

POPLEY MATTERS

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February 2013

Distribution of 5,000

Issue 132



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles & adverts (5pm 15-02-13) editor@popleymatters.org.uk



Editor
Jane Frankum

Message from the Editor:-

February, and Valentine's Day on the 14th of this month. Will you be celebrating or sending cards? I wonder if there are more sent via the computer than the old fashioned card. My dear late husband always made me a card. Oh how I wished I had saved them. All through the year I would find little love messages I really miss him so much. We shouldn't need a special day to say I love you..

After all the indulgence of Christmas there is some healthy living advice on pages 9 and 23 Mind you if you had the awful viral flu like myself and son Paul and suffered with the symptoms like us you would have lost a few pounds over the couple of weeks of being ill.

On page 15 Sentinel are running courses to help you with looking to boost your confidence or looking for a new job.

The questionnaire that went to the residents of Marnel Park, Merton Rise and Oxford Way got a very good response rate. The results are on the opposite page. There are some really good ideas from the residents. The sooner the areas can be adopted the sooner improvements can be made. Popley Matters had emails about the non-gritting of the roads but this was the duty of the developers. Old Codge has had a pretty rough time lately but still manages to write his page. I know from comments from our readers they love to read his page and have a chuckle with him. His wife has a great sense of humour too and even helps him to edit his articles. Next month a young lady Ellie will be starting to write for us. She is only ten and a half so I hope you give her a Popley welcome.

If you want to write an article or be one of our wonderful volunteers contact me by email jane@popleymatters.org.uk or phone 819924 or write to Popley Matters 405.Abbey Road, Popley, RG24 9EL.



Sub Editor
Paul Frankum

The views in this publication are not necessarily the views of the Editorial Team, the members of the committee, or Popley Matters.

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Marnel and Merton Community Group News

Marnel and Merton Community Group (MMCG) has spent the last few months gathering and analysing the results of the community plan questionnaire that was circulated last year. Here are some of your thoughts:

We asked what is great about living in our community.

You said:

- you like the design of the houses;
- you value our open spaces;
- you appreciate our access to the countryside and nature;
- you like our children's play areas; and
- you think our community is peaceful.

We asked you what you didn't like and would like to change.

You said:

- There is a shortage of parking and a problem with inconsiderate parking on the estate;
- Too many cars speed through the estate;
- There is poor maintenance of landscaping and green spaces;
- There are inconsiderate dog owners who do not clear up their dogs' poo;
- There are poor quality and overgrown footpaths;
- There is no postbox in our community; and
- There is very slow broadband speed.

Some suggestions you made for shaping the future:

- Mark out parking bays to maximise space and to improve enforcement illegal parking and make plans to stop inconsiderate parking;
- Enhance traffic calming measures to reduce the speed of traffic through the estate;
- Increase the number of litter and dog poo bins on the estate and notices reminding people to use them;
- Develop a community garden on the estate;
- Have more benches in the open spaces in our community;
- Get a post box on the estate; and
- Increase the information around the estate about the wildlife especially the great crested newts.

There were some people who expressed an interest in getting involved with projects that improve our local community. We would like to create resident task forces to work on projects which will aim to:

- improve parking and traffic;
- organise community events and develop involvement;
- improve the litter on the estate; and
- develop a community garden.

If you would like to feedback your thoughts on our findings so far or are interested in becoming a member of MMCG please contact the committee at Committee2013@hotmail.com or contact Stephen Bate, Community Development Officer, on 07500 987638 who can put you in touch with the group.

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Councillors Page: Myself and Paul attended the exhibition on the proposed layout of Phases 3 and 5 for Merton Rise. All the residents I spoke to were very positive and commented that it was a much better and more open layout than Marnel Park. There is a much better provision for parking, less courtyard and more parking within sight of each property. more allotments and open spaces. a few bungalows were included and no builds over three storeys high. we had been meeting with Hampshire County Council for several years to formulate a good scheme and learn from mistakes made previously across the borough. The comment most expressed by the visitors and residents I have spoken to was that they wanted the development to get started "The sooner it starts the sooner it will be finished" and "We don't want to see the travellers back on that site". "If they had started that development we may not have had the threat to the fields in Kiln Farm". I spoke at the Planning and Infrastructure meeting on the choice of available sites and the committee are recommending to the cabinet holder to reject using this site, Another victory another battle won but we still need to win the war!

At the last full borough council meeting I brought up the need for a formal path from Speckled Wood Road through to Tobago Close for the journeys to the shops and school.

We continue to push for the adoption of Marnel Park, and it is starting to move forward now.

Cllr Jane Frankum 01256 819924 jane.frankum@hants.gov.uk

Popley West: We are still pursuing the Post Office to get at least one post box in Marnel Park. It is amazing that it is so difficult to get something so basic!

There was a huge amount of debris and litter dumped in the pond area and especially by the newt corridor by Barrington Drive. It was cleared away but it was disappointing to see that anyone would treat it with such disrespect as it is the rare site for the protected newts. We contacted the Highways to ask that the new surfaces in Tintern, Buckfast, Fountains, and Romsey were swept as there were a lot of loose chippings. We have had some more salt/grit bins put on the list to be located in Popley. We had phone calls asking us to pass on thank yous for the hard work that was done to keep the roads open when we had the snow last month.

The Kiln Farm pre inquiry appeal is on 19th February so we need residents to write to the planning department asap to give their objections especially any new evidence. The full enquiry is due to start on 30th April and is set for 8 days ***Cllr Jane Frankum 01256 819924***

Cllr Paul Frankum 01256 819924

Popley East: All the Popley Labour Councillors are concentrating our efforts on preparing for the public appeal on the Kiln Farm development which David Wilson Homes are intent on pursuing despite massive public opposition and as many as 450 dwellings will be built with massive implications for the people of Popley.

We need your help to stop this development and letters of objection should be sent to the Planning Department of the Council as soon as possible. The appeal is scheduled to be heard at the end of April 2013 almost certainly in the Civic offices and we will send out additional information on this nearer the time.

Our position is not helped by the fact that the Council is including the site in the site selection process and is earmarking it for development so our defence at the appeal is already undermined by this. Jane spoke at the selection on behalf of all your Labour Councillors at the consideration of sites meeting. We are against its inclusion. All of this relates back to the unlawful action of the current administration in not including Manydown in the sites to be considered 7 years ago.

Cllr David Potter tel.07941507801

Cllr Viv Washbourne tel.07900890088

Happy New Year from the Popley Safer Neighbourhood Team:

The last quarter has been fairly quiet in Popley. The main priorities, the team have been working on, were: Ball games/ASB in Abbey Road. Many patrols in the area have helped to reduce incidents. Drug issues continue in Popley with new information on possible drug dealing/using areas. We will continue to tackle this ever present problem. ASB in and around Sark Way has continued despite many patrols and agency input.

On the 9th of Jan- The Popley Safer Neighbourhood Panel met for the first quarterly meeting of 2013: The PSNP voted on the 3 new priorities for Popley and these are:

1) Drugs issues throughout Popley 2) ASB/trespass and criminal damage in Sark Way 3) ASB and criminal damage in Marnel Park. *New*

The following members were in attendance at the meeting:

PC Dan Carter (Chair), PCSO Dan Banks, CSPO Dan White, Mr Jones, Mr Kumar, Councillor David Potter, Councillor Viv Washbourne. Several apologies from other members who couldn't attend due to illness. Tis the season!

In Other News: There have been a number of suspicious incidents in Popley lately and the below article below makes reference to these. The article was copied from the Hampshire Police website:

Police Seek to Reassure Parents Following Suspicious Incident in Basingstoke

Published: Friday, December 21, 2012

Police have concluded their investigation into a report of a suspicious incident in the Popley area of Basingstoke this week.

It was reported that a 10-year-old boy was approached by an unknown man near to Marnel Junior School in Popley on the afternoon of Wednesday, December 19, and that the man tried to put his arms around the boy from behind.

Detectives have fully investigated the circumstances surrounding this incident and it is not being treated as an attempted abduction.

Officers have spoken with the victim and his family at length and are satisfied that there was no attempt by the man to take the boy away.

Detective Inspector Ben Chivers said: "Reports of this nature are clearly worrying for parents, but please be reassured that we take them extremely seriously and will investigate them fully.

"Speculation and rumour, particularly on social media sites, is not always accurate and sometimes causes more alarm.

"We are aware of concerns in the local community about these type of incidents. We will always share as much information with parents as we can as quickly as possible. However, we have to carry out various enquiries to establish the circumstances."

If you notice anyone behaving suspiciously or have any concerns, please contact your local Safer Neighbourhoods Team officer on 101.

For the latest updates from the team, copy: psnp.zapd.net into the google browser. Here you will find news stories and photo's relevant to our work.

Regards

PC 20686 Dan Carter 

Popley Safer Neighbourhoods Beat Manager

[PSNP Website](#)

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Whats on in February

MONDAY: 9.30am-12.00pm Little Rainbows (child minders)
7.30-10.00pm Peregrinus Healing and Holistic

TUESDAY: 9.30-11.00am Popley Little People
AFTERNOON AND EVENING AVAILABLE FOR HIRE

WEDNESDAY: 9.00-11.00am Slimming World
9.00-10.45 am Quit Smoking Clinic
12-2pm Oasis Lunch club
5.30 and 7.30pm Slimming World

THURSDAY:

AVAILABLE FOR HIRE

FRIDAY:

DAY TIME HIRE AVAILABLE

6.30-7.45pm MCF Youth Club - age 5 to 10 years

8.00- 9.15pm age 11 plus.

SATURDAY:

AVAILABLE FOR HIRE

SUNDAY:

MCF - Contact Pastor Phillip Keble on 462351 for times of services.

4.00pm Beginners - Phoenix Dog Training Club

5.00pm Improvers - Phoenix Dog Training Club

Melrose Community Hall is available for you to hire for birthdays, wedding receptions, and conferences and regular groups. Please Ring Vicki Jackson on 01256 420676 for more information or e-mail us at Melrosehall@btconnect.com

You can also find us on facebook: Melrose hall.

Merton Rise Development Exhibition

Following the outline approval of the development at Merton Rise, a reserved matters application was submitted to the Council in November 2012 relating to the introduction of Phases 3 and 5 of the scheme, involving the erection of 238 dwellings and associated parking, allotments and open space provision. During the course of the consideration of application, the applicants met with Officers of the Council and the Local Councillors to discuss the proposed scheme. During the course of this meeting it was recommended by Cllr Mrs Jane Frankum that a local consultation event should be arranged to ensure the local community is fully aware of, and has the opportunity to comment upon, the proposals.

The consultation event was arranged at Popley Fields Community Centre on 17th January and was advertised in community halls and via the community magazine Popley Matters and a flyer delivered to each household.

Around 40 people attended the exhibition and all were positive and wanted to see the development started. Members of the public said they did not want to see the illegal encampments of large numbers of caravans as in the past. The improvements on parking and layout were welcomed and the local Councillors asked that fast speed fibre optic broadband could be implemented at the building stage of utilities. They also requested post boxes. All the forms filled in were positive including comments from the Headteacher of the local junior school.

It is hoped that the formal planning application will be considered within the next few weeks.



MFC Popley Youth staged their belated Christmas Club outing to The Camrose in January to see Basingstoke Town v Staines Town in the Conference South.

57 MFC players and their families helped boost the gate to 550, the highest of the season for Basingstoke Town, who thrilled spectators with a 3-1 home win.

Despite the cold and wet it was a fab day out - 43 of the players formed a Guard Of Honour for the players as they came onto the pitch and the other 14 took part in an exhibition match on the pitch just after the final whistle.

MFC's 12 teams continue to acquit themselves well. At U7s in the non-competitive Peter Houseman Youth, Manager Andrew Mark Hopley's team is making good progress.

At U8s Andy Williams' three teams are also doing really well, also in the non-competitive Peter Houseman Youth.

At U9s, Warwick Sear-Jarvis' squad continue to make progress in the competitive Peter Houseman Youth League Navy Division.

At U10s, Lee Austen's team recently beat Winklebury Wizards Red 5-1 in the Peter Houseman Youth League Blue Division.

And Tom Bartlett's Panthers recently won their third game of the season in the Peter Houseman Youth League White Division, 3-1 away at Andover New Street Saints.

At U11s, Russell Graves' boys are doing well in the Peter Houseman Youth League Orange Division.

And at U12s, Danny Oates' Peter Houseman Youth League Premier Division outfit is in the semi finals of the PHYL Cup.

At U13s, Paul O'Shea's team continue to push for promotion from the Peter Houseman Youth League First Division after a 6-2 win on the road at Thatcham Town Harriers White.

And at U14s, Dave Wright's boys lie third in the Peter Houseman Youth League First Division following a 3-0 win at Burghfield.

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Health and Wellbeing

Healthy Recipes????

Do you have a healthy recipe that you would like to share or perhaps a recipe which uses up overripe items or left over items in the fridge? If so then please send them to me at claire.leaney@basingstoke.gov.uk .

On Your Bike

Getting on your bike regularly not only gets you where you want to go faster, it protects you against a wide range of ill health problems and also makes you feel better. Forget traffic jams and problems with parking – riding your bike provides real door to door travel. Like all exercise, cycling can de-stress you and give you more zest for life.

Cycling is particularly good because it puts little strain on joints such as ankles and knees. It not only helps to shed those extra pounds, but also helps increase muscle tone and reduces the risk of heart attacks.

It's great for everyone

Cycling fits in with your daily life. Spend time with the family at the weekend, or go "off road" in the evening. It's an activity you can enjoy at any level.

There's no time like the present to start. Cycling is an activity for all seasons and in our mild climate there are few days too hot or too cold to enjoy being on a bike.

Anyone can ride a bike; once learned, never forgotten. Start off on flat roads or paths and build up slowly. For suitable routes near to your home visit some of the websites listed below or give us a call on 01256 844844 for a brochure.

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www.basingstoke.gov.uk/services/transport/cycling/cycleroutes

Health Quotes

If I'd known I was going to live so long, I'd have taken better care of myself – Leon Eldred

When it comes to eating right and exercising, there is no "I'll start tomorrow" as tomorrow is disease. – Terri Guillemets

Health is like money, we never have a true idea of its value until we lose it - Josh Billings

A good laugh and a long sleep are the best cures in the doctor's book – Irish Proverb

Beaver Scouts of 1st Popley Scout Group

THE last year has been very busy for the Beaver Scouts of 1st Popley Scout Group. Our numbers have grown and we now have new leaders who offer us fun and exciting things to do every week.

We have a structured meeting each week where we learn things, work towards badges and play games and sing songs. We have earned many badges over the year including our Experiment badge where we created explosions using peppermints and diet coke, and our Safety badge where we learnt about safety in the home and found out all about the worldwide Scouting family.

Beaver Scouting doesn't just happen in a hall! Our leaders have taken us to the fire station and police station and we have seen all round them – the firemen taught us about safety in the home and let us climb all over the fire engines and the police lady let us try on the police uniforms and helmets. Another week we went to the Scarecrow festival at The Vyne to see all the scarecrows, including ours, entered into the Scarecrow Festival. We also went to Build a Bear Workshop where we created ourselves a group mascot who we named “Rocky”.

We have joined all the other Beavers in Basingstoke East for fun and games too. We went on a trip to Paultons Park to see Father Christmas and went on a lot of the rides – the log flume was our favourite. Some of us joined in the District Sleepover at JJ's soft play centre as well as attending a Jubilee Street Party and campfire to celebrate the Queen's Diamond Jubilee.

Beaver Scouting is for boys and girls aged between 6 and 8 and is great fun! We have a few spaces and would welcome a few more members. For more information, the easiest way to contact us is via email to 1stpopletbeavers@googlemail.com when one of our leaders will respond to you.

Orchid Society

We are the North Hampshire Orchid Society who meet on the 3rd Sunday of the month (except Jan) at the East Oakley Village Hall 2.00 for 2.30 - 4.40/500pm.

We are holding our spring Orchid show on 17th February. Doors open 12.00 - 4.00pm. There will also be a few craft stalls. 3 orchid societies will have displays and orchids will be on sale from a professional grower

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Basingstoke & North Hants Model Railway Society

We have organised 25 Model Railway layouts and over 20 trade stands for yet another brilliant show.

Lots of layouts with so much to see for everyone, young and old.

Full details of the show are as below. I would be grateful if you could give us a mention in your events calendar.

9 & 10 March (Sat & Sun)

Basingstoke Model Railway Annual Show

Hosts: Basingstoke & N Hants Model Railway Society

Location: Aldworth Science College, Western Way (off Brighton Hill roundabout), Basingstoke, RG22 6HA

Times: 10:00 – 17:00 Sat, 10:00 – 16:00 Sun

Prices: Adult £5 Concessions £4, Family (2+3) £14

Website: <http://bnhmrs.hampshire.org.uk> Free car parking.

See website for bus from Basingstoke railway station.

Merton Junior School

We have had a fantastic start to the New Year. The cladding of our building is almost complete and it is looking brilliant. This week the snow has added a fun dimension to learning – our children were all wrapped up warm and enjoyed making snowmen on Monday.

Year 3 are looking at Myths and legends, year 4 the Egyptians, Year 5 & 6 are doing a book study 'The boy in the girl's bathroom'.

Willow class were very lucky at Christmas because Miss Leather and Miss O'Donovan adopted a Snow Leopard for the class through the World Wildlife Fund. Willow's Leopard lives in the Himalayas', he is one of only 3000 left in the wild and the money will go towards his protection. Willow class will receive regular updates on his progress and wellbeing. Have a look at their 'Snow Leopard' display and their Snow Leopard toy...

Keep up to date with all our activities and fun at our website: www.mertonjuniorschool.co.uk



The Everest Silver Sherpas

(formerly the Over 50s Club)

Hello all, and best wishes for 2013.

As you can see, since last month we have finally decided on a name for our group. (We're very democratic and held a vote from all those suggested by the members). We had quite a laugh when the list went up. Amongst the suggestions made had been the "Everest Boomers" (as most of us are from the baby boomer generation), and "The Old Fogeys' Club". The Everest Silver Sherpas, very deservedly, won the most votes!!

We started the new term with a bit of a work out to get rid of those excess pounds by doing some Zumba Gold which was specially programmed for our older bones. We continued the term with Ballroom Dancing and our Wine Tasting Club. Both of which were great fun!

Remember we meet every Friday between 3 and 5 pm. If you don't want to join the main activity we have use of the gym and the sports hall. We are often joined by Academy students who are eager to partner us in table tennis or badminton and there is always a cuppa and biscuits available for those who just want to socialise in the community room.

If you want to know more, then please telephone Dean or Danielle on 01256 337573.



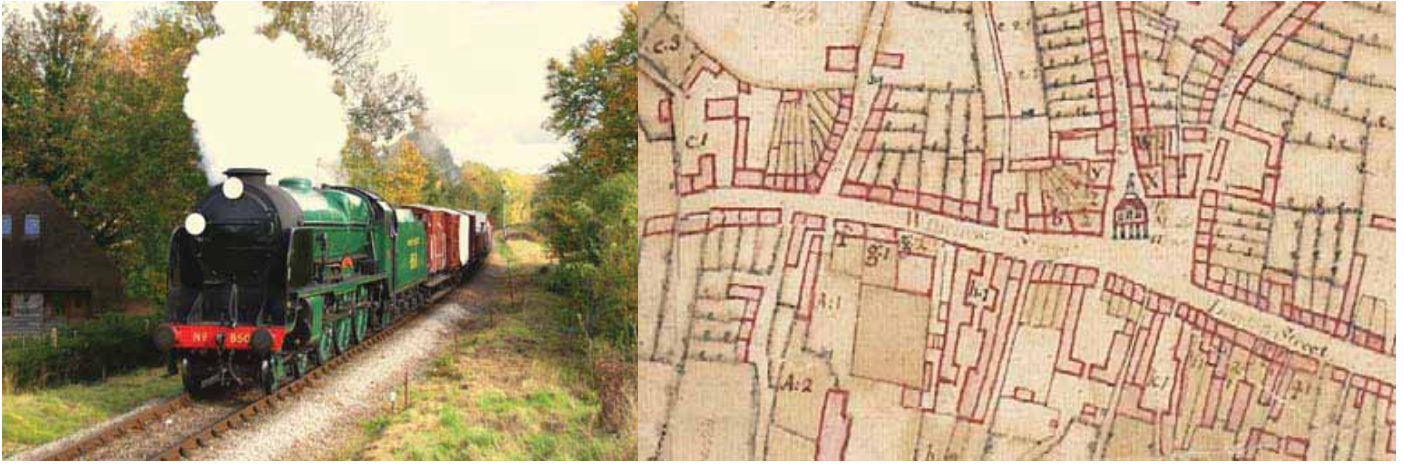
Marie Curie Cancer Care Daffodil Day

Happy New Year and thank you very much for the generosity at Chineham Shopping Centre last year; we raised £811.29!

Marie Curie Cancer Care provide nursing for seriously ill people with cancer in the comfort of their own homes. Unfortunately they are unable to provide nurses in Basingstoke but they do have nurses in other parts of Hampshire. They also use the money to pay for research into Palliative Care which is shared with other organisations.

The major fund raising event of the year is the Daffodil Days which is the 2 March this year. If you can spare an hour or more to help please call 023 8026 3123. Thank you.

February at Basingstoke Discovery Centre



Viewers of the BBC's *The Train Now Departing* will be interested to know that a volunteer of 30 years from the Watercress Line is visiting on Thursday 7th (2pm, £3). Using original film footage he will talk about the early years of the railway, how volunteers have kept the line running and what the future holds for preserved railway.

National Libraries Day falls on the 9th so to celebrate this special day, Barry Cunningham – best known for discovering and publishing the first *Harry Potter* book – will be visiting to talk to you about his career with Harry Potter, Roald Dahl and publishing company the Chicken House (2pm, £3). The Discovery Centre will also have a number of model railways in the building, courtesy of the Basingstoke & North Hants Model Railway Society, and a Scrabble tournament throughout the day.

Later in the month passionate traveller Mike Braide will recite a selection of diverse poems on the 21st (2pm, £3) that reflect the theme of 'travel' - expect verse ranging from Rudyard Kipling to Pam Ayres!

For kids aged 6 – 10 (22nd, 11am, £5) and 11 – 15 (22nd, 2pm, £5), an experienced film-maker will be running stop-motion workshops using only LEGO and your child's imagination to make a short film – devised entirely by the children. These so-called *brickfilms* have become an internet sensation and are sure to satisfy creative young minds.

Historic maps play an important role in local and family history research and the team have noticed a recent surge in enquiries. A map expert from the Hampshire Record Office will be visiting on the 26th to talk about what information you can glean from historic maps of the area and a member of the Basingstoke team will introduce you to items available in the Discovery Centre. For anyone interested in local and family history research, this talk will be a real eye-opener (2pm, £3).

A season of biographical films continues in February, all of which are free to watch on our big screen. Ben Kingsley stars in the story of Mahatma Gandhi on the 14th (2pm) and the life of Howard Hughes is portrayed by Leonardo Di Caprio on the 28th (2pm). Entrance is free - simply arrive for 2pm. For those interested in how films 'work', a 'Beginner's Guide to Film' course kicks off on the 1st March that unlocks the mystery of movies in an easy and enjoyable way. The cost is only £30 and takes place on Friday afternoons.



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Sentinel





BASINGSTOKE LIONS CLUB

Website www.basingstokelions.org.uk

As ever, December was a very busy month for us all as we attend to the seasonal jollities and family re-unions. For Lions it is doubly so as we had a very busy schedule for our major fundraising schedule collecting donations outside of supermarkets etc. We had set ourselves the target of raising in excess of £2,500 as we had identified worthy recipients in the local areas for assistance in the Christmas celebrations. I am pleased to say that, notwithstanding a couple of cancellations for bad weather, our Christmas static float collections exceeded our target. My thanks to all of you who assisted us in our aims by making a donation. Our website report contains a number of excellent photographs of this fundraising operation.

Our Christmas dinner meeting is a time when we can invite friends and well-wishers to attend the meal in relaxed and convivial surroundings as a way of saying thank you for all their help throughout the year. Whilst the members work hard we are all very aware that without the continued help and support of our partners and friends we would only achieve a fraction of the projects that we undertake in the year. 53 persons sat down to an excellent meal provided by Test Valley Golf Club Catering department. As the club is currently 16 members strong you will readily appreciate the scale of our indebtedness to our friends and partners.

On the welfare front, our donations to a number of entities broadly matched our Christmas tin collections. These were very well received and helped to improve the seasonal cheer of many groups of persons currently under-going various forms of hardship. In addition the Lions are assisting a small IT based club for the blind and partially sighted. This newly formed club helps the blind to gain confidence and succeed in the IT field plus providing a social gathering point for an increasing number of persons. Many of you will have read recently of the "Make Molly Mobile" campaign which was orchestrated by an employee of ASDA. Whilst a local newspaper erroneously gave all the credit to that supermarket firm, in fact there were many contributors to the project including a not insignificant donation from the Lions Club. We were very pleased to help.

Looking forward to the New Year, we have already identified several worthy projects to help those in our community and doubtless as the year progresses many others will be brought to our attention. Needless to say we cannot help if we have no funds. So we have already started planning for our fund raising events for the 2013 season. On the 9th of March we will be holding our annual Swimmarathon. This is a popular event and gives all competitors the opportunity to split the funds raised equally between the Lions and a charitable cause of their choice. So schools and PTAs should think about this event to help boost their own resources as well as having a lot of fun on the night.

Again in March, on 16th we will again be holding the first of this year's Quiz evenings. Again a very well-run event with an emphasis on enjoyment for all levels of competitors as previous reports of this series of notes will testify. On 23rd March we will be running the first of our concert series. The Apollo Big Band will be providing an evening of big band music for all you "baby boomers" and followers of melodies, so get in the mood and mark these dates on your calendar.

All our events are fully reported and promoted on our web site – so there is no excuse for missing out on our fundraising events.!!

Last but by no means least may I wish you all a happy and prosperous New Year.



Headquarters:

Base 2000 Carpenters Down, Popley RG24 9AE

Group Scout Leader: Colin Karlake 01256 410559

Scout section: Andy Welham-Jones 07971 491 145

Cub Scout section: Douglas Gowan 01256 412326

Beaver Scout section: Eve Alexander 01256 346510

Beavers are back to a more normal routine after all the excitement of Christmas. They are looking forward to joining with other Beavers from across Basingstoke East District at the Beaver Snowman's Ball at the end of January. They have also been finding out about countries overseas as part of the Group's Global Challenge Award. Future programmes will take them out-of-doors as the weather improves (or when the snow arrives!) The Beaver section is in need of a new Assistant Leader as the previous leader has had to cease working with the section due to work commitments. The role would suit someone who enjoys working with children aged between 6 and 9 years. For more details contact the Group Scout Leader Colin on 07796 772 500 or the Beaver Scout Section Leader Eve on 07790 018 171. Parents of potential recruits are advised to add their child to the waiting list at using alexander.yvonne@sky.com.

The Cub section is also working on the Global Challenge Award. Did **you** know there are over 28 million scouts in the world and only six countries do not have a Scout organisation? In January the Pack had a visit from one of the Council's Recycling Officers who told them what could be recycled and what happens after recyclables leave our homes and work places. Another week they explored how an engine works. Coming events include the District Chess competition and Six-a-side Football. The Cub section is open to boys and girls aged between 8 and 10½ years. Contact for new recruits is Douglas - akela@thescoutingpages.org.uk

The scout section is open to young people aged from 10 ½ to 14 years. Details of the programme for the spring session was not available at the time of going to press. Contact for new recruits is jean-paul.keetch@bmwfin.com

A meeting about the proposed Explorer Scout Unit based at Base 2000 took place at the end of January. Anyone interested in joining the Unit (for those aged 14-18years) should contact Colin Karlake on 07796 772 500 colink@base2000.co.uk

Please consider offering your services as a leader with the Beaver Scout section. Additional leaders for other age groups are also welcome and would enable the Group to expand its provision. No previous experience necessary; a full adult training and support programme exists. It is a requirement of the Scout Association for leaders to hold a valid CRB clearance. Contact Group Scout Leader Colin Karlake 07796 772 500 colink@base2000.co.uk

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The Basingstoke Lions have an interesting and varied programme of four new shows all at Queen Mary's Hall in 2013.

23 March: The Apollo Big Band. 25 musicians plus singers reliving the swing era.

4 May: The Heritage Band. 30 musicians plus singers. An original project thought up by Neil Streeter of BATS fame featuring local musicians and players. Light classics, film, show and radio music.

28 September: ABBA Sensation playing their alternative 70s themed concert

23 November: Forever Queen. The Queen tribute Band from Portsmouth.

All shows are reasonably priced at £12 and there is a discount of £2 per show if you sign up for three shows or more.

All proceeds go to deserving causes in the locality as identified by the Welfare Committee of The Lions Club.

**Tickets for all shows are available from Maurice Hockley on 01256 421867
Email mauricehockley@hotmail.com or from Toucan Travel Chineham Shopping Centre.**

Dear Friends

As I write this I am looking out over a snow covered St Gabriel's car park and its pathways. As the old joke goes "I like the snow it makes my garden look like everyone else's." On Friday I went sledging with the grandchildren on the hills of the park at the top of Popley Way. It was such a great time and there were so many other families that there was also a great sense of community fun. This was something I had not done since I was a boy and didn't I know it on Saturday morning!

In spite of all that I guess that as we settle into the routine of this New Year what is uppermost in many people's minds is the continuing grim news on the economy. For many there is a great deal of anxiety and uncertainty about what the months ahead may bring. Each day we hear on the news of major companies reducing their work forces; house prices falling and familiar names on the high street closing their doors for the final time. In the past two months we have seen the demise of Comet, Jessups, HMV and Blockbuster with the loss of almost 10,000 jobs across the UK.

Over the Christmas period I had many conversations with folk who were concerned for themselves and their families. It seems that the bedrock of our society, those institutions that we once felt formed a solid foundation are not so secure and there is a sense of discovery that these things, if anything, seem to be built on sand. In spite of the 'talking up' even the politicians seem to come across with a sense of hopelessness to halt the slide!

I believe strongly that our present situation is the consequence of buying into that free credit economy that we were all encouraged to do not so very long ago. It is inevitable therefore that at some time there would come a point of collapse and the fallout would touch all of us in some way to a greater or lesser extent.

Over the Christmas season many of St Gabriel's services were full! This is in part, due to those anxieties and the real desire to find where true bedrock lies. What foundation is there that cannot be shaken, that we can rely on in times of crises? Where is the hope for the future?

The Christian message is one of hope! The baby in the manger (Jesus) would grow to become the man who would hang on a cross for the sin of humankind and who would rise again from the dead and who has promised to return in all the glory of God. It is an unchanging, eternal message of hope for each and every one of us that has the capacity to sustain us whatever we face in our daily lives and to transform us too.

In February we hope to be running an Alpha Course at St Gabriel's. It's an opportunity for you to discover for yourself that hope that lies in the Christian message and the true bedrock and foundation of life. Please do feel free to come along or call me for more information. Let me close with these words I read recently:

Money can buy medicine, but it cannot buy health,
It can buy a house but not a home,
It can buy companionship but not friendship,
It can buy entertainment but not happiness,
It can buy food but not an appetite,
It can buy a bed but it cannot buy sleep,
It can buy a crucifix but not a Saviour
It can buy a good life but not eternal life!

As ever, be blessed.

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A Lasting Power of Attorney – helping you to safeguard your future

A major concern for many elderly people this year is the recent disclosure that government funding for nursing homes and support for the elderly has been cut by almost a fifth. With a rapidly ageing population, this situation is only likely to get worse and serves to highlight the need for everyone to plan for their retirement.

Making adequate financial arrangements is only one safeguard for care in old age, but what would happen if you or one of your family members were to become mentally or physically incapacitated? Who would manage your everyday finances?

Many people believe that their next of kin would automatically be able to take care of these matters, but this is not the case. You must have a Lasting Power of Attorney already in place or your next of kin will have to make an application to the Court of Protection to become your Deputy – which is a lengthy and costly process, whittling away at your finances. Indeed, the person appointed by the Court to handle your affairs may not be the person you would have chosen and could even be a Court Official who will make a charge every time they act for you.

That is why having a Lasting Power of Attorney is important. Whilst a Will defines how your assets are distributed when you die, a Lasting Power of Attorney is a document that you prepare, while you are mentally capable, to appoint someone of **your choice** to act for you should you become incapable of managing your own affairs. There are two types of LPA, one deals with your property and financial affairs, e.g. selling the family home and managing bank accounts; and the other deals with your health and welfare decisions, e.g. making arrangements for a suitable care home or deciding upon medical treatment.

This may sound very complicated, so why not call our Wills and Probate team or pop in for some initial advice. We can help you draw up a Lasting Power of Attorney so that you can arrange to have your affairs managed by someone of your choice during your lifetime if you become unable to do so yourself. We can help you make a properly drawn-up Will, so you can ensure what will happen to your property and possessions after your death. That way you can be confident that your loved ones are properly provided for and that they have less to worry about when the time comes.

If you would like to discuss your Will or Lasting Powers of Attorney, please call Sheila Glyn-Owen or Ben Holden at Phillips Solicitors on 01256 460830 and please visit our website for more information at www.phillips-law.co.uk.

Health and Wellbeing

Exercising at Home

Exercising can be hard at the best of times, but exercising on a budget can be even harder. Most people just don't have the time to exercise, they can't afford the expensive gym memberships, they have families to look after etc etc. The list goes on, and I've heard pretty much every excuse under the sun for why people don't or can't exercise!

The main reason I hear for people not being able to exercise is time.....they simply don't have the time to exercise. Or, put another way, they aren't prepared to make the time!

How would you feel if I said to you that just by putting 15 minutes a day aside for some exercise that could make a huge impact on your current health and fitness levels?

With 15 minutes of exercise a day you could lower blood pressure, drop body weight, increase your lung capacity and loosen up any stiff or achy joints that you may have.

First of all you will need a pair of trainers and some loose but comfortable fitting clothing. Find a small space in the privacy of your own home or garden and make sure you've got a watch or stop-clock.

Begin your routine by gently flexing and extending each ankle 5-10 times up and down, then move to your knees and begin gently bending and flexing them 5-10 times each knee. Then, holding onto something for balance, lift your right knee up towards your chest and back down again, repeat 9 more times and change legs. By now your ankles, knees and hips will be more mobile and the muscle that attaches to them will be getting warmer and more flexible.

Then we move to the upper body. Gently move and bend all of your fingers and your wrists. You may hear some cracking and clicking but don't worry, that's perfectly normal! Bend each elbow 5-10 times and then move into gentle arm circles. Try and brush past your ears as you slowly raise your arms up and over as if you were performing a swimming backstroke. Do 10 swings with each arm then change direction and perform a 'front crawl' like action.

You are now ready to begin some exercise!

All of the above should have taken about 5 minutes or less.

Now we need to increase the heart rate nice and slowly. Start by jogging on the spot or walking up your stairs and back down again. Do this for 2 minutes.

Then, perform a set of 20 star-jumps. Start with your arms by your side and jump both legs out to the side at the same time as taking your arms up and out so they finish level with your shoulders, making a 'star' shape with your arms and legs.

Next you are going to perform 3 exercises, back to back, with minimal (or no) rest between exercises!

The exercises are a Press-Up, a Squat & a Stomach Crunch. Do 12 of each of the exercises, then rest for 120 seconds, then perform 10 of each, rest for another 120 seconds and then perform 8 of each of them!

Here's how to correctly do the 3 exercises:

Press-Up:

Beginner- Go onto the floor on all fours in a box position. Shuffle your hands forwards about 8-10 inches, bend your elbows and lower your chest towards the floor. Straighten your arms back up. That's one press-up

Advanced- You should know how to do a full press-up if you're an advanced exerciser!

Squat- Stand about 1 foot in front of a chair with your feet shoulder width apart. Lower your hips and bend your knees as if you were going to sit on the chair, but don't. Touch your bum on the edge of the seat and stand straight back up to an upright position. That's one squat.

Stomach Crunch- Lie on your back with your knees bent at 90 degrees and the soles of your feet flat on the floor. Place your hands on your thighs. Lift your head, shoulders and upper back off the floor whilst sliding your hands up towards your knees. When your fingertips touch your knees, gently lower your upper body back towards the floor. That's one stomach crunch. Remember to always have water with you when exercising and if you feel faint or dizzy, STOP EXERCISING.

If you would like any more help or advice with exercising, health or nutrition, please feel free to contact Tony directly at tony@markefitness.co.uk.

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Basingstoke and Deane

Time to Register Your Event for Basingstoke Festival 2013

Basingstoke Festival is back for 2013 and this year it hopes to be even bigger, better and bursting with entertainment for all.

Last year saw the festival held in Basingstoke and Deane for the first time. Almost 90 events covering a range of art forms including drama, music, dance and comedy took place in over 20 venues around the borough.

This year it is hoped to build on this and individuals, community groups and organisations are being encouraged to be a part of Basingstoke Festival 2013 and register an event to take place from Thursday 20 June to Sunday 14 July.

The festival is looking to include a vibrant mix of events for all ages, at a range of venues across the borough. Everything from comedy, music or dance to art and craft exhibitions and workshops will be considered. Perhaps your school or college is planning a performance or your local community wants to hold a summer parade or music event – these could feature as part of Basingstoke Festival 2013.

Basingstoke and Deane Borough Council's Cabinet Member for Communities, Sport and Culture Cllr Elaine Still said: "We were thrilled with the response to last year's festival and are keen to build on the number of events and the venues staging these in the borough this year.

"Basingstoke Festival is a real chance to showcase the borough's thriving professional and community arts sector and rich cultural assets. It is also a chance for the community to come together and create something special in their area for the borough's residents and visitors to enjoy."

Cllr Still added: "I hope lots of groups and venues will take this chance to promote their events to a wider audience. The festival will highlight what already happens in the borough and has the potential, in the future, to attract additional funding, sponsorship and income to boost cultural activities."

To find out more on Basingstoke Festival and registration or to register your event online see www.basingstokefestival.co.uk, email festival@basingstoke.gov.uk or call 01256 844844 to receive a registration pack. Registration closes on Friday 22 March.

Details of the full programme will be available on the website in the spring and people can sign up for regular updates at www.basingstokefestival.co.uk or by calling 01256 844844.

To keep up to date with the latest news from Basingstoke Festival 2013 follow @BstokeFestival on Twitter or like Basingstoke Festival on Facebook facebook.com/basingstokefestival.

Diaries from the Old Codger



You can always tell how I am, and winter for me is the worst. Well except for living with you know who, and I have that all year round! After my last stroke last year I have had many problems. The worst for me is trying to shower. I know Her Indoors helps me but it has taken away another bit of my independence. This is the same for many people all over the country. I now find that we have got to have the old shower in the bathroom pulled out and have a wet room. We no longer have a bath because I had two fits in it and Her Indoors had to drag me out or I would have drowned. Ok I know what you are thinking, she was as well, but bless her she did the right thing only because she would have no one to nag when she gets in from work. Now we have the dreaded means testing! After going down that road three times before with no success I am not sure we will do it again. Money is needed on other parts of the house too, like the house needs re-pointing and the roof needs re-felting. Things like this that are going to cost so much. I am not just talking about us but there are lots of others in the same position. If she were to put me in a home, who then would look after her? See, as I have said if you have to sit at home like me you dwell all the time on your situation but this is life, I still have one, thank God.

In the summer my youngest grandson started school. At the weekend he came over with one of his school books and said "Gramps I will read to you". He went from the front of the book to the back and read faster than I could. Mind you that takes very little nowadays. My granddaughter decided she wanted to read to Gramps as well. What with the reading and cartoons on TV all weekend that was it. By Sunday night, I was flat out, and cartooned out! The main thing is they just love to see us and we love them so much. Our daughter was away for the weekend and we had her three children to stay and we had great fun. I would not want it any other way, but boy can they eat. It costs more now than when we had our own three at home! Ha ha.

I was asked some time ago about how bad the docks were hit in the war. Just a small bit of info you may or may not know is that Tate and Lyle never got hit in Silvertown. Some say that it was because it was built with using German machinery. In fact it was not that but apparently the German bombers used it as a marker when bombing the docks. The towers were the tallest in that area. When they hit London my grandfather and other dockworkers were sent to Liverpool to help unload ships from the USA My great grandfather stayed in the docks in London. Before that, 1917 in, fact there was a huge explosion in Silvertown and they would both have been working in the docks at the time. This was caused by a TNT refining factory exploding when one of the cordons split. The chemicals fell to the ground floor and mixed with the cordite dust in the factory. It was the biggest peace time explosion this country and over 65,000 homes destroyed, hundreds of people left homeless and many children were put in homes away from family. The East End united to rebuild this destruction. There is a very good book called "The Silvertown Explosion". It is a good read and puts things into perspective.

Well until next month, that is unless this old house has fallen down or I have drowned in my shower!!

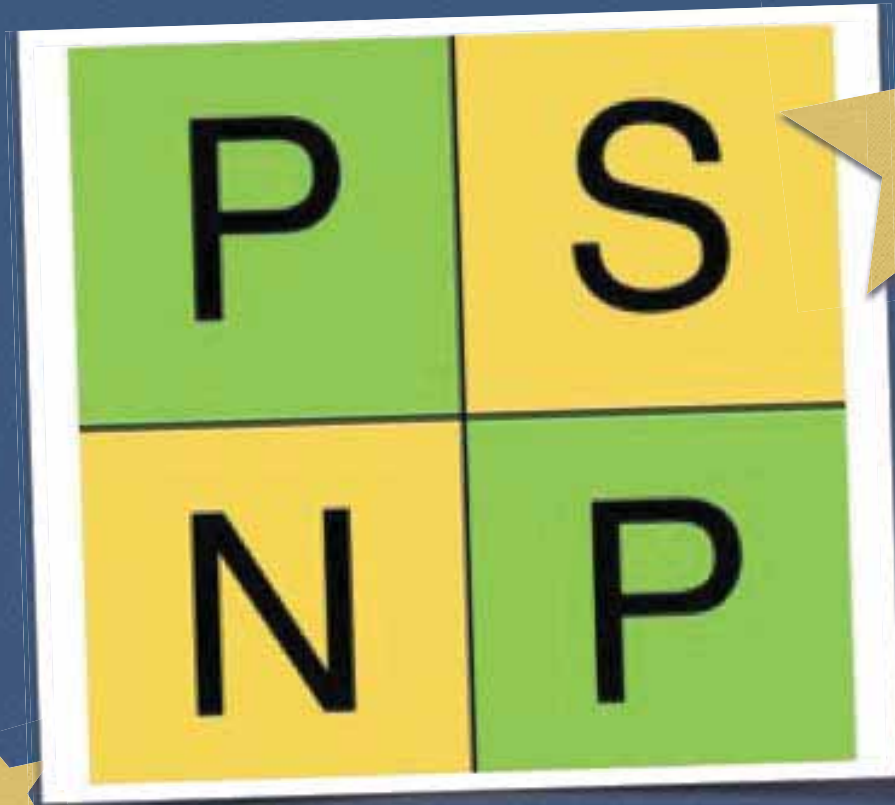
Take care

The Old Codger



PSNP

Popley Safer Neighbourhood Panel



2012

Contact us:

PSNP Chairman: PC Dan Carter tel:101

Email: daniel.carter.20686@hampshire.pnn.police.uk



Visit our community website:

psnp.zapd.net

Daily updates from PC Dan Carter!

Chineham Library

Temporary Closure for Redecoration

Chineham Library will now close for redecoration from Monday 25th February until Monday 1st April 2013. The Library will reopen at 9.30am on Tuesday 2nd April 2013. These are revised dates.

During this closure period customers will be directed to Basingstoke Discovery Centre where they will be able to return items, collect requested books and choose from a larger selection of items than is normally available at Chineham Library. Basingstoke Discovery Centre is open seven days a week. They may also choose to visit South Ham or Tadley Libraries.

Chineham Library has not been redecorated for some years and is badly in need of repainting and upgraded lighting. Some stock will have to be moved and stored to accommodate the decoration.



BERMUDA COMMUNITY ASSOCIATION

REGISTERED CHARITY No 1112068

40-44 BERMUDA CLOSE
BASINGSTOKE HANTS
RG24 9PE

TELEPHONE
OFFICE: 01256 363156
HALL: 01256 308442

We have an excellent Popley Explorers pre-school here Monday to Friday 8:30am-3:00pm
Also available-Breakfast and Lunch Clubs (for further details contact Elaine on 363156)

Monday evening - C.M.A Keep Fit & Kick Boxing from 6:30-8:00pm
Tuesday evening - Community Bingo, doors open at 7:00pm, eyes down at 8:00pm.
Finish around 9.45pm (light refreshments available halftime).
Wednesday evening - Available to hire please ring for details.
Thursday evening- Street Dance and ballet classes for two and a half years to adult.
4:30-6:30pm. Please contact Samantha Pike on 07811299484.
Friday evening- Friday Club (children) 5:00-6:30pm

The hall is also available to hire for parties etc. at very reasonable rates.

For details ring 01256 363156.

THE HALL IS ALSO AVAILABLE TO HIRE FOR PARTIES ETC AT VERY REASONABLE RATES

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Mon-Fri 9am -7pm; Sat 9am-5pm



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