Rabbiter

Issue 265 October 2019

All the regular features plus

- HATCH WARREN PHOENIX FC
- COMMUNITY PLANNING GROUP
- BASINGSTOKE VOLUNTARY ACTION

and much more

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EDITORIAL

As Autumn arrives thoughts turn towards winter events and activities. The Dummer Fair is always a great event and this year is on Thursday 10 October at the Dummer Cricket Centre - find out more at www.dummerfair.org.uk.The clocks 'fall back' on the night of 26 October which means an extra hour in bed but the darker evenings begin.

Many of you will already know the garden centre at Dummer and this has recently changed ownership. Now called the Basingstoke Garden Centre it has a great variety of garden bulbs, compost and other plants. They are planning a special display of Christmas goodies and hoping to open a coffee shop soon.

There is a serious issue with traffic speeding around Woodbury Road and Longcross Lane and is not helped by inconsiderate parking on these roads. Cllr Terri Reid is proposing that a Community Speedwatch campaign is launched. Can you help? – see page 5. There are many volunteering opportunities - see the article from Basingstoke Voluntary Action on page 6.

Our local Sainsbury's has provided amazing support over the years to many local community initiatives. There have been a number of changes in the store recently to improve the layout and range of goods on offer. We would like to welcome the new store manager, Edd Morris, and Operations Manager, Leigh Phillis, and wish them a long and happy stay in our store. The café has also changed and we will be reviewing their new menu soon!

It is not long until bonfire night and the Hatch Warren Fireworks Spectacular will be held on 2 November. Get your tickets now for an amazing evening of entertainment (see page 18 for details). If you are planning your own firework event, please note that Sainsbury's will not be selling fireworks this year.

Many local residents have become members of the Farleigh Wallop Club. The steward at the Club, Donald, retired at the end of September and the Rabbiter would like to wish him a long and happy retirement.

Finally, 31 October it is Halloween. Pumpkins will be carved with wonderful faces and candles lit inside. The Rabbiter enjoys creating their own pumpkin lantern and making soup with the flesh carved out. As a child we didn't have a pumpkin so used a large swede and played dunking for apples. Many children now enjoy dressing up as witches and ghouls and go out 'Trick and Treating'. Not everyone will wish to open their doors after dark or join in with this activity so please respect their wishes not to be involved.

The Editor *** Stop Press ***

Sadly Terri Reid, one of our local Councillors, has announced her decision not to stand for reelection to the council next May - see below. She will be greatly missed by the local community.

I wanted to let you know that I will not be standing for re-election as a councillor next May. I have given this an enormous amount of thought and heart searching, but ultimately the state of politics both locally and nationally is such that it is very hard to carry on.

In addition, my small business partnership has suffered greatly in the nine years that I have been a councillor. I have not had sufficient time nor capacity to devote to it, and I feel I owe it to my business partner and to myself to return to concentrating on this. I would also like to have more time and energy to give to the local charities in which I am involved, and of course more time to enjoy my family and my little menagerie of two cats and a dog.

I am very grateful to everyone who has supported me locally. I will of course still be very active in the community here and continue to be supportive of all the work of the community association and all the other organisations and individuals who make Hatch Warren and Beggarwood such a great place to live. My intention at present is to continue as a councillor until next May, but I will assess how this works out in terms of time and commitments during the next few weeks.



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HATCH WARREN WI

Hatch Warren W.I. welcomed three new potential members to our first meeting of the Autumn on 5th September. Our guest speaker was Peter Hull MBE 'Gold is more than just a word' a very inspirational talk by Peter who was born with out legs and short arms. His parents did not put him in cotton wool but let him find his own way to be able to move. Peter was encourage to swim at an early age, which found him winning his first medal at the age of ten. He went on to try many sports and raced in the London Marathon, table tennis and snooker and to this day enjoys wheelchair rugby. 1984 saw Peter compete in the Para games in Los Angeles. Having been asked to be a Paralympians he would wake at 4 am and be in the pool by 5.30 am for training each day, this paid off when Peter won three gold medals at the Para Olympics in Barcelona. His motto in life is hard work, training, team work, a very determined man.

Members visited the Winchester Discovery Centre for the exhibition of the 'Sistine Chapel' with lunch. Lady Carnarvon will give a talk at the group meeting in October and we will have a trip to the Christmas Market in Salisbury as well as the Autumn meeting at the Anvil where a tribute to SirTom Jones will entertain us. Hampshire Federation has a Christmas wreath making day and a Christmas curiosities afternoon with tea for members to attend.

Our next meeting will be on Thursday 3rd October where we will enjoy another evening with Lara South, from Lara's Beauty Workshop in Oakley. We meet at Hatch Warren Community Centre on the first Thursday of the month at 8 p.m. for more information please contact our President Lynette on 07824 535868 or just come along and join in the fun, you will be made most welcome.



September Meeting

We were delighted to welcome author Helen Fields to our September meeting. She kindly

made time in her busy book launch tour to talk to us about her new legal thriller 'Degrees of Guilt' written under the name of H.S. Chandler. Helen talked about the processes involved in writing a book, from her first ideas to how she developed her plot and characters. She told us how disciplined you must be as an author in order to complete your book on time. Helen herself, writes for six hours every week day whilst her children are at school. Helen was previously a barrister and has used her legal knowledge in her latest book. Book club members had read the thriller and consequently had lots of interesting questions for her. We all enjoyed the evening, it was a real treat for book lovers. Our next meeting is 7.30 pm October 23rd in The Café in the Park and our book choice for the meeting is The Island by Victoria Hislop. New members are

always very welcome to come along for coffee, cake and book chat with all donations going to support the community centre.





COUNCILLOR'S UPDATE

GOLF COURSE

Local residents will have two opportunities to hear in public the proposals for the development of the Golf Course. The Council's own Supplementary Planning Document, which is supposed to shape the development and be considered by the developers in their application, as well as act as a measure for the Planning Committee, is planned to come to the full council meeting on 17th October. Residents may attend and could speak in the form of a question at the beginning of the meeting, if this question is submitted early through Democratic Services.

The actual planning application is now likely to come to the Council's Development Control Committee in early December, to be confirmed. Residents may attend the meeting and may speak at it if they notify Democratic Services in advance. It is clear from local social media platforms and also from my inbox that this application has raised many concerns and comments, but the Development Control Committee is the only real chance for local people to make their voices heard, it is therefore vital that people attend the meeting if they feel they have points to raise. If anyone needs any help registering to speak or wants to attend without speaking please let me know and I can advise.

BEGGARWOOD SURGERY

The surgery has separated from Rooksdown Practice and is now under the management of North Hampshire Urgent Care, an organisation of local GPs and practitioners which has run the out of hours service in Basingstoke and Fleet for some time. NHUC are a not for profit organisation, and are keen to improve services at the surgery and make it a real community hub. They have the support of the local community as they work to re-establish Beggarwood Surgery and make big improvements. There may well be teething problems along the way. But having met with the NHUC leads I feel very positive about the future of the practice.

COMMUNITY PLAN GROUP

The group has been meeting regularly for some time now but there is still opportunity for any local people to join in and help shape the plan for Hatch Warren and Beggarwood. Let me know if you are interested and I can pass on details.

BROADMERE/BEGGARWOOD LANE

At time of writing there was still no update from HCC as to the negotiations with Taylor Wimpey to adopt Broadmere. As anyone using the shops/surgeries/nursery/community centre will know, the corner there is highly difficult due to unregulated parking and the siting of a bus stop very close to the crossing island. There have been a number of near misses and it is vital that HCC addresses this before a near miss becomes something far worse. The traffic calming close to the new development at the Island Site was removed due to the building work and entrance going in there, so it would make sense for HCC to reconsider the alignment of the bus stop/crossing island by Broadmere in the light of the new developments also.

COMMUNITY SPEEDWATCH

Some time ago I explored the possibility of setting up a community speed watch campaign in Beggarwood due to concerns around speeding there. Unfortunately we could not quite muster the required number of volunteers. Incidents of dangerous speeding continue around both Hatch Warren and Beggarwood, so perhaps now is the right time to try again to put some teams together? Please let me know if you would be interested.

Cllr Terri Ried



WHAT'S ON – OCTOBER

Do you have an event locally that you would like to tell people about. The Rabbiter reaches over 4000 homes locally so is the perfect way to publicise your event. Just email details to editor@therabbiter.biz Copy date is the 15th of the month preceding publication.

	2 October	Health Walk, Café in the Park, 10.30am	
		followed by the Community Lunch at 12.15pm	
	5 October	Basingstoke Variety Show 2019 7.30pm The Anvil	
	10 October	Dummer Fair, Dummer Cricket Centre	
	12 October	Basingstoke Ladies' Choir Annual Concert	
		The Aldworth School	
	23 October	Bookworms, Café in the Park, 7.30pm	
	27 October	Clocks go back	
Future Events			
	2 November	Fireworks, Hatch Warren Comunity Centre,	

2 November	Fireworks, Hatch Warren Comunity Centre,			
	Gates open 5.30pm and display 7.30pm			
Weekly Yoga Classes in Beggarwood Community Centre. Cont				
the Centre or debra@dummeryoga.co.uk				

BASINGSTOKE VOLUNTARY ACTION

Local Business / Charity & Voluntary Organisations

BVA are planning our annual 'Meet & Match' event for Thur 17th Oct between 09:00 & 13:00 at the Orchard. This event has local business representatives attending who are looking to assist local organisations. Local groups will be invited to present their requirements (Not financial) for business to assist them and chat with those present including BVA staff. Further details will be available via the BVA website in due course.

Employee Volunteering - Can a local business help you?

Do you have a project that needs to be done, such as gardening or decorating? Would you like some assistance with marketing, web design or accountancy? If you have a short-term project (8-16 hours) that a local business could assist you with then please get in touch and we can promote your project to local businesses. We currently have various companies looking for projects but there are currently none available.

We have enthusiastic teams ranging in size from 3 people to 30 available and want to match them with local community ventures. We can also advertise your volunteering opportunities on the new look Community in Action page of The Basingstoke Gazette.

Volunteering North Hants

Whether you are an individual looking to volunteer or an organisations looking for volunteers Basingstoke Volunteer Centre

Hampshire Farmers Markets

Alton – 2nd Saturday of the month Winchester – 2nd and last Sunday of the month

REGULAR EVENTS

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

Basingstoke Knit and Natter, Every Monday 6.30 – 9pm, Starbucks, Houndmills, All knitters, crocheters and spinners welcome

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

Aldworth Badminton Club,

Thursday evenings 7.00 – 8.30pm Aldworth Science College Cliddesden W.I., Cliddesen Village Hall, 7.30pm, third Thursday every month (contact Pat Rampton 01256 461034)

Old Down & Beggarwood Wildlife Group,

Meet everyThursday 10-12noon, Old Down Hall. For Beggarwood – usually 3rd Saturday of each month at the Maze www.olddownandbeggarwood.org.uk email: odandbwd@gmail.com

Hatch Warren Nature Group, contact Paul Beevers, hatch.nature@gmail.com

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

Laughter House, www.laughterhousecomedy.club Hatch Warren Runners, meet Monday and Wednesday at

7.15, Portsmouth Arms and at the Co-op Beggarwood. www.hwrunners.co.uk

can help you. We work with local voluntary, community and charitable organisations that are in need of volunteers in order to fulfil their mission and help the people and communities in Basingstoke and Deane.

Volunteering opportunities in the borough and North Hampshire are published on our database, which can be accessed via our website plus advertised on Facebook and Twitter. Contact us at vc@bvaction.org.uk or phone 01256 423850 between 09.30 -14.30 Monday to Friday.

Community Learning Programme Subsidised training opportunities locally

BVA, in partnership with BDBC continue to deliver a variety of reasonably priced training sessions within of the 2019/20 training schedule. To book on any training at our Orchard building, visit our website and click on which you wish to attend. Courses coming up (All 6-9pm) are; Mon Oct 7th - Demonstrating Impact & Reporting to Funders, Mon Oct 21st - Develop Sustainable Income & Social Enterprise & Thu 24th Oct - Social Media for Awareness & Impact.

BVA are also working in partnership with RCS to provide additional FREE training available at the Orchard; Wed 9th Oct -Emergency First Aid & Fri 11th Oct - Health & Safety

www.bvaction.org.uk

RESTAURANT REVIEW

BARTONS MILL PUB & RESTAURANT Old Basing RG24 8AE

It's not often that you come across such a delightful watering hole such as this situated as it is on the bank of the River Loddon in Old Basing. It comes complete with a small lake with ducks wandering around the lawn bedecked with picnic tables for al fresco dining. There were plenty of people outside enjoying the early autumn sunshine but we decided to have lunch inside this converted water mill.

It didn't take long for our eyes to get used to the gloom which after a few minutes just seemed to evaporate and we studied the extensive menu without any trouble. The large main bar area had tables and chairs aplenty and there is another dining room with an outside terrace with half a dozen tables with umbrellas to protect diners from nice weather.

These days they offer accommodation with twelve bedrooms available in an adjacent low building and they even have a wedding licence. We noticed when parking that there is an outside shack that can provide more simple food for those that do not want the traditional pub type fare.

Madam decided that she fancied two dishes from the starter menu rather than anything for a main course. So up came some leek and potato soup with a white and brown roll and a full plate of



THE BEGGARWOOD AND HATCH WARREN COMMUNITY PLANNING GROUP

Following drop-in sessions in the Spring, when local residents gave their initial opinions on why Beggarwood and Hatch Warren is a good place to live and what could be done to improve it, a group of a dozen or so local residents, assisted by the council, have come together to develop a community-led plan for our area, similar to those for other parts of the town. The Beggarwood and Hatch Warren Community Planning Group has been meeting since June and is currently drafting a residents' survey to understand what people consider to be our most important needs on issues such as transport, the environment, local services and neighbourhood facilities for all ages. You will see group members at local events in the coming months as they seek your views on what should be included in the plan as it develops.

OUIZ NIGHT

SATURDAY 16th NOVEMBER

In aid of Immanuel Church, Hatch Warren & Basingstoke Amateur Theatrical Society £30 per table - up to 6 people per table • 100% funds raised will be equally divided Bring your own food, drink, banquet.....fun starts at 7.30pm PLEASE REGISTER YOUR TEAM IN ADVANCE BY CALLING KAY ELLIOTT ON 07515 262119 or emailing d_elliott2@sky.com



aubergine salad which met with complete satisfaction. Me, being a traditionalist, had the steak and ale pie with mash, peas, carrots and very tasty gravy. Puddings selected were a tropical Pavlova with mango, pineapple, kiwi cream and frozen yoghurt while I had a dish containing eleven Profiterols with warm chocolate sauce. And very nice they were too.

We had our usual drinks of a bottle of diet Fevertree tonic with ice and a slice for Madam and a pint of Amstel lager for me. We didn't bother with coffee but could see that those that did were presented with a tray with crockery and a coffee pot which seemed a nice touch. Was it expensive? Well these days it is rare to find low cost food that is very satisfactory so at a total of £47.00 the cost matched the good quality and ambiance we had enjoyed. Their full menu can be seen on their web site provided you work at the navigation necessary.

HALL & WOODHOUSE TO INVEST OVER £4MILLION IN NEW **FAMILY-FOCUSED PUB**

Hall & Woodhouse, the leading independent brewer, has purchased land on the upcoming 'Island Site' in Beggarwood, Basingstoke, to build a new family-focused pub and restaurant.

The land was purchased from Grainger Housing & Developments Ltd and Derwent Developments Ltd and work has already started on the 'Island Site' development. Hall & Woodhouse is investing more than £4million in the site and aims to open the pub early next year.

A care home, retirement home and new dental surgery have also received planning permission to be built on the site after being approved by councillors last year.

Mark James, Property Director at Hall & Woodhouse, said: "We are hugely excited to have begun work at the Beggarwood Island site. We hope to create something special here – a beautiful pub with gardens - that will become a hub in the community for everyone to use and enjoy. Over the years we have evolved our pubs with the changing times and offer a unique experience for the whole family. Whether this is meeting friends for drinks, having dinner with your family, or celebrating a special occasion, we hope that guests will create fond memories here."

Dan Putty, Hatch Warren and Beggarwood Conservative Councillor, added: "After years of trying to secure a restaurant in this part of Hatch Warren and Beggarwood, I am happy to announce that it is going to be a reality for the people of my ward.

"The location of Hall & Woodhouse's pub will be overlooking the woodland park, which is already used by many within the community. I will take it upon myself to make sure that the amenities are of a high standard and I am excited to be able to deliver the long-awaited pub for my constituents."

Hall & Woodhouse is an independent Dorset family company that brews awardwinning Badger Ales and runs an estate of high-quality pubs in the south of England.

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- What will happen if I can't look after myself or my family can't look after me?

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 - Is my family member entitled to NHS Continuing Health Care?
 - What help can I get from the Local Authority?
 - How do I make sure that my family are provided for when I am no longer able to?
 - What happens if someone has not made a Lasting Power of Attorney and has now lost mental capacity?
 - What is the Court of Protection and how are they involved?
 - I am acting as an Attorney, what can I do?

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CASTLES IN THE AIR AND OTHER FANTASTIC INVENTIONS

Wacky, weird and wonderful are some of the thoughts that come to mind hearing about and viewing some of the inventions covered in an illustrated talk by Nick Brazil to the Probus Club of Basingstoke.



Of course all the inventions were from past ages but some had the germ of an idea that came to fruition and can be seen today. Although some inventions made it into production the vast majority got as far as the Patent Office and no further. Many offered labour saving as their main attraction such as the canine powered sewing machine where a dog ran on a turntable replacing the traditional treadle. And the dog powered turn spit saving servants the labour of continually rotating the carcase of meat over the fire. A type of dog was bred for this task and it is said Queen Victoria had two of them. The breed died out after the invention of different cooking equipment.

Multitasking is nothing new. What about the machine that was a combination baby rocker and butter churner which enabled the busy farmer's wife to also have free



hands to continue with her knitting. Or the fresh air bed that had a large trumpet shape over the sleeping person that brought in fresh air from outside. The problem was that on waking and sitting up the person banged their head on the trumpet.

The sweat bed, designed to rid the occupant of a fever had a boiler at its foot to heat up pipes under the mattress. The electric under blanket today offers the same result. And the swooning chair that provided some sort of recovery to ladies fainting in their tight corsets and clothing in the heat of an airless room. By sitting on a chair with a descending cushion it caused two paddles to fan the face of the distressed young lady.

Talking of hot rooms there was the invention of a table railway that brought food to diners that overcame the need for servants to be skilled in the art of silver service. Similar ideas can be seen in several restaurants today.

Britain has always had variable weather conditions and the thought of being out in a thunder storm and being struck by lightning saw the invention of the lightning conductor umbrella. This had a tall aerial to attract the lightning and a wire to take the strike to ground. It was modified for some ladies' hats. Not to be outdone in the millenary department there was the portable umbrella built in to the hat which is something that keeps coming up these days. One idea in the not really successful category was the invention in the German army in Africa of a rain collecting hat complete with a small tap.

Aerial photography developed by using pigeons with a camera strapped to them. The picture was taken at a particular height caused by atmospheric pressure. Two photographs could be taken by strapping two small cameras to the pigeon. This was superseded in WWI with early planes fitted with cameras for reconnaissance purposes. The Lumiere brothers in France



Transport had many eccentric developments. The Danish Hunting Monocycle could travel at 24 mph and the American Monocycle beat that at 30 mph. The Dutch military Multi cycle in 1887could transport twelve soldiers on one vehicle and for something completely left field was the Telegraph Wire Bicycle in 1890 which, as the name suggests, was suspended from telegraph wires rather than running on the ground.

And was there a castle in the air? There certainly was when at the Antwerp exhibition in 1894 the idea was promoted of using 150,000 cubic feet of lighter than air gas in a balloon to support the building of a town. Residents would ascend and descend using elevators. Naturally it was all hot air and it never saw the light of day.

For more information on the Probus Club of Basingstoke see their web site www. probusbasingstoke.wordpress.com or phone their Secretary Jonathan Ratcliff on 07501 271547 for an informal chat.



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.

To find out more about Basingstoke Discovery Centre and Hampshire Libraries visit www.hants.gov.uk/bsdc https://twitter.com/BasingstokeDC https://www.facebook.com/BasingstokeDC

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EMPLOYMENT LAW IS CONSTANTLY **ON THE MOVE**

Gill Brown



Prohibiting Non-Disclosure Agreements in sexual harassment and discrimination cases The right to reasonable notice of work

The government plans to ban confidentiality clauses from being used to prevent individuals cancellation of shifts from disclosing information to the police, health The government is consulting as to whether confidential information and trade secrets.

Redundancy protections of new parents and the introduction of neonatal leave

It is proposed that new and expectant mothers to compensation. and employees who are adopting or taking shared At Phillips Solicitors our Employment Law team return to work.

they are pregnant.

process it is being proposed that employees who will be entitled to enter into a flexible phased return to work.

schedules and compensation for the

professionals, lawyers and social workers. However, workers should be entitled to reasonable notice of Non-Disclosure Agreements will still be lawful their work schedule and is looking at introducing a for legitimate reasons, for example to protect penalty to employers who fail to provide adequate notice of this.

> In addition, workers who suffer a cut in their shifts at short notice without warning could be entitled

parental leave will have legal protection against keep abreast of the constant changes in legislation. being made redundant for six months after they We are happy to assist you with any aspect of employment law, whether you are an employee or It is proposed that this six-month rule should also employer. For advice and assistance please contact apply to employees who inform their employer Gill Brown on 01256 854605 or email gill.brown@ phillips-law.co.uk

Information about the wide range of legal service offered by Phillips can be found at www.phillips-law.co.uk

Beggarwood Community Centre, Broadmere Road, Café in the Park Basingstoke, Hants. RG22 4AQ Hall bookings: (01256) 811262

WHAT'S ON - OCTOBER

2nd Oct - Health Walk starting @ 10.30am followed by Community Lunch from 12.15pm 11th Oct - Fundraising Quiz night 23rd Oct - Beggarwood Bookworms

Friendly Craft Group 'Card & Cuppa' Friday morning from 10.30-1.00, 11th Oct, 25th Oct, 15th Nov, 29th Nov, 13th Dec

SAVE THE DATE ... Carols in the Park, with mince pies and mulled wine, Thur 19th Dec 6.30-7.30pm. Everyone welcome.

Hall for hire.

Kids Parties. Pop-Up Shops. Meetings & Training

Book via Hatchwarren Centre EMAIL: office@hatchwarren.org



Every Friday from 10am - 2pm Join us for board games, craft activities, and a natter!





From £29,50 per person Prosecco on arrival 3-course festive menu Dancing until 12.30AM Free parking and cloakroom 12 dates to choose from incl. Sundays and Thursdays

meetings and events

Call 01256 36 22 11 or email eventsoffice@beechdown.co.uk for availability



Book your CHRISTMAS

Winchester Road between Kempshott and **Brighton Hill roundabouts**



HATCH WARREN UNDER FIVES

Welcome to a brand new year at Hatch Warren Under Fives Preschool! It's been lovely welcoming our children back - our older children have all grown so much over the holidays and have been eager to tell us all about their summer, and we have been joined by lots of new children who have all settled in brilliantly.

The start of a new term can sometimes be a difficult time for young children and the first few weeks of settling into a new environment is a time of crucial importance to a child's later happiness within a setting. Our first few weeks are always about helping our children settle in, helping them to explore the new environment, make new friends and get to know staff. All children are individuals, and while some children will adjust fairly easily and quickly to new routines, others will take longer to feel comfortable and secure. At Hatch Warren Under Fives we work hard to ensure that all children settle happily.

Our first topic "All About Me" is a great chance for the children to learn all about themselves, their new friends and their families. We use stories, arts, crafts and songs to help our children discover what is unique and special about themselves and each other.

We've had some gorgeous weather to start our new term so the children have been making the most of the garden. Over the summer holidays we had some wonderful new transfers designed on our playground floor – which include an alphabet caterpillar, hopscotch and a number square. Our playground floor is now really bright and colourful and the transfers make a wonderful addition to our garden.

To enquire about our waiting list at Hatch Warren Under Fives, please contact Angela Blomquist, Manager, on 01256 322788, or email preschoolmail@aol.com.

Read more about our preschools: www.hatchwarrenunderfives.co.uk



CANDOVER VALLEY PRE-SCHOOL

Ĩ6

It is great to be back after the Summer holidays and it has certainly been a busy few weeks! The children have been having so much fun outside in the garden, spending a lot of time in the mud kitchen, chalking, making mud pies, creating obstacles and digging in the sandpit. Indoors the children have loved stories with a grown up, fairies, threading, cutting and sticking, junk modelling, puzzles, building the train track and of course playdough – and helping to make it!

We are so excited that our outdoor woodland sessions started in September. A lovely walk up to our 'forest', lots of fun exploring along with a snack and songs. Over time this type of learning leads to an increase in self-esteem, confidence, learning capacity, enthusiasm, communication, problem-solving skills, independence and emotional well-being.



Visitors are very welcome so if you would like to see Pre-School in action come along to one of the open sessions or please contact us to arrange a visit.

Open Sessions: Thursday 24h October, 1.00pm - 2.30pm Friday 25th October, 9.30am – 11.00am

Lisa Collisson – Pre-School Head 01256-389008

DANDELIONS



As we begin the new school year we would like to wish a warm welcome to all the children and parents who are joining us at Dandelions this term. We look forward to getting to know you all.

Welcome back to all the families returning to us, we hope you all enjoyed the long summer break. We have a busy half term planned with lots of exciting and wonderful opportunities for the children.

We will be focusing on personal, social and emotional development to help settle the new children into groups and also to support our returning children after a long break. We will cover creating independence and developing friendships for the first part of the term.

We look forward to our sponsored stomp in October where we will be looking at the signs of Autumn walking through the grounds of St Mark's.

CUCKOO MEADOW PRESCHOOL,

Hello from all at Cuckoo Meadow Preschool in North Waltham!

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.

The pre-school started the new term by focusing on the topic, "All about me". The children spent time talking about similarities and differences as well us what makes us all special and how we all come together. They brought in photos from home and proudly shared them with the group. They also crafted "Mini Me's" which have been displayed on the wall.

The team also took a group of the pre-schoolers on an outing down to the duck pond, one of the great advantages of being based in the lovely village of North Waltham. The children counted the ducks and ducklings and also paid a visit to the shop to choose their morning snack. They helped carry a basket and chose custard creams and pears! All the children thoroughly enjoyed themselves and more outings are planned.

There are still spaces available at the Ofsted Outstanding ranked pre-school. To arrange you're your visit, please call Jo or Fiona on 01256 398172.

Alice Crocker



St Mark's CofE Primary School has a great ethos, brilliant pupils, fantastic staff and a very supportive community.

Our four Christian values underpin all that we do, resulting in a high quality of education for all of its pupils at all levels. We are keen to "Grow and learn together in God's love". Our learning behaviours and HeartSmart 'High Five' help us to learn well and be emotionally strong and resilient, too.

We are pleased that Ofsted recognised our great work, validating our judgement of being a 'Good' school in March 2018. In July 2019, SIAMs judged our school as 'Excellent', noting that ''The vision shapes this exceptionally caring and compassionate school community.''

If your child was born between 1st September 2015 and 31st August 2016 and you are looking for a Reception school place for September 2020, you are welcome to come along to one of our school tours. The tour will last approximately one hour. Just telephone the school on 01256 346111 to book your place. We look forward to meeting you! Find out more at www. stmarksprimary.net/yearrparents

I.Thurs 3rd Oct 10:30am	2.Tues 8th Oct 2pm
3.Weds 16th Oct 10:30am	4. Mon 11th Nov 7pm
5.Tues I2th Nov 2pm	6. Fri 22nd Nov 10:30am

EU SETTLEMENT SCHEME

Local residents can get help and support on changes that may affect them following Brexit.

Supported by Basingstoke and Deane Borough Council, Citizens Advice Basingstoke and Tadley will be providing a new service to support residents in the borough affected by changes as a result of Brexit.

European citizens living in the UK are required to apply to the EU Settlement Scheme to continue living in the UK after 30 June 2021, with an estimated 7,000 people currently living in the borough needing to apply to the scheme.

For more information and to get in touch with Citizens Advice Basingstoke and Tadley, visit www.basingstokeandtadleycab.org.uk or call 01256 329984.

BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

There were 53 members at the meeting held on Wednesday 4 September who were welcomed by the chairman, David Cowling. The secretary, Tony Brazier, gave details of the forthcoming trips and reminded those going on the River Trip, the Mystery Trip and the Christmas Lunch to return their menu choices as soon as possible. The Welfare Officer, Christine Broadbent, then gave her update on members who had not been well.



The speaker this month was Alan Copeland who gave the second part of his fascinating presentation on "Eccentric London". This time, backed up by a series of excellent photographs, he took us on a tour of Greater London seeking out those places that the majority of us would never think to look for. Of the 24 places he visited some of the highlights were the Swaminarayan Hindu Temple in Neasden, Crystal Palace with its remnants and the Prehistoric Monster Trail, the unusual tomb of Sir Richard Burton the 19th Century explorer in Mortlake, the David Hartley monument in Putney, the Carreras Cigarette Factory in Camden and the many decorative shop fronts in Camden Town. He finished with the modern history of the late John Gladden's house in Norbury with its infamous additions such as a tank and his many altercations with Croydon Council. Full details of Alan's shows and pictures can be found at www.curiosities.co.uk.

The group's next outing is a on Friday 11 October which is the Mystery Trip and includes elevenses, lunch and afternoon tea as well as a tour of the English countryside.

The next meeting is on 2 October when the speaker is Mel Rees on "My Family and other Meerkats – Part 2". The group meets on the first Wednesday of each month at Brookvale Village Hall from 10am to 12noon and all retired Civil Servants, their relatives and friends are welcome. Further details about the group and information about our trips can be obtained by contacting csrfbasingstoke@gmail.com.

David Cowling

We need 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 rounds need a deliverer:

- I. Priest Down and Old Beggarwood Lane
- 2. Breadels Field and Breadels Court
- 3. Camford Close
- 4. Wentworth Crescent; Belfry Square; Turnberry Drive and Gleneagles Close
- 5. Highwood Ridge and Holmes Close
- 6. Inglewood Drive







We are a registered charity run by volunteers - working to make Hatch Warren & Beggarwood a great place to live!



DJ Mark Halliday Competitions Children's Rides Hog Roast Burgers Bacon Baps Hot Dogs Pizza Paella Chilli Sweets Doughnuts Licensed Bar Music Light-Up Novelty Toys,

VANCE TICKET ONLY EVENT - TICKETS ON SALE FROM 1st OCTOBER NO TICKETS AVAILABLE ON THE NIGHT - BUY EARLY AS LIMITED TICKETS ONSALE

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FAMILY E22 2 adults plut up to 2 children up to age 15	ADULT £10	CHILD / SENIOR E4 Children 0- 15		

Tickets on sale via the website or in the office. Payment by cash or internet banking. A surcharge will be applied it purchasing online. All tickets are non-refundable



COACH TRIPS

- NEW this year Westfield Shopping Centre, Sat 23rd Nov, £20pp
- Bath Christmas Markets, Sat 30th Nov, £21pp
- Mary Poppins, Thur 6th Feb 2020, £85pp

Price includes chaperoned return coach from our car park. All tickets non-refundable. Please email office@hatchwarren.org to book



Join us as we discuss the wonderful book The Island by Victoria Hislop. We will be back at Café in the Park on Wed 23rd Oct so lots of wonderful refreshments and cake will be available! We will discuss the book in small groups, then move onto a wider discussion, with a quiz and most importantly we will score the book to find out where it comes on our Beggarwood Bookworms chart.

Our group is a great way to meet new friends and share our love of reading. Don't worry if you have not managed to read the book we can sit you with others and have a wider discussion on all things about books that you love. Beggarwood Bookworms ethos is to keep this a free event and be open to all members of our community. However we do like to raise funds in order to support the Community Centre and help it provide the services we enjoy so donations are most welcome.

Book a space via Facebook #beggarwoodbookworms





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FRIDAY NIGHT TERM TIME YEARS 6-8 YOUTH CLUB **ACTIVITIES (see below)**

Oct/Nov 2019 Programme 6.00 to 7.45pm

1th Oct	Sumo suits and waffles
4th Oct	Sumo suits and waffles
11th Oct	Just Dance competition and doughnuts
18th Oct	Pool competition and confidence/self esteem session with biscuit making
25th Oct	DJ decks, make your own heat bags plus sausage and chips
Tues 29th Oct	Halloween Streetz! Halloween Party night
1st Nov	Human hungry hippos, mosaic tiles and chocolate fondue
8th Nov	Quiz night, bandana making and pizza
15th Nov	Football tournament, face painting and hot dogs
22nd Nov	Buzz on the PlayStation, Uno and loaded hot chocolates
29th Nov	Laser tag, bingo and smoothies

FREE ENTRY FOR ALL YOUNG PEOPLE

We hope the first month of the school year has gone well for everyone. We celebrated the start of it with a huge game of man hunt.

As the nights start getting colder and darker, we sadly have to start planning more indoor sessions, this doesn't mean they aren't fun though! We have guizzes, human hungry hippos and Buzz to look forward to, plus hot chocolates and toasties to keep us cosy 🙂

In addition we love trying out new craft with you guys. So let us know if there is anything you want us to try.



Reading Rockets

We have a received an offer from our basketball pals Reading Rockets for tickets to watch their matches. If anyone is interested in the details please get in contact with us.

find us on | facebook Hatch Warren Community Centre

The only Youth Club with Open Access and a Health Hub serving Hatch Warren and Beggarwood

Follow Us on Facebook @The Warren and Instagram @thewarrenyouthclub

FRIDAY NIGHT TERM TIME AGES 13+ **OPEN ACCESS & HEALTH HUB**

Health Hub Programme - 8.00 to 9.30pm

We are open Fridays 8pm-9.30pm for school years 9 and above. If you want to play pool, FIFA or just hang out then come on down. We sell food and drinks. We can also offer you free confidential advice on a whole range of issues including contraception and pregnancy testing. We run focused information nights for 13-18 year olds, our next nights are:

4th October : Alcohol awareness 1st November : Self harm awareness

If parents have questions about the topics we discuss please feel free to contact us.

Summer Streetz

Ne received the official numbers for Summer Streetz and we are overwhelmed to find out we had 1359 oung people join us over the five weeks of Streetz!! Over 300 more than Streetz 2018. We can't thank you enough for choosing to spend your summer with us!



Thank You

We would like to say a HUGE thank you to Linda, the Community Champion from Asda. Not only for olunteering and helping out on our tuck stall at the

ummer festival, but or also match funding he amount we raised hat day! Thank you so nuch Linda and the eam at Asda for all our support.



October Half Term

Don't forget we are open an extra night during October half term (Tue 29th) for some spooky fun 🕺

Sainsbury's

Our Values Make us Different

Fireworks

We're delighted to continue to support our friends at the Hatch Warren Community Centre, for this year's annual Fireworks Extravaganza.

You may also be interested to learn that, following feedback from our colleagues and customers, Sainsbury's has taken the decision to stop selling fireworks and any associated sparklers.

Sunflower Lanyards

We have begun to provide these lanyards to our customers who request them from our Customer Services Desk, ahead of the official launch on October 7th. We look forward to assisting our customers with these new service; a first for any UK Supermarket Retailer:

Kitchen Fresh

Our café has recently seen a new refreshed make-over and customers have provided us with some encouraging feedback so far. Keep an eye out during October for a refreshed menu offer from our colleagues in Kitchen Fresh.



Boutique Offer

You will no doubt have seen that we have made some changes to our layout across the store. Primarily, this has enabled us to provide a stunning new offer for our customers, with a refreshed Health and Beauty section.

We now proud to have three Beauty Experts, who have specialised training to help you make the selection you want.

Christmas Food Ordering

There it is we've said it; the dreaded 'C' word. Our range for the Christmas Food to Order range launched on 30th September. Simply visit https://food-to-order.sainsburys.co.uk/ to place your order. Orders placed before 2nd December, totalling in excess of £80, will also receive a £5 Argos voucher.

New Store Management

We're delighted to welcome a new management team at the store. Edd Morris (Store Manager) and Leigh Phillis (Operations Manager) have joined the store and look forward to continue to deliver a first class service to our community.

150 Days of Volunteering

Our summer of volunteering is nearing completion and, we're delighted to report, that the project at Inspero has been awarded £5000 from Sainsbury's.

These funds will enable Inspero to expand their services at the community gardens, with the purchase of a new summer house. Keep an eye out for more news as we complete the build.





Read Easy UK is a registered charity, established to help adults learn to read or to improve their reading skills. 5 million adults in England and Wales have reading or writing skills below that expected of an II-year-old.

How can Read Easy help? By providing free I-I tuition from a trained Reading Coach with half hour sessions twice a week, on a confidential basis, people can learn to read fluently in 9 months to 2 years. We have a phonics based programme with additional learning activities in which readers work at their own pace. They are equipped with the reading skills that enable them to progress at work and with life.

If you know somebody who would benefit from our programme, or if you would be interested in becoming a Reading Coach, please contact us: By email: Basingstoke@readeasy.org.uk or by phone: 07592 450789.Visit us online: readeasy.org.uk

Basingstoke Blues Club BBC3 In association with the Basingstoke Railway Social Club Station Approach, Basingstoke RG21 5NB presents Saturday 26th October

Backbone Blues Band

with tight rhythm sections, creative guitar and soulful vocals, they deliver a sound which grooves when it swings and punches well above its weight when it rocks.

All welcome - 8pm till late. £8 on the door. Licensed bar and Low Prices. Profits to Brain Tumour Research – Charity number 1153487.

Future dates:

Saturday 16th November Saturday 14th December Crossfire TBA



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HATCH WARREN BEGGARWOOD CYCLING CLUB

HAPPY NEW YEAR!!!

Yep, I bet you weren't expecting that... Happy New Year!

Why Happy New Year you may ask?, well.... do you plan on getting fit in 2020? Or have you got a big cycling adventure planned? Maybe you want to lose some weight? Or you want to emulate the Professional riders in the Tour and climb one of the Alps? Are you a runner who wants to try something new? In that case, the cycling part of your 2020 should start now.

WINTER MILES EQUAL SUMMER SMILES

It may not be the most pleasant time to be outside, but every mile you do during Autumn & Winter will help you next year, and HWBCC are here to help! All of our rides continue during the Autumn & WInter and whether you are someone just starting on your bike or an experienced rider we have rides for all.

KEEP ON RUNNING!!

Are you a runner? You wouldn't believe the amount of people who say that cycling has helped them with their running, and we've had quite a number of runners start cycling with us over winter to help keep their fitness at a level that helps them in the New Year... and from our experience Runners make EXCELLENT Cyclists....

We'd love to see you out on your bike with us over Autumn & Winter! So please come and ride with us!

We pride ourselves on being inclusive to all riders who are over 18 years of age, and we are equally proud of our unofficial club motto which is 'no one gets left behind'. So please don't get left behind and 'Come ride with us' (which is our real motto!)

More details can be found on our website www.hwbcc.org or on our facebook page facebook.com/HWBcc.



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SPIRITUALLY SPEAKING

• New beginnings

Today I found myself asking, where have the lovely warm summer days gone? It seems like a distant memory now as we move into Autumn. The children have gone back to school and families are having to adjust to new daily routines. However, I always think of Autumn as a time of new beginnings. Autumn is a great time to take notice of the changing colours of the trees, the different plants in the garden and it reminds us of God's amazing creativity. My husband is a keen gardener and is busy transforming our back garden into a beautiful haven not just for us but for the birds, bees, frogs and our

resident hedgehog. In the Bible God calls his people to be good stewards of the Earth – a bit like caring for a beautiful garden. God doesn't want people to just use the earth's resources for short term gain, but to take care of it and protect it for future generations.

At the end of September we celebrated Harvest Festival, a time for thanking God for all that creation provides, for all that grows on the land, for the harvest of the sea and all the world's natural resources, which is reflected in this verse from the Bible, 'The earth is the Lord's and everything in it, the world, and all who live in it...' (Psalm 24:1). It is a time to be reminded to share with others, particularly those who are struggling to afford to buy food. The produce that was given during Harvest Festival at Immanuel Church and St Mark's Church of England Primary School was donated to the Basingstoke food bank.

• At Immanuel Church we are looking to new beginnings and on Sunday 6th October we will be starting a monthly Café church service. It will start at 9:30am with croissants and pastries before moving into a time of informal worship and finishing at 10:30am. This will take place on the first Sunday of each month. We will also be starting a monthly prayer meeting at the church to pray for the school and the community and everyone is welcome to come along and join us. You can also email prayer requests to me. Details of all our events and activities can be found at www.immanuelhwb.co.uk

This Autumn, I pray that you will have time to enjoy thebeauty of God's creation that is all around you. Blessings,

• Rev May

07922 516761

• revmay@immanuelhwb.co.uk

Immanuel

Your local church in Hatch Warren

Lively worship every Sunday at 10.00am. Weekday activities.

Immanuel Church

Church Centre, St Mark's School, Danebury Road, Hatch Warren All Enquiries to: 01256 351862 www.immanuelhwb.co.uk





• Health:

Doctors' Surgeries

Acorn Health Partnership Western Way - Tel: 479747 Mon-Fri 0800-1830

Broadmere Road Surgery -Tel: 396500 Mon-Fri 0830-1800 (answermessage when closed)

Chemist

Boots Pharmacy Broadmere Road - Tel: 398927 Mon-Fri 0900-1800 Sat/Sun closed Lloyds Pharmacy, Sainsbury's



Tel: 376483 **Child Health Clinic**

The Community Centre - every Wednesday 10.30 - noon. All Welcome.

Dentist

Broadmere Road - Tel: 391391

• Library:

465102 - HCC mobile library every Tuesday evening St. Mark's CE primary school from 4.40pm to 6.40pm.

• Post Office

Co-op Broadmere Road: Sun-Sat 0700-2200 Kempshott Post Office and Stores

01256 465517 Mon-Fri 0800-17.30 Sat 0900-1500

• Doorstep milk delivery:

County Council:

Hampshire Constabulary 101

Crimestoppers 0800 555111

Immanuel C of E Church (in St.

Mark's School, Danebury Road)

All enquires to: 01256 351862

Every Sunday at The Apollo Hotel

Contact Dan Wake or Margie

connect@hubcommunitychurch.org

www.hubcommunitychurch.org

Mendelsohn 01256 316010

10.00 a.m. every Sunday

Hub Community Church

• Churches:

• Buses:

See page 24

Stephen Reid, 34 Centurion Way RG22 4TJ 320860 email: Stephen.Reid@hants.gov.uk

Borough Council:

Rebecca Bean, 12 Arcadia Close, RG22 4AJ 07506 570926 email: cllr:Rebecca.Bean@basingstoke.gov.uk

Terri Reid, 34 Centurion Way RG22 4TJ 320860 email: cllr.Terri.Reid@basingstoke.gov.uk

Dan Putty, | Gloucester Drive, RG22 4PH 356650 email: cllr.dan.putty@basingstoke.gov.uk

Member of Parliament

Hatch Warren: Maria Miller

email: millerm@parliament.uk



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BUS TIMETABLE

No. 8/9 Services – 8 via Buckskin and Kempshott Park. 9 direct via Winchester Rd. Buses will leave Railway Station

Monday to Friday: 0540, 0555, 0610, 0630, 0640, 0645, 0655, 0705, 0715, 0725, 0735, 0745, 0755, 0805, 0815, 0825, 0835, 0845, 0900, 0910, 0920, 0930, 0940, 0950, 1000, 1010, 1020, 1030, 1040, 1050, 1100, 1110, 120, 1130, 140, 1150, 200, 1210, 220, 1230, 1240, 1250, 1300, 1310, 1320, 1330, 1340, 1350, 1400, 1410, 1420, 1430, 1440, 1450, 1500, 1510, 1520, 1530, 1540, 1550, 600, 1610, 620, 1630, 640, 1650, 700, 1710, 1720, 1730, 1740, 1750, 1800, 1810, 1820, 1830, 1845, 1900, 1915, 1930, 1945, **2015**, 2045, **2115**, 2145, **2215**, 2245, **2315** Saturdays: 0645, 0715, 0730, 0745, 0800, **0810**, 0820, **0830**, 0840, **0850**, 0900, **0910**, 0920, 0930, 0940, 0950, 1000, 1010, 1020, **1030**, 1040, **1050**, 1100, **1110**, 120, **1130**, 1140, **1150**, 1200, **1210**, 1220, **1230**, 1240, 1250, 1300, 1310, 1320, 1330, 1340, 1350, 1400, **1410**, 1420, **1430**, 1440, **1450**, 1500, 1510, 1520, 1530, 1540, 1550, 1600, 1610, 1620, 1630, 1640, 1650, 1700, 1710, 1720,

1730, 1745, 1800, 1815, 1830, 1845, 1900, 1915, 1930, 1945, 2015, 2045, 2115, 2145, 2215, 2245, 2315 Sundays: 0815, 0845, 0915, 0945, 1015, 1045, 1115, 1145, 1215, 1245, 1315, 1345, 1415, **1445**, 1515, **1545**, 1615, **1645**, 1715, 1815, 1915, 2015, 2115

Buses will leave Sainsbury's

Monday to Friday: 0531, 0604, 0611, 0634 0636, 0657, 0658, 0714, 0716, 0734, 0736, 0754, 0756, 0814, 0816, 0834, 0836, 0854, 0856, 0914, 0916, 0934, 0936, 0954, 0956, 1014, 1016, 1034, 1036, 1054, 1056, 1114, 1116, 134, 136, 154, 156, 24, 1216, 1234, 1236, 1254, 1256, 1314, 1316, 1334, **1336**, 1354, **1356**, 1414, **1416**, 1434, **1436**, 1454, 1456, 1514, 1516, 1534, 1541, 1559, 1601, 1619, 1621, 1639, 1641, 1659, 1701, 1719, 1721, 1739, 1741, 1759, 1801, 1816, 1819, 1834, 1836, 1854, 1901, 1924, 1931, 1954, 2001, 2039, 2101, 2139, 2201, 2239, 2301,2339

Saturdays: 0649, 0709, 0739, 0746, 0809, 0816, 0834, 0836, 0854, 0856, 0914, 0916, 0934, 0936, 0954, 0956, 1014, 1016, 1034, **1036**, 1054, **1056**, 1114, **1116**, 1134, **1136**,

1154, 1156, 1214, 1216, 1234, 1236, 1254, 1256, 1314, 1316, 1334, 1336, 1354, 1356, 1414, 1416, 1434, 1436, 1454, 1456, 1514, 1516, 1534, 1536, 1554, 1556, 1614, 1616, 1634, 1636, 1654, 1656, 1714, 1716, 1734, 1736, 1754, 1801, 1824, 1831, 1854, 1901, 1924, 1931, 1954, 2001, 2039, 2101, 2139, 2201, 2239, 2301, 2339 Sundays: 0831,0909,0931,1009,1031, 109, 1131, 1209, 1231, 1309, 1331, 1409, **1431**, 1509, **1531**, 1609, **1631**, 1709, **1741**,

1841, 1941, 2041, 2141 No. 12 Service - via Brighton Hill)

(No Sunday service) Buses will leave Bus Station:

Monday to Friday: 0710, 0920, 1020, 1120, 1220, 1320, 1420, 1520, 1620, 1725, 1815, 1915

Saturdays: 0750, 0920, 1020, 1120, 1220, 1320, 1420, 1520, 1620, 1725, 1815, 1915 Buses will leave Sainsbury's: Monday to Friday: 0733, 0943, 1043, 1143, 1243, 1343, 1443, 1543, 1643, 1748, Saturday: 08 | 5, 0947, 1047, 1147, 1247, 1347, 1447, 1547, 1647, 1752



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HATCH WARREN RUNNERS

read this little club article,

you'll notice that it's often a celebration

of the races and attainments of our club

members. Many of them must seem

impossible, maybe a bit whacky or just

outright mad to someone who has never

run or enjoyed running. Why would you

run in the mud, in the wind and rain on

a Friday evening in January and why on

earth would you pitch yourself in the

same race as Sir Mo Farah when you're

clearly never going to win! The answer

is simple: for physical and mental well-

being and for a true sense of personal

Yes you could. Although often quoted,

it's not quite as simple as lacing up your

shoes and stepping out the door. In

actual physical terms it is, but sometimes

your mojo wants to sit on the sofa

eating crisps and watching back-to-back

episodes of Stranger Things. No one who

runs has constant and consistent mojo -

even though social media (or this article)

might imply otherwise! Motivation ebbs

achievement.

Could I be a 'runner'?



and flows and sometimes life gets in the way. It's at that point that you take a break; do something else for a bit or find a different challenge.

As a new runner, once you get past the stage of being out of breath and wondering how you're going to make it past the next lamp post without passing out, it has this unique ability to order your thoughts and give clarity and solutions to the problems that felt overwhelming when you left the house. The true measure of a 'successful' run is to return home feeling more resilient and a little less stressed; to feel a little more rational when the kids or your partner are driving you bonkers, or to run with friends and, for those few minutes, not have any nagging or negative thoughts enter your brain.

In a nutshell, people will COUCH tell you that running causes bad knees and TO 5 that it prematurely ages your face - but it really doesn't. Sure, before embarking on running, get checked out by your GP to make sure you're not going to exacerbate any existing conditions. Maybe take a look at the Public Health





England Couch to 5K app to see that it's a programme that eases you into running over several weeks? Or, if you feel vulnerable out there on your own on the streets of Basingstoke, keep an eye out for any Couch to 5K courses hosted by various running clubs in Basingstoke throughout the year, or start by walking a parkrun and building up to running the full distance. Parkrun really is the most supportive walking/running environment you could ask for.

If you're already doing a bit of running and fancy some company, take a chance on us! We hold club runs on Mondays and Wednesdays and always encourage a taster session to see if club running is for you. For more information, please visit www.hwrunners.co.uk, our Facebook page or email enquiries@ hwrunners.co.uk.



HATCH WARREN PHOENIX FC

Hatch Warren Phoenix FC had plenty to celebrate at their recent end of season presentation, highlights included the amazing success for the girls game. As one of Hampshire FA's Wildcats pilot clubs the Phoenix have always promoted the girls game and the project bore fruit with the Phoenix Volcanoes being formed under the guidance of Malcolm Leake. The team have just completed their 1st full season playing a positive style of football engaging a free flowing passing ethic. The growth continues as a 2nd girls only side, the Fireflies, began their inaugural season in September with some very excited player looking forward to the season ahead. The success has been shared with the recent news that another young starlet has been selected for academy football, the clubs 3rd female in less than 10 years. Alannah Chan moves from the Phoenix U9's to Southampton academy having successfully competed the Premiership clubs tough selection process.

At the other end of the age groups the Flames finished their inaugural season

in the very challenging RWBYL. Against some excellent and unknown competition the boys finished 2nd in the league having lost to only one team. It was double disappointment though as Reading City also took the plaudits in the league cup beating the Phoenix in the final by the narrowest of margins. "Reading City are an amazing team who like us aspire to play exciting football balancing the passing game with individuality. Whilst disappointing for the boys it really could have gone either way and accepting coming 2nd to another good team is part of life's lessons the game can teach." - manager Daren Bavister. The team finished their summer season on a high though winning a very tough tournament in Petersfield and whilst it was a collective effort, shot stopper Charlie Prall shone as he kept the nerves at bay having to take part in no less than 3 penalty shoot outs.

The club have seen amazing growth throughout with over 250 players now registered from 5 to 14 and are very proud to receive the accolade as an FA Tots Centre certified club. Children in school year R & I are encouraged to learn team skills, individuality, decision making and so

much more in a fun environment every Saturday. The Hatch Warren Phoenix "Intro to Soccer School" starts its 8th season this coming September with plenty of smiles guaranteed.

In addition to all that is happening at the FA Charter Standard club the Phoenix recently announced a brand new initiative with their partner club Chelsea FC grassroots (the premier leagues grassroots representatives) the exciting Pan-Disability football session. Off the pitch the club recently hosted a level I training course in conjunction with Hampshire FA. "Having qualified coaches who teach correctly is paramount" Malcolm Leake - Club Secretary "the learning environment for children is so important and with 9 of our coaches qualifying shows the volunteers further commitment to the children's engagement and development"

The club always looks to support development for all ages School year R&I through to vacancies at UI3 for children in school year 8 (September 2019) please email info@hatchwarrenphoenix.co.uk for more details.



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