Issue 69 September 2024



SEPTEMBER

hollo

We are HIRING!

See inside for details!







Where reputation matters



THE LIONS CLUB OF BASINGSTOKE Registered Charity No: 274337

www basingstokelions.org.uk

'Lennie', the Basingstoke Lion, prowls again at his next

PRELOVED BOOK SALE!

Saturday, 21st September, 9am – 4.30pm

Station Mall, Basingstoke

(between Costa and Sainsbury)

Once again, the Basingstoke Lions Club will be staging their popular charity book sale, aided and abetted by their mascot **'Lennie'** - as ever, willing to offer a friendly 'pawshake', a high five and/or a gentle hug.

Founded in Basingstoke in 1967, the Basingstoke Lions Club is a member of Lions International, the largest community service organisation in the world. Through various events such as this, the Club continues to raise funds to support in the main the needs of our local community, the balance going to major international disasters. **AND**: delighted to be on hand once more, the brilliant and talented Caroline from 'Funny Faces' facepainters will apply her artistry to your little ones' faces, making each 'A Little Lion' for the day!

Contact: Ann Vicars – <u>av@mypostoffice.co.uk</u> Ordinary people – amazing things!



Message from the Manager Hello everyone!

Wow! What a very busy summer. We had activities almost every single day of the school holidays and provided 2 great Play Days and a Summer fayre to boot! Our Viables Play day was like no other, and having to run to the hall (also then set up with activities) we ended up drenched and covered in wet grass. But we LOVED it! So thank you to everyone who attended and made our summer great.

We are now gearing up for the autumn and our programme of events and activities that are coming up. We have a new set of ukulele classes, more open mic nights, cribbage evenings, indoor boot sales, and an array of children's activities.

Our gardeners have been busy making sure that the site is looking stunning following all the refurbishment works that took place here last year and into February this year, so feel free to wander around the craft centre site and take in the lovely flowery views.

As always, we like to keep everyone up to date and aim to send our regular newsletters to let you all know what we are up to, so please don't hesitate to contact us and let us know if you would like to join our mailing list. We also have great social media pages that you can follow for both Viables and The Roger Morris Centre and the Community Wardrobe.

We are still in need of some volunteers for Memory Club, a valuable and much needed service for those in the area who are living with dementia, so if you have some spare time on a Friday we would love to hear from you.

If you are looking to hold an event or party, or would like to enquire about regular hire for an activity, please feel free to contact us to check our availability. Across our two sites, we are hopefully able to accommodate you.

We are also recruiting for someone to join our team as a caretaker. It involves unlocking and locking the building around our bookings, setting up some equipment if required and some maintenance where needed. If you, or someone you know, may be interested, please contact Luan at the office to get more information.



Activities of Alaphes

Monday		
Messy/Sensory Play	13.00 - 14.00	
Phoenix Martial Arts - Kickboxing Email Tom Hayward pma_kickboxing@hotmail.com	17.45- 21:15	
Ukulele Classes—beginners and intermediate	17.45 and 19.00 starts	
Art classes in blocks of 10 weeks—contact Carrie on 07780 714656 for information or booking	Am and PM sessions	
Meditation and Reiki Healing—Denise	17.30-19.30	
Tuesday		
Gardening Club March - Nov 01256 473634	9:00 - 12:00	
Barn Tots - friendly, informal term time play for under 5's01256 473634	9.45 - 11.30	
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	
Meraki Dance—from Contemporary to Acro and conditioning	4.30 + additional times	
Wednesday		
Pilates Elaine 07808 895279	10:00 - 11:00	
Hatha Yoga Elaine 07808 895279	11:15 - 12:15	
Dress Making classes Contact Sewfistication on 07880 716593	10:00 - 12:00	
The Harrow Way over 55's group - fortnightly friendly meetings for mature members.	13:30 -15:30	
Basingstoke WI - first Wed of the month	14.00-16.00	
Slimming World - Natalie	16.30, 18.00 & 19.30	
The Bastion Gaming Club Jason 07763 521027	17:00 - 23:00	
Thursday		
Baby Ballet for under 5s—Baby Ballet Alton	9.00 - 11.30	
Barn Tots SEND - friendly, informal play for under 5's with special educational needs and/or disabilities 01256 473634	10:00 - 11:30	
Bounce and Play –0-5 ears	13.00-14.15	
Hampton Trust support group—booked through Hampton Trust only	17:00 - 21.00	
VoxFresh choir—minis, juniors and teens	16.00-18.30	
Pilates Janice 07789 711294	18.45 - 20:00	
Friday		
Slimming World - Natalie	8.00, 9.30 & 11.00	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.org.uk 01256 473634 Returns after Christmas	10.00—10.45	
Memory Club - Activities for those with dementia Helene O'Connor helene@viables.org.uk	10:30 - 12:30 13:00 - 15:00	
Cribbage—first Friday of each month	19.30– 21.30	
Doggie Dawdles Dog Training with Tracey 07500 701038 doggiedawdles@outlook.com	19.15-20.15	
Ukulele Jam—1 x monthly—please ask for dates	19.00-21.00	
Saturday		
Baby Ballet contact Baby ballet Alton for details	9.30- 12.45	
Open mic—1 x monthly—please ask for dates	19.30-23.00	
Indoor boot sale—1 x monthly—please enquire for dates	13.30—15.30	
Sunday		
Healing Springs Church Ben 07984 544982 And 18.00-20.00 2 x monthly)	10:00 - 13:00	

The Roger Morris Community Centre, Eastrop

Monday	
Tiny Town—role play village—childminder discounts	09.30 –10.30
available	
Mencap—Dance exercise	11.30-12.30
Indian Dance	17.00-18.00
Carers' Support Café (last Mon of the month)	13.30– 3pm
	monthly
Tough Enough to Care	19.30– 21.30
Tuesday	
Mencap Bingo	10.00-11.00
Sight Loss Coffee Morning—A site for sore eyes!	10.00-11.30
	fortnightly
Premature Babies Parent Support Group (term time)	11.15-12.15
Yoga with Ri	17.45-18.45
Sound baths with Rhiannon—fortnightly	19.30-20.30
U3A Science and Technology—1st Tuesday of the	14.00
month—MEMBERS ONLY Wednesday	
Weigh and Play	9.30– 11.00
Mencap—Life skills	11.00 -12.00
Mencap—Sports/social club	12.0014.30
Meditation with Ri	18.15-19.15
Genealogical Society—1 x monthly	19.30-21.30
Thursday	
Park Tots	9.45-11.30
Mencap—Crafty Thursday	11.00-12.00
Boxcamp	18.45-19.45
Friday	
Yoga with Ri	07.00-08.15
Qi Gong with Bethg	11.30-12.30
Popstars Academy	16.15
Saturday	
Doggie Dawdles Dog Training with Tracey 07500	10.00
701038 doggiedawdles@outlook.com	
Sunday	
Indian Dance/singing	9.00-13.00
Christian Community Church	17.00-22.00



Community News

News from Cranbourne

We are absolutely delighted to share that Cranbourne won the Green Community Champion Award at the Destination Basingstoke 'A Place to be Proud of Awards'. We are so proud of all the progress we have made so far in making Cranbourne more sustainable and reducing our impact on the planet.

Our new recycling initiative has been a big success, with students now able to recycle plastic bottles, cans and used pens in school. We've planted more vegetables in our veggie patch

which will be served in the Canteen and our incredible Green Cranbourne students continue to impress us with their commitment and dedication.

We had a jam-packed end to the summer term, filled with exciting sporting events, lots of school trips and celebrating our student's achievements.

Our students saw success at the annual District Athletics event at Down Grange back in June, and many of our students went on to represent Basingstoke at the Hampshire Athletics. Cranbourne's Day of Sport and Swimming Gala was a fantastic way to end the year, with our students showing fantastic sportsmanship.

The Cranbourne Community elected Mayana and Hayden as our new Head Students and we've introduced four new roles to the Student Leadership Team to reflect our Cranbourne Values: Head of Community, Head of Care, Head of Creativity and Head of Community. We have a truly exceptional team this year and can't wait to see them take on the challenge.

We are looking forward to welcoming our students back to Cranbourne after a well-deserved summer break and are excited to see what the new academic year brings.

If you are starting to think about the next steps in your child's educational journey, come and get a feel for what life at Cranbourne is all about at our Open Evening on Wednesday 11 September - we'd love to welcome you to the Cranbourne Community!

Норе

Well, spring and summer are behind us for this year.

If you are anything like me you entered that period with great hope. Hope of fine weather, hope of football trophies coming home, hope of good family times perhaps. Yet as I spent time with my friends at King's Church I realised that hope is so much more and they reminded me of the importance of having the right kind of hope in your life.

Hope is not a fluffy, feel-good sentiment. If you really have hope, it is a gritty, tenacious reality that clings to us even in the darkest times, refusing to let go. In an age plagued by relentless uncertainty and challenges, hope is the lifeline. Hope is not just blind optimism. It is knowing with a certainty that the future is genuinely bright and to be welcomed. It's what pushes a person to get up after repeated failures.

It's so important to our mental health, it is a defiant act of resistance that is the antidote to despair, anxiety, and depression. And as I regard my many friends I can see too that hope binds communities together. It drives people to help one another, to share, to encourage, and to rebuild. It provides a resilience.

The bible says that hope is something that is steadfast and certain. It is reliable, we can count on it and the way it transforms our outlook on life.

In my day job, I am a business person and have spoken at several thousand international business conferences over the years. I have owned and run companies for the last 35 years, but I know that work and success don't bring hope. Hope is rooted in a person, and, as I look around at my many friends I see the same hope in them too.

You are welcome to join us at Kings Church at any time to see for yourself. www.kingschurchbasingstoke.com

Dave

Warmest regards, Dave Rebbettes, Pastor Hope







Basingstoke's Hub of Creativity and Innovation

In the heart of Basingstoke, there's a special place where the community comes together to create, learn, and collaborate. This unique space is known as the Basingstoke Makerspace, and it's a true gem that deserves to be highlighted.

The Makerspace first came into being in 2016 as an informal group of makers and hobbyists meeting in various community venues around Basingstoke. But in 2017, the group took a big step forward when they were able to secure a home in Maritime House, a building at 65 New Road that was for many years the home of the Royal Naval Association. This allowed the Makerspace to truly flourish, expanding its offerings and drawing in an ever-growing community of members.

Today, the Basingstoke Makerspace is a bustling hive of activity, equipped with an impressive array of tools and equipment that members can access 24/7. From 3D printers and laser cutters to metalworking tools, woodworking equipment, and beyond, the space provides makers of all kinds the resources they need to bring their creative visions to life.

"The real magic of the Maker<mark>space</mark>, though, goes beyond the tools," says Steve Hawtin, the Chair of the organisation. "It's a community of passionate, knowledgeable members who are always eager to share their expertise and collaborate on new projects. Whether you're a seasoned maker or just starting out, you'll find a welcoming and supportive environment here."

Basingstoke Makerspace is not just a workshop – it's a hub of learning and skill-sharing. Every Tuesday evening, the space opens its doors to the public for 'Open Evenings' from 7pm to 9pm, where anyone can come in, explore the facilities, and get advice and assistance from resident experts. These sessions have become a beloved tradition, sparking all sorts of new ideas and connections.

Unfortunately, the future of the Basingstoke Makerspace is now in jeopardy. The owners of Maritime House have decided to sell the building, and if the Makerspace can't raise the funds to purchase it, they may be forced to vacate their beloved home. That's why the organisation has launched a bold initiative, an application for government support through the Community Ownership Fund. If granted, this must be matched by a community bond issue that will allow members of the public to invest in the Makerspace's future and earn interest while doing so.

"This is a critical moment for us," Hawtin acknowledges. "But we're confident that the local community will rally behind us. The Basingstoke Makerspace is a truly unique and valuable asset, and we're determined to ensure that it continues to serve makers, learners, and innovators for years to come."

Kevin Roche

Do you fancy learning Bridge?

Basingstoke Bridge Club is the largest bridge club in Hampshire and has over 200 members. We have our own premises 'Maydene' at the corner of Richmond and Sherborne Road.



We have been teaching people to play bridge for over 10 years and offer courses for Beginners and Improvers.

We are starting our **NEW BEGINNERS COURSE** on a **SATURDAY MORNING** in SEPTEMBER from 9.30-12.30. The course is 3 terms of 10 sessions and costs £60.00 per term with a one-off fee of £30.00 for the course book.

This is a fantastic way to learn this fascinating game. The sessions are fun, light-hearted and with plenty of support and practice.

If you are interested in joining or finding out more, please contact us on 07788914846 or visit the website https://www.bridgewebs.com/basingstoke and register your interest.

Viables Community Association is a registered charity - 1177363



Viables Memory Club



What we offer:

A variety of activities including reminiscence tasks, music, using photographs, games, art, physical movement, conversations, Tovertafel and quizzes!





Are You:-

A Good Listener? Caring & Understanding? A Parent/Grandparent/Carer? Do you have 1-2 hours a week you could spare?



We are looking for Volunteers to support families in the Community, **YOU** can make a difference to someone's life.

INTERESTED?

Contact us:-Tel: 01256 325793 Email: info@hsbd.org.uk Website: www.homestart-basingstokedeane.org.uk



Volunteers benefit from 10-25 hours training over 2-5 weeks **starting Friday 11th October 2024 @9:30am-2:30pm** (A DBS Check will be completed during the Course).

BECAUSE CHILDHOOD CAN'T WAIT!

ηη γημ



ARE YOU COUNCIL FUNDED?



Most people assume we are funded by the council. In actual fact, whilst the council own the building from which we operate, we are a selffunded charitable organisation. We are not part of the council, nor are we funded by them or central government.

HOW DO YOU GENERATE YO INCOME?

We gain income from the following:

- hiring our hall/room facilities
- · holding our own events for fundraising
- running services and activities of our own
- . applying for grants, and sometimes being successful!

WHAT FACILITIES DO YOU HAVE TO HIRE OLIT?

Viables has four spaces to hire - Madeline Barn, Four Lanes Room, Seamour Room and Osborne Room. These are all named after supporters of the charity across the years.

Eastrop - The Roger Morris Community Centre - There are 2-3 spaces. The hall can be divided into one large and one small hall There is also a small room called the Poppy Room. It was named the Poppy room due to a secure group running there initiated by ex-servicemen.



HOW DO WE HELP THE COMMUNIT

THE MEMORY CLUB

Our Memory Club has been running for ten years this year. It supports those with dementia and/or other cognitive impairment through a range of activities, whilst offering families/carers a little break to use their time as they need.

SEND TOTS

1

As they are in such short supply, we set up a parent and toddler group in 2016 for parents and carers of those with children who have additional needs and/or disabilities. The group offers play opportunities, life skills, friendships and advice from other parents who have lived experience.



BASINGSTOKE COMMUNITY WARDROBE

stoke Community Wardrobe is a facility offering clothir asis. You can swap clothes, donate clothes, make a do ou take - or even volunteer! It has been hugely success accessible by anyone who would like to use it so if you fancy a freshen up of your existing wardrobe, please pop in.



ACTIVITIES FOR CHILDREN

Across both of our buildings, we provide a whole host of activities for children aged 0-5 years, and we extend these age ranges during the school holidays, aiming to provide something for everyone where we can - messy play, discos, play days, arts and crafts, Art, music and more



ACTIVITIES FOR OVER 55S

With the help of our hirers, there is a lot of choice for those over the age of 55, including exercise, an over 55s meet up group, volunteering opportunities, and general social events



GAMERS

The Bastion Gaming Club run weekly gaming sessions as well as larger events throughout the year. With board games, Warhammer and role-play games, there is a lot on offer for the gamers amongst you.





the Basingstoke Food Link as one of . This is at our Eastrop building where we also run Weigh and Play, a group we set up to enable Basingstoke parents to accurately weigh their babies, as this service is not readily provided by health services in our area



- Our staff are local There are lots of volunteering opportunities for those wanting to use or develop new skills, make friends, or simply fill their time
- We help to support local businesses by holding. fayres for them to sell their crafts or services

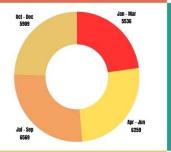






Some facts and figures

Every quarter, we look at our footfall figures for each centre. These are then combined to establish our average yearly footfall figures. This helps us recognise trends, help us reflect on the things we provide, and identify any changes to the facilities that we may need to make. The chart opposite shows a typical year for Viables, and the chart below tells us the general footfall of our Eastrop building, the Roger Morris Community Centre.



Income generation during over the last two years

2022-2023 was our first 'normal' year since the Covid pandemic began. The year 2023-2024 was the period in which we had our refor feplacement and Osborne Room refurbishment. Whilst this was absolutely necessary in order for us to maintain great buildings/facilities for you all, it had a large impact on our income. The chart to the right shows the changes in levels of income and how the grants and donations from our supporters helped us.

Trustees

Community Wardrobe

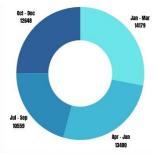
Events and activities

Magazine delivery

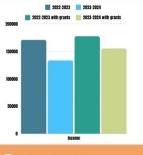
Memory Club

Staff activity

Many of our staff also kindly volunteer their time. We have a variety of roles but all of our staff take on diverse tasks when it is all hands on deck! Here's a more fun graphic of how we spend our time. Thanks for reading!

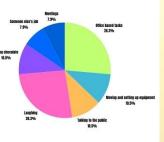


2 Utility costs (gas, electricity and water) for 1 month, just at Viables, costs us around £900 per month. For both sites, this is £1500 per month. The income we generate from hall hire and our own activities ensures we can meet those bills, along with insurance, licences, resources, phone and broadband, equipment, daily cleaning, maintenance, repairs, staffing, etc.



Volunteer hours

Something that helps us enormously is the support from volunteers for delivery of our services. **Just for Memory Club** alone, we receive in the region of **5313 volunteer hours per year**! If this was paid hours for employees, we simply wouldn't be able to provide this vital service. Left **some** of the things we have volunteers to support us with.



WE'RE HIRING!

10 hours per week required for a caretaker to meet and greet weekend hirers and to secure the building(s) of an evening. The role includes maintaining equipment and facilities, including general maintenance, throughout the week if required. Must have own transport as we have two sites.



Clarke and Son ad here please

Stepping down from work, looking for a new role – why not look at joining Basingstoke NeighbourCare?

We provide an accompanied transport service for those in our community needing transport in Basingstoke.

We provide a befriending service for those experiencing loneliness and run two community cafés each week in Brighton Hill, at Church Cottage in the town centre and a weekly social group in Tadley.

Our driving service is operated by volunteers providing transport for older people and those with limited mobility. We take people to medical appointments and shopping trips to social clubs and exercise classes. Our volunteer driver stays with their passenger for the duration of their trip. Clients are asked to make a charitable contribution at the end of each trip to support this service as we reimburse the drivers' mileage costs. interests. Our volunteer befriender makes a regular visit for a chat over a cup of tea, all free to clients.

Community Cafés offer a safe space in the heart of their community, for people to meet in a friendly and welcoming environment and enjoy activities and refreshments at a very reasonable price.

Can you help? Existing volunteers say that they derive enormous satisfaction and even considerable fun from meeting and helping our clients, but we need more people to meet the demand for our services, as the number of older people in our community grows.

They all have the same goal in mind: to enhance the lives of members of our community needing a little support.

If you would like more information about how to volunteer or wish to access our services, please call 01256 423855 between 9am and 4pm on weekdays, visit our website www.neighbourcare.com, or email us at info@neighbourcare.com.

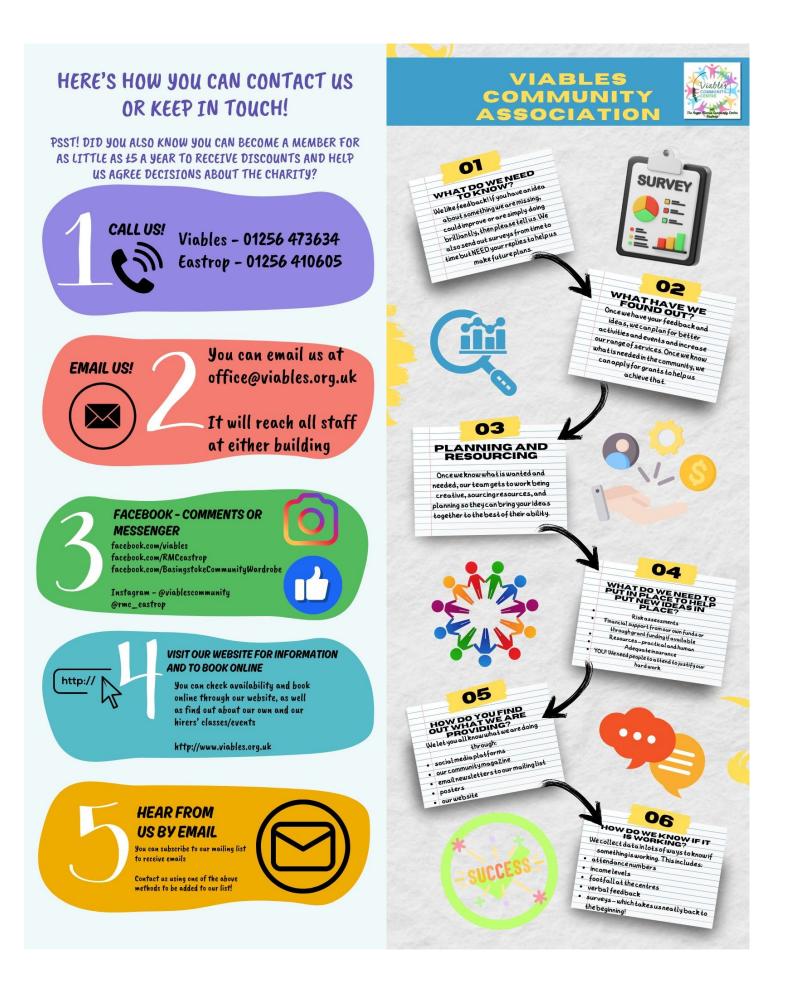


Our Befriending Service helps those who live alone and are sometimes housebound, by offering weekly companionship. We aim to match people with a volunteer with similar





If you are looking to promote your business, an event or an activity, please contact us at luan@viables.org.uk for advertising costs or information.



Charity no. 1177363