRE' is printed. A QR code is in the top right corner. At the bottom, a white box contains the event details: 'Friday 16th Dec 19.30', 'To attend, please book your free seat by calling or emailing us 01256 473634 office@viabes.org.uk', and a small image of a gift box and Christmas decorations.

Christmas Celebration 2022

VIABLES COMMUNITY CENTRE

**Friday 16th Dec
19.30**

To attend, please book your free seat by calling or emailing us
01256 473634
office@viabes.org.uk

You can also book online at <https://www.trybooking.co.uk/BZAD> or by using the QR code.

OUR ACTIVITIES TAKE OFF AS A NEW MEMBER STARTS A NEW GROUP

www.basingstokeu3a.org
facebook.com/Basingstokeu3a

Did you know that the first motor car journey on Britain's roads was driven from Micheldever Station to Datchet in June 1895? Well, one of our new members did!

A New u3a Transport Group— It's little known about the U3A that if a member wants to start an activity which isn't currently available, we'll support them to find people to share and develop their interest. New member Paul has spent a career in various areas of transport, and wants to keep learning about it. So he's just set up a Transport Group for us here in Basingstoke, and we've already found twenty other members wanting to join in. They're meeting monthly, and will be covering all forms of transport: buses and trains, cars, boats & planes, and more! Indoor meetings will have a single theme, with time to reminisce and chat about issues past and present; but trips to transport places of interest will be in the pipeline too. Do get in touch if you'd like to know more. And if you have an interest and no-one to share it with - membership of our u3a could be just what you need to get started!



Many of our members still like to study a little and we've a wide range of learning on offer. The Transport Group has joined Science & Technology, Art History, Latin, Literature, Film Studies, History, Local History, Modern Languages, Environment, and Art or Poetry Appreciation. But of course others still prefer to dance, walk, cycle, play games, sports, or join in with some of our arts and crafts groups.



So Do Think About Joining Us and Have a Happy Christmas

Email: basingstokeu3aenquiries@gmail.com

phone: **07787 520 281**

What's on...

If you'd like more information, please feel free to contact us on 01256 473634 or email us at office@viables.org.uk

Thursdays 10-11.30
£2.50 per adult and child 50p add on per sibling

BARN TOTS SEND

CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF THE MONTH
19.30 - 21.30
BAR OPEN!

01256 473634
office@viables.org.uk

Little Seedlings Music and Movement

Fridays 10.00-10.45
Osbourne Room
Viabes Community Centre

With a new theme each week, there's lots to enjoy!

£3.00 for an adult and child (0-5 years)
£2.00 per sibling

Viabes COMMUNITY CENTRE
 The Roger Morris Community Centre, Eastrop

Tuff Tray Play
 At The Roger Morris Centre, Eastrop

Every other Wednesday 9.30-10.30am
For Children aged sitting - 5 years

£3.50 per child and £1 per sibling

The Roger Morris Community Centre

Keen to learn to play the ukulele?

Come and learn to play at Viabes! Classes for complete beginners as well as those wishing to improve.

To find out more, contact us on **01256 473634** or **office@viables.org.uk**

BARN TOTS

Tuesdays term time 9:45-11:30am

0-5 years
 Just £2.50 for an adult & child (50p per child thereafter) No additional adults per booking due to current guidelines

Barn Tots is run by volunteers. If you would like to help please contact us at **office@viables.org.uk** or **01256 473634**

MESSY AND SENSORY PLAY

Mondays 1pm - 2pm at Viabes Community Centre

£3.50 per child £1 for siblings

Suitable for Sitting - 5 years

Young Artists

Children's 5 week art course for ages 5-12 years
 Starting Friday 13th January 4pm - 5.15pm

£37.50 per child - special offer price!

SOFT & SENSORY PLAY

Every other Thursday 1pm-2.15pm

Ages 0-3 years £3 per child and £2.00 for siblings

Viabes COMMUNITY CENTRE
 The Roger Morris Community Centre, Eastrop

Community News

Greetings from everyone at All Saints Church

For a thousand years there has stood at the centre of our town a church building where people will have celebrated Christmas year after year. The town has expanded, and so has Christmas - there was definitely no John Lewis advert in 1662, or a Coca Cola moment in 1755 – and the church has expanded in this town too.

The church still stands at the centre of this town, right next to Festival Place, but now there are churches all over Basingstoke. Each of these churches will be throwing open their doors to welcome you to the biggest birthday party of the year!

At Basingstoke Church you can join us for traditional carols by candlelight, for a massive family Christmas party, or a moment to stop and reflect amidst all the mayhem. However you would like to celebrate, and wherever in the town you are, there's a party going on to celebrate God being born in the midst of a difficult time, in a naff old room in a nothing much town.

You see Jesus stepped in to this earth quietly, nobody much would have noticed, but he has changed millions of lives across the world since. He is still very much alive, and we'd love to introduce you to him this Christmas. Do come to one of our Christmas moments, or find another church near you – either way, make this the year you find Jesus in the midst of all that you are facing and let him bring you real peace this Christmas.

www.basingstoke.church/christmas



Focus on the Friends of the Willis Museum

"Museums are not static but dynamic": thus wrote George Willis, (1877-1970) Basingstoke shopkeeper, antiquarian and local historian, one time mayor, first Freeman of the Borough, and, in 1931, the founder of the Borough Museum that evolved into the justly named Willis Museum, now run by Hampshire Cultural Trust (HCT) and called the Willis Museum and Sainsbury Gallery. Visit the Museum's website and you will clearly see that it lives up to Mr Willis's wise dictum in no uncertain fashion.

www.hampshireculture.org.uk/willis-museum-and-sainsbury-gallery

With high profile touring exhibitions in the *Sainsbury Gallery*, frequently changing exhibitions by local people and groups in the *Basingstoke Community Gallery* – this could be you or your group - and its programmes of talks, workshops, and family activities, you can go there many times a year for a new experience every time. Oh, and enjoy a great morning coffee, or afternoon cup of tea and slice of cake.

No surprise, then, that the Willis has a dynamic Friends' Association, founded in 1978 to "promote, support and improve the Willis Museum." Members enjoy ten free evening lectures a year, mostly about local history, a guided summer visit, newsletters, discounts in the museum café and shop, and, importantly, an opportunity to volunteer their services in interesting ways – all of this for £12 per year. As a fund-raising body it recently handed HCT a substantial sum towards a forthcoming re-display of the *Story of Basingstoke Gallery*, the area dedicated to the history of the town.

To find out more about the Friends call in and pick up a brochure or visit:

www.friendsofthewillis.org.uk

Friends of the Willis Museum Publicity

July 2021: a party of Friends enjoying an expertly guided tour of the Holy Ghost Ruins and Cemetery



Basingstoke Gang Show – Meet your local cast!

Basingstoke Gang Show returns to The Haymarket for its 28th 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 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?**

Awarded **best compilation show** by **NODA National Operatic and Dramatic Association** for our 2020 show, this is an amateur production not to be missed. The 11 performances, many over February half term week, will entertain audiences as you laugh out loud, tap your toes and sing along to the songs that you love.

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

Dates are Thursday 9th to Saturday 18th February 2023, excluding Sunday 12th. Matinee performances are also on Saturday 11th and 18th February.

Ticket prices: Adults £22.00, Children £15.00. Last night (Saturday 18th) all seats £24. **Early Booking Discount (book by 21st December 2022)** to save £2.00 off each ticket by quoting code 'BGS23' for performances on Monday 13th and Tuesday 14th February only.

Group Booking Discount buy 10 or more tickets and get £1 off each ticket if booked by 15th January 2023. One discount only, per booking.

Book tickets here:

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



(L-R): Noah, Chloe & Jessica

theWI
INSPIRING WOMEN

Basingstoke WI are now meeting in
The Four Lanes Room

at
Viabes Community Centre
on the 1st Wednesday of each month,
at 2pm

We are a small but busy group and would welcome new members to join us. At our meetings, we have speakers, workshops, entertainments and, of course, refreshments!

We also have four regular monthly groups who play cribbage, board games, meet for craft and a chat and a play/reading group called the Jam Tarts. We also go on outings frequently and attend workshops and are involved in national and county WI events so life is never dull and we are always busy, but you can do as much or as little as you want. Please do come along and see if you like us; you are very welcome.

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Our Latest Initiatives



Welcome to our Warm Spaces, offering warmth, a friendly environment, a nice hot cuppa and a chat with our great volunteer team. You can let us know you are coming or you can just turn up. Every other week (started 11th and 12th October.)



CGH & Beggarwood PPG Newsletter, November 2022

Patient Participation Group Update

As some of you may know, the Beggarwood Surgery is now run by Operose/CGH. Since this acquisition, the two PPG's have been under pressure to merge, and this has now taken effect. With this merger, we believe we will be stronger together, and have formed a management type quorum, consisting of the Chairs and Vice Chairs of both PPGs. We are now the largest PPG group under the Operose flag. We mean to make full use of our dealings with Operose and, if need be, NHS England.

Along with monthly meetings with local and central Operose management and CGH, we will run separate monthly PPG members' meetings, which will be minuted and published on the PPG website: www.cghppg.co.uk. Inserts will be published across all Parish magazines, and the Basingstoke Gazette.

As part of our remit, we will concentrate on two key areas with the surgeries, i.e. telephone answering times, and patient complaints. You can help us monitor this, and press Operose for effective action. We ask you to tell us your experience when trying to contact CGH by phone, by filling in a quick, easy survey, which can be found on the PPG website address above, and has been widely circulated on social media sites.

Complaints : Operose employ a full-time Complaints Manager. If you feel you have reason to complain about your experience when dealing with the surgery or a member of staff, you should register your dissatisfaction via the CGH website: www.cghpartnership.co.uk/about-us/comments-and-complaints. You should receive a response and/or an acknowledgement, within 3 working days, plus a formal reply and solution, within 40 working days. If you are dissatisfied with the way they have dealt with your complaint, you can contact the independent healthcare assessment authority, Parliamentary and Health Service Ombudsman on 03450154033 or via their website : www.ombudsman.org.uk

Surgeries Update : Operose has introduced a trial telephone answering system consisting of a number of options, designed to reduce the issue of call queues, which will be reviewed daily. Option 1 is for urgent calls/action. It is important to avoid the temptation to press 1 regardless of the nature of your call, and respect the trial call system. Other options direct you to Prescriptions, Referrals, Medical Secretary and Deceased Reporting. Staff sickness continues to cause delays.

8325 patients have received the flu vaccine. Invitations have been sent out by text, letter or, mobile phones. Some letters were received unfranked, and CGH will refund any postage costs incurred.

Problems have been experienced with prescriptions at Boots @ Beggarwood and Lloyd's @ Sainsbury. There is a known issue with the Boots' App, and these problems appear to be with the pharmacies, not the surgeries.

Current feedback for Dr.iQ is mixed. Let us know your experiences via our email. There are 2 ways of contacting the PPG - email : Beggarwood.surgery@btinternet.com or, cghppg@gmail.com or, website: www.cghppg.co.uk. Over the next few months, the email addresses will be merged, to avoid confusion. You can contact us to tell us your experiences on any issues of concern, feedback on services, helpful suggestions, etc. This is purely for non-medical feedback. For urgent medical problems, contact the surgeries directly or ring 111.

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