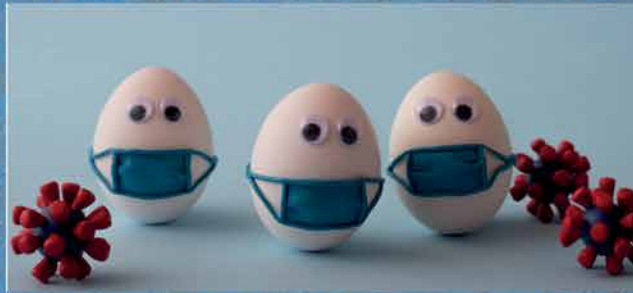




The Harrow Way

The Viabes Community Centre Magazine



SEPTEMBER

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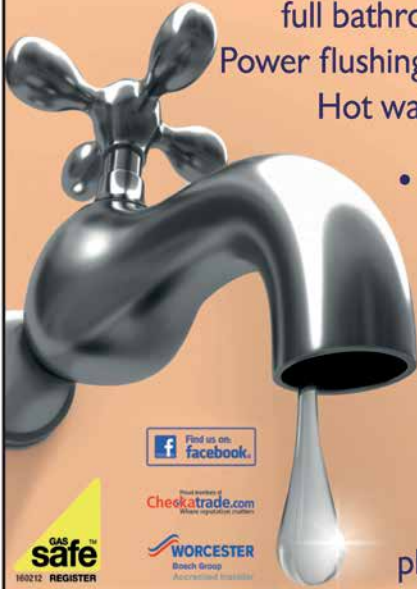
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Message from the Manager

Hello Everyone

We have reopened!

The last few months have been challenging for us all and I am sure they will continue to be for some time. However, we have been working hard to continue to serve you and are now reopened with many hirers, new and old, joining us. At the time of writing this, we are currently unable to accept parties still as gatherings are not a permitted activity due to the increased risks they pose. There are many things we can do though and over the coming weeks and months we will be able to share some events and plans with you ensuring we keep you and us as safe as possible.

We would really like to say a huge thank you to you all for your ongoing support. The volunteers, the donations and the increase in audience base has been such a tonic to us all at Viables and it is so very much appreciated.

Thank you to all of you who have nominated us for awards—very lucky to have received a COVID 19 Hero award as part of the Place to be Proud of Awards, as well as the Big Thank you from the Mayor of Basingstoke.

We have been fortunate to receive funding from the National Lottery most recently that will enable us to continue with some online activities that we have started in order to help those unable to return to us yet to have some access to activities where possible. We don't want anyone to feel isolated so please pick up the phone and talk to us if there is something that you need. If we can help you then we will and if not we can signpost you to someone who may be able to. We are here and happy to help!

Stay safe and see you again soon.

Luan Squire



VOLUNTEER

We would just like to say a HUUUUUGE Thank you to all of our wonderful volunteers who have helped us over the last few months. We have had visors and masks made and donated, people spending their time shopping and queuing for prescriptions and delivering them to people shielding several times a day, Boxes made and packed with food, Memory Club Activity packs delivered weekly and welfare calls being made to make sure people are okay.

What you also don't see are the Trustees in the background working to make sure our charity stays Viables, runs responsibly and makes safe decisions for us all in their own time.

We really cannot wait until we can have a special 'COVID Volunteer Thank You' celebration to properly thank each and every one of them.

At Cranbourne, we have continued to serve our students and their families throughout the Coronavirus Pandemic. Whilst the School Doors were not open to all students our site was open every day with online lessons delivered daily to all students.

Here are some statistics from the first 2 months of Lockdown and Cranbourne:

Sent 110 Home Learning Packs for students unable to access Online.

In addition to the work taken to continue our students learning and support our families we have also been working on innovative ways to help our new Cohort of Year 6 students to feel ready to join us in September.

We have moved our Transition Process online, providing Online Lessons via Teams to all our Year 6 students with additional supplementary tasks particularly those joining the Cranbourne+ Program. Lessons are from across the curriculum and designed to help bridge the gap from Key Stage 2 to 3. From Back Garden Science to learning new languages our new students are getting a taste of Cranbourne and an opportunity to meet their new teachers and classmates. By the 17th July our Year 6 Students will have participated in 22 Online Sessions in 10 different Subjects. Year 6 also have the opportunity to attend an induction session for a half day in their “Tutor Group Bubble”.

Jane Aplin Headteacher of Cranbourne said;

"I'm so proud of my staff for the education and support we have provided for our families throughout this crisis. Every child has had daily live lessons with their teacher; we have been open every day; even throughout holidays for children of keyworkers and families needing help. We have phoned every family if their children were not learning on line with us; lent out 50 of our own laptops and 25 i-pads; sent out work through the post, when requested; done individual food drops in emergencies. Now we are back at school teaching practical work to Year 10. With a full set of exams and reports, which our teachers are now completing. The return to school has been super safe for staff and students. I really don't think we could do more."



Hub Community Church

I'm sure every article like this, written during the pandemic, will start with a similar phrase; something like, 'None of us began 2020 expecting this year to pan out like this'. But it's true. Who could have thought we'd all be in lockdown for months from March and now trying to navigate our way out.

I wonder if you feel like my family and I do, that it's somehow harder now than when we were in lockdown? The reality is that it's probably harder in different ways. If you're the kind of person who likes to know where you stand, to have clear rules to follow, you may have found it easier in full lockdown. Things were clear. We had to stay at home, apart from a few very specific exceptions. Now we're encouraged to eat out, to do the things that we've missed doing, in a new safe way. But there are still plenty of restrictions in place and it can be hard to know whether it's best to stay in or go out. How often should we see our friends and family? For how long? Indoors or outdoors? Some have been happy at home; others have been climbing the walls! Some have more health concerns than others. Some are relaxed about it all and others wish people would take it more seriously.

Research is starting to come out about the effect of lockdown on people's mental health. As I write, I have the BBC website open on my browser featuring a report outlining how depression has doubled in adults during this pandemic. It quotes the Office for National Statistics saying that, 'twice as many adults in Britain are reporting symptoms of depression now compared with this time last year'.

Now, more than ever, we need each other. In our British-ness we can so often retreat into ourselves, safe in our fenced-off homes and sometimes even fenced-off lives. Without connection to other people and the opportunity to share life we struggle to keep our mental health in check. As we follow the government guidelines, we each need to take steps back towards normality at a pace, and in a way, we are each comfortable with. But, please, don't do it alone. Many more people are also starting to pray and explore faith. Maybe we are realising that, even in a wealthy and developed country, we aren't as strong and independent as we thought we were. If you would like to chat, we'd love to hear from you. 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 Web: www.hubcommunitychurch.org

Greetings from everyone at All Saints Church

As far as I am concerned, one of the hardest things about the life we're living now is not being able to plan ahead because we have no idea what the future holds! Should I book a holiday? Can we look forward to a family Christmas? Will there be a second spike and another lockdown? Will the children go back to school in September? Lots of questions and no certain answers. If you're a 'map and chart' person like I am, someone who likes to know where you're going and how to get there, all this uncertainty is very discomforting!

And so, at All Saints Church it was with bated breath that we waited to see if we could reopen post-lockdown! And yes, we could, firstly just for individual prayer and then, from July 12th, the bells rang out again and we welcomed people to our Sunday service. It's not the same; we're all sitting apart, wearing masks, there's no singing, no wine at communion, no hugs or handshakes – but we're there and the church is very 'Covid safe', and full of worship and prayer as it is meant to be.

I'm writing this in early August and I really don't know what the situation will be by the time you read this! Hopefully we will still be there at 10.00am every Sunday and we'd love you to join us. Any changes to that will be posted on our Facebook page and website and if you would like to speak with a member of the clergy, the Associate Priest for All Saints is Revd. Pat Palmer on 01256 412986.

In the meantime, we continue to pray for everyone in our district.

Revd. Jane Leese

Assistant Priest at All Saints Church

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

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





My Box of Memories

I have a little box tucked away deep inside my heart. It's where I keep all the best memories of my childhood. Sometimes, when I feel the need, it is good to open my box and rummage through the jumbled contents. It's like searching through a chest full of old clothes, handfuls of material are lifted, examined briefly and either discarded or held, sniffed at deeply for precious old scents, lifted to the light to better see the colours and then crushed to the breast in misty communion.

Today, near the top of my box I can see South Shields. I walk to the end of our street, squeeze through the fence into Marine Park. Passing by the boating lake, I pause at the bandstand if there is music, then cross over into the funfair. Find Auntie Hannah, working in the kiosk, and maybe scrounge a penny or two to ride the Gallopers before moving on to the beach. A dizzying expanse of golden sand to play on and a paddle in the sea taming my friends, the white horses, as they tumble over my shoulders to crash onto the shore. I delve deep in my box, but I don't see any walks home.

Next, I find Twickenham, and long walks in York House gardens. Dad's a keen photographer and I see us all posing around the grounds and lakes for him. I stumble on a memory of him angrily burning photographs on a bonfire. I cried. I force that one away and scramble deeper. Here we are, going up to London by train, me, Mum and Dad, and sisters, Pat and Penny to see the Christmas lights on Regent Street. We'd go early and, if Dad was flush, we'd go to the Disney cinema off Trafalgar Square first.

Oh! Here's the seaside, once we have found the way; "Twice around the roundabout and left at the antique shop, Dad!". There's Punch and Judy, I always laugh at the crocodile with the sausages hanging from its snappy jaws but feel sorry for the baby when Mr Punch throws it down the stairs. Judy doesn't seem to mind, and I wonder why. 'That's the way to do it! Dearie, dearie me!' Oops! Here are plates of trifle flying through the air, hitting the wall before sliding down in technicolour rivulets and closely followed by pink fluffy mule slippers, hitting a swiftly closed door. Sometimes, I think, Punch & Judy must live at our house. Dad always ducks in time, so I still smile.

Ah, here's music from the Forties and Fifties and once again I am in the working men's clubs with Dad, watching him play the piano. I sit at a table near the stage, sip my Woodpecker sweet cider and listen to the chatter of the men and women around me. I'm included and then whisked onto the small dancefloor to learn how to follow my partner's lead in a brisk Quickstep or Foxtrot. I'm told I'm a good little dancer and decide that the Waltz is probably my favourite. Dad is a popular pianist and neither of us go without drinks all night.

Sometimes, when I open my box, I close my eyes, better to hear Geordie and London voices. There is lovely Auntie Jenny, letting me scrape the bowl after baking and waving me off home with 'Ta-ra pet, good riddance!' I smiled, believing she was wishing me good ribbons. And there is dear Uncle Willy, he of the Windrush and now a bus conductor on the number 90. I never question having a black uncle and remember long, challenging conversations in the garden with him, teaching me how to think things through properly, and loving his open face and hearty laugh. The children at school laugh at me for calling my mum, 'Mam'. My Geordie leaves me and I become London. When I go back up North for the holidays, I get beaten up for being a Londoner.

Seasons. I see pink and white blossom in spring, mum mad with envy over a Magnolia tree by the bus stop. I smell the horses we steal rides from, their backs warm beneath our bare legs, their breath gusty and grassy. There is that heady, citrusy summer rose, and sweet unremarkable looking privet flowers that hide me as I sleepily daydream in one of my hedgerow dens.

Winter, and I feel the crackle of ice underfoot. There's heat from the newspaper bundle I carry home on a Friday night that tingles my fingers before, at last, the taste of fish and chips, gritty with salt and laden with vinegar. Such jumbled tastes of a Geordie and London childhood: saveloys and Pease pudding, shrimps from the stall in Twickenham on Saturday afternoons; "Whelks-n-wockles-n-jelly babies!" - and for both, hot cocoa, and toasting bread on a fork in front of the coal fire. Later, huge pots of spaghetti floating in tomato sauce; ever so foreign. The weekly magazine of 'Gordon Blue' cookery, which Mum practiced and tested on us, mostly to our delight.

Now it's Sunday. Listening to The Clitheroe Kid, the Navy Lark and Billy Cotton on the wireless as Mum cooks lunch - "The Yorkshires are in! Come and stir this gravy." All of us sitting around the table, piling into steaming heaps of buttery mashed potatoes, melting roast lamb and Yorkshires the size of haystacks. At last, bathed ready for school tomorrow and Sunday Night at the London Palladium with supper-bowls of Sunday lunch leftovers warmed over in gravy.

All of these memories and more are safe inside my little box. It is special to me in a way that no other box ever could be and I will guard it and look into it, if only occasionally, to the end of my days.

By Pam Lloyd

New Hirers at Viables

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We are absolutely thrilled to be bringing the magic of babyballet® to Viables Community Centre from September!

Do you have a little one between 6 months and 6 years that loves to dance? Come along to one of our award winning classes and join the fun.

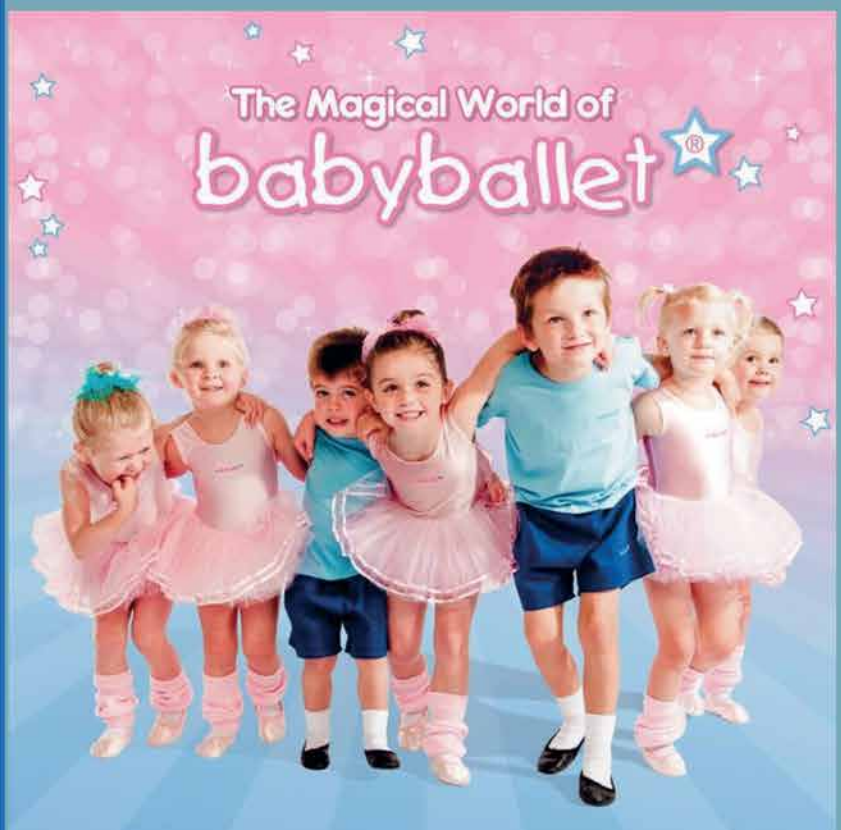
Get your little one started on a three week trial for £20!

09.30am Tinies (18months - 3 years)

10.20am Movers (3 & 4 years)

For further details and to book a place please email alton@babyballet.co.uk or call Miss Rachel on 07861696954.

www.babyballet.co.uk



Basingstoke - Old Basing U3A

Fed up with Lockdown? Looking for something to do?

Many of you may not realise that Basingstoke has a thriving U3A organisation, with over 700 retired or semi-retired people coming together in more than 40 activities! With pastimes ranging from sports to music, games to crafts, and arts to science, there's something for everyone. Why don't you join us? As a member, you can take part in as much or as little as you want - our meetings are always very friendly and informal.

What we've been doing during lockdown

We've continued to meet in a range of ways. Our outdoor activities like croquet, walking, and cycling have continued over the summer, subject to Government guidelines of course.

Most indoor groups have obviously found it harder to carry on as usual over the summer, though our *Line Dancing* restarted and our *Strings and Things* members have been playing in their Group Leader's garden.

Others are keeping in touch on-line. *Needles & Pins* have met fortnightly to look at their work, and *Science & Technology* have shared presentations on a wide range of subjects.

History have had a presentation on WWI and WWII communications; and *Poetry Appreciation* have been reviewing works by TS Eliot and Gerard Manley Hopkins. *Biography*, *Literature*, *Environment* and *Simply Sewing* have all followed on too!

Find out more

As time goes on, more and more of our groups are devising ways of keeping in touch safely, and we're working hard to keep our website up-to-date. So have a look at the latest opportunities on <https://www.basingstokeu3a.org/>. You can try out as many groups as you wish over the autumn for only £5.

Some of us are uncomfortable with technology, so you can also ring our national office on 020-8466-6139. They will re-direct you to us locally, and we'll get back to you.

So if you're looking to develop new interests, make new friends, and have lots of fun, we're waiting to hear from you!



Regular Activities

As our regular hirers have started to come back, and more are expected in September, we decided in this edition to introduce you to some of those joining us at the Centre.

The Bastion Gaming Club are back! They started back in July and have adapted to changes, ensuring safety in their sessions and still providing the same great enjoyable atmosphere they always have done. If you are interested in joining them, you can find them on Facebook at [Facebook.com/TheBastionGamingClub](https://www.facebook.com/TheBastionGamingClub).




Baby Massage

Online Course

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

To sign up to the 4 week course at an introductory cost of just £10 per person

To sign up, please contact us at office@viables.org.uk

Starts again in October
Please ask for dates




Baby Development

Online Course

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

To sign up to the 3 week course at a cost of just £20 per person

To sign up, please contact us at office@viables.org.uk

Starting again in October
Please ask for dates




Baby Steps



New parent? Want to meet others?

Join us at Viables Community Centre for a chat and tea/coffee
Thursdays - 1pm-2.30pm

Aimed at parents with babies aged newborn to 1 year
Costs just £1.50 per session




Chalk Ridge Primary School



**Are you seeking opportunities for
Professional Development?**

School Governance at Chalk Ridge Primary School could be for you!

Recent research by Governors for Schools (www.governorsforschools.org.uk) found that “volunteering as a school governor is a powerful professional development opportunity”. The findings suggest a high degree of overlap between the skills governors use on the school board and in their professional roles. High levels of development were reported among many of the most transferable skills, along with increased levels of confidence, which employees have been able to apply back in the workplace.

Our Chalk Ridge Governing Body has three vacancies at the moment; are you or do you know anyone keen to use their skills to serve our local community, and make a difference for our children?

We governors help set the strategic direction for Chalk Ridge, in support of its long term development and improvement. Our aim is to help the school to become OUTSTANDING. We're a happy team, and get involved in a range of activities such as recruitment, finance and curriculum.

You don't need to be a parent or work in a school to be a governor. In fact, the range of professional skills and experience that you can bring to this role is of tremendous value. You'll just need to be interested in education and willing to learn, as there are plenty of training and development opportunities!

Please contact the school if you or any of your colleagues would like to know more, or email and we'll arrange to chat.

Chair

Chalk Ridge Governor



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Wedding delayed?

Don't forget to sort out your Will

Those who have had postpone their wedding or civil partnership plans this year, should not forget to protect yourselves by making a Will.

Claire-Marie Selwood, who is a Wills and Probate solicitor at Phillips Solicitors incorporating Brain Chase Coles said: "If you die without a Will, your estate will be governed by the Rules of Intestacy, and your life partner/cohabitee will not be classed as your next of kin."

"The Rules of Intestacy will determine how your property is divided and distributed irrespective of the number of years you have lived together. This could result in your estate being divided amongst your surviving family members to the exclusion of your life partner/cohabitee and this may not be what you would want to happen."

For more information please contact

Claire-Marie Selwood by calling 01256 854622,
emailing
claire-marie.selwood@phillips-law.co.uk
Or by visiting
www.phillips-law.co.uk/wills-probate



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As a small grass roots charity we are ambitious regarding the difference we can make to those affected by domestic abuse. Tackling the root cause of domestic abuse means we work with individuals who are being abusive. Our aim is to increase safety to victims, making our communities safer places to live and promoting opportunities for children to thrive.

Originally working with court mandated perpetrators for 10 years, since 2006 we have established a range of community based interventions for families experiencing domestic abuse and individuals in the criminal justice system.

Responding to domestic abuse is a challenge across all frontline services. We are a visionary organization, not afraid to test new approaches. We can't do this alone and we are fortunate to have excellent partnerships with those sharing our passion to make a difference, no matter how hard it seems. We work with a range of stakeholders across the voluntary and statutory sector to deliver what we know works and to test new models.

We want to build an evidence base, inform public policy and contribute to a whole system change in tackling the complexities of domestic abuse. We are proud of our contribution to changes in the criminal justice response to domestic abuse and this has been achieved due to our excellent partnership with Hampshire Constabulary and other UK police forces.

We strongly believe the current criminal justice response to offenders needs reviewing. If we are to address the vulnerabilities associated with offending, it requires a significant shake up. We want to shift the focus from the offending behaviour to what makes an individual offend. We are keen to explore alternative ways of working with young adults and females in the criminal justice system. We will work with partners to test new models designed to reduce reoffending with these client groups.

