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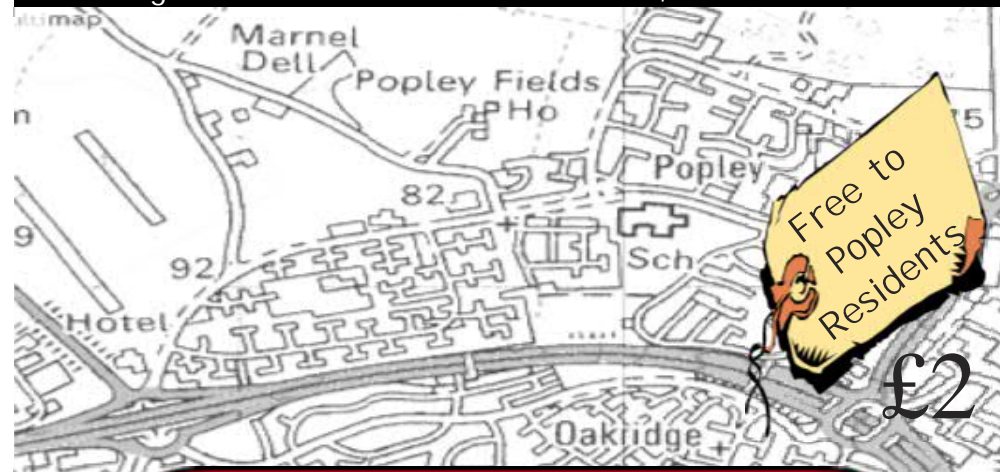
POPLEY MATTERS

PROUDLY SERVING THE POPLEY COMMUNITY SINCE MAY 1992

August 2020

Distribution of 5,400

Issue 222



FULL OF LOCAL NEWS AND VIEWS

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Closing date to submit articles and adverts (5pm 15-8-20) editor@popleymatters.org.uk



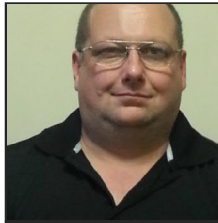
Editor
Jane Frankum

Editor Message:- We have decided that it is still not really safe enough to ask our deliverers to deliver Popley Matters magazine through your doors yet, so here we are with our fourth virtual copy. Please could you tell your friends and neighbours we are still here and getting Popley Matters to as many people as we possibly can? www.popleymatters.uk will take you straight to this copy. We also have a Facebook page Popley Matters and you can join that if you want to keep up to date on news in Popley or maybe just for a chat.

It is hard keeping up with the rules for everyone they are changing so fast some businesses are open some planned to then the rules changed again, we are trying to keep up with it, like everyone else, but as we go to put this August copy on line it can change in a day.

We try to help local businesses and support new ones as and when we finally come out of this Pandemic Lockdown. Will there be a second spike? At the moment it is looking increasingly likely with numbers of Covid 19 slowly rising. So my advice is don't relax the rules, wear your masks if you can and frequently wash your hands. Keep away from large gatherings of people I guess use your common sense to protect you and your family. I know it is hard when the weather has been so good. I have found it quite frightening on my once a week trip to do my food shopping with some people just not seeming to bother about social distancing.

I would like to thank our great National Health Service workers and everyone who is a key worker. I think this has shown who we really need and appreciate. A great big Thank You to all volunteers not just those who are working in groups but neighbours and friends who have been helping each other. I tried to do a list but there were so many and I worried I would leave someone or a group out, so please take this as a big thank you from Paul and myself. Please look after yourselves and stay safe. Email or phone on 01256 819924, or e-mail me editor@popleymatters.org.uk.



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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Hampshire Stop Smoking Service to help local people 'Quit For Covid'



Smokefree Hampshire, Hampshire's stop smoking service, are encouraging smokers who want to quit to contact them during the COVID-19 outbreak, saying there's never been a better time to go smoke-free.

Coronavirus (COVID-19) is a respiratory infection which affects the lungs and airways. Research shows that smoking damages your lungs and weakens your immune system, increasing your risk of developing life-threatening complications from COVID-19. Smoking means putting your hands to your mouth more often too, which can increase your transmission risk.

Smokers are unfortunately more likely to need treatment for other serious conditions such as heart attacks, diabetes, cancer and emphysema. So quitting smoking now will help to not only reduce your risk of suffering complications from COVID-19, but also reduce your risk of hospitalisation for other illnesses.

What's more, secondhand smoke indoors poses risks particularly to children and those with existing health conditions. Smokers should take every effort to protect those around them from exposure, but the only guaranteed way to reduce harm to others is to go smoke-free.

Smokefree Hampshire are on hand to help smokers in Hampshire who want to stop smoking. The free service has adapted from running traditional face to face appointments across Hampshire to a telephone appointment system, and even a video call offering, to give smokers regular support to help them successfully give up smoking. The service also delivers nicotine replacement therapy direct to the doorstep of Hampshire people who sign up to stop smoking, at no cost to them.

Saleen Ahmed-Khan, Head of Integrated Lifestyle Services at Solutions 4 Health said: *"We are delighted to still be able to offer support to our clients at this time. As advice and guidance is changing daily, we would recommend clients check our service website – smokefreehampshire.co.uk - and our social media channels for up to date information".*

Smokers have been encouraged nationally to 'Quit For Covid' and stop smoking to help reduce the risk of contracting COVID-19, as well as to reduce the risk of serious health complications should they catch coronavirus. There is no better time to quit than now.

To arrange an appointment, call 01264 563039 or 0800 772 3649, or text Quit to 66777 or fill out the form at www.smokefreehampshire.co.uk.

Contact:
Smokefree Hampshire
01264 563039 or 0800 772 3649
Email: smokefree.hampshire@nhs.net

Weekly waste collections in Basingstoke and Deane are set to resume from Monday 17 August as staffing for the bin collection service stabilises during the pandemic.

Basingstoke and Deane Borough Council and its waste and recycling contractor Serco have reviewed staffing and are happy the weekly service can be resumed as lockdown measures continue to relax. The day residents' bins are collected will not change.

New subscriptions to the borough council and Hart District Council's popular garden waste service will also be available from Monday 3 August but residents are being advised it may take over a month for bins or bags to be delivered and collections to start.

The council and Serco will continue to review the staffing of all waste and recycling services and will take measures to protect the core services during the COVID-19 crisis if required.

Reinstating the weekly waste collection and opening new garden waste subscriptions means all of the council's waste and recycling services will be back online by mid-August. The council first made the difficult decision to stop garden waste and bulky waste collections in March and temporarily move to a fortnightly waste collection late April.

While some residents will be pleased to see the return of weekly waste collections, the council is aware many residents are also supportive of a fortnightly collection and made great efforts to reduce their waste and recycle more during this challenging period.

Cabinet Member for the Environment and Enforcement Cllr Hayley Eachus has urged those residents who have managed on the fortnightly waste collection to keep up their efforts, which have resulted in an unaudited increase in recycling of around 800 tonnes – the equivalent to around 63 double decker buses.

Cllr Eachus said: "I know the return of the weekly waste collection will be much welcomed news for some residents who may have struggled to manage the amount of waste generated while spending more time at home and with the household waste recycling centre closed or fully booked for appointments.

"I also understand there will be residents who will be disappointed we are returning to the weekly collection and feel we are taking a backwards step towards increasing our recycling rates and achieving our climate emergency targets. "We always said this was a temporary measure to support our key worker bin crews during this incredibly challenging time. They have worked tirelessly throughout this pandemic to maintain a service for our residents and for that we are very grateful. "It is fantastic we have seen increases in recycling during this period and I would like to encourage those residents who have coped and have made changes to continue their efforts and only put their waste bin out when they need to. Most importantly I would like to thank all of our residents for their patience and support during this difficult time, there is still a long way to go but I am delighted we are now able to offer our residents a full complement of services again."

For more information on waste and recycling collections during the pandemic visit .



Recruiting Support Workers Now!

The Loddon School provides a home and an education for children aged 8-19 who have exceptional support needs associated with autism and learning difficulties.

Join our team:

<http://www.loddonschool.org/work-for-us/recruitment@loddonschool.co.uk>

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Please visit our website for any up to date news regarding Everest Community Academy
<https://www.everestcommunityacademy.org/>



Everest Students Continue to Excel

Despite not being able to attend school since March, Everest students and their families have continued to show resilience and commitment when working from home.

Students have been given access to a variety of resources over the period of lockdown ranging from work packs, textbooks and the recent introduction of 'Everest Online'. Students can access lessons via an online platform which includes voice instructions from staff. Students can also submit work and be provided with feedback and areas of development. This new approach has allowed students to communicate with their teachers and ask questions if they are unsure.

Away from our new online classrooms staff have worked extremely hard to 'check in' on all students and families wellbeing. We have also produced many celebratory videos highlighting student successes during this time, these have been posted to the schools social media accounts. We would urge any Everest student who needs additional support to head to our website for the latest information.

We look forward to seeing the school return to normal by September and will of course keep everyone updated in the coming weeks.

Stay safe, have a great summer break



Probos Members Remember the Battle of Britain

This summer is the 80th anniversary of the Battle of Britain when Churchill said "Never in the field of human conflict was so much owed by so many to so few." Most of the Spitfire and Hurricane pilots were very young men who themselves asked how they should live if you are twenty and will be dead by the end of summer.

Today the Probos Club of Basingstoke has several members who were "regulars" in the RAF. We have a Wing Commander, two Squadron Leaders, a Flight Lieutenant and Flight Sergeant and in previous years we have had two Group Captains. While the father of one of the current ex-RAF members was a Spitfire pilot during the early part of the war, none of the present day members are old enough to have served at that time although many of our mostly civilian members class themselves as War Babies and do have war time memories.

The presence of RAF Odiham does have a part to play on why some of these members live in Basingstoke following retirement. Although Odiham played a significant role during the war with a wide variety of aircraft types there were three airfields in Hampshire that operated Spitfire and Hurricane squadrons that contributed their efforts during the Battle of Britain. These were Boscombe Down (56 and 249 Squadrons Hurricanes) Middle Wallop (609 Squadron Spitfires and 238 Squadron Hurricanes) and Lee on Solent that was used by many RAF Spitfire and Hurricane squadrons during the Battle of Britain.

Today, one of these veterans is the Armed Forces Champion of Basingstoke & Deane Borough Council, and supports the local government in its covenant with all branches of the military, another was involved at a memorial service in Westminster Abbey when he was the usher to the chairman of the Battle of Britain Fighter Association and afterwards accompanied him to St James' Palace for a reception with Prince Charles, a third joined the Queen's Helicopter flight receiving a personal decoration from Her Majesty, the fourth was deeply involved in bomb disposal, and the most senior was involved with delta wing Avro Vulcans during the Cold War. All of them have been part of the array of interesting speakers at the usual monthly Probos Club lunch meetings.

10 July 1940 was the start of this first decisive battle in history fought entirely in the air. It is poignant that eighty years to the day was the funeral of forces' sweetheart, Dame Vera Lynn and there was a fly-past of two Spitfires over her home. Both of these iconic planes were spotted over Basingstoke flying abreast back to their bases at Duxford and RAF Coningsby.

But what of the majority of members who either did their National Service or were just too young to be called up? They had busy lives in industry, commerce, medicine, law and science in the locality and overseas. They now have a fulfilling retirement helped by their membership of the Probos Club. Some are keeping fit by trying to do their 10,000 steps a day, others pleased to get back on the golf course and one keenly looking forward to being a cricket umpire. Others may be less energetic but have kept their minds active with other hobbies. Not for them the problem faced by many being on furlough with an increasing waistline but by not dining out so often has had a positive effect on their wallets.



For more information about the Probos Club of Basingstoke see www.probosbasingstoke.club



County Councillor Report: I have been working with the "Save Hampshire Libraries Group" and have been campaigning to stop the proposal to close both Chineham and South Ham library. By the time this is on the Popley Matters web page and Facebook the decision will have gone to committee and the cabinet member will have made the decision. I will update the information on the Facebook page as soon as there is any news.

At a virtual meeting with officers we discussed the need for some additional paths and the need to make the dropped kerbs usable for disabled buggies and pushchairs of course we were told there is little money left of the S106 so we reviewed and prioritised the work but insisted it should all stay on the work list. Most of the S106 money that was available for Highways went on the Popley East works that required our agreement to make coming out of Popley Way to the Reading Road safer due to people driving into Popley Way instead of the short journey to the traffic lights and round safely. A short path to the Apollo/Popley Community Park, followed by a path from Tintern Close to the bus stop next then disabled access along Abbey Road and at some future date as more S106 money or budget will be for a path from Popley Way up to the shops and by the bus stop at the end of Abbey Road. Cllr Jane Frankum 01256 819924 email:- jane.frankum@hants.gov.uk.

Popley West: We continue to be very busy with casework and council business. We have reported the abandoned trolley in abbey Road, some fly tipping around the ward. To Vivid we reported the crumbling walls with loose bricks in the car park in Glastonbury Close and broken park bench in Popley Community Park. We have sent in a complaint to the chief Inspector about the moped drivers driving recklessly all around the estates and into the park, they have promised to take action but need more detailed evidence, thank you to the resident with photos of where at least one of the youths live. Could you email and send any photos to our Councillor address as below.

We are aware there are other areas that have the same issue and hope if a solution can be found it will be used in other areas too.

We have contacted the officer for an update on the double yellow lines in Marnel Park and he says it is likely to be in September as people go back to work and they will be able to access the roads to paint on the markings.

Paul and I had an on site meeting with Council Officers, Serco and officers from Vivid to discuss a solution to the disposal of waste and fly tipping problems in Melrose Walk. Eurobin stores could be built but the first plans from Vivid will have to be changed or adjusted as their preferred locations were not agreeable

for Council officers as they would take up too much of council owned green space, and there were some suitable areas owned by Vivid that could be used, so we are now waiting for new plans now, and they will have to go through the formal planning procedures. We are aware there are other areas in the borough that have the same issue and hope if a solution can be found it will be used in those areas too. There is the issue of cars parking on the green space not only churning up the grass but it leaves less open space these are the lungs of an area and prevent playing space too. There needs to be a reasonable compromise solution here too.

Cllr Paul Frankum 01256 819924
cllr.paul.frankum@basingstoke.gov.uk
Cllr Jane Frankum 01256 819924
cllr.jane.frankum@basingstoke.gov.uk

Popley East: "We continue to work with residents and are able to undertake case work remotely as required. Albeit many agencies are offering limited responses during lock down we are achieving results for many residents on the issues they face"

Cllr David Potter 07941507801
cldr.david.potter@basingstoke.gov.uk
Cllr Janet Westbrook 07747335200
cldr.janet.westbrook@basingstoke.gov.uk



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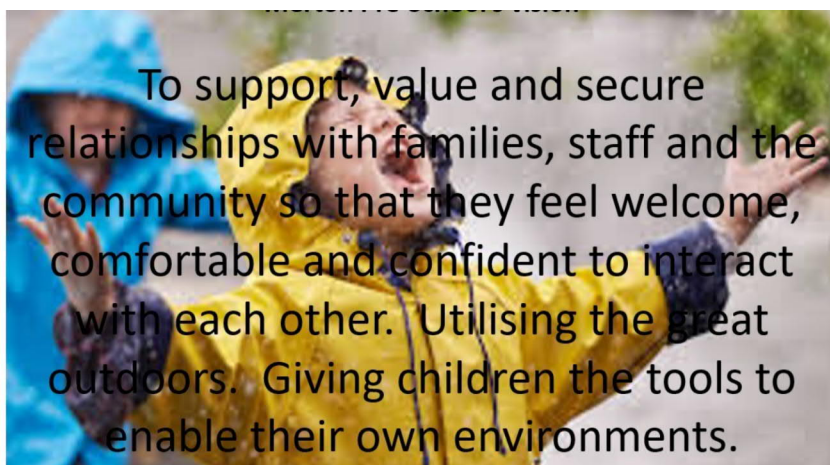
We are preparing for the end of term, and at this time of year Pre-school is usually brimming with children, this year is a very different year.

We were open throughout the Coronavirus, we made plans to ensure all children and staff were safe looking after key worker and vulnerable children and then opening to more children on 1st June.

During June and July, we spent lots of time outdoors, the children particularly liked making fairy houses and pretend bonfires, working in bubbles of up to 8 children was a very new and different concept but the staff, children and families took on the challenge as they always do and the children have thrived in this new environment.

Now we are making plans to welcome all the children back on 7th September. We are risk assessing, ensuring that all toys are cleaned regularly, making sure the toilets are extra clean. Our staff look forward to getting back to playing, 'teaching' and caring for all the children. I am particularly looking forward to running Forest School sessions for our children again, although we won't be able to go to Basing Wood, we shall be using the small Junior School woods which will still give opportunities to climb trees, peel sticks with peelers, have a fire (and maybe eat the odd marshmallow).

We welcome children aged 2 years to rising 5, if you are interested and would like to know more about our Pre-school please have a look at our website www.mertonpreschool.co.uk or email mertonpresch@gmail.com or contact Carey on 07549269724.



To support, value and secure relationships with families, staff and the community so that they feel welcome, comfortable and confident to interact with each other. Utilising the great outdoors. Giving children the tools to enable their own environments.



Merton Junior School has continued to see children in throughout the lockdown both in and out of school. All groups have been working on mini projects and we have been celebrating the tremendous work that our families have been doing outside of school. Have a look at some of the fantastic work that they have been up to...

Aarini has been busy completing one of the challenges for the week and had made some incredible paper flowers—these look fantastic! As well as this, she has completed the work pack and completed her mindful colouring :-)

Alice and Ed have been working tremendously hard on their Egyptians work pack creating jars and all of the practical work involved—looking good guys!!

Alicia is still working on her Italian and also getting mum up really early to take part in some additional sports activities. I love your enthusiasm Alicia :-)

Maisie and Ellie have been working hard to create posters to help look after our teeth whilst looking at the digestive system ☺

Fayth in year 5 took on this weeks challenge cards and has made her sculpture of the animal with sharks circling their prey! What a brilliant way of getting creative Fayth—well done :-)

Morgan has been spent her 'time' learning how to tell the time. It is such an important skill and something that will come in useful all the way through your life Morgan. Keep up the hard work :-)

Jamie in Year 4 was super excited about Sports week last week and made his mum dig out her Commonwealth Games Bronze medal for Basketball. What an amazing thing to be able to look at and hold and thank you for sharing it with Hazel class on our Zoom call last week. He has also been relaxing with his mindful colouring and done a wonderful job

Shri has taken on a designer role with his Egyptian outfits fit for a Pharaoh as well as creating a timetable for an average day in the life of an Ancient Egyptian. Well done Shri

Challenge accepted by Heidi as she has completed the build a pyramid challenge from the challenge packs—these look great and just look like the tomb of the kings :-)

Merton Junior School are accepting applications for school places in September, please contact our school office for more information and a look around the school or you can email our admin team at admin.office@merton-jun.hants.sch.uk



Romsey Close, Popley, Basingstoke, Hampshire RG24 9HB
admin.office@merton-jun.hants.sch.uk
 (01256) 326573

BBQ safety



Tips for keeping safe from fire whilst enjoying your barbecue

General do's and don'ts when using a barbecue

- don't cook if you're affected by alcohol or prescription drugs
- never leave barbecues unattended
- never take a barbecue of any kind, or lit charcoal into an enclosed space like a tent or awning. The carbon monoxide it gives off could kill you
- keep a bucket of water, sand or a garden hose nearby in case of emergencies
- set up your barbecue on level ground away from bushes, fences, tents or other structures
- leave plenty of room around your barbecue, so you don't have to squeeze past it
- be careful when cooking fatty foods, the dripping fat can cause the barbecue to flare up
- make sure the coals are cool before you move the barbecue. Once cool, dispose of the ashes safely - never place them in dustbins

For gas barbecue users

- make sure the tap is turned off before changing the gas cylinder, do it outside in the open air or in a well-ventilated place
- when you've finished cooking, turn off the gas cylinders before you turn off the barbecue controls, this will use up any gas in the pipeline
- if you suspect a leak to the gas cylinder or pipe work, brush soapy water around all joints and watch for bubbles. If you find a leaky joint, tighten it gently. Do not over-tighten
- store gas cylinders outside, away from frost and direct sunlight



At MHA we are continuing to support all of our members with regular telephone support and updating the internet guidelines MHA have only just given us the heads up to complete individual one to one meet ups in our members gardens, with the rule of the three metre safe distance. I can't wait to be able to see many of our most vulnerable members, it's been way to long. On speaking with our members many are feeling afraid to venture out in case of catching the dreadful virus, also the loss of their mobility and of course the independence they all once had. Over the last several months they have had to rely on family and in extreme cases the local food banks, including Basingstoke Spotlight Centre who have provided many households across the Basingstoke area with food parcels and we at MHA would like to thank them all once again for their continues support to so many of the elderly members of our community

What have I been up to over the last month? I have been busy with making lots of calls to our members and touching base with them all. I have been out delivering Penny's, Meals on Wheels from the United Reform Church to our members and completing food shops and medication runs as well when needed. I have driven many miles dropping off potted plants to many of our members and meeting even more of our lovely members within Basingstoke and surrounding areas. I'm in my last week of work before I have two weeks off to spend with my family and recharge my batteries. It is also time to catch up on many of the little jobs many of you would have done throughout the lockdown.

If you know of any elderly relatives or neighbours that are lonely or isolated we at MHA can provide a befriending service. When we it is safe to do so we will offer some more great weekly activities, from "Strong and Steady" exercise/ to arts and crafts, music, memories. Memory Lunch Club where we have pub lunches, and day trips. July has been hard on us all, we had a fun packed month planned including the annual holiday, cream teas on the canal, trips to the theatre and Longleat. It is really upsetting having missed out on so much fun with our members, staff and the pool of volunteers.

If you would like more information on the variety of activities we have on offer, or to volunteer please email me at francesca.wildash@mha.org.uk or contact me on 07720680403

***Keep safe everyone
Francesca Wildash***

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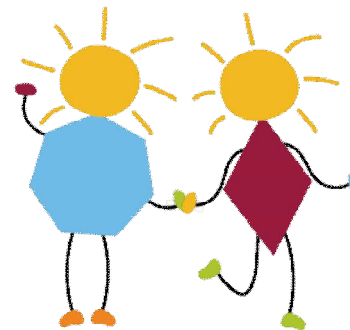
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AT

Popley Fields Community Centre

29th July –
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The Princess Royal Trust for Carers in Hampshire

Carers Virtual Coffee Mornings



Whilst the Carers Hubs, Support Groups and GP Clinics are temporarily suspended we want you to know that support is still available to you.



Join us for Virtual Coffee Mornings, and chat to your Carer Support Worker and other carers. Grab a tea or a coffee, a slice of cake or a biscuit and log in to participate.

For details of how to join please call 01264 835246 or email info@carercentre.com



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Basingstoke Festival of Transport 2021

Festival of Transport - Rescheduled until 9th May 2021

The Basingstoke Festival of Transport 2020 has been rescheduled to take place on Sunday 9 May 2021.

All those who had already registered to bring their vehicles along to the event in September have been contacted as have Stall Holders and Traders.

Car Club co-ordinators have been contacted individually.

Basingstoke Deane Rotary sincerely apologise for having to reschedule the event a second time but ask for your understanding whilst mass gatherings are not allowed under the COVID Regulations.

For up to date information - see out Facebook page. See you on 9th May 2021

BFoT Festival Committee

Bermuda Community Hall

Due to COVID-19 the hall is still closed however, we are looking to reopen as soon as possible, and we will release more updates in the next issue.

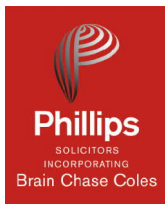
Thank you for your patience.

New Scheme Aims to Help the Borough's Young Trees Through the Dry Summer Months

People in the borough are being encouraged to join a new initiative to help water young trees across Basingstoke and Deane during the summer months.

'Water Me' gives residents the opportunity to help support Basingstoke and Deane Borough Council's watering programme by providing the trees with additional water when the weather is dry. Each tree will have a label attached to it and residents are encouraged to find their nearest one and to help to water it – preferably using recycled water such as washing up or rain water.

The council plants a number new trees every year and waters them during their first year of growth. This year there are 183 trees included in the council's watering schedule. Cabinet Member for Planning, Infrastructure and Natural Environment Cllr Mark Ruffell said: "Every year we plant additional trees providing a positive contribution to the borough's natural environment, a habitat for wildlife and to help shape our landscape. The council carries out a rigorous programme of watering during the summer months but when it is particularly dry, our residents can help by providing extra water, to ensure that these young trees have the very best chance."



When occupying the same space as your partner sends you into orbit, you need shuttle mediation....

Mediation is a well-known way for couples to resolve issues at the end of their relationship and generally involves you both being in a room with your former partner and a mediator to discuss matters. It can be quicker and cheaper than alternative dispute resolution methods. Mediation encourages couples to compromise and helps reduce conflict which is known to be beneficial for children of separating couples.

Sometimes the barrier to mediation is that the relationship has deteriorated to such an extent that you cannot contemplate the prospect of sitting down together in a room even with an independent mediator to address issues in mediation. Shuttle mediation gets you round that barrier and yet has all the advantages that the mediation process offers. It is simply a variant of the more usual mediation model.


With direct shuttle mediation, you are in separate rooms and the mediator moves between the two rooms to facilitate discussion and help you reach a compromise. Separate arrival and departure times are arranged to ensure that the risk of contact is minimised which can be reassuring for those of you with concerns. It can make the process possible but less stressful.

Even with Covid-19, shuttle mediation virtually is still an option. Using Zoom as the online platform, breakout rooms can replicate shuttle mediation as you can opt to be in separate "breakout rooms" while the mediator moves between the two virtual rooms helping you both achieve an agreement that is right for you both. The use of the "waiting room" is also good if you are mediating jointly online but just need a break within the meeting if feelings are running high.

At Haymarket Family Mediation, which is part of Phillips Solicitors, we can offer all options and are happy to discuss any concerns with you before you commit to the process. Feel free to contact Sheila Parkes by emailing sheila.parkes@phillips-law.co.uk or call 01256 854652.

Alternatively, visit

When contacting Haymarket Family Mediation or Phillips, please mention that you have seen this advertorial in Popley Matters.



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Lions Club of Basingstoke

At last we escaped sequestration and actually met for Handover. It was a pretty joyful occasion even though social distancing was still the norm. I think a lot of the “joy” was occasioned by the fact that there was no handover whatsoever. It was very definitely a case of “stet” as far as the top jobs were concerned.

But there was nevertheless cause for celebration as we welcomed Sarah Williams and Charlotte Gruntowska into the Club. Both have already proven their worth in many ways, but particularly in their support for the Fleet computer regeneration and distribution scheme. And they are full of ideas!!!!

Half way through the evening our President, Tony Bamberger, was left uncharacteristically lost for words when, to universal acclaim, he was voted our Lion of the Year. It was an award very well earned. All in all we look forward to the year ahead with some optimism.

Since 1992 Quiz Nights have been a good fundraiser for us. In fact we were due to have one in April at the Cliddesden Millenium Hall when the dreaded Corona Virus struck and we were forced to cancel. We (I) have been slow to exploit the potential of Zoom for this activity. But, on 1 August, we’re going to have a go. Our regulars have been as slow to react as we have, but applications are now rolling in. Should be fun provided there are no slips between cup and lip!!

We are also now considering acts which we might get to perform for us at the British Legion. We have a number of groups who have given us Jazz, Motown and Rock nights there which were well supported. And it boosts the takings of the Legion (which is of course another charity) as well as ours.

And the stop press news is that we will be having our next business meeting there instead of on Zoom. Yippee!!!!

Remember, you too can help to make a difference to the lives of others by joining us via www.basingstokelions.org.uk

Philip Wilson



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| | | |
|------------------------------|----------------|-------------|
| Group Scout Leader | Colin Karslake | 07796772500 |
| Assistant Group Scout Leader | Douglas Gowan | 07733325498 |
| Beaver Leader | Mandy Pain | 07508204098 |
| Cub Leader | Charlotte Bell | 07919148376 |
| Scout Leader | Kevin Pocock | 07717108560 |

As the Beavers & Cubs continue to meet weekly on Zoom here is a look at one of the highlights of our recent meetings

On July 7th we had our first Virtual Guest Speaker come & talk to us, Megan Taylor & her Assistance dog Rowley who are from Kingston Upon Thames, Megan is a volunteer speaker for the Guide Dogs and talked to us about hidden disabilities and the life-changing work Assistance Dogs do.

Below is Megan’s story in her own words.



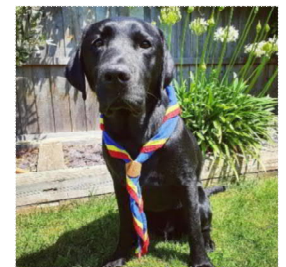
When I was 15 years old, I sustained a serious head injury involving multiple fractures to my skull, after collapsing during a Remembrance Sunday Service with my Explorer Scout Unit. After the accident I developed a number of complications including permanent damage to my hearing, vision, and balance, along with the development of frequent and unpredictable fainting attacks.

I am now registered blind with only a small amount of my central vision remaining and rely on a hearing aid to help with my communication. I can lose consciousness anywhere between 1-50+ times a day and struggle with any activities which involve bending down (such as undressing my lower body) due to my impaired balance and severe dizziness. Despite living with all of this and more, on the outside I look like any other healthy 24-year-old, my disabilities are hidden.

Thanks to my incredible Multi-Purpose Guide, Medical Alert, and Disability Assistance Dog, Rowley, I am able to live independent life. Rowley helps me to safely navigate obstacles and find my way, as well as assisting with practical tasks that I find challenging such as untying my shoe laces, picking up dropped items, emptying the washing machine, and pulling off my socks and trousers. He can also warn me up to 7 minutes before I faint/lose consciousness by using his incredible sense of smell to detect minute biochemical changes in my body. This allows me to lay down safely instead of suddenly collapsing and injuring myself further.

Rowley is the first Assistance Dog to be trained by The Guide Dogs for The Blind Association in partnership with Dog A.I.D (Assistance In Disability) to support someone with multiple disabilities. He has alerted me to just under 1,000 oncoming medical episodes in our first two years as a partnership, that is 1,000 potentially lifesaving moments! He was recently awarded the prestigious title of 'UK's Hardest Working Dog'.

Rowley gives me the confidence and support I need to live an independent life. With his help (and my retired Assistance Dog, Ruby) I have been able to achieve far more than I ever thought possible: graduating university, becoming a Queen's Scout and Cub Scout Leader, completing the National Three Peaks 24 Hour Challenge, running a half marathon, starting my own business, and most recently becoming an Assistance Dog Trainer with Dog A.I.D to enable other disabled people to experience the freedom that having an Assistance Dog can bring.



Follow the adventures of Megan, Rowley & Ruby on Facebook
<https://www.facebook.com/rubyandrowleythesuperdogs/>

Douglas Gowan
Assistant Group Scout Leader

MARNELL BOWLING CLUB

We are looking for new members, come and meet us:



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Practice Outdoor Tuesday 6-9pm; Indoor Monday 7-9pm; Wednesday 2-4pm; and 7-9pm. Come along and have a go (All equipment can be provided).



Where are we?

Behind Popley Fields Community Centre.
(next to Basingstoke Air Scouts Hall and Nursery).

For further details or register contact John: **01256 411469.**

or Club Captain Sue: **01256 326147.**

or visit Marnell Bowls Club Website.

www.marnellbowlingclub.co.uk

 [@MarnellBowlsClub](https://www.facebook.com/MarnellBowlsClub)



'Basingstoke police are appealing for information in regards to the anti-social use of motor bikes in and around the area of Popley. We understand that this had been an on-going issue for a while now and would like to work with local residents in order to combat the use of motor bikes inappropriately. The largest concern is that there are some individuals in the community riding these motor bikes on footpaths and public land, and as a result are presenting a danger and hazard to the people using

them properly.

In light of this - if anyone has any information on who is responsible (including registration plates if known), or if they have any footage of these incidents happening, we would like to hear from you.

Please can you report any information to 101, or alternatively submit an online report through the Hampshire Constabulary website'.

The Great South Run for Basingstoke's Community Radio



Charlotte, who is a presenter for HHCR and presents the "Now that's what I call the 80's" show on a Tuesday morning from 10am, is running the Great South Run on Sunday 18 Oct 2020.



Support your local community radio

HHCR has been on air for a year now and we need your support so we can continue with our community radio. Please sponsor one of our presenters, who has been training hard for The Great South Run.

"I'm Charlotte, one of the volunteer presenters at HHCR, Basingstoke's Community Radio. Later this year I am running the Great South Run, raising money to help keep our radio station on the air. I began running whilst at Chichester University, participating in their weekly parkrun and worked my way up to being able to run the full 5k. I have completed 179 parkruns at various different locations, and last year completed two 10k races at Alice Holt and Basingstoke. This year I have challenged myself to go a bit further

and run the 10 mile Great South Run, and I am hoping to raise much needed funds for HHCR, Basingstoke's Community Radio"

Rather buying that Starbucks coffee today, sponsor Charlotte. You can donate online by visiting the following website

<https://localgiving.org/fundraising/charlottesgreatsouthrun/>

HHCR is Basingstoke's only community radio, we broadcast 24 - 7, operated by passionate volunteers, giving support to the community. www.hhcr.org.uk

Hi Everyone, it's been a while!

We hope you're able to get out more now to enjoy outside spaces as much and as safely as possible. Seeing stories from friends about mischievous garden visitors and following Alan's annual search for the local glow worms has helped me feel connected to the outside during this strange and unsettling time.

Obviously we haven't been meeting at the Ponds as a group during the pandemic, but we are very much still going strong and you can keep an eye on us via our Facebook page - Marnel & Popley Conversation Volunteers - we have been keeping an eye on the site, with various members taking walks there within their family units. The good news is it's flourishing as you'd expect at this time of year.

Usually we pause our work at the ponds during mating season around May to September, for us it has been a slightly longer than normal, but still a natural break. We do full risk assessments ahead of each season and we'll share more details about all that as we make our plans to start meeting up again monthly in the Autumn (in line with official guidance at the time).

Stay safe everyone, take care
Team MPCV



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A Classic Italian Recipe – Pappa al Pomodoro

For me the beauty of Italian cuisine is its simplicity. This dish is a testament to that. Pappa al Pomodoro (Bread & Tomato Soup) is a real classic from Tuscany, a typical peasant dish like so many of the great Italian staples. It is said to originate from 12th century Florence.

The beauty of this Italian recipe, is that its main ingredients are ones that you'll almost always have in. Tinned tomatoes and bread, but don't be fooled, this simple dish is packed full of flavour. It's pretty versatile too, in that you can enjoy it hot, cold or at room temperature. Making it perfect for any time of year!

Prep Time – 5 minutes

Cook Time – 35 minutes

Serves – 4

Method:

1. Preheat the oven to 200C.
2. Finely chop the garlic. Roughly chop your fresh tomatoes and place on a baking tray, sprinkle over 1/3 of the garlic. Drizzle with olive oil, balsamic vinegar and season with salt and pepper. Toss then place in the oven for 30 minutes or until nicely roasted.
3. Place a large saucepan over a medium heat. Finely chop the onion, remove the basil leaves from the stalks then finely chop the stalks. Add the onion and basil stalks to the pan along with the remaining garlic and a splash of olive oil.
4. Once the onion has softened, approx 10 minutes, add the two tins of tomatoes. Fill one of the empty tins with water and add too the pan. Bring to the boil and then turn down to a low simmer for 15 minutes.
5. Roughly chop or tear up your bread and basil leaves. After 15 minutes, add the bread and basil to the saucepan. Give it a good mix to get all the bread coated. Keep over a low heat for a further 10 minutes.
6. Remove your tomatoes from the oven and tip into the saucepan, including all the juices, oil and sticky bits. Season with salt and pepper, add the 50ml of olive oil then mix into the soup.
7. The soup should have a thick, porridge like texture with some larger lumps of bread remaining (although they should have softened). If it's too thick you can loosen with a splash of warm water.
8. Serve a generous helping with a light shaving of Parmesan and a light drizzle of olive oil. I like to allow it to cool for 5 minutes before tucking in, so that it's warm but not piping hot.

Find useful tips for this recipe along with many other recipes and food blogs at
www.thehomecooking.com

Cucumbers ... I didn't know this...& to think all these years I've only been making salads with the cucumbers...

WHAT A LITTLE GEM THE CUCUMBER IS. I WILL LOOK AT IT DIFFERENTLY NOW.

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a Few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown the reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but is won't leave streaks and won't harm you fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems