

THE Rabbiter



Issue 271 May 2020

All the regular features plus

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- **HEALTH & FITNESS TIPS FROM BEECHDOWN**
- **QUIZZERS, SCRUBBERS AND HELPERS**

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EDITORIAL

As lockdown continues The Rabbiter would like to say a big thank you to everyone who is working hard to keep our life and society safe and functioning. The list of people to thank is long. It includes NHS workers who are caring for us when we are ill, for the midwives bringing new life into the world, the doctors, nurses and everyone working in our hospitals, the carers supporting people at home, postmen, dustmen, delivery drivers, supermarket workers, teachers and those working in schools – to all of you and many more Thank You.

Currently we are unable to deliver The Rabbiter door to door but copies are available from the Co-Op and Sainsbury's. There is a Rabbiter facebook page <https://www.facebook.com/therabbiter.biz/> and our website, www.therabbiter.biz, where you will find a soft copy of the magazine. For those days when you want a break from cooking, page 20 of this edition gives a list of some of the local food establishments providing takeaway food – more details of these is also available on our website or on facebook at 'Basingstoke – Supporting Local Food Establishments'.

I am sure that I am not the only person missing the wonderful Café in the Park – especially their delicious cakes. This month they have generously given us a couple of their wonderful cake recipes (see page 15). We have featured the Coconut Jam Cake on this month's cover – I predict that Sainsbury's will have a run on desiccated coconut in the coming days!

Life has changed significantly for all those who are still at school. Reuben who is 9 years old and lives on Hatch Warren has written eloquently about how becoming home educated has impacted his life (see page 15).

It is difficult to predict when life will start getting back to normal but we are hoping that the Summer Festival scheduled for 11 July will still take place. Beggarwood Bookworms had a wonderful meeting at the end of March via zoom and we are looking forward to meeting in the same way on 29 April. Many of us had never heard of zoom a month ago but now it is downloaded onto our smart phones etc. and we are all experts at using it to talk to friends and family as well as for teaching and work meetings.

How are you using your time? A big thank you to the ladies sewing scrubs for doctors and NHS staff – see page 22. An appeal went out and I dived into my cupboard and found some old sheets – and I can see some of them are sewn into scrubs wash bags – now that is what I call positive recycling!

The Portsmouth Arms is doing an amazing job providing daily quizzes for children and adults and raising money for local causes. For more information see page 22 where you will find details of how to join in.

Many local small businesses will be finding life difficult during the current crisis – please do support our advertisers wherever possible.

And stay well and fit. There is excellent advice from Beechdown Health Club on page 12 and more information can be found on their webpage.

Please let The Rabbiter know how you are surviving in these difficult times. Are you baking more? Using up leftover food more creatively? Remodelling the garden? Send us your new and stories – newsdesk@therabbiter.biz

The Editor

THE Rabbiter

INSIDE THIS ISSUE

- 6 WASTE COLLECTIONS
- 8 PHILLIPS SOLICITORS
A JOB IN THE COMMUNITY
- 10 PROBUS
COUNCILLOR'S UPDATE
- 11 BOOKWORMS
COMMUNITY CENTRE VIRTUAL CLASSES
CAN YOU HELP LOCAL GROWERS?
- 12 HEALTH & FITNESS WITH
BEECHDOWN CLUB
QUIZ TIME
- 14 CHILDREN'S CORNER
SAINSBURY'S
- 15 CAFÉ IN THE PARK FAVOURITE RECIPES
CORONAVIRUS IMPACTS ON DAILY LIFE
- 16 COMMUNITY CENTRE
- 17 THE WARREN
- 18 OLD DOWN AND BEGGARWOOD
WILDLIFE GROUP
MEAL DELIVERIES
- 19 SPIRITUALLY SPEAKING
QUIZ TIME ANSWERS
CORONAVIRUS HELPLINE
- 20 CLASSIFIED ADS
LOCAL FOOD ESTABLISHMENTS
- 21 FREEADS
CAFÉ IN THE PARK
- 22 SCRUBS!
VIRTUAL PUB QUIZZES
HWB CYCLING CLUB

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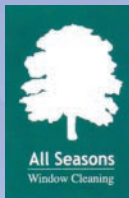
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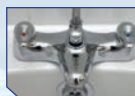
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WASTE COLLECTIONS TEMPORARILY REDUCED TO PROTECT SERVICE AND BIN CREWS

Bin collections are set to be reduced temporarily to ensure waste, recycling, glass and clinical waste collections can continue in the borough during the COVID-19 outbreak.

Basingstoke and Deane Borough Council, working with Serco, has taken the difficult decision to reduce the frequency the grey waste bin is collected to protect its bin crews and sustain the service for the duration of the pandemic.

This means residents will be asked to only put out their green recycling bin and glass container on their normal recycling collection day and the other week put out their grey waste bin. The waste bin will be collected every fortnight instead of every week. The day of the week that bins are collected will not change.

The temporary changes to the service will start from Monday 20 April and will be monitored and reviewed regularly to respond to changes in government guidance as they emerge.

Many councils within Hampshire already have a fortnightly waste collection service and recently one other has had to reduce its waste bin collections following the outbreak of the virus.

Bin crews in Basingstoke and Deane have continued to work hard to deliver the waste collection service during these challenging times and the council has already taken steps to reduce the pressure on the service by suspending garden waste and bulky waste collections. These changes have enabled weekly waste collections to continue for several weeks longer than anticipated but, to allow staff to follow guidance on self isolation, this cannot be sustained indefinitely and measures need to be put in place to protect the crews and ensure residents receive a regular and reliable service.

Those residents currently receiving an assisted collection, as they need help to put out their own bins and do not have

anyone who can do this for them, will continue to get this support from the bin crews. The clinical waste service will also continue to run as normal for those customers who are registered to use this service. Households with smaller 140 litre waste bins will be able to leave out two extra black sacks. Those households with larger 240 litre waste bins can only fill their bin as normal.

Support and information will be available through the council's website, social media and e-newsletter to help residents reduce the amount of rubbish they put in their grey bin and maximise the amount of recycling they put in their green bin and glass container.

For more information on the changes and frequently asked questions visit <https://www.basingstoke.gov.uk/covid-19-bins-and-recycling> People can sign up to our residents' eNewsletter at www.basingstoke.gov.uk/signup and follow @BasingstokeGov on Facebook or Twitter

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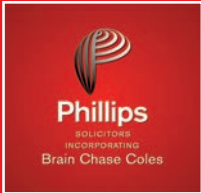
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Moving Home

Our Residential Property team is still able to assist and advise you if you are looking to buy or sell a property.

The government would prefer, where possible, that all transactions were delayed.

However, if you are moving to a vacant property, you are in fact able to continue with the transaction as long as you follow the government's guidance and take all sensible precautions.

However, it is important that you get the view of your lawyers dealing with your transaction.

Making A Will

There is no need to let the coronavirus lockdown stop your plans in putting your financial affairs in order by making a Will.

Our Wills and Probate team are able to advise you on drawing up a new Will, updating an existing Will and can help you maximise your Inheritance Tax allowances.

Child Arrangements

If you have children and are separated from the other parent, the lockdown does not prevent you from seeing your child.

Taking your children to see the other parent and picking them up afterwards is currently deemed as essential travel, if it can take place safely.

Should you be unable to allow any direct contact because of health concerns based on public health guidance, such as when someone in your household is showing symptoms of COVID-19 or a child may have one of the underlying health conditions which make them more vulnerable, then you should consider allowing the other parent to speak to your child or children via telephone, FaceTime, Zoom or Skype.

To find out how we can help you, please call 01256 460830 or email legal@phillips-law.co.uk

A JOB IN THE COMMUNITY



Hatch Warren resident, Simon Wright, gives a brief insight into part of his role which is perhaps more commonly known as a Registrar

I am a Ceremonies Registration Officer, or Deputy Superintendent Registrar, based here in Basingstoke, and conduct marriage ceremonies at the Registration Office and licensed

venues around the borough. Marriages may be my main role, but there are civil partnerships, a renewal of vows, baby naming and citizenship ceremonies too.

In north Hampshire, we have some stunning licenced venues for a perfect wedding; not just hotels, but golf clubs, converted barns, a disused railway station, castles and even gazebos set in woodland. If none of those suit, Hampshire Ceremonies also offer a 'one day' ceremony, where you get legally married in the office in a basic ceremony and then the same registrars will conduct your 'big' event with all your guests later that day. That might be in your back garden, a field, the beach, or even in a hot air balloon, although I'm very grateful that no one has yet requested that!

As you would imagine, conducting wedding ceremonies is an absolute privilege and it is a thrill to be part of the couple's special day. In Hampshire we are particularly lucky because I am able to write my own ceremony. Of course, there are some legally required words that everyone must say, but otherwise there is lots of room for flexibility. Not everyone wants to be

given away, or to exchange rings, but then you might be riding in on a white horse and have a favourite poem that you do want to include, so there needs to be some wiggle room.

I am often asked what the difference between a Marriage Registrar and a Celebrant is. Actually, very little nowadays! The main distinction is that a Celebrant cannot legally marry you – you would still need to come and see us to get legally married.

No two ceremonies are ever the same, and every ceremony I conduct is just as special. Ceremonies can vary hugely in size – from just the couple and their witnesses, to several hundred people at some of the larger venues. The couple need at least two witnesses. If you are regularly walking past the Registration Office, you may well get dragged in one day to perform witness duties! I recently conducted a ceremony where our two witnesses came from the jeweller's shop in town where the couple had just bought their rings on their way to the office.

Of course, there are always things that stand out. There was the time the groom arrived without his shirt, and I generously offered to lend him mine. I'm not sure I had thought that one through to be honest, but luckily an emergency shopping trip was arranged. There was the wedding where there were no rings, but the couple exchanged guitars as a token of their love.

I still have sleepless nights about the bride who arrived very heavily pregnant. She had already been to the hospital as her contractions had started, but they were happy the baby wasn't quite ready to come, so there was 'probably' still time to get married. That was the quickest ceremony I've ever done, and I'm very happy to say that I was not required for maternity duties!

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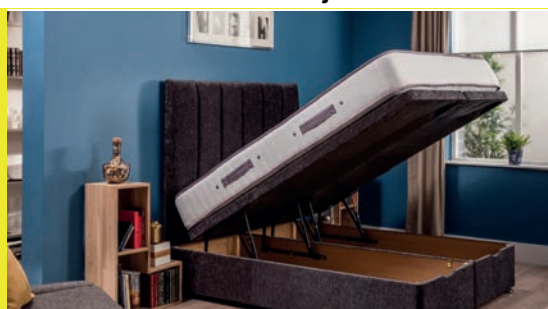


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"I made one of the best decisions in my life" you replied.

"What was that Grandpa?"

"I'd been thinking about it for a while but with all the time in the world to consider what to do with my life, when this lock down eventually ends, I decided to join the Probus Club of Basingstoke."

"What do they get up to, Grandpa?"

"Well, I had read in the Rabbiter magazine about this group of like minded retired men who get together regularly for social interchange and meetings where they have interesting speakers and good lunches."

"Won't Grandma mind you going out all the time without her?"

"They also have social occasions most months that I can take your Grandma to and have trips to interesting places that she and I can attend."

"Was it difficult to apply, Grandpa?"

"As those meerkats on the TV advertisements say, Simple. I phoned their Secretary and had an exploratory chat about what their plans are when these social distancing regulations are lifted and it all sounded like something that suited my style and life's experiences. It was really easy and I felt that I would be made most welcome. I can't wait to go to their meetings when they start again."

If this sounds like you, then phone Jonathan Ratcliff on 07501 271547, for an informal chat. It really is that simple.

See www.probusbasingstoke.club

Letter... to the editor

I read with interest in the April Rabbiter that the Council has introduced fines for motorists found letting their engines idle. The worst offenders in this respect are not even mentioned by the Council's announcement. Those offenders are not cars, but buses. Across the town buses stop at certain stops to 'loose time', with engines idling for up to five minutes.

Stagecoach has reassured the council that the new buses we're now seeing in service would solve the problem. These buses are fitted with so-called 'stop start' technology which should mean that buses at rest do not idle their engines. However, the stop-start function only works if the driver applies the parking brake.

And guess what? The drivers are not applying the brake, so engine idling continues just as before. Wasting fuel, polluting the atmosphere and creating noise. Time for a few fines on bus drivers I think...

Regards, Phil

COUNCILLOR'S UPDATE

Lockdown information: These are difficult times for all of us, so I thought I would start by offering some web addresses where you may be able to seek help or information.

- Hampshire County Council webpages are at <https://hants.gov.uk/socialcareandhealth/coronavirus>
- Basingstoke and Deane Borough Council information is at <https://www.basingstoke.gov.uk/coronavirus>
- Basingstoke Voluntary Action have a lot of useful local information at <https://www.bvaction.org.uk/covid-19/>
- The latest government information is at <https://www.gov.uk/coronavirus>
- NHS information is at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

A helpline has been set up for frail or vulnerable residents who do not have support from families, friends or their local community, and who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness.

- The Coronavirus Hampshire Helpline – Hantshelp4vulnerable - can be contacted on 0333 370 4000. It is available seven days a week, from 9am-5pm.

Refuse Collection: The Borough Council moved to fortnightly grey bin collections from 20th April. It has emphasised that this is a temporary measure to protect crews during times of operational difficulties. For now, we need to put out our green bins on the normal recycling days, and the grey bins the following week. The Council advises wiping bin handles each time they are moved.

County Councillor Devolved Budgets: because the local elections were postponed this year, the Councillors' devolved budget scheme was able to restart earlier than usual. This year the amount of money available to each County Councillor has been increased from £8,000 to £10,000 to help with the COVID-19 pressures. Two colleagues and I have allocated £1,000 each to Basingstoke Voluntary Action to help the local hubs who are distributing help to vulnerable people.

Clapping for the NHS: Residents across Hatch Warren and Beggarwood have been joining in giving thanks

to our NHS staff as they tackle the biggest challenge they have ever faced. Expressions of support are everywhere, including messages that children have chalked on the pavements.

Anaerobic Digester: despite works undertaken by Biogen to change the configuration of the biofilter and other associated improvements, residents continue to report odour pollution. The Environment Agency is receiving reports from the affected families and will, no doubt, be asked to take further action if the improvements it demanded do not solve the problem.

Thank you: Thank you for keeping to the government's lockdown guidelines. Isolating is not easy but it is good to see people enjoying walks around the estates and keeping their distances when encountering others. Making a positive out of the difficulties, this is an opportunity to see our neighbourhoods at their best; greatly reduced traffic, clean air and only birdsong and insects to be heard at times.

Stephen Reid
County Councillor,
Basingstoke South West



MARCH MEETING

Unfortunately as with all other social groups the Bookworms had to cancel their March meeting, however many members were keen to meet up via the 'zoom' app. So, we settled down with our coffee, wine, tea and cake (children and dogs as well) and challenged our IT skills. Over twenty members joined in the group for all or part of the meeting and after the initial laughter and catch up we discussed the book 'The Rosie Project' by Graeme Simsion a novel set in Australia. This shone a light on working and making relationships when living with Asperger's.

Many of the group found this book really interesting and had anecdotes to tell about their own experiences of Asperger's. In fact, the book score took it into our top three! We thank the publisher Penguin for sending us review copies to read. We will certainly be catching up with the rest of The Rosie series of which there are three books. So if you are looking to read a quirky laugh out loud book over the next few weeks the Rosie project comes with the Bookworms' seal of approval.

Several of our group are currently classed as vulnerable so are having to self isolate but the group have been so supportive to each other that we set up a new community bookworms group where members can ask for help with shopping or even tasks like letter posting or just have a chat and not feel isolated.

How kind and caring members of the group have been. An emergency like this certainly brings out the best in everyone. A member of this group Mary initiated a generous collection of toiletries that have been donated to the hospital and very gratefully received.

Next month our book is 'The Beekeeper of Aleppo' by Christy Lefteri dealing with the flight of Syrian refugees. We will also be reading "Blood Orange" by Harriette Tyce, a twisty psychological thriller and "The Five" by Hallie Rubenhold about the true tales of the victims of Jack the Ripper. If you would like to read along with us and discuss the book, please see our facebook page Beggardwood Bookworms. Also please do get in touch if you are self-isolating and need some books to read, we can dispatch a bookworm!

REGULAR COMMUNITY CENTRE GROUPS OFFERING VIRTUAL CLASSES

Pauline's Card & Cuppa – My name is Pauline Barnfather and I run a small business called I Create Craft. Up until lockdown I worked weekly in the community delivering papercraft classes to predominantly older and more vulnerable adults encouraging people to come out and socialise when they may have been isolated within the community, living alone with no family nearby. One of the venues I held sessions at was Beggardwood Community Centre. My sessions would be centred around having a cuppa and usually a delicious slice of cake and doing some crafting. Since lockdown I have had to get a little creative and I am currently running a weekly Craft-a-Long session which is growing weekly. I send out instructions for the project we are going to make by email so you have time to prepare and then we meet up virtually using a secure video conferencing platform and craft for an hour or so. There is time for chat and we also do a show and tell at the end. If you would like to join in even just to watch what we are all up to please email me at icreatecraft@outlook.com or follow me on facebook as I have been posting instructions for my makes with pictures and templates so you can also have a go at home. Here are some of the projects we have made over the last few weeks.



CAN YOU HELP LOCAL GROWERS?

We have seen nationally some larger farms flying in Eastern European workers to pick on farms across areas such as Norfolk but many local growers may also need help. You may know of local farms or have a look on-line and if you are fit enough and have some spare time, see what you can do.



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STAYING FIT IN QUARANTINE

By Ben Nolan, Gym Manager,
Beechdown Club

Most of us are used to training in a gym to keep fit, but our training shouldn't stop just because we no longer have access to weights and machines! Staying fit in quarantine doesn't have to be as hard, or as boring as you might think. There is a huge variety of exercises you could be doing daily, which will keep you fit, happy and healthy and certainly benefit you when you return to the gym.

You need to remember that when exercising, your body releases endorphins. This is often referred to as the 'feel good hormone'. It will boost mood, stop you

from feeling as tired and stop you reaching for that sugary snack!

Plenty of people enjoy going for a walk or a run outside but there are also many other ways to exercise if these don't take your fancy.

This is a great opportunity for you to start taking part in sweaty HIIT sessions and get that blood pumping, train with bodyweight and focus on your technique and core work, get the children involved or why not try taking up yoga!

A statement that is commonly made to me is "I have always wanted to be able to do a push up", well now is a great time to practice and succeed. Body weight exercises are heavily underrated and all you need is 5 minutes a day to see massive progression over the coming weeks.

Below is a list from easy to hard push up

variations to work through until you reach a full push up.

- Wall Push ups
- Incline push ups (Hands on a raised surface)
- Kneeling Push Up
- Full Push up
- Narrow Push up (Shoulder width)
- Diamond Push up

Complete 3 sets of 10 reps. If you fall short of the 10 reps, fall back to the next easier alternative to complete the reps. Take 60 seconds between each set to rest. Good luck!

Alongside this workout we have many more available on the Beechdown website or our Facebook page. In fact there are DAILY live-streamed classes from our instructors PLUS much more! Go check it out. Search for Beechdown Health Club on Facebook



SKIN CARE DURING LOCKDOWN

By Emma Peter,
Beauty Manager,
Beechdown Club

Chances are your beauty regime has suffered some changes, isolation has thrown all your regular beauty appointments and your routine has changed. So I am here to answer some all-important skin care questions and offer you my professional but simple advice. I hope this will make you feel a little more comfortable about yourself during these uncertain times.

How can I give my skin some protection and do I need to bother as I'm indoors most of the time?

Absolutely, yes! Protection is one of the most important things you can do for your skin to protect against ageing, sun damage, general pollution and even skin cancers.

Your skin may not be exposed to as much daily pollution at the moment. Which is great, but all this extra time glued to your phone for some social interaction and the hours at computer screens taking part in your friends' quizzes on zoom can actually cause free radical damage to your skin. I recommend using a product that contains a high level of antioxidants to help blast away free radical damage. It also possesses super anti-ageing properties!

Of course, the number 1 product you should be using every day is SPF (Sun

Protection Factor). We're all grateful for the extra sunshine at this time of year. Our daily walks and time spent in the garden are so much better than they would have been a month or so ago. But you will be exposed to the sunlight even more than usual!

Did you know that UVA light can even penetrate through a window so you're still at risk to sun damage that causes premature ageing and even skin cancers. Make sure you are using a broad-spectrum sun cream – this will protect your skin against UVA and UVB lights.

I shouldn't be touching my face too much right now, how can I be more hygienic with my skin at this time?

It goes without saying that you must wash your hands thoroughly before applying your skincare products. But I have another great tip for being extra vigilant with skin hygiene. Something to add to the must-do list: Give all of your make up brushes a good clean! Micro-organisms like bacteria and viruses can live on moist surfaces and data has shown that make up brushes can

be a breeding ground for pathogens!

Why not get in to the habit of making this a regular job, if you don't have a gentle make up brush cleaning solution at home, your usual dishwashing detergent will do the job. For make-up sponges and beauty blenders, pop them in a sock and into the washing machine and they will come out brand new!



QUIZ TIME

Answer these music questions, then take the first letter of each answer, rearrange to discover one of the most popular places in RG22

- 1 Come on Eileen it's too dark for these runners.
- 2 Get your suntan in this always and forever.
- 3 Let's get physical with this girl.
- 4 Play tambourine man to find these feather friends.
- 5 Plug in and roll over Beethoven to light up this group.
- 6 This group wants to teach the world to sing (in perfect harmony).
- 7 It's yesterday once more for these chippies.
- 8 This group made angel fingers at Hogwarts.
- 9 Drink tequila at sunrise to find this bird of prey.

Answers on page 19

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HATCH WARREN UNDER FIVES

We are in the middle of a very challenging and unsettling time, but Hatch Warren Under Fives is very proud to be open to support Key Worker's children during the current COVID-19 crisis.

Most of our children have been at home since the government announced that schools would be closing on March 20th and we are missing them enormously, but we have been keeping in touch with our children through our Tapestry accounts – a wonderful online learning journal that we share with families. Each week staff have been reading stories for our children on facebook, and we have been posting a makaton sign of the week on facebook for them to learn at home too. And even though we haven't been able to celebrate spring and Easter together, we've been able to share our experiences through Tapestry.

We have kept Tapestry full of lots of fun activities for our little ones to enjoy at home - Alison has posted some amazing Easter activities, Annie has become our resident story time teller, Dee has been busy with dough gym activities and makaton signing and Lisa has created a fun scavenger hunt. We've also been posting individual messages to keep in touch with all our children and some recipes for 'baking with mummy', which we know lots of our children have been enjoying.

We are also looking forward to hearing the exciting news from all of our older children of which "big" school they will be going to. We'll soon start sharing school readiness activities, which parents can support with at home to help with the transition from preschool to primary school.

If you have preschool aged children at home, here are a few fun and simple activities to support mathematics in the Early Years:

- Make skittles with your little one, using plastic bottles. Put numbers on the skittles. Play games where we have to keep score of how many skittles you have knocked down. Can your little one say what number was on the bottle they knocked down?
- Let your little one sort the clothes; ask them to put all the ones with the same pattern or colour together and tell you if they are red, spotty or stripy etc.
- Let your little one make a pattern with buttons or lids, like 'big, small, big'. How many patterns or groups can you find?

These activities link with the Early Years Foundation Stage of mathematics whereby your little ones are beginning to count reliably with numbers, and say which number is one more or one less than a given number. Also, your little ones begin to explore characteristics of everyday objects and shapes and use mathematical language to describe them.

If you are currently looking for a preschool for September, Hatch Warren Under Fives are enrolling now. If you'd like to learn more, you are welcome to contact our Manager, Angela, on the preschool telephone number (01256 322788) during school hours or email us at preschoolmail@aol.com. We will send you an application form to register, with no deposits or commitments until preschool is fully open again for viewings.

Please remember the importance of social distancing, stay safe and keep well.

www.hatchwarrenunderfives.co.uk

Sainsbury's

Our Values Make us Different

Covid – 19 Update

Firstly, a huge thank you for your continued patience and cooperation, whilst we learn to adapt to new restrictions at the store.

Our colleagues are passionate about providing a safe place for you to shop during an unprecedented time for all retail workers. With changes to the way we all shop, occurring on an almost daily basis, please take time to check our website for up to date details and, the notices on display at the store.

Our Online Delivery service from the store now delivers almost 30,000 items every day and reached record levels before Easter, with over 45,000 items and 600 deliveries in just one day.

Online deliveries continue to be prioritised, in the first instance, for those who have registered as extremely vulnerable via the government website. We've also been able to include elderly customers – where they have a Nectar Card – in releasing delivery slots for them too.

We've increased capacity for our Click and Collect service from the car park; it's almost trebled from levels we usually see.

Social distancing is in place prior to you entering the store and, you will have already noticed our measures to try and extend this within the store as well.

Our Online team of pickers now begin their roles at 2am in the morning, with the aim to be free from the shop floor as soon as they can after we open. However, with the challenge of increasing our delivery capacity, we can't always fulfil this.

Food Donation Partnerships

We've taken the decision to remove any food donation points from the store, at the present time. With restrictions still in place for the items our Food Donation Partners are requesting, there is little point in encouraging donations, at this time.

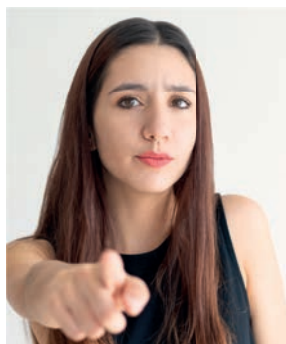
We've teamed with Basingstoke Voluntary Action, who are co-ordinating the 19 'Food Donation Hubs' across the Borough and, together with our colleagues at the Depot and our Retail Events Teams, have started to work at supplying food as a bulk delivery.

Sainsbury's continues to work closely with fare Share across the UK, with an initial investment of £3million.

These measures will help in less trips to the store from volunteers looking for items, and allow us to concentrate on bringing availability back to the shelves for our customers.

Finally, may we take this opportunity again to thank you for your patience and cooperation with the many changes you have seen at the store.

Stay at Home; Protect our NHS; Save Lives



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If you are fit and able to assist the Rabbitter with distribution or delivery of magazines during these difficult times your help would be greatly appreciated.

Please contact us by emailing:

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FAVOURITE RECIPES FROM CAFÉ IN THE PARK



Millionaire's Shortbread

Ingredients

For the shortbread

225g/8oz plain flour

175g/6oz unsalted butter, cold, cut into cubes

75g/2¾oz caster sugar

For the topping

150g/5oz butter

1 x 379g can condensed milk

100g/3½oz golden syrup

350g/12oz dark chocolate, or a mixture of dark and milk, chopped into small pieces

Method

Preheat the oven to 150C/300F/Gas 2. Line a 23cm/9in square cake tin with baking parchment.

Combine the flour and butter cubes in a food processor and pulse until the mixture resembles fine breadcrumbs. (Alternatively, you can rub the butter in by hand.)

Add in the caster sugar and pulse again until combined.

Tip the mixture into the lined cake tin and spread it out evenly with the back of a spoon. Then press the shortbread down firmly with your knuckles so that it is tightly packed in the tin.

Bake the shortbread for 30 minutes or until very light golden brown. Set aside to cool.

Meanwhile, for the topping, heat the butter, condensed milk and golden syrup in a saucepan, stirring occasionally until the butter is melted and the mixture is smooth.

Increase the heat and bring the mixture to the boil, stirring frequently. The caramel will thicken and turn golden-brown. Set aside to cool slightly, then pour over the cooled shortbread. Allow to cool completely.

Melt the chocolate in a bowl set over a pan of simmering water (ensure that the bottom of the bowl does not touch the water), stirring occasionally.

Pour the melted chocolate over the caramel and set aside until the chocolate has cooled completely.

Cut into squares and serve.



Coconut Jam Cake

Ingredients

For the cake

4oz margarine/butter

4 oz sugar (white)

4oz self raising flour

2 eggs

1 tsp vanilla extract

80g desiccated coconut

For the top

2 heaped tbsp strawberry jam

40g desiccated coconut

Method

Add the cake ingredients to a mixing bowl. Spread into baking tray.

Cook for 15-20 on 180 c (fan)

Cool on a tray for 10-15 mins

Spread all of the jam on the top and sprinkle the coconut on afterwards.

CORONAVIRUS IMPACTS ON DAILY LIFE

Lockdown is a very confusing time for all of the community. It has affected our lives in many different ways. This killer virus has been disastrous for people who have lost loved ones and their jobs, but I feel it is also showing us the real world and the natural wildlife that stands in front of us, that we usually ignore. It is also showing us that our community is important and how we should've cared for our world before now. For example, my brother and I, with the help of our mum, decided to set up a neighbourhood friendly WhatsApp group to allow us to check in on each other, especially the vulnerable and the elderly who live on our road. I have lived in my house for six years, that is two thirds of my life, and

not until now have I have spoken to or met any of my neighbours. We've also put a box of books outside our house that I no longer read, for other children to take away to read.

You may ask, 'how has lockdown affected me personally?' Well, my mum is a teacher and we are a very active sporty family, so life is always very busy for us. Now that we have finally slowed down and found a routine that allows my mum to continue teaching her students and be on conference calls, home schooling has been much better, although I probably don't learn as much as I would at school. We work for two hours in the morning, silent read for 30 minutes and then after lunch complete an activity.

So far we have designed, planned and made a rockery in our garden, carried out science experiments, baked cakes, worked on lots of art activities, set up a conference call with my school friends to work on a project together, learnt some Python programming language and taken photographs on our daily walks. Every evening after supper we also have a fun challenge to complete. I have learnt so much from being outside and watching online programmes – Steve Backshall's daily lessons live on Facebook are my favourite. It has been funny getting to know about my family's personalities. I do really miss my friends though and am looking forward to going back to school.

Reuben, age 9



We are a registered charity run by volunteers – working to make Hatch Warren & Beggarwood a great place to live!

**A NOTICE OF AGM FOR HATCH WARREN AND
BEGGARWOOD COMMUNITY ASSOCIATION ON
WEDNESDAY 10th JUNE 2020 AT 7PM**

You are invited to attend a short meeting to support the trustees of HWBCA. The charity (1161117) exists to provide, run and manage Hatch Warren and Beggarwood Community Centres and to provide social and educational facilities, to improve the conditions of life for the residents of the areas defined by the boundary of the postal codes RG22 and RG23. An update of our achievements over the past year and our plans for the future of HWBCA will be reviewed. Annual Membership only costs £10 per family and will be available on the night.

WE NEED YOUR VOTE!

Light refreshments will also be provided

SUMMER FESTIVAL

SATURDAY 11TH JULY
HATCH WARREN COMMUNITY CENTRE PLAYING FIELDS
12-4PM

DOG SHOW BY ST KITTS VETS
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Events are still planned but obviously are subject to government restrictions being lifted & The Warren reopening

Programme 6.00 to 7.45pm

1st May	Tile Painting and Refreshing Mocktails
8th May	CLOSED FOR BANK HOLIDAY
15th May	Human hungry hippos, relationships quiz and build a burger
22nd May	Dodgeball, stress ball making and doughnuts
29th May	Table Tennis, Bingo, chocolate bar milkshakes
5th June	Football tournament, Just Dance and waffles
12th June	Laser tag, tile painting and ice cream sundaes
19th June	Manhunt and Hair Chalks
26th June	FUNDRAISING NIGHT- Zorbs, Sumo suits and more!!

FREE ENTRY FOR ALL YOUNG PEOPLE

We welcome the sunshine whilst we are all locked down, in these uncertain times. We understand life is not how it should be and this may cause additional worries.



For any support needed by the young people while the youth club is closed, we can signpost you to <https://www.themix.org.uk/> or <https://youngminds.org.uk/> in particular if support with anxiety or mental health is needed.

Reach out and remember the good times at The Warren. Stay active and stay safe! And more importantly, Stay at home

Health Hub Programme - 8.00 to 9.30pm

We are open Fridays 8.00-9.30pm for school years 9 and above. If you want to play pool, FIFA or just hang out then come on down. We sell food and drinks. We can also offer you free confidential advice on a whole range of issues including contraception and pregnancy testing. We run focused information nights for 13-18 year olds, our next nights are:

Friday 1st May - Eating Disorders Awareness

Friday 5th June - Healthy Relationships

If parents have questions about the topics we discuss please feel free to contact us.

Fundraiser Reminder

You may remember that Storm Ciara took her temper out on our lovely gazebo. This wasn't just any gazebo! It was a metal structure that is used year-round and



helps us allow more young people into the centre, without giving up any of the fantastic crafts we offer. We are holding a fundraiser towards buying a new one for our young people on Friday 26th June. There will be Zorb Balls and Sumo Suits for a donation of £1 a turn, as well as Tattoos and Nail Painting at £1 each. We are also going to be holding a Cake Sale that night with many delicious cakes.

A **big thank you** to everyone who has donated towards replacing the gazebo already. We are overwhelmed by people's generosity.





OLD DOWN AND BEGGARWOOD WILDLIFE GROUP

These difficult times makes this a sad report to write. There was of course no AGM last month and there have been no work parties. No work parties mean no maintenance on the sites and the council is not carrying out any maintenance either – only bin collections. Just hope that this will not be too detrimental to the sites and their wildlife.

The group is aware that Old Down has been described by some as the 'dog poo field'! This is so sad – Old Down is such a beautiful site. In the last weeks the amount of dog poo left has increased very noticeably. This is really unacceptable. It is unsightly and also dangerous (dog poo can carry disease (toxocariasis and parasites both being particularly harmful to children). PLEASE PLEASE pick up your dog's poo and dispose of it in the bins provided. And please keep an eye on your dog so that you are aware of what he/she is doing. We all want to enjoy Old Down and Beggarwood but it is spoilt by a few irresponsible, lazy dog owners who have no thought for anyone but themselves.

We have all had to restrict going out which was made more difficult to cope with in early April when the weather was so warm and sunny. But if you did get out for walks you will have seen a wonderful spring developing – nesting birds, butterflies, bees, hoverflies and many wild flowers – all against a clear bright blue sky. Most of the spring wild flowers are yellow – such as celandine, archangel, dandelion, cowslip, primrose. This month (May) try to get out to see the sea of cowslips across Old Down meadow – a truly beautiful sight.



Celandine



Cowslip



Holly Blue

MEAL DELIVERIES

Hi, I am Helen Lang and my business name is "A Basing Bakes", I specialise in gluten free baked goods including: pies, pasties, quiches, sausage rolls, loaf cakes, and small cakes. I am also making some easy meal ideas at this difficult time, these include: lasagne, curry and shepherd's pie. I am offering a twice weekly delivery to the local area, FREE to those customers who live within a 5 mile radius of Hatch Warren. I can be contacted by phone 07889780537 or email: abasingbakes@gmail.com or you can pm me on facebook.

Our new pub/restaurant, named The Holly Blue, hasn't quite got the right image on the pub signage - far cry from a fairy on a swing!

Work Parties – sadly none at the moment but please check our website for information on when we expect to start up again. Please also look at Facebook – Old Down and Beggarwood Wildlife Group – for regular photos of the sites and wildlife.

www.olddownandbeggarwood.org.uk

Email: odandbwd@gmail.com



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QUIZ TIME ANSWERS

The answer to the quiz is; **Beechdown.**

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H eatwave	C arpenters
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• SPIRITUALLY SPEAKING •

• Life – but not as we know it •

The month of May still finds us in lockdown and adjusting to a very different way of living. There is much fear and anxiety around us and uncertainty about what the future will look like. Our children are facing many challenges – home schooling, birthdays without parties, exams and tests being cancelled and not being able to meet up with friends. Thank goodness for technology where we can see each other and chat online. Many people are facing financial uncertainties, businesses have folded and many relationships are under pressure. Others are facing illness or bereavement.

The church may be closed but the members of Immanuel have been reaching out in the community making cakes, telephoning people who are on their own, shopping for vulnerable neighbours and praying. We have all had to learn about new technologies and how to stay connected. I had never heard of Zoom but we are now having virtual coffee meetings, services online and have celebrated Easter from our homes. I have been greatly encouraged by the acts of kindness in our community and the many groups set up and the number of people volunteering to help others.

I hadn't anticipated having my son home from University and not going back until September or my husband working from home. As I have been out on my daily dog walks I have loved seeing pictures of hope like the rainbows in the windows and the leaves unfolding on the trees. God gave us a rainbow as a sign of hope and a promise in the story of Noah and his Ark. Noah responded to a call from God even though those around him thought he was mad. He put his trust and faith in God. I read the other day that searches online about prayer has gone up significantly. In times of crisis we find ourselves turning to pray, even when we don't have the words. We are facing a time in our lives where we may feel powerless and we don't know how to respond, but we can pray. In the Bible, Philippians 4:6-7 tells us "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God".

I have spent much time over this lockdown praying for people and situations that have arisen during this crisis, but I have also taken time to pray for things that I am thankful for. I am thankful for the NHS and take the opportunity to join others clapping for them and other keyworkers on Thursday evenings. I am thankful to the staff at St Mark's primary school who are at work caring for the children of key workers. I am thankful for postal workers, care workers, supermarket staff and so many other people providing vital services.

In this difficult and challenging time, what are you thankful for? Blessings,

Rev May 07922 516761

revmay@immanuelhwb.co.uk www.immanuelhwb.co.uk

CORONAVIRUS HELPLINE

If you are a vulnerable resident self-isolating due to an increased risk of illness, and have no friends or family nearby, you can register for support to access food supplies and collection of prescriptions. Call the **Coronavirus Hampshire Helpline** on **0333 370 4000**, available seven days a week, from 9am to 5pm or visit www.basingstoke.gov.uk/covid-19-community-hub for more information.

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<https://fishnchicken.co.uk/ourshops/basingstoke>
Phone 01256 329426

Flavours by Damyan

www.facebook.com/Flavours-By-Damyan-Kitchen-Management-Services-Ltd-105694761105424 Phone 07944192055

The Fox Inn Ellisfield

www.thefoxpubellisfield.co.uk
Phone 01256 381210

Golden Lion Pub

www.savvii.co.uk

Greek Street Snezana Restaurant

www.facebook.com/Greek-street-112537290389106
Phone 07522783831

Mannicitas

info@mannicitas.com
www.facebook.com/mannicitas
Instagram Mannicitas
Phone 07807861317

The Lime Leaf

www.facebook.com/TheLimeLeaf
Phone 01256 355272

Mayflower Chinese Restaurant

email hello@mayflowerbasingstoke.co.uk
www.facebook.com/mayflowerbasingstoke

The Olive House Turkish Restaurant

<https://theolivehouse.uk/> Phone 07493 636588

Pizza Hut - Brighton Hill

www.pizzahut.co.uk/huts/uk-1/8184-basingstoke-south Phone 01256 330004

Purefoy Arms

Preston Candover - Thursday-Saturday
Phone 01256 389514

Red Rose Indian Restaurant

Buckland Avenue Phone 01256 332897

Saffron Tandoori

www.saffrontandoori.co.uk/
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The Shabby Gourmet

www.theshabbygourmet.com/shop
Phone 07786392534 or 07760155983

The Spice Restaurant

<https://thespicebasingstoke.co.uk/>
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Beggarwood Bookworms Wed 27th May, 24th June @
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wood.bookworms@outlook.com

Community Lunch 1st Wednesday of every month
12.15-1.45pm 6th May, 3rd June, 1st July

Health Walk 1st and 3rd Wednesday of each month
@ 11am

Friendly Craft Group 'Card & Cuppa' Friday morning
from 10.30-1.00 15th & 29th May

Pop up Play Village Sat 9th May, Sat 13th June 10.00-
11.15am Book direct via
Basingstoke@popupplayvillage.co.uk

Quiz night Friday 5th June 7.00 for 7.30pm start,
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SCRUBS!

A couple of weeks ago I had a request from my friend Beth, which she sent to everyone she knew who can sew, asking if we would be up for helping to make scrubs for the doctors at her husband David's GP practice. They are being asked to work at the COVID-19 Hub and they had no scrubs.

So, Mandy, Sally and I started sewing, with downloaded patterns, doorstep donations of fabric from the lovely ladies of the Beggarwood Bookworms, and lots of help and inspiration from Facebook Group 'For the Love of Scrubs'. We put an appeal on Facebook (well done Mandy!) and soon, some of the Basingstoke-based members of the brilliant 'Hampshire Scrubbers' plus a few others who we found through friends were helping us too.

So far, we have made one set of scrubs for all of the team and scrubs washing bags for them to be put in after a shift and then transferred straight to the washing machine still in the bag.

This is happening all over the Nation, small groups coming together to help our heroes in the NHS in whatever small way we can.

Angela



VIRTUAL PUB QUIZZES

The Portsmouth Arms in Hatch Warren, part of the Hall & Woodhouse managed house family, has raised more than £9,000 for three local causes following the launch of its daily live pub quizzes. St. Michael's Hospice has received £5,825, £1,360 has been raised for Basingstoke Foodbank and £1,888 has been raised for Hampshire Medical Fund since the quizzes began. Each week the pub will nominate a new charity to support and people can choose to make a voluntary donation through the 'donate' link on the Facebook Page.

The pub's Facebook page has received over 100,000 views on the virtual pub quizzes which have been live streamed daily since the Government enforced lockdown. A family-friendly quiz for children is live streamed on the Facebook page at 5pm and the adult quiz is run from 8-9.30pm each day. During the weekends, a special themed quiz is streamed at 3pm on Saturdays and Sundays for all the family to take part in.

Please visit www.facebook.com/portsmoutharms to take part in the daily pub quizzes.

We need helpers to distribute the Rabbiter. This takes about half an hour a month. Sadly we can't offer any financial reward save the satisfaction of helping our community. The following rounds need a deliverer:

1. Priest Down and Old Beggarwood Lane
2. Camford Close
3. Wentworth Crescent; Belfry Square; Turnberry Drive and Gleneagles Close
4. Whitgift Close
5. Mapelhurst Close; Woodstock Mead; Malham Gardens and Roseberry Close



HATCH WARREN BEGGARWOOD CYCLING CLUB

Hatch Warren Beggarwood Cycling Club is a community club that prides itself on being inclusive to all riders who are over the age of 18. We aren't a racing club; we are a community of people who enjoy cycling and the very occasional cake.

2020 is the club's 5th anniversary and we are proud that we have been, and continue to be, part of our local community over the last few years.

Normally in these articles we'd inform you about all of the activities that we have planned but due to the current situation we don't have any cycling activities arranged. That's not to say you aren't allowed to cycle, it's just we aren't allowed to run any club events.

As we type this article the government advice is that you can still ride outdoors both alone or with members of your own household, and it's great to see so many new, and returning cyclists, taking to their bikes to explore the beautiful countryside that Basingstoke and our part of Hampshire has to offer. This advice may change so please refer to the government guidelines. Cycling has many health benefits, but the biggest benefit a lot

of people see is psychological - people generally feel better when they've been for a bike ride. It's great exercise but seeing the world from the saddle really lifts the spirits and clears the mind. Do you remember when you used to cycle down a hill as a kid? Not a care in the world? Just freewheeling... Well a lot of people are taking this opportunity to do just that.

If you need any advice on how to get back on your bike please don't hesitate to visit our website at www.hwbcc.org and follow the links there to our Facebook pages and forum.

Our club motto is usually 'Come ride with us' - and we hope when the current situation is over that you will come along for a ride - but for the now our motto is 'Enjoy the ride, we'll see you soon'.

We hope to be back out riding in the not too distant future and will provide updates as and when we have them.

More details can be found on our website www.hwbcc.org or on our facebook page at <https://www.facebook.com/HWBcc/>



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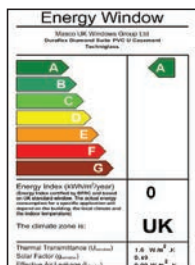
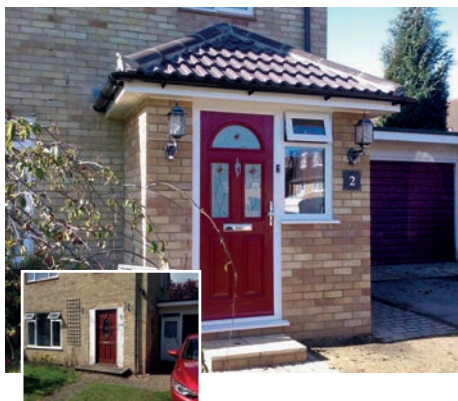
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