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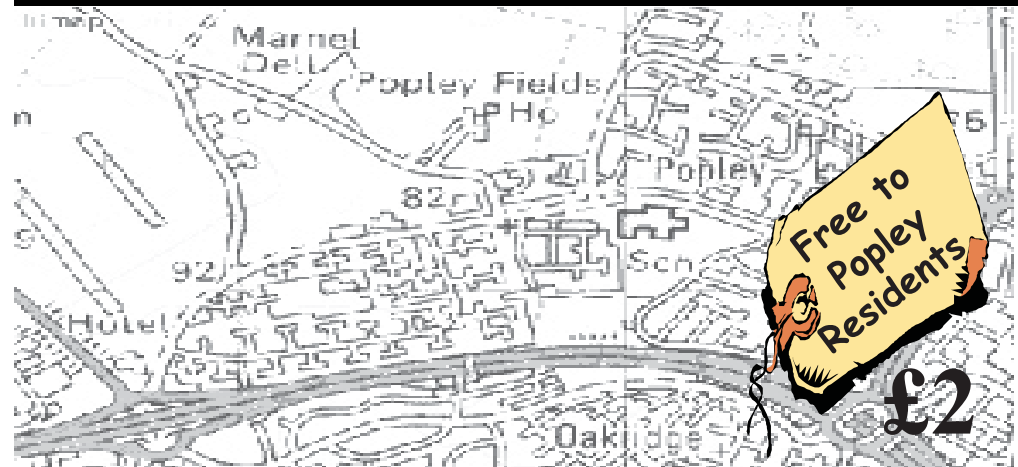
POPLEY MATTERS

PROUDLY SERVICING THE POPLEY COMMUNITY SINCE MAY 1992

October 2015

Distribution of 5,100

Issue 164



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles & adverts (5pm 15-10-15) editor@popleymatters.org.uk



Editor
Jane Frankum

Message from the Editor: October, and the trees are a mass of colour with green, brown, reds and gold it all looks so pretty till the leaves fall and then we have so many bare trees. I know it's a bit early but please be careful with fireworks and keep yourselves and the family safe in November.

October also sees the start of the major roadworks starting at the Aldermaston Road and roundabout, followed a few weeks later at the junction of Popley Way and Reading Road. There will still be access to use the road but of course for a while it will be reduced. The hospital and hospice have been consulted and provision for emergency services

agreed. There are two websites where you can get up to date information www.hants.gov.uk/transport-schemes-basingstoke or www.a340aldermastonroad.info There will be a speed restriction of 40mph until the work is finished by July of next year.

The results of the survey on the Popley Health questionnaire are on the centre pages, page 14 and 15. We hope to have the results from The Popley Partnership questionnaire that we delivered last month will be reported in next month's magazine.

The Beat The Street launch held in Everest Fitness conference room was launched by the Mayor of Basingstoke and Deane we will keep you informed how it goes. Adults, and certainly the children who attended were very enthusiastic about walking and cycling and gaining points.

Popley welcomed Ulia and Ekaterterina from Minsk Language University where they are both teachers there. They have written an article on page 5. The girls felt so welcome and loved their visit so much they are hoping to come back and visit for Christmas time.

Popley Matters needs some kind people to help us deliver the magazines especially in Marnel Park area. Please contact me editor@popleymatters.org.uk or phone 01256 819924.



Sub Editor
Paul Frankum

The views in this publication are not necessarily the views of the editorial team, the members of the committee, or the Popley Matters magazine.

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Messy Monsters Basingstoke the beginning.

Hi my name is Louise and I live in Popley. I have set up my own business running messy play/craft sessions for crawlers to pre-school age at Popley Fields Community Centre.

I am a mother of three girls, age 5 and 2-year-old twins.

As a family we love being creative at home, we are always collecting and hunting for new materials and we love getting very MESSY. One of my main issues is trying to set up places where the children can get messy without causing chaos in the house. After speaking to other parents many felt the same, they love to make things with their children but hate the mess the clearing up afterwards.

After the birth of my twins I also became aware of how hard it is to attend a baby group and to try and get your children to sit still for more than two minutes to enjoy an activity together when all they want to do it explore their surroundings. I am also very conscious about the cost of attending activities with multiples, as a mother of twins especially I felt penalised financially for attending different classes with a second child. That's why in January 2015 I decided to create my own sessions where children can move about freely and that wouldn't also cost the earth.

After much research, planning, saving and advertising my dream became reality. Messy Monsters Basingstoke was official and went live in the summer of 2015.

The sessions I provide are in line with the EYFS (Early Years Foundation Stage) and are a great way of exploring with your child.

I am incredibly passionate about the positive impact that messy play has on a child's learning experience and development, especially cognitive development. Messy play is key to a child's development; they gain new skills, confidence building, social skills, and build self-esteem. By doing crafts and playing with the specially chosen materials children are able to develop fine motor skills and hand eye-coordination. Children get to explore different textures, develop their senses and express their feelings through colour, shapes and imagination.

For me the best thing about setting up my own business is it fits around my family time. I can now work as little or as much as I want, not only do I run the Messy Monsters Basingstoke weekly sessions, I provide specially designed party packages, pre-school taster sessions and attend many local events which all fit around the time I have to enjoy with my family.

The job is very rewarding, I love meeting new people and hearing the feedback from parents and carers that attend.

The prospect of starting my own business was a huge decision but I am so pleased I did.

To any other mums out there who are thinking of setting up their own business, I say do it. As long as you are willing to put the effort in, you will most defiantly reap the rewards less stress, more family time or like me something you have always wanted to try.

Look up Messy Monsters Basingstoke on Facebook if you would like any further information.



Back to School Back to Workout

With the long school summer holiday finally coming to an end parents can finally get back into a normal routine and working out again.

Lots of parents find it difficult to maintain a workout schedule during the summer break while providing a part time taxi service for their kids, holidays abroad and just having them around the house can prove distracting and your commitment to fitness can go astray.

Local fitness expert Farah Fonseca 22, from Fonseca Fitness, Popley Fields - has 5 top tips on how to put the summer lull behind you and get back to eating and living healthily.

"It can be hard to get back into the flow of your workout routine. Once you stop for a few weeks your body takes a break too and when you try to get back into the swing of things it's not used to the rigorous exercise we endure to look and feel good," says Farah.

"There are ways to make the transition easier for anyone who's had a break from regular exercise and wants to start a workout programme again."

1. Don't Quit!

You've just had break from exercise and it can feel like starting out fresh all over again with sore muscles and tired minds holding you back. For most people this is the time when they decide to quit, DON'T!

Push through the barrier. The first weeks are always the hardest but when you see the progress you'll make month after month, it make it worth the effort in the end.

2. Don't Expect to Jump Straight Back In

It's important that you realise your body isn't going to be at the same level of fitness it was before the holidays so don't get frustrated with yourself when you can only run for 5 minutes before you're breathless. Stick at it and within a couple of weeks you should be back to your previous fitness levels.

3. Eat Clean

Nutrition and exercise go hand in hand but during the summer break it can be easy to fall off the wagon. Whether you've been abroad and eaten out every day or visited the ice cream van, back home you just have to draw a line in the sand and get back to eating clean healthy food again, no matter how hard you try you can't out run a bad diet.

4. Hydrate

The school break may be over but the summer heat will still be around for a few weeks yet so it's imperative to stay hydrated before, during, and after your workout. Drink a pint of iced water about an hour before you start and keep a bottle with you during your workout and drink about half a pint after you've finished.

5. Have Fun

If you want go get in shape by using a running programme but you hate running with a passion then why do it? The fitness industry is so varied there are 100s of ways you can get in shape the key to success is enjoying it and looking forward to your workout not dreading it, why not try Fonseca Fitness or Fitness First Gym.

For more health and nutrition advice or if you want more details on how to get in shape contact Farah Fonseca at www.fonsecafitness.co.uk

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Small businesses and costly disputes

By Ben Pearson

When it comes to legal resolutions, especially via litigation, small businesses find themselves under increasing pressure. Claims up to the value of £10,000 are now all dealt with in the Small Claims Track of the County Court where legal fees are generally not recoverable. At the same time recent treatment of cases shows that the Courts are applying more procedural rigour and are less tolerant of parties failing to run cases correctly. The message to small businesses is clear; any legal advice must be more targeted and efficient.

We act in a number of ways to help:

We work with businesses to safeguard against disputes in the future. Having old, ineffective or even a total absence of Terms and Conditions only becomes an issue when something goes wrong and you need to rely on them. Contractual uncertainty leads to more convoluted legal disputes that are unpredictable and more of a risk if they are treated by the Courts. Clear contractual provisions make it harder for any bad payer or troublesome customer to cause problems. We also have a dedicated Commercial Law team that can advise limited companies, partnerships, LLPs and sole traders alike on business structure and administration.

Consciously putting in place robust business structures that operate to best meet your needs is invaluable to preventing potential problems.

Unfortunately it is often considered an inevitability of business that things may go wrong from time to time. That is when we can help small business by providing an efficient service; chasing up bad payers and approaching debt collection in as strategic and commercial a way as possible. By getting to know you and your business we can quickly and without undue expense send Letters of Claim and issue proceedings where necessary.

In relation to substantive disputes, we can be involved at an early stage to advise on merits or pitfalls of potential claims. Experience shows that risk management is the key to litigation from a commercial perspective and that is central to our approach.

Disputes are a drain on time and resources. By having an established relationship, we can act quickly and efficiently for you and advise on an ad hoc basis to prevent and protect you from costly disputes.

For more information or to arrange an initial fixed fee appointment please call Ben Pearson on 01256 854 608 or email ben.pearson@phillips-law.co.uk. In that meeting we can advise on any specific concerns and get to know you as a business.

Councillors' Page: As a County Councillor, one of the committees I serve on is the Hampshire Fire and Rescue Authority. A lot of preventative work has been done about risks, and there are now about half the calls made. Like all other public services their budget has been continuously cut so new efficiencies and savings have to be made, but they still keep people safe. The findings report equipment and technology are a lot more sophisticated and it does not need the same level of numbers of staff, engines are smaller and need less crew. Twelve million pounds more will be cut in grants from the government for the service in the next year. For the last eighteen months the Fire Chief and officers have been consulting with every member of staff, unions, stakeholders, and partners to come up with some ideas and solutions. A draft plan has been produced for anyone to comment on, you can ask for a copy or answer online www.hantsfire.gov.uk. The consultation runs till December. No fire stations will close and, no forced redundancies. Any reduction in staff will be voluntary or by natural wastage. The A340 will have a speed reduction to 40 MPH from 5th October for up to one year though work is due to finish in July of next year. Queries to Philip Marston 0845 6035633. Cllr Jane Frankum 01256 819924

Popley West: We noticed that where some of the trees have caused significant damage to the paths they have not yet been repaired. Where it is felt there is a significant trip hazard we have asked they be repaired as a priority. You will notice white markings to show where the path has been reported to be repaired. Whilst we would like to see all the paths repaired we have been told that with the cut backs by government only the ones considered a real trip hazard can be done!

I hope that lots of you filled in and sent the cards with regard to a Popley Partnership Group. The Community Development Team will be reporting back the results. It would be good to have a representation of residents, groups, and services that serve Popley in a committee that can help to identify what you feel are the priority and needs for Popley. As always you can contact us with your issues and concerns the details to contact us are:-

Cllr Paul Frankum 01256 819924
Cllr Jane Frankum 01256 819924

Popley East: The Council is carrying out a review of site options for a new stadium for Basingstoke Town Football Club.

It seems to have set its face against considering the Leisure Park because it sees the prospect of making lots of money on the sale or lease of this site for commercial and retail use.

Consequently, other sites which are primarily public open spaces are being considered.

One of these is at Carpenters Down on the area running from Popley Fields up to the A33.

We are resisting this site being considered for a number of reasons and will seek your support in due course to argue the case against it.

The selection of this site is said to have only a moderate impact on traffic flow along residential roads, a moderate impact on the provision of open space and a moderate impact on existing residents.

We disagree strongly with these assessments and will argue our position with your support as necessary.

The Council is introducing an Appointment only Duty Planning Service .

The scope of the advice available will remain for small scale domestic(excluding new dwellings) and small scale business projects only.

Appointments will be available from Monday to Friday 8.30 am through to 1.00 pm

Appointments can be made via the website or by ringing the call centre on 844844.

Cllr David Potter 07941507801.

Cllr Viv Washbourne 07900890088

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Our Visit from Belarus to Basingstoke

JOIN POPLEY ON A 25,000 MILE JOURNEY ROUND THE WORLD!

Did you know that it's approximately 25,000 miles around the world? An exciting new event is on its way to Popley from 30th September to 11th November 2015, when Basingstoke & Deane Borough Council will be inviting residents to take part in a free fun challenge called Beat the Street to see how far they can walk around the world.

What is Beat the Street?

A 6 week real life walking and cycling game in which residents can collect points for the number of miles they travel.

How does it work?

Played by using a registered Beat the Street card, which works by 'tapping' it against special sensors called 'Beat Boxes', which will be placed on lamp posts across the Popley neighbourhood and whose locations are indicated on a downloadable map.

The Beat Boxes 'flash' and 'beep' to recognise the card. By tapping the card against a Beat Box at the start of the journey and another at the end, points for the distance travelled are recorded on the card. These go towards an individual's total, a team total and the overall 'journey round the world' Popley challenge total, and put that person in the running for great prizes. Players can monitor their progress via a secure website:

www.Popley.beatthestreet.me.

Who can take part?

Anyone living, working or attending a school in Popley and of all ages and levels of fitness is eligible. Leave the car at home and don't make that journey to school or pop to the shop, get out in the fresh air and beat those Beat Boxes instead!

Why should I participate?

Obviously, the health benefits of physical activity cannot be underestimated - it's great for mental health, reduces traffic congestion and will allow people to enjoy their neighbourhood. Beat the Street offers a unique way to get outside in the fresh air and to explore the local area whilst improving fitness levels..

There's the added incentive of a £500 community prize for the team that travels the furthest and additional cash prizes for other team placings. Individuals will also be rewarded with 'lucky Beat Box tap' prizes throughout the scheme.

Where can I get a Beat the Street Card?

Beat the Street cards, downloadable maps with the Beat Box locations will be distributed to primary schoolchildren by their respective schools.

Cards will also be available for residents to collect from Popley Fields, Melrose Hall, Bermuda Community Centres, Everest Health & Leisure, St Gabriel's Church and FastFare Pharmacy.

How can I keep track of my team's progress during the scheme?

Teams of 25 people are invited to register in order to be in with a chance of winning the team prize. Daily updates can be viewed on the leaderboard at www.popley.beatthestreet.me throughout the scheme and everybody is invited to share their photographs and experiences on Facebook and Twitter.

Contact Details

www.popley.beatthestreet.me

Facebook: [beatthestreetpopley](https://www.facebook.com/beatthestreetpopley)

Twitter: [#btspopley](https://twitter.com/btspopley) [#beatthestreet](https://twitter.com/beatthestreet)

England met us with very gloomy and rainy weather, but it has the sunniest people I have ever met. These people taught me some valuable life lessons in a very short period of time. For some people these things may be something banal and trivial, but these are the essentials you should never forget and never get tired to be reminded of. The first person we met in Basingstoke was Nayna who made every visit to the shop very pleasant and heartwarming. Her personal and sincere approach to customers should be taught at business courses. Dear Nayna we wish you good luck :)

We were introduced to Trudy on a gloomy Monday morning, but the sunshine in her eyes blew away the clouds. Trudy is an eternal student in the best meaning of the phrase. She started learning Latin two years ago at her ripe age of 87, which is very inspiring for me. Good luck, dear Trudy. Know that in the far land of Belarus you will be an example for students at linguistic university. Noli cedere cognoscere :)

Special thanks for Jane and Paul whose hearts burn with the desire to make a difference for people in Basingstoke. I believe you will contribute a lot to the local community, now my dear friends.

And of course our beloved friend Terry, who is the most considerate man I have ever met. He notices people "invisible" for the rest of the world - rubbish collectors, booking clerks... The lesson he taught me is to make people happy, to beautify one's day you don't need a lot of resources - pay attention, notice something good, pay a compliment and put a smile on

their face. These simple things do small wonders in people's lives.

And all kind friendly and helpful people of England whom we met on our way.

God bless you all.
Hope to see you again :)

Ulia and
Ekaterterina



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It's been an absolutely cracking start to the season for MFC Popley, with all age groups looking to kick on from the success of last season.

We would like to take this opportunity to welcome all of our new players and parents to the club and hope your association with the club will be a long and fruitful one.

As always, we are looking to recruit new volunteer coaches into MFC Popley Youth. Experience is not necessarily required, as full training will be arranged by the Club, but a passion for football and teaching children how to play the game at grass roots level is a must.

Please contact the Club by email at volunteer@mfcpopleyyouth.co.uk for more details.

The Club welcomes more parents getting actively involved with MFC Popley Youth, especially on match days with refereeing (in particular our under 7s) and the set up of the pitches and respect lines. So if you are interested in helping out please make yourself known to the manager/coach of your particular age group.

Do you know a Year R or Year 1 child, boy or girl, who wants to play football? The Club is always recruiting for our 'All Stars Players'. If you would like your child to join, or if you have any further questions, please contact the Club by email: allstars@mfcpopleyyouth.co.uk

Contact the club -

Main website: www.mfcpopleyyouth.co.uk

Club Chairman, Secretary, Treasurer & Club Welfare Officer: mfcpopleyyouth@live.co.uk

Volunteer enquiries: volunteer@mfcpopleyyouth.co.uk

All-Stars Recruitment: allstars@mfcpopleyyouth.co.uk

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We have Popley Explorers Preschool Monday to Friday from 8.30am until 3pm. For full details ring Sharon on 363156.

We also have lots of exciting things going on in the evenings!

Monday night is keep fit and kick boxing from 6-30pm until 8pm. Come along and join in the fun. Tuesday night is BINGO NIGHT! Doors open at 7pm, eyes down at 8pm. New members are welcome. Come along, meet and make new friends. Refreshments are also available and it finishes around about 10pm.

Wednesday evening is Dance to the Beat, 5pm until 7pm. For details ring Miss Lacey on 01256 321160.

Thursday night we have street dance and ballet classes for ages two and a half years to adults. 4.30pm until 5.30pm. For full details ring Samantha on 07811299484.

Also kick boxing from 7pm until 8.30pm.

Friday night is Friday night club from 5pm until

The hall is also available at reasonable rates. For details ring Janet on 01256 363156.

We would like to thank every one who helped on the day at our fete and thank you to all who came along.

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 ON THE 13TH OF OCTOBER 2015 AT 7.30PM.

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Over 55s

On 25th October 2015 - there is a 2hr 30min river Thames cruise from Windsor to Bray and back to Windsor Promenade. While cruising through the beautiful countryside you will be served lunch consisting of homemade hot shepherds pie, fresh vegetables, gravy and roll and butter, this followed by homemade apple pie and a cup of tea or coffee. price including coach, cruise and lunch - £34.50 members - non members £36.50.

On Saturday 19th December, we have a trip planned for the "Christmas Carol Singalong" at the Royal Albert Hall, London 1-30pm performance. Cost £37.75 members - non members £39.75. Includes ticket and coach cost. Apply to Gerald on 01256 412119 or e-mail gerald.merritt@ntlworld.com

Dear Friends,

According to my wife I am a hopeless case. You see, whenever I come into the house I put my car keys or my glasses down and five minutes later they've disappeared! Search as we may they can never be found. Usually this happens when we need to dash off somewhere. It's always a great relief when they turn up – often where I left them – odd that isn't it? It's always a frustration when we lose or misplace something that's important and a real joy when, after a careful search we manage to find it again.

Losing or misplacing a wallet or watch or a set of keys is bad enough but misplacing a child is something else! I well remember the time when our daughter was only three or four years and we were living in Cyprus at the time. One day we went to the beach and, being a major tourist spot, it was very soon crowded. Our daughter played happily in the sand at the edge of the water no more than a few yards from where we were sitting. Suddenly we noticed she was no longer there! We dashed frantically up and down the beach calling her name, anxiously searching for her among the all the faces. Thankfully, as it turned out, she was only a short way away playing with some other children. But our relief and joy that she was safe was far beyond that of finding a misplaced wallet or watch. So it is with God when one person turns back to him.

There is a story in Luke's Gospel in the Bible (chapter 15) that is all about the lost and found and is made up of three stories; a lost sheep, a lost coin, and a lost son. The stories reveal in a special way a God who is actively seeking to find something that is a real treasure to him as a loving Father – us! I particularly like the story about the lost sheep.

Life for the shepherd in Jesus' time was a hard and difficult one. Pasture was scarce and the sheep would often wander into dangerous places in search of greener grass (sound familiar?). The shepherd was personally responsible for the sheep. If he lost one he would at least have to bring home the fleece to show how it had died. There was not a shepherd around for whom it was not all in a days work to risk his own life in order to save one of his flock.

This is the picture Jesus was drawing of God. It is, he was saying, exactly what God is like. God is as glad when a lost sinner is found as a shepherd is when a strayed sheep is brought home. God knows the joy of finding the things that have been lost.

Next time you lose something and are busily and perhaps frustratingly searching for it, perhaps you may remember these stories of Jesus. Do we seek our own deepest hearts desires as earnestly as we do a lost article? Are we, like sheep, just meandering from one patch of green grass to another without looking up and seeing where we really are? And are we listening for the voice of the great Shepherd?

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Everest Health & Leisure Club

New member offer

We are pleased to offer half price full year memberships for a peak and off peak membership.

There will only be **20** of each on offer every month.

This equates to...

Peak normally £360 Half Price £180

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Payment may be made by cash, cheque or card.

Hurry - When they are gone they are gone!

You may claim this offer simply by coming to the Community reception at the school and requesting it.

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Family Halloween Party

Saturday 31st October
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 £2 per person, 3's & under free

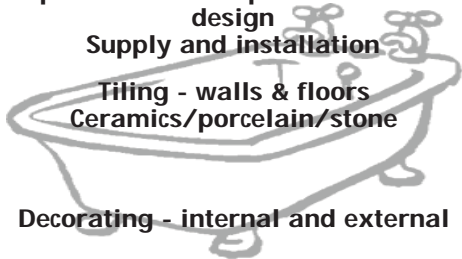
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Join us for a cycling activity on:

30th September until 11th November 2015 Beat the Street all over Popley

31st October 2015 Halloween at Popley Fields

28th November 2015 Christmas Special at Melrose Hall

14th December 2015 Christmas Extravaganza at Popley Fields

Based at Melrose Community Centre, Abbey Road, Basingstoke, RG24 9ES

For schedule and enquiries

Vicki Jackson or Andrea Regan: P: 01256 420 676 E: melrosehall2@gmail.com

Tracey Judge: P: 01256 414 494 E: office@popleyfields.org

In partnership with CTC, the National Cycling Charity: www.ctc/communitycycleclubs



Facebook/melrosehallandpopleyfieldscycleclub



Get online with Sentinel

Monday 12 – Sunday 18 October is Get Online Week. The aim of the week is to show people who aren't online how the internet can make their lives a little easier.

On Tuesday 13 October Sentinel will become a UK Online Centre - bringing digital inclusion to the heart of the local community.

As a UK Online Centre, we'll be offering Learn My Way courses. These are aimed at people without basic online skills, or those looking to improve their existing digital knowledge. Learn My Way courses are tailored to individual learners based on their needs and abilities. They start with literacy and numeracy skills to give learners the confidence to go online, move on to things like using a mouse and a keyboard and progress to doing things like applying for work online, using online government services or online shopping. Finally, learners can advance their knowledge and explore the Internet themselves - from finding out about their family history and healthier eating to keeping in touch with friends and managing their money.

We'll also be offering accredited City and Guilds Online Basics qualifications. The Award in Online Basics will help learners demonstrate their digital skills to prospective employers and will look great on their CV – increasing their chances of finding work.

Sarah Smith, our Community Investment Manager, said, "Many people face barriers to getting a job because they don't have basic digital skills. So, by becoming a UK Online Centre and offering local people the opportunity to gain a recognised qualification, we're hoping to help jobseekers improve their chances of finding work by building their confidence and boosting their digital knowledge."

Following the launch, which takes place at 12pm on Tuesday 13 October at our offices in Basingstoke, the Centre will be open every Wednesday from 10am – 4pm.



THE MISSION... to make a real difference in people's lives!

Who we are... The Charity Spotlight UK was founded to support the local community in April '09 with an aim to make a real difference in people's lives creating a brighter future...

How we help... Spotlight UK provides support creating opportunities in a number of different ways... Respite for all, Care for over 60's, Activity Provision, Youth Support and more...

Who we support... Working with people from all walks of life no matter their background.. vulnerable & disadvantaged families, over 60's and anyone in their time of need!

2015 fundraising update!

This year with you help, we have raised £9500
through fundraising, the Ray of Hope charity shop and Ray of Hope café.

1. Funded 82 children in to after school club, after school club activities and weekend activities
2. Donated stair gates, cots, beds, food and children's clothes to families in need
3. Funded 50 families to attend The Ray of Hope Showcase at The Anvil Theatre
4. Given 420 children wristbands to our Family Fun Days in April and August giving unlimited access to rides
5. Funded a support worker three times a week to support and transport disabled adults and socially isolated over 60s to our Friends Clubs
6. Funded 12 family trips to theatres and theme parks for families with a child with terminal illnesses
7. Funded 55 special treats to local children who have experienced difficult times including loss of parent/sibling, domestic abuse and other family disadvantages
8. Funded a Family Support Worker three times a week to support local vulnerable families through hard times.
9. Funded 250 vulnerable children to attend a week's holiday clubs in sports, after school club, performing arts
10. Funded new toys for the Children's Ward at Basingstoke Hospital and toys for a New Breastfeeding clinic

Donate now via Just Giving...
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Reg Charity No. 1129258

*"Making a real difference in people's lives"
"Helping young people of today for a brighter future..."*



Headquarters:
Base 2000 Carpenters Down, Popley RG24 9AE

Group Scout Leader: Colin Karslake 01256 410559
Scout section: Jean-Paul Keetch 07899 087 275
Cub Scout section: Douglas Gowan 01256 412326
Beaver Scout section: Eve Alexander 07790 018 171

Twelve scouts went to Summer Camp in the New Forest in August and had a fabulous time. Lots to do with lots of fun and challenge – especially on the water!

Rafting with a difference!



Hiking in the woods



Air rifle shooting



We had a great time



New recruits welcome. All sections open to both boys and girls. Beavers aged 6-8; cubs aged 8-10½; scouts 10½ - 14 years. Adventure for those aged 14-18 continues through District based Explorer Units. Contact the Group Scout Scout Leader, Colin Karslake, for details - 01256 410559 /07796 772 500 or colin@base2000.co.uk

Facebook news <https://www.facebook.com/BasingstokeAirScouts>

Charity number 267734

Headquarters registration number 42755

Basingclog Morris Side

Basingclog is Basingstoke's friendly local Clog Morris side comprising members from Basingstoke and surrounding areas. We dance the North West style of clog performing dances from the North of England originating some 300 years ago in and around the cotton mills. We are a mixed side so male and female dancers and musicians are welcome. Basingclog's costume of black, white and red is designed to complement the style of North West dancing, giving a bright and colourful display. We believe in dancing to entertain, and we are renowned for the energy and enthusiasm we put into our dances, and for the volume of noise generated by our band.

We are coming to the end of another successful summer season, you may have seen us dancing at local pubs, Festival Place, Sherfield on Loddon Festivals, and we have visited the Isle of Wight for the Bloodstone Weekend and The Rose and Castle weekend of dance in Northamptonshire. Still to come is Bunkfest at Wallingford and The Swanage Folk Festival both in September.

Come and Join Us!

We're actively seeking new members and welcome both male and female dancers and musicians. Now is a great time to try us out in our winter practice period. Our practice season starts in September and runs through to April/May plenty of time to learn a dance or two. Basingclog offers music, fresh air, dancing, laughter and friendship in equal measure and a chance to be part of something fun and worthwhile.

When? Tuesday nights at 8.00 pm.

Where? Sherfield on Loddon Village Hall <http://www.sherfieldvillagehall.co.uk>.

We only do it because it's fun, check us out at: <http://www.basingclog.org.uk/index.html>

Michael Devenport

ONCE UPON A TIME.....

Imagine all the well-known fairytale characters coming together in one unique show. Limelight, the youth arm of BAOS (Basingstoke Amateur Operatic Society) do just that with their production of Stephen Sondheim and James Lapine's fantastic fractured fairytale, INTO THE WOODS, a perfect family treat for half term.

It follows the tales of Little Red Riding Hood, Jack & the Beanstalk, Cinderella and Rapunzel which are interwoven with a baker, his wife and their quest to reverse a witch's spell. However, this story goes beyond 'happily ever after' as the characters start questioning their hopes and dreams and find themselves thrown together in unfamiliar circumstances.

After the success of the Oscar nominated Disney film, the hugely talented and NODA award winning Limelighters bring the story to life on stage at Queen Mary's College Hall, Basingstoke on 24th and 25th October 2015.

Don't miss this rare opportunity to see this fantastic musical bought to you from local young people Tickets are available from www.baos.ticketsource.co.uk or by calling (01256) 763127. For more information and group bookings please contact baoslimelight@yahoo.co.uk.

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Popley Health Questionnaire Key Statements

62 usable questionnaires were returned – 1.24% of those distributed.

40% have a medical condition and 23% smoke.

76% claim to have a healthy diet - 68% ate 3 meals a day.

79% said they were moderately active or above.

44% exercise for 30 minutes or more a day.

84% were interested in regular exercise.

Current exercise included **walking, running, gym, gardening, cycling & dog walking.**

Preferable places to exercise were **home, outdoors & gym,**

Reasons for not exercising were **children, health, disability, medical, money, transport, time, shy & LAZY!**

63% were interested in a Health & Exercise Open Day.

ACTION POINT

We have organised a **Health & Exercise Open day at Everest on Saturday 17th October 10am-12 noon** where all our health experts will be available to discuss anything to do with health, exercise, nutrition, diet etc. We would also like to encourage all those who have never been to a gym to come and have a look around – PLEASE NOTE WE WILL NOT BE SELLING ANY MEMBERSHIPS ON THIS DAY.

This session is about you, your health and wellbeing.

We look forward to seeing you – refreshments will be available.

SATURDAY 17th OCTOBER 10am-12 noon

We hope to include all means of exercise currently available in Popley on the new community website mypopley.org under sub menu ‘Health & Wellbeing’

www.mypopley.org

www.mypopley.org is now live and awaiting your input. Please use the email contact button to send through any news items, calendar dates, courses, activities, new organisations etc.

The basic structure and layout has been set but this website is for you and is about everything Popley. It can only grow through your input. Have a look and start contributing content and ideas.

Thank you.

