

The Harrow Way

The Viables Community Centre Magazine



If you would like to advertise here, please get in touch with the editor: luan@viables.org.uk

What a great way to reach your audience!

Viables is a registered charity. Every time you hire with us, attend an activity or event that we run, you are helping to support your local community.

Charity no. 1177363

New addition to our venue!

We now have a bouncy castle for hire for children's parties in the Main Hall. At just £50, this is excellent value!



Cinema Parties

We now provide cinema parties for children! We have two options—one with hot food and one without. To find out more, contact us at office@viables.org.uk or call 01256 473634













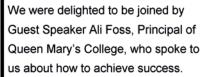
Community News - Schools

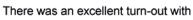
Cranbourne Celebrates "Excellence In Everything"

December was a month full of celebration at Cranbourne with two large events celebrating "Excellence In Everything" in our students.

CERTIFICATE PRESENTATION EVENING

We welcomed back the class of 2018 to receive their certificates at the start of December.





many staff members, past and present, in attendance.

Thank you to all those who attended and made the evening possible.

AUTUMN 2018 REWARDS' EVENING

On 12th December students and parents from all Year Groups and Houses were invited to attend Cranbourne's Autumn Reward Evening. The theme of the evening was "Rise to the Challenge" and prizes were presented, in front of a packed audience, by Councillor Mike Westbrook, Hampshire County Councillor for Basingstoke Central and Borough Councillor for Brookvale.

Students were nominated by staff from all areas of the school and all subjects. All in all, there were 100 prizes to give out. Mrs Aplin, Headteacher, said "All students here had achieved something out of the ordinary. Challenges are intimidating, though trying something new or pushing yourself to master something difficult improves your self-esteem. Overcoming challenges makes life meaningful."

Proud parents supported and clapped the students throughout

and musicians stepped in to entertain. Councillor Westbrook was surprised at the volume of awards and did a fantastic job of congratulating each student and shaking every hand. He was revived with sausage rolls, mince pies and mulled wine, served to everyone who attended.





The rewards evening is now a

termly celebration at the school – a chance for Cranbourne to look back over the previous term and celebrate.

News from Chalk Ridge Primary School

Every year our Year 6 children are offered the opportunity to participate in a residential at PGL Liddington, away from home for the first time for many. The children grow in confidence and independence, build stronger friendships and develop leadership and team work skills. This academic year was no exception, and who better to tell the story than the children themselves!



On the 26th November the Year 6 children set off on our residential to PGL Liddington. We were given the opportunity to have a once in a lifetime experience, develop some independence and get closer to our friends. There were lots of activities to choose from such as: giant swing, challenge course and many more. My favourite was the giant zip wire, you only participated in the ones you were comfortable with. The food was delicious, there was a lot to choose from. I will never forget the amazing time I had!

Reported by Emily—Year 6

The activities at P.G.L were amazing, they all required teamwork, trust and were all very exciting. My personal favourites were The Giant Swing, The Zipline and finally, Robot Wars! The Giant Swing is a ...well... giant swing. The Zipline was awesome! Robot Wars was a fun group of activities and, I don't want to spoil anything but, you build robot armour! And wear it! Reported by Calum—Year 6





PGL was a phenomenal experience! It was packed full with fun, excitement and adventure. The five days taught us so many things and also tested my limits. It was an amazing opportunity. There were so many fantastic activities that we could participate in, including abseiling, zip wire, vertical challenge, giant swing and many more! My personal favourite was the zip wire as it was so much fun flying through the sky. But it was so scary jumping off the actual giant tower.

Reported by Sushant—Year 6



The activities at PGL were absolutely fantastic! My favourite activity was abseiling even though I found it the most scary out of all the activities! The staff were great too!

Reported by Ella—Year 6

engaging curriculum that we offer to our children, and one that sits alongside the other trips and visits we offer to other year groups throughout the year.

Maintaining Connections

I write this article while there is still snow on the ground following the heavy snowfall on Friday 1 February. Wasn't it incredible how much snow fell overnight and then throughout the day?! Much like the heavy snowfall a few days before Christmas in 2009, the amount of snow was more than expected, and caused many problems, especially with traffic. Stories started coming in on my social media feed about friends taking 6, 7, even 8 hours to travel from one part of the town to another amid the chaos of the closed motorway and the gridlocked roads of the town.

The following morning, while abandoned cars still littered our roads, my neighbours and I dusted off our snow shovels and began the task of clearing enough snow to make access in and out of our small close possible. It took a couple of hours, but finally our cars were no longer grounded on our driveways. We all commented on how it had taken all this snow to get us out engaging with each other! We agreed to organise a barbeque later in the year; something we've wanted to do for a few years. That afternoon, I walked to the local supermarket to buy a few essentials for the day, and ended up helping an elderly lady home who had made a similar journey and was struggling to walk on the compacted snow, that now resembled an ice rink. I find it fascinating how a sense of community spirit kicks into action when we rely on each other and face a challenge together. We often hear about it in times of tragedy such as terrorist attacks, but a community also comes together to help each other, especially the vulnerable, when we experience the extremes in our weather.

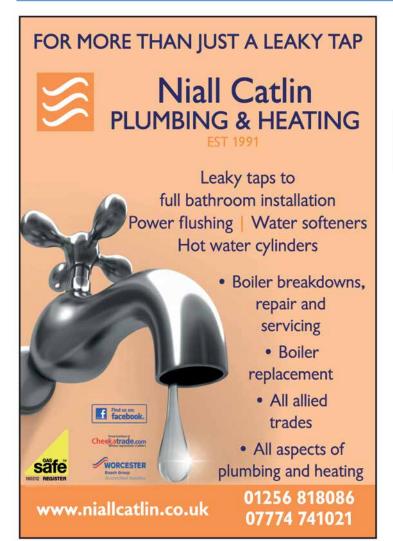
As a society we are becoming more and more isolated. One of the reasons our church is a 'Community Church' is that we believe that we, as humans, thrive in community. The temptation to disconnect from the world around us is always there. We are now able to order anything we need online and have it delivered to our door, or even a locker. We can meet and get to know people over the internet without the need to ever meet, if we choose not to. But what does that mean for community?

I am certainly no expert, and write from my own convictions rather than any facts or data, but I wonder if we are losing the ability to build meaningful relationships and be part of a community where we build face-to-face, lifegiving relationships. As you read this article, let me encourage you to consider what community you are a part of, be it a sports club, a community project, a church, or a hobby or interest you have, and reflect on whether you have enough real connection with other people. Do we really have to wait for the snow before connecting with those around us? What could you do today, to reach out to someone else and create community, even for a moment? I believe we were made for such connection, and to deny it is to deny a deep human need for belonging and fulfilment.

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

God bless.

Andy Wright



Viables 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



Viables Memory Club

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.

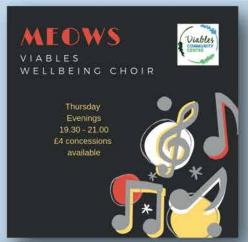
Running each Friday, it is intended to provide a safe environment for people who are at the earlier stages of dementia (though most of our members stay with us for a long time) to undertake activities and socialise, whilst being supported by staff and volunteers who have been trained with an awareness 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.

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

















In this month's How It All Began...

100 years - Tesco Centenary

Jack Cohen's parents had fled Poland coming to Britain for a better life in 1882. Born in London in 1889, Jack Cohen was encouraged by his father to join him in his tailoring business, which he loathed.

In 1915 he joined the Royal Flying Corps and on his return to Britain was greeted with mass unemployment and a depressed economy.

Hiring a barrow, he used his £30 de-mob gratuity to stock it with ex NAAFI goods and pushed it through the markets of the East End of London. He rented part of a stand and soon began to operate in other markets. He bought cheaply and sold at a low margin providing goods that poor people could afford before buying a horse and cart to supply his markets, as well as other barrow boys and stallholders.

In 1924 he met T E Stockwell - a partner in a tea importers. He made a deal to buy bulk tea at 9d a pound and sell half-pound packets at 6d each. The new packets needed a brand name and that is when the name Tesco was invented: T E Stockwell's initials - then first two letters of Cohens CO.

The brand was quickly recognised and, in one day alone, Cohen sold 450lbs of Tesco tea from his barrows.



Jack opened his first indoor stall in Tooting Arcade in November 1930 and a second in Chatham. He then developed a key retail site in Dartford from which goods were auctioned. His first two conventional shops were in Green Lane Becontree and the other in Burnt Oak.

In late 1931, Jack consolidated his various enterprises into two private companies, one being Tesco Stores Ltd. As he wanted to compete with the likes of Sainsbury, the Co-Op and the International Stores, he stopped auctioning goods and instead placed pyramids of goods at the front of the open fronted shops.

His motto became 'Pile it high, Sell it cheap' - quite different to today's 'Every Little Helps.' The shops stayed open until the last customer left.

Deliveries to sites were originally made in converted ambulances and old charabancs.

Within three years, the number of shops had grown to over forty and was turning over £40,000 a week and, over the next four years, new stores were opening on average of one a month.

During the lean years of World War 2, Jack bought a nursery to ensure a fresh supply of fruit and vegetables for Tesco. This in turn led to a larger site at Cheshunt, followed by a pioneering involvement with frozen foods, canning and later the production of Tesco own label jam.

By May 1951, Tesco had 35 self-service stores and Jack continued to buy stores from Burnards and Williamsons making a total of 212.

In 1961 a new flagship store opened in Leicester with a restaurant, car wash and petrol station and was to prove the model for Tesco shops in the future. The 'Home 'n' Wear' section was proving a huge success across all stores.

Also in 1961, Tesco introduced the Green Shield stamps. Customers would receive stamps in proportion to the size of their purchase and they could be saved and redeemed for other goods.

By 1966, Tesco's turnover had reached £88 million and at their height they had a whopping 834 stores.

When the country went into a period of economic decline, so did Tesco's fortunes and they were forced to close 200 stores and discard Green Shield stamps.

Tesco was the first to sell healthy eating low fat foods with detailed nutritional information on the packaging, leading others to follow suit.

When Jack Cohen died in 1979, his legacy was that of championing value for customers and changing the face of British shopping.

In 2018, to mark Tesco's 100-year celebration, they launched a new brand and stores bearing his name, 'Jacks.'



So when you're next visiting one of Basingstoke's Tesco stores, spare a thought to Jack for all his hard work and innovative ideas - after all, 'Every Little Helps!'

Written by Sue Scott



Message from the Manager

We are well into the new year and already there are great things happening at the centre. With Skittles evenings, Mediumship events, Family quiz night and Craft Fairs happening, we have lots to choose from.

With a wonderful turn out—our biggest yet with almost 200 people—our Christmas Celebration was an amazing event. Thanks to all of you for coming and to everyone involved in making it such a great evening and a huge success.

Our AGM took place on 17th January and we are pleased to announce the arrival of 2 new trustees—Beverley Sturdy (Secretary) and Ian May-Miller (Treasurer). Welcome to them both! Whilst still with us until April, we are sadly seeing two of our longest serving trustees, Sue Seamour and Madeline Hussey, stepping down. In addition, we will also be losing our wonderful chairperson, Gordon Heley, later in the year. We would like to thank them so very much for their hard work, dedication and unfaltering loyalty to Viables Community Association. They will all be greatly missed.

A special thank you must also go to Ron Hussey. He has been the editor of this magazine for the past ten years and has now handed over the reins. We send our best wishes and hope he manages to enjoy a little time to relax!

We are always striving 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 Our gardeners resume their voluntary work in March 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?

On my retirement in 2013 I volunteered as a dementia befriender at Basingstoke hospital where myself and six volunteers received excellent training and insight into Alzheimer's/ Dementia. I found this very rewarding and when I heard about the new venture in the community, a Memory Club at Viables Community Centre. I was keen to join! I joined a group of volunteers and had further training prior to commencing when it began in October 2014. We started off with five attendees and now have over twenty.

The club takes place every Friday with a morning session for members from 10.30-12.30. Afternoon members come in either 12.30 if they require lunch or 13.00-15.00 for the afternoon session. We have some members attend for the day. Lunch is 12.30-13.00 and consists of 2 courses made and served by Café Dome.

The club is led and run by Emma Cameron. She is an excellent leader and trainer who provides initial training and regular updates for the volunteers. This helps us to understand the needs of our members and build confidence, aiding the planning of different types of activities. Emma organises the programmes for the sessions a month in advance so our members are aware of what is happening each week.

We have visits from local schools, choirs and speakers on various subjects. The most recent was a visit and talk about Whitchurch Silk Milk and its history compared to how it is today. In the spring, we hope to plan a trip there. A retired Royal Navy officer came and talked about his life in the Navy and brought along lots of photographs. We have a lovely couple that are ballroom dancers, who visit regularly and quite a few members like to get up and dance. With a huge range of resources, our library of books about various topics enables lots of discussion and reminiscing. A couple of recent highlights have included trips out to Milestones and the Basingstoke Canal.

Some of our volunteers are good at crafts and we have craft sessions; another is a great baker who brings in her lovely cakes each week for members and volunteers. She also runs cooking sessions—biscuit and cake making - where our ladies and gentlemen take part. We would love more volunteers as the club grows, including men as we have just two at the moment.

Our morning volunteers start about 09.40-13.00 and our afternoon volunteers arrive for 12.30-15.15.approximately but this is always flexible. Some volunteers are able to come in each Friday; some once or twice a month. We are in need of more afternoon people as our largest number of member sis during this time. Three of my friends have joined as volunteers and we all agree that we have great fun and thoroughly enjoy our Fridays with people who have led such very interesting lives. We learn so much from them.

Regular Activities Dress Making classes 10:00 - 12:00 Contact Sewfistication on 07880 716593 11:15 -12:30 Forever Young - a circuit class of evidence based exercises for the over 65's. Emma Cameron 07787 558221 **Ukulele Classes** From 17:15 Booking is essential - contact: office@viables.org.uk **Phoenix Martial Arts - Kickboxing** 19:45 - 21:15 Email Tom Hayward pma_kickboxing@hotmail.com Tuesday **Gardening Club** 9:00 - 12:00 March - Nov 01256 473634 Barn Tots - friendly, informal play for under 5's 10:00 - 12:00 01256 473634 **Dress Making classes** 10:00 - 12:00 Contact Sewfistication on 07880 716593 12:30 - 13:30 Move it or Lose it - Change the way you age, for over 60's Amanda 07399 618947 Krav Maga Self Defence 19.15 - 21.00 Sonny 07851 433456 Wednesday **Pilates** 10:00 - 11:00 Elaine 07808 895279 11:15 - 12:15 Hatha Yoga Elaine 07808 895279 **Dress Making classes** 10:00 - 12:00 Contact Sewfistication on 07880 716593 12:30 - 1:30 Simon 01189 701781 The Harrow Way over 55's group - fortnightly friendly 13:30 -15:30 meetings for mature members. 01256 324012 Laughter Yoga 13:40 - 14:40 Liz 07859 920107 Slimming World 17:30 & Jo 07515 719190 19:30 The Bastion - The Gaming Club 18:00 - 22:00 Jason 07763 521027 Thursday Barn Tots - friendly, informal play for under 5's 9:45 - 11:30 01256 473634 Barn Tots SEND - friendly, informal play for under 5's with 10:00 - 11:30 special educational needs and/or disabilities 01256 473634 Play Yoga - for pre-school aged children 10:00 - 10:45 Alison: play.yoga@yahoo.co.uk Mindful Movement - yoga for children 16:00 - 16:45 Anneke 07956 528671 18:55 - 20:00 Janice 07789 711294 MEOWS - Wellbeing Choir for all 19:30 - 21:00 Jeanette 07885 596380 Friday WW Studio 8:30 & 10:00 Vanda 07771 884553 Memory Club - Activities for those with dementia 10:30-12:30 Emma Cameron 01256 473634 emma@viables.org.uk 13:00 - 15:00 Sunday 8:10 & 9:05 **Boxercise**

Alison 07946 442359

Healing Springs Church

Ben 07984 544982

Regular Hirer Round-up!

One of the questions I am asked most often is 'What is the difference between Yoga and Pilates?' From my own perspective they can be considered to be quite similar in the physical aspect although poles apart from a philosophical and spiritual one. Pilates is a core strengthening class that doctors are now prescribing to those suffering from back pain or as a form of physiotherapy after injury. It was developed by Joseph Pilates in the early 20th Century for just that purpose; a way to rehabilitate injured soldiers confined to a hospital bed. Nowadays, it can be used to retrain the body to work more efficiently if someone's job or lifestyle is sedentary. 'Strengthening the body from the inside, out'. This way all other forms of activity or sport can be performed in safety and strength.

Asanas used to stretch and strengthen the body in preparation for extended periods of time sat in stillness, in meditation. In some classes there is chanting, breathing practices and meditation but realistically for one hour long class there is usually only time to focus on the physical benefits. In a ninety minute class or in one of my two hour workshops we have plenty of time to explore Yoga more thoroughly.

Yoga is an ancient form of positions and movements called

Pilates is usually performed lying or kneeling on the mat, often with a standing warm-up. Traditionally there are 34 original Pilates exercises which all have many adaptations and levels. Each instructor brings something of their background into their class; some are pure Pilates and some with a dance or Yoga influence.

Yoga also has work on the mat but with much more scope to work and play with standing and balance poses. There are thousands of Yoga poses and endless combinations to work with; the basics might be called a Hatha Yoga class and more flowing sequences of poses might be called a Vinyasa Flow Yoga class. There are many different styles of Yoga to research too. Both my Pilates and Yoga classes are open to all ages and abilities as I've always wanted my classes to be welcoming and inclusive to all.

Do contact me if you have any enquiries or questions about either class and I hope to see you on the mat soon.

Namaste and Best Wishes, Elaine

Amala Health and Wellbeing

elaine@amalahealthandwellbeing.co.uk





10:00-13:00

"Becoming a Befriender for NeighbourCare has certainly been one of the most rewarding things I've done in my life."

The words of volunteer Lisa Lewis, who has been visiting her client Bob Allen since November 2016 and two years on, continues to do so on a weekly basis; they've formed a lovely friendship.

Our Befrienders are volunteers who are matched carefully with clients who are in need of company or help with reading or form filling. An hour a week to share a cup of tea, a chat about the weather, latest news or whatever may pop up. This makes such a difference to these people's lives and will relieve the loneliness they may often be feeling.

Just knowing that someone is going to be calling transforms a very lonely week into having something to look forward to. The mood is lifted and social isolation is prevented. NeighbourCare also provide the befriender



and befriendee with relevant support, contacting other services they may need if the befriendee's circumstances changes in any way. This can often be the case when our clients are elderly or have any type of disability.

Befriending is a totally free service so the funding received from Basingstoke and Deane will maintain this service to the community.

"I always look forward to seeing Bob" says Lisa. "**He is the most inspiring person I have met**; fiercely independent - regardless of the fact that he has severe visual impairment - extremely intelligent and very funny. We have wonderful conversations and I have learned such a lot from him."

Basingstoke NeighbourCare's Befrienders are people just like Lisa – and like you. If you have a spare hour or so every week please contact NeighbourCare on 01256 423855 (or email us at info@neighbourcare.com) and find out how you can also take part in this incredibly rewarding service.

Finally, what does Bob think of the value of NeighbourCare's Befriending service? Mr Allen says: "This has transformed my life.

Lisa helps me with my post as I cannot see very well and I know she is coming every week. It is the best thing that has happened to me in recent years."

Thank you - we'd be delighted to hear from you.

St. Michael's Hospice (North Hampshire) House to House Collections Your Hospice Needs YOU!

Volunteers needed for St. Michael's Hospice House to House Collection in June

St. Michael's Hospice is looking for volunteers to help out with their annual House to House collection. If you have a couple of hours to spare in June to deliver and pick up envelopes and would like to be involved then please contact Lynne Grimshaw, Community Campaigns Coordinator on 01256 848845 or email Lynne.grimshaw@stmichaelshospice.org.uk



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Millennials - it's time to make a Will

It is estimated that only 12% of people aged under 34 have made a Will. However, many of these so called Millennials, people born between 1981 and 1996, share a property with their partner or are already married. Many will have started a family or are planning to start one.

These life events represent significant changes in their personal lives. Making a Will may be something they have never considered, perhaps because they think this is not something they need to worry about at the moment.



Head of Wills and Probate Caroline Wallis

Talking about death can make people feel uncomfortable, but if someone dies without

a Will this can cause problems for their loved ones. A Will is a very important legal document that directs how your 'estate' will be divided.

Almost everyone, whatever their age has their own 'estate'. This can include anything from the house you own, money, shares, cars, jewellery and even furniture. It can also include your digital assets like Facebook and email accounts.

For those with children making a Will could be one of the most important things you can do to protect their future should the unimaginable happen.

Without a Will your loved one's financial future could be at risk as the law will decide who gets what. This could mean members of your family could receive less than you or they expected. For example, if you are unmarried your partner is not automatically entitled to anything as unless you own your assets jointly, they might be disinherited under Intestacy rules. In the worst case this could mean your partner not being able to stay in the family home or not having enough money to bring up your children.

Our Wills and Probate team can help you make the right decisions in relation to your Will, to ensure it reflects your wishes and provides appropriately for those you care about most.

For more information call Caroline Wallis on 01256 854637 or email caroline.wallis@phillips-law.co.uk

Additional information about our Wills and Probate services can be found at www.phillips-law.co.uk/wills-probate

Lent and Easter at All Saints

From Revd Pat Palmer, Associate Priest currently holding responsibility for All Saints' Church within the Basingstoke Team Parish, where I have been a member of the worshipping community since 1975, and a member of the clergy since 2009.

Sometimes it seems as if life revolves around those big annual events in our lives, Christmas is no sooner over and we begin to think of Easter, and then we begin planning our Summer holidays.

Now in March, in the season of Lent, the Christian faith invites us to pause a while, to reflect on our lives, and how they relate to those around us. It is not just a time to give up something we enjoy, like chocolate or alcohol, but can be a time to start something new and positive for ourselves and others.

Our Church at this time takes on a more sombre tone, with the absence of flowers, broken only on the 31st March, Mothering Sunday, in our 10am family communion service, when as usual we will hand out posies to mothers and others who have caring roles to show our appreciation.

At the beginning of April if you come into All Saints you will find much of our decoration covered in purple hangings as we focus on Jesus as he came to his time of trial and death on the cross.

On Palm Sunday, 14th April at 10am we will remember how he rode triumphantly into Jerusalem, riding on a donkey.

On Maundy Thursday, 18th April at 7.30pm how he celebrated his last supper with his closest followers and washed their feet.

On Good Friday, 19th April at 2pm we remember his death on the Cross.

Then on Easter Sunday, 21st April at 10am everything changes, and all is bright and colourful with spring flowers, as we celebrate

Jesus rising from the death, with new fire, the lighting of the Easter Candle and the renewal of our baptismal vows before receiving the bread and wine or a blessing at the altar. At the end of the service the children are invited to hunt high and low for Easter eggs hidden all over the Church.

Through our services at this time we are reminded that beyond the Cross lies the Resurrection, and that without the Cross there can be no Resurrection. In every ending there is a beginning. God says: 'I am about to do a new thing; now it springs forth, do you not perceive it? (Isaiah 43.19)

You are most welcome to join us for any of our services. More details of our services and events can be found at: facebook.com/allsaintsbasingstoke/ or at www.basingstoketeamparish.org.uk/all-saints-church-basingstoke We look forward to welcoming you to All Saints'.



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