

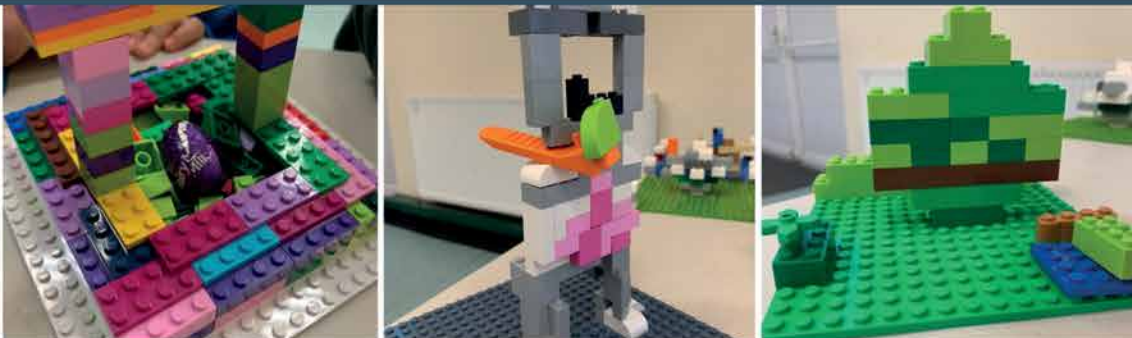


# The Harrow Way

The Viabes Community Centre Magazine



## Great Easter fun with Barn Brick Builders!



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[luan@viabes.org.uk](mailto:luan@viabes.org.uk)

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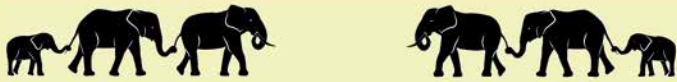
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Charity no. 1177363

Do you have some spare time in the summer? Would you like to listen to children telling you about the exciting books they have read as part of the Summer Reading Challenge? If so, and you would like to help, please visit Basingstoke Discovery Centre and ask the staff for further details. [jackie.slater@hants.gov.uk](mailto:jackie.slater@hants.gov.uk)







the towers

**viabes craft centre,  
the harrow way, basingstoke**

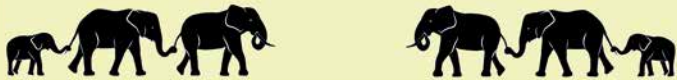


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# Community News

## News from Cranbourne

We've had another busy time at Cranbourne and the Summer Term is already shaping up nicely with a whole range of exciting opportunities for our students and community to experience. We are also very excited to start our summer transition programme with our primary cluster schools which includes; Year 2, 4 and 5 Masterclasses, Year 5 Taster Mornings and our new intake transition days.

### Dutch Exchange Trip

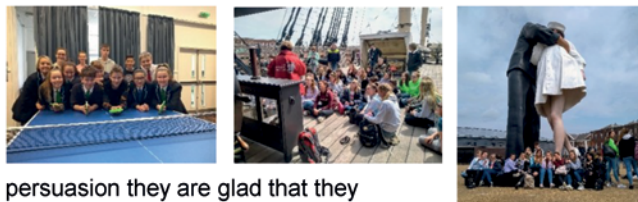
Since 2013, we have met up with our Dutch friends and enjoyed a fruitful and now established relationship.

Once again, a Year 8 class started to write to unknown students in Holland last September. They finally met on the 7<sup>th</sup> May in Portsmouth, for a fantastically fun packed day of activity, history and culture.

Thanks to the letters going backwards and forwards across the channel and to social media, so many had become firm friends even before they had physically met. And so, when we met near Gunwharf Quays for the first time, it was wonderful to see the warmth of embrace between the two sets of students.

The relationships were developed and cemented further over two days. This included being in the classroom with lessons from Mr Ndlovu and cooking lunch for each other in a fast paced lesson!

We hope to go to Holland again in the near future and experience and understand how our near neighbours live and are educated. Widening horizons is an important part of being a student at Cranbourne and whilst at first some of our students are a little reticent to become involved, with a little



persuasion they are glad that they grasped the opportunity!

### Cranbourne Car Boot

We are pleased to re-introduce a regular Car boot sale at Cranbourne, led by our newly established PTA "Friends of Cranbourne". The Car boot sale is on a Sunday once a month from 8.00am-12.00pm.

Open from 7.30am for sellers  
£6 per boot (vans £10)  
No entrance fee to buyers  
Refreshments Available  
Toilets



The upcoming dates for our car boot are:

Sunday 26 May 2019  
Sunday 30 June 2019  
Sunday 28 July 2019

We look forward to welcoming you to one of our future Car boots and hope that this will help us cement Cranbourne as 'a school at the heart of its community'.

## A summer of fun!

CHALK RIDGE PRIMARY SCHOOL

# SUMMER FAIR

Saturday 15<sup>th</sup> June  
12 - 3PM

• GAMES • TOMBOLA • BBQ • BEER TENT • ICE CREAMS • CRAFT • DJ MARK HALLIDAY • CAKES • MANY STALLS • THE STOCKS • BUNTING COMPETITION • AND MUCH MORE

Parentkind  
Member Association

Viables  
COMMUNITY  
CENTRE

# Summer Play Day

THURS 8 AUGUST 2019  
11-3PM

Entry to this event is FREE

Small charges will apply for some activities.  
Parking will be limited, please walk or use public transport where possible.

Feel free to bring a picnic!

supported by  
Basingstoke and Deane

Summer of play



## ON 'PLANET VOLUNTEER'

The usual author of this regular pastor's article is Andy Wright. He is having a short break, so it is my privilege to be his stand-in. Unlike Andy, who is a hard-working pastor of a large church and with a young growing family, I am a retired man with good health and a pension I can live on. I count myself blessed. Having been retired for nearly twelve years, it has been an interesting journey exploring the use of all the flexible time I now enjoy. Like many people, I have interests and hobbies that I spent more time on. But I soon realised I wanted to do some things that were not just 'about me'. So I entered the fascinating world of voluntary service to the community.

There are many voluntary opportunities out there. If I tried to list them I would probably leave out more than I mention. For me and my wife, this desire to serve led to involvement with Basingstoke Food Bank. There have proved to be so many different aspects to this work. We collect food donated by shoppers at local supermarkets; give talks about Foodbank; meet and talk with people who have been referred to us for food; Sue & I have the special job of liaising with schools who want to support our work.

The pupils of our very own local St. John's C of E School have chosen Foodbank as their charity to support throughout 2019. Staging a non-uniform day & some concerts, they recently collected a lot of money for us (over £400), and we were invited to a special assembly to receive it and thank them for it. We took the opportunity to explain how the money would be used. The picture shows me holding four tubs full of cash (already carefully bagged and counted by the school). Well done & thank you, St John's.

I can honestly say that being a volunteer at Foodbank is the highlight of my week, and I would recommend voluntary work to anyone who is free and willing. Some opportunities are very local. Your very own Viabes Community Association are always welcoming new volunteers to assist in their work, and if you contact Luan Squire she will happily tell you all about it.

God Bless and happy volunteering!

Paul Wernham.

Hub Community Church Web: [www.hubcommunitychurch.org](http://www.hubcommunitychurch.org)



## Viabes Memory Club

£7 per session £4.50 lunch  
Sessions AM 10.30—12.30; lunch  
12.30—13.00 and PM 13.00 — 15.00



Viabes Memory Club

The Viabes 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.

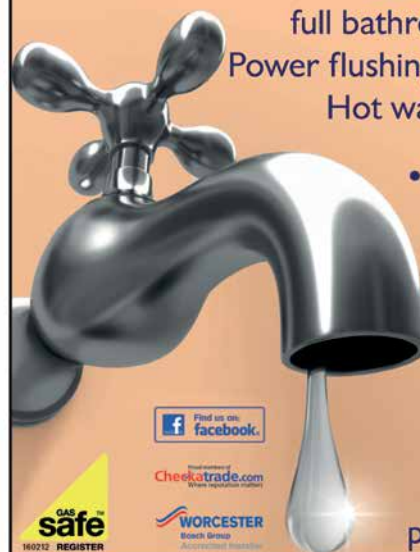
The Memory Club is a popular service in the area and is appreciative of any support that it receives, including grant funding and volunteers. If you would like to volunteer with us, or you would like to attend the service, please contact Viabes Community Centre at [office@viabes.org.uk](mailto:office@viabes.org.uk) or call 01256 473634.

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# 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](mailto:office@viables.org.uk)



**TABLE TOP  
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20p per adult buyer

**MEOWS**  
VIABLES  
WELLBEING CHOIR

Thursday  
Evenings  
19.30 - 21.00  
£4 concessions  
available



**Skittles Evening** 21st June 2019  
**Strike up some fun!**

Teams of up to 6 people  
£10 per person which includes a  
Ploughman's Supper

Bar open from 19:15

2018 - 2019  
**UKULELE  
JAM SESSIONS**



Fri 28th June  
Fri 26th July  
Fri 23rd Aug  
Fri 27th Sep

7 - 9pm £5 per person

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4TH AUGUST  
2:30 - 5:00PM

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CRAFT SELLERS  
TEA & CAKES

**Family Quiz  
Night**  
19th July 2019  
6:30pm - 9pm

£5 per person (child or adult), which  
includes Sharing Platter of nibbles for  
each team.

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Parent and toddler group for  
those with additional needs

**Barn Tots  
SEN**

Thursdays 10—11.30am £2.50



# Centre News

## Message from the Manager

We are really excited to announce the arrival of a new piece of equipment that will undoubtedly enhance the lives of those attending our Memory Club and our Barn Tots SEND group. Our Tovertafel (Magic Table) is designed to enable people to interact with a variety of activities and games in order to support their needs. With many thanks to the National Lottery Community Fund for helping us purchase this amazing equipment. Please see page 10 for more information.

MEOWS choir is going from strength to strength and the addition of a karaoke machine is aiding confidence too. Our thanks go to the Basingstoke Round Table 93 for yet again supporting us with the purchase of a great resource.

The Four Lanes Trust have also been kind enough to offer their support so that we can further develop our resource bank to support the groups above and help them flourish. We look forward to taking delivery of some new resources very soon.

As always, we continually strive to find new ways to keep you all busy and hope to see you all at our events. If you'd like to get involved by volunteering with us - as little or as much as you would like—please contact us on 01256 473634 or [office@viables.org.uk](mailto:office@viables.org.uk)

Our gardeners have now resumed their voluntary work around the site and would love to have some more help. So if you are free on a Tuesday morning and would like to get your hands dirty, please get in touch!

*Luan Squire*

## What's it like to Volunteer at Viables?

12 years ago, along with a friend, I responded to a notice at Viables asking for help to set up a Parent and Toddler Group and, with the help of two other volunteers, Barn Tots was born. It is going from strength to strength with two sessions a week. We are informal, friendly groups for parents, carers, grandparents to bring their pre-schoolers to play and make new friends.

We started out with gifts from Asda, toy donations from the local community, a grant from The Four Lanes Trust and (luckily for us) equipment from The Shrubbery Preschool that closed. Over the years, we have managed, with the help of our excellent Centre Manager, to secure further funding to upgrade and replace toys and equipment as needed.

Since helping to set up Barn Tots, I have become a volunteer for other events at the centre when I can, and am also now a trustee here.

I have met some lovely and interesting people over the years, made new friends and managed to retain them!

We are always on the look-out for volunteers at the centre. Without the pool of support we do have, the excellent groups and events wouldn't be able to run. There is no pressure on anyone to do any more than they can; we are a lovely bunch and welcome all offers of help with open arms. If you are reading this thinking you have an hour or two to spare, then please get in touch with the office – you'll be pleasantly surprised how much fun it can be.

If they can, everyone should take the chance to volunteer somewhere at some point in their life.

*Claire Taylor*



# Regular Activities

Monday	
<b>Dress Making classes</b> Contact Sewfistication on 07880 716593	10:00 - 12:00
<b>Forever Young</b> - a circuit class of evidence based exercises for the over 65's. Emma Cameron 07787 558221	11:15 -12:30
<b>Ukulele Classes</b> Booking is essential - contact: office@viables.org.uk	From 17:15
<b>Phoenix Martial Arts - Kickboxing</b> Email Tom Hayward pma_kickboxing@hotmail.com	19:45 - 21:15
<b>Play Yoga</b> - for pre-school aged children Alison: play.yoga@yahoo.co.uk	9.00 - 9.45
Tuesday	
<b>Gardening Club</b> March - Nov 01256 473634	9:00 - 12:00
<b>Barn Tots</b> - friendly, informal play for under 5's 01256 473634	9.45 - 11.45
<b>Dress Making classes</b> Contact Sewfistication on 07880 716593	10:00 - 12:00
<b>Move it or Lose it</b> - Change the way you age, for over 60's Amanda 07399 618947	12:30 - 13:30
<b>Krav Maga Self Defence</b> Sonny 07851 433456	19.15 - 21.00
Wednesday	
<b>Pilates</b> Elaine 07808 895279	10:00 - 11:00
<b>Hatha Yoga</b> Elaine 07808 895279	11:15 - 12:15
<b>Dress Making classes</b> Contact Sewfistication on 07880 716593	10:00 - 12:00
<b>Qi Gong</b> Simon 01189 701781	12:30 - 1:30
<b>The Harrow Way over 55's group</b> - fortnightly friendly meetings for mature members. 01256 324012	13:30 -15:30
<b>Laughter Yoga</b> Liz 07859 920107	13:40 - 14:40
<b>Slimming World</b> Jo 07515 719190	17:30 & 19:30
<b>The Bastion - The Gaming Club</b> Jason 07763 521027	18:00 - 22:00
Thursday	
<b>Barn Tots</b> - friendly, informal play for under 5's 01256 473634	9:45 - 11:30
<b>Barn Tots SEND</b> - friendly, informal play for under 5's with special educational needs and/or disabilities 01256 473634	10:00 - 11:30
<b>Mindful Movement</b> - yoga for children Anneke 07956 528671	16:00 - 16:45
<b>Pilates</b> Janice 07789 711294	18:55 - 20:00
<b>MEOWS</b> - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
Friday	
<b>WW Studio</b> Vanda 07771 884553	8:30 & 10:00
<b>Memory Club</b> - Activities for those with dementia Emma Cameron 01256 473634 emma@viables.org.uk	10:30-12:30 13:00 - 15:00
Sunday	
<b>Boxercise</b> Alison 07946 442359	8:00 - 9:00
<b>Healing Springs Church</b> Ben 07984 544982	10:00-13:00

## Regular Hirer Round-up!

I have worked for over 20 years in the Childcare and Education sector, and for me it has been a real blessing! Each and every day is different. However, in recent years, I have seen a change in our society, causing higher anxiety in children, and at times, an inability to cope with their emotions.

Using my experience of working with children with Speech, Language and Communication needs, and the training I have completed in teaching children's yoga, I have devised 'Play Yoga'.

Play Yoga is a fun class for Pre-school aged children, designed as an introduction to Yoga and Wellbeing. We use props, stories, games and songs to help us to learn breathing techniques, and take part in mindfulness activities to help calm ourselves in moments when strong emotions take hold.

Yoga moves are introduced to the group, with the help of Buddy Bear. This is not always a 'calm' time, but a great starting point for the future!



My aim is to help children to maintain a healthy body and a happy mind! As the saying goes, 'If the children are happy, the parents are happy!'

Please feel free to contact me for more information.

**Alison**

Email - [Play.yoga@yahoo.com](mailto:Play.yoga@yahoo.com)



## HATCH WARREN RUNNERS

If you've ever thought about joining a running club, but never had the confidence to try, Hatch Warren Runners could be the one for you! Do not be put-off by our name, we welcome everyone across Basingstoke and our runs start from various locations.

Running as part of a group is a motivating and safe way to run. We offer club runs (Monday and Wednesday evenings) for a range of abilities. Other runs are posted on our members Facebook page throughout the week by club members, including targeted training for people trying to improve speed and/or endurance. Runs are volunteer led and you can join as many or few as you like. Our key message is pace, age or gender do not matter; don those running shoes and hit the road (or the trails) with us!

For more details on joining, or to try a taster run, please visit [www.hwrnners.co.uk](http://www.hwrnners.co.uk), our Facebook page or email [enquiries@hwrnners.co.uk](mailto:enquiries@hwrnners.co.uk)

# How It All Began...

## Holidays!

In the middle ages, wealthy people went on pilgrimages for religious reasons—there were no holidays as there now are in the modern sense.

In the late 16<sup>th</sup> and 17<sup>th</sup> centuries, wealthy young men began to travel to Europe to finish their education and in the 18<sup>th</sup> century, rich people visited spas as they believed that bathing or drinking the spa water would cure illness. They also began to spend time at the seaside. To change out of their usual clothes and into swimwear before wading into the sea, people would use a wooden bathing machine taken into the water.



However, until the late 19<sup>th</sup> century, going away on holiday was only for the wealthy as most people didn't receive paid holidays.

In the 1840's, the spread of railways made travel possible for ordinary people for the first time. Seaside towns were also emerging and the number of visitors in these areas increased. Bournemouth was founded as a seaside resort after Sir George Tapps-Gervis appointed an architect named Ben Ferrey to design it in 1836. The railway reached there in 1870, which made it easier for people to visit, increasing the number of summer tourists.



A number of seaside towns began to build promenades and include attractions such as piers, donkey rides and Punch and Judy shows, along with selling the ever popular sticks of rock.

Many people took working holidays. As a way of taking a break from their normal everyday lives, those from the East End of London went hop picking in Kent during the 6 week harvesting season.



The 20<sup>th</sup> century saw the opening of holiday camps, with Billy Butlin opening his first camp in Skegness in 1936 with the motto 'OUR TRUE INTENT IS ALL FOR YOUR DELIGHT' still being used today.

The golden age of the holiday camp was in the fifties and sixties. After the war, there was a great rush to the coast. Many people had not had a holiday for years and could not wait to get away. The holiday camp provided what they were looking for. Prices were reasonable, food was plentiful and there was plenty to do, even when it was raining.



In 1911 the TUC (Trades Union Congress) began campaigning for a paid holiday for workers and in 1939 a new law in Britain said that everyone must have one weeks' annual paid holiday. This eventually turned into 4 weeks by the 1980s.

New Years Day was made a bank holiday in 1974 and the first Monday in May in 1978.

In the 50's and 60's camping and caravan holidays became common but with the introduction of cheaper air travel, foreign holidays became possible and the traditional British seaside holiday declined in popularity.

The Channel Tunnel opened in 1994 making it possible to travel from Britain to Europe by car or train, allowing people to take similar holidays abroad that they would have had in the UK.

Thomas Cook began arranging excursions by train in the 1840's. He arranged for 16,500 visitors to attend the Great Exhibition of 1851 held in Hyde Park. His excursions grew and, with the opening of the Suez Canal in 1869, he offered his first Round the World Tour which took 212 days and cost 200 guineas. This is the equivalent of around £18,000 in today's money!



Today, Thomas Cook is a global leisure travel and foreign exchange company and world's apart from the early spa visits of the 18th century. Although, I think we'd all agree, a restful break at a spa is also very enjoyable!

Written by Sue Scott



## Summer Open Air Events at The Vyne

Following a £5.4m roof project and the installation of a new layout in the house, National Trust site, The Vyne have expanded their programme of open-air evening events for 2019.

Four evening events, two plays and two cinemas will take place on the north lawn this summer. Pack your picnics, camping chairs, blankets and torches ready for this line-up:

On **27 July**, playful theatre troupe The Pantaloons will be performing an adaptation of Jane Austen's **Sense and Sensibility**.

On **10 August**, The Lord Chamberlain's Men will perform **A Midsummer Night's Dream**.

On **16 August**, there will be a screening of **Bohemian Rhapsody** (Rated 12A).

Finally, on **17 August** there will be a screening of **The Greatest Showman** (Rated PG).

These are ticketed events, for more information visit [www.nationaltrust.org.uk/the-vyne](http://www.nationaltrust.org.uk/the-vyne) or call the box office on 0344 2491895.



**Important timing information:** **Outdoor cinema** Gates open 7.30pm, last entry 8.45pm. The film will begin when the sun has set at around 9pm finishing 11.30pm. **Outdoor theatre** Gates open 5.45pm, last entry 6.45pm. The performance runs 7-10pm and includes an interval.



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# Open-air events

at The Vyne  
2019

## Theatre

Booking  
essential

**Sense and Sensibility\***

Saturday 27 July 7-10pm

Adult: £13 (age 16+) Child: £8 (age 5-15)

**A Midsummer Night's Dream\***

Saturday 10 August 7-10pm

Tickets £19

## Cinema

**Bohemian Rhapsody\*\***

Friday 16 August Dusk (9pm) - 11.30pm

Tickets £12.50

**The Greatest Showman\*\***

Saturday 17 August Dusk (9pm) - 11.30pm

Tickets £12.50

\* Gates open 5.45pm.

\*\* Gates open 7.30pm.

Under fives go free to all four events above. RG24 9HL.

Box office

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## Hugging in the workplace – is it acceptable?

Hugging has become a newsworthy topic, particularly with the recent allegations levelled at Ray Kelvin, the founder and chief executive of the fashion chain Ted Baker, who was accused of misconduct including inappropriate hugging.

It does raise the question as to when physical contact such as hugging is acceptable and when it becomes unacceptable behaviour. What are the boundaries when it comes to physical contact in the workplace?

The law regards unwanted physical contact as a violation of a person's rights. It is therefore important that managers and figures in authority do not take advantage of their position or make employees feel uncomfortable. If someone forces an employee into a hug or any other physical contact that makes them feel uncomfortable or even violated, this should be reported to their HR department, a director or person in authority or a trade union representative. If the matter is not resolved appropriately and immediately then it is advisable to take specialist legal advice.

At Phillips Solicitors our Employment Law team will be happy to assist you with any aspect of employment law. For advice please contact Gill Brown on 01256 854605 or email [gill.brown@phillips-law.co.uk](mailto:gill.brown@phillips-law.co.uk)



To find out about the wide range of legal services offered by Phillips please visit [www.phillips-law.co.uk](http://www.phillips-law.co.uk)



**Head of the Employment Law Team**



## Greetings from All Saints' Church

As summer comes I'm sure we're all hoping for plenty of warm, sunny days so we can enjoy being outside. In winter we all hide away, keeping warm indoors, but as the days lengthen and heat up the children play outside, lawns are being mown, cars washed, barbecues are alight and we can actually meet and say hello to our neighbours once again. Let's hope for a good summer!

At All Saints we love to meet our neighbours, all those who live in the part of the Basingstoke Parish that we serve – and that is likely to be you if this magazine dropped through your letterbox. We are 'Open to God and Open to All' – but sadly we're unable to keep the church unlocked as much as we'd like. But if you're out and about at the Top of Town during the summer, we're open on Saturday mornings from 10.00 – 12.00 and on Wednesday lunchtimes, from 1.00 – 3.00 and we'd love you to drop in and see us. If that's not good for you, we are keeping the front porch open everyday during daylight hours and you are welcome to sit there quietly, to reflect or to pray.

Rev. Jane Leese      Assistant Priest, All Saints' Church

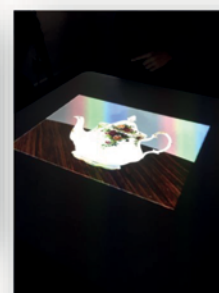
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## Tovertafel

We were excited to show off our new equipment at the official launch on 15th May. It is of great benefit to our Memory Club and Barn Tots SEND group. This great piece of equipment allows our attendees to interact with a variety of games and activities in order to enhance and develop their cognitive, sensory and physical skills. From catching rustling leaves to splatting paint and all in between, our members are already benefitting from this wonderful projection tool that we were able to purchase due to the National Lottery Community Fund. Many thanks to Mayor-Elect Cllr Diane Taylor for attending the Launch event, along with her consort Mr Andy Taylor.



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