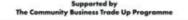


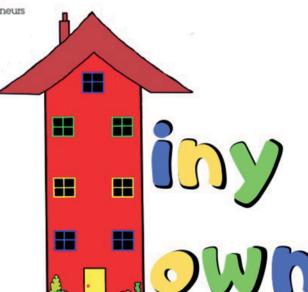
The Harrow Way

The Viables Community Centre Magazine









New Activity Starting September!



Tiny Town—our newest activity at Viables!

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















Message from the Manager

Over the summer we have been lucky enough to have seen so many families joining us for activities including Boogie Babies, Nature Explorers, Stone Painting, Bounce 'n' Play and much more. The Annual Play Day, as part of the UK's National Play Week, was an enormous success with over 600 people attending and taking part in a range of free activities. This great day was just a few days after our popular summer fayre where we had just short of 400 people join us. What a busy summer! We also welcomed Gemma Simpkins, our Families and Children's Activities Coordinator, who has been a great asset in rolling out our summer programme.

Our most exciting piece of news is the start of our new venture, Tiny Town. Our own little village will be here on Thursday mornings in place of Barn Tots (The Tuesday Barn Tots will still be taking place.) Please keep tuned to our Facebook Page for updates about times and prices for Tiny Town so that you can join us in this exciting activity.

September also sees the departure of our much loved Chairperson, Gordon Heley. He is off to pastures new and looking forward to retirement in the West Country. We will miss him (and the office snacks) and hope that you all join us in wishing him and his family all the best in their next chapter.

The role of Chairperson is being filled as this is being delivered to you and you will get to meet our new Chairperson in the next edition. We are all very much looking forward to working with him.

As always we are looking for more volunteers to help support us and our community. If you would like to join us, please Luan Squire read the article below on how to get in touch.

Thanks!

What's it like to volunteer at viables?

If you would like to find out what's it's like to Volunteer at Viables, these are some of the things people who are already doing so have said:

"I volunteer in a variety of ways ...delivering the quarterly magazine into local homes, being on call as a driver for Memory Club, shopping for the ingredients for the famous Ploughman's supper, helping with the Christmas celebration programme, using my contacts (IT support, local author and poet, local Pastor etc) for the benefit of the Association... none of these things are arduous or time consuming but they help Viables to provide something valuable for the local residents. I love rubbing shoulders with people I live nearby to, I love helping make things happen, I love seeing people enjoy themselves and make new friends."

"I am a trustee of the Viables Community Centre and enjoy being part of the friendly group of people that quide the use of the Viables facility. As a trustee I feel I am doing my bit for the community I live in. I can have a say on what is on offer and be as big or little a part of the happenings as I'm comfortable with. Come and join me. You won't regret it."

"I became a volunteer at Viables Community Centre Memory Club when it commenced in October 2014. We started off with five members and now have more than twenty. Three 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 from them!"

If you would like to volunteer with us—use your skills, share your experience, or feel part of something special—please get in touch at office@viables.org.uk, call us on 01256 473634 or pop in between 9am and 3pm weekdays.

Community News

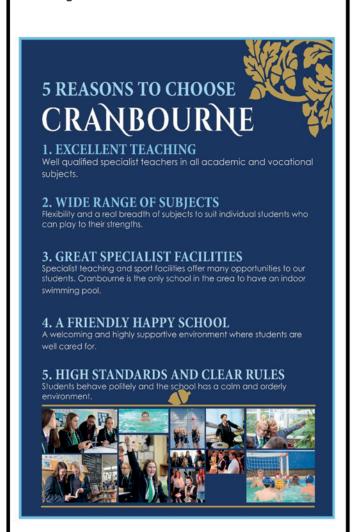
News From Cranbourne



We are excited to welcome our students back to start the new academic year. Our Summer Term was packed with exciting opportunities and achievements. From our first successful Silver Duke of Edinburgh Expedition, an excellent Summer Performance of Alice in Wonderland by Cranbourne's Drama Club, Day of Sport, Representatives at the Hampshire Athletics Competition, Summer Leadership Rewards' Celebration Evening and our Year 6 Transition Days.

Congratulations to White House, winners of our first House Cup! We look forward to re-starting the competition when students return to see who will win this coming year!

We have our Annual Open Evening on Wednesday 11 September 2019 from $6.00-8.30 \, \text{pm}$ and are looking forward to welcoming visitors to our school.



News from Chalk Ridge Primary School

www.chalkridgepri.hants.sch.uk

Visit from Ofsted in April 2019 We were delighted with the Ofsted report that reflects the achievements of our children, and the commitment and dedication from staff and governors, with the school being graded as a "Good" school. A full copy of the report is available on our school website. A few statements taken from the report include:

"Chalk Ridge Primary School offers a warm and inclusive community atmosphere."

"Pupils typically have very positive attitudes, engage well with teachers and teaching assistants, and work hard. These strong relationships underpin the better progress that pupils are making now. All pupils are encouraged to take pride in their learning and to make their work the best it can be."

"Together with governors and staff, you (Headteacher) and your leadership team are very ambitious for the pupils in your care and passionate about improving the quality of provision for all pupils, particularly the most vulnerable."

AWE Science Challenge at Queen Mary's College Our Year 4 classes have been working hard during the Summer term in Science. They were challenged by staff from AWE Aldermaston to design an air powered car. A group of four children took the amazing design to Queen Mary's College in July for the final competition against other local primary

schools. Chalk Ridge were awarded first prize for their work in the challenge. The children won a lovely trophy and a class trip to the Science Museum in Winchester.



Sporting News We have participated in cricket, football and netball matches in the Summer term. Chalk Ridge hosted a netball tournament in the last week of term against other local primary schools, our team played brilliantly and won every match. The team work and sportsmanship shown by all of our teams made everyone very proud!

Sports Days 2019 We were so lucky with the weather this year with two very successful sports days—Infant and Junior. This year we also invited parents in for a picnic lunch—this was a great success too. The children had a lovely time and participated in races with their usual enthusiasm and energy. The victorious Houses were Radcliffe House for the Juniors and Daley House for Infants.

Our School Open Days for prospective parents are 27.9.19, 4.10.19, 17.10.19 and 8.11.19.

Hub Community Church

I write this article just a few days after 2 mass shootings occurred in America, in Texas and Ohio, where many lives have been lost, and many more injured. Families have been left shocked and are grieving the loss of loved ones while communities try to come to terms with these horrific events. At times like this the inevitable questions arise, such as; 'What laws need changing?', 'How did it happen?', and 'How can communities be made safer?'

We're so used to hearing sad and shocking news from around the world that we can easily become desensitised to events like these, but we can sympathise with something of the pain that the families and friends of the victims will be going through. Although we may, being detached and not as emotionally involved, move on quite quickly - living in a different country and probably not knowing those directly involved, the lives of those who have been deeply impacted will never be the same again.

My family and I have walked a path of grief over the past few months with my father suddenly dying from a heart attack in May this year. We have discovered the need to find a new normal as we all grieve in our own way and in our own timescales. Priorities suddenly change, questions about life and death come to the forefront of our minds again as we lean into God, family, friends and the church.

When something traumatic and tragic happens, and our world stops, so often we can't understand why everyone else's world is carrying on as normal. Of course, our emotions couldn't cope with grieving to that degree over every tragedy we hear about, but, just as my family and I have been so blessed by the many people who have reached out to us, if there's someone you know who is processing a bereavement or going through a really hard time, why not reach out in some way to show that

you understand that their world has suddenly changed; that despite not feeling pain and loss to the same level, you're there for them. It's amazing, as we reach out, that we find the blessing is often returned at a time when we need it the most.

If you would appreciate someone to talk to, about a situation you're going through, we'd be very happy to sit down with you over a coffee. We can be reached at: connect@hubcommunitychurch.org We're not trained counsellors, but love to listen and chat!

God bless,

Andy Wright

Hub Community Church Web: www.hubcommunitychurch.org

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





New Classes Starting this September!

Due to popular demand, Funk & Twist Fitness is expanding! The Jungle Body Workout is coming to Viables from September and with just 4 moves per track it is suitable for all fitness levels and abilities.

Bookings are to be made through GymCatch at a cost of £6.50 per session or £7.50 payable at the door.

Timetable live as of 9th September.

Class times are as follows:

Monday 9.30-10.30

Tuesday 18.00—19.00

Saturday 9.30-10.30

To book a class or find out more, contact Selina through one of the following methods:





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

















Regular Activities

Mon	Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
	Forever Young - a circuit class of evidence based exercises for the over 65's. Emma Cameron 07787 558221	11:15 - 12:30
	Boogie Babies	13.00 - 13.45
	Ukulele Classes Booking is essential - contact: office@viables.org.uk	From 17:15
	Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	19:45 - 21:15
	Funk & Twist—Selina 07900 988209	9.30 - 10.30
Tues	Gardening Club March - Nov 01256 473634	9:00 - 12:00
	Barn Tots - friendly, informal play for under 5's 01256 473634	9.45 - 11.45
	Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
	Move it or Lose it - Change the way you age, for over 60's Amanda 07399 618947	12:30 - 13:30
	Yoga with Jack 07871 343125	18.00 - 19.00
	Funk & Twist—Selina 07900 988209	18.00 - 19.00
	Krav Maga Self Defence Sonny 07851 433456	19.15 - 21.00
Wed	Pilates Elaine 07808 895279	10:00 - 11:00
۵	Hatha Yoga Elaine 07808 895279	11:15 - 12:15
	Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00
	Qi Gong Simon 01189 701781	12:30 - 1:30
	The Harrow Way over 55's group - fortnightly friendly meetings for mature members. 01256 324012	13:30 -15:30
	Laughter Yoga Liz 07859 920107	15.00-16.00
	Slimming World Jo 07515 719190	17:30 & 19:30
	The Bastion - The Gaming Club Jason 07763 521027	18:00 - 22:00
Thurs	Tiny Town—times to be confirmed—please contact us on 01256 473634	АМ
	Barn Tots SEND - friendly, informal play for under 5's with special educational needs and/or disabilities 01256 473634	10:00 - 11:30
	Barn Tots—pending volunteers to run it	12.45 - 14.15
	Pilates Janice 07789 711294	18:55 - 20:00
	MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
Fri.	WW Studio Vanda 07771 884553	8:30 & 10:00
	Memory Club - Activities for those with dementia Emma Cameron 01256 473634 emma@viables.org.uk Booking is required	10:30 - 12:30 13:00 - 15:00
Sat	Funk & Twist—Selina 07900 988209	9.30-10.30
t Sun	Boxercise Alison 07946 442359	8:00 - 9:00
	Healing Springs Church Ben 07984 544982	10:00-13:00

Barn Tots—Thursday Group

Due to our long term volunteer leaving, we are now in need of volunteers who will be happy to take on the group. The Barn Tots Thursday group will now take place in the afternoon from 12.45—14.15. However, for this to happen we NEED volunteers!

The role entails setting out and packing away toys, hopefully with the help of some of the parents attending, ensuring someone is free to help serve drinks and snacks from the kitchen and setting up a craft activity or similar during the session. The group has been running successfully for 11 years but now needs YOUR help to keep running. It is a voluntary group that relies on those who attend to keep it in place here at the centre for the benefit of those who come along.

Please get in touch at luan@viables.org.uk if you would like to help with the running of this group.

Many thanks



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



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.

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

Burberry

Thomas Burberry was born on 27th August 1835 to Baptist parents who ran a farm in Surrey.

Having been an apprentice to a local draper's shop, Thomas, aged 21, went on to open his first outfitters shop in Winchester Street, Basingstoke – T. Burberry & Sons Limited. He was initially inspired by the everyday clothes worn by commoners, but then went on to develop clothing and materials that would suit outdoor activities.

He became very interested in experimenting with materials to make a waterproof fabric. Thomas based these designs on the linen smocks worn by farmers which were cool in summer and warm in winter.

By 1871, the Burberry shop in Basingstoke employed 80 staff.

Recognising the need to promote his brand, Thomas Burberry, ensured that Lord Kitchener and Lord Baden-Powell wore Burberry.

In 1879 he successfully designed a new fabric which he called gaberdine. This was completely waterproof, cool and comfortable to wear and as it did not tear, was ideal for field sports.

The fabric was showcased at the International Health Exhibition in South Kensington and received positive reviews which led it to be patented in 1888. This discovery is what launched the Burberry brand to become known world-wide.

In 1897, Explorer Major F.G. Jackson, famed for mapping parts of the Arctic Circle, wears Burberry gabardine when undertaking an expedition

to Franz Josef Land.

In 1889, after orders grew, he opened a mill in London Street to manufacture his cloth and a workroom in Hackwood Road. He also opened a flagship store in the West End of London, 30 Haymarket.



In 1900, Burberry was approached by the British War Office ask if he would design a new coat to replace the military's current heavy coats for British officers. This led to the creation of the famous Garbardine trench coat — "a lightweight cotton raincoat with a deep back yoke, epaulets, buckled cuff straps, a button-down storm flap on one shoulder, storm pockets and D-ring belt clasps for the attachment of military gear".

In 1905 tragedy struck when a fire broke out in his Basingstoke shop. The horse drawn fire engine was unable to cope with the inferno and £30,000 worth of damage was caused.

In 1911, Norwegian Explorer Roald Amundsen and his team became the first people to reach the South Pole with a Burberry gabardine tent and clothing. In 1912, British Explorer Captain Robert Falcon Scott reaches the South Pole wearing Burberry clothing and equipped with a Burberry tent. Tragically he and his team died on the return journey.

In the 1920's the Burberry check became their trademark lining in their rainwear.

Having enjoyed a country residence near Hook, Thomas Burberry retired to Abbot's Court near Weymouth, Dorset in 1917. In 1926, he died peacefully in his sleep at his home in Hook, aged 90. His grave is located at The Holy Ghost church behind Basingstoke railway station.

The trench coat continued to develop fame as a style icon after being worn by Humphrey Bogart in *Casablanca* and Audrey Hepburn in *Breakfast at Tiffany's*.

Years later, Peter Sellers was seen wearing a Burberry coat in the Pink Panther film.

Today, Burberry have stores in many major cities and hold Royal Warrants from the Queen (1955) and Prince Charles (1989).



Basingstoke NeighbourCare

Do you have a few hours to make a real difference in your community?



At Basingstoke NeighbourCare we support our clients by providing an accompanied transport service to those who are unable to easily use other forms of public transport, e.g. for the elderly, infirm or those who need a little help with mobility. This includes

NeighbourCare

transporting people to medical appointments, providing trips to visit a loved one, taking them to older persons' clubs, or simply taking them shopping. We need you during the day time on weekdays. You would use your own car and we pay you 45p per mile to cover your costs.

We also offer a befriending service for lonely and isolated members of the community. Befrienders are volunteers who are matched carefully with clients who are in need of company or help with reading or form filling.

Our volunteers devote anything from an hour a week to a couple of hours a day to assist our clients and we know from the feedback and comments we receive from clients and their families that our service really makes a difference to the lives of the people they help.

As is often the case, demand for our services continues to out-strip supply so we're in great need of additional volunteer drivers and befrienders. If you feel that you could help us, then please pick up the phone and call us on 01256 423855 or drop us an email at info@neighbourcare.com.

We'd be delighted to hear from you.



Tovertafel

Following on from our recent success with a grant from The National Lottery Community Fund, we have now also secured a grant for additional interactive games to be used with the Tovertafel from the Shanly Foundation. We are extremely grateful for their support, as our users are and are looking forward to sharing these with those who attend our Memory Club and SEND group.



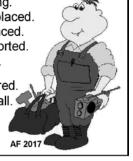


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Help to Buy ISA

It can be a real challenge to get onto the property ladder, but there is help on hand with a Help to Buy (ISA).

This is a high-interest savings account available for people buying their first property and is available at most high street banks and building societies.

You can earn up to 2.53% interest tax-free and then the Government will add 25% free cash on top of what you save providing you and the property you purchase meet the qualifying criteria

You will need to make an initial deposit of £1,000. After that you can deposit a maximum of £200 a month.

The ISA can be used for a property with a full market value of up to £250,000 or up to £450,000 in London.

However, the Government has set a closing date for new applications of November 30, 2019, so please do not delay in taking advantage of this scheme.

Provided you open your Help to Buy ISA before then you can keep saving until 2029.

Zoë Baxter who heads the Residential property team at Phillips Solicitors is experienced in advising Help to Buy clients.

To find out more call Zoë on 01256 854623 or email zoe.baxter@phillips-law.co.uk

To find out about the wide range of legal services offered by Phillips please visit www.phillips-law.co.uk



Zoë Baxter—Head of Residential Property

Greetings from All Saints' Church

One of the things that my husband and I have really appreciated since we moved to the Cranbourne area when we retired three years ago, is being able to walk into town. On Wednesdays and Saturdays, if we are at home, we walk to the market stall at the Top of Town to buy our fruit and veg which is always lovely and fresh, straight from the market that morning.

Behind those lovely cauliflowers or the juicy strawberries lies the work of all those who have planted seeds, watered and nurtured young plants and finally harvested their crops. We have much to thank them for, along with all those who in so many different ways fill the shelves of our shops with the food that we too often take for granted. At All Saints' Church we shall be celebrating Harvest Festival and the wonder of God's creation on Sunday September 29th within our regular service of Holy Communion at 10.00am.

Other dates to take note of this term are:

Saturday September 14th: Open church from 10.00am – 6.00pm. Refreshments and tours of the tower will be available

Saturday September 28th at 3.00pm: talk by Revd. Alison Bennett on her recent trip to the Holy Land

Sunday November 3rd at 3.30pm: All Souls' Service, remembering those who have died.

Everyone is welcome to all of these

events. Revd. Jane Leese, Assistant Priest, All Saints' Church. face-book.com/allsaintsbasingstoke

www.basingstoketeamparish.org.uk/all-saints-church-basingstoke



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473634

Our next edition is out in December. All

Having a children's party? Hire our Bouncy Castle for just £50 to add to the fun!



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