

COMPANIES (

NAMES IN G

Issue 264 September 2019

All the regular features plus

- CYCLE BASINGSTOKE
- HOSPITAL ENTRANCE WORKS
- CLUBS SEEKING NEW MEMBERS

and much more

The Community Newsletter for Hatch Warren, Beggarwood and Kempshott Park

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EDITORIAL

So how was your summer? Holidays and dodging the rain seem to have been keeping us all very busy. I am keeping my fingers crossed for a lovely Indian Summer in September. There has been lots going on locally over the last couple of months. We welcomed the new vicar to Immanuel Church – see page 21 for a little about the Rev May. The Rabbiter wish her a long and happy stay in our Parish.

The Café in the Park has guickly become an important asset in our community and is such a great place to meet friends for coffee or tea and delicious home made cake. Over the summer it has been lovely to sit outside and enjoy the view of the countryside park. The Community Lunch took a break in August but will be back in September (the fist Wednesday) serving jacket spuds and ploughman's lunch with coffee or tea all for $\pounds 4$ look forward to seeing you there. Sadly the Café will be saying goodbye to the manager, Callum, at the end of August. Callum has done a brilliant job managing the café and will be greatly missed – The Rabbiter wish him a happy move to Leeds. We will also be saying a sad goodbye to Sophie who has provided great service to all the customers at the café. A lovely new manager with the best smile in the world has arrived at the Café. Louise is a local lass and is looking forward to meeting everyone so if you haven't met her yet please do pop in for a coffee very soon (and perhaps a slice of the delicious lemon drizzle cake).

The builders are busy digging up the island site on Beggarwood where retirement homes and pub are planned – see the Councillors Update on page 5 and SWAG Snippets on page 7.

Vandalism is not something that we have seen a lot of locally so it is sad to read that the maze in the countryside park has become a hazard – see page 7 for more information.

Are you a driver who has a few hours to spare? Basingstoke NeighbourCare is looking for volunteers to help local residents - see page 10 for more information on how you can help. Just an occasional few hours could do wonders to help a local resident.

Sainsbury's have been busy updating their store. The coffee shop is now under new management and a new menu is planned. The magazines have moved to the back of the store close to Argos and there is a greatly expanded range of cosmetics available. See page 20 for more information on our local store.

The next meeting of Beggarwood Bookworms will be held on 11 September at the Hatch Warren Community Centre. Come along and meet Helen Fields whose book Degrees of Guild will be discussed. A fascinating story with an interesting twist.

September is the beginning of a new school year and The Rabbiter wish good luck to all those children starting or changing school and to those off to College or University or maybe starting work.

The Editor

I. Camford Close

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:



Keep an eye out for the web symbol – you can find out more on these articles and possibly others articles we unfortunately had no space to feature at: www.therabbiter.biz



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HATCH WARREN WI

Hatch Warren W.I. welcomed Brian Graham demonstrating the art of 'Candle making' at our July meeting. Brian retired from the NHS and needed a new hobby. Paraffin, bees', jello and soya wax can all be used to make candles. Brian used soya wax as it melts at 45 degrees and comes from the USA. We were then shown how to make a candle and add fragrance and decoration.

This summer members have enjoyed a fun evening with Holybourne Honey's W.I. who made us very welcome at their sixties themed evening, we danced the night away. Completed our 'Blue Plaque' walk around Basingstoke, and in August enjoyed a garden party with food and drink in a member's garden.

September is now here and we look forward to more fun and interesting meetings. Lady Carnarvon will be speaking in October at the Group meeting and we will have a tribute to 'SirTom Jones' at our Autumn Council meeting at the Anvil.

Our next meeting will be on Thursday 5th September where we will welcome Peter Hull 'Gold is More than just a word' – talking about his journey to success at the 1992 Paralympics. We meet on the first Thursday of the month at Hatch Warren Community Centre at 8pm for more information please contact our President Lynette on 07824 535868. Do not sit watching the TV come and join us this winter, you will be made most welcome.



June Meeting

This month's choice was 'The History of Britain in 21 Women' by Jenni Murray. We found this an

interesting read as it was our first non -fiction choice. Jenni chose 21 inspirational women who she felt had contributed much to the development of the arts ,science, culture and the feminist movement. The women chosen included a wide range of novelists, scientists, suffragetttes and politicians. The list included Elizabeth I, Mary Seacole, Jane Austin, Nancy Astor, Mary Quant, Barbara Castle finishing with Nicola Sturgeon all presented in a very readable way. We discussed which of the women's stories had made the most impression on us and many of us felt the horrendous description of the operation and the absolute bravery of Fanny Byrne had certainly left a lasting impression on us. We also thought about who we would have included and felt sport was not represented at all. We would like to include Queen Elizabeth 2nd ,Beatrix Potter, Margot Fonteyn and Amy Johnson amongst many others. We all found this book easy to read as you could pick and choose which chapters interested you the most. This book has inspired some of us to go on and read 'The History of the World in 21 Women '.

We are a friendly group, free to attend and will warmly welcome new members. We meet in the Cafe in the Park and enjoy lively discussion over coffee, wine and cake.

If you love reading then this is the group for you!

Follow us on Facebook - Beggarwood Bookworms email Beggarwood.Bookworms@outlook.com

In September we are very lucky to have an author visit. The wonderful Helen Fields is coming to talk about Degrees of Guilt by HS Chandler her new psychological thriller. Booking essential for this busy event. I I th September Hatch Warren Community Centre

COUNCILLOR'S UPDATE

BEGGARWOOD SURGERY

The CCG has announced that they have a provider agreed to take over from Cedar Medical when the Cedar contract expires in September. The new operator is North Hampshire Urgent Care, who currently run the out of hours service (Hantsdoc) in this area. At the moment it appears that the new contract is only for two years but we must hope that this is extended to provide a sustainable solution for the surgery and patients. North Hampshire Urgent Care have stated that they are committed to improving service at Beggarwood surgery and will be looking to use regular than locum staff.

BRIGHTON HILL ROUNDABOUT

Hampshire County Council has announced that it has secured funding from the Local Enterprise Partnership for the proposed improvements to the Brighton Hill roundabout. As yet there is not a confirmed date for commencement.

HOUNSOME FIELDS

A new, revised planning application for the first tranche of housing has been received. It includes a small reduction in numbers plus a change to the housing mix. At time of writing the application was not yet online but should now be visible on the planning pages of the Basingstoke and Deane website.

HATCH WARREN AND BEGGARWOOD COMMUNITY PLAN

The new group formed to discuss and develop a Community Plan for Hatch Warren and Beggawrood have met a couple of times and are scoping out a consultation to find out what concerns local residents most. There is still an opportunity for anyone who wishes to be involved in the group to join. If you are interested please let me know and I will put you in touch with the Community Officer at Basingstoke and Deane who is assisting the group.

NEW PUB

Hall and Woodhouse, who will operate the new pub planned for the Island Site at Beggarwood, have announced that the pub will be named Kempshott Farm.

DIGESTER

Biogen, operators of the anaerobic digester, have undertaken to change the biofilter on the digester. They have accepted that there is a problem with odour emission and believe that a new filter will improve the situation. I understand that they are aiming to install this autumn, but that the filter will take a little while to kick in before any change can be obvious.

Cllr Terri Ried



WHAT'S ON – SEPTEMBER

Do you have an event locally that you would like to tell				
people about. The Rabbiter reaches over 4000 homes locally				
so is the perfect way to publicise your event. Just email				
details to editor@therabbiter.biz				
Copy date is the 15th of the month preceding publication.				
4 September Community Lunch, Cafe in the Park, see page 14				
7 September Loddon Vale Indoor Bowling Club OPEN DAY				
10am-4pm Basingstoke Leisure Park, see page 12				
11 September Beggarwood Bookworms				
Hatch Warren Community Centre, see page 5				
23 September Cycle Basingstoke 9.30am Down Grange car park,				
see page 10				

- 5 October Basingstoke Variety Show 2019 7.30pm The Anvil
- 12 October Basingstoke Ladies' Choir Annual Concert The Aldworth School, see page 7

Future Events

29 September Hatch Warren Runners Farleigh Wallop 10k Trail Run http://farleighwallop10k.co.uk/ (see page 12)

Hampshire Farmers Markets

Alton – 2nd Saturday of the month Winchester – 2nd and last Sunday of the month

REGULAR EVENTS

Hatch Warren W.I., 1st Thursday each month 8.00pm	
Community Centre (contact Jane Kerry 01256 810255)	
Basingstoke Knit and Natter,	
Every Monday 6.30 – 9pm, Waitrose Café, All knitters, crochet and spinners welcome	ters
The Warren Youth Club, Friday evenings at the Warren	••••
attached to the Community Centre	
Aldworth Badminton Club,	••••
Thursday evenings 7.00 – 8.30pm Aldworth Science College	
Cliddesden W.I., Cliddesen Village Hall, 7.30pm, third Thursd	lav
every month (contact Pat Rampton 01256 461034)	
Old Down & Beggarwood Wildlife Group	••••
Meet every Thursday 10-12noon, Old Down Hall. For	
Beggarwood - usually 3rd Saturday of each month at the Maz	e
www.olddownandbeggarwood.org.uk email: odandbwd@gmail.c	com
Hatch Warren Nature Group,	•••••
contact Paul Beevers, hatch.nature@gmail.com	
Cliddesden, Ellisfield and Farleigh Wallop Horticultu	ral
Society, contact Mrs M Smith (01256 462584) for details	
Laughter House, www.laughterhousecomedy.club	•••••
Hatch Warren Runners, meet Monday and Wednesday at	••••
7.15, Portsmouth Arms and at the Co-op Beggarwood.	
www.hwrunners.co.uk	
•••••••••••••••••••••••••••••••••••••••	• • • • •

BASINGSTOKE HOSPITAL ENTRANCE

Anyone recently visiting Basingstoke hospital will have noticed the restricted road access at the main entrance. This work is involving a complete update of the fracture clinic, which is where patients who have orthopaedic injuries visit for outpatient appointments. This work will increase the space available for patients and clinicians and is very much aimed at improving the patient experience. The changes will also see the plaster room where casts are fitted move to within the fracture clinic. At the same time, a 'self check-in' service will be introduced to speed up the process of letting the team know you have arrived for your appointment.

Because of the safety risks with contractor heavy vehicle movements, for the 8 weeks of planned work, the Trust has revised the access for vehicles dropping people at the main entrance; for those with disabled badges or arriving by foot there is no change, but for the rest, patients can be dropped off either at the side of the hospital near the entrance from the main carpark, or in front of the Sherborne building.

It is hoped that this work will result in the same level of improvement as has been achieved with the changes to the emergency department. These improvements have created significantly more space and a far better environment for patients, especially the paediatric area, which now has child orientated pictures painted on the walls and an abundance of toys. It is very much hopped we can look forward to yet another marked improvement to our local hospital, as it continues to provide the best for the community it serves.

Hampshire Hospitals Foundation Trust

KEMPSHOTT CONSERVATION GROUP

Wildlife Ponds. With dire warnings over climate change and species loss, one has to ask "is there anything I could do"? With the lost of habitat due to the industrialisation of agriculture, the humble garden is becoming more important as a source of food, habitat and shelter for a wide variety of species.

While many people feed the birds, some have planted beefriendly plants that provide a source of nectar. Some have even gone so far as to provide insect hotels for all kinds of solitary bees, wasps and hoverflies. Having a shady spot supplied with piles of wood can provide shelter for frogs or over-wintering hoverflies.

However, one of the most useful additions the garden, so far as wildlife is concerned, is to build a pond. A wildlife pond is one of the single best features for attracting new wildlife to the garden. It is thought that some amphibians, such as frogs, are now more common in garden ponds than in the countryside.

A garden pond does not have to large to be effective. A old washing up bowl sunk in the ground can provide a useful habitat. Repurposed old sinks or even half barrel, ceramic or earthenware planters can be used on a patio. But don't forget to use a pond liner to hang on to the water!

For more information about our activities on Down Grange Meadow, please call Marion Wolstencroft on (01256) 470171. Alternatively, send an email to kempshott-conserve@tiscali. co.uk or visit us at www.kempshottconservationgroup.org.uk



RESTAURANT REVIEW

THE JEKYLL & HYDE A33 Reading Road, Hartley Wespall, RG27 0XA

The sign said "Under New Management" as we drove past a couple of weeks ago en route to Reading so we thought we should go back soon and try it out. The latest licensee has taken the Jekyll & Hyde independent from the Hall & Woodhouse chain.

Madam and I met some friends there for lunch at 12 noon and were very surprised that it was 2.30 pm before we came out. This was not due to poor service, quite the contrary, but the friendly ambiance and the fact that some of us had three courses and coffee made for a leisurely lunch.

Being a Monday the three course special offer at £13.95 had sufficient attractions for Madam to have the mushroom and cheese sauce with warm bread as her starter and I followed suit. My main was scampi and chips accompanied with a mixed salad with dressing, a wedge of lemon and a small ramekin of tartar sauce. Madam had fish goujons with chips and mushy peas. Our friends decided to select from the main menu with him having the 8 oz gammon steak which came with two fried eggs, chips and garden peas while she had Hunters Chicken with chips, onion rings and mixed salad.

Our pudding choices were apple pie with custard for me and Madam had crème

VIKING BADMINTON

Viking Badminton Club members are having a well earned rest this summer after another great season. Their Ladies' and Men's B teams came top of their Divisions in the local Basingstoke and District League. Men's A finished third in Division I, Mixed A finished second in Division I and Mixed B came fifth in Division 2.

Winning the Knockout Cup (which takes place at the end of the season in May) was a fantastic effort by the team, playing against some very tough competition.

Membership is steadily increasing but there's always room for new recruits, particularly if you've played competitively in the past! The season runs from early September through to the end of April.

For full details of new member offers please visit their website: vikingbadmintonclub.org.uk brulee. The husband of our friends had chocolate brownie with vanilla ice cream and chocolate sauce. His wife was replete after her main course so she declined having a dessert.

We, that is Madam and I, had coffee and our drinks had been the usual pint of premium lager for me while she had two glasses of diet tonic with ice and a slice. Our bill came to £37.70 which was good value for money especially considering the good quality food set before us.

The Jekyll & Hyde has several other special offers dependent on the day. Burger and a pint for £9.99 on Tuesdays, curry and a pint for £10.95 on Wednesdays and Thursday is a steak night. These offers start at 5.00 pm.

I was pleased to see on the following Sunday that the hanging baskets, which had looked in a poor state on our visit, had been restored to their former glory as an enticement to the passing traffic to call in and enjoy what this hostelry has to offer.



BASINGSTOKE LADIES' CHOIR ANNUAL CONCERT

For our annual concert this year BLC is very proud to be sharing our concert with Jubilate - a wonderful, prize-winning Choir from London. We shared a concert with them a few months ago and could not wait to invite them to Basingstoke. The concert is on Saturday 12th October at The Aldworth School, Western Way, Basingstoke, at 7.30pm. Tickets are £10 each and are available from Margaret Allen on 01256 325457, on line at https//annual concert.bpt. me and from Shopmobility, Church Street (lower, nr M&S) Basingstoke. There will be a licensed bar. Come and enjoy an evening of entertaining music sung at the highest standard with a few surprises along the way!

SWAG SNIPPETS

Hounsome Fields. New plans for the first phase of building at the very top of the site for approximately 100 dwellings were submitted on 9th August. The only substantive change appears to be the moving of a path from the new houses through to the Roman Road. We're sure the new residents will probably "re-instate" such a path once they're living there! The Planning Officer does not expect approval for another month.

Basingstoke Golf Club The outline planning application for up to 1,100 dwellings has been submitted. See planning reference 19/00971/OUT. SWAG as well as Basingstoke's own Design Team, Environmental Health officers and Tree Officers are all expressing concern over the proposed density. Everyone (apart, of course, from the developer and possibly the Golf Club members) considers that the proposal is far too dense with an excessively urban appearance and difficult, if not impossible to achieve given the number of trees that must be retained. Serious concern has also been raised about the noise reduction proposals.

Island Site The planning application 19/01384/FUL for 45 retirement apartments is being considered. Information is still being required from the applicant and a decision is not expected before September. SWAG has commented on the insufficient provision of parking spaces for residents and visitors.

If you would like to join SWAG email southwestactiongroup@gmail.com

Follow us on Facebook @ BasingstokeSouthWestActionGroupSWAG

BEGGARWOOD MAZE

I am deeply sorry to say that the wooden maze has been vandalised and has become a hazard for the children. The community development plan and the officers are looking at what can be done to this very well used provision.

Please email Cllr.dan.putty@basingstoke. gov.uk with your suggestions for the site.

Cllr Dan Putty



7

AMB BROOKS



Legal Eye B

No Fault Divorce: Q&A With A Divorce Lawyer

The Government confirmed earlier this divorce process then it will continue year that divorce laws will be changed, under the current rules and you will removing the need for one party to be at 'fault' for the marriage breaking down.

Our specialist Family Law Team answers some frequently asked questions on No Fault Divorce:

"When will these changes come into place?"

Government at the moment we aren't expecting anything to happen soon. We would hope to have an update in the Autumn/Winter of this year.

"I have already started divorce proceedings, will this affect me?" If you are already going through the not be affected.

"I am considering divorce, should I wait until the new rules are in place?"

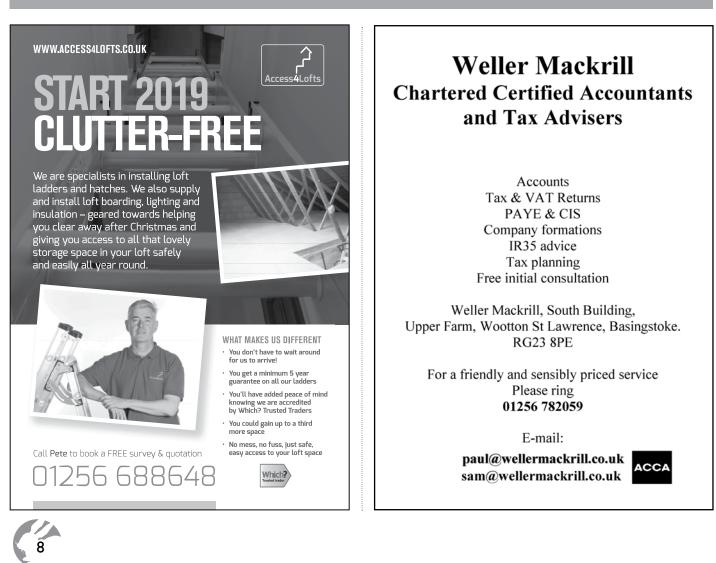
If you have already made up your mind on getting a divorce then there isn't really a need to delay the process. With a fair amount happening in There is unlikely to be any major time or financial benefit to waiting for the new laws to come into place. Lamb Brooks already practice under Resolution's guidance, meaning that where ever possible we work with clients in a dignified and non-confrontational manner, using alternatives to court.

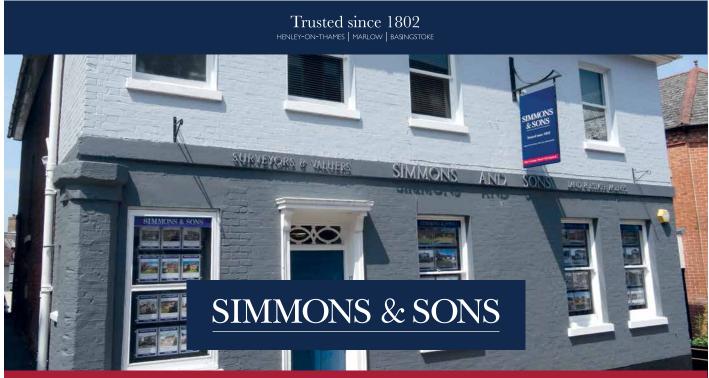
"How will the changes make the divorce process better for separating couples?"

The removal of apportioning 'blame' to one party can help make the process less confrontational. Obtaining a divorce could be made much quicker too, as couples will no longer have to wait 5 years to formally separate without attributing fault or blame to one another.

If you are looking for advice or further information on separation, divorce or any other family legal matters then please get in touch with our Family Law Team on 01256 844888 or email enquiries@lambbrooks.com

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9

CYCLE BASINGSTOKE

Easy Ride for Green Week 23 September

Cycle Basingstoke campaigns for infrastructure that makes cycling easy and safe. You can read about our campaigns on at www. cyclebasingstoke.org.uk or contribute to the facebook page.

We also want to start a social section for easy rides and meet ups at a local pub or cafe. If you are interested please email secretary@ cyclebasingstoke.org.uk or text 0758333 6879. On Monday 23 September there is a led ride to Lasham Garden Centre for coffee dep. 9.30 am prompt from Down Grange car park off Pack lane. I to $1^{1}/_{2}$ hours each way on quiet roads. Arrive early to sign on or register by email/phone secretary@cyclebasingstoke. org.uk 0758 333 6879.

Wednesday 25 September Social Meet up for coffee at Jolly Olly's (10.30 - 11.30)

Thursday 26 September Social Meet up at the Fox, Ellisfield for lunch (12.30 - 1.30)

BASINGSTOKE CAMERA CLUB

A new exhibition of photographs will open on Saturday 31st of August at the Basingstoke Discovery Centre in Festival Place Basingstoke. The exhibition, entitled "The Creative Eye" comprises photographs from near and far, showcasing work by members of the Basingstoke Camera Club. The exhibition is open during normal Discovery Centre opening hours. Running until Saturday 14th of September, this free exhibition is a must see for anyone interested in photography.

Basingstoke Camera Club always welcomes new members, whether novices or advanced photographers. The club meets every Thursday, September to May at Oakridge West Community Centre. For further information on Basingstoke Camera Club visit our website: www.basingstokecameraclub.co.uk

DO YOU HAVE A FEW HOURS TO MAKE A REAL **DIFFERENCE IN YOUR COMMUNITY?**



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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.

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	Full set of extentions			28.00	100		
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	Eyebrow tint			8.00			
	Eyelash tint			10.00	11		
	Eyebrow shape and tint			14.00	500		
	Eyebrow and lash tint			16.00			
	Eyebrow and lash tint and eyeb		pe	24.00			
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	Spray Tanning			20.00	2.		
	Full Body Face, arms and legs			20.00 12.00			
	race, arms and legs			12.00	1		
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61.2	Full leg	22.00		12.00			
	Extended bikini line	18.00		30.00			
100	Half leg, bikini and underarm			39.00			
	Underarm	10.00		15.00			
	Half arm	8.00		8.00			
127	Ears	8.00	Back	19.00			
1							
	Nikki Rosario www.rosariosbeauty.co.uk						
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PROBUS VISITS THE ROYAL MILITARY ACADEMY SANDHURST

What a day to remember! It had been over a year since booking our place but a party of 29 consisting of members and their wives/partners of the Probus Club had a wonderful experience as they were present at the Commandant's Parade at the world famous Royal Military Academy in Sandhurst.

The whole day was one to remember of history, pageantry and military precision. The proceedings took place in and around the Old College building and on the parade ground outside. Starting with coffee in the Indian Room, with wonderful stained glass windows depicting British military history, the party, along with around 2,000 other guests, went outside where two large stands had been constructed completely under canvas. Between them was the dias for the salute to be taken by the Commandant as he reviewed the parade of the Officer Cadets, some third of whom were at the end of 12 months training before commissioning as an officer in today's army.

While the majority were British, there were several foreign nations on parade as Sandhurst is recognised as one of the world's premier officer training institutions. One American cadet had previously stated that while West Point in Virginia is a university Sandhurst is the place to go to learn to be a military officer. There are typically over 90 Overseas Officer Cadets from up to 40 different nations at Sandhurst at any time. Since 1947, over 4,800 young people from 120 different countries have trained alongside British Officer Cadets, reinforcing the ties between the British Army and the Armies of our friends and allies.

At this Parade, of four top awards two were for Overseas Officer Cadets – the International Sword was presented to a



Cadet from Ukraine and the International award went to a Cadet from USA. The recipients are clearly heading for high office. We were told that there are today twelve world leaders, either political or royal heads of state who had attended the Royal Military Academy, Sandhurst.

The breakdown of those at the academy has I 2% female, 80% graduates and 70% public school where the tradition of the army cadet force generates interest in following a military career. Many of the tutors are NCOs who bring real army experience and were visible on parade in charge of the various sections as they marched past the saluting dias of the Reviewing Officer. The band of the Parachute Regiment provided a varied programme of music throughout the Parade.

The audience had to stand on several occasions as certain parts of the Parade dictated which gave a feeling of being involved in the proceedings. Gentlemen had to remove their hats and any in uniform had to salute. The Commandant and his party inspected the Parade and the Sovereign's Platoon presented Arms following which they trooped the Sovereign's Banner. The Parade marched past in slow and quick time and then in review order. The Commandant addressed

the Parade and then presented the awards.

At the end of the Parade and when all the Cadets had marched off the Commandant and his party walked across the parade ground and after thanking the band went up the steps and through the portico entrance into the Old College. The Adjutant who had been on horseback throughout the proceedings most impressively rode his horse across the parade ground and up the steps and through the large doorway of the Old College a tradition started in the nineteenth century.

Afterwards the Probus party had lunch in one of the many restaurants used by the troops before being taken on a guided tour of the various rooms in the Old College and later outside to visit the Church of England chapel in the grounds. This contained many wall plaque memorials to fallen officers in VVVI. Modern casualties were commemorated with carved wooden displays.

This had been a full day revealing many aspects of the history and tradition that lies behind the training of an officer in

today's army. The discipline and skill shown on the parade ground will leave an abiding memory.



LODDON VALE INDOOR BOWLING CLUB OPEN DAY

Saturday 7th September 10am-4pm

Basingstoke Leisure Park, Churchill Way West, Basingstoke, RG22 6PG

Tel: (01256) 356507 E-mail: info@loddonvaleibc.co.uk This is an opportunity to enjoy some light healthy indoor exercise for all ages and meet new friends.

Bowlers of all ages are welcome, we have a very strong junior section from 8 years of age onwards.

New members are always welcome with

tuition available on the day from one of our fully qualified club coaches, or just join us for a tea or coffee in our comfortable air conditioned premises that include a bar and catering facilities.

We look forward to meeting you on the day. We are a non-profit making club









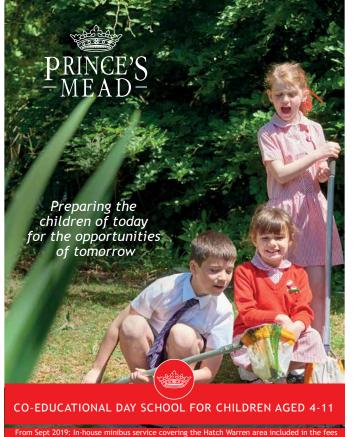
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OPEN AFTERNOON 22ND MARCH 2019, 17TH MAY 2019 1.30PM - 4.00PM No appointment is necessary, we look forward to welcoming you to Prince's Mead 01962 888000 admissions@princesmeadschool.org.uk www.princesmeadschool.org.uk



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GREATER AWARENESS DOUBLES THE NUMBER OF LPAs



Caroline Wallis

The number of Lasting Powers of Attorney registered in England and Wales has more than doubled in the last three years.

That is according to the Office of the Public Guardian (OPG) which published its annual report in July.

Figures show that as at 31st March 2019, 3,847,008 LPAs had been recorded compared to 1,870,393 in March 2016.

Caroline Wallis, Head of the Wills and Probate team at Phillips Solicitors puts this down in part to a greater awareness of the importance of setting up LPAs.

She said: "This is a significant rise in the number of LPAs. With an aging population as people live longer, there also seems to be a greater awareness of conditions such as dementia."

"LPAs certainly have an important part to play in looking after vulnerable people, particularly with the elderly and those with medial conditions."

An LPA is a way of giving someone you trust the legal authority to make decisions on your behalf

should you lose mental capacity or if you are worried about managing your affairs in the future. This person is called an Attorney.

You can have more than one Attorney and these can be anyone you chose such as family members or close friends. Clearly, they should be people you trust explicitly.

There are two different types of LPA. One covers decisions about your property and finances and the other covers decisions about your health and welfare. You can choose to have one or both.

The LPA will only be valid if you have the mental capacity to set it up and have not been put under any pressure to create it.

Caroline said: "We recommend that everybody has an LPA in place as mental capacity can be lost or diminish suddenly, as a result of a serious accident or suffering an illness."

If you would like to discuss setting up an LPA, please contact Caroline Wallis by calling 01256 854637 or by emailing caroline.wallis@phillips-law.co.uk

More information about our wide range of legal services can be found at wwww.phillips-law.co.uk

Café provide the Park Beggarwood Community Centre, Broadmere Road, Basingstoke, Hants. RG22 4AQ Hall bookings: (01256) 811262

What's On?

4th - Community Lunch 11th - Beggarwood Bookworms Meet the Author: Helen Fields (held at Hatch Warren Centre) 13th - Quiz Night

OCTOBER

2nd - Community Lunch 23rd - Beggarwood Bookworms Friendly Craft Group Card & Cuppa every other Friday.

SAVE THE DATE CAROLS IN THE PARK DECEMBER 19TH. DO NOT MISS

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Book via Hatchwarren Centre EMAIL: office@hatchwarren.org



Every Friday from 10am - 2pm Join us for board games, craft activities, and a natter!



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Basingstoke Blues Club

in association with the Basingstoke Railway Social Club Station Approach, Basingstoke RG21 5NB presents

Saturday 21st September Paul Cox and The Proof

On their 40th anniversary tour.

Paul has a reputation as one of Britain's finest Blues/ Soul singers, having played with Paul Jones, Ray Charles, Eric Clapton, Paul Rodgers and Bonny Tyler to name a few.

Future Dates: October 26th Backbone Blues Band.

All welcome - 8pm till late. £8 on the door. Licensed bar and Low Prices. Profits to Brain Tumour Research – Charity number 1153487.



OLD DOWN AND BEGGARWOOD WILDLIFE GROUP

We have had some wonderful hot days this summer which most likely is the reason for seeing a really good number of butterflies on both Beggarwood and Old Down. The weekly butterfly count on Old Down shows that the numbers so far this year are above average – such good news. There is a noticeable increase in meadow browns and

gatekeepers. Also seen in the summer months – large white, brown argus, common blue and painted lady. The painted lady species migrates north from sub-Saharan Africa to Europe and the UK but they can also breed here. They have a wide range of food plants, thistles being preferred – and we have many on Old Down and Beggarwood. This year in the UK, the weather and food sources are providing ideal conditions for the painted lady resulting in very large numbers being spotted across the country, particularly in the south west and Scotland. Experts say that we are currently seeing a wave of home-grown painted ladies which seems to happen every ten years or so, the last was in 2009. So we have seen more on the sites this year but sadly so far not "a wave" – but many more could be seen during August and September. So keep a look out for this largish orange butterfly.



Brown Argus





Spear Thistle

Work Parties: Please come and join us – doesn't have to be every week. For Old Down, we meet outside Old Down Hall every Thursday 10-12 noon. Always check our website just in case there is a cancellation or change. Currently we have no volunteers for work parties on Beggarwood. If anyone is interested in volunteering for Beggarwood then please contact the Group to discuss. These work parties could be weekly or monthly and any day of the week.

Painted Lady

Internet: www.olddownandbeggarwood.org.uk Email: odandbwd@gmail.com



BASINGSTOKE CONCERT BAND

are returning to stage their very own

PROMS CONCERT

Sat 21 Sep 2019 at 7:30pm

Sherfield Park Community Centre (RG27 0FP)

featuring Guest Soprano: HELEN CLUTTERBUCK

t: £10 (U16's free) available from: Group members; Sherfield Park Community Hall on the night; 07503 881241 (Tim); e: https://ticketlab.co.uk/event/id/3300

Programme includes music from the films Moment for Morricone and Where Eagles Dare plus the traditional British patriotic pieces Rule Britannia, Jerusalem and Auld Lang Syne

With flags in abundance, come and join in the PROMS celebrations Bar available



LIVING WITH A LUNG DISEASE

f @thebvs2019

Did you know that one in five people in the UK has a diagnosed lung disease?

basingsto

There are so many different things that can be wrong with your lungs, so many different treatments but one thing they tend to have in common is the impact they have on a person's life.

After diagnosis you may feel isolated. Work, hobbies and socialising may become limited. It's difficult for friends and family too when you are unwell.

It's not all doom and gloom though. If you are needing advice, want tips on coping with breathlessness or how to claim benefits help is out there.

The British Lung Foundation Helpline is a good place to start, (tel : 03000 030 555).

If you prefer to speak face to face, have some ideas to pass on or just want to meet other people living with lung conditions you can come along to **The Breathe Easy, British Lung Foundation Support Group.**

We meet in **Christ Church, Chineham at 2pm-4pm** on the last Tuesday of each month. We're a lively group, where you and a friend, carer or family member will be made welcome. Guest speakers each month talk on subjects such as health and wellbeing.

We chat over tea and biscuits, share knowledge and make friends. We also have outings as a group, go out for a meal, have a summer garden party and a plate party at Christmas.



Why not come along and give us a try?

BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

The Chairman, David Cowling, welcomed 40 members and 3 visitors to the meeting on Wednesday 7 August and gave apologies for those unable to attend. The Secretary, Tony Brazier gave details of the forthcoming trips and asked that those going on the River Trip and Mystery Trip complete and return their lunch choices. He also gave out a list of possible trips for next year and asked that people indicated which ones they would be interested in going on. From this the committee would prepare the 2020 programme.



The speaker this month was Paul Whittle who gave a talk about the life and times of "The Lady with the Lamp". This was of course Florence Nightingale who was born on 12 May 1820 into a wealthy and wellconnected British family at the Villa Colombaia, in Florence, Italy, and was named after the city of her birth. Florence's older sister Parthenope had similarly been named. The family

moved back to England in 1821, to the family's homes at Embley, Hampshire and Lea Hurst, Derbyshire. She underwent the first of several experiences that she believed were calls from God in February 1837 which prompted a strong desire to devote her life to the service of others. She worked hard to educate herself in the art and science of nursing, despite opposition from her family and the restrictive social code for

affluent young English women. In 1853 she took the post of superintendent at the Institute for the Care of Sick Gentlewomen in Upper Harley Street but it is her time at Scutari during the Crimean War for which she is best known. Her forcefulness gave rise to a great change in the care of wounded soldiers and to improvements in nurse training and hospital care here at home. She suffered from bad health for most of her life but lived to 90 years old dying on 13 August 1910.



The group's next outing is a Thames trip from Abingdon to Oxford, with lunch at the Duke of Monmouth, on Thursday 12 September: Then on Friday 11 October it is the Mystery Trip which includes elevenses, lunch and afternoon tea.

The next meeting is on 4 September when the speaker is Alan Copland on Eccentric London (part 2). The group meets on the first Wednesday of each month at Brookvale Village Hall from 10am to 12noon and all retired Civil Servants, their relatives and friends are welcome. Further details about the group and information about our trips can be obtained by contacting csrfbasingstoke@gmail.com.

David Cowling

Hatch Warren Community Centre ...

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

FAST TRACK TO FIREWORKS ... EARLY BIRD DISCOUNT

Guarantee your place at Hatch Warren & Beggarwood Community Association's Fireworks Extravaganza on **Saturday 2nd Nov**. Last year we **SOLD OUT** of our 4,500 tickets and had to turn away many on the night. Not only do we have our outstanding display, starting promptly at 7.30pm with lively music from DJ Mark Halliday, but we will also have food and drink stalls and a licensed bar, along with light up novelty toys and children's funfair rides to keep everyone of all ages entertained. So fast track your tickets and ensure you don't miss out on the only display in Basingstoke. **Fast track tickets** are available exclusively to HWBCA members only from 2nd to 30th Sept **from our office** at a discounted price of: **Adult £7**

Child/Senior £3 (child 0-15 years) Family £17 (2 adults plus 2 children up to age 15)

Not a member, then why not join? Annual membership only costs £10 and entitles you to lots of discounts on our festivals and hall hire charges. Membership is available to anyone living in RG22 or RG23 postcode areas - it only takes a couple of minutes to join, see our website for more details.

Fireworks tickets will go on sale to the general public from **1st October** through ticket source, via our website and from the office, all tickets still available will be priced at:

Adult £10

Child/Senior £4 (child 0-15 years) Family £22 (2 adults plus 2 children up to age 15)

So, for a fab night out with your family and friends get your fast track tickets now!

COACH TRIPS

- NEW this year Westfield Shopping Centre, Sat 23rd Nov, £20pp
- Bath Christmas Markets, Sat 30th Nov, £21pp
- Mary Poppins, Thur 6th Feb 2020, £85pp
- All tickets non-refundable

Registered Charity Number 1161117 find us on | facebook Hatch Warren Community Centre



Location: In the Lounge Date & Time: Monday 10.00-11.30am Price: £3.50 per family (adult plus 2 children – additional child £1)

- Informal and friendly drop in session come along, grab a coffee and make new friends, a chance to be sociable and have fun in a relaxed and stress free environment
- Suitable from birth to 4 years
- Crazy craft, messy play, sensory toys enjoy a juice and snack, all sessions finish with 'song time'
- Our qualified and dedicated staff, led by Louise, have a wealth of childcare experience and bring lots of passion and enthusiasm to the group

Returns Mon 9th Sept





A fun & stimulating pre-school session focused on funky dance, high-energy movement with props, games & developmental learning.

WEDNESDAYS In the Lounge: 10.00am & 11am £6 drop-in per child £20 pre-pay for 5 weeks From walking to 4 years!



Space are limited, priority will be given to those who have paid in advance

BOOK YOUR SPACE phone 01256 811262 or email office@hatchwarren.org www.hatchwarren.org

Staff are fully qualified and DBS checked. Registered Charity Number 1161117

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FRIDAY NIGHT TERM TIME YEARS 6-8 YOUTH CLUB ACTIVITIES (see below)

Sept/Oct 2019 Programme 6.00 to 7.45pm

Tues 29th Oct	Halloween Streetz! Halloween Party night			
25th Oct	DJ decks, make your own heat bags plus sausage and chips			
18th Oct	Pool competition and confidence/self esteem session with biscuit making			
11th Oct	Just Dance competition and doughnuts			
4th Oct	Sumo suits and waffles			
27th Sept	5-a-side football, science with skittles and ice cream bar			
20th Sept	Nail bar and temporary tattoos, healthy relationships session plus nachos			
13th Sept	Zorb balls and milkshakes			
6th Sept	Manhunt and burgers			

FREE ENTRY FOR ALL YOUNG PEOPLE

WOW!! What a summer that was!! A big thank you to all of you who joined us for Summer Streetz 2019 (and there was a lot of you). It was incredible from start to finish. We also want to thank everyone who came to run sessions with us including:

- Happy Feet Dance Academy
- Reading Rockets
- Wild Inspirations Creations
- Shin Gi Tai Martial Arts Academy
- Burghclere Football Club
- Ian who ran our brilliant rugby session

Huge thank you to our main supporters Clarion Housing, BDBC, HCC CSI Grant Stream (funding) and of course all our wonderful volunteers who came and helped out - it would not be possible without you heroes!



FRIDAY NIGHT TERM TIME AGES 13+ OPEN ACCESS & HEALTH HUB

Health Hub Programme - 8.00 to 9.30pm

We are open Fridays 8pm-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:

6th September : Mental Health Awareness 20th September : Healthy Relationships 4th October : Alcohol Awareness

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

We are here

We hope everyone is looking forward to the first term of the new school year. We especially hope all our year 7's have settled into their new schools well. We know it can be scary moving into a new year group so we just want to remind all our members, of all ages, our youth workers are always happy to listen. So if anyone needs someone to talk to, even if it's just to moan about all their homework, we are here and will always do our best to help. (We can't do your homework for you though!)

Halloween Party

Yes you read right we are open Tuesday 29th October! A chance for everyone to test how scary their costumes are at our Halloween party and to take part in some spooky fun!

<u>Goodbye Jo</u>

We said a happy but sad goodbye to our youth worker Jo over the summer. Sad because we will miss her, but happy because she is leaving us to have her baby! We are sure you will join us in wishing Jo all the very best.

Feedback

If there is a session you really want us to do again, or have a new idea to suggest, please let us know. We love to get feedback so we know we are offering the activities you all enjoy [©]

Sainsbury's

Our Values Make us Different

150 Days Community Volunteering



We've recently kicked off our community volunteering programme, running until October 23rd, with our friends at Inspero. They're based behind Kempshott Village Hall and run a fantastic food to fork scheme encouraging young people the values of eating healthy food.

Our colleagues will be volunteering every Wednesday at the gardens, helping Catherin Waters-Clark and her team keep the gardens in tip top shape.

We've also secured some trees to plant with Inspero, courtesy of the Sainsbury's partnership with The Woodland Trust. For every dozen, free range eggs sold at Sainsbury's, I p is donated to the Woodland Trust. The partnership is now entering its I 5th year, having raised over £8million.

During that time over 3million trees have been planted, enough to cover 3000 football pitches or 48,000 tennis courts.

You can find out more about planting your own tree, via this scheme, at this link.

http://www.woodlandtrust.org.uk/our-partners/corporatepartners/sainsburys/a-tree-for-all/

The trees we've requested for the planting are classed as Working Wood Trees and, include varieties such as rowan, silver birch, wild cherry, common oak, field maple and grey willow.

Sunflower Lanyards

Following successful trials at several stores, we're delighted to welcome an initiative called Sunflower Lanyards.

Customers with hidden disabilities, can request a lanyard from our colleagues at the customer services desk when they start their shopping. Our colleagues have been trained to keep an eye out for these lanyards and, where appropriate, offer these customers additional assistance with their shopping.

Sainsbury's are the first UK retailer to embrace this initiative at all their stores. So, no matter where you choose to shop with Sainsbury's, the lanyards will be available, with colleagues ready to assist. You can find out more, by following this link.

https://www.about.sainsburys.co.uk/news/latestnews/2018/14-08-2018-lanyards-trial



TIME TO GET CREATIVE – BMAF 2020 PROGRAMME DEADLINES ANNOUNCED

It may be another six months to the festival weekends themselves, but the 58th running of the annual Basingstoke Music and Arts Festival (BMAF) is already well underway.

BMAF is Basingstoke's unique annual celebration of Music and the Arts. Disciplines include Brass, Recorder, Strings, Woodwind and Singing plus the added ingredients of Drama plus the spoken and written word. It doesn't matter if you are nine or ninety, there's an opportunity for everyone to participate.

The first entry deadlines, for Band, Choir, Ensemble, Orchestra, Strings and the Creative Writing Sections, are on Monday 16th December 2019. Entry deadlines for remaining disciplines are on Thursday 16th January 2020.

The three, themed, 'Festival Weekends' will take place on 7th/8th, I4th/I5th and 2Ist/22nd March next year. The Gala Performance Concert, featuring the overall winners of ALL the 2020 competitions, is scheduled for Sunday 26th April. All events will take place at Queen Mary's College, Basingstoke.

Full details are available in the BMAF 2020 syllabus available now as a FREE printed booklet. If you prefer, you can download as a PDF, or view on-line at the BMAF website: http://basingstokemusicandarts.org.uk . For details of the individual competition categories, click on the 'Sections' TAB.

To request a copy of the BMAF 2020 syllabus, please email jeanfilkin@hotmail.co.uk the BMAF secretary.

Let the Festival begin!

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SPIRITUALLY SPEAKING

My name is May Barker and I am the new Vicar at Immanuel church which is at St Mark's Primary School. I have been in post since July and am beginning to find my way round all the roundabouts. All I can say is thank goodness for Sat Nav! I am married and have a son who is studying at Exeter University.



I was born and grew up

in Chandler's Ford. After leaving school I trained as a Nursery Nurse. I have had a variety of careers including being a live in nanny, a teaching assistant, a healthcare assistant in the outpatients department at Winchester Hospital and a sales assistant in a pharmacy. Working with people has always been at the heart of my working life.

Being a vicar is not something I initially saw myself doing but God, who knows me inside out, began to encourage me to take a step of faith and to become more involved in the life of the church. I can remember laughing when my vicar suggested I should train as a Licensed Lay Minister, but he had planted a seed which over time led to the realisation that God was calling me to this ministry. I began my training in 2008 and found a real fulfilment in my new role. Over time I discerned that God was calling me to take another big step, this time to ordained ministry. I began a further two years of training at Sarum College in Salisbury. In 2016, I was ordained at Winchester Cathedral. I moved to Southbourne in Bournemouth to undertake three more years of training as a curate. At the end of my curacy I felt God calling me to serve in Hatch Warren and Beggarwood at Immanuel church.

My licensing service at the beginning of July was a time of great celebration. Scarlett, a pupil from St Mark's school wrote, "This was a very special event for Reverend May and others. It was also a very special evening for us as we welcomed her into our community. I particularly enjoyed singing with the choir, as it made us feel special too. Welcome Rev May I hope you enjoy it at St Mark's as much as I do."

I have a Teddy Bear called Marcus who has been into the school, church and community. Marcus and I enjoyed our visit to the Summer Festival at the Hatch Warren Community Playing Fields and meeting people. Please say hello if you see me out and



about and I look forward to meeting you and working closely with the community and school. I would love to hear from you about how the church can support the community so please contact me.

Immanuel church meets on Sundays at 10am where you will find a warm welcome.

Blessings,

Rev May 07922 516761

revmay@immanuelhwb.co.uk





Lively worship every Sunday at 10.00am. Weekday activities.

Immanuel Church

Church Centre, St Mark's School, Danebury Road, Hatch Warren All Enquiries to: 01256 351862 www.immanuelhwb.co.uk

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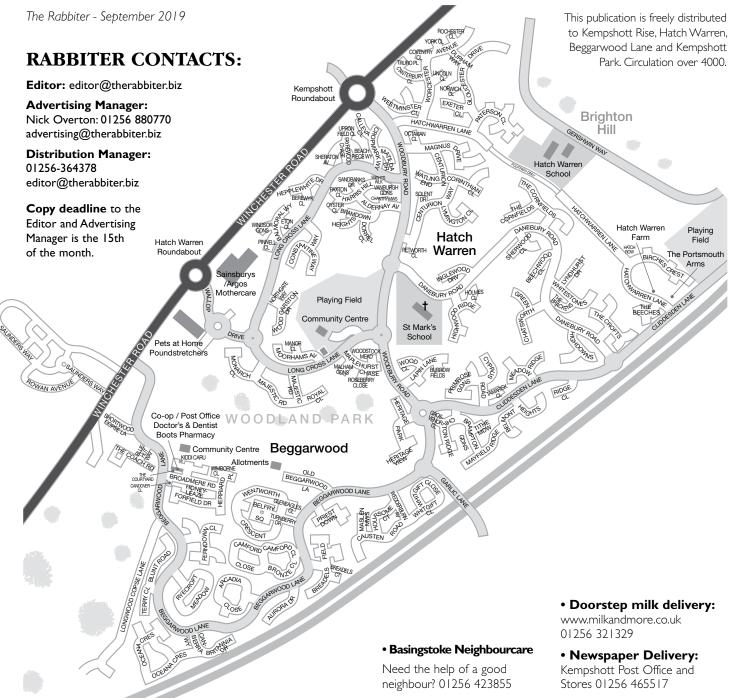
BASINGSTOKE DISCOVERY CENTRE

To book a place, you can order online from https://www. hants.gov.uk/shop/home.php, or visit Basingstoke Discovery Centre in Festival Place, or call 01256 478670.

To find out more about Basingstoke Discovery Centre and Hampshire Libraries visit www.hants.gov.uk/bsdc

https://twitter.com/BasingstokeDC

https://www.facebook.com/BasingstokeDC



• Representatives:

• Councillors:

County Council:

Stephen Reid, 34 Centurion Way RG22 4TJ 320860 email: Stephen.Reid@hants.gov.uk

Borough Council:

Rebecca Bean, 12 Arcadia Close, RG22 4AJ 07506 570926 email: cllr:Rebecca.Bean@basingstoke.gov.uk

Terri Reid, 34 Centurion Way RG22 4TJ 320860 email: cllr:Terri.Reid@basingstoke.gov.uk

Dan Putty, | Gloucester Drive, RG22 4PH 356650 email: cllr.dan.putty@basingstoke.gov.uk

Member of Parliament

Hatch Warren: Maria Miller email: millerm@parliament.uk

• Health: **Doctors' Surgeries**

Acorn Health Partnership Western Way - Tel: 479747 Mon-Fri 0800-1830

Broadmere Road Surgery -Tel: 396500

Mon-Fri 0830-1800 (answermessage when closed)

Chemist

Boots Pharmacy Broadmere Road - Tel: 398927 Mon-Fri 0900-1800 Sat/Sun closed Lloyds Pharmacy, Sainsbury's



Health Visitors

Tel: 376483

Child Health Clinic

The Community Centre - every Wednesday 10.30 - noon. All Welcome.

Dentist

Broadmere Road - Tel: 391391

• Library:

465102 - HCC mobile library every Tuesday evening St. Mark's CE primary school from 4.40pm to 6.40pm.

Post Office

Sat 0900-1500

Co-op Broadmere Road: Sun-Sat 0700-2200 Kempshott Post Office and Stores 01256 465517 Mon-Fri 0800-17.30

Local Police Contacts:

Community Safety Patrol Team 01256 844844

Email: cspo@basingstoke.gov.uk

Hampshire Constabulary 101

Crimestoppers 0800 555111

• Churches:

Immanuel C of E Church (in St. Mark's School, Danebury Road) 10.00 a.m. every Sunday All enquires to: 01256 351862

Hub Community Church Every Sunday at The Apollo Hotel

Contact Dan Wake or Margie Mendelsohn 01256 316010 connect@hubcommunitychurch.org www.hubcommunitychurch.org

• Buses:

See page 24



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1730, 1745, **1800**, 1815, **1830**, 1845, **1900**, 1915, **1930**, 1945, **2015**, 2045, **2115**, 2145, **2215**, 2245, **2315** *Sundays:* 0815, **0845**, 0915, **0945**, 1015, **1045**, 1115, **1145**, 1215, **1245**, 1315, **1345**,

1415, **1445**, 1515, **1545**, 1615, **1645**, 1715, 1815, 1915, 2015, 2115

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Monday to Friday: 0531, 0604, 0611, 0634, **0636**, 0657, **0658**, 0714, **0716**, 0734, **0736**, 0754, **0756**, 0814, **0816**, 0834, **0836**, 0854, **0856**, 0914, **0916**, 0934, **0936**, 0954, **0956**, 1014, 1016, 1034, 1036, 1054, 1056, 1114, **1116**, 134, **136**, 154, **156**, 24, **1216**, 1234, **1236**, 1254, **1256**, 1314, **1316**, 1334, **1336**, 1354, **1356**, 1414, **1416**, 1434, **1436**, 1454, **1456**, 1514, **1516**, 1534, **1541**, 1559, **1601**, 1619, **1621**, 1639, **1641**, 1659, **1701**, 1719, 1721, 1739, 1741, 1759, 1801, 1816, **1819**, 1834, **1836**, 1854, **1901**, 1924, **1931**, 1954, **2001**, 2039, **2101**, 2139, **2201**, 2239, 2301,2339 Saturdays: 0649, 0709, 0739, 0746, 0809, **0816**, 0834, **0836**, 0854, **0856**, 0914, **0916**, 0934, **0936**, 0954, **0956**, 1014, **1016**, 1034, **1036**, 1054, **1056**, 1114, **1116**, 1134, **1136**, 1154, 1156, 1214, 1216, 1234, 1236, 1254, 1256, 1314, 1316, 1334, 1336, 1354, 1356, 1414, 1416, 1434, 1436, 1454, 1456, 1514, 1516, 1534, 1536, 1554, 1556, 1614, 1616, 1634, 1636, 1654, 1656, 1714, 1716, 1734, 1736, 1754, 1801, 1824, 1831, 1854, 1901, 1924, 1931, 1954, 2001, 2039, 2101, 2139, 2201, 2239, 2301, 2339 Sundays: 0831, 0909, 0931, 1009, 1031, 1109, 1131, 1209, 1231, 1309, 1331, 1409, 1431, 1509, 1531, 1609, 1631, 1709, 1741, 1841, 1941, 2041, 2141

No. 12 Service – via Brighton Hill) (No Sunday service) Buses will leave Bus Station: *Monday to Friday*: 0710, 0920, 1020, 1120, 1220, 1320, 1420, 1520, 1620, 1725, 1815, 1915 *Saturdays*: 0750, 0920, 1020, 1120, 1220, 1320, 1420, 1520, 1620, 1725, 1815, 1915 Buses will leave Sainsbury's: *Monday to Friday*: 0733, 0943, 1043, 1143, 1243, 1343, 1443, 1543, 1643, 1748, *Saturday*: 0815, 0947, 1047, 1147, 1247,

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HATCH WARREN RUNNERS



Couch to 5K - they did it!

After 8 weeks of hard work, sweat and a few tears we had 14 graduates of our C25K course at Basingstoke parkrun on 29th June. Chris Sandle, Claire Coyles, Dahlia Basham, Emily Veall, Gemma Louise, Helen Heath, Jamie Garrett, Kim Hills, Laura Robinson, Nicola Leddington, Ruth Mortlock, Tracy Sandle, Vicki Mason and Vicki Osbourne all completed our course. It was an honour for us to be part of the beginning of your running journey and we'd like to extend a very big and very public announcement of congratulations to you all!



Getting our 'plog' on

Throughout July and August Jane Ladenburger, Simon Parker, Cerys Byrne and Lisa Hotten have been heading up mini-teams within HWR to do their bit for the environment and community by 'plogging'. The concept is simple, yet so effective. It is literally jogging (or walking) and picking up litter; basically cleaning up while you exercise. It's been a fantastic team effort - well done to our club ploggers!

Summer is about enduring the heat and the distance!

The biggest Hatchie event of the year so far was Endure24. Yes, this event is as relentless as it sounds! Teams and soloists ran consistently for 24 hours over the weekend of the 15th/16th June. As a club we ran a total of 2,700 miles. Alex Lee, Paul Fielding, Paul Simpson, Lin Wylie, Elliott Holt, Jeff Mitchell, Rory Horseman, Rob Kershaw and Adam McCartney took on the solo challenge clocking up 575 miles between them. Chris Furness from HWR teamed up with Mark Slaney from BMHAC to show true cross-club camaraderie and finished first in the male pairs category running a total of 170 miles. Our speedy ladies' team 'Does my bum look fast in this?' who were Danielle Butler, Alison Ammundsen, Becky Lloyd, Rhianna Stanley, Ruth Hayward, Sarah Evans and Rachel Mills finished second in their category.

The Hampshire Hoppit is a tough terrain course so well done to Marc Bancroft, Liam Williams, Lorna Martin, Phil Gordon, Denise Hill, Fiona Bone, Kelly Fount, Gary Jones, Alan Vallis, Andy Brace, Chris Furness and Paul Forder for completing the full marathon. At Race to the Stones, a 100km (62 mile) race over two days, Rory Horseman, Kelly Fount, Fiona Bone, Nalini Ramachandram, Lorna Martin, Lin Wylie, Denise Hill and Phil Gordon finished the course. We had some first time ultra-marathoners this summer too with Richard Heath completing the 100km Chiltern Challenge and Ruth Hayward and Rhianna Stanley finishing the 50km Serpent Trail race.

Adam McCartney took on the Dartmoor Prison Break challenge which is a 24 hour 'as the crow flies' event starting at midday from the actual prison where he managed to 'escape' by running 76.7 miles.

This is SPARTA!

Well....actually, it's not; it's Hatch Warren Runners, but in July our 300th member joined the club (hence the 300 reference!) This is the biggest membership we've ever had, but we still maintain that close, friendly and supportive club ethos. We're an allinclusive club who simply love running. For more information, please visit www. hwrunners.co.uk, our Facebook page or email enquiries@hwrunners.co.uk.



HATCH WARREN BEGGARWOOD CYCLING CLUB

It's nearly the club's 4th Birthday!

HWBCC has grown and grown over those 4 years

During the summer months we get an influx of new members who either haven't been on a bike for years or haven't ridden with a club and fancy a change. Did you know that HWBCC has over 170 members! ranging from 18 to over 60!

So, how would you like to join the friendliest club in Hampshire?

Have you ever thought about joining a cycling club?

Have you thought about getting back on your bike?

There are loads of reasons why you should:

I. Get to know the area : Each month, as well as organising some of the best weather (maybe!), we've also planned some amazing rides around Basingstoke and the surrounding area.

2. Get to know new people :We have over 170 members and it's great to get to know people both on the bike and off it at our many coffee & cake stops!

3. Get Smiley : HWBCC isn't just about cycling... it's more about the community and the smiles that it brings to its members. Come sun, rain, snow, sleet, wind or whatever the weather throws at us, our members are always smiling.



4. Get healthy : As long as you don't eat too much cake, can there be too much cake?, cycling can be beneficial to your health. Some of our members have lost loads of weight and some are probably fitter now in their 40s & 50s than they were in their 20s!

5. It's not just for the serious cyclist - we have cyclists of all abilities and our rides vary from distances of 8 miles to 50... so something for everyone.

We pride ourselves on being inclusive to all riders who are over 18 years of age, and we are equally proud of our unofficial club motto which is 'no one gets left behind'. So please don't get left behind and 'Come ride with us' (which is our real motto!)

More details can be found on our website www.hwbcc.org or on our facebook page facebook.com/HWBcc. **Come ride with us!**

HOWARD PARK BOWLS CLUB

We are now in the middle of the outdoor bowling season so June and July has been a very busy time for our bowlers at Howard Park B.C.

On Wednesday 26 June Howard Park hosted the Kath Mcfauld Pairs Competition, a North Hampshire Women's Bowling Association competition. Entries came from Clubs around North Hampshire. This was an all day event from 9.30am to a completion at approx. 5.00 pm so it was a long but very successful day. The semifinal winners on the day were Yateley B.C. and Alton Social B.C. and they will meet in the Final on 2nd September at Cove B.C. As part of our 50th Anniversary



celebrations we hosted a friendly match playing other clubs from the Basingstoke & Deane Bowling Assoc. This involved teams from Thornycroft, Andover, Oakley and Marnell. The top rink on the day was Thornycroft running out worthy winners. A Friendly Match on Saturday saw us playing away at Odiham Bowls Club where we had a close victory of 96 – 94. On Sunday 30 June Howard Park bowlers played in a fun competition for members, the Fantastic 5s competition with eventual winners being Terry Crame, Christine Sellers, Ken Weedon, Don Shepherd and David Collins. Also, for the first time at our Club we played a game of Crown Green which was fun and enjoyed by everyone.

On Sunday 4 August, we had the pleasure of the Mayor of Basingstoke & Deane, Cllr. Diane Taylor visiting us to officially reopen our "new" Clubhouse.

You are most welcome to come along to our drop in sessions every Monday 2.00pm – 4.00pm and Tuesday 6.00pm – 8.00pm. Or contact Alan Tait 01256 329493 – Mob.0739 2064252 if these times are not suitable for you.

Remember - Don't give up doing things because you are getting older – you get old when you stop doing things.

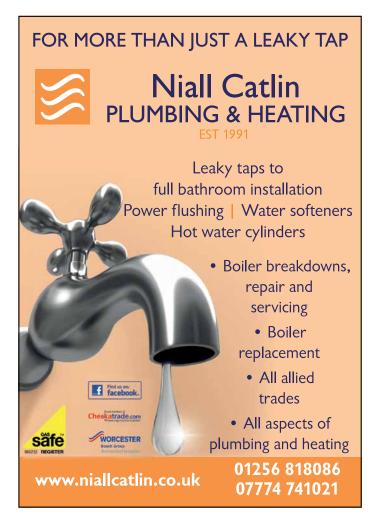
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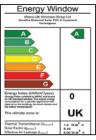
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