

Issue 55 March 2021



The Harrow Way

The Viabes Community Centre Magazine

• HAPPY •

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Hub Community Church

I don't think anyone has been able to remain un-touched by this pandemic. Whether it has been the pain and despair of a bereavement, or our home, social or work life being turned upside down, nobody has completely escaped the effects of this highly transmissible and, sometimes deadly, virus.

For some, it has meant long, lonely, endless days alone at home. For others it has meant home-schooling or home working. Some have had to endure strained environments at home as family members clash and crave some space. Others have seen relationships flourish and grow. Sadly, for many, both young and old, their mental health has taken a battering and the light at the end of the tunnel still feels some way off. Some have never worked so hard, and I join the many others who are so thankful to the numerous key workers, from Porters to Police Officers and Scientists to Supermarket workers. Thank you if you have been working hard during this pandemic to keep our town and nation going.

The Church in Basingstoke has not escaped the need to change either. In March last year we, almost overnight, stopped meeting together and went on-line. We've developed our online services over the last year and, like many churches, now broadcast live on YouTube and Facebook every Sunday. It has been a real journey and we have had to change and adapt. Like many businesses and organisations, change that would have taken years was completed in a week. It's amazing what we can achieve when we have to. We have learnt to be more focussed, flexible, and to consider what really matters in life. We have also seen an increased interest in faith and many churches have reported encouraging viewing figures of online services and high uptake on courses such as 'Alpha' which introduce people to the Christian faith, now being run online.

I don't know what you have personally faced this last year, but I want to encourage you to embrace ways in which you can adapt to ever-changing circumstances, lockdowns and Government rules. We have a number of pastoral staff and volunteers who would love to stand with you if you would like to chat it through, regardless of whether you are interested in faith or not and we won't ask for or expect any money; we want to serve our communities.

God bless you as you navigate this really tough season of life.

Please visit our website at www.hubcommunitychurch.org and do get in touch.

God bless and stay safe.

Andy Wright



Andy Wright, Senior Leader, Hub Community Church

Message from the Manager

Hello Everyone!

Open, closed, open, closed... but always here!

You may be wondering what we have been up to so here are some of the things we have been doing over the last few months...

- ♦ Continued community support with shopping and prescriptions, following our work as a community hub
- ♦ Providing support groups, including Baby Steps which is a group that supports new parents. This is now currently taking place on Zoom on a Thursday afternoon
- ♦ Providing space for essential services within our building to take place under National and local restrictions
- ♦ Maintained a safe and COVID secure building for our users who were able to return when we were open
- ♦ Developed strategies to work with older people in our community to help them get online by working with our recent grant funder The National Lottery. More details in the magazine!
- ♦ Supported local businesses by hosting a Christmas Fayre (where people kindly waited in the cold in order to help us keep everyone safe by minimising numbers), sharing their businesses on social media
- ♦ Encouraging our regular users to share their videos and services on our social media to maintain their audiences and to support their businesses
- ♦ Providing our Memory Club Members, including those who have recently joined us, with weekly activity packs to keep them occupied and to maintain our connection with them so that they are less isolated and we can contribute to some form of routine and stability for them
- ♦ Welcomed Helene O'Connor, who is now running the Memory Club, to our staff as we say goodbye to Emma Cameron and wish her well with her new ventures
- ♦ Continued to develop our skills (Luan and Katie) through training by completing the following—Psychological First Aid, Designated Safeguarding Officer Level 3, Food Hygiene Level 2, Mental Health Trigger Tool Kit, Addressing Postnatal Depression, Team Leadership and Motivation Diploma, Community Business Online Support Programme
- ♦ Holding our AGM and planning a Community Engagement evening—hope you join us!
- ♦ Continued to develop worthwhile and valuable partnerships with other local organisations
- ♦ Decorating our lobby, following the redecoration of two rooms in the summer
- ♦ Sharing stories read by our amazing trustees, engaging the community in activities and local boredom-busting competitions
- ♦ Learning to be kind to ourselves too!

Luan Squire

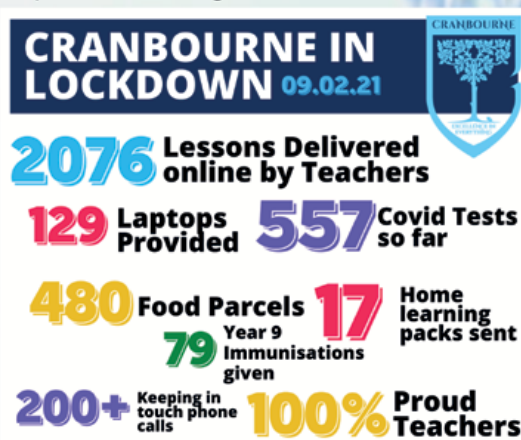
Community News

Cranbourne in Lockdown



It has been a busy and successful return to Cranbourne since Lockdown began on the first week of term. Although the school has been unable to open its doors to the entire school community, we have been working hard to ensure all our students and their families have been given the appropriate support during this time of online learning. Whether working from home or in class at school, we know how important it is that our students are properly catered for. From arranging laptops for the students without access to online learning, organising meal parcels and vouchers for the families that need them, to working to maintain the school-based support systems that are key to prioritising the health and mental wellbeing of all our students.

Here are some of the statistics from the past term during the lockdown:



Our current Covid Lateral flow testing system has been a tremendous success. Our dedicated staff have been working hard to keep everyone in school safe. We have also been fortunate to be given the opportunity by the University of Southampton to trial the newer, non-invasive saliva tests. This means tests can be carried out on a much larger scale, while being quicker and even more efficient.

Year 7 Transition 2021

In addition to the work taken to continue to support our students through learning online, we look forward to welcoming our Year 6 students. On the 1st of March 2021 parents with children in year 6 will be informed of their child's Secondary school placement. We are eager to welcome the students who will be joining Cranbourne in September 2021. We are proud of the transition process that is in place here at Cranbourne that ensures students can move from year 6 to year 7 as smoothly as possible. This is a big step and at Cranbourne we aim to make new students feel as comfortable as possible in their new environment. Due to the current lockdown restrictions, the process will begin with contact from our transition coordinator who will welcome the new students to Cranbourne. If you should wish to enquire about a Year 7 school place, please contact Susan Sayers on 01256 868605 or email s.sayers@cranbourne.hants.sch.uk

For more up to date information, please visit our website where you can see all Cranbourne has to offer: <https://www.cranbourne.hants.sch.uk/>

Although we have moved our schooling online, we do look forward to when we can safely open our doors to the entire Cranbourne community again. We would like to thank the parents and carers during this time for their continued support and for the wonderful feedback we have received and we hope for a safe return to school for everyone in the near future.



Photo of our support staff helping with the food parcels.

Census 2021

Sunday 21st March—Census Day 2021

Every ten years, the census provides a unique snapshot of our society. Taking part in the census is so important, as it gathers essential information that's used for things that affect the community and the people within it.

The next census is happening in March 2021. By taking part and encouraging others to do the same, you'll help make sure your community is counted in decisions on services and funding.

Billions of pounds are allocated to local services using census-based information every year. So that these funds can be allocated in the most appropriate and effective ways, it's important the census accurately captures everyone in our society.

If you are likely to need support in completing the census, please get in touch and we will see if we can help you. If we can't, we can signpost you to someone who can! Call 01256 473634 OR email office@viables.org.uk

Census facts

The first modern UK census was in 1801. It collected everyone's name and address, and some age data...



A census enumerator in a *Gray's Inn Lane* tenement, London




... but the first thorough survey of England was in 1086 when William the Conqueror ordered the production of the Domesday Book. This detailed inventory of land and property was a massive undertaking at the time, taking many years to complete.

census
2021



In 2011, the census captured more than **94%** of people in England and Wales.

The population on Census Day was **56,075,912**

 Office for National Statistics

shout out!



Alpha Cars Basingstoke and Andover

We're delighted and excited to announce that we're taking the [#VaccinationDrive](#) to a whole new level. We are offering Free Taxis to the elderly and vulnerable people in our community of Basingstoke and Andover to get to and from their Covid-19 vaccination appointment. You call **Alpha Cars 01256 444 444** and say you would like to make a booking under the **Cabs for Jobs**

To contribute to this scheme, you can donate at scheme. This will then put them through to a different operator who will take their details and get them booked in.

<https://www.gofundme.com/f/alpha-cars-for-jobs-basingstoke-andover>

Community News



A Chalk Ridge Primary School COVID-19 Diary

www.chalkridgepri.hants.sch.uk

September

We were so delighted to welcome everyone back after such a long time. Our children returned to school with a spring in their step, longing to see their friends again and very keen to learn! Teachers were delighted to start face to face teaching again, and watch as their classes began to catch up on their lost learning.



October and November

We had to celebrate Harvest rather differently - our Year 6 children very confidently led a whole school virtual assembly, centred on the variety of food around the world and the number of air miles needed to get it to the UK.

And in November we recognised Remembrance Day with a two-minute silence across the school. Our Year 6 House Captains helped everyone think about it and learn, by reading out some lovely poems for us all.

December

Each year group across the school prepared a special Christmas themed "performance", which we broadcast privately using our website. Year R children still managed to perform a traditional nativity, with costumes, music and poems; our Year 4 children learnt a Christmas Carol using Makaton; whilst Year 5 acted out the Twelve Days of Christmas. It was certainly a different end of term, but very special and very memorable!

January

The start of a new term, and a new year. It has certainly been testing, but once again our children at Chalk Ridge have risen to the challenge of learning remotely, with one of our school values, "resilience", needed more than ever! We're so impressed with them - over 97% of our pupils are accessing their remote teaching, whilst others have been working hard on our printed learning packs. A big well done to them all.

Year 6 children marked the anniversary of World Holocaust Day. Teachers talked about the reason for recognising the Holocaust, and the Day's significance in the international calendar. They then asked the children to draw or paint a candle, or place a lit candle in their window. These are just two of their beautiful creations....



This lady is Lily Ebert MBE, a survivor of the Holocaust. Her great grandson arranged for her to send Year 6 a personal recorded message. Again, what a very special thing for children to remember.



Our curriculum continues rich and interesting - children have weekly whole school keep fit sessions, and themed weeks keep them engaged and curious. The last week before the half term break is planned as a themed week for the whole school called "Where in the World?" It promises to be great fun, and with lots of exploring and lots of virtual learning. We're all looking forward to it!

Madeline Hussey

Chair of Governors



VOLUNTEER

We would just like to say thank you to our wonderful volunteers who are still supporting us in delivering Memory Club packs, doing weekly shopping for those unable to leave the house due to shielding, collecting prescriptions, calling those who are lonely or isolated and generally helping us spread some community spirit. We try to make sure they are not 'unsung' heroes but sometimes we get so busy doing what we do, we don't always find the time to tell them how very much appreciated they are.

As well as the volunteers you see, there are also many busy working away in the background here too. Our Trustees continue to ensure the charity is in a good strong position to continue to serve the community and their roles vary immensely—from carrying out PAT testing to reading stories; balancing the figures to keeping on top of policy and procedure. (Not to mention the calls to check we're ok and the odd hot chocolate and cake!)

Thank you to our Trustees for all they do in their spare time for us.

Whilst we don't currently have positions ready to go for volunteers, we hope to have soon when we can reopen more fully. We are wishing to continue to develop the services we offer for families with young children and will require volunteers who are able to help facilitate our Baby Messy/Sensory Play sessions, arts and crafts and, hopefully again at some point, our popular Tiny Town. Volunteers will be required to set up, pack away and engage parents in activities safely and within guidelines. If you think you would be interested in supporting us with these activities, we would love to hear from you. We sadly can't give a start date or firm details yet. Just like everyone else, we are in a situation where we don't know what the future holds from one week to the next, but we DO have plans, we DO support people as much as possible and we WILL need volunteers to help us. Any expressions of interest should go to

office@viables.org.uk.

Many thanks!



Community News

It feels like so long that we have seen you all! We would really appreciate your attendance to our online meeting. It will only last around an hour and will give us an opportunity to find out what activities you feel the community needs, wants and has missed during the last year. You can grab a cuppa, kick back with us on Zoom and help us to plan ahead for the things that our community—YOUR community—really needs. We will aim, as always, to do the very best we can to achieve as much as possible.

Just an hour of your time—you have 24 in every day and barely anywhere to go. Let us help you fill one of them!

A yellow rectangular poster with a blue banner at the bottom. In the top left corner is the 'Viabes COMMUNITY CENTRE' logo, which features a green leaf and the text 'Viabes COMMUNITY CENTRE'. The main text is in green: 'Community Engagement online event'. Below this, three black rectangular cards with white text are hanging from a string with wooden clothespins. The cards read 'We', 'Need', and 'You' in sequence. At the bottom of the yellow section, in green text, it says 'Tuesday 6th April 7pm' and 'We need community input to help shape our future.' The blue banner at the bottom contains the text 'register in advance for this meeting to receive joining instructions for Zoom' in yellow.

Community Engagement online event

We Need You

Tuesday 6th April 7pm
We need community input to help shape our future.

register in advance for this meeting to receive joining instructions for Zoom

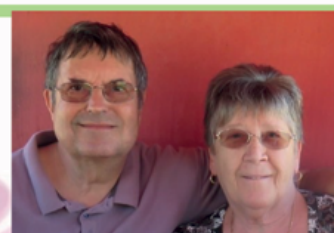
Email us at office@viables.org.uk for joining instructions

Basingstoke and Area Tinnitus Support Group—would you be interested?

Peter and Margaret Humphreys are a Basingstoke couple who have suffered from tinnitus for many years and it has got worse as they have got older. Tinnitus is the name for noises in your head that are not coming from outside of yourself. It is a condition which often leads to a feeling of isolation and depression which can be helped by contact with others in a similar situation. It is a very common condition which can affect 1 in 3 of people at some point in their lives. Elsewhere in the country there are support groups, but not in Basingstoke.

Recently there was the National Tinnitus Week. You can find information on this and a lot more on the British Tinnitus Association web site (tinnitus.org.uk). So to mark this Peter and Margaret decided to see if there is interest in creating a Basingstoke and Area Tinnitus Support Group. The aim of the group would be 'isolation busting', by sharing experiences, passing information and advice and social and networking opportunities. It would have regular meetings starting on Zoom and then, when safe and allowed, moving to physical meetings.

If you are interested in joining this group or would like to find out more, please either email baatingroup@outlook.com, with your name and phone number or phone Basingstoke Voluntary Action on **01256 423816** to let them know of your interest. The plan is to have regular meetings at first on Zoom and then when safe and legal, to move to physical meetings at a convenient location in the Basingstoke area. It is no problem at all if you can't access email, Zoom, or a phone. Just email, phone (as above) or write to Peter and Margaret at Basingstoke and Area Tinnitus Support Group c/o BVA, White hart Lane, Basingstoke RG21 4AF. They will respond to everyone who contacts them.



Get online!

We have been working on creating more projects so that we can continue to support our Memory Club members remotely. By purchasing some tablets, we have been able to set them up and get them online! We are so proud of them for giving the technology a try. We also aim to hold some workshops where we aid older people to get online so they feel able to do their own shopping online and remain independent, or use zoom to keep in touch with loved ones. If you think you would benefit from some training on your own device or learning using one of ours until you can build confidence to buy your own, please get in touch on 01256 473634 or office@viables.org.uk so that we can register your interest and start to plan for workshops or courses tailored to the needs of our community.



Greetings from everyone at All Saints Church

'Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.' I came across this quotation quite recently and while I don't for one moment want to downplay how awful this winter has been for us all, it can help to look for the glimmers of light and hope in the midst of the darkness. And in spite of the pandemic, Spring is coming: snowdrops, daffodils and catkins are cheering us; the buds on the trees are swelling and the days are growing longer and the evenings lighter.

It was with a heavy heart that it was decided to close the All Saints Church back in January, as the Covid infection rate soared in this area, and to move our worship on line. Many other churches have done the same. Church buildings stand as signs of God's presence among us and within our community and they are meant to be full of light and life, prayer and praise, fellowship and love. But God is not locked into that building – he is among us wherever we are and seen in all the thoughtful acts of friendship, kindness and compassion that are supporting us all, going the extra mile and encouraging and bringing hope. We must be thankful that the thorns of Coronavirus have been eased just a little by the roses of such love.

As I write we really don't know when we shall be able to reopen the church for Sunday worship again, but hopefully it will be before Easter. This obviously depends on just how quickly things improve. In the meanwhile, you will find up to date information, our latest services and links to other resources on the Facebook page and the church website. If you would like to speak to one of the clergy, our Associate Priest is Revd. Pat Palmer on 01256 412986.

We continue to pray for everyone who lives, works and studies in our district and ask his blessing upon you all.

Revd. Jane Leese

Assistant Priest at All Saints Church

<https://www.facebook.com/allsaintsbasingstoke>

<http://www.basingstoketearmish.org.uk/all-saints-church-basingstoke>



Community News

LOCKDOWN CONTINUES

BUT SO DO WE!

Join as many of our groups as you want for only £15!

Website: www.basingstokeu3a.org



Still in Touch

Lockdown goes on and Basingstoke's U3A is being even more creative - many of us finding IT skills we never knew we had! More and more groups are getting used to Zoom and WhatsApp meetings, and we're beginning to use our new Facebook page to 'talk' to each other too. We keep in touch by email as well of course. Members are sending out quizzes, presentations and webinars for others to take part in, and like joining our groups, all this is included within the one membership. We've been exploring China and Big Ben from our living rooms, and learning Queen Victoria's secrets!

Still Lots to Do

Not only are we becoming more creative, we've planned a new group (brush up your school-day French) - and if enough people are interested in beginners French, that will be started up too. Philosophy meetings have just been set as well. Nothing deters our Excursions/Holiday Group from planning for 2021 either - April's trip to Croatia may yet have to be postponed, but their diary already has Whitby in October to look forward to.



Around 40 members continue to play 'Real Bridge' regularly. This fairly new way of playing bridge on line has both cameras and microphones, so our players can see and hear each other as they compete. It doesn't replace the feeling of playing in an actual club/hall but goes a very long way towards it!

Amongst lots of other things too, our Environment Group will be looking at Mangroves in March; our Readers will be exchanging views on The Secret Garden; and our Science Group learning how to 'Play their Cards Right'. Look for a fuller list on our Facebook page facebook.com/Basingstokeu3a. If you fancy something more relaxing, our Needles and Pins, Patchwork and Arts & Crafts Groups are still sharing their work, with our Words and Music Group listening to a wide variety of recordings and presentations together.

Do check our website as well, for fuller details of some of these Groups, other activities you might like, and how to join us. Our new members have all said how friendly and welcoming everyone is, whether you're a beginner, an expert, or somewhere in between!

Basingstoke & District Disability Forum (BDDF) – your local disability charity wants to reach out to you and keep you connected if you do not have access to technology.

As with most charities and businesses, BDDF adapted quickly to the Covid pandemic in March 2020 by swiftly moving our services online and concentrating on fun and interactive activities. They are all free and enjoyed by our members who have the technology to access them.

Our Lockdown One Members' survey reinforced that the 'digital divide' exists between 'the younger generation' and those of our members who are either 'older' and / or living with a disability. Fifty percent of respondents admit they lack confidence, and/ or don't have access to internet / technology.

With 75% of our respondents citing the biggest challenges they faced during lockdown 1.0 were around psychological distress, mental health, social isolation and loneliness, it supports our concerns that confidence and access to digital equipment is leading to increased feelings of isolation and mental health issues.

What we can offer:

- If the barrier is around confidence / knowhow we can help you use your personal devices;
- Our newsletter can be posted out to you;
- A regular 'care call' to say hello and see how you are doing, with one of our volunteers;
- Disability signposting service, connecting you with what is out there to assist you with your queries;
- Our walking clubs for health and social interaction - as soon as they are permitted to resume;
- Family friendly Scarecrow Trail around Chineham and Sherfield Park on 24th/25th July;
- Face to face support groups / coffee mornings (again when allowed),
- Our weekly seated yoga class is currently online only, but will be back in person when possible.



Our activities are **free and fully inclusive**. If you want to know more about any of our work please call 01256 423869, it is a voicemail, leave your details (home address, name & telephone number) and we will contact you. If you can receive emails, and want to know more – please email our friendly team on info@bddf.org.uk. From Amanda, Sarah, Ani & the team of Trustees

Some of what is on offer currently...



Viablers COMMUNITY CENTRE

Mahuru BABY CLINIC

HM Government

In partnership with THE NATIONAL LOTTERY COMMUNITY FUND

Baby Massage Online Course

Viablers Community Centre and Mahuru Baby Clinic are teaming up to bring you an online baby massage course!

To sign up:
<https://www.trybooking.co.uk/WCQ>

sessions now bookable in advance

4th April Sunday session 9.30am

May 9th, 16th, 23rd, 30th

June 6th, 13th, 20th, 27th

running for 4 weeks at just £10



BABYSTEPS VIABLES-ONLINE

NEW PARENT ONLINE THURSDAY CHAT.

A open forum to meet other mums, have a chat, we'll talk sleep, play, Lockdowns and postpartum anxiety.

Thursdays 1-2pm —email us for joining instructions or check out our Facebook page!



A glimpse of what it is like when we can have you back in the building with us



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- Join your community in making where we live an even better place

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Supporters must be 16 years of age or older

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