



# 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](mailto: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!*

Spring will soon be upon us, so what better time is there for new beginnings!

Due to the popularity and need from our wonderful Memory Club service, we are aiming to open up an additional session on a Thursday afternoon to accommodate all those who are currently on our waiting list. To do this, **WE NEED YOUR HELP!** Volunteers are of utmost importance to both us and our members. If you have around 2.5 hours to spare us on a Thursday afternoon for a rewarding volunteering opportunity, we would love to hear from you. We will also be starting a Carers' support group running monthly on Mondays so please ask for details.

We have welcomes new hirers once again—Silversmith courses, Dog training, Seated Yoga, Networking Meetings and more! Our Eastrop building has also added activities into the timetable so please check out the activity lists for both centres in the magazine.

The Basingstoke Community Wardrobe is going from strength to strength and we have introduced some monthly sales (Tuesday 28th March is the next one) and will provide some ad hoc pop up weekend sales where possible too.

The lovely Susie Gigg joined us for an evening of mediumship and will be returning and our next quiz night is on March 25th. So if you haven't yet booked in then please do!

MEOWS wellbeing choir have now moved to our Eastrop site and our children's activities across both sites are growing in number.

Our Eastrop site has had an office makeover and we have renamed the meeting room the Poppy Room, in honour of our wonderful TETC male support group who regularly meet there. Whilst it is not just for those in the armed forces, those who set it up are very much involved in supporting our veterans. The group runs on a Monday night from 19:00-20:30 and is for all men over the age of 18 to come along and chat if they feel they need to.

We had a great first Burns Night and my personal thanks go to our Trustees for putting on such a fabulous evening for the community. Debbie is busy organising another summer coach trip for local families, so please keep an eye on our Facebook pages for details.

*Luan Squire*

## Volunteering Opportunity!

Could you be a Trustee for Home-Start?



The Trustee Board meets 6 times a year and is responsible for strategy and governance of this amazing Charity! You will be supporting Home-Start staff and volunteers to make a difference for local families with young children. Contact us on 01256 325793

If you have a background in IT, Marketing or Early Years we'd love to hear from you!

Tel: 01256 325793 Email: [info@homestartnwhampshire.org.uk](mailto:info@homestartnwhampshire.org.uk) Website: [www.homestart-nwhampshire.org.uk](http://www.homestart-nwhampshire.org.uk)

**BECAUSE CHILDHOOD CAN'T WAIT!**

## DO YOU HAVE A WILL IN PLACE?



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# Activities at Viables

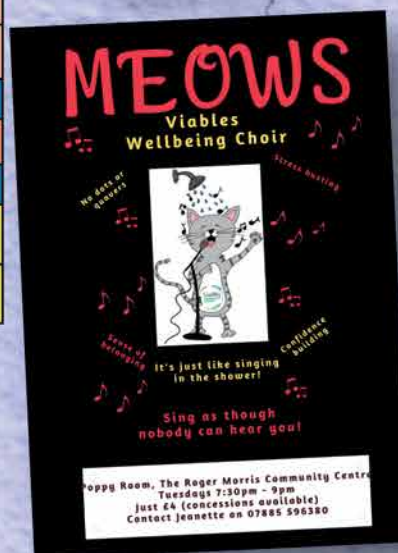
Monday	
Networking Business Meetings—open to all local businesses	8.00-10.00
Seated Yoga with Sue	10.30-11.30
Messy/Sensory Play	13.00 - 14.00
Ukulele Classes      Booking is essential - contact: office@viables.org.uk	From 17:45
Phoenix Martial Arts - Kickboxing      Email Tom Hayward pma_kickboxing@hotmail.com	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
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 Viables Warm Welcome—our little Hot Spot! This is a warm space to attend for FREE to meet others, have a chat, grab a cuppa and stay for a soup lunch if you wish.	9.30-14.30
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	13.00-14.15
Baby Steps—fortnightly postnatal group for babies and parents	13.00-14.15
Hampton Trust support group—booked through Hampton Trust only	17:00 - 21.00
VoxFresh choir—minis, juniors and teens	16.00-18.30
Pilates      Janice 07789 711294	17.45 - 20:00
Friday	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.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 helene@viables.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
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	19.15-20.15
Saturday	
Baby Ballet      contact Babyballet Alton for details	8.30- 12.45
Five and More Senses SEND group <a href="https://www.trybooking.co.uk/BLLN">https://www.trybooking.co.uk/BLLN</a>	11.30-13.00
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

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	09.45-10.45
Mencap—Dance exercise	11.30-12.30
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 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	5.45-6.45
Brazilian Jiu Jitsu	19.00-21.30
Wednesday	
Tuff Tray Play	9.30 -10.30
Mencap—Life skills	11.00 -12.00
Mencap—Sports/social club	12.00 -14.30
Popstars Academy	20.00 -21.00
Thursday	
Park Tots—parent and toddler group	9.45-11.30
Mencap—Crafty Thursday	11.00-12.00
Dog Training Classes	18.30-20.30
Friday	
Yoga with Ri	07.00-08.15
Tots Play Michelle—07843 479359	10.45
Popstars Academy	17.00-18.00
Brazilian Jiu Jitsu	18.00-20.30
Saturday	
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 School

The first half term of the 2023 has been another busy one at Cranbourne. We were delighted to welcome our Year 7 parents to their first "meet the subject teachers" evening in January. The year group has settled so well into secondary school life.

As we all know, those dark winter days are lifted by cultural celebrations and we make the most of these at Cranbourne. Chinese New Year becomes an opportunity for our catering team to introduce traditional Chinese food enjoyed by all students and staff. Thanks to Cranbourne's school council catering committee for setting up the dining room, ready for extended lunch break.

Our student team of British Values students spent a fascinating day at the Houses of Parliament, learning about how our seat of democracy was founded, how it has changed and how it runs today. The ceremonial element and the grandeur of the buildings stood out. One of our students, who joined us in the Autumn from Nigeria commented "I've never stood in a building that's a thousand years old before!" Awe inspiring!

Our student cyber ambassadors at Cranbourne regard internet safety as hugely important and on Internet Safety Day they attended a conference for like-minded young people in Southampton. The team were then excited to share their plans for keeping our students safe on-line with Dame Maria Miller MP, when she visited Cranbourne.

Cranbourne reward trips are open to all students, who collect 250 House Points. Another group of students enjoyed watching a fabulous performance of Hair at QMC. We are very fortunate to have this link with QMC: attendance at these shows inspires many children to take up Drama, Dance and Music options post 16.

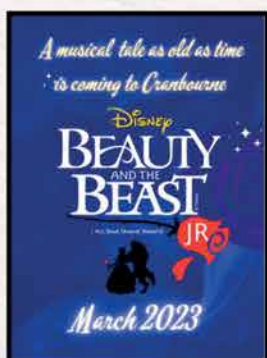
Apprenticeship week happened all in one day at Cranbourne! Miss Taylor our Careers Advisor arranged for every year group to see the fantastic apprenticeship opportunities available. Did you know you can start an apprenticeship up to age 65! The careers theme continued on Wednesday when Miss Taylor took the whole of Year 10 to the Education Business Partnership's "Get Inspired" convention at the Apollo Hotel.

Our Performing Arts team are very busy preparing for our Beauty and the Beast production. Performances will be on Wednesday 22<sup>nd</sup>, Thursday 23<sup>rd</sup> and Friday 24<sup>th</sup> March 2023 at Cranbourne. This will be a wonderful show suitable for all the family and we would like as many people as possible to see it.

March is a month we always look forward to, the days are getting longer and the weather being warmer but most importantly, the names of our students who will join us in Year 7 in September are released.

We look forward to sharing more news from Cranbourne in the summer term. If you have any questions please do get in touch on 01256 868600.

Jane Aplin, Headteacher





# Community News

## Volunteer as a school governor

Are you looking to give something back and volunteer your time to help others?  
Come and join Hampshire's school governance community!

You will meet interesting new people and develop useful skills and knowledge whilst working with school leaders to make a difference to the lives of children.

You don't need to be a parent, or an education professional to volunteer – you'll have access to a range of training to support you in the role, training that could also be useful to you in your personal and professional life too.

Boards value diversity, so whatever your background, age and skill set, your voice will help the board make good decisions for the future of Hampshire's children.

To find out more about the role, please visit the Hampshire Governor Services website at: [www.hants.gov.uk/governors-volunteer](http://www.hants.gov.uk/governors-volunteer)

To apply - fill in the online application form and we'll match you to a suitable governing board. A representative from that board will contact you for a conversation about their vacancy and the next steps.

If you want to make a difference and give some of your time to supporting children's education, then you'll find being a school governor a rewarding experience.

Please help us to spread the word about this wonderful opportunity by sharing the details with colleagues, friends and family who you think would be keen to volunteer.

On behalf of Hampshire's School Governance Community - thank you.



## An Evening of Mediumship with Susie Gigg

April 22nd

£10.50 pp

19.30 for a 20.00 start

Roger Morris Community Centre



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

## Basingstoke Community Wardrobe

at the Roger Morris Community Centre,  
Eastrop

WEEK DAY  
Wardrobe Rummage!

# SALE!

Tuesday 28th March 11am



## 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

£2.50 per family  
Refreshments provided.

Dates for the diary - 1.30-3pm

27/3, 24/4, 5/6, 26/6, 31/7, 28/8, 25/9, 30/10, 27/11, 18/12





# What's on...

If you'd like more information, please feel free to contact us on 01256 473634 or email us at [office@viablen.org.uk](mailto:office@viablen.org.uk)

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

**BARN TOTS SEND**

**SOFT & SENSORY PLAY**

Every other Thursday  
**1pm-2.15pm**

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

**Little Seedlings Music and Movement**

Fridays  
 10.00-10.45  
 Osbourne Room  
 Viablen 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**

**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**

**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@viablen.org.uk](mailto:office@viablen.org.uk) 01256 473634

**Keen to learn to play the ukulele?**

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

To find out more, contact us on  
 01256 473634 or [office@viablen.org.uk](mailto:office@viablen.org.uk)

**MESSY AND SENSORY PLAY**

Mondays  
**1pm - 2pm**  
 at  
 Viablen Community Centre

**£3.50 per child**  
**£1 for siblings**

Suitable for  
 Sitting - 5 years

**PARK TOTS**

The Roger Morris Community Centre

**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!



**CRIBBAGE PAIRS EVENINGS**

FIRST FRIDAY OF THE MONTH  
**19.30 - 21.30**  
 BAR OPEN!

01256 473634  
[office@viablen.org.uk](mailto:office@viablen.org.uk)



# Community News

## FUN IN RETIREMENT

u3a learn, laugh, live

### OUR CREATIVE GROUPS RUN THEIR FIRST EXHIBITION

There's a wide range of interests within our u3a, and our more creative members come together in groups like calligraphy, art, crafts, patchwork, quilting, creative writing, photography and card making - to name just a few. Beginners join with more experienced colleagues to learn from them, and everyone is always very welcome. So we were very excited when Festival Place offered us an empty shop for two weeks in February for an exhibition of their work. Our creative members set to work straightaway, and brought together a lovely display, which included drawings, paintings, quilts, knitting, calligraphy, poems and stories. And lots of people came to visit us.



Although the exhibition featured our most artistic groups, many of us have joined the u3a for something else. Some of us dance or sing, walk or cycle, learn about science, or research their family history. Others play board games, cards or take part in sport and quizzes. Many just go on holiday, an excursion, or have a lunch together. And some visitors didn't realise 'pick and mix' is available in the u3a - as many activities as you want for just the one membership fee. Join us!

## BASINGSTOKE-OLD BASING U3A

[www.basingstokeu3a.org](http://www.basingstokeu3a.org)

07787 520 281



## The Viables Warm Welcome

Join us in our Little Hot Spot!

EVERY  
WEDNESDAY  
FROM 9.30 – 2

Free and Friendly  
Welcoming space  
Open to All

GIVE US A CALL ON 01256 473634 TO FIND OUT MORE!



## Weigh and Play!

Grab a cuppa, play  
and weigh your  
baby for just £2!

Coming soon!

Wednesdays 9.30 - 11 at  
The Roger Morris  
Community Centre,  
Eastrop



## theWI INSPIRING WOMEN

**Basingstoke WI** are now meeting in  
**The Four Lanes Room**  
at  
Viables 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.

## CANDY TOURS

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[www.CandyTours.co.uk](http://www.CandyTours.co.uk)



## CGHB PATIENT PARTICIPATION GROUP

Email : [cghb.surgeryppg@btinternet.com](mailto:cghb.surgeryppg@btinternet.com) Website : <https://www.cghppg.co.uk>

### MONTHLY NEWSLETTER – FEBRUARY, 2023

#### CGHB News

The crisis caused by Strep A and flu has now eased somewhat, allowing CGHB to deal with the backlog of routine appointments. Any patients who have delayed making an appointment because of the crisis, should now get in touch. Dr.iQ referrals should now be picked up, and patients contacted. Staff sickness has had an impact on running the surgeries over the past few weeks, and this has not been helped by a staffing recruitment shortage. Operose continue to endeavour to fill any vacancies as soon as possible to ensure full and proper patient care. There is now a lead receptionist in each of the four surgeries. Call wait times have, to some extent, started to reduce, although these are still averaging 20 minutes.

#### PPG News

Monthly PPG Management meetings with CGHB will continue for the foreseeable future. These meetings enable the PPG to concentrate efforts on issues that affect patient care, and to obtain up-to-date information on subjects raised. Any unresolved issues are carried over to the next meetings. If you wish to contact us on any areas of concern, please see details above. The PPG remains open to new members. Please contact us on the above email if you are interested in joining us.

#### Items of Interest/Information

**Everyone knows someone touched by Cancer.** Brookvale Community Association are offering free hospitality, sessions, presentations and shared experiences events at Brookvale Village Hall, RG21 7RP. Bookings for March dates must be received by Tuesday, 28<sup>th</sup> February. Any missing the deadline will be waitlisted for April meetings. Book via [Malcolm@Brookvale.org.uk](mailto:Malcolm@Brookvale.org.uk) for Saturday, March 11<sup>th</sup> : 1030 – 1200 (women only), Wednesday, March 15<sup>th</sup> : 1900 – 2100 (men and women), Thursday, March 16<sup>th</sup> : 1030 – 1200 (men only). Any information shared on emails will remain confidential, and anonymized for reporting purposes to funders.

**Supermarket Vouchers for Unpaid Carers** :Are you looking after, or supporting, a relative, friend or neighbour, who relies on your help to enable them to live their lives? Hampshire County Council have allocated funding to supply supermarket vouchers to unpaid carers who are providing support to someone living in the HCC area. Full information can be found at:

<https://www.connecttosupporthampshire.org.uk/news>

**Neighbour Care Basingstoke** : This is a registered charity providing accompanied transport to hospital, doctor and other medical appointments, and to shops, clubs and more. It also offers a befriending service, matching befrienders to people who are isolated, who will visit them on a regular basis. These two services are offered to those in genuine need in our community, mainly elderly and frail people, and those unable to get out by themselves, thereby enabling people to stay independent and remain in their own homes for longer. Call them on : 01256 423855 to speak to a coordinator, or email at : [info@neighbourcare.com](mailto:info@neighbourcare.com)

**Walk-in Health Hubs** : offering blood pressure checks, Covid and flu vaccinations, plus information and advice to promote healthy lifestyle and wellbeing, these can be found at Oakridge Hall for All, RG21 5AG on 17<sup>th</sup> February, 0930 – 1430, and at Sycamore Halls, RG23 8AB on 23<sup>rd</sup> February, 0930 – 1430.

The Health Hub in Festival Place, Basingstoke Town Centre, continues to offer free blood pressure checks, NHS Health Checks, Covid and flu vaccinations, Antenatal and Post Natal clinics (contact your health visitor for more information), health and well-being advice, and group consultations with a local GP team on the menopause (book these by calling 0333 332 0855)

Editor : Caroline Atkinson



**VOLUNTEER**

**In order for us to put on our fabulous events, we often need a little help with setting up and preparing food etc. If you are able to help, please email us at [office@viables.org.uk](mailto:office@viables.org.uk)**



**Are you looking for a new meeting place for your club or society?**

**We have a variety of spaces available at The Roger Morris Community Centre**



**Large & small halls (can be combined into one large space) and a meeting room.**

**Daytime, evening and weekend availability**

**For more information contact [bookings@therogermorriscentre.org.uk](mailto:bookings@therogermorriscentre.org.uk)**





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