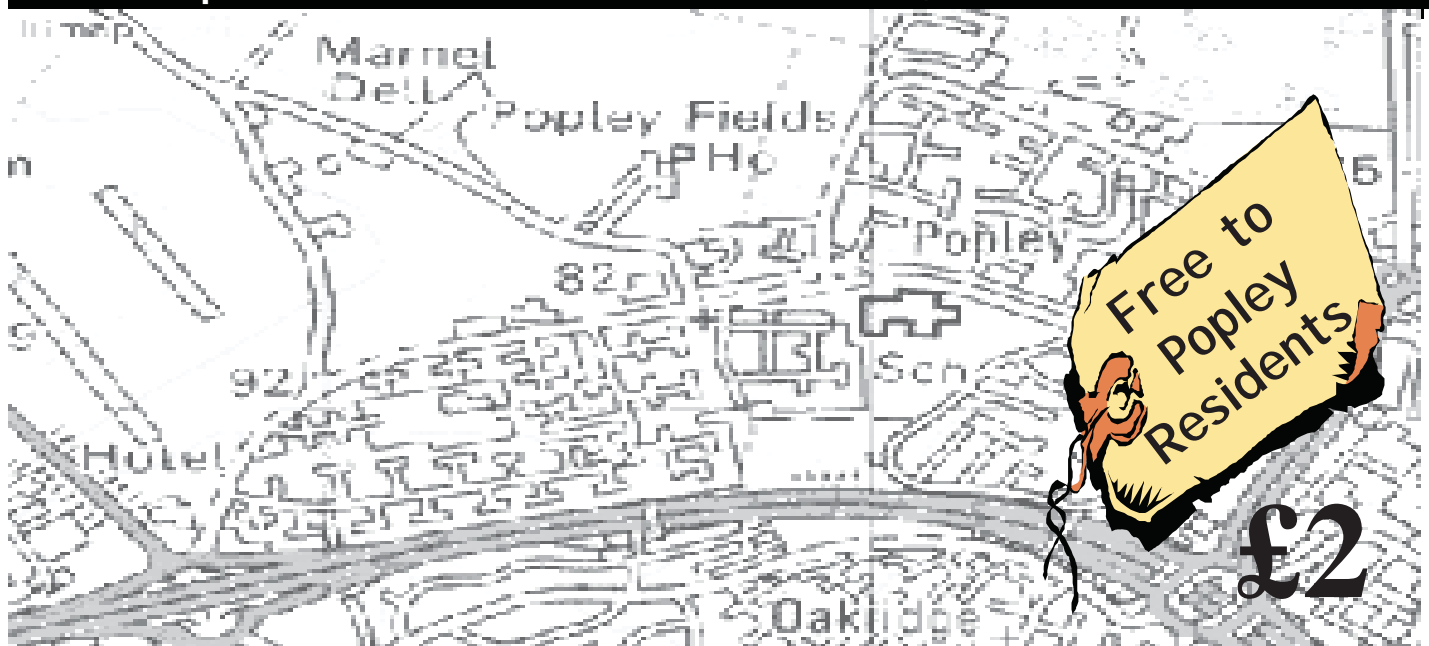


POPLEY MATTERS

PROUDLY SERVICING THE COMMUNITY SINCE MAY 1992

September 2013 Distribution of 5,000

Issue 139



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles & adverts (5pm 15-09-13) editor@poppleymatters.org.uk



Editor
Jane Frankum

Message from the Editor:-I don't know about a holiday season and having a rest! Paul and I have been so busy our heads are in a spin. There have been some lighter moments though with a visit to Basingstoke Fire Station, a British Citizens award ceremony and several fetes. This month we are looking forward to going to see Steve Hewlett's show coming to Everest Community Wing at the school on 8th September at 11am. I know there are some tickets left and anyone is welcome, visit their Facebook page to get further details. There are various prices but the dearest is only £5 for non members of the club.

This is a massive chance to help this worthy club carry on helping families with autism and ADHD.

Popley Fields are having a Quiz Night on 27th September with a cash prize of £30 details are on page 12.

We hope you enjoy reading the Popley Matters we now have 5000 to deliver, and the number of new homes seem to be growing fast again. We are now having to think about how we can find the funds to continue to deliver to all the homes in Popley. We rely completely on advertising to pay the printing and costs.

Among the articles this week there are two pages of advice from Trading Standards that we hope you will find useful. There is also advice from several departments in Hampshire County Council and information on where to get help or advice.

If you have ideas on how we can improve your community magazine or want to get involved or even promote your group or club, contact Popley Matters. The details to get in touch are on the inside front cover. If you want to advertise our rates start at £30 an issue, very reasonable when you consider it reaches so many potential customers. We love to get articles like the story of Ettie and her love of Popley on page 23. More of these please we are like one big family here in Popley.



Sub Editor
Paul Frankum

You can email me at editor@popleymatters.org.uk call me on 01256 819924 or write to me at 405 Abbey Road, RG24 9EL.

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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My second visit to Abbey Road, Basingstoke.

In July of this year I was lucky enough to come for a second time to stay with Terry in Abbey Road.

On the day of my arrival (17th July) Terry took me to meet Jane and her son Paul Frankum, who edit and compile the 'Popley Matters'.

I now have two new friends to add to my growing list of friends in Basingstoke!

As always, I'd forgotten to pack my toothbrush and toothpaste and so had to call into the shops on the way back. Nayna and Helal gave me a very warm welcome which made me feel all the more at home.

Two of Terry's friends and neighbours, who I met last year, very kindly took me to Harrods and Covent Garden; this gave Terry a well-earned rest! One of the neighbours also had her sister staying and she came too. She was visiting from Australia and so I was able to enjoy a lilting West Indian accent, an Australian accent and a London accent, which after knowing Terry for nearly five years I'm used to!

Terry took me to the 'Mary Rose' exhibition, London on two occasions (I wanted to see the Sherlock Holmes' museum), Cambridge, Wookey Hole caves, Stonehenge, and a Chinese restaurant in Andover to meet more friends. My favourite place in the world was Winchester.

The family I'd stayed with as a child invited me to visit them on Friday after, stay Friday night and return to Basingstoke Saturday afternoon. They live about three miles from where Terry was born so he knew the way by road. Rather, he thought he knew the way by road!

During the thirty years since he last drove to Willesden everything had changed and we were soon lost in Harlesden!

Eventually, we arrived at the flats Terry grew up in, I saw the house he was born in and drove to Hampstead Heath and had lunch in the 'Old Bull and Bush'! Evidently, this pub was established in 1721!

I'm most impressed with the way you preserve your history and culture, which is why I love Winchester.

Hopefully, I'll visit you all again.
Natasha Suruntovich, Orsha, Belarus.



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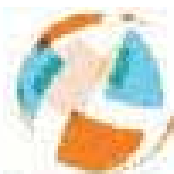
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The Spoon Man

Ray Allen, lives in Anglesey Close where he creates his sculptures from spoons, he welds them together in the workshop at his home. Ray has made



several hollow-eyed scaly skulls, bigger than footballs, also a 5ft-high Lectern with spoon blades overlapping like feathers, a gargoyle, and a 6ft standing calf-headed figure made from 1,500 spoons. I admired in particular the hedgehog and some of the smaller sculptures made to hold mobile

phones.

Ray told me “I started with pennies and then I moved on to spoons for some reason. I don’t remember why I did. I have always built cars, and I have still got three, so I’m used to welding. I’m the sort of bloke who likes to work in a shed.” Ray, told me, “I probably would not have been allowed to do his new hobby so vigorously if my wife Sally were still alive. Sadly, she died six years ago at the age of 54, from lymphoma”. Ray has three children and 12 grandchildren and when they come to see him, the grandchildren are encouraged to have a go at making something. and thoroughly seem to enjoy it. Ray went on to say, “ I was very proud to have my works displayed last month in The Fairfield Art Centre. I have sold one of the skulls to a Tattoo parlour and even had a phone call from Uri Geller who has shown interest in buying one of my sculptures for his garden where he invites people to raise money for the Children in Need event.

Do you know any other resident who has a hobby they would like to share with our readers?



Councillors Page: It has been an incredibly busy month with a visit to The Hampshire Fire and Rescue Service Community Open Day at Basingstoke Fire Station. I was amazed at how many families were there. We saw many demonstrations some were very serious and some were really amusing. It certainly made you think about the many situations they have to deal with. The police and ambulance services were also present there with displays. Another really pleasant duty I did was to present the Citizenship certificates for people all over the Basingstoke area including a Popley family. They told me that they had been studying for nearly ten years. I looked at the tests online and must confess I failed. You certainly need to know a lot more about Britain than I ever learned at school. They came from China, Cambodia, America, Ghana, South Africa, Vietnam and some other countries that I can't recall at the moment. The Lord Lieutenant of Hampshire usually makes the presentations so I was very privileged to be asked to do the presenting. My fellow Labour County Councillors and I are looking into the proposed closure of four elderly people's homes in Hampshire one of them being Deeside in Basingstoke. *Cllr Jane Frankum 819924 jane.frankum@hants.gov.uk*

Popley West: There has been a lot of noise and vandalism late evenings and at night in the Abbey Road Shop area. We had meetings with Police Community Officers, Sentinel, Melrose Hall, Fastfare, a borough council officer and a County Officer. The damage to the tiles on the houses, the paths, walls and trees were also discussed and moves to address these issues are now being actioned. Then we all met with about 25 children and talked about them not using the designated areas for sport and play and we will consult with residents and the children in Popley with some ideas for improvements.

There have been many complaints about inconsiderate parking in all parts of Popley. Last month we told you about suggestions for Marnel Park and we have now asked the relevant agencies to see how we can stop what is illegal and unsafe parking especially on the corners and opposite junctions in Popley Abbeys.

We are waiting for the result of the appeal on Kiln Farm that is due later this month. We are always hopeful and put up a strong case. Sadly however this present government seems to prefer to cram in housing in town areas.

Cllr Paul Frankum 01256 819924

Cllr Jane Frankum 01256 819924

Page 4

Popley East: The Kiln Farm appeal decision is still expected about the 24 September.

Our position is not helped by the Tory Council's decision to include the Kiln Farm site as one of those chosen as a site for housing under the draft local plan now going out to public consultation.

We are pleased to note the improvements being carried out shortly at the Popley Fields Community Centre with S106 money and a grant from Hampshire County Council. We congratulate the Association for its work and commitment on this project. They intend to celebrate the launch of the refurbished facilities later in the year.

All the Labour Councillors are working on improvements. In Popley East the focus is on introducing traffic calming measures for Shakespeare Road, with improved crossing facilities around the shops and the leading subway which also needs to be made safer and better lit for those who use it.

We recognise that with the passage of time there are many original paved footpaths which need to be converted to tarmac.

There will be an increasing number of residents penalised under the Bedroom Tax provisions. We are urging people to seek advice on their situation sooner rather than later so that help can be provided.

Cllr David Potter tel.07941507801

Cllr Viv Washbourne tel.07900890088

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Scams Bulletin from Hampshire County Council

The purpose of this scams bulletin is to enable Hampshire residents to be aware, and therefore guard against, the type of scams currently being reported to the Hampshire Trading Standards Service.

Trading Standards will collate information on scams to provide information and intelligence to the public and other agencies but will normally only intervene when the victim is vulnerable and has been financially abused.

In appropriate cases Trading Standards will also seek to take enforcement action through the courts.

Inheritance Scams

Hampshire County Council Trading Standards Service has continued to receive complaints about inheritance scams.

This fraud operates when the scammer makes contact normally by post or email alleging there is a large inheritance left by a distant relative or unknown benefactor who has died overseas. The scammer will usually write in the guise of a lawyer, banker or foreign official.

Sometimes the scammer will provide a made-up name or they may use a family name to make the scam seem more convincing.

The size of the supposed inheritance can be very large, sometimes many millions of dollars and is often quoted in foreign currency. They will allege the supposed inheritance is difficult to access due to government and bank restrictions or taxes in the country, and that the victim will need to pay money and provide personal details to claim it. The stories told by the scammer can be quite elaborate and they will go to great lengths to convince you that a fortune awaits. Other times, the letter may make threats to frighten victims to part with their money. The initial fee they try to charge may be relatively small, but once they receive this they will continue to send letters asking for more money and introduce additional costs.

The scammer will continue asking for money as long as the victim sends it but they will never send the inheritance in return. They will only stop when their victim becomes suspicious or when they realise they will not be getting any more money.

NEVER give your credit card, bank account details or copies of important personal document to anyone you do not know or trust. If you would like to report an inheritance scam please contact the number at the bottom of page 7.

Computer Virus Telephone Scam

Hampshire residents are warned to take care if they receive an unsolicited phone call about an alleged virus on their computer.

The scammer will ring and ask for the householder, normally quoting their name, to make the call seem genuine. They will then claim they work for a computer company, most likely Microsoft, as they know this is the software most people use. The caller will then tell their intended victim that they have received a report from their internet service provider of serious virus problems on the computer. At this stage the scammer may:

- Install an antivirus program on the computer – typically the kind that can be downloaded from a reputable company for free;
- Ask for credit card details but install nothing. The victim's details might then be sold to other parties or used for fraudulent purposes;
- Install malware on the computer which may enable the computer to be controlled remotely for other illegal or harmful purposes; or
- Access and steal personal and financial details from the computer.

If you receive a phone call that you believe may be a scam, do not engage in conversation and hang up immediately. If you receive a similar notification by email or text message, do not open the link and delete it.

If you feel pressured to act, disclose personal details or send money to a stranger, this will certainly be a scam.

Bank Transfer Fraud

Hampshire residents are urged to be on their guard against scammers who phone claiming to work for their bank's fraud department.

The scammer will phone and allege it has come to the bank's attention that there are some irregularities with the account – either a third party has tried to access it, or there is a problem with any cards associated with that account. They will ask the victim to phone the bank or another organisation to check the validity of their claim and arrange to transfer the money into a separate account. However the scammer will hold the telephone line open, so when the victim makes a new call they will be connected back to them. The fraudster will then advise the victim to transfer their money into a new account. Once this has been done, the victim will not be able to trace the new account and their money is lost.

Real Life Case Study

Mr N, who is older man living alone since his wife moved into a care home, received an unsolicited phone call from a man who alleged to work for the fraud department at his bank. He said he was investigating his account. Mr N was advised to phone back to arrange a bank transfer. When Mr N phoned the number he was given, he was advised to transfer his money into a new account. He was told this was a different branch of the bank. Mr N agreed to do this and transferred his life savings of £28,000. It was only afterwards when he spoke to his branch that he realised he had been a victim of a fraud. Mr N reported this fraud to the police and Trading Standards, where he received support.

The banks have advised that they will never ask customers to transfer funds or disclose their passwords, so any phone calls must be treated with caution. The best advice is to end any suspicious calls immediately and not give out any personal information.

If you have any concerns that you may have been subject to a similar fraud, phone the police.

Shareholder Scam Update

The scammers will access information on shareholders from a public register, offering to purchase a percentage of their shares from them. The scammer will not correspond by post, and will suggest vulnerable consumers use their local library's fax machine. However, new information suggests that scammers are now starting to advise consumers to use their NHS library at their local hospital. They are then asked to return the fax along with a payment which is made by bank transfer. Once a payment is made the scammer will persist in chasing for more money.

Consumers are urged NOT to respond to any offers of this nature and to report any concerns to the Citizens Advice Consumer Helpline.

Five Tips to Protect Yourself against Scams

Scams come in many forms, but there are some simple steps you can take to protect yourself.

- DO NOT give out any personal information to organisations or people before verifying their credentials;
- DO NOT click on a link in an email if you are unsure of its source;
- DO NOT respond to any offer that seems 'too good to be true';
- DO NOT send money or pay a fee to claim a prize or lottery winnings; and
- DO NOT phone a number starting with 090 – they are charged at a premium rate and can be very expensive.

For further advice and to report a scam contact;

Citizens Advice Consumer Helpline on

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The club starts 15th September 2013 and will run every Sunday 4-6pm in the sports hall at Everest Community Academy.

Please take a look at www.allstarsbadminton.wordpress.com as we offer badminton to all ages, abilities and disabilities. We are pleased to say that at Everest we also have access to specialised wheel chairs for playing sport, so come on down and join us. Any questions or if anyone would like to set up a specialist group/club we would be happy to work alongside Everest to achieve this.

For those under the age of 12 who are interested in starting a junior club at Everest please contact Linda Rapacioli email allstars.lr88@googlemail.com



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A word from the experts, one parent said "I think the playgroup is very good at settling a crying child." 100% of parents stated that their child enjoys playgroup. Parent questionnaire June 2013
Contact Carey West on 07935267232, please leave a message during school holidays and we shall contact you.

Email: 511077@childcare.hants.org.uk

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NHS Foundation Trust

In a time of uncertainty about the NHS, readers may like to hear about a little known aspect of NHS Foundation Trusts - the part governors and members play in ensuring that the needs of local communities are met.

Hampshire Hospitals NHS Foundation Trust includes Basingstoke and North Hampshire Hospital, Royal Hampshire County Hospital, Winchester, and Andover War Memorial Hospital. Public governors are elected by their fellow members. Their role is to represent the interests of local people and contribute to the Foundation Trust's strategy.

Foundation Trust membership is free and open to anyone over 16. Members come from all walks of life and include patients, their families and interested members of our local community. Hampshire Hospitals sends all members a regular newsletter and holds events locally with talks on health topics where members can meet their governors.

We, the governors, would be delighted to attend meetings of local groups to explain our role and talk about developments at your local hospitals. We'd like to invite everyone living in our area to be part of a community of thousands of members of Hampshire Hospitals. You can join online at www.hampshirehospitals.nhs.uk or by calling 01256 852615.

The Public Governors of Hampshire Hospitals NHS Foundation Trust governors@hhft.nhs.uk

Electric Blanket Safety Checks

It may still be summer but an early reminder that the County Trading Standards team will be offering free blanket tests in October. If you use an electric blanket, it's a good idea to get it tested to ensure no fire risk. If it's less than 10 years old book in to get it tested and if over 10 years old, replace it before use as it would automatically fail the test. To make an appointment or ask a question, leave a message on 01962 833 358.



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Scout section: John-Paul Keetch 07899 087 275

Cub Scout section: Douglas Gowan 01256 412326

Beaver Scout section: Eve Alexander 01256 346510



The Scouts went off to camp at Lyons Copse in August and had a super time with plenty of exciting activities to keep them busy. Not too much rain fortunately.



Beaver meetings restart on 3rd September and the following weekend many will take part in the Colony 'sleepover'. For some it will be their first experience of being away from home but not much sleeping goes on as they will be kept very busy with board games, crafts and activities and a peaceful Disney film to end the day. Beavers are encouraged to bring their own teddies or favourite cuddly toy for reassurance.

To start the autumn session the Cubs will take their postponed 'trip to the moon' in their cane rockets to find out if its really is made of cheese! Hopefully no-one will find themselves stuck in space for too long otherwise they will miss all the fun of the other programmes if they do!

The Group will take part in the Basingstoke East District Scouts' Sponsored Rural Ramble in October. There are three routes to choose from ranging in distance from 5 to just over 10 miles. All routes follow footpaths and bridle ways on the western edge of town on land forming part of the Manydown Estate by kind permission of the District President, Hugh Oliver-Bellasis. This is one of the major fundraising activities of the year so we are hoping for a good turn-out.



New recruits welcome (though you may have to wait for a vacancy in the Beaver section which is almost always oversubscribed) – for more information, contact the leaders or use www.facebook.com/BasingstokeAirScouts.

Base 2000 is available for use by any community group at special rates either for 'one-off' or regular bookings. It can also be used for children's parties or family gatherings. Hiring rates range from £3.50 per hour for the smaller hall to up to £10 per hour for the larger hall. Enquiries to bookings@base2000.co.uk or call Colin on 07796 772 500 / 01256 410559.

Charity number 267734

Headquarters registration number 42755

September at Basingstoke Discovery Centre

To book a place visit Basingstoke Discovery Centre in Festival Place, or call 01256 478670. Advance booking is strongly recommended.

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

Roald Dahl Day

Join us for a Scrumdiddlyumptious celebration of Roald Dahl when we'll be taking characters from one his books off the page and trying some hands-on activities.

Sat 1 September, 10am to 2pm, FREE.

Family Chess Coaching

A member of the Basingstoke Chess Club will be on hand to introduce/advise children with their parents/guardians together. For players of all abilities.

Sat 14 & 28 September from 11am to 1pm, FREE drop-in.

Massage Made Easy

You will learn to relieve tension in the body through the back and neck using simple massage strokes. A great introductory workshop to cover the basics behind massage.

Sat 21 September from 1pm to 3pm, £6.

Writing Hampshire Poetry Recital

Bryn Strudwick, local actor and writer, will be reading a collection of poems with a Hampshire connection. Keats, Kipling, Austen and Arlott will rub shoulders with talented Hampshire poets from the 'Writing Hampshire'

scheme and, given half a chance, the reader might even slip in one of his own.

Mon 23 September at 2pm, £3.

Willow Basket Making

Take home a beautiful willow basket you've made yourself after this one day course with local basket-maker, Judith Needham. You will be using the 'frame' technique which is ideal for newcomers to the world of basket making. For more information call Judith on 0774 985 2229.

Suitable for adults and 14yrs+.

Saturday 28 September, 10am to 4pm, £40.

Careers Fair

An opportunity to meet with local employers who are recruiting now and learn what they look for in applicants. Help and information on finding and applying for a job and training opportunities will be available too. A number of resources and workshops will be available.

Check our website for further details: www.hants.gov.uk/bsdc

Mon 30 September from 11am to 6pm, FREE drop-in



Plan ahead to avoid fuel poverty

With colder weather on the way and the cost of heating our homes rising, more and more people are finding themselves in fuel poverty. This is when 10% or more of your household income goes towards your fuel bills.

There are approximately 3.5 million households in England in fuel poverty.

If you think you may struggle to pay your fuel bills this winter help is out there.

Turn2us is an organisation that helps people gain access to welfare benefits, charitable grants and other financial help. Their website has lots of useful advice about switching suppliers and energy efficiency grants at: <http://fuelpoverty.turn2us.org.uk/finding-help>

The **Home Heat Helpline** advises people worried about paying their energy bills and keeping warm during the winter. You can call them for FREE on **0800 336699** or you can visit their website at: www.homeheathelpline.org.uk

Or you could register with **Switch Hampshire***. Councils across the county have joined forces, to help you benefit from greater savings on your energy bills, by combining their purchasing power.

Registration is free – you just need your latest energy bill to hand. And the more people who sign up the greater the savings could be. To register, or find out more, call **01962 846828** or go to: www3.hants.gov.uk/collective-switching

You can also find out more about saving money, and saving the planet at the same time, on our website at www.sentinelha.org.uk/savemoney.

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Silver Sherpas at Everest

Friday 6th September 2013 marks the launch of the new and exciting term for the Silver Sherpas at Everest Community Academy.

This well established over 50s social group offers a great mixture of activities throughout its programme, ranging from Zumba to Sugar Icing or Health Talks to Healthy Walks. With each week being different we ensure that there is an activity for all involved.

The Silver Sherpas meet up every Friday during term time between the times of 3-5pm, and at the small cost of just £1 per session. If you would like to get involved or just receive some more information please contact Dean or Danielle on 01256 337573 or alternatively email the following address, dridgers@everestcommunityacademy.org.

JOIN IN SEPTEMBER AND GET YOUR FIRST SESSION FREE!!!!!!!!!!

Reporting Concerns about a Child

Safeguarding children is everyone's responsibility and you also have a role to play. If you are concerned about a child or young person, you should report it to Hampshire County Council on 0845 603 5620 between 8.30am and 5.30pm Monday to Friday. At all other times use the out of hours service on 0845 600 4555 but if you believe that a child is at immediate risk, call 999 and report your concerns to the police. More information about child protection is available via www.hants.gov.uk/child-protection.



PRE-SEASON is well underway at MFC Popley Youth, where a number of successful projects are currently taking place.

The Children's Football Camp has been a massive success and anyone wanting to send their child to future school holiday camps should contact Ian Davies, Chairman, on 07884 185 693.

MFC Popley Youth Allstars has launched and this caters for children going into Year R and Year 1 in September.

It is hosted by coaches Dave Gambrell and Andy Williams on Carpenter's Down 9am-10am on Saturday mornings and anyone wanting to get their child involved should contact Dave on 07581 561 611 to find out about the packages on offer.

The Club is still recruiting for the new season, and if any child going into Year 2 in September wants to play, the parents should contact U7s Manager, Marcus Green, on 07738 66 5285.

And for any child going into Year 3 who wishes to join the Club please contact U8s Manager, John Hewson on 07927 640 198.

Despite having superb FA-qualified and fully CRB checked coaches and awesome equipment, the Club's fees are the lowest in the area.

Including sign-on fee, a child can train and play for the club from 1st September to 30th April for just £70, and this includes two training sessions (one of which will be on 3g astroturf at Everest from October) a week plus matches.

When you consider that the comparable (two training sessions a week and fewer matches) cost of training at Basingstoke Town FC's open-to-all youth training centre (where they charge £5 a session) is effectively £320, you can see what an incredible bargain MFC Popley offers.

County Youth Support Services

Things to do, places to go, people to talk to, information, advice and guidance, getting involved in volunteering and targeted support. Call 0845 603 5621 or contact www.hants.gov.uk/youthtube.

Hampshire Roads

Reporting a pothole, road defect or street lighting fault, information regarding roadworks, road closures, traffic speeds, road signs, road maintenance or other highways matters, call 0845 603 5633 or contact www.hants.gov.uk/roads

Home Library Service

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Linguatastic, School of Languages

As the new term is about to begin, we are delighted to announce a number of new classes. Starting this month, we are offering a German class for adults on Monday evenings, a German class for primary school aged children on Tuesdays after school and a Spanish class for adults on Tuesday evenings. These are in addition to the more established French, Spanish, Italian and Mandarin sessions we have already been running for a variety of age groups including pre-schoolers, primary school aged children, secondary school aged children and adults.

We are also pleased to let readers know that we shall once again, be celebrating European Day of Languages and invite you to join! On Saturday 28th September, there will be international food, a quiz, a raffle and multi-cultural dancing performances to enjoy at Christ Church, Reading Road, Chineham from 6.30pm. Tickets cost £25 per family (2 adults and 3 children) or £10 per adult and £5 per child.

For further information on this event or the aforementioned classes, please e-mail info@linguatastic.com or telephone 01256 811100.

Dear Friends,

Welcome back! Is it me or is time really passing quickly? It feels like only yesterday that we were melting in the Mediterranean temperatures of July and here we are in September, though as I write we are still enjoying good weather with the first real autumn temperatures perhaps only just around the corner!

Time often feels like a piece of elastic - it can seem to stretch and go on for ever or it can shrink and pass really quickly depending on what we're doing, who we're with or where we are – this becomes more obvious as you get older (so I'm told). But we can also be the ones responsible for speeding things along. Already in some shops we're seeing a combination of Halloween, fireworks and Christmas goods on sale and we're buying into them. Perhaps we could combine them and call it something like 'Hallo Christ'!

Seriously, these days there hardly seems to be time to enjoy the moment, relive the experience or reflect on the journey! **WHAT'S THE RUSH!!!** I sometimes think we need to impose speed limits on our lives so that we don't miss the best moments. How often do you take time out to be still and quiet, more importantly do you take time out to be still and quiet? In the midst of all the daily activity of our busy lives it becomes increasingly important to seek out those quiet moments, to find time just to chill out and be ourselves. King David the author of many of the Psalms in the Bible wrote "Be still and know that I am God!"

As we return to the more normal routine of life after summer, the daily focus tends to be on meeting our physical and emotional needs but it's more important that we do not neglect our spiritual needs too. So when those quiet moments occur take the opportunity to follow King David's example and be still before the one who created all things.

**In Christ
Arthur
Vicar of St. Gabriel's**

P.S. Maggie, one of our Young Families Workers has written an article in this month's mag, so please do take a few moments to read all about Messy Church, TAG and our new café and what it could mean for you!

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New Babies, Trusts and Keeping Your Will up to Date!

Are you, like the Royal Family, celebrating a new arrival in your family?" asks Sheila Glynn-Owen of Phillips Solicitors. Sheila advises that this sort of happy event is a good time to review your Will to ensure that your wishes are properly carried out after your death. You might wish to secure your child or grandchild's future by setting up a Trust Fund to be added to over the years or a Trust under your Will.

The Inheritance Tax rules have changed since October 2009 and Wills made before that time would certainly benefit from a review with a trusted solicitor. Affairs in your family may not be entirely straightforward with second marriages, cohabiting families, new grandchildren and step-grandchildren to consider. The excuse "it is too complicated" just will not do – a specialist solicitor may well be able to provide you with a solution and a properly drawn up Will can provide you with peace of mind and the resolution you were hoping to achieve – often just discussing your affairs with a specialist solicitor can help you see a solution.

So, dust off your Will, read it carefully and see if it is up-to-date and says what you really want it say. If not, or if you are one of the two thirds of the population who are still without a Will at all, then making an appointment with a solicitor must be a priority!

Sheila Glynn-Owen can be contacted at Phillips Solicitors on 01256 854637 and is happy to provide details of a fixed fee Will writing service which takes you from the initial discussions and advice right through to providing the witnesses for your Will and storing it securely for you.



ARE YOU CURRENTLY GOING THROUGH DIVORCE OR SEPARATED?

DIVORCE RECOVERY WORKSHOP can help DRW is a six session course which helps divorced or separated people to come to terms with a relationship that has irretrievably broken down.

It is run and facilitated, not by professionals but by those of us who have experienced the breakdown of a marriage or relationship and who have benefited from the support both during and following the workshop.

The workshop can enable people to have a better understanding of what they are going through, provide them with support from others in the same situation and assist in the process of adjustment in their lives. We offer a secure environment for discussion and understanding of feelings. A new circle of friends is often made during the workshop and afterwards in the social events.

The DRW is a registered non profit making organization, registration number **1041178**

The Workshops run twice a year, generally April & October. We run in various locations in the south.

Our next Workshop will start on 26th September 2013 in Basingstoke.

For further information telephone:- Jane on 01256 850942 or 07580 453079

Or visit our website www.drw.org.uk



Mrs Ettie Jeffery

Jane and Paul, you recently spoke to my mother, Mrs Ettie Jeffery, as I know you do with many others of your more elderly constituents. I wanted to let you know that Mother has since died peacefully in her sleep.

Basingstoke was a very different place in 1970/71 when we came. It wasn't just the brand new flat that was such a joy to Mum, it was also the sensitive planning of the area with the allotments and grass in front and the marvellous view from Mum's kitchen window out over the playing field and Marnel School, to Popley Fields, where now the building works have just started up again. The trees were lovely - especially to us people from Penzance area - straight and beautiful rather than bent into the wind like old people, and the sunsets were wonderful.

When mum was offered a council tenancy 42 years ago, she was extremely grateful. She had returned from Cornwall where she was a widow living in a cottage owned by my grandparents, to her own mother's council flat in Bermondsey. Mother had managed to save £2,500 then which she hoped would be enough to buy a place but just as we moved to London house prices doubled. Out-priced and classified by Bermondsey council as a foreigner, she was at her wits end when Basingstoke and Deane offered her a new two bed flat if she transferred from the Wapping Telephone Exchange to Basingstoke as a key worker. What a joy having her own flat in Melrose Walk was, clean, bright, dry and hers.

I now live in Marnel Park and I realise that more homes are needed but there are brownfield sites which should be used first and the primary need is for really affordable homes not more profit for builders. The loss of ever more agriculture land is to be deplored.

My brothers and I have emptied the flat to return it to Sentinel and given her furniture and white goods to St Michael's Hospice and the Community Furniture Project (and her fitted carpets to her downstairs neighbour), which I know would have pleased her very much.

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Messy Church in St Gabriel's

Have you heard of Messy Church?

Have you ever been to a Messy Church session?

Do you have absolutely no idea what I'm talking about?

Firstly let me tell you what Messy Church isn't

- It's not a youth group or Sunday school
- It's not an after school club where you can drop off the children and run
- It's not a play scheme where the parents have a cuppa whilst the children play
- And it's not an excuse to stop cleaning your church

Messy Church is a family centred event, one where the whole family can explore God/Christianity in a way that is messy and fun together. We start with refreshments and family games e.g. Jenga, Kerplunk Connect Four or a specific activity, we then move into a time of messy craft which is linked to the celebration which follows the crafts, After the celebration we finish with a meal together. The sessions run once a month and last for approximately 2 hours.

Messy Church in St Gabriel's will be celebrating its 2nd birthday on 20th September starting at 4pm so this is the perfect opportunity for you to come along and find out a little bit more whilst enjoying coffee, crafts and cake.

TAG

TAG is an abbreviation for "Toddlers and God" and is a Christian based toddler group. We've been running now for nearly a year and meet every Friday at 10am at St Gabriel's Church, but on the first Friday of the month we have an outing. So far as the weather's been so nice we've been going to Eastrop Park.

We start off with free play, here the mums/carers have a time to chill and chat whilst keeping half an eye on their children whilst they play with a wide variety of toys. We then have a short Bible story or Bible themed talk. After the talk, a craft that is related to the story and followed by a selection of Christian songs and secular nursery rhymes that also fit in with the theme. We finish with a short prayer and if people want additional prayer we do it here or they write it down and pop it in our prayer tin and I go into the church after the session and bring their requests before God. We close the session with a sung blessing.

TAG's Time table

Friday 13 September, St Gabriel's, 10am

Friday 27 September, St Gabriel's, 10am

Friday 11 October, St Gabriel's, 10am

Friday 25 October, St Gabriel's, 10am

Friday 20 September, St Gabriel's, 10am

Friday 04 October, Playdays, 10am

Friday 18 October, St Gabriel's, 10am

NEW Café

St Gabriel's have been running a café along side the NHS well-baby clinic which is held every Wednesday, come rain or shine, from 10am till 12pm for two years and is proving to be very popular (think the lattes might have something to do with that!). So we are starting a second café on a Tuesday morning from 10am till 12pm. This café is for any new parents who are feeling isolated and lonely, for parents of multiple children who just want a chance to drink their cuppa whilst it's still hot (remember those days!!) and for any parent who just wants a chat to another adult. We will provide toys for the children, laps for them to sit on; arms for them to cuddle but you are ultimately responsible for your own children. This will open on 10th September the starting at 10am. The Wednesday Café will still carry on as normal.

For more information on any of the above please text Maggie,
One of St Gabriel's Young Families Workers, on 07968 355353

Diaries from the Old Codger

Do we achieve all we aim for in our lives? Most people are quite happy just plodding along and that is all they want out of life. Many push themselves to the limit of their ability to achieve their goal. I say “Well done, even if you do not succeed you have given your all”. Unfortunately, I am one that has not reached my goal and the reason is due to mainly to my health. Yes, and also being a fool, being taken in by others. I was brought up to help if I can in any way possible. I did not ask for any return on this help as it was my nature. Her Indoors used to go mad at me! I thought I had many, many friends that built up over the years. But I soon found out after my stroke that those “friends“ disappeared. Yes, I have acquaintances but only a few true friends I could count on. Alas over the years many have moved on, become in need themselves or passed away. So what can I do for people in my situation? I believe there is still good and I still help even if I have been snubbed. We will all in the end, answer to one person.



‘Er Indoors has a plaque that reads. “If you can’t do the job do it the way your wife told you”, boy does she rub it in. Why do us fellows not have one that reads “Boy can they talk”?

We have two small dogs now; they are great company and real characters. When we have dinner they both sit in front of me and give me the evil eye. How can a dog make you feel guilty eating your own dinner?

By the time you read this the summer holidays will be nearly over. It is sad that when children are on their school holidays the prices rocket. The holiday companies exploit the not so well off families or just price themselves out of the market. Leaving many families unable to afford a break because of costs, or going into debt to pay for one. Looking back to the Millennium, we looked at going away with a group of friends. We used to go on a Turkey & Tinsel Break on the Isle Of Wight. The price they were asking for that New Year for four days was huge. Stuff the turkey, as it were. We booked elsewhere at a fraction of the cost and had a fabulous time. Okay half the party went down with the flu, but that wasn’t the hotels fault. Then a few weeks before New Year the original hotel halved their price as they couldn’t get enough bookings! We heard the hotel ended up only half full. Did we go back? Not on your life. Exploitation can back fire on people.

Still every dog has his day. Perhaps mine is still to come!

When you get back to your school many will be starting their last year. Remember as long as you do your best no one can ask more from you.



Good Luck to you all

Old Codger

Basingstoke Mencap Thriving in Popley Fields

Basingstoke Mencap has had a great few years at Popley Fields Community Centre and we look forward to working more in partnership with the Centre and local people in the coming years. We now run two successful clubs in Popley Fields Community Centre – our Youth Club for 11-18 year olds, and our Tuesday Adult Social Club for anyone over 18 with a learning disability.

Youth Club – Every other Friday 7-9pm

In the coming term we have loads of exciting new activities and trips planned, including a trip to the fire station, drumming workshop, and a swimming night. We are planning all of these in response to requests from our fantastic members, who really know what they want to do! Last year we were able to help 6 youngsters gain a formal qualification in DJ skills, and we are proud that one of them now has his own DJ business. The club resumes after the summer holidays on Friday 6th September.

Tuesday Club – Every Tuesday 7-9pm

The Tuesday social club has developed an exciting programme that includes arts and crafts, cookery, bingo, karaoke, and special event nights such as the summer barbecue, Guy Fawkes, Halloween and Christmas. In the coming months we have many new and exciting activities planned. Due to a donation of cooking equipment, we also hope to increase our cookery training for adults so that they can learn new skills. We are also hoping to be able to introduce basic computer skills in the future.

What it means to our members

How have our clubs changed people's lives? One Mum said that 'It's amazing how [my son's] confidence has grown, which I know has happened because of people like you taking the time to care.' Our Tuesday Club members say that they love 'meeting friends and playing games', 'socialising and talking to people', and 'playing games, dancing, singing, bingo, chatting, crafts and quizzing.'

Get in touch

If you or anyone you know has a learning disability and would like to get out and meet new friends, then get in touch with us on 01256 423886, or email office@basingstokemencap.org.uk. Otherwise, just pop along to find out more about the fun we are having.

You can also follow us on Facebook (www.facebook.com/BasingstokeMencap), or become a member (download the membership form on our website www.basingstokemencap.btck.co.uk), which only costs £10 per year for a family or £6 for an individual. This entitles you to reductions on our activities and access to our regular newsletters.

Need help at home on a one to one basis?

Basingstoke Mencap is a charity and a business, and apart from our clubs and leisure activities, we also provide one to one support for people in their own homes and communities. Give us a call if you, or someone you know needs help to become more independent and learn to enjoy life to the full.

Dear Readers

I was going to write about a certain topic today until I heard Jessie J on the radio and it reminded me of my nanna who is recovering from breast cancer. She has only got a small amount of hair so she is going to dye it and make it look like Jessie J's hairstyle

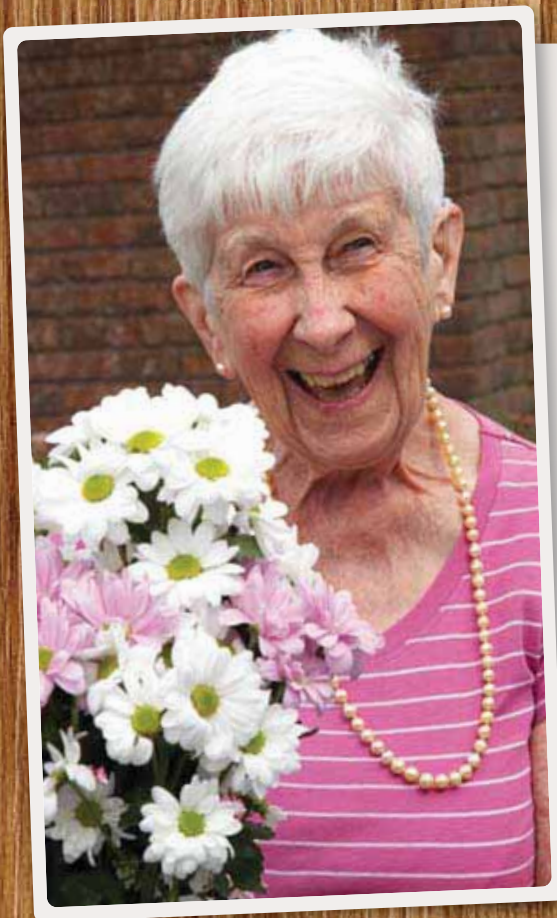
We are going to visit my Nanna who lives in Diss. It was really upsetting for me when I first found out that she had cancer as my Great Granddad, Uncle and Great Nan all died from cancer so to me, cancer just means death. When Mum first told us all, she explained what was happening to Nanna and tried to explain in words that all of us understood. With Nanna being so far away, the only communication we really had was texting and sometimes email, but not letters because while she was going through the operation and all the chemotherapy and radiotherapy she was too weak to write and just wanted to rest so if you texted her it might take a while for her to reply. I felt really upset and had the feeling that she was never going to get better and would die like my other relatives who had cancer. When I was told about the operation (mastectomy) and the chemotherapy and radiotherapy I had no hope because all of my other relatives who had the disease were treated but it failed. Just after Christmas a few weeks after her operation we went up to see her and my little sister looked at my Nan and said "Mummy said you have had your boobies cut off but it doesn't look like it" and that put us all at ease because we weren't afraid to mention it. I felt comforted because I could speak to my parents and also could talk to the person with the cancer as well. I was put at ease by her telling me how things were going rather than me wondering what it was all about. If there is someone who has a family member who has got cancer just make sure you have someone that you can confide in and tell them how you are feeling and they can comfort you. Make sure it is someone who you can trust like a teacher or family member maybe a very close friend. You can't imagine what I felt when I was told that my Nanna had been to the hospital that day and she had lots of scans to see if the treatment had worked and I was really, really happy that all the tests came back and she had been given the all clear. It was the best feeling ever. Everything seemed to lighten up and all my worries were lifted from the moment the wonderful news was given to me.

See you next month

Ellie

Summer Fate
At Marnel Lodge
Saturday 6th July

Choosing the right care
for Mum was made easier.



From the moment my mother and I first visited Marnel Lodge, we knew we had found somewhere pretty special. Elegant surroundings, delicious food and beautiful gardens were made even more appealing by the presence of like-minded residents with whom she can socialise and enjoy activities. For my part, knowing that she's safe in the care of such a dedicated and compassionate team gives me great peace of mind. And for that I'm extremely grateful.

- Nursing Care
- Residential Care
- Dementia Care
- Respite Care

Thank you,
Marnel!
Lodge



Please contact us for further
information or to arrange a visit

Call 01256 441 459



Marnel Lodge Care Home | www.barchester.com

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