

# THE Rabbiter



Issue 240 April 2017

All the regular features plus

- **RECYCLE AND RAISE FUNDS**
- **SPORTING CLUBS NEWS**
- **HOSPICE RUN**

*and much more*

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## EDITORIAL

Parking is a very contentious issue on Hatch Warren and Beggarwood – over the years we have had many letters complaining about how and where people park. House builders seem to presume that each house has one or two cars but often there are three or even four. With nowhere to park, residents often have to park on the road outside their home blocking pavements and access. The car parking area outside the Co-op is often busy, particularly when parents are taking or collecting children from the nursery – crossing the car park with two toddlers and a pushchair is often quite challenging with cars coming and going. There have been many issues with parking outside St Mark's school. Parking on the principle roads around the estate is dangerous – it blocks the view of on-coming traffic leading to a possible confrontation with a bus! Please park carefully and consider other users when parking. In some instances the only alternative could be yellow lines around major roads.

Calling all mums of babies and toddlers! The Spring NCT Nearly New sale is on 8 April and gives you an excellent opportunity to buy and sell toddler and baby clothes etc. (see page 4 for details). Our roving gourmet visited the Angel in Festival Place recently and was impressed with the food – have you got a favourite restaurant, café or pub you would like to tell us about? The Rabbiter has recently discovered a splendid café in Dummer – they serve the best coffee cake ever – more about this next month! Hatch Warren W.I. is a local institution and has amazing speakers. At their April meeting there will be a talk on Hackwood House which I am sure will be fascinating. I remember visiting the house when the contents were sold off – there was even a good sized cinema in the basement where visitors could sit back and enjoy a film.

Many organisations rely on volunteers. The local Scout groups are looking for helpers and our Community Centre is seeking helpers for the new Beggarwood Community Centre (see page 18). Can you spare two or three hours a month to help?

Did you take on a Lent challenge? Your editor has given up alcohol and is now well over half way through the challenge. Money not spent on bottles of wine will be donated to a local charity! Our local church, Immanuel, are holding a number of services and events dedicated to Easter – see page 21 for details.

Congratulations to Hatch Warren Runners who have been pounding our streets for 4 years. From small beginnings this group has grown into having 275 members – amazing! And if you aren't a runner, try the local cycling club – more details on page 26.

Spring is traditionally the time to get cleaning – this often leads to a general clearout of unwanted items. Why not make some money by selling these through the Rabbiter Free Ads? The feedback we have received is that these ads really work which is why people come back time and time again with items to sell.

Have a lovely Easter – and don't eat too many Easter Eggs. If you are tempted, why not take up Beachdown's special offer (see page 11) to get fit and slim for the summer!

**Jenny, Editor**

# THE Rabbiter

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Keep an eye out for the web symbol – you can find out more on selected articles at [www.therabbiter.biz](http://www.therabbiter.biz)

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## RECYCLE AND RAISE FUNDS THIS SPRING AT OUR NEARLY NEW SALE

Local parents in and around Basingstoke can purchase some top-quality products and donate to charity at our upcoming Spring NCT Nearly New Sale.

NCT Basingstoke's Nearly New Sale is to be held on Saturday the 8 April from 11-1pm, at Queen Mary's College. There is plenty of time to register as one of our 100+ sellers, or to volunteer to help at the sale. More information can be found online at our facebook page; <https://www.facebook.com/BasingstokeNCTNNS/> or by contacting us at [nns.basingstoke@nct.org.uk](mailto:nns.basingstoke@nct.org.uk).

So, if your home is beginning to look a bit cluttered with baby and children's items, why not enter them into our Spring sale? All you need to do is register as a seller through the links on our Facebook page. We provide you with a simple to fill in spreadsheet that generates coloured scanning tickets for you to print out and attach to your items. The night before the sale drop off your sorted items to our friendly volunteers, who will lay them out by category across our two large sale halls.

NCT members get 15 minutes' priority entry to the sale from 11 with a valid membership card. There will be goody bags for our first 100 shoppers and samples for our early buyers. The sale is open to everyone from 11:15, but please remember to bring little ones in a sling as buggies cannot be taken around the sale halls. We provide shopping bags, but with so many bargains on offer

you will need to bring some large bags, IKEA bags are perfect, to carry your shopping home in.

NCT Nearly New Sales offer excellent quality used maternity, baby and children's clothes, toys and equipment. High street products can be expensive, but shoppers at NCT sales regularly save 75-90% on the price of goods. Unlike our competitors, 20% of the profits from the sale go back to the NCT so it can continue its vital work supporting parents in the area. Our sale is just one of 600 held annually in the UK. Our Autumn sale is on Saturday the 14th October at QMC so put the date in your diaries. For more information, go to [www.nct.org.uk/nns](http://www.nct.org.uk/nns).

## SPRING UPDATE ON ST. MICHAEL'S HOME CARE



Since our last update, St. Michael's Home Care has continued to show very positive growth and is helping many members of your community in the comfort and security of their own homes, whilst using money generated to help St. Michael's Hospice. In the last year we have more than doubled the hours of care we deliver and that number now stands at 900 hours a month including our popular live-in care service which in many cases is significantly cheaper than going into a care home. This growth has meant that our team of wonderful carers is now more than 30 strong and we are actively looking to recruit more of the highest quality carers to meet strong demand.

I am sure you are very aware of the current press coverage around the poor standards of care that are currently delivered in many places around the country. In the recent Spring Budget Chancellor Philip Hammond announced that an additional £2bn would be allocated to social care over the next three years, with £1bn available in 2017/18. This is at worst a step in the right direction and at best acknowledgment that we continue to face a crisis in the funding of quality care.

We can say with confidence that our carers do a fantastic job helping people with a wide range of needs and we continue to be immensely proud of the work they do. Our care is not exclusive to those who are patients with St. Michael's Hospice but open to all who are in need of that helping hand around the home.

Please email [info@stmichaelshomecare.co.uk](mailto:info@stmichaelshomecare.co.uk) or call us on 01256 848 896. You can read more about us by visiting [www.stmichaelshomecare.co.uk](http://www.stmichaelshomecare.co.uk).



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## THE ANGEL

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Being in town on a Thursday we decided to have lunch in The Angel which is on the edge of Festival Place, past the Vue Cinema. Exiting the Festival Place car park I have driven by this hostelry umpteen times since the building of our town centre shopping mall fifteen years ago. I realised that while it had originally been called Lloyds Bar it has for some time now been a Wetherspoon establishment called The Angel. I hesitate to call it a pub because it is a very popular eating place.

Having never visited before I was unsure what to expect. Arriving just after 12.00 noon I was surprised how full this extensive place was. It was frequented by many families and pensioners with a few employed people popping in for their lunch from nearby Basing View.

Like other Wetherspoon establishments it had an extensive menu which contained many attractive deals, some of which included a drink within the price. Others had the two for a discounted price

offering. Not setting out as a fine dining experience there were ample choices dependent on how hungry you were and the quality and service was excellent. There is apparently a children's menu selection.

I decided to have the British beef chilli con carne which came with rice, tortilla

chips and a pot of sour cream. Madam had chicken and avocado salad with maple cured bacon and a slice of ciabatta garlic bread. This dish came with a drink deal so she had a gin and diet tonic and I had a pint of Kronenberg lager.

Pudding for me was a warm chocolate brownie with vanilla ice cream and chocolate sauce and my better half had Bramley apple crumble and custard. And we both had a large mug of Lavazza Americano coffee. We were replete after a very satisfying and good quality meal. And it wasn't expensive at £24.34p with the bill showing promotional savings of £6.30p.

Of real interest is that every item on the menu, including drinks, showed its calorific value. Within the company magazine placed on each table was an article about a customer who had dined regularly using this menu and had lost nearly six stones in a little less than a year. It just goes to show that people can be trained to eat more sensibly provided they are aware of how many calories are in each dish. Pity I didn't realise that before I had my brownie.

## HATCH WARREN W.I.

Members of Hatch Warren W.I. met on Thursday 2nd March for our monthly meeting where we welcome two new members and two visitors to our evening.

Our speaker this month was Peter Moore 'A Special Policeman', Peter had from a small child been interested in joining the police force. The history of the specials pre dates the current police force, in 1673 Charles II could call any citizen in front of the magistrate and make them a special constable and they could not refuse. 1949 saw women be able to join the force, specials are not paid, just their expenses. Famous specials were Charles Dickens,

Brunel and Reginald Christie the murderer to name but a few. The most important item is the policeman's pocket note book.

This month some members will attend the Spring Council meeting at Portsmouth Guild Hall and members will be attending the spring meeting of Loddon Group where our speaker for the evening will be Thomas Plant the auctioneer.

Our next meeting will take place April 6th at 8 p.m. at Hatch Warren Community Centre and our speaker for the evening will be Brian Spicer 'Hackwood House'. If you are interested in more information please contact our president Jane on 01256 810255.



## ST. MICHAEL'S HOSPICE LOTTERY

Did you know St. Michael's Hospice runs a weekly lottery? It is a great way to give regularly to the Hospice and support their excellent work while at the same time being in with the chance of winning a share of the £65,000 worth of prizes that are available every year!

Every week the 1st prize is £1,000 and with £100 to the 2nd prize winner, £50 to the 3rd prize winner and seventeen more prizes to be won, there are plenty of opportunities to share in the prize pot. But the best part about playing the lottery is knowing that you are helping to keep St. Michael's Hospice totally free for patients and their families.

Each entry costs just £2 every week, it's easy to pay by direct debit, and all winners are drawn at random. Cheques are posted automatically so there is no hassle claiming your prize.

St. Michael's Hospice is a charity and every year needs to raise more than £3.1 million. Opened in 1992, the Hospice serves a population of over 250,000 across all of Basingstoke and Deane, into Hart and East Hampshire and helps patients on the In-Patient-Unit and out in the community through their Community Palliative Care teams. In addition, they support many more people through their Day Services and continuing support of patient's families.

Please call 0870 050 1677 to enrol or if you have any questions. You can also email [lottery@stmichaelsospice.org.uk](mailto:lottery@stmichaelsospice.org.uk) or visit [www.stmichaelsospice.org.uk/lottery](http://www.stmichaelsospice.org.uk/lottery) for more information.

## WHAT'S ON – APRIL

Do you have an event locally that you would like to tell people about. The Rabbitter reaches over 4000 homes locally so is the perfect way to publicise your event. Just email details to [newsdesk@therabbitter.biz](mailto:newsdesk@therabbitter.biz) or [rabbitereditor@aol.com](mailto:rabbitereditor@aol.com) Copy date is the 15th of the month preceding publication.

4 April	Film Night at Immanuel
6 April	Hatch Warren W.I. – talk on Hackwood House
7 May	Easter Meat Raffle at Farleigh Club (the meat is really good!)
8 April	NCT Nearly New Sale, I I am QMC
8 April	Quiz Night, Basingstoke Lions Club – see page 7
9 April	Palm Sunday
9 April	St Michael's Hospice Farleigh Wallop Woodland Walk
10 April	Film at Immanuel – Mel Gibson's 'The Passion of the Christ'
11 April	First day of Passover
13 April	Laughter House at Red Lion – <a href="http://www.laughter-house.vpweb.co.uk">www.laughter-house.vpweb.co.uk</a>
14 April	Good Friday
16 April	Easter Sunday
18 April	Last day of Passover
20 April	Film Night at Immanuel
27 April	Trip to 'The Girls', Hatch Warren Community Centre
27 April	Fashion Show at the Holiday Inn in aid of The Pink Place (see page 8)

### Future Events

1 May	Early May Bank Holiday
6 May	Barn Dance at Farleigh Wallop – see page 14
6 May	Cider Festival at Hatch Warren Community Centre
9 May	Film Night at Immanuel
11 May	Laughter House at Red Lion – <a href="http://www.laughter-house.vpweb.co.uk">www.laughter-house.vpweb.co.uk</a>
17 May	St Michael's Hospice 5k & 10k run – see page 10
17 May	Kinky Boots in London – organised by Hatch Warren Community Centre
29 May	Spring Bank Holiday
16 June – 9 July	Basingstoke Festival

18 June	Shakespear's Comendy of Errors performed by The Lord Chamberlain's Men Dummer Down Farm. Picnics Welcome! <a href="http://www.tlcom.evenbrite.com">www.tlcom.evenbrite.com</a>
1 July	Disability Awareness in Town Centre – see page 7
8 July	Summer Event on the Playing Field, Hatch Warren Community Centre
9 September	Beer Festival, Hatch Warren Community Centre
4 October	Trip to see Matilda organised by Hatch Warren Community Centre
15 October	Wedding Fayre, Hatch Warren Community Centre
25 November	Coach trip to Bluewater, Hatch Warren Community Centre
26 November	Craft Fayre, Hatch Warren Community Centre
2 December	Bath Xmas Market, Hatch Warren Community Centre

### REGULAR EVENTS

**Hatch Warren W.I.**, 1st Thursday each month 8.00pm  
Community Centre (contact Jane Kerry 01256 810255)

**Baby Clinic**, 2nd and 4th Wednesday each month Community Centre 10.30 – 12.00 (contact Health Visitor 01256 320567)

#### **Basingstoke Knit and Natter,**

Every Monday 6.30 – 9pm, Waitrose Café

**The Warren Youth Club**, Friday evenings at the Warren attached to the Community Centre

#### **Aldworth Badminton Club,**

Thursday evenings 8.30 – 10 Aldworth Science College

**Cliddesden W.I.**, Cliddesden Village Hall, 7.30pm, third Thursday every month (contact Pat Rampton 01256 461034)

#### **Old Down & Beggarwood Wildlife Group,**

[www.olddownandbeggarwood.org.uk](http://www.olddownandbeggarwood.org.uk) email: [odandbwd@gmail.com](mailto:odandbwd@gmail.com)

#### **Hatch Warren Nature Group,**

contact Paul Beevers, [hatch.nature@gmail.com](mailto:hatch.nature@gmail.com)

**Cliddesden, Ellisfield and Farleigh Wallop Horticultural Society**, contact Mrs M Smith (01256 462584) for details

**Laughter House**, [laughter-house.vpweb.co.uk](http://laughter-house.vpweb.co.uk)

**Hatch Warren Runners**, meet Monday and Wednesday at 7.15, Portsmouth Arms and at the Co-op Beggarwood. [www.hwrunners.co.uk](http://www.hwrunners.co.uk)

## BASINGSTOKE LIONS CLUB

Definitely the best news this month is that we inducted a new Club member at the business meeting. Not only is he still at work, but he is a keen swimmer and cyclist. What more could we ask for. He came to the previous three business meetings and was suitably bemused by the way we do business and the amount of good natured bickering that goes on. So he is already "broken in" as it were. He's going to be a great asset. He's already signed up for the Swimathon, and wants to have a go at reviving our moribund Charity Cycle Ride!

### UPCOMING EVENTS:

**EASTER EGGS:** If you visit your local pub over the next couple of months the odds are that you'll see a very large chocolate Easter Egg being raffled. We provide the Eggs. If the pub supports a specific charity, half of the proceeds can be donated to that charity. The other half goes into our Charity Account. So please do support.

**08/04/2017 QUIZ NIGHT:** Come along and pit your wits against the master of disaster, our notorious question master, Philip Wilson. Tel: 01256 352393 or philipjhwilson@btinternet.com to book your table. Remember we can take only 22 tables.

**WELFARE:** We spent the following:-

£298 white goods and furnishings.

£250 trip for disabled youngsters and maintenance of a holiday facility.

£136 uniforms for children re-homed from out of area.

£304 dyslexia diagnosis machine.

£100 to assist with a school pupils development project.

This is just to give you an idea of the variety of problems/ requests we resolve monthly.

**PEACE POSTER COMPETITION:** This is a hardy perennial with a long development period. John Lincoln 01256 325280 email jomolincoln@btinternet.com is the man to contact for details and he will be visiting schools shortly. It is about time we had a Basingstoke winner.

Spring is just around the corner, but which corner? It seems like a chicane to me!

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

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We need a few more helpers to distribute the Rabbiter. This takes about half an hour a month. Sadly we can't offer any financial reward save the satisfaction of helping our community. The following are the rounds which now need deliverers:

1. Breadels Field & Breadels Court
2. Camford Close
3. Oyster Close, Paxton Close, Harris Hill, Wights Walk, Sandbanks Drive and Vanburgh Gardens
4. Longwood Copse Lane

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## HOW DO I KNOW IF MY RELATIVE HAS THE MENTAL CAPACITY TO MAKE A WILL?

When a relative is diagnosed with a debilitating condition, such as dementia or Alzheimer's, it is important to put their affairs in order at an early stage. This will include ensuring that they have a valid Will and making a Lasting Power of Attorney. This needs to be done as soon as possible, before the question of whether or not they have sufficient mental capacity arises.

Mental capacity, in the context of making a Will, broadly relates to whether a person is capable of;

- Understanding what making a Will means and its effect;
- Appreciating the extent of his or her assets; and
- Considering potential beneficiaries in a fair and objective way, unaffected by any condition that might affect his or her judgement.

It is not always straightforward to decide whether or not a person is able to make a Will. Mental capacity, particularly in the earlier stages of a condition such as dementia, can fluctuate from day-to-day and the extent of a person's understanding may not always be clear. Where there is uncertainty it is advisable to obtain a medical certificate of capacity from a GP.

To avoid mental capacity becoming a problem do not delay in seeing a Solicitor to start the process of making a Will. You

should also discuss creating a Lasting Power of Attorney giving a friend or relative power to look after your loved one's affairs when they are no longer able to themselves.

For further information or a confidential discussion please contact Sue Squires on 01256 305519 or Kerry Brookes on 01256 305583.



Sue Squires



Kerry Brookes

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# Sainsbury's

## Our Values make us Different

### The Pink Place

Our support for The Pink Place is ending during the next few months. The team are busy putting the finishing touches to a busy summer schedule, which will continue to see us support them.

Check out the fundraising activities they have planned below and, if you can help in any way, give the team a ring on 07899 970 841.

Fashion Show at The Holiday Inn – 27th April - £10 per ticket.



The team at the Pink Place have also recently started free sessions for Male Cancer Support – The Blue Space.

You can read more about the amazing work by following this link <http://thepinkplace.org.uk/pink-place-sessions/blue-space>

### Restaurant & Training Room

We are more than happy for local groups to host their meetings at the store. Recently, 'The Blue Space' used our restaurant and training room for one of their sessions.

Wi-Fi is available throughout the store so, feel free to enquire about how our facilities could be used for your group.

### Volunteering & Corporate Support

We're proud of the volunteering efforts our colleagues take part in during their spare time. Once again, during this last year, thousands of pounds have been donated through our Local Hero Scheme.

During this year, we're looking to help other companies in the Basingstoke area with their volunteering efforts. We're interested in collaborating to help smaller companies with team building volunteering opportunities.

Drop the store an email regarding your plans and we'll see if we can lend a hand.

### Food Donation Partners

We're welcoming Basingstoke Foodbank to the store on July 8th. The last time they came to the store over a tonne of food was donated by colleagues and customers.

During the rest of this year we're looking closely at continuing to develop our food donation scheme. Over 70 agencies across the Basingstoke & Deane Borough have access to Basingstoke Foodbank. Our aim is to look at supporting several of these agencies throughout the year with the installation of a Food Donation Point at the front of the store.

With the help of our online delivery team we're looking at ways in which we can get the donated food to a number of agencies to save them having to collect from the store.

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# BASINGSTOKE WATER SOFTENERS



This is a very hard water area & unless you already have softened water you will be familiar with scaled up kettles, showers & taps. Unfortunately you don't see the build up on heat exchangers, or inside boilers & washing machines until they break down. As many of you have found out this is an expensive recurring problem.



On top of that there is constant cleaning, money spent on de-scalers & chemicals & many people suffer from dry-skin & eczema aggravated by hard water.

As a local, family business we have been improving the quality of water for people in this area for over 20 years.

To find out what can be done to eliminate hard water problems please call to arrange a demonstration. Lorna will come out to show you our TwinTec softener, tell you what is required to fit one & give you some facts & figures.

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Registration has opened!

**Wednesday 17th May**

Down Grange Sports Complex

## ST. MICHAEL'S HOSPICE BASINGSTOKE 5 & 10K RUN

The days are getting longer and warmer and here is a great way to get out there and enjoy it. St. Michael's Hospice (North Hampshire) has opened registration for the 5 & 10K Basingstoke Run at Down Grange Sports Complex, Basingstoke on Wednesday 17th May 2017 starting at 7pm. Registration is quick and simple at [basingstoke-run.co.uk](http://basingstoke-run.co.uk) where the price is only £6 for a child's 5K and £15 for an adult 10K entry.

Runners will again be able to enjoy chip timing in both the 5 and 10K events with medals handed out to all participants. Jack FM will be there to entertain the runners and the spectators during the whole event. The run is always well supported by families, fun runners, first timers and local club runners. The focus is on the community coming together to have some fun, support the Hospice and enjoy an evening run.

We are thankful to our event sponsors The Barn Bathroom Centre, Clarke & Son, and Jigsaw Medical, and to JackFM Berkshire for their support of this event.

## NEWS FROM FARLEIGH CLUB

It doesn't seem possible that it will be April when you read this; I'm looking out of my window at the snowdrops. The snowdrop is such a beautiful flower and a very welcome one as its pops it head up announcing Spring is on its way. There are over 20 species of snowdrop and have been known since the earliest of times under various names but were named Galanthus in 1753.

The club had a busy Christmas and New Year and we did the bar for Tony Trown's birthday in Cliddesden Memorial hall in January which was very busy. The Hatch Warren runners held their AGM in the club in February, it was nice to see everyone socially not just a wave as they run past the club.

We have the Easter meat draw on Friday 7th April along with an Easter raffle, with some lovely prizes to be won. Tickets are now on sale so just ask Donald.

All memberships should have been renewed by now so if you haven't already done so could you pop in the club and fill out the renewal form and put in the envelope along with your membership fee.

If you have any thoughts about any entertainment you would like to see in the club please let us know, we are always open to suggestions, (keep it clean though)

We look forward to seeing you soon

## BEAVERS

The Beavers have been very busy this term working towards 4 badges! They kick started the new year with the Beaver New Year Party and had three hours of fun, games and entertainment. They have discovered their green fingers by growing sunflowers and learning about the different tools used in the garden as well as what plants need to grow. We have also been looking at collections, going on new adventures and setting ourselves personal challenges. Next week we will be competing in the annual Beaver Swimming Gala and we'll be finishing the term with an Easter Egg Hunt.

## CUBS

The Cubs have also been busy working towards their Road Safety and Aviation badges this month. Perhaps the most entertaining for parents and cubs alike was the safety dance so brilliantly demonstrated by leaders Kaa and Chill ! Several Cubs achieved their Entertainers Badge by participating in range of workshops and stagecraft activities at the District Jester Day on the 5th of March. The day's finale was an end of day show performed to family and friends, a great exercise in confidence building, acquiring new skills and making new friends.

## SCOUTS

At the beginning of March on an extraordinarily wet evening, 20 of our Scouts spent the night outdoors on cardboard to raise money for Centrepont UK, a charity who support young homeless people with accommodation and skills. The Scouts had been learning about how and why young people end up homeless as part of their World Challenge and Fundraising badges.

As well as sleeping in the open air all night, they took part in a range of activities including building tripods for cooking over a fire, tin can lanterns and making bath bombs with kit kindly donated by Lush Basingstoke.

As leaders, it is nights like this that make you proud of our Scouts. They all did tremendously well and we are delighted that their efforts have raised over £2,500 for Centrepont UK!

If you feel you could offer any time to give young people in Hatch Warren life experiences like this, please get in touch with Josh at [gsl@hwsg.org.uk](mailto:gsl@hwsg.org.uk)



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## LASTING POWER OF ATTORNEY

The prospect of losing your mental capacity is not a pleasant thought.

But with the odds of one in three over-65s developing dementia, it is not an issue that should be ignored.

It's a growing issue as according to the Alzheimer's Society around 850,000 people live with dementia in the UK, with numbers set to rise to over one million by 2025. The society says this will soar to two million by 2051.

Many of these people will eventually reach a point where they can no longer make decisions for themselves.

If this should happen to you, don't think that members of your family can simply visit a bank and access your money to pay for your care, because they can't, unless Lasting Powers of Attorney (LPA) have been set up. This is a legal tool that gives another adult, usually your spouse, partner or one or more of your children, the legal authority to make decisions for you, if you are unable to make them yourself.

There are two types of LPA. The Property and Affairs LPA allows your Attorney to deal with your finances, such as paying your bills, collecting any income and benefits that you might be entitled to, manage investments and possibly selling your home should the need arise.

The Health and Welfare LPA allows your Attorney to make decisions about where you might live and your day-to-day care and talk to medical professionals. They would not be able to do so until you had lost mental capacity.

This may all seem a long way off and you may think that it does not apply to you. However, it is better to plan ahead because once you have lost mental capacity the time for you to make these decisions for yourself will have passed.

If you want to decide what should happen to you if you were to lose mental capacity, then you ought to make plans now.

Should you fail to do so, your family or friends would have to apply to the Court of Protection to become your Deputy – a Court appointed Attorney – which is a more time consuming and costly process.

For more information contact Caroline Wallis, Jane Erlam or Sian Lias in our Wills and Probate Team. Call or email Caroline on 01256 854637, [caroline.wallis@phillips-law.co.uk](mailto:caroline.wallis@phillips-law.co.uk); Jane on 01256 854677; [jane.erlam@phillips-law.co.uk](mailto:jane.erlam@phillips-law.co.uk) and Sian on 01256 854618, [sian.lias@phillips-law.co.uk](mailto:sian.lias@phillips-law.co.uk).

Further information can be found by visiting [www.phillips-law.co.uk](http://www.phillips-law.co.uk).

### BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

At the Group's AGM on 1<sup>st</sup> March the Chairman opened the meeting and in giving his report commented on the help given to him by both the members of the committee and others who helped at the monthly meetings. This meant that the group had another successful year with a wide range of speakers and outings while still maintaining a steady membership. The Secretary, Treasurer, Membership Secretary and Welfare Officer all gave their reports and the officers and committee members for the coming year were appointed. After the conclusion of the official business a general knowledge quiz and the raffle were held followed by lunch at the Conservative Club.

The committee members for the coming year are:-

**Chairman** – David Cowling, **Vice-Chairman** – David Dance,

**Secretary** – Tony Brazier, **Treasurer** – June Brazier,

**Membership Secretary** – Sonia Waite, **Welfare Officer** – Christine Broadbent,

John Lambeth, Kate Lambeth and Maggie Hatton.



Parham House

Exbury Gardens

Waddesdon Manor

Beaulieu

Our next outings are to Parham House on Friday 21<sup>st</sup> April, Exbury Gardens on Tuesday 9<sup>th</sup> May, Waddesdon Manor on Thursday 15<sup>th</sup> June and Beaulieu on Monday 10<sup>th</sup> July. If you would like to join us on any of these trips please contact Kate Lambeth on 01256 28791.

The next meeting is on 5<sup>th</sup> April when the speaker will be Mel Rees on "My Family and Other Setbacks". The group meets on the first Wednesday of each month at Brookvale Village Hall from 10 am to 12 noon and all retired Civil Servants and their partners are welcome. This year's programme and further details about meetings can be obtained from the Secretary Tony Brazier on 01256 418770 or at [bjmapbr@ntlworld.com](mailto:bjmapbr@ntlworld.com).

David Cowling



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## HATCH WARREN UNDER FIVES PRESCHOOL

Happy Easter from all at Hatch Warren Under Fives! The term has flown by again -we've had a great month celebrating special days, and we'll be finishing the term on a chocolate high with our family Easter egg hunt, always such a fun afternoon!

We celebrated Pancake Day, St David's Day and St Patrick's Day in March, enjoying lots of fun activities – pancake races, mud pancake making, bulb planting, drawing daffodils, playing with green pasta and playdough and trying green snacks, plus experimenting with all sorts of other snacks – including pancakes, leek soup and colcannon...

Our most special celebration was Mother's Day. We had a fantastic turnout of Mums for our "Mother's Day Stay and Play Week" and we had two lovely Afternoon Tea dates, with the Mummy's being served by our very excited little ones!

In between all of the special days and celebrations, the children have enjoyed (yes, enjoyed!) the theme of "Bugs, Slugs and Creepy Crawlies". The children loved playing with the electronic tarantula, digging for creepy crawlies in the mud and making worm pies.

We've also enjoyed a "Music and Dance" theme, with all of our girls and boys having a great time dressing up in tap shoes and tutus.

### Hatch Warren Under Fives and the EYFS

Here are Hatch Warren Under Fives we love to make marks. This can be using pens, paper, paintbrushes, chalks, pens or even using our fingers to make marks in soil, jam or flour:

Mark making gives children the opportunity to explore imaginatively, physically and creatively, to test their ideas and extend their play. Writing begins long before a child can physically hold and control a pencil or crayon effectively, the journey to becoming a confident writer begins at birth and mark making is the foundation that underpins a child's ability to write. Remember children

learn that marks have meaning by watching adults writing. Encourage your child to 'write' with you e.g. shopping lists, phone messages, memos and greeting cards.

After the holidays we'll have some new pets to introduce. We'll be watching caterpillars' transition into butterflies, which we'll release into our preschool garden.

For preschool registration enquiries please contact Michelle Tejevo, Head of Preschool, on 01256 322788 or email [preschoolmail@aol.com](mailto:preschoolmail@aol.com).

We also run **PrePlay baby and toddler groups** every Friday at Hatch Warren Community Centre.

9.15am-10.30am and 10.45am-midday.

Suitable from birth – 5 years. £3 per session. No need to book, just turn up and play.

[www.hatchwarrenunderfives.co.uk](http://www.hatchwarrenunderfives.co.uk)

## HELLO FROM CVP!

It's wonderful that spring is with us and we can celebrate new growth, baby animals and Easter time too.

Recently we held a Garden Tidy at pre-school on a Saturday morning. We had the support of parents and their young children so it was a perfect occasion for the children to feel they were lending a helping hand to pre-school with their mother or father. As a result the garden, with a shuffle around of furniture and disposing of a few tatty items, now looks more spacious and even more purposeful. Grateful thanks to all the parents who gave up their time to help out. For Mothering Sunday, the children will have chosen a gift for their mummy from the pre-school shop of donated toiletries and little gifts and wrapped it up with loving care. They will also be making a card for their mummy. The children love choosing a gift for their mummy and the excitement of gift wrapping it and presenting it to her is wonderful.

Before the end of term the children will be making Easter baskets in which they will collect Easter eggs at the Easter Egg Hunt party. It is such excitement for the children when they find chocolate eggs hidden in someone's garden.

Children may join Candover Valley Pre-school from 2 years of age. If you have a young child and would like to visit, please do. We would love to welcome you to CVP. Please may I ask you to first make contact before a visit. Thank you.

## CUCKOO MEADOW PRESCHOOL

We are based in North Waltham village, which is less than 10 minutes' drive from Hatch Warren, and is in a beautiful rural setting. The children who attend come from within the village and the surrounding areas including Oakley, Dummer, Hatch Warren, Kempshott and Beggarwood and all agree the location and wonderful caring staff mean it is more than worth the short journey. Please contact Jo or Fiona to come and see for yourself.

First some staff news. We will be very sad to say goodbye to Alicia Hull who will be leaving just before the Easter holiday after 14 years with us at Cuckoo Meadow. Alicia has been a valued and much-loved member of the team throughout her time with us and will be sorely missed. We wish her all the best with her new adventures. Joining the team will be Tracy Baldwin who will start up her new position after the Easter holiday. Good luck Alicia and welcome Tracy!

Now that spring has sprung, much of the focus turns to Easter and also Mother's Day (Sunday 26th March). Expect to see lamb and bunny related craft and maybe one or two chocolate eggs. The children will be endeavouring to get out of doors as much as possible so don't forget wellies and outdoor gear so they can enjoy themselves in the sunshine (we hope).

As a reminder, Sainsburys vouchers are being collected at the pre-school so please bring them in when you can as the extra resources will definitely be put to good use by the children. Please ask relatives and friends if they have any vouchers too!

Don't forget, parents are very welcome to put their names down to volunteer a few hours of their time to spend with the children. Whether you can share a particular skill or craft or just want to read with the children, it is a rewarding opportunity and gives a great insight into what they get up to. To get involved please speak to Jo or Fiona.

### Dates for the diary:

**Easter holiday** is 10 - 21 April, returning on Monday 24 April

No preschool sessions on Thursday 4 May as the Pavilion is being used for local elections

**Bank Holiday** 1st May, pre-school closed

For any queries about the preschool please contact Jo or Fiona on 01256 398172

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Wednesday 17<sup>th</sup> May 2017 – 7.30pm  
Adelphi Theatre London  
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Coach departs at 4:30pm from our car park  
Tickets cost £55.00 per person (includes coach)  
Deposit £40 due by 31<sup>st</sup> March  
Balance £15 due by 28<sup>th</sup> April

THIS TRIP IS OPEN TO ALL MEMBERS OF THE PUBLIC

To book your place email office@hatchwarren.org  
or call 01256 811262

\*40 seats must be sold for trip to go ahead

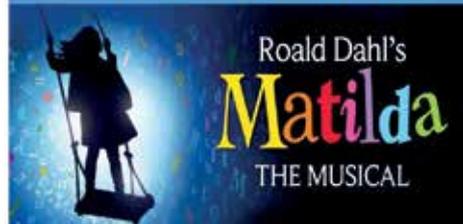
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HATCH WARREN  
COMMUNITY CENTRE  
COACH TRIP TO MATILDA



Wednesday 4<sup>th</sup> Oct 2017 – 7.30pm  
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\*40 seats must be sold for trip to go ahead

This event is being held as a fundraising event for Hatch Warren Community Association

# Hatch Warren Community Association needs your help!

As you may be aware, there will shortly be a new Community Centre in Beggarwood. Set in a beautiful location, the centre will be available for hire and we're hoping that it will also have a community cafe.

The Hatch Warren Community Association Trustees will be responsible for the running and managing of the new community centre alongside the community centre in Hatch Warren. Are you able to spare some time as a trustee and have a say in how your community centre is managed and run?



There are less than a dozen meetings a year and the trustees employ excellent staff to run the centres on a day to day basis.



If you're able to help, or would like to know more, please get in touch with us at:

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**FRIDAY NIGHT TERM TIME  
YOUTH CLUB ACTIVITIES (see below)  
Years 6 to 8 from 6pm—7.45pm**

<b>APRIL/MAY Programme 6.00 to 7.45pm</b>	
Friday 7th April	<i>Easter craft and Easter egg games</i>
Friday 14th April	<i>CLOSED FOR GOOD FRIDAY</i>
Friday 21st April	<i>Xbox Singstar competition—young peoples choice craft</i>
Friday 28th April	<i>Bulldog game and sausage baguettes</i>
Friday 5th May	<i>Football tournament and make your own pitta pizza</i>
Friday 12th May	<i>Movie night with popcorn</i>
Friday 19th May	<i>Back by popular demand; Lipsync Battle!</i>
Friday 26th May	<i>Bingo and hotdogs</i>
<b>FREE ENTRY FOR ALL YOUNG PEOPLE</b>	

**FRIDAY NIGHT TERM TIME  
OPEN ACCESS & HEALTH HUB  
Ages 13+ from 8pm—9.30pm**

**Health Hub Programme - 8.00 to 9.30pm**

**Health Hub** : please remember we are open on Fridays 8.00-9.30pm if you are over 13 and want to hang out, play pool/FIFA. We sell food and drinks and we can also offer you free confidential advice on a whole range of issues including contraception, pregnancy testing and chlamydia screening.

We also run focused information nights, our next nights are:

**Friday 7th April - what does mental health awareness, that has been in the media recently, mean to me?**

**Friday 5th May - exam revision tips**

Please remember we will happily help you with CVs, revision or job applications, all you have to do is speak to one of the team.

A HUGE thank you to all who came down to Carnival Hall on 9th March to vote in Basingstoke and Deane Council "Have your Say" - thanks to you we are delighted to say we have been awarded £700 to replace our oven and kitchen



appliances so we can offer healthy meals such as baked potatoes and chilli. We really couldn't be happier, thank you so much for all your support we couldn't do this without you 😊



As you can see we celebrated with some amazing smores!

**SATs Worry? No Worries!**

We know our year 6s are all very busy at school preparing for their SATs. If you feel worried about them, or anxious about moving to secondary school, we are always happy to listen to any worries you may have and offer you advice. Just speak to one of the youth workers. We are here to have fun, but we are also here to help you.

We need your ideas .... we are already starting to think ahead to our favourite time of the year the SUMMER HOLIDAYS. No school, long sunny evenings and of course Summer Streetz! We always like to offer you new things to try during Streetz, so if you have an idea you think we should try let us know! We welcome all ideas big or small. Also, if we did something last summer that you really loved and want to see again, tell us so we can make sure we do it again.

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## • • • • • SPIRITUALLY SPEAKING • • • • •



• I am writing this in the gentle warmth of a beautiful spring day, with the sun shining and a few scattered clouds in the sky. The daffodils are out and there are signs of spring in the air, although we've also had a healthy mix of cold grey days too!

• As we prepare for Easter Day on April 16th, we enter the second half of Lent, traditionally a time of fasting, reflection and study in the church. Many give something up and each week a small number of us have met for a Lent Course based on the film 'The King's Speech' entitled 'Finding a Voice'. As we worked our way through the film, watching selected chapters, it has been a time of self and group reflection that I, myself have found valuable.

• Early on in the course we looked at how Bertie, with a speech impediment, works through this significant challenge in his role and how those close to him offered him support and encouragement. This gave me cause to reflect on the importance of encouragement in each and every one of our lives. We may not feel that we are up to the task sometimes but, with the help, support and encouragement of those around us we can succeed.

• I see this a lot in the time I spend with pupils of St Mark's School and also in the short amount of time I've spent in Brighton Hill School where Mr Edwards, their new Head Teacher is making a positive impact in making the school a place that both pupils and staff are proud to be a part of. It is early days, but in respect of Brighton Hill, I sense a feeling of new and positive beginnings. In respect of St Mark's, at the end of Summer the school will be saying farewell to Sally Jenkins, who has led the school for the last eight years and made a significant impact on many. I know that I, for one, will be sad to see her leave, but it will then be time for someone new to lead the school.

• In our lives how are we encouraged and how do we encourage others? On that first Easter morning, Mary Magdalene went to the tomb to find it empty. She was devastated and so upset she didn't recognise Jesus in the garden. It was only when he says her name that he reveals who he is to her. She is then encouraged to go and tell others what she has seen – the first person to see

the risen Christ, such a significant event. '.....go to my followers and tell them this; I am going back to my Father and your Father. I am going back to my God and your God.'

I would suggest that this Easter we all seek out and thank those who have encouraged us in our lives. Recognise that encouragement and take their example to encourage others in order that they may flourish and excel in their lives.

Immanuel will be having a full schedule of services this Easter and leading up to it:

Sunday 9th April: Palm Sunday 10.00am Procession of Palms and worship for all

### **HOLY WEEK:**

Monday – Thursday, simple, said communion service at 9.00am

Monday	7.30pm:	showing of Mel Gibson's 'The Passion of the Christ'
Tuesday	7.30pm:	Stations of the Cross
Wednesday	7.30pm:	Stations of the Cross
Thursday	7.30pm:	Holy Communion with Vigil until 9.30pm
Good Friday	10.00am:	The Easter Story for all, activities and Hot Cross Buns
	12noon:	The Three Hours. Meditation and contemplation

### **Easter Day, 16th April**

10.00am: Celebration Communion Service followed by cake and prosecco

This Easter may you have the encouragement of the risen Christ. The courage to step out into the world confident that God has a plan for each and every one of us and to follow the call.



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## APRIL IN THE GARDEN

April means the arrival of warmer temperatures and fast growth in the garden. With the sunny weather, temperatures can rise sharply in greenhouses and cold frames. To prevent damage to seedlings, make sure your plants are well ventilated and keep on top of watering.

Weed seedlings will appear rapidly this month. Take the time to go over the beds with a hoe and allow the seedlings to die off in the sun, when it's around. To help keep your beds under control in the month to come apply a mulch of well-rotted compost. A layer of soil between 5cm (2in) and 7.5cm (3in) deep around shrubs. Take care not to place it directly against their stems as this can cause fungal rots to take hold. Mulching reduces further weed germination and conserves soil moisture in the summer.

April is a good time to have a sort out of any plants needing to be relocated. Lift and transplant self-sown annuals and perennials into more suitable positions for flowering. Plant summer-flowering bulbs such as gladioli by the end of this month. They need a well-drained position in full sun and may need support once they start to shoot up.

Now is also a good time to give your lawn and other plants a top up on feed ready for the new year's growth. Feed shrubs and roses with a balanced fertiliser such as Growmore or Vitax Q4. Place this at the base and on the soil before mulching to ensure your plants the best start to their new growth.

April is a great time of year full of spring fragrance and colour. Osmanthus delavayi has tubulars, small white flowers that have delicious fragrance. When smelling the flowers close up the scent can be

tantalisingly faint. Give it a position in the sun to encourage best production of the flowers. The lime-yellow flowers of *Daphne pontica* have an almond essence perfume at dusk; an irresistible lure for night-time pollinators, as well as us. A neat domed habit, glossy evergreen leaves and an ability to thrive in dry shade are among its other admirable attributes.

*Corylopsis veitchiana* has pendent, catkin-like racemes of small, lemon-yellow flowers with brick-red anthers and the quintessential spring fragrance of cowslips. The white, snowball heads of *Viburnum carlesii* are sweetly redolent of carnation.

Other good shrubs for spring fragrance include:

- *Abeliophyllum distichum*
- *Azara microphylla*
- *Rhododendron luteum*
- *Edgeworthia chrysantha*
- *Fothergilla gardenii*
- *Lonicera x purpusii* 'Winter Beauty'

In the vegetable garden, leeks can be sown directly in the first weeks of April for autumn harvest. Sow directly into a seed bed, or into modules where they can be grown on in a cold frame to be planted out in their final positions in May and June.

Tender vegetables such as tomatoes and sweetcorn under cover, to give them a head start. Plant them out in the garden after the last frosts.

Use fleece or a frame covered in very fine mesh and place over brassicas, to protect against flea beetles that become active now and cause severe distortion and damage to foliage. As soon as the frosts start to ease you can plant out your potatoes, early varieties such as Charlotte are lovely new potatoes. Broad beans can also be planted out in the garden and are more hardy than the peas. Strawberry

plants made from cuttings last year can now also be planted out in the garden in either tubs, hanging baskets or directly in the ground.

Happy Gardening

**Sarah Bailes** Horticultural Training Manager Share community

## COUNCILLOR'S UPDATE

### MANYDOWN APPLICATION

The planning application for the development at Manydown has finally gone live. Anyone wanting more details can find all the documents on the following link:

<https://planning.basingstoke.gov.uk/online-applications/simpleSearch/Results.do?action=firstPage>

### BEGGARWOOD PARK LOCAL NATURE RESERVE

At time of writing the boundary for the proposed nature reserve at Beggarwood Park was being finalised prior to sending off to Natural England for comments prior to going through a process of designation.

### CAMERA MONITORING

At the request of the Digester Liaison Panel, HCC have installed a camera to monitor movements through Woodbury Rd of HGVs which are specifically en route to the Tamar Digester. The camera will collect numbers and timings of the vehicles. This information can then be used to verify that operations at Tamar are within the limits set by HCC planning committee.

### MORE ROADWORKS!

HCC's operation resilience will be rolling out another programme of road surfacing and repairs around the town over the next few months. Whilst this may be a good thing overall, the prospect of yet more road closures and disruption around Hatch Warren and Beggarwood will probably not be very welcome. Beggarwood Lane and Woodbury Road will be effected. There is no date for the work here yet but this should be signed well in advance.

**Clr Terri Reid**

## APRIL EVENTS AT THE BASINGSTOKE DISCOVERY CENTRE



To book a place, you can order online from <https://www.hants.gov.uk/shop/home.php>, or 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](http://www.hants.gov.uk/bsdc)

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### PROBUS HEAR ABOUT "THE OREGON TRAIL"

Roger Shaw, a member of Henley Probus, gave a talk to the Probus Club of Basingstoke, about the history of the Oregon Trail. He had lived in America for seven years and together with his wife had driven the entire 3,000 miles route in 2013 and 2015.

The American government encouraged immigrants to resettle westwards as the east coast had been swamped by the influx of people from Europe. The attraction was of plentiful and cheap land, originally 600 acres free for a married couple (approximately a square mile) and 320 acres for a single man. The only stipulation was that they had to improve it. Eventually it was sold for \$1 per acre. With the 1849 Gold Rush adding more pioneers, between 1840 and 1860 half a million people, mainly farmers, including 70,000 Mormons and many Irish, made the six months journey from Independence Missouri to the Pacific North West coast. The



Mormons diverted south to Utah to establish their own community having promised the government that they would give up polygamy.

The migrants travelled in huge groups in wagon trains, with the preferred smaller lighter covered wagons christened "Prairie Schooners" pulled by oxen. These wagons, some made by Henry Studebaker; a name subsequently made famous in later years by the manufacture of cars, were capable of floating. Each family had to take their own food and water as there were no trading posts along the route in the early years. They traversed the Great Plains, then across the Rockies to the west coast. They favoured a particular route across the mountains called the South Pass, in Wyoming, which was a gradual ascent up 8000 feet where a trail had been worn over many years by millions of buffalo.

Most people will have seen in films or on TV stories about the Wild West and wagon trains that formed circles at night for protection against attacks by American Indians. The reality was somewhat different and while they did form circles it was so the oxen could safely graze within the confines. Initially the Indians were helpful to the immigrants supplying them with buffalo meat but relations soured as time went by. The real problems started in 1847 when half the nomadic Cayuse Indian tribe and all their children were wiped out by a measles epidemic introduced by the Europeans.

The famous Pony Express was created to act as a postal service and was capable of bringing mail from the Mid West to the Pacific coast in ten days. However failing to obtain a government mail contract and technology, in the form of the telegraph, meant the Pony Express only lasted eighteen months.

The Oregon Trail came to an end when, in 1869, the Union Pacific railroad provided an easier way to complete the journey.

If you want to know more about this group of retired professional and business managers there is a wide array of information on the Probus Club web site [www.probusbasingstoke.webs.com](http://www.probusbasingstoke.webs.com) or ring their secretary Paul Flint on 07770 886521 for an informal chat.

## BUS TIMETABLE

**Route 8** – Kempshott Park, Buckskin, Rail Station, Town Centre

Buses will leave Sainsbury's at the following times:

**Monday to Friday:** 0531, 0601, 0621, 0641, 0654, 0708, 0723, 0738, 0753, 0808, 0823, 0838, 0854, 0909 – then every 15 mins at: 24, 39, 54, 09 mins past the hour until, 1609, 1627, 1642, 1657, 1712, 1729, 1744, 1759, 1810, 1825, 1840, 1858, 1923, 1952, 2022, 2122, 2222, 2322

**Saturdays:** 0649, 0719, 0749, 0819, 0849, 0909 – then every 15 mins at: 24, 39, 54, 09 mins past the hour until, 1739, 1759, 1819, 1839, 1858, 1923, 1952, 2022, 2122, 2222, 2322

**Sundays:** 0909, then every hour at 09 until 1809, 1908, 2007, 2107

Buses will return from the Basingstoke Bus Station at the following times:

**Monday to Friday:** 0555, 0628, 0641, 0656, 0709, 0724, 0739, 0754, 0809, 0825, 0840, 0855 – then every 15 mins at: 10, 25, 40, 55 mins past the hour until, 1810, 1830, 1855, 1925, 1955, 2055, 2155, 2255

**Saturdays:** 0650, 0720, 0750, 0820, 0840, 0855 – then every 15 mins at: 25, 40, 55, 10 mins past the hour until, 1710, 1730, 1750, 1810, 1830, 1855, 1925, 1955, 2055, 2155, 2255

**Sundays:** 0840, then every hour at 40 until 2040

**Route 12** – Hatch Warren, Kempshott Park, Brighton Hill, Black Dam, Town Centre

Buses will leave Sainsbury's at the following times: (No Sunday service)

**Monday to Friday:** 0705, 0745, 0935, 1035, 1135, 1235, 1335, 1435, 1535, 1635, 1735, 1835

**Saturdays:** 0810, 0935, 1035, 1135, 1235, 1335, 1435, 1535, 1635, 1735, 1835

Buses will return from Basingstoke Bus Station at the following times:

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## FOURTH BIRTHDAY OF HATCH WARREN RUNNERS

March saw HWR reach its fourth birthday and membership peaked at a staggering 275 runners of all ages and abilities – quite a leap from the small group of 10 keen runners who met for a social run outside the local pub in March 2013!



Since day one, the two founder members, Mark and Danielle Butler have been the lynchpins of the club and through their hard work and dedication, the club has grown

and flourished. Their enthusiasm and zest for life has made HWR a club that has become celebrated as 'from the community, for the community'. This ethos is borne out by the club's reputation for fun-filled, community-focussed and 'inclusive' events. At the same time, it must be said that serious training takes place at all levels and abilities and many members have achieved outstanding results at events all over the UK and in Europe from 5km to 50 miles! No one can deny that without the hard work and skillsets Danielle and Mark brought to the club, it would simply not be the remarkable club it is today.

It is, therefore, with a little sadness (but with complete sympathy!) that Mark and Danielle have decided to step down from the club committee in order to focus on their young family and their own running goals. We wish them well and thank them from the bottom of all our Hatchie hearts! They can rest assured that their committee and wider membership are all committed to caring for and nurturing HWR into the future. Danielle and Mark will, of course,

continue to be an integral part of HWR and remain Group coaches and leaders, having been made honorary life-members of the club.

HWR meet on Monday & Wednesday evenings with runs starting at various locations in Hatch Warren, Beggarwood. For more details visit [www.hwrunners.co.uk](http://www.hwrunners.co.uk), email [hwrunners@sky.com](mailto:hwrunners@sky.com) or look for Hatch Warren Runners on Facebook.

## HATCH WARREN & BEGGARWOOD CYCLING CLUB

Last April the club became an official British Cycling affiliated Club and we now have a terrific 138 local members!!!! Just because we are an official club there is no need to be a pro. We have a range of rides for all adult levels, you just need a bike in safe working order and a helmet.

A large group of riders headed off in different pace groups over to West Meon for breakfast/cake a few weeks ago. This was one of a number of longer rides planned as an ad hoc cafe event. We have a set list of regular rides, supplemented by extra events of different types to help cover a wide range of riders and mix of member preferences. Many of those on the longer trip are part of a group training to head out to Flanders to ride 82 miles of cobbles and hills. We wish them all the best.

You may have spotted some much older bikes out and about a few weeks ago. The "bone shaker" ride included people who had spent time restoring some classic bikes and on a lovely sunny day took these out as a group ride of about 18 miles over to a nice cafe.

Don't let the sound of these long distances put you off, we also have rides for just 8 or 10 miles where we try where possible



to stick to the flattest parts of the town. We really strive to be all ability and have a "no drop" policy so no-one will ever be left behind. We hope part of the 2017 expansion will be to open to 16-18 year olds. We have more structure to put in place and safeguarding regulations to meet, but watch this space if you know those who would like to ride in that age group.

Next week a number of riders are attending a free evening seminar about correct bike fitting and preventing musculoskeletal problems when riding. We are looking in April and May to hold some more first aid for cyclist evenings and basic bike maintenance for beginner nights at St Mark's School for our members.

We allow all new riders some guest rides to see if they like the club and it suits them before signing up. Just come along and let someone know you are new and we can give you a guest card. Membership is £15 a year and allows you to come to club rides, talks and social events. Club kit is optional.

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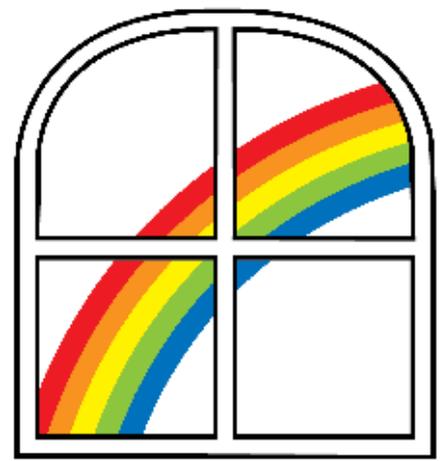
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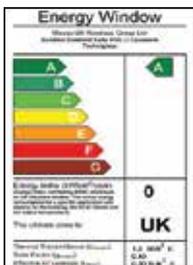
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