

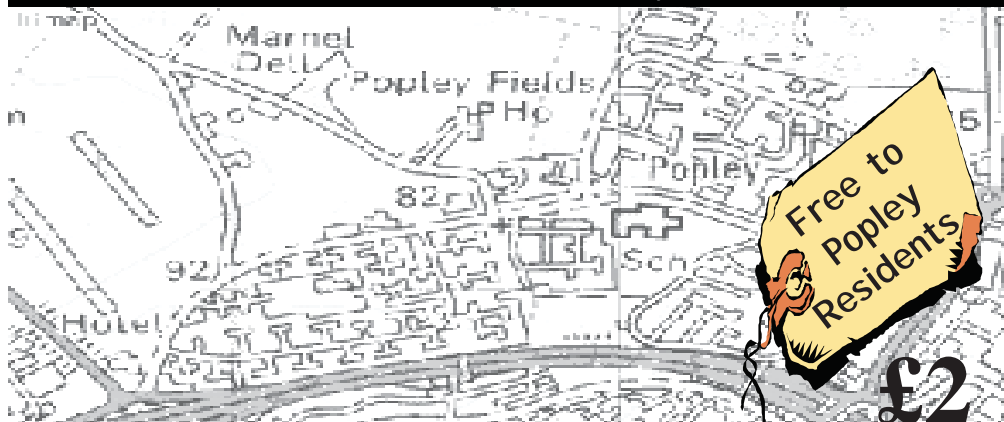
POPLEY MATTERS

PROUDLY SERVICING THE COMMUNITY SINCE MAY 1992

March 2014

Distribution of 5,000

Issue 145



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles & adverts (5pm 15-3-14) editor@popleymatters.org.uk



Editor
Jane Frankum

Message from the Editor:-It has been a very busy month and it seems to have spun by so fast. Our hearts and best wishes go out to all the residents in Buckskin and other areas that have been so devastatingly affected by the flooding. Over 50 houses had to be evacuated and over 100 more are damaged. The way all the community and all the agencies worked together was just simply amazing. I have asked if there is any way in which we can all help and I will let you know. It is early days yet with the clearing up and getting back to normal life for the people who have been affected. As I write this,

Worting Road Sub Statio is being affected and the electricity substation is taking on water, volunteers and fire crews are sandbagging around it to save a power cut that could plunge 4,000 homes into darkness.

I hope you enjoy reading Popley Matters, as we do try to keep it interesting and informative. We have had lots of groups, clubs and charities contact us and ask to put their events in the magazine but would like to see more local to Popley clubs and groups send us news of their activities. After all the magazine goes out to 5,000 places!

In the centre four pages are some of the activities in St Gabriel’s Church’ a lot of variety all in one small sized church. We would like to hear and share with our readers some of the events and hobbies that are connected to our great area of Popley. It would be good to hear more about The Rock Challenge and any other activity that affects Popley. Old Codger on page 30 is short this month as he has not been well. Truth is he has battled illness for many years so it is sad to see that he is having a hard time this year. We all wish him to better health and back to telling us some of the tales and history around his life.

As always we need more people to deliver especially in the Popley Islands area contact me, the details are as below.

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



Sub Editor
Paul Frankum

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

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Basingstoke Discovery Centre



Educating Basingstoke

a local history talk with Barbara Applin

Fri 21 Mar, 2pm

£3

Barbara Applin of the Basingstoke Archaeological & Historical Society will highlight many of Basingstoke's schools and colleges over the years. Using school records, newspaper reports and

photographs to describe how they were built and used, together with recorded interviews from staff and students, the afternoon will be a meeting place for both nostalgia and local history.

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Councillors Page: The cuts in services were even more noticeable in the last month with what resources available stretched with the flooding all over Hampshire. Buckskin in Basingstoke was severe with families being evacuated when their homes were flooded. The services and volunteers were truly amazing.

I was expecting the expansion of Merton Schools to come before the County committee in February, but it has not yet as they are working on concerns that residents and we put before them. It is good to know that they do listen and act on consultations. I expect it to go to committee in March.

I continue to push for the adoption of Marnel Park to the council's responsibility and we are at last getting near to this being achieved. We can then get some work done to alleviate some of the parking problems and other issues. We have requested more litter bins, and salt/grit bins.

Cllr Paul Frankum and I attended the jumble sale at Merton Junior School to raise funds for The Rock Challenge, about £150 of much needed funds were raised.

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

Popley West: After numerous emails, photos and visits it was finally established that the "defences" installed by the developers on Merton Rise were damaged and had to be repaired and reinforced. We continue to monitor the situation.

All four of your Popley Labour Councillors have been attending numerous meetings with reference to improving Popley and its amenities. There are three community groups: Popley Islands, Shakespeare and Marnel/Merton who are looking at the "Community Plans" and "The Green Infrastructure Consultation". There are several grants that are available and we want to ensure we get all Popley is entitled to, and it is spent on real improvements.

You may have noticed the brick columns as you enter Popley. These are designed to inform drivers that they are entering a residential area and to drive carefully and that the speed limit is 30mph.

If you have any concerns or issues you can email, phone, write or make an appointment for one of us councillors as below.

Cllr Paul Frankum 01256 819924

Cllr Jane Frankum 01256 819924

Popley East: The Borough Council's Community staff and Sentinel undertook an intense deep cleaning of the Poets area recently. Generally their efforts have been well received and residents have been pleased with the results. We are grateful for their work and responses to the demands made of them.

Please help to maintain the improved appearance of the area and avoid any fly tipping.

Please make an early note in your diaries that there is to be litter pick in the new build area of Faroe and Maldive including Aspire on 9 April, and Staff from Sentinel and the Borough will be supported by local children who recognise the need to look after the local environment.

A number of ideas are being looked at to improve the community facilities in Popley under the money available from the Local Infrastructure Fund. The recent flooding in Basingstoke has drawn staff away from this work while the crisis continues but proposals will be submitted shortly. This is money allocated to Popley because of the exceptional impact the building of thousands of new homes has had on the community over recent years.

No clear start date has been set out by David Wilson Homes for building on the Kiln Farm Site but we believe it to be imminent and we will tell residents any news on this as soon as we have it.

Cllr David Potter tel. 07941507801

Cllr Viv Washbourne tel. 07900890088

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To mark our 40th anniversary in June 2014 The Four Lanes Trust will be offering **40 grants** of **£250** for groups who are involved in the arts, social action or education in the Basingstoke district.

For information on how to apply:

Visit the Four Lanes Trust Website
www.fourlanestrust.org.uk

email
bobcarr@fourlt.fsnet.co.uk

Telephone
01256 477990

Write to
Bob Carr, 5 Ferguson Close, Basingstoke, RG21 3JA

Closing date for applications is **Friday 23 May 2014**



Step Out with Woofs and Wellies

Sunday 27th April 2014

Starting at Home Farm, Farleigh Wallop, Basingstoke, RG25 2HX

St. Michael's Hospice is delighted to announce the return of their popular event Woofs and Wellies for 2014, giving you the exclusive chance to walk around the exquisite private grounds of the Earl of Portsmouth's Estate.

You will have a choice of three beautiful routes comprising of a 5 mile, 8 mile or challenging 12 mile.

Each route offers a mixture of fantastic trails, breath taking scenery, and enthusiastic support from our St. Michael's Hospice staff and wonderfully dedicated volunteers.

Please remember you do not have to have a dog to take part, so sign up now and spend a spectacular day in the Hampshire countryside. Unfortunately routes are unsuitable for pushchairs and wheelchairs.

Entry fees are Adult and Dog £10.00, Adult £8.00 and Children £4.00.

If you are interested in learning more about the event then please visit:

www.stmichaelshospice.org.uk/events

Registration is now open online at www.stmichaelshospice.org.uk/events or call 01256 848848 for a registration form.

Images are available on request.



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March 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.

Britain Had Talent - Oliver Double, author of Britain Had Talent: A History of Variety Theatre, will tell you about the comedians, singers, dancers, acrobats, magicians, ventriloquists and other speciality acts who made variety what it was, and show you items from his collection of variety artefacts. Sat 8 March, 2pm, £3.

Hampshire Cricket: 150 Not Out - Dave Allen, honorary archivist at the Ageas Bowl, celebrates 150 years of County Cricket in Hampshire by discussing the club's history, developments and key moments along with his new book. Tue 11 March, 2pm, £3.

Floral Fruit and Vegetable Carving - A rare opportunity to learn to sculpt using fruit and vegetables with professional fruit carvers, Carving Magic. A floral display will be taught in this two hour workshop for adults. Sat 15 March, 9.30am, £15 (includes all materials)

Educating Basingstoke - Barbara Applin of the Basingstoke Archaeological & Historical Society will highlight many of Basingstoke's schools and colleges over the years. Using school records, newspaper reports and photographs to describe how they were built and used, together with recorded interviews from staff and students, the afternoon will be a meeting place for both nostalgia and local history. Fri 21 March, 2pm, £3.

Craft Fair - Meet a range of local craft-makers and find individual, original items to make a refreshing alternative to the high street shops for your gift buying. Sat 22 March, 10am to 3pm, FREE entry.

Hidden Basingstoke Walking Tour - Lasting just over one hour this tour uncovers some of Basingstoke's lesser-known facts. A fun and informative walk of the area around the Discovery Centre. Tue 25 March, 11am, £3.

Everyday First Aid - Suitable for ages 18+, this three hour workshop is for anyone wanting a flexible and informal first aid session, making skills simple to do and easy to remember. Using relevant, real-life scenarios and everyday household objects. Sat 29 March, 1pm, £3.

Jack the Ripper - In this entertaining talk, historian Rupert Matthews (who gave a talk on local ghosts here last year) explains how the police came very close to catching Jack the Ripper, missing him by less than 10 seconds on one occasion, and speculates on why the horrific trail of murders stopped so suddenly. Mon 31 March, 2pm, £3.

Steven Hunt

Service Development Manager

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5K OR 10K Run

Wednesday 14th May 2014

Make a difference.... Go the distance!

Starting at Down Grange Sports Complex, Pack Lane, Basingstoke, RG22 5SN

St Michael's Hospice (North Hampshire) welcomes the family 5 & 10k Basingstoke Run sponsored by Unum to Down Grange Sports Complex, Basingstoke on Wednesday 14th May 2014 starting at 7pm.

This family friendly event is a great way to get fit, have fun and spend time together whilst raising money for North Hampshire's only adult Hospice. The Hospice provides specialist care and support to patients suffering from life limiting illnesses.

Last year we saw over 450 taking part raising over £15,000! This year we are hoping to see record numbers taking part this year with an incredible fundraising target of over £21,000. So dust off your running shoes and help us beat 2013. Registration is open online and places are selling fast so book early to avoid disappointment!

The 2014 run is sponsored by Unum, one of the UK's leading financial protection providers and Basingstoke employer.

To sign up and for more information please visit the Hospice website:
www.stmichaelsospice.org.uk/events or call fundraising on 01256 848 848 or follow us on
Twitter @smhbasingstoke #HospiceRun



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

Group Scout Leader:	Colin Karslake	01256 410559
Scout section:	Debbie Hampton	01256 357259
Cub Scout section:	Douglas Gowan	01256 412326
Beaver Scout section:	Eve Alexander	01256 346510

The Beavers attending the District's New Year party in Sarum Hall last month had a lovely time. They joined up with over 100 other Beavers Scouts from the 11 Colonies from across the District. They particularly enjoyed the 'dressing-up' race and the game where everyone gets to eat chocolate – hampered by having to use a put on a hat, gloves and scarf first and then use a knife and fork to pick up the pieces! Plans are being made to celebrate both St. David's and St Patrick's Days which both occur during March.

The Cubs have had fun making paper rockets and Leonardo Da Vinci Parachutes. They also learnt the dangers and rules to be followed when visiting an airfield, which they are required to know as part of the Air Activities Badge. All that is left for them to do to achieve the badge is to visit either an Air Museum or Airfield for which planning is under way.

Practice for the annual District Cub Scout Six-a-Side Football Competition is under way at the beginning of March. The pack is also entering a team in the District Mastermind Competition which follows later that month.

Plans for District Cub Camp will soon be finalised and details released to parents/guardians.

Jamie Andrews from Popley Group has temporarily joined the Cub section leadership team in recent weeks. He is 'on loan' to us from 1st Popley Beaver Colony, but we are still in need of another permanent adult leader to help us deliver a fun filled programme to the boys and girls so please get in touch if you may be interested. The Beaver section would also do with another leader to enable us to increase the number of 6-8 year olds that can be accommodated.

New recruits welcome (though you may have to wait for a vacancy in the Beaver section which is currently oversubscribed) – for more information, contact the leaders or 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 childrens' 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.

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Pelican Cancer Foundation

Thursday 20th March 2014 at 7:00pm
The Ark Conference Centre in Basingstoke

Pelican Cancer Foundation is hosting a fund raising event, a private viewing of 2013's critically acclaimed British-Asian comedy Jadoo.

Jadoo is a colourful and engaging food-feud-and-family comedy feature film set in Leicester. It centres on two brothers, both chefs, who fall-out catastrophically and set-up rival restaurants, on opposite sides of the same road.

In an unmissable opportunity, guests will also be joined by a member of the production team who will introduce the film. In keeping with the theme of the evening, tickets also include a delicious 2 course Indian meal.

This latest fund raising event for Pelican Cancer Foundation follows December's hugely popular Christmas shopping event at The Vineyard, Stockcross which raised over £3,000 for the charity.

Tickets cost £25 and can be purchased by contacting Pelican on events@pelicancancer.org or 01256 314 746



Age Concern Information Day

Wednesday 26th March 2014

St Michael's Church Cottage Church Square Basingstoke 10.30am - 1.00pm

(Café open as usual)

Various organisations will be on-hand to help with issues affecting older people

Contact Rob for more information or to book a table on 01256 423874

What's on @ the Cafe?

12th February-Information and Advice drop in session PLUS Shopmobility

19th February-Police Surgery

26th February-Information and Advice drop in session

5th March-Hearing Aid Clinic

12th March-Information and Advice

19th March-Phoenix Cards

26th March-Information Day 2nd April - Hearing Aid Clinic

9th April-Information and Advice and Police Surgery

16th April-Tesco's Easter Treats

23rd April-Information and Advice St Michael's Church Cottage, Church Square, Basingstoke.

Wednesdays, 10.30am – 1.00pm (Last food order 12.30pm)

Sorry - no parking - but public car parks are very close by.

FAME JR IS AN IDEAL CHOICE FOR LIMELIGHT

Fame Jr. is the bitter-sweet story of a group of students at New York City's celebrated High School for the Performing Arts in the 1980s. The students are starry eyed and hopeful – and haven't the faintest idea just how hard the next four years will be. Along the way, friendships develop, ambitions are realised and the kids learn a lot about themselves and each other.

Could there be a more appropriate choice for the theatre-mad youngsters of Limelight, the youth arm of BAOS (Basingstoke Amateur Operatic Society) to tackle as their next production? Among the group, all aged between 13 and 16, is local boy Ryan Hawkes.

Fresh from their success with Seussical Jr. last year, the Limelighters will be taking to the stage at the Everest Community Academy on Saturday April 26th and Sunday April 27th. The Saturday performances start at 3.30p.m. and 7p.m. while the Sunday matinee performance starts at 2p.m.

Fame Jr. was conceived and developed by David De Silva, with music by Steve Margoshes, lyrics by Jacques Levy and book by Jose Fernandez. The toe-tapping music and clever lyrics will bring memories of the Eighties flooding back – and for the Saturday evening performance there's a sing-along at the end to release your inner performer!

Tickets (£10 adults, £7.50 children, Family £30) are available from www.baoslimelight.ticketsource.co.uk. For more information, please follow us on www.facebook.com/baos.limelight or @BAOSLimelight on Twitter. Group discounts (10+) available, please contact baoslimelight@yahoo.co.uk.



Dear Friends

Noel Coward once said, “No one likes change except a wet baby!” I think there is much truth in that! Margaret Mead the anthropologist said “Never doubt the power of a small group of committed people to change the world...” I guess we all prefer the familiar to the new, the comfort of what we know to the discomfort of what we don’t know.

When I first arrived at St Gabriel’s we were a small group of people in a little used building that no-one seemed to have heard of or knew the location of! Ten years later? We may not have changed the world (yet) but we very much hope that folk in Popley know of, and know where, St Gabriel’s is and why we are here. The church has changed tremendously as we have worked, prayed and worshipped together over the last ten years. At times the changes have been challenging, uncomfortable, and downright painful. We have sometimes grown by small steps and at other times in quantum leaps. Growing pains are just that! But always we have had that sense of God’s purpose and leading.

St Gabriel’s will very soon adopt a new name “The Parish of Popley with Limes Park and Rooksdown. St Gabriel’s and the church will become the ‘Parish Centre of Worship’”. It is a major leap forward but one we believe to absolutely right for our church and its community. In the Old Testament book of Jeremiah, God says “I know the plans I have for you, plans to prosper you and not to harm you.” But it isn’t just about our church!

I also believe we have an important role to play in growing community and we are committed to that end. St Gabriel’s is increasingly a focal point of community activity throughout the week as the hall and other facilities are in constant use by community groups of all ages. It is also a community of people of faith seeking to follow the example of Christ and to show his love in the place where they live and move and have their being. We are also part of the community of Christians who worship at Popley Fields, Melrose Hall and St Bede’s.

I mention this for two reasons; the first is that we care about our community and regularly pray daily for each of the roads and the homes of the folk that live there and secondly that church is a place to always feel welcome, a place central to the community that offers a refuge from the pressures we can find ourselves under, and a place to belong to a family.

The following pages highlight just a few of the activities that have come through the growth at St Gabriel’s and are available to the community of which we are a part. May we invite you to step through the doors and feel that welcome, who can know what may lie around the next corner.

With every blessing
Arthur
Vicar, St Gabriel’s Church
Tewkesbury Close.



Have you ever heard of Messy Church?
Have you ever been to a Messy Church session?
Are you asking yourself "What is Messy Church

Messy Church is a family focussed event, where the whole family can explore God and Christianity in a way that is messy and fun together. We start with refreshments and family games. We then move to a time of messy craft; fun and creative activities which are linked to the celebration which follows the crafts.

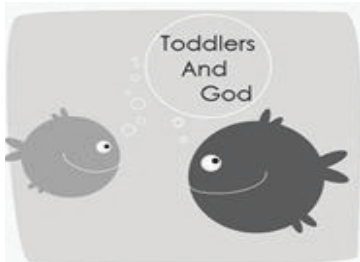


After the celebration we finish with a meal together.

Want to find out more about Messy Church?

The sessions run on the
3rd Saturday of the month 4-6pm.

Check our Facebook page for details of our next Messy Church session.



Toddlers and God

Christian Based Toddler Group

We are a friendly group for the 0-5s and their parents and carers. We meet every Friday morning at 10am for a cafe style session starting with free play and Bible stories, and finishing with craft, songs and prayers.

FREE to attend with free drinks for the little ones.
Just pay for your coffee.

Every Friday 10-11.30am—just drop in and meet us!

For details of any of our youth activities at St. Gabriel's



Hope Café

Fancy a relaxing latte, a cheeky cappuccino, an exhilarating espresso or even a smooth hot chocolate?

And for the bargain price of just £1 a mug!

Then pop along to the

Hope Café at St Gabriel's Church.

Every Tuesday 10am till 12pm

Children are always welcome.

Girls Chill Out Zone

The Chill Out Zone aims to give teenage girls in the local community somewhere safe to hang out and be themselves.

We have a lovely team of women, mostly from St Gabriel's who are there to serve the girls and give them a chance to relax, chill out, connect with others and be creative. Healthy snacks and hot chocolate are available for a small donation and admission is free!

JC4Kidz!

JC4Kidz is our fun-filled Sunday school for our 5 to 10 year olds. A lively, fun, creative and crafty way to learn about God and Jesus, and what it means to be a Christian. We meet in the hall at the start of the service, at 10.30am, joining the main service at 11.15am every Sunday except the last of the month.



Sunday Youthwork @ St Gabriel's

Our Youth Worker, Debi, and her husband Nolan work with the young people at St Gabriel's on a Sunday morning, and have a passion for helping them to encounter God in their day to day lives. The group for those aged 11 and upwards starts at 10.30am with hot chocolate and a catch up, and joins the main service at 11.15am for communion.

email administrator@stgabrielsbasingstoke.org.uk

WHATS ON AT ST. GABRIEL'S

Day	Morning	Afternoon	Evening
Mon	Zingtastic 9.30am-12 noon	House Group 1-3pm	Boys Brigade 6-9pm
Tues	Hope Café 10sm-12 noon	Chill & Chat 1.00-2.30pm	Scouts 5-9pm
Wed	Well Baby Clinic with Café 10am-12 noon	KUMON Maths & English 3.30-7pm	House Group 7.30-9pm
Thurs		Golden Club for over 50's 1-3pm	Church Courses
Fri	TAG 10-11.30am		
Sat	KUMON Maths & English 10am-1pm		
Sun	Church Services 8am-1pm	Living God Church 3-7pm	

Easter Services

- Wednesday **5th March** Ash Wednesday Service 7pm.
- Saturday **8th March** Frugal Lunches for Lent 1pm
Join us throughout Lent for a light lunch of soup and bread, and to contemplate the meaning of Lent and Easter.
- Friday **18th April** Good Friday
Family Service 10am
3 Hours by the Cross 12-3pm.
- Sunday **20th April** Easter Sunday
Sunrise Service at 7.30am—
Followed by breakfast at 8.30am
Family Communion and Celebration 10.30am.



Please join us at one of our Easter Services.



@gabrielpopley

www.stgabrielsbasingstoke.org.uk

Disability Signpost Service

Help! I need information! Where do I go?

Ever found yourself in this position? Didn't know which way to turn?

It is disconcerting to experience that feeling of the unknown and being anxious for help especially when you, your family or friends, are suddenly affected by disability.

And it's not always easy to find the right place to go for advice and information.

Many people are often left feeling alone and isolated. We may be able to help. Basingstoke Disability Forum run a Disability Signpost Service that helps disabled people, their carers, their family and their friends to access the information and advice. And it's a free service.

Established in November 2012, we have helped many people with information across a range of topics including transport, health care, social care, carer support, education, benefits, housing and volunteering. Because the service is delivered by Disability Forum volunteers, some of whom have a disability themselves, you will find empathetic understanding and often first-hand experience of your issues. While we do not have all the answers, we usually know someone that does.

This may be either a national or local organisation or an individual with specific knowledge or advice.

Sometimes just talking about a problem with somebody that understands or 'has been there before' can help enormously. Locally-focussed leaflets are also available.

Do come and talk to us at The Basingstoke Discovery Centre (Basingstoke Library) in Basingstoke Town Centre between 10:00am-12:00pm on the first working Tuesday of every month.

For more information contact the Disability Forum Co-ordinator on 01256 423869 or email disabilityforum@voluntaryservices.com

Friendship on the Menu

Age Concern Hampshire's Food and Friendship service has now been extended to offer company from volunteers at tea-time.

The Food and Friendship scheme is available free of charge to Meals on Wheels customers who would like a regular visit from a friendly volunteer for at least half an hour, between the hours of 11.30am and 4pm.

The service is run by Age Concern Hampshire in partnership with Hampshire County Council and the District Councils, and runs in all districts across Hampshire except the New Forest. With afternoon tea now provided as an extra meal form Meals on Wheels, Age Concern Hampshire volunteers have extended their hours to offer their services to tea-time too.

Food and Friendship Co-ordinator Paul Simmonds says "Good food and good company is something that we all enjoy. It is a testament to the dedication of our volunteers that we are now able to extend our services".

To find out more about the service please call Paul on 01962 892455.

Sentinel



Great Apprenticeships

The National Apprenticeship Service created National Apprenticeship Week (3 – 7 March) to recognise Apprenticeships and the benefits they have on the economy, businesses and individuals. Robyn Allen joined us as a housing apprentice in September 2013 – here’s what she’s been doing so far...

“My experience of being an apprentice has been great. I’ve been given lots of new opportunities and experiences. I started my Apprenticeship in Neighbourhoods where I shadowed many housing officers on visits to customers homes and to the courts. I took on many responsibilities in this role and had deadlines to meet. I got involved with different communities over Halloween by helping out at events organised to keep local children occupied during the half-term break. I love the level of interaction with our customers and each day being different to the one before.

As part of my Apprenticeship I’m getting as much of an overview as possible of the whole organisation. So throughout the year I’m moving departments every four months. I’ve recently moved into Communications where I now help out with our website, our Facebook and Twitter pages and other promotional activities. I would thoroughly recommend an Apprenticeship to anyone as a way of getting hands on experience and a step in the right direction to a great career.”

“Great Businesses” are made by apprentices and Apprenticeships lead to “Great Prospects.”

If you’d like to find out what an Apprenticeship could do for you, go to www.apprenticeships.org.uk.



Neighbourhood Watch For Everest Park & The Glaciers

With this development nearing completion now is a good time to set up an estate wide Neighbourhood Watch Scheme. We are looking for ideally one volunteer for each road, though more would be welcome.

We have our own Facebook page which is going really well, but with a site wide scheme this would encourage community involvement in keeping our estate safe and trouble free.

The Police have agreed to help us set up the scheme and meet with us to discuss what is involved. Information is available on:

<http://www.hampshire.police.uk/internet/advice-and-information/crime-prevention/neighbourhood-watch>

We would benefit from resources, signage and discount on house insurance to name a few benefits.

Ideally each road coordinator would be a focal point to all the homes in their road, and the link between them and the other street coordinators, our Facebook page and Hampshire Police.

If you are interested in building a community please email us. Please put Andrew and Neighbourhood Watch in the subject line and email your name and street you would represent to everestparkandtheglaciers@gmail.com

Andrew Brown

Community Plan for Popley Islands

On 5th February committee members from Popley Islands Community Group, Shakespeare Community Residents Association and our local councillors met at Popley Fields Community Centre to discuss how the vision for Popley East can be delivered. A leaflet outlining the vision for Popley East was delivered with last month's Popley Matters. We will all be meeting again on 13th March at Popley Fields at 7.00pm to continue the discussion. Details about the vision and updates on the community planning process can be found on the Facebook page for Popley Islands Community Group and on information boards in Popley Fields Community Centre. If you want to get involved in these discussions about your Community Plan, or help deliver specific projects to bring the Popley East vision to life, please contact Stephen Bate, Basingstoke and Deane's Community Development officer on 07500987638 or stephen.bate@basingstoke.gov.uk . Your community needs your ideas!

BI NGO!!!!



Family prize bingo returns to Popley Fields Community Centre on Friday 11th April. Doors open at 7pm, eyes down at 7.30pm. Refreshments are also available.

What's on in March:

- MONDAY:** **MORNING AND AFTERNOON AVAILABLE FOR HIRE**
5.30-6.45pm NHS Quit smoking
7.30-10.00pm Peregrinus Healing and Holistic
- TUESDAY:** 9.30-11.00am Popley Little People
AFTERNOON AND EVENING AVAILABLE FOR HIRE
- WEDNESDAY:** 9.30am Slimming World
12-2pm Oasis Lunch club
5.30-7.30pm Slimming World
- THURSDAY:** 11.00am-2.00pm Little Rainbows (all carers)
AFTERNOON AND EVENING AVAILABLE FOR HIRE
- FRIDAY:** 9.30am Pebbles Childrens centre
AFTERNOON HIRE AVAILABLE
6.30-7.45pm MCF Youth Club - age 5 to 10 years
8.00- 9.15pm age 11 plus.
- SATURDAY:** **NEW!!!!** 9.00am-4.00pm 7TH Day Adventist Church
10am Sabbath School - Bible Study
11.30am Devine Worship
Contact Emanuel Ampofo on 07456068812 for further details
EVENING AVAILABLE FOR HIRE
- SUNDAY:** MCF - Contact Pastor Phillip Keble on 462351 for times of services.

Melrose Community Hall is available 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

Also find us on facebook: Melrose hall.



THE PROSTATE CANCER USERS GROUP

ALDER VALLEY

BRASS BAND & A CHOIR
CONCERT

Sunday 13th April 2014

2pm – 5pm

Queen Mary's College

Tickets £7.50 (INCLUDING TEA/COFFEE & BISCUITS)
Available from Gerald Merritt 07792 535116

Alternatively from BNHFT 01256 313515
Cheques payable to Urology Nurses Fund 4293
or G.L.Merritt.

**All proceeds to the Prostate Cancer Equipment Fund
At Hampshire Hospitals NHS Foundation Trust.**

Simple Weight Loss Tactics

Obesity is on the rise globally and it seems that there is no age limit to this epidemic. The health risks are profound and many. All sorts of preventable diseases are on the rise and children are becoming increasingly affected. The causes are many, from inactivity to poor food choices. Listed below are some daily tactics to implement:

- The rule with all starches is to make sure that it is not more than a fist sized serving per meal. This means a child's fist size if it is a child's meal.
- Protein is very good for weight loss, but for women - post menopausal, or experiencing menopause, too much protein can mean a substantial loss of calcium and therefore bone density.
- Start your day with a glass, or cup, of room temperature water with a slice of lemon. This will help to ensure that your PH levels are normalised. Do this before your morning tea or coffee.
- Eat fruit in the morning. The problem with fruit only as a breakfast is that it digests in about 20 minutes and can leave you starving in about half an hour.
- Eat oats after your fruit. It is gluco-fibre and will clean you out wonderfully, while giving you much needed silica. It really won't help if you load it with tons of sugar. A little cinnamon added will do wonders for your blood sugar levels.
- Stay away from sugar free soft drinks and foods. The brain is not fooled by sweet stuff without calories, but loaded with all sorts of strange chemicals. Real sugar in moderation is far healthier.
- Avoid zero fat products. There is no benefit to them and the processing and chemicals used to achieve the zero fat status does more harm than good. Normal products sparingly, will prove to be less fattening and of far greater benefit to your health and size.
- Make sure you eat as much raw foods as possible. A big step to losing added weight is to start your meal with a small salad with a dressing of balsamic vinegar and a little olive oil.
- Vegetables of various colours should take up more than half your plate of food.
- Avoid drinking too much.
- Lastly, get moving. Walk daily, even if it's just a short walk. It will burn loads of calories!

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Apprenticeships - Know Your Rights

By Karen Bristow of Phillips Solicitors

An apprenticeship is a form of contract of employment, which has the purpose of training an individual in the necessary skills for a role whilst attaining the relevant qualification.

Apprentices are entitled to be paid National Minimum Wage, which is currently:

- £2.68 per hour for apprentices under 19 or those in the first year of their apprenticeship
- £5.03 per hour for apprentices aged 19 to 20 who have completed their first year of their apprenticeship
- £6.31 per hour for apprentices over the age of 21 who have completed their first year of their apprenticeship

Apprentices must be paid for their normal working hours (minimum 30 hours per week) and training that is part of the apprenticeship (usually 1 day per week).

It has recently been announced that from 1st February 2014, employers who do not pay their apprentices the National Minimum Wage will face an increased penalty of up to £20,000, in addition to the payment of unpaid wages owed to the apprentice. The government also plans to "name and shame" companies which do not pay the right levels.

Apprentices are entitled to the same minimum rights to holiday and rest breaks afforded to employees and workers under the Working Time Regulations. This means that apprentices must receive at least 20 days of paid holiday per year, plus bank holidays and they are entitled to the statutory minimum breaks.

For young workers (above school age and under 18) they are entitled to a 30 minute rest break if they work more than 4.5 hours, daily rest of 12 hours and weekly rest of 48 hours, whereas workers over 18 are entitled to a 20 minute rest break if they work more than 6 hours, daily rest of 11 hours and 48 hours each fortnight.

Apprentices are entitled to be paid Statutory Sick Pay (currently £86.70) if they are too unwell to work and they are eligible for such payments, with the exception of where the apprenticeship is for less than three months.

Apprentices are also protected by anti-discrimination laws and so they should not be subjected to unlawful discrimination on the grounds of their age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

If you think that your employer is breaching its obligations towards you as an apprentice, or you are an employer who needs advice in relation to apprentice rights, why not call one of our qualified employment lawyers for advice?

We offer fixed fee initial consultation meetings where you can discuss your work issues in a supportive environment and receive the advice you need to help you protect your rights and resolve any work related issues.

Karen Bristow and Gill Brown are lawyers specialising in employment law at Phillips Solicitors in Basingstoke. For more information please call Karen or Gill on 01256 854670 or email at: **kbristow@phillips-law.co.uk** and visit our website at **www.phillips-law.co.uk**.





Unfortunately, due to the terrible weather conditions we have experienced of late, there has not been a lot of football played, if in fact any!

Off the field the club has been very busy:

We are pleased to announce a full club trip to the Camrose for the game between Basingstoke Town and Bishops Stortford on 12th April. This outing is for all MFC Popley Youth age groups, with a guard of honour formed by the boys and an exhibition match at half time.

Plans for our annual summer tournament, to be held on Popley Fields on the weekend of 10th/11th May, are well under way and teams from Basingstoke and the surrounding areas are already enquiring about signing up.

This year our annual Presentation Evening will take the form of a Family Fun Day on Sunday 13th July. Further details to follow.

We are always looking to get more parents involved actively with MFC Popley Youth, especially with the formation of our new Social Fundraising Committee, so if you are interested in helping out, please make yourself known to either the Club Chairman, Ian Davies, or to the Manager of your particular age group.

Do you know a Year R or Year 1 child who wants to get into football? If so please text 07884 185 693 for details and arrange to bring them along to our rapidly growing MFC Allstars.

You can get regular updates from the club by following us on Twitter, @MFC_PopleyYouth, as well as from our website, www.mfcpopleyyouth.co.uk. Also, each MFC Popley Youth age group has a dedicated page on Facebook.



We would like to invite anyone that is interested in planning events to attend meetings to develop a vision for Popley East, helping with fund raising, or just want to chat about where we live, to come meet us on Thursdays between 11am and 1pm.

We are at Popley Fields Community Centre on Thursdays with home-made cakes and hot bacon rolls for Happy Hours, and would love you to join us for friendly informal chat. Of course if you can't make Thursdays, feel free to email jjohn957@aol.com or call Julie on 816101, or Stephen Bate, Basingstoke and Deane's Community Development officer on 07500987638 or stephen.bate@basingstoke.gov.uk.



Your local meetings

POPLEY

Spotlight Basingstoke.
Shakespeare Road RG24
9BP

Tuesday at 7.00pm

Your Leader is Mandy – Make 2014 your year!



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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 27th March 2014 in Basingstoke.

For further information telephone :- **Jane on 01256 850942 or 07580 453079 or email basingstoke@drw.org.uk**

Or visit our website www.drw.org.uk



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To all the people of Popley I would like to tell you about the great things that are happening at the Bermuda Community Centre. We have now had a grant approved to have LED lighting installed.

We have Popley Explorers pre-school Monday to Friday from 8.30am until 3pm. They also do a breakfast club. For full details ring Elaine on 363156.

We also have lots of exciting things going on in the evenings. Monday night is kick boxing from 6.30 until 8pm, and kick boxing again on a Thursday night from 7pm until 8.30pm. Come along and join.

Tuesday evening is BINGO NIGHT. Doors open at 7pm, eyes down at 8pm. New members welcome, come along and meet and make new friends. Refreshments also available. Finishes around 10pm.

Wednesday evening consists of Dance to the Beat 5.30 - 6.30pm, For details ring Miss Lackey on 01256 321160. Kick boxing is also on 7.30 - 8.30pm.

If you prefer to dance we have Street Dance and ballet classes on Thursdays, for 2 1/2 years to adult. These classes are from 4.30 til 5.30pm. For full details call Samantha on 07811299484.

On a Friday night come along and join the Friday Club (children) from 5 until 6.30pm. The hall is also available to hire for parties etc. at reasonable rates. For more details ring Janet on 36315.

EASTER PRIZE BINGO

11th April 2014

Taking place at Popley Fields Centre on Carpenters Down

Doors open 6pm, eyes down 7pm

**GREAT PRIZES, HOT & COLD REFRESHMENTS
AVAILABLE AND PRIZE RAFFLE**

**COME ALONG AND BRING A FRIEND TO HAVE A GOOD
NIGHT!**

Diaries from the Old Codger

I would like to kick off with one of Basingstoke's biggest manufacture's of WW1: THORNYCROFTS. It opened in about 1897 and started at first to make steam engines that could fit cars. It was not until 1914/15 that Thornycroft was given a contract to build their famous J Class lorries. They turned them out in their thousands plus they were building guns as well for the front line .A lot of the workers in the war years were women taking on the jobs of the men that went to the Front to fight. There are still bits of machinery they used in a supermarket car park, and of course at Milestones Museum. I wonder how many people just drive past without a turn of their heads? How many remember and wonder why it is there is nothing left of the old factory as it has been built over now. Thornycroft and the men and women that worked there should be remembered for the work they did to help the war effort. One day, let's hope they put something in the Thornycroft roundabout to show we believed we did the right thing on showing how hard these men and women worked.



Unfortunately Old Codger has been poorly since New Year, chest infections and chronic back pain. He was due to have a minor op on his back but this has now been cancelled three times, as his chest has not been good. He has not been able to complete this month's Old Codger but hopefully will be fighting fit for next month's issue.



The Old Codger & Her in Doors

MAKE A NOTE OF THIS DATE & EVENT IN YOUR DIARY:

Wellbeing and Leisure Fair
Saturday 22 March
11am - 3pm
Roger Morris Centre,
Eastrop Way, Basingstoke, Hampshire, RG21 4QE

Free Entry

At this spring Fair a range of organisations will come together to provide free wellbeing consultations and leisure advice. Local business and services will offer a range of reduced price taster sessions of: pampers, treatments and physical activities to enable people to experience the benefits, and find new ways of improving their wellbeing.

The event will: offer leisure information; bring different communities together to socialise; enable those attending to try new things; and make positive lifestyle changes.

A free bus shuttle service will run every 30 minutes from the Basingstoke Bus Station to the Roger Morris Centre.

The Fair will be an enjoyable family day out.

So remember to keep SATURDAY 22 MARCH free

Follow us on Twitter and Facebook

Swaptogs

Hi, I'm Chris Robertson,

I am mum to two very busy children and up until a few years ago worked full time in the IT industry. My eureka moment came when they both came home from school one Monday and said, "We need an outfit for class on Thursday please". Being new to the area I did not have a network of friends I could beg, borrow or steal from and no time to make outfits, so another expensive trip to town had to be made. The seeds for Swaptogs were planted that day. I worked with the idea for a while and looked at my experiences of using paid for trading sites like eBay and free groups to decide as a parent "What do I want from a trading site?" Paid-for sites like eBay looked great on the surface but were costing me too much in additional fees all the time bombarding me with adverts while trying to quickly list my items, and not giving me the flexibility of how I wanted to trade. Free sites were slightly better but nine times out of ten, people didn't turn up to collect their items, or allow me to buy swap or sell, I had to join a different group for each. OK so now I knew what Swaptogs should offer: low cost yearly subscription: no adverts in the members account area, fast and easy to use: able to buy, swap sell or just give away items; able to list down to local school level and more. Take a look at our how does it work page <http://www.swaptogs.co.uk/how-does-it-work/>. For all info on what's different about Swaptogs. Swaptogs offers the service to schools and children's clubs so that they can re-cycle their unwanted items, and promote any events they may be running, as well as providing a platform for low cost business advertising. We feel it is important to shop locally and keep small businesses and sole traders alive. Swaptogs has also partnered up with CLIC Sargent, a fantastic children's charity and will be donating 5% of membership and advertising fees to this fantastic charity at the end of 2014.

To kick-start the site we are offering half price membership until the end of September 2014, that's just £5.00 for a year's unlimited trading.

We hope savvy parents will join us in spreading the recycling word and join us at www.swaptogs.co.uk, drop by our facebook page <https://www.facebook.com/Swaptogs>. Click us a like and say hello too....

You can email me at admin@swaptogs.co.uk for a chat or to find out more about Swaptogs

Dear Readers

I hope all of you out there enjoyed all the book reviews that I wrote about. Ah yes, I bet one of you out there has your nose stuck into one of the books I recommended. Don't try to kid me!!

Can you believe what the weather is like, well we are British. It's all calm but the next minute it has turned into a raging storm. Sometimes the weather can be very confusing and mostly unpredictable. Everywhere seems to be flooding at the minute, well we are the lucky ones seeing as we aren't located near a river so we won't be being evacuated but unfortunately for others that isn't the case for them.

This month I performed in the Gym and Dance display at my school. I thought it was amazing and some of the acts were breathtaking, mostly because they were amazing but also because I wouldn't have been able to have done some of the things that they had performed in a million years. I especially thought the gymnastics section was amazing as well as the trampolining. I enjoyed performing in front of all the parents to show that I was confident and proud of what I had done and worked on at year 7 and 8 Dance Club.

I would just like to take this moment to ask everyone in Popley if they have seen my male cat. He went missing on Friday 7th February 2014 (when all the bad weather/storm started) He is a broad male cat with a long fluffy tail. He is part Bengal and is nearly 2 years of age. He is grey and has tufts of fur that come out of his ears. He is also fluffy all over. His name is Scrappy and wears no collar and isn't neutered nor micro chipped. When he is wet his fur turns dark grey/ light black. He has very long whiskers and loves cuddles and normally when he sees someone he starts walking between their legs and starts purring. He loves curling up on the bed at night and is very attention seeking!! He is a much loved family pet and we are all devastated that he is missing. Please if anyone finds him please contact Jane Frankum who is the Editor of the Popley Matters, and leave the address and name/phone number or we can make arrangements for us to come and pick him up. Thank you.

I hope that this months weather will be much better than the last month (but I wouldn't bet on it as, like I said, we're British) and hopefully I will find the family cat.

Till next month.

Ellie

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