

# Viables The Harrow Way

The Viables 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@viables.org.uk

## Community News

#### Another successful year for Cranbourne

As we write this article we have just come to the end of a very successful year at Cranbourne. You will read this as we start a new academic year which we know will bring lots more exciting opportunities for our students.

Last term we bid a fond farewell to our Year 11 students at their 2022 Leavers Prom. Students arrived at the event in a variety of different vehicles including a white stretch limo, an Aston Martin and even a Royal Mail Post van! All the students looked absolutely fantastic in their suits and gowns, they then had a wonderful time dancing and celebrating the end of their time at Cranbourne!





We also held our first Performing Arts Week. This week celebrated all the students' hard work through performances and saw many visitors come to Cranbourne to give an insight into the many pathways within the Performing Arts Industry. It was a fantastic opportunity to showcase the students' talents to their peers and family.



Last but not least, we were thrilled to welcome our new students who will be joining us in September with two transition days, where students enjoyed a variety of activities and lessons including Music, Dance, PE, Team Building and Orienteering. We very much look forward to sharing their progress as they start in Year 7 this term.

We are excited to be hosting two Open Mornings on Saturday 10 September and Saturday 1 October 2022 from 9.00 am to 12 noon. We are planning to offer a variety of hands-on activities for children and parents to try. All of the family are welcome so please do come along!

Mrs Aplin

Headteacher



## Chalk Ridge Primary School receives excellence award for supporting pupils learning English as an additional language.

Chalk Ridge is a friendly community primary school in Basingstoke where the priority is to ensure every child succeeds by providing an inclusive education within a culture of high expectations and aspiration.

Head Teacher Sue Jackson: "We want our children to get the best possible educational start in life. Some of our pupils have English as an Additional Language (EAL). This means they use one or more language other than English at home or in their community."

After a recent school inspection by the Ethic Minority and Traveller Achievement Service (EMTAS), Chalk Ridge Primary School was given an EAL Silver Excellence Award to recognise how well English as an Additional Language pupils are supported.

EMTAS said: "Your submission was particularly strong for the Leadership and Management, Assessment and Data and Parental Engagement strands of the award with many areas at Gold Standard."

EAL coordinator and Year 5 teacher Lucy Relf: "Having to learn a new language can be daunting for children and their families and can make learning more difficult. At Chalk Ridge we work hard to support all our pupils so that they can be the best they can be at school and at home."

Madeline Hussey, the lead school Governor for EAL said "I'm really proud that we have achieved this level of excellence and looking forward to us reaching the Gold Standard soon too."

The diverse range of cultures, languages and religions represented by the pupils, their families and the world we live in is celebrated at Chalk Ridge School.

If you would like to know more about Chalk Ridge Primary School, please contact the school office on 01256 461733 or visit the school website <a href="https://www.chalkridgepri.hants.sch.uk/">https://www.chalkridgepri.hants.sch.uk/</a>.





## Message from the Manager

So much for a relaxing summer! We had an absolute blast!

For six week straight, we provided affordable activities for young families, ensuring there was at least one activity taking place every single day, including a trip to Legoland which was hugely enjoyed. Well done to Debbie for organising that one for us and we look forward to the prospect of some more coach trips in the future.

Kathryn joined our team a few months ago and has added thoughtful and enjoyable activities to the timetables also—in fact we have made Hannah so busy there has barely been time to stop!

Our Play Days were hugely successful and we were most grateful to everyone who volunteered in that heat. THANK YOU!

This term we have, as always, an exciting array of events and activities for a variety of interests. We are looking forward to new hirers joining us, including VoxFresh children's choir who will be here on Thursday afternoons.

We are also at the planning stages of ensuring we take care of those of you who may need a warm space to go to during the week if energy bills are leaving you at a loss. Please keep an eye on our emails or social media so we can keep as many of you as up to date as possible.

As always, we would love to hear from you if you are looking to volunteer your time. We have a lot of events and activities so there is bound to be something that you will find enjoyable!

If you are on social media, please follow our accounts on Facebook, Instagram and Twitter.

FB—@viables Insta—@viablescommunity @rmc\_eastrop

Twitter-@ViablesCC

01256 473634 01256 410605 Office@viables.org.uk or Bookings@therogermorriscentre.org.uk

Luan Squire

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NEW GROUP

## AMPSHIRE

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.

Monday	
lessy/Sensory Play	13.00 - 14.00
kulele Classes poking is essential - contact: office@viables.org.uk	From 17:45
hoenix Martial Arts - Kickboxing	17.45- 21:15
mail Tom Hayward pma_kickboxing@hotmail.com	TATION CONTROL OF THE
Art classes in blocks of 10 weeks—contact Carrie on 17780 714656 for information or booking	Am and PM sessions
Tuesday	0000000
Gardening Club March - Nov 01256 473634	9:00 - 12:00
Barn Tots - friendly, informal play for under 5's	9.45 - 11.30
11256 473634	10:00 - 12:00
Dress Making classes Contact Sewfistication on 07880 16593	10.00 - 12.00
Move it or Lose it - Change the way you age, for over 60's	12:30 - 13:30
Amanda 07399 618947 Zumba Gold with Kate	14.00-15.00
Mencap—Dance and Drama club	18.30-20.30
Krav Maga Self Defence Sonny 07851 433456	19.15 - 20.45
MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
Wednesday	10.00 21.00
Pilates Elaine 07808 895279	10:00 - 11:00
datha Yoga Elaine 07808 895279	11:15 - 12:15
Press Making classes	10:00 - 12:00
Contact Sewfistication on 07880 716593	
The Harrow Way over 55's group - fortnightly friendly neetings for mature members.	13:30 -15:30
VI first Wed of the month	14.00-16.00
Slimming World - Natalie	17:30, 18.30
	& 19:30
he Bastion Gaming Club Jason 07763 521027	17:00 - 23:00
Thursday	4
Baby Ballet for under 5s—BabyBallet Alton	9.00 - 11.30
Barn Tots SEND - friendly, informal play for under 5's with pecial educational needs and/or disabilities 01256 473634	10:00 - 11:30
Beiginners/Refreshers Pilates and Yoga—Elaine	11.45-12.30
Baby Steps—postnatal group for babies and parents	13.00-14.20
lampton Trust support group	17:00 - 21.00
oxFresh choir—juniors and seniors sessions—2 sessions	16.00-18.30
Pilates Janice 07789 711294	17.45 - 20:00
Friday	
ittle seedlings Music—Osborne Room—Book in advance	10.00—10.45
sing Trybooking office@viables.org.uk 01256 473634  Veight Watchers Willow Wren Please check times with	9.30am
our group leader	3.30aili
Memory Club - Activities for those with dementia	10:30 - 12:30
Helene O'Connor 01256 473634 helene@viables.org.uk	13:00 - 15:00
Young Artists 5 week blocks	16.00-17.15
Saturday  Baby Ballet contact Babyballet Alton for details	8.30- 12.45
ive and More Senses SEND group https://	11.30-1300
vww.trybooking.co.uk/BLLN	
Sunday	
	V.

### The Roger Morris Community Centre, Eastrop

Monday	
Tiny Town	09.30-10.30
Mencap—Dance exercise	11.30-12.30
Southern Health—Breast feeding clinic—please check with your HV	Pm
Indian Dance	
Tough Enough To Care—Male support group—drop in	19.00-20.30
Brazilian jiu Jitsu	19.00-21.30
Tuesday	la constant de la con
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
Yoga with Ri	5.45-6.45
Brazilian Jiu Jitsu	19.00-21.30
Wednesday	20
Tuff Tray Play	9.30-10.15/ 10.30
Mencap—Life skills	9.30-12.00
Mencap—Sports club	13.00-14.30
Popstars Academy	20.00-21.00
Wildcats	16.15-19.15
Thursday	
Park Tots	9.45-11.30
Mencap—Youth Club	16.30—18.30
Dog Training Classes	18.30-20.30
Friday	
Boogie Babies	13.45-2.30
Popstars Academy	17.00-18.00
Brazilian Jiu Jitsu	19.00-20.30
Saturday	
Wildcats	9.15-11.45
Brazilian Jiu Jitsu	11.00-14.00
Sunday	No.
Indian Dance/singing	9.00-12.00
Christian Community Church	17.00-22.00

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.













#### Camrose, Gillies and Hackwood (CGH)

#### Patient Participation Group (PPG) Newsletter

**CGH News**: Meetings have been held with Operose Health where they have agreed to provide monthly performance figures to share with patients. Latest figures show an average of 1343 calls per day to the surgeries. Over 8300 patients have registered for Dr.iQ, 112 of whom are active users aged 81 and above. 26.32% of face-to-face appointments have now been freed up since the Dr.iQ launch, and 26% have said that it saved an attendance at A and E.

Dr.iQ is designed to help patients get help and support more conveniently, as an alternative to calling CGH. It is early days but, results are mainly good. There is an helpline, 02037433033, or email, <a href="mailto:support@dr-iq.com">support@dr-iq.com</a>, to assist with any technical issues with the App. Any questions can be addressed to the CGH website, cghpartnership.co.uk. Operose have issued a sheet of questions and answers about Dr.iQ, which is being widely circulated on neighbourhood media sites, and can be accessed via: <a href="https://cghpartnership.co.uk/questionsabout-dr.iq/">https://cghpartnership.co.uk/questionsabout-dr.iq/</a>

**PPG News**: CGH PPG is working closely with Beggarwood PPG, local Councillors and Maria Miller, following discussions and feedback from her recent Community Health event. A follow-up meeting is being planned with Maria Miller, Operose and CGH.

The PPG website can be found at: cghppg.co.uk, where a regular statistics page giving performance and other figures for CGH is being developed, and the monthly newsletter can be accessed, along with any other useful patient information. If you would like to receive a regular newsletter digital copy, please enter your details in the link provided therein.

As many are aware, Beggarwood Surgery is now merged with CGH. The Beggarwood PPG have their own newsletter, the most recent of which can be found at: <a href="https://nextdoor.co.uk/p/w746-Q3zrZ32?">https://nextdoor.co.uk/p/w746-Q3zrZ32?</a>
<a href="https://nextdoor.co.uk/p/w746-Q3zrZ32?">utm\_source=share&extras=MTc1OTIxOTc2NzA5Mjc%3D</a>

Following a meeting with local pharmacists, it is hoped CGH PPG will soon be able to provide information on the prescription process between CGH and pharmacies. At the moment, pharmacies are experiencing problems with short supply on some medicines. Patients are encouraged to ensure they have enough medication, and order seven days ahead when running low.

CGH/PPG Newsletter, August 2022

## WE'RE STILL HAVING FUN WHY NOT JOIN US IN SEPTEMBER?

www.basingstokeu3a.org facebook.com/Basingstokeu3a

#### Meet and Greet Day 14th September Queen Mary's College

On the 14<sup>th</sup> September, all our activities will be on show in the hall at QMC, so that members can come and talk to our different groups again, and pay their annual membership fee of £45. For this amount, we join in with as many activities as we want, with no extra costs apart from for lunches, excursions and holidays - and any materials we might need for interests such as painting, sewing and gardening. If you're interested in joining in too, you'll be very welcome on the 14<sup>th</sup>. If we haven't already got a group to match what you want to do - we'll try to set one up with you.

#### We Enjoy Ourselves Indoors

There's already lots to do indoors from sports like table tennis and badminton, to discussions in philosophy or science. There's several kinds of dancing on offer too, with our ballroom group always keen to find some more men to join in!

Not all groups follow their usual routines during the summer holidays, but our quiz group is still meeting in the cool at St Andrews Church, South Ham.

#### And Outdoors Too

Many of us enjoy keeping healthy outdoors by playing walking football, rounders and netball, or croquet perhaps. Some of us love walking or cycling too, with one walking group taking their cameras as well. All for the one annual membership fee, with many of us planning for our excursions and holidays as well.

Come and Meet Us!

email <u>basingstokeu3aenquiries@gmail.com</u>

phone: 07787 520 281



#### Greetings from everyone at All Saints Church

From the new Rector in the Basingstoke Parish

For many years I would get up at 4am every morning and ask the question 'what do the people of Basingstoke want to know about today and how can we have some fun telling them about it? I was part of the breakfast show team at a radio station called 2-Ten FM, then at Heart, then at BBC Radio Berkshire and BBC South. Thinking about the people of Basingstoke, along with the rest of the region, and hearing from them all was at the heart of what I loved about that job.

Every day I would wonder what is it that is happening in the lives of the people of this wonderful town and how can we bring some joy, some comfort or tell them about something they've not heard before?'

My job has now changed to something completely different, to being the Rector (vicar) at four churches across the majority of this town, but in many ways the questions I am asking are still the same. What is going on in people's lives? But now the answer I hope to offer, along with the churches across the town, is not found in a celebrity interview or the latest pop song, but in the fact that whatever is going on in your life Jesus is completely totally and utterly on your side. He is standing with you in all you are facing right now and inviting you in to a relationship with himself.

At All Saints, St Michael's, Christ the King and St Peter's we will be doing all we can to find ways to connect the lives of people across this town with the love of Jesus. In this next season, we'll be introducing some new

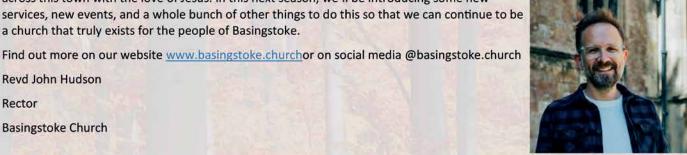
a church that truly exists for the people of Basingstoke.

Find out more on our website www.basingstoke.churchor on social media @basingstoke.church

Revd John Hudson

Rector

**Basingstoke Church** 



#### **Hub Community Church**

I am writing this article the day after Liz Truss became Prime Minister. Time will tell whether she is the right person for the job and people will hold different opinions as to her suitability for the role, but one thing is for sure – it's more change.

We have been living through season after season of change for the past few years. As soon as I think things might just be settling down, the goalposts are moved again. We like to be settled and know what's happening now and what is likely to happen in the future. We like to have a grid to assess things on; we want to know where we are and know that we can handle what we're facing in life.

For me, in the past, I knew that life would sometimes throw challenging circumstances my way and I could cope with that, but these days it seems as if life is refusing to settle down. At the start of the pandemic, in my naivety, I thought that once the lockdowns were over we would just go back to normal life almost overnight, but clearly that's not the case. It seems that coming out of the pandemic is the real challenge as I think about the economic, health and social consequences that we see all around us. There is also the war to consider, which is having a massive effect and is impacting nations way beyond Russia and Ukraine.

All this has prompted me to consider peace and hope. How do we live with peace at a time like this? Is it possible? How can we have hope for future considering the awful events in Ukraine, the long NHS waiting lists and the cost of living crisis, to name a few? Do you feel like you are living with peace and hope now, or do you feel all at sea?

As a Christian I can honestly say that I find peace and hope in God. I don't know where I would be without my faith and without God's help. The comfort and life I read about on the pages of the Bible are very real to me and help me to remain peaceful even in turbulent times like these.

Let me encourage you to consider this question: Where do you find your peace for now and hope for the future?

God bless,

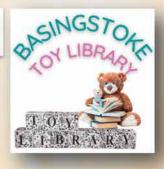
Andy

Andy Wright, Senior Leader, Hub Community Church

# COMMUNITY BOOKSHELF of the Roger Marms Community Centre We have a lovely selection of books looking for a new home. Help yourself: if there is a book you would like to read, take it in return for a small donation or swap for one of your own Share: pass the books on or return them to the Community Bookshelf Give Books: ALL donations are welcome.

#### **Our latest initiatives**









Welcome to the Basingstoke Community Wardrobe

#### Our Aims:

- reduce waste
- reuse
- · keep clothing affordable
- bring some community spirit!

#### How does it work?

#### You may do one or more of the following:

- donate clothing that is in good clean condition (no tears or stains please)
- Swap a like for like item from the wardrobe with one of your own
- Make a small payment/donation for items from the wardrobe
- Bag a Bargain this is where you can fill one of our bags for a flat payment of £10







Welcome to the Basingstoke Community Wardrobe

If you are swapping like for like there is no charge. If you would like to take but are unable to donate clothing, our pricing is as follows:

- Baby items · (sleepsuits, vests, booties, bibs etc) 50p each
- Children's clothing tshirts, leggings, shorts, etc £1 each
- Children's clothing jumpers, jogging bottoms, heavier items £2 each
- Adult clothing £1.50 £4 depending on weight and quality (e.g. tshirts up to heavy jumpers/trousers)
- Jackets/Coats £5 unless priced separately
- Shoes £2 £5
- Bags Starting at £1
- Bag a Bargain fill one of our bags for £10

Our Community Wardrobe is going from strength to strength and we are in the midst of adding rails to ensure greater accessibility and ease of use. There will be a flash sale on 24th September at our Eastrop building, so please come and grab some bargains - our winter and autumn clothing will make their first appearance!

Our Toy Library is also about to take off! Let's face it, times are going to be tough for many of us right now. We will be doing all we can to make clothing toys, games and activities affordable.

In addition, we will be adding a warm place for you to attend should you need to save some money on your bills at home by joining us at the centre instead. Watch this space!

We are also bringing back a parent and toddler group to our Eastrop Community Centre, the Roger Morris Centre, so let us introduce to you, Park Tots!



#### Join us & experience the best-selling variety show in Basingstoke!

Basingstoke Gang Show returns to The Haymarket for its 28<sup>th</sup> stunning, variety show spectacular!

Showcasing the very best local talent from the Scout & Guide associations, this best-selling amateur production is not to be missed!



With a production of classic to contemporary performances brought alive by over 65 young people in this highly entertaining show, the audience can expect to be delighted by magnificent live music & laugh out loud comedy.

Basingstoke Gang Show is widely recognised as the **best-selling** and **longest running 'family variety show'** in our region. 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 you love.

Intrigued? Book your tickets early for your family and friends to experience this feel good family show at The Haymarket in February 2023.

#### **Show dates:**

Thursday 9<sup>th</sup> to Saturday 18<sup>th</sup> February 2023 (excluding Sunday 12<sup>th</sup>)
Matinee performances: Saturday 11<sup>th</sup> and Saturday 22<sup>nd</sup> February

#### Ticket prices:

Adults £22.00, Children £15.00 Last night (Saturday 18<sup>th</sup>) all seats £24

**Early Booking Discount** (book by 31st December 2022) to save £2.00 off each ticket by quoting code "BGS23" for performances on Monday 13<sup>th</sup> & Tuesday 14<sup>th</sup> February 2023

**Group booking discount** of £1.00 off each ticket for every 10 purchased before 15<sup>th</sup> January 2023 *Discounts not available with online bookings. One discount only, per booking.* 



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.

Join us for our next and upcoming Craft fairs—
15th. Here is a taste of what you may get to see!









# Transforming Basingstoke homes since 1996

