

# POPLEY MATTERS

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April 2013

Distribution of 5,000

Issue 134



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles & adverts (5pm 15-04-13) [editor@popleymatters.org.uk](mailto:editor@popleymatters.org.uk)



Editor  
Jane Frankum

**Message from the Editor:-** As I look out of the window writing this message the snow is on the ground, and it's supposed to be Spring. This time last year we were having a heat wave with temperatures reaching 20 degrees!

The snow always reminds me of the vulnerable people and I do my phoning round to see if they are OK or need anything. On page 27 I have put in some useful information on how we can help. I went to an event in Eastleigh with some representatives of the Everest Autism and ADHD Club held by the parents and carers of children with special needs. It is a national association and I was so impressed that although there were many obstacles they talked to the powers that be about, they also had suggestions for solutions. Read about the growing club on pages 4 and 25. I would also like to say how the MFC Popley Club has grown and the fantastic work that goes on there on and off the pitch their report is on page 7. Marnel Junior School have certainly been very busy and you can read about it on page 9 sorry the print is perhaps a little smaller but there was a lot to be packed in all on one page. Page 12 has a request for scrap cars for the Hampshire Fire and Rescue Service to use for training. (I have been to several demonstrations on how they get victims out of some horrific accidents). Details on how to donate are on there too. News on the much needed and still overdue slow Broadband speeds is on page 1. Still a long way to go but pressure by way described will help to speed it up.

Popley Matters needs help with some volunteers who could help lift, and help distribute the boxes of magazines etc. Contact details are on this page.

If you want to write an article or advertise contact me by email [jane@popleymatters.org.uk](mailto:jane@popleymatters.org.uk) or phone 819924 or write to Popley Matters 405 Abbey Road, Popley, RG24 9EL. We have a distribution of 5,000.



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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Thank you for the support

# **Taking Steps to Good Health with Health Walks**

Walking is good for you and what's more it's free – that's the message to residents in Basingstoke and Deane looking to get active in 2013.

Through the Walking for Health initiative, a partnership between the Ramblers Association and Macmillan Cancer Care, Basingstoke and Deane Borough Council supports a series of walks throughout the borough.

The walks offer routes and speeds for all levels of fitness. They are led by a trained walk leader and have a back marker to ensure no-one gets left behind.

Those walks currently available in and around the borough include routes from Eastrop Park, Basing Wood, the Gill Nethercott Centre in Whitchurch, The Square in Kingsclere, Church Street in Hurstbourne Tarrant, Basingstoke Aquadrome, The Walled Garden in Down Grange, Shakespeare Medical Centre in Popley, Tadley Library and Oakley.

Cabinet Member for Partnerships Cllr Cathy Osselton said: "Getting people to become more active doesn't mean they have to run a marathon or join a gym. There are plenty of enjoyable ways to exercise and health walks is one of them.

"Our aim is to support the work of the health service by providing activities that enable people of all ages to improve their fitness and wellbeing, both exercising and socialising at the same time."

People wishing to join a health walk or those interested in leading their own walk – training and support is provided – can find out more information by contacting the council on 01256 844844 or seeing [www.basingstoke.gov.uk/go/healthwalks](http://www.basingstoke.gov.uk/go/healthwalks)

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## **Super-Fast Broadband**

At least 90% of all Hampshire premises will have access to super-fast broadband by the end of 2015, following the signing of a £13.8 million contract with BT. The first communities to benefit from this project are expected to have access to the high-speed technology by the end of this year, with the programme due to be completed by the end of 2015. Hampshire County Council together with district and borough partners has invested £5 million in the project and were awarded the same figure from BDUK. BT is contributing an additional £3.8 million towards the cost of installing the new fibre infrastructure bringing the total investment in the project to just over £13.8 million. We have been working with officers to get our area on a priority and so signing up with the campaign is still vital

As many people as possible need to continue to sign up to the campaign for faster broadband so that we can demonstrate that there are plenty of potential customers who want to make use of this service. Over 19,000 have already signed up and evidence of high demand will help the programme funding go further, increasing the number of locations we are able to reach with the limited funding available. You can also contact for information:-

***Andrew Dowling***

Business Support Officer Policy (Economic and Community Strategy) Basingstoke and Deane Borough Council Tel: 01256 845359 Fax: 01256 845200 Email: [andrew.dowling@basingstoke.gov.uk](mailto:andrew.dowling@basingstoke.gov.uk) [www.basingstoke.gov.uk/business](http://www.basingstoke.gov.uk/business)

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# News from Your Local Councillors

Your Local Councillors have secured S106 funding for improvements to the Dryden Close Play Area and the Dell at Chaucer Close / Shakespeare Road. Both areas are long overdue for regeneration and substantial changes are planned for the Dryden Close area which will make it safer and more user friendly for young people and residents. It is intended to improve the gradients of the area so that parents will feel more confident of the site lines whilst maintaining privacy for surrounding residents. The proposed improvements will be the subject of consultation with local residents and community groups and provisional arrangements are being made for this to be launched at the Popley Festival in May. More areas in Abbey Road, Tintern Close, Popley Community Park and Pershore Road will follow.

Improvements at the Dell which is not a pre-laid out play area it will be in the form of soft landscaping and the proposals will be put to local residents prior to the scheme being worked up and developed. All being well the work to the Dryden Close and Dell schemes will commence in early September, some improvements to the Dell are already under way.

There is also good news to follow on much needed path improvements in many areas in Popley with the programme to tarmac the uneven unsafe concreted slab paths. The flooding is also to be addressed in stages.

Popley residents have been subjected to enormous upheaval over the last decade and significant work is required to improve the overall fabric and wellbeing of the area. The Kiln Farm appeal by David Wilson Homes is due to start on Tuesday 30 April 2013 at the Civic Offices and will last for about 8 days.

David Wilson Homes are appealing against the Council's decision to refuse permission for them to build 450 houses on Kiln Farm and is proceeding despite the massive opposition from all parts of the community who believe and know that Popley has been saturated with housing development for a decade and cannot take any more at this time.

There is an overwhelming view that the infrastructure including schools, medical centres, shops, roads and other community facilities cannot cope with a further increase in population. The impact on one of the few remaining open spaces where local people can exercise and enjoy undeveloped green space will be devastating.

David Wilson Homes have shown themselves to be immune to these arguments.

Unfortunately due to the current administration not having a local development plan this will not help in our appeal.

We need to get local people/organisations to say heartfelt things about their local community and the fears they have about further mass development in Popley. Saying these things to the Planning Inspector at the appeal will have a huge impact.

**We can help with advice for you on how to do this, contact:-**

**Cllr David Potter 07941507801 Popley East**

**Cllr Viv Washbourne 07900890088 Popley East**

**Cllr Jane Frankum 01256 819924 Popley West**

**Cllr Paul Frankum 01256 819924 Popley West**

# Everest Autism and ADHD Club

Everest Autism and ADHD Club has a vision; to become a centre of excellence in our community for those affected by Autism and ADHD. We are an activity provider for children with Autism and ADHD and open every Sunday. Our club runs for two hours on a Sunday and is a mixture of sport, ICT, Music, Arts & Craft, Media, Dance & Drama. We have in place a number of Parent Administrators and Parent Helpers, who provide a supervisory role and also act as play leaders.

We provide numerous opportunities for off-site activities such as farm visits, horse riding, swimming and, for parents, coffee mornings.

Our families can access social and communal events in a safe and non judgemental environment. We are a parent support network for families in an atmosphere of understanding, where parents are able to access information and gain emotional support. We provide children with a social environment where they are able to express themselves through sport and of other activities.

Our children are able to access events which will stimulate spacial awareness and coordination in a controlled environment. We encourage children to partake in a number of events they would otherwise have difficulty attending due to their social/communication and coordination difficulties. We give families of these children the opportunity to meet other families in similar situations and provide a shared learning opportunity. Our club brings families together and provide children with friendships within their own peer groups. Everest Autism and ADHD Club thrives on friendship.



You may have noticed that environmental improvements have been taking place across the Poets estate during the last month, with new fencing and planting. We are happy to report that later this year the play area in the middle of the estate, between Dryden and Browning Closes, will

be massively improved, and more will be done in the Dell between the entrances to Chaucer and Dryden Closes. We are also pushing to get improved access into the Chineham Park play area for wheelchairs and pushchairs. These environment improvements are the first of many projects we have been involved in with our local Councillors, and there are more to come. Thank you to those of you who have answered surveys and sent emails making suggestions, as your responses have directly influenced these projects. Children at Marnel schools have also been telling us what they like and don't like, and what they would like to see in our patch. Their ideas were inspiring – including a crocodile in the paddling pool! We will be looking for more input from you soon, in choosing what type and style of equipment you might prefer for the central play area.

If you would like to know more about us, what we do, or would like to get involved, please contact me or come and meet us in person on Thursdays between 11am and 2pm at Popley Fields Community Centre. We will also be at Popley Festival next month.

*See you there.*

**Julie Johnson: [jjohn957@aol.com](mailto:jjohn957@aol.com), 01256 816101**  
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## Whats on in April



NHS Quit Smoking is opening a new clinic!!!! From 8th April there will be an additional clinic 5.30-6.45pm.

**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:** 9.30-11.00am 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](mailto:Melrosehall@btconnect.com)

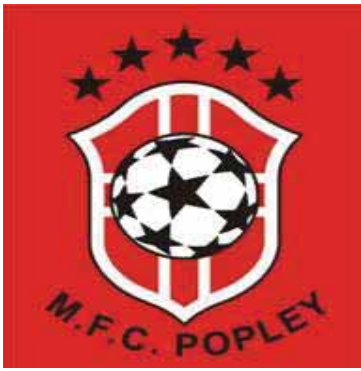
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## **Volunteers Needed for St Michael's Hospice (North Hampshire) House to House Collection in June**

St Michael's Hospice is looking for volunteers who would like to help deliver envelopes to houses in their street and then collect them a few days later, as part of their annual House to House fundraising collection. If you are interested in taking part or finding out more, please contact Helena Maskell, Community Fundraising Manager on 01256 848851 or email [Helena.maskell@stmichaelshospice.org.uk](mailto:Helena.maskell@stmichaelshospice.org.uk)





IT'S been another fabulous month for MFC Popley Youth, both on and off the pitch.

At Under 7s, Marcus Green's team continue to make strides and Marcus has recently been joined by another FA-qualified coach John Hewson, who will help take the squad of Year Ones and Years Twos before before they split into two teams at Unders 7s and Under 8s respectively next season.

The Club is particularly keen to recruit more current Year Twos at present. Contact Chairman Ian Davies on 07884 185 693 if you have, or know of, a Year Two who would like to train with the Club.

At Under 8s, Andy Williams' and David Gambrell's teams are making further progress and drew praise from a Director of Basingstoke Town FC for the style of their passing football recently. The age group has also had six players invited to train at Aldershot FC Academy.

At Under 9s, Warwick Sear-Jarvis' team, luckless all season, secured a first league win and look set to build on that.

And at Under 10s, Lee Austen's Knights continue to do well while Tom Bartlett's team have made enormous strides and have been charging up the league table, after going on a fabulous winning run since the turn of the year.

At Under 11s, Russell Graves' and Glenn Taylor's boys recently beat Kingsclere 11-1 and at Under 12s, Danny Oates' boys, who made the semi finals of the PHYL Cup this season, drew 3-3 in a thriller with Basingstoke Town Colts at Upper Sherborne Road.

At Under 13s, Paul O'Shea's team seem set on a path to promotion to the Premier Division while Dave Wright's Under 14s continue to do well also.

Off the pitch, entries are pouring in for the Club Tournament, the Club has a new annual sponsorship deal with SENTINEL Housing, a second popular Race Night was successfully held at the Rucstall Club in Black Dam, and there are exciting plans afoot behind the scenes for further development of the Club going forwards.

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## Marnel Junior School

Fun was had by all on Friday 15<sup>th</sup> March when the school council organised Comic Relief Masterclasses. Every child in the school signed up to learn something new for the morning. Activities ranged from Cooking, Orienteering, Calligraphy, Arabic and Ultimate Frisbee! It was wonderful to see the children absorbed in so many new experiences. The children also raised money by dressing in red for the day.

**Year 3** ventured to the rainforest this term. They looked at how animals adapt to their environment and how the rainforests are being threatened. A trip to Marwell Zoo supported the children's work and the project was enjoyed by all!



A visit from Basingstoke Consortium gave the children an opportunity to learn about Fair Trade food and set up their own Fair Trade Rainforest Café. Money raised was used to adopt a hippopotamus and a lemur; a very worthwhile outcome, I'm sure you would agree!

**Year 4** also went on their travels, but this time to India! After flying to Mumbai Airport children learnt about Indian culture and religion. They had opportunities to sample traditional Indian cuisine and experience Indian dance. Although the spring sunshine is teasing us a little, the children have been wrapped up and enjoying Tag Rugby training with Roger Filby. We are looking for our next budding young Owen Farrell.

**Year 5** discovered that a space craft had crash landed on the school field at the beginning of term! From using evidence found on a recording device, the children were able to deduce where the alien had come from. Their space project was enhanced with a trip to INTECH, where the children travelled through the solar system in the planetarium. Parents came too and spent an afternoon as trainee astronauts, where their suitability for space travel was assessed through a series of challenges, created by the children. Are you the first Popley space traveller?



**Year 6** have been enjoying 'all the fun of the fair' in their Fairground Project. Children have been using their design and construction skills to create fairground rides. The school was turned into a fairground for the afternoon with games, rides and a simulator. Parents had their fortunes told by the Enchanting Esmeralda and Amazing Anya.

Other activities for Year 6 have included hearing the Philharmonic Orchestra play at the Anvil and a visit to Everest Community Academy for an interschool's athletics tournament. In readiness for their next project, 'But is it Art?' the children experienced a trip to London to go to the Tate Modern.

Finally all the children have been keeping fit with our full time, specialist sports' teacher Mr Heffernan. As well as putting the children through their paces in PE lessons, Mr Heffernan also runs clubs after school. A firm favourite is the 'Change for Life Club' encouraging children to keep fit and eat healthily. It might even be one for me to join!! 😊 **Danielle Owens, Deputy Headteacher**



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# Firefighters Appeal for Scrap Cars for Regional Training Event

Hampshire Fire and Rescue Service is urgently seeking scrap cars to use at a regional multi-agency training event, being held in Winchester on Saturday 27 April 2013.

The project team behind the event is appealing to Hampshire residents who may have an old car or van in the garage, or on the drive with grass growing under it, to come forward and donate it to the fire service and help the county's firefighters improve their skills.

Hampshire extrication team leader, Watch Manager, Steve Barrow, said: "We have had previous appeals for scrap cars and the public have always been very generous in the knowledge that the 'end of life' cars are being put to good use."

"Any scrap vehicles donated will be allocated to the event and any surplus will be used by firefighters around the county who will use them in order to learn the important skills they need when they attend life-critical road traffic incidents."

Silverlake Garage is working in partnership with Hampshire Fire and Rescue Service to support the Winchester event.

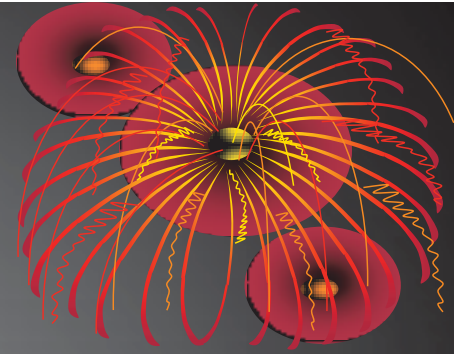
If you think you can help then please contact Silverlake Garage Limited at Shedfield, the Service's appointed scrap car supplier, on (01489) 782537.

Members of the public are asked not to contact their local fire station. Roadworthy and legal 'end of life' vehicles can be driven to the Silverlake site in Botley Road, Shedfield, from 10am to 4pm, Monday to Friday or 10am to 1pm on a Saturday.

Alternatively members of the public can call Silverlake to arrange collection. Appropriate registration documents will need to be surrendered with the vehicle. When contacting Silverlake, it is very important to quote, 'Fire and Rescue donation'.



# News update from Popley Fields Youth Projects!



New opening times for Popley Fields Youth Club! Mondays 6:30-8:00pm for 11-13 year olds and 8:00-9:30pm for 14-17 years olds.

Come along and join in, we have:

- Kinect xbox;
- Pool table;
- Table Tennis;
- Cooking;
- Arts and Trips are coming soon.

We would love to see you there!

We are excited to announce we are open for an extra session on Tuesdays from 4:30-6:30pm. Unemployment is a big issue in Young People and it is time it was addressed. This is for 15-25 year olds who are not in education or training. We have use of the computer suite and will help with CV writing, job applications and confidence building. Please do come along and make a start on a better future.

As always we would not be able to run without the help of volunteers. We have many lively young people in the Popley Youth Group who need strong and positive role models to help them develop in a safe environment. We are working hard to create an environment where they can come, relax, feel safe and enjoy running around playing games. We need your help to do this! If you think you would be able to give up some of your time on a Monday or Tuesday to help support the youth in your area we would love to hear from you.

If you think you can help or would like more information please contact Megan Greenhalgh on: [youthprojectsbasingstoke@gmail.com](mailto:youthprojectsbasingstoke@gmail.com) / 07871 900 156

## Chineham WI

Welcome to the Chineham WI, a group of fun-spirited members who enjoy nothing more than a monthly lunch club, a scrabble group and an active programme of talks and events, competitions, conversations and coffee. Our meetings are usually held on the 4th Monday of each month (unless advised), at 7.30pm and are based at Christ Church, Reading Road, Chineham. Why not come and meet us - we will always make you welcome. There is no charge for your first two visits, after which we hope you will want to join us.

At our last meeting we welcomed the Mayor and Mayoress of Basingstoke who joined us in listening to a talk by a Guide Dog Puppy Walker and two amazing dogs - Enzo and Gus.

Our monthly competition was won by Jo Jarvis with a brilliant wall hanging (made of toilet roll inserts).

Our next meeting is a games evening - Predominantly Dominos.

For any information call our secretary Gill on 01256 320611 or check our website <http://www.hampshirewi.org.uk/userpagesnew/chineham.html>

# Route & timetable changes from 14th April 2013

## **Jazz 3 : East Popley - Town Centre - South Ham**

Minor timetable changes.

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## **NEW! 4/4A : Town Centre – South Ham – Buckskin – Winklebury – North Hants Hospital – Marnel Park – Popley - Chineham Centre – Lychpit – Town Centre**

Replaces previous service 4 and extended beyond Chineham Centre via Lychpit to the town centre, providing a co-ordinated frequency with route 14. The new route will run via the Marnel Park Estate, Popley and Park Prewett Medical Centre.

Clockwise buses will run as 4 and anti clockwise as 4A.

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## **Jazz 5 : West Popley - Town Centre**

Revised route and timetable between West Popley and Town Centre only. Buses will still run every 15 minutes during the peak, whilst the frequency will increase with buses running every 10 minutes off peak.

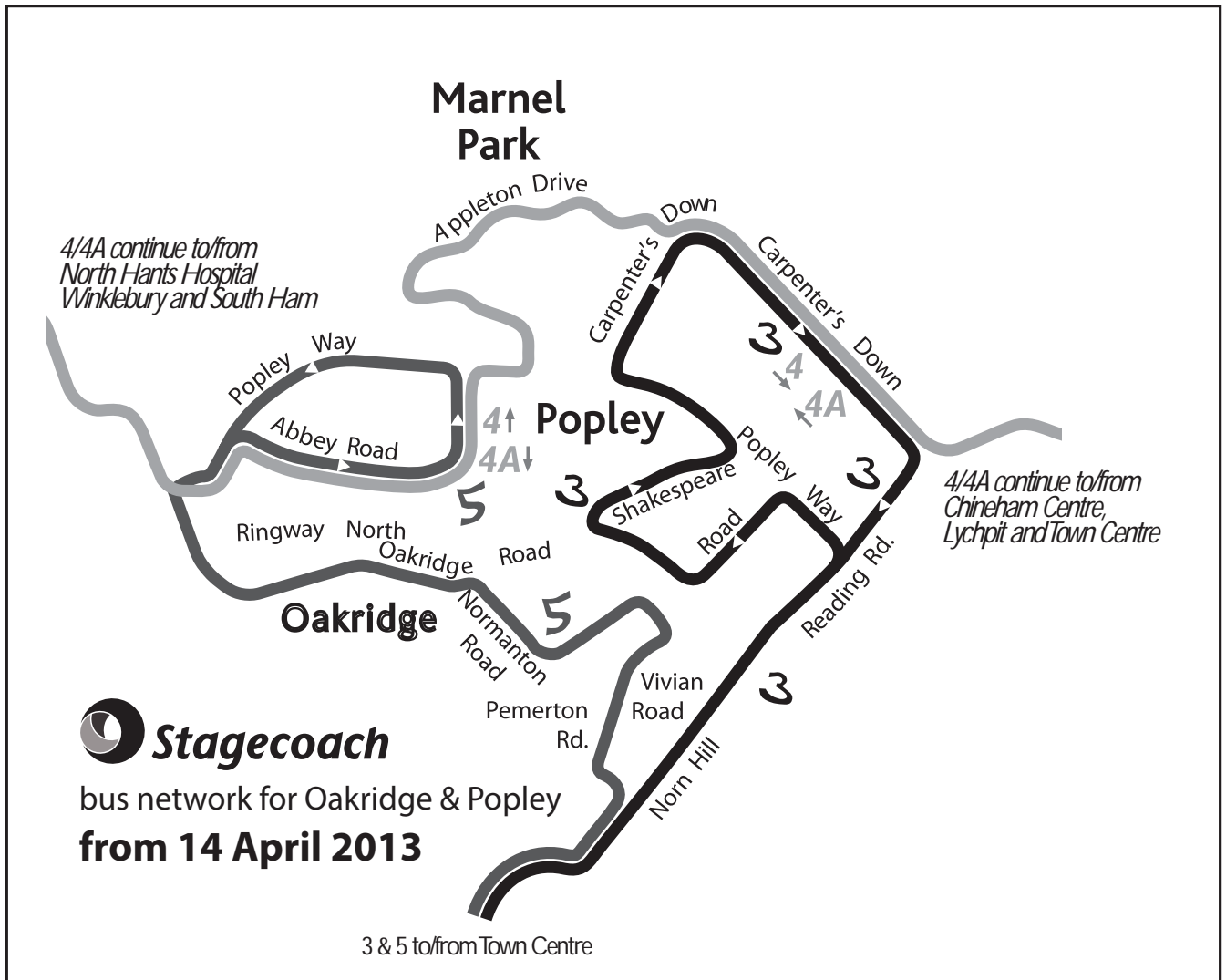
The section of route between the Town Centre and Hatch Warren or Oakley will be replaced with a new Jazz 8.

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**New timetable leaflets are available from our travel shop at Basingstoke bus station, or for more details on further bus service changes across Basingstoke go online at [stagecoachbus.com/south](http://stagecoachbus.com/south)**



*We're introducing a number of changes to the bus services around Popley and Oakridge. Whilst little will change on the Jazz 3, the 4 will become a new 4 and 4A with improved timetable and more links. The Jazz 5 will have buses running every 10 minutes during main shopping times.*



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**Thursday 9 May, 3-6.30pm**  
**Oakridge Hall for All**

The government's changes to Housing Benefit take effect from 1 April. If you have more bedrooms than the government says you need, the new regulations mean that your Housing Benefit will be cut.

If you're affected by the changes one option could be to swap your home for something smaller. We're holding a Swap Shop to try and match people who'd like to downsize their home with those that need more space.

If you'd like to talk to us about your options, or would like to know more about swapping your home, please call **0800 195 5515**, or **0300 666 5515** from a mobile, or visit [www.sentinelha.org.uk/swapshop](http://www.sentinelha.org.uk/swapshop)

**Sentinel**



**Headquarters:**

**Base 2000 Carpenters Down, Popley RG24 9AE**

**Group Scout Leader: Colin Karslake** 01256 410559

**Scout section: Andy Welham-Jones** 07971 491 145

**Cub Scout section: Douglas Gowan** 01256 412326

**Beaver Scout section: Eve Alexander** 01256 346510

March was another busy month for Beavers with celebrations for St David's Day involving making daffodils and Welsh flags closely followed by a 'dressed in green' evening for St Patrick's Day and a 'green' treasure hunt. The spring session finished with an Easter Egg hunt and an Easter themed puzzle to solve. The Colony is still in need of another adult leader and is currently not accepting new recruits. Previous experience is not necessary as Scouting offers a full training and support programme for leaders. Contact the Group Scout Leader Colin on 07796 772 500 [colink@base2000.co.uk](mailto:colink@base2000.co.uk) or the Beaver Scout Section Leader Eve on 07790 018 171 [alexander.yvonne@sky.com](mailto:alexander.yvonne@sky.com) for more information. All adults working in Scouting are required to complete a CRB clearance application.

The Cub Pack took part in the District Six-a-side Football completion and everyone enjoyed themselves even though the trophy eluded them yet again but they all did their best. They visited Festival Place Shopping Centre and found out about its history and enjoyed a privileged view of the cctv room which enabled them to focus on their parents waiting to collect them. To celebrate St Patrick's Day they 'crossed the Giant's Causeway' and made snakes and leprechaun 'gold-filled' biscuits. The Pack had a visitor from the Water Aid Charity and learnt of the work they do to improve drinking water in the developing world which was the final task to achieve the Global Challenge Award. Several Cubs took part in District Cub Badge Day to gain at least two of the more unusual activity badges. Contact for new recruits is Douglas - [akela@thescoutingpages.org.uk](mailto:akela@thescoutingpages.org.uk).

Weekly meetings recommence on 16<sup>th</sup> April for Beavers and Cubs and the entire Group will take part in the Tri-District St George's Day Celebrations through the town centre shopping precincts on the morning of Saturday 20<sup>th</sup> April.

The Group HQ at Base 3200 is available for private hire from time to time. Charges range from £3.50 per hour for small hall. Enquiries to Colin on 01256 410559/07796 772 500 or e-mail [bookings@base2000.co.uk](mailto:bookings@base2000.co.uk)

***Happy Easter to you all***





# Lions Club of Basingstoke

[www.basingstokelions.org.uk](http://www.basingstokelions.org.uk)

A belated Happy New Year to you all! After eleven weeks in the Antipodes, I'm scrabbling around trying to catch up with what my colleagues have been up to in my absence. The most significant event was undoubtedly the "badging up" of three new members. This is a short, simple ceremony at which the objectives and ethics of Lionism are read out and the new members are welcomed formally, and often raucously, into the Club. The good news doesn't stop there. Other visitors have come to our meetings to see what we do and may join us in due course. Wonderful!! But, as Oscar Wilde famously remarked, "no good deed goes unpunished". We may have to look for an alternative venue for our business meetings.

In spite of the many donations we made at Christmas, we have still managed to spend £1,545 recently. This was in the form of two £500 donations to largish charities and £545 to alleviate six cases of what can best be described as domestic distress or health issues.

Last week we were told about the work of Sebastian's Action Trust. Sebastian died, aged nine, after a two year battle with a rare childhood kidney cancer. But his courage and thought for others throughout his illness has given rise, through his family and friends, to the Trust which aims to support other families in similar circumstances with respite care and breaks designed to alleviate the terrible stress they labour under and to create happy memories. We hope to support the Trust as soon as we've raised a bit more cash.

It is therefore just as well that we have a full fundraising programme for March. Our annual **Swimathon** takes place on the 9<sup>th</sup> at the Sports Centre, our first **Quiz Night** of the year on the 16<sup>th</sup> at the Cliddesden Millenium Hall, and our first concert of the year, **The Apollo Big Band**, on the 23<sup>rd</sup> at Queen Mary's College. Please support us if you can. Full details, contacts etc are on our website. But if you would like to talk to someone, try me, Philip, on **01256 352393**.

April is looking a bit "thin" fundraising wise at the moment. But we will be taking part in Spectrek (scheme for recycling spectacles to the third world) on the 14<sup>th</sup> and it is our Charter Anniversary on the 27<sup>th</sup>. May and June are packed with events. I'll cover them in my next letter.



# EVEREST SILVER SHERPAS

Hello again! Where are the months going to? According to the Meteorological people Spring has sprung but apart from two glorious days, not in Popley it hasn't. Never mind at least there is one afternoon a week the Over 50s can enjoy a warm and sunny welcome!

Here at The Everest Academy we have been pleased to welcome new faces since we started our monthly column in Popley Matters.

As usual we have been enjoying a varied programme. Last week we had a visit from Catharine Trustram-Eve who is a qualified nutritional therapist based in North Hampshire who specialises in Brain Function and Nutrition. Her talk to us last week was entitled "How to Eat to Balance Your Blood Sugar & Reduce Energy Slumps". She is becoming quite a favourite with us, having visited before to speak on research in slowing down Alzheimer's, when diagnosed at its early stages and she has also spoken on Fats and Oils in our diets and the good, bad and ugly amongst them. Much to his delight my husband found out the best fat to eat is butter! (In moderation, of course).

Over the next few weeks we have an art session, involving felting, and a mini choir session.

Of course each week there are all the usual gym and sport hall activities for those more energetic amongst us, and always a cup of tea and biscuits too.

As usual you can contact Dean or Danielle at the Academy on 01256 337573.

We look forward to seeing you there.

## **Angela M Rabess**

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Dear Friends,

Sitting here in my study, I cannot believe it is still so very cold. It has been one of the hardest and longest winters in a long time. It makes spring and the prospect of longer and warmer days all the more welcome – when they finally get here!

It is always a wonder to see the signs of new life slowly beginning to emerge from the hard ground. There are daffodils just waiting to burst open, buds on the trees and the dreaded weeds starting to make their annual appearance in the jungle that is my garden! It's a reminder that once again the seasons have come full circle from the new life of last spring, the flowering of summer to the dying and death of autumn and winter. Am I beginning to sound like Alan Titchmarsh?

By the time you read this Easter will have been and gone – it is the most important Christian festival of the year. We move from the new life of the birth of Jesus that we celebrated at Christmas, to the sacrifice of himself on the Cross on Good Friday and his bursting from the tomb on Easter morning. These events move towards the completing of the circle of God's plan to rescue all of Creation from, as St Paul puts it 'the bondage that it is held in.'

The Christian way is about new life, it's about the power of God to transform lives and situations. When Jesus rose from the dead on Easter morning something had changed so completely and forever. The power of sin and death had been broken and it was now possible for everyone to be transformed and share in the new life that he had died to give us.

This is what is at the heart of the Christian message. Sadly it all too often gets swallowed up in all the other messages that we're daily bombarded with. You know the sort of thing I mean? The promise of eternal good looks or lives, health, wealth and happiness. Trouble is we miss the one very real opportunity. Jesus said that we're pretty good at reading the signs for the weather but we can't see what is front of our noses.

As we wait expectantly for the warm spring weather to burst upon us why not try reading the signs in your life that hint at the possibility of new life – new life in relationship with God through Jesus. I hope that you will be filled with the joy of Easter this year and that the sun shines on all of us as the Son shines on all of us!

**Warm greetings**

**Arthur**

**Vicar of St Gabriel's**

PS: We'll be there – will you?

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## Getting help with a civil litigation matter

I am often asked what legal matters come under ‘Civil Litigation’, which is defined as a legal dispute between two or more parties that seek money damages. In brief, it includes all disputes that are formally submitted to a court, dealing with a subject in which one party is claimed to have committed a wrong, but not a crime. In the UK, the civil litigation process is governed by the Civil Procedure Rules. Some of the more common matters that may be dealt with

through Civil Litigation include:

- Problems with contracts
- Disputes over a Will
- Professional negligence
- Problems with debt repayment
- Landlord and tenant disputes
- Boundary and property disagreements
- Conflicts with retailers, suppliers or service providers

It is always advisable to seek the advice of a solicitor with experience of civil litigation and he/she will look at the relevant facts and decide whether you might have a valid claim against another party. If appropriate, your solicitor will also try to find a suitable expert witness who will testify about technical issues. Generally, in less complex cases both parties will agree on and share one expert witness.

It is important to realise, however, that going to court may not always be in your best interest and that your solicitor may advise you to consider settling your dispute through negotiation. This is known as Alternative Dispute Resolution (ADR) and involves methods known as Mediation and Arbitration. In reality, the vast majority of cases settle before they get to court.

Ben Pearson specialises in Civil Litigation at Phillips Solicitors. If you would like more information, please call Ben on 01256 854608, or email [bpearson@phillips-law.co.uk](mailto:bpearson@phillips-law.co.uk).





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- |                     |   |
|---------------------|---|
| 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.<br>Finish around 9.45pm (light refreshments available halftime).    |
| Wednesday evening - | Dance to the beat. 5pm -7pm.  |
| Thursday evening-   | Street Dance and ballet classes for two and a half years to adult.<br>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**

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## DIARIES FROM THE OLD CODGER

Many of our senior citizens suffer memory loss. It is sad, the thing that I get upset about is when they do not know who they are or what they are doing. Recently I had an idea that might be helpful. If they had a band on their wrists, I don't mean the ones like you get in hospital, but one of these charity bands people buy, with family consent they could have a microchip in the band; they would not look out of place as so many people of all ages wear them nowadays. With the cooperation of police, local shops as well as hospitals if a person is lost and confused they can scan the band and will help find the person's relatives or home. I know that if I had a fit when I am out and I have got lost, when I come round again and I don't know who I am. If I had a band like this I would willingly wear it I would put one on for the safety of myself and peace of mind for the family.



When our family had to move out of London in the war my mother had three children. As she put it bombing was so bad that she could not get everyone in the coal shed under the stairs. The house would shake with every thump and by the time she came out they would be covered from head to foot in coal dust. In the back yard was our air raid shelter, most of the time it was under a foot of water as the river was close by and the rain would soon fill it up. When we were evacuated they sent our family to Surrey. The thing was it was by an airdrome so the bombs still kept coming. My dear old aunt May stayed in the East End and still worked at Tate and Lyle. She lived to a good age of 95.

On writing this it came to me some time ago that again I had an idea, for all our kids to stay safe on our roads and out playing. I named it as a bit of a catch on a TV programme they watch so would be called The Three Bees Club.

It is a very simple way for children to learn about road safety and also being safe when out at play. It is sad as the old Green Cross Code has gone and if children are not taught in a fun way they soon forget. We have seen around the town children being knocked over. Perhaps not so many would if we could reintroduce something to help them. So I would hope our local schools look at this idea along with our county council and road safety teachers that come to schools. You know me, I do try to think of things that could help. Both the ideas I have talked about this month when mentioned to friends, family and others they think have been good simple ideas that may be of great benefit to our community.

We see so many people that cannot afford decent housing; it is a disgrace to our society by government after government. It is as usual the people that are well off that gain and the poorer that suffer, I have been taking a great interest in the building program our council is debating. Kiln farm is 450 homes, yet only a handful of these are for social housing, so those with the greatest need will not gain by this build. Many landlords buy houses in bulk then let them back to housing associations to let out. But again most can't benefit from this. In my own opinion the thing that makes me so mad (as reported in the papers) is that our government can give alleged undesirable houses costing up to a million pounds. Where is the justification?



**Take care till next month  
OC & I'd better mention Her in Doors too.**



# Hampshire Wellbeing Services CIC

Innovation Centre, Basing View, Basingstoke, RG21 4HG [www.hantswell.org](http://www.hantswell.org) [info@hantswell.org](mailto:info@hantswell.org)

Friendship and Community Equality:

## A FACE-TO-FACE APPROACH TO REDUCING LONELINESS AND ISOLATION

Basingstoke based Hampshire Wellbeing Services CIC (HWS CIC) has launched a Befriending service for local people who are isolated, lonely, frail or adjusting to a lifestyle change - the Friendship and Community Equality (FACE) project.

A number of research studies conducted across the UK, highlight the issues of people who have become isolated from society and from accessing services. There are many reasons this has happened, such as ill health, disability, fear, bereavement, cultural barriers, language issues or even through just having no transport.

It is estimated that about 10 per cent of the general population aged over 65 in the UK is lonely all or most of the time - this equates to over 900,000 older people.

Research examining loneliness amongst different ethnic groups shows that levels of loneliness amongst ethnic minority elders are overall higher than for the rest of the population – 15 per cent reporting that they always or often feel lonely.

## **FIGURES AS HIGH AS 75% IN OUR LOCAL COMMUNITIES**

HWS CIC's own research into loneliness and isolation amongst Basingstoke's ethnic minority elders revealed 75 per cent experienced loneliness and wanted companionship and support. These multicultural communities have specific needs – they need a companion who can speak their language and also understand their culture.

## **ENABLING ISOLATED PEOPLE TO RECONNECT WITH THEIR COMMUNITIES**

This year HWS CIC launched their FACE project – with a goal of providing Friendship and Community Equality through providing training to people from a range of local communities to come together as a team to provide Befriending services to those in need, including those with diverse language and cultural requirements.

Our FACE Befrienders can: visit people in their homes, take them out to events, help them with their shopping, escort them to appointments or introduce them to like-minded people; and simply giving them a new lease of life, purpose and greater quality of life.

Trainer Phil Simmonds said: 'we have already trained people from host communities – England, Nepal, the Middle East, Caribbean, China, Bulgaria and New Zealand - as Befrienders, enabling isolated people to access their community. We have seen first-hand the needs of those that have become disadvantaged within their own communities and the impact of isolation on their health and wellbeing. We believe that we are providing an opportunity to enable people to directly support and help those in need within their own communities.

To find out more about how you can get a Befriender or become a Befriender, then contact Jayne Morgan on: 07855 697 897 or email [info@hantswell.org](mailto:info@hantswell.org).

Dear Readers,

Hello it's Ellie again

This month for me has been action packed. I found out what secondary school I am going to, and we are also starting SATs boosters which we are doing for the whole morning on Wednesdays and Fridays in preparation for the real thing in May.

The most exciting thing I did was when I met Eileen Condon who is a very well known journalist. Four pupils from my school went to Four Lanes Junior School for another exciting Able Writer's session on the 7<sup>th</sup> of March to learn lots of things that you have to know to be a journalist. We also learned how to write a good review and how to write a Splash, which is what journalists call the front page of a newspaper. Eileen has done many things from plane/car crashes to interviewing famous celebrities such as Brad Pitt and George Clooney she has also interviewed authors including one of my favourites Jacqueline Wilson. I really enjoyed my day and have learned lots from Eileen and I think I might be a good journalist when I am older. At the end Eileen was very kind and gave me a scoop and let me interview her. This is what I asked her.....

Me: "How long have you been a journalist?"

Eileen: "The first article I ever wrote was when I was 9, I wrote an article in a newspaper and then again when I was 15. I wrote a short story for a teenage magazine and earned a small fee."

Me: "What was your shortest deadline?"

Eileen: "The shortest deadline I ever had was when I had to report on a house fire as it was happening. So that deadline was on the spot."

Me: "What inspired you to be a journalist?"

Eileen: "I wanted to write books and I wrote the scripts for plays and used to get my friends to act in them. I wanted a job that was near to being a writer so I chose to be a journalist. I fell in love with the printed word and telling stories."

Me: "Who were the most famous people you have ever met?"

Eileen: "The most famous people I have ever met are Brad Pitt, George Clooney, Andy Garcia and Johnny Depp. I also enjoyed interviewing Jacqueline Wilson and J.K. Rowling."

Me: "What was the interview you liked best out of all the interviews you have done?"

Eileen: "The best interview was an interview with a man who played the voices of Rhubarb and Custard and his name is Richard Briers"

I loved interviewing Eileen and it has encouraged me to try to reach my dreams as a writer. I also think I would be a good journalist so maybe in a few years I might be travelling around just like Eileen and getting to interview lots of people and report incidents or events.

*Until next month*

*Bye for now*

*Ellie*

# Choosing the right care home for Mum was made easier.



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*Thank you,  
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