



The Harrow Way

The Viabes Community Centre Magazine

New Activities!

COMING YOUR WAY

New Decade, New Year, New and exciting things to do at Viabes!

Little Seedlings Music

Baby Steps coffee afternoons

Puppy Training

Zumba Gold

Shine Academy - Performing Arts

Additional Tiny Town Sessions

Refreshments packages for business meetings/workshops

Volunteer opportunities

New time/day for Boogie Babies



Our successes and achievements of the past year include:

- ♦ **Putting in new lighting that will over time reduce bills and use less energy**
- ♦ **Employing a Children and Families Activities Co-ordinator**
- ♦ **Creating new activities in accordance with our Business Plan – Tiny Town, Boogie Babies, Little Seedlings Music and Baby Steps**
- ♦ **Given the manager the opportunity to undertake a year long programme of training and some funding to benefit the centre**
- ♦ **Increased our social media following to over 500 people on Instagram, over 2.4k on Facebook and over 400 on Twitter**
- ♦ **Attracted some more volunteers to enable us to continue to provide excellent services**
- ♦ **Had over 600 people attend our Play Day**
- ♦ **Welcomed new hirers, new trustees and new members to Memory Club**
- ♦ **Undertaken Training and delivered training for various Dementia courses**

BARN TOTS



**Tuesdays term time
9:45-11:45am**



0-5years

**Just £2 for an
adult & child
(50p per person
thereafter)**



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



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Message from the Manager

Hello Everyone!

Well, we have had a great start to 2020! We have added an extra session time for Tiny Town, introduced a music group called Little Seedlings Music, moved Boogie Babies to a new day and time and opened a group for new or first time parents to come and drop in for a chat and an opportunity to enjoy a hot drink in a friendly and secure environment where they can meet others.

Katie has settled beautifully into our team and Emma has welcomed her new baby girl. She's beautiful!

With all that we have going on (Mediumship evening, Craft Fairs, Open Mic, Ukulele jam...) we are in need of volunteers as always. Your contribution can be as big or as small as you can manage and we are happy to help you find something that interests you, so please get in touch on 01256 473634 or email us at office@viables.org.uk.

We would also like to welcome our new hirers for 2020—Welcome!

Thank you to everyone who joined us for our Christmas Celebration. We managed to raise over £200 to help set up Little Seedlings Music group which is now well under way. YOU have made a difference to your community.

Thank you!

Luan Squire

What's it like to volunteer at Viables?



VOLUNTEER

I started volunteering at Viables purely by accident. My friend needed extra help to dig a new plot ready for a shrub bed. This was at least 5 years ago. A small group of us have continued to dig up, cut down and prepare beds for shrubs and flowers. Unfortunately the more beds the more weeding!

Once a year, in Spring, volunteers arrive from a local company to help with any new areas we are working on. Three of our new beds are within the Model Engineering Society rail track. The area outside one of the pens is still "a work in progress".

I really enjoy getting out in the fresh air, getting my boots dirty, cleaning, digging, pruning and planting. A great sense of achievement!

If anyone would like to join us for an hour or more and not necessarily every week they would be most welcome. We only meet from March to October and we have a tea break.

Satisfied Gardener

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

"150+ Primary School Students from Year R and up explore the topic of Wellbeing at Cranbourne"

On Friday 24th January Staff and Students at Cranbourne were delighted to welcome over 150 students from across our 13 feeder schools to join us and explore the topic of wellbeing at the Annual Cluster Conference.

We were delighted to have Chantal Dawson from CHAMPS Academy as our guest speaker and to help deliver one of our workshops. Throughout the day students moved around the school participating in different workshops each looking at a different element of wellbeing; Connect, Take Notice, Give, Be Active and Keep Learning through a variety of activities from Music to Sport and Modern Foreign Languages.

As always our Student Ambassadors did a fantastic job at looking after our young guests as well as aid in the facilitation of many of the workshops. Their enthusiasm and warm welcome to our Primary colleagues enables our Cluster Conferences to be such a success.

"It was a really busy day, lots of happy smiling faces and the activities were fun and the students learnt a lot about their own and others wellbeing. The favourite part of the day for me was listening to the session from Chantal about resilience." Sam Bennett, Student Ambassador

"It was another fantastic day and the biggest Conference we have hosted yet. Students from all of our feeder schools were invited and the collaboration across the Cluster was brilliant, especially seeing so many children from KS1 - 4 learning about wellbeing and having fun at the same time" S. Conlon, Deputy Headteacher

"All the workshops were amazing and the Cranbourne Ambassadors were so polite and helpful, it cannot have been easy organizing so many children at once! The children have all come back saying how much they enjoyed it and how they wished there was more than one a year!" G. Saunders, Chalk Ridge Primary School

We are already looking forward to our next event which we hope will only continue to grow, in the meantime we are excited to welcome back our primaries for our Taster Days in the Summer Term.

Interested in what opportunities Cranbourne has to offer? To learn more about Cranbourne, including our exciting Gifted and Talented Program - **Cranbourne+**, and for any other admission enquiries please contact Susan Sayers. Tel: 01256 868605 or email: s.sayers@cranbourne.hants.sch.uk or visit our website: <https://www.cranbourne.hants.sch.uk>.



All Saints Church—Spring 2020

As the days lengthen and we all enjoy the signs of new life that are showing in our gardens and along the hedgerows, the church is in the midst of the season of Lent. We take Lent very seriously as a time of spiritual preparation for Easter and our focus is on looking at our own lives and faith and considering how we can draw closer to God and live more truly according to his way. So, many people try to pray more regularly and give more thought to the teachings of Jesus, to be more generous in their giving and to think of others before themselves. That's not always easy and sometimes involves some real soul-searching as we turn away from those things that we know fall short of God's hopes for us and try to make a new beginning.

To help you, as well as our regular Sunday worship, we offer these special services for Lent, Holy Week and Easter:

Mothering Sunday: March 22nd 10.00am when we will be giving posies to mothers and others who care for us, as a way of saying thank you.

Palm Sunday: April 5th at 10.00am when we remember how Jesus rode into Jerusalem on a donkey, and at 6.30pm for the Stations of the Cross.

Maundy Thursday: April 9th at 7.30pm when we remember how Jesus celebrated the Last Supper with his disciples and washed their feet.

Good Friday April 10th at 2.00pm when we remember Jesus death on the cross.

Easter Sunday April 12th at 10.00am when we celebrate the joy of resurrection with flowers and candles and Easter eggs!

Details of all our services can be found at: facebook.com/allsaintsbasingstoke/ or at www.basingstoketeamparish.org.uk/all-saints-church-basingstoke



Hub Community Church

At the start of this year I was reflecting on it being 20 years since the millennium. Maybe you weren't even alive at the start of the century, or maybe you can remember the build-up to what promised to be the party of all parties. I was in my late teens and remember it being quite an anti-climax! But I remember praying as we started a new century. I still pray today.

As a church, we have started 2020 with a focus on prayer. Prayer can seem to many people a solemn and boring activity, but the reality is that almost all of us pray at times in our lives, even if we're not sure that anyone is listening, and usually in a time of crisis.

I grew up thinking that prayer was something only really serious, religious and committed people did, but have discovered that prayer is for everyone. In 2015, a YouGov poll of British beliefs showed that a quarter of those who described themselves as 'non-religious' admit that they 'take part in some spiritual activity each month, typically prayer'.

Pete Greig, an author and Church leader in Guildford writes, 'Everyone prays. It's instinctive. In fact, a recent survey of young adults in the UK showed that 93% pray. When a plane is crashing even atheists yell 'help!''

Many of the churches in Basingstoke recently took part in an initiative called 'Try Praying'. It encourages those who want to have a go at praying, to give it a go each day for a week. A small booklet leads you through some simple prayers and the reasons for saying them. On their website, Trypraying say that, "Trypraying is for those who are not religious and don't do church". If that's you, and if you would like a free copy, or if you would like to know more, visit trypraying.co.uk or feel free to get in contact with us by emailing – connect@hubcommunitychurch.org – and we'll get a copy of the booklet to you.



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

Thanks for reading and I trust you have a great week.

Hub Community Church Web: www.hubcommunitychurch.org

Law firms merge to strengthen market position



Leading Hampshire law firms Phillips Solicitors and Brain Chase Coles have merged. The combined firm is now known as Phillips Solicitors, Incorporating Brain Chase Coles. Based at our Town Gate offices in London Street, Basingstoke, we believe that joining forces is a positive move that will enable us to adopt best working practices to benefit our clients. They will be able to access a broad spectrum of legal expertise including Family Law, Wills and Probate, Residential and Commercial Property, Mediation, Employment Law, Commercial and Corporate Law, plus Insurance and Education Law. Howard Gardener, who was among the founders of Phillips Solicitors, said: "There is a natural and positive cultural fit to both firms which is why the idea of a merger felt right, right from the start. The increased scale of the combined firm offers broader choices for our clients." Jon Coles, who was a partner of Brain Chase Coles and now a director at Phillips, said: "As a combined firm, we now offer even greater strength and depth in our services to clients. We are looking forward to continuing to work with our existing clients as we enter this next exciting stage in the evolution of our firm."



To find out more about Phillips Solicitors, Incorporating Brain Chase Coles, please visit www.phillips-law.co.uk

News from Chalk Ridge Primary School

www.chalkridgepri.hants.sch.uk



Christmas!

Christmas seems a long way off now! Our Year R children produced a lovely Nativity, watched on by very proud parents. The Infants produced their own version of The Little Fir Tree, they were wonderful. And our Years 5 and 6 children held their annual Carol Singing event, joined this year with the choir and musicians from Cranbourne Secondary School. It was a lovely event, and so well supported by parents and friends of the community. We were extremely grateful to Sainsburys and Asda who kindly donated mince pies and biscuits.



Reading for Pleasure This year we're focusing on increasing our children's reading for pleasure as they learn. This includes encouraging our Year 2 children to read their favourite books to a school visitor. Meet Dexter the Dalmatian! He visits us each week to meet the children in the library and great fun is had by all...

Sporting News Our netball team is growing in confidence as they take part in inter-school matches each week. They won their last match 3:0, playing with brilliant sportsmanship.



Our football team played at the War Memorial tournament in the Autumn term, and reached the Finals! This term the school football competitions across Basingstoke have just started. Ten children from each of Years 3 to 6 represented the school brilliantly in the Cross Country interschool event at Down Grange in February, running with their usual energy and enthusiasm!

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



iny own

Mondays 1.15 and Thursdays during term time—
9.30 and 10.30 Online Booking Only



CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF THE MONTH
19.30 - 21.30
BAR OPEN!

01256 473634
office@viables.org.uk



BOOGIE BABIES!

T-shirts for your Boogie Babies are now available for order at a cost of £5 each.
office@viables.org.uk 01256 473634

NEW TIME and DAY!
Tuesday 7th January
0-5 year olds term time
9.15 - 9.45am

£2 per parent/child 50p per additional person

ALL THE LATEST HITS!

Booking is required through TryBooking

Charity Commission Reg: 1177363



80's & 90's Disco

Come and dance to your heart's content to all the greatest 80's & 90's hits

Bar will be open (cash only)

Dig out your neon leg warmers, crimp your hair and join in the fun!

£10 per person

20th March 7:30pm til late

Snack platters provided



Little Seedlings Music

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

Mondays
10.15-11.00
Osborne Room
Viables Community Centre

Please book using TryBooking



20p per adult buyer

Table Top Car Boot

9:15-11:15am



Craft & Gift Fair

Come along and find some wonderful arts & crafts as well as some beautiful individual gifts.
Great for picking up unique gifts for birthdays, weddings, anniversaries or treat yourself!

Saturday 16th May 1pm-4pm

Entry 50p

Charity Commission No: 1177363



Ukulele Jam Session

7-9pm £5 per person

Regular Activities

Mon	Funk & Twist —Selina 07900 988209	9.30 - 10.30
	Little Seedlings Music for 0-5 years Osborne Room—online booking	10.15—11.00
	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
	Tiny Town Online booking	13.15 - 14.15
	Ukulele Classes Booking is essential - contact: office@viabes.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
	Boogie Babies Booking is recommended but you may just turn up	9.15—9.45
	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
	Puppy Academy —Emma Watts— Book via their website	18.30— 19.20 19.30-20.20
Wed	Krav Maga Self Defence Sonny 07851 433456	19.15 - 21.00
	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
	Slimming World Jo 07515 719190	17:30 & 19:30
Thurs	The Bastion - The Gaming Club Jason 07763 521027	18:00 - 22:00
	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
	Baby Steps —new friendly drop in informal chat for new or first time parents.	13.00—14.30
	Zumba Gold Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity.	13.45—14.45
	Shine Academy 07704 990 331 Sparkles followed by Juniors	15.30—16.30 & 16.30—18.30
	Yoga —Marcia Farragher—Yogaventurers.co.uk book in advance	19.00-20.00
Fri	Pilates Janice 07789 711294	18:55 - 20:00
	MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
	WW Studio Vanda 07771 884553	8:30 & 10:00
Sat	Memory Club - Activities for those with dementia Emma Cameron 01256 473634 emma@viabes.org.uk Booking is required	10:30 - 12:30 13:00 - 15:00
	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

At Viabes Community Centre, we strive to provide a wide range of opportunities for you to get involved. From Boxercise to Qi Gong; Ukulele to Warhammer. The list to the left shows our regular weekly or fortnightly activities. We also have a regular schedule of monthly activities and events including Cribbage Pairs, Open mic, Indoor boot sales, craft fairs and much more.

If you would like to take part or help us in the running of any of these events, we are always keen to hear from you.

You can contact us via email or phone or simply by popping into the office between 9 and 3 weekdays. Katie and Luan will be happy to speak to you.

office@viabes.org.uk
01256 473634

Mayor of Basingstoke and Deane's Charity Lunch

Date: Thursday 19 March 2020

Location: The Restaurant, Basingstoke College of Technology, Basingstoke RG21 8TN

Time: 2noon for 12.30pm

Ticket: £25 (excludes booking fee)

Booking:

www.ticketsource.co.uk/BasingstokeMayor

How It All Began...

EASTER TRADITIONS

Spring is at last creeping over the windowsill, bringing with it all those accepted wonders of this time of year. We begin to see new growth all around as hedgerows tease with just a haze of green. In the breeze, brave crocuses bob their heads and, together with the sturdy daffodil, spill brilliant colour over the verges. Lambs bounce and caper in the fields and the birds in our gardens wake us ever earlier with their enthusiastic songs; all feeling that surge of a certain spring in their hearts.

So, what have we humans, got to look forward to each Spring? Well, there's chocolate, of course because Easter happens in Spring and that's what Easter is all about isn't it? Well, maybe – but originally it wasn't. This turn of the season meant something different in earliest times and across other cultures.

For Christians, Easter is considered the most important festival of the Christian Calendar. It was at this time, the Bible says, that Jesus Christ died on the cross bearing the weight of mankind's sins. The miracle, we are told, occurred three days later when Jesus was resurrected by God and came back to life to show that death may be overcome.

Interestingly, Easter and Jewish Passover, which has been celebrated since around 1300BC, are festivals of equal gravity. Side by side they bring to light the deep structures of both religions. Passover can be called the Festival of Spring and was an agricultural festival which marked the beginning of the cycle of production and harvest during the time the Jews lived in ancient Palestine. Both, then, symbolise hope and new life and the importance of starting afresh and both are scheduled to coincide in the spring.

HOW IT ALL BEGAN IN BRITAIN

Most historians, including Biblical scholars, agree that Easter was originally a pagan festival. According to the New Unger's Bible Dictionary:

"The word Easter is of Saxon origin, Eostre, the goddess of spring, in whose honour sacrifices were offered around Passover time each year. By the eighth century Anglo-Saxons had adapted the name [to Easter] and, [putting aside its pagan origins,] declared it the celebration of Christ's resurrection."

That's not all. There was also a Celtic Goddess of Spring called *Ostara*, for whom painted eggs and white rabbits were sacred. I think we are beginning to see some interesting patterns emerging.

EASTER TODAY

Easter falls on different dates each year, depending upon the cycle of the moon, between 21 March and 25 April. This year, 2020, Easter Sunday falls on the 12th April.

There are iconic symbols to mark Easter - such as chocolate Easter eggs, the Easter bunny, and Easter Bonnets, but where do these modern conventions come from?

Many of us enjoy chocolate eggs at Easter, but these are a very recent development. Did you know, for example, that for many years church leaders forbade the eating of eggs during the week leading up to Easter, (known as Holy Week), as this was part of the longer period of abstinence that we know as Lent. Any eggs laid that week, then, were saved and decorated to make them Holy Week eggs.

These were given to children as gifts. In time, the Victorians adapted the custom in their inimitable style with satin-covered

cardboard eggs filled with Easter gifts. This has now developed into the giving of Easter Egg gifts; a tradition that many people enjoy today.

BUT WHY ARE EASTER EGGS MADE OF CHOCOLATE?

The first chocolate eggs appeared in France and Germany in the 19th Century but they were bitter and hard, so not a great hit. As chocolate-making techniques improved, and the product became smoother, sweeter, and chocolatiers became more creative, hollow eggs like the ones we have today were developed. They very quickly became popular and remain a favourite treat for chocolate-lovers today.

WHAT'S WITH THE EASTER BUNNY?

The story of the Easter Bunny, albeit biologically confusing, is thought to have become popular in the 19th Century but could



well have been based on the much earlier pagan goddess, remember Celtic *Ostara* and her love of rabbits and eggs?

Rabbits usually give birth to a big litter of babies (called kittens), so they were adopted as a symbol of new life. Legend has it that the Easter Bunny lays, decorates and hides eggs for children to enjoy hunting for as part of the festival.

By the way, the Easter Bunny doesn't get it all her own way. In Switzerland, Easter eggs are delivered by a cuckoo and in parts of Germany, by a fox!

AND EASTER BONNETS?

It was usual to have new clothes at Easter following the deprivations and fasting of Lent and bonnets are also linked to the custom of wearing 'Your Sunday Best' to church, so at this time of celebration, your 'Best' had to be the Very Best!

The bonnet was a hat depicting Easter and spring, bedecked with bunnies, flowers, eggs, etc. and made famous by Irving Berlin's 1930's song New York City Easter Parade:



*"In your Easter bonnet
With all the frills upon it*

*You'll be the grandest lady in the Easter
Parade!"*

AND FINALLY, HOT CROSS BUNS

Well, here we must return to our aforementioned Spring Goddess, *Eostre*. Sue Ellen Thompson, author of *Holiday Symbols and Customs* writes:

"The pagans worshipped the goddess Eostre by serving tiny cakes, often decorated with a cross, at their annual spring festival."



Of course, these little cakes have been adapted over the centuries and today they are a spiced sweet bun filled with currants or raisins and marked with a cross on the top. They are traditionally served on Good Friday because of the association of the cross with the crucifixion. Additionally, they are appreciated across the globe, being enjoyed in the United Kingdom, Ireland, Australia, New Zealand, South Africa, Canada, and India...

Oh, and one last interesting fact: If taken on a sea voyage, hot cross buns are said to protect against shipwreck.

Written by Sue Scott—Edited by Pam Lloyd

Basingstoke NeighbourCare needs you!

DRIVERS REQUIRED

We provide a service for elderly people in YOUR community. Particularly for those who find it difficult to use public transport or lack the confidence to go out on their own. We provide a driving service to pick them up from home, take them to their appointment and bring them home again, using our volunteers own car. We also take clients shopping, to social events such as lunch clubs, helping them remain part of their community.



We need drivers who can spare a few hours a week during the day time, Monday to Friday, and who have a car that is comprehensively insured and suitable for carrying an elderly person. In return we will cover your petrol cost from home currently we pay 45p per mile. Some of our driver currently work shifts and can only offer 1 or part of a day per week but even this amount of time can help us. You can choose what hours/days you are available and what duties you undertake.

BEFRIENDERS REQUIRED

Would you have an hour a week free? Many elderly people would love to have someone to come and see them for a cup of tea and a chat. You could be the first person they see that week who has time just for them! You will gain great satisfaction and help them to relieve their loneliness. We try to find you someone who lives near to you so that if you do not have your own transport you can walk to them. But if you have to use your car or public transport we will reimburse your costs. We particularly need people who are available during the daytime on weekdays.

We need people who have time and patience and like talking to elderly people. You need to have good listening skills and be able to show empathy. We will provide you with training and support and match you with one of our clients. Our befriending co-ordinator will take you to your first meeting with our client and support you as necessary.

If you are interested in either or both of the above opportunities please contact us by phone on 01256 423855 or email

info@neighbourcare.com

See also our website www.neighbourcare.com for further information about our service.

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 Viabes 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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Memory Club

Fridays
Mornings 10.30 - 12.30
Lunch 12.30 - 13.00
Afternoons 13.00 - 15.00
Sessions £7pp per session
Lunch £4.50



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.

Gardening Club

Fancy getting your hands dirty?

We would love to hear from you!
 What you need to know:

- Friendly group
- Don't have to commit to every week
- No experience required
- Good for Health and Well-being
- All tools provided
- Tea/coffee break
- Start again early March
- Tuesdays 9.30-12

01256 473634

office@viables.org.uk



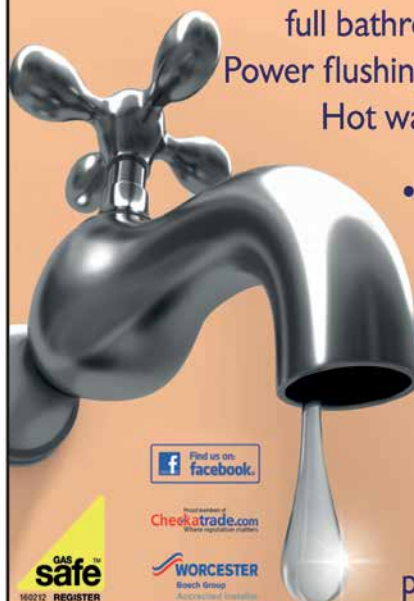
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