



THE Rabbiter

Issue 270 April 2020

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- **CORONAVIRUS INFORMATION**
- **IDLING FINES FOR MOTORISTS**
- **ANYONE FOR BOWLS?**

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THE Rabbit

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EDITORIAL

It is difficult to comprehend how much life has changed since I last sat here writing the Rabbit Editorial. This time last month I was looking forward to the coming spring and warmer weather; walks in the countryside, pub lunches and planting up the allotment. Now I am hibernating with 6 cans of baked beans and 12 toilet rolls. We are finding lots of things to keep us occupied – those jigsaws that have been waiting to be done for the last few years, sorting out the piles of paper around the house and getting in contact with people we haven't seen for ages. I received a lovely email this morning from a dear friend who we normally catch up with during the summer. She too is hibernating and also misses the social contact. This crisis is really bringing people together, eg WhatsApp groups being set up to support local neighbourhoods – we have one set up by two young lads who deserve an enormous thank you. New friendships are being forged and networks such as the Beggarwood Bookworms have become a lifeline for me and others – thank you ladies for your support. When the going gets tough, our community is definitely pulling together.

There are a number of events planned for the coming weeks/months which will not now take place. For example, Beggarwood Bookworms plan to chat about their book online, the April W.I. meeting has been cancelled and the Church of England has asked that all churches suspend public worship until the risk from the virus is passed. However, the Rev May is available to provide help and support – and her sermon will be published online at www.immanuelhwb.co.uk also on their facebook page - Immanuel Church Basingstoke

Shopping is becoming very challenging for many. The supermarkets assure us that there are enough goods to go around, they need time to restock the shelves. Please consider others and do not hoard goods – do you really need 48 toilet rolls?

At the time of writing we do not have an opening date for the new public house, The Holly Blue. The Rabbit understands final fitting out and staff training is in progress. Planning permission has been granted for a Lidl store on the site where the Argos store was situated. The local elections for Basingstoke and Deane Borough Council have been delayed till May 2021.

The effect of the current situation is going to have an enormous impact on many small businesses so please support our local advertisers.

On page 10 we are asking if any younger members of our community can help with delivering the Rabbit in the near future as many of our deliverers will have to isolate to protect themselves.

Above all, please take care everyone and stay healthy.

The Editor

Stop Press:

Due to the current situation, many of the events promoted in this edition of the Rabbit are now cancelled. The WI meetings for April, May and June are now cancelled. The Community Lunch scheduled for the first Wednesday of each month has been cancelled for April, May and June.

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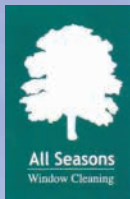
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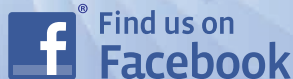
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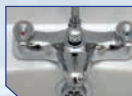
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HATCH WARREN WI

We were delighted to welcome Deborah Wheeler of Whitchurch Silk Mill back to our WI for our March meeting. Deborah demonstrated the art of painting on Chinese silk and we all had the opportunity to paint either a card or a scarf. Five of our members decided to paint a scarf and created wonderful individual pieces that I am sure they will treasure. Those members who chose a card were also able to demonstrate their artistic flair and with several different illustrations and paint colours to choose from – every card was different.

Our membership continues to grow and it is very encouraging that members are bringing along friends to introduce them to all the benefits of the WI. As well as the monthly meeting we have various social events which this month include visits to the Create-It Exhibition at Farnborough, The Mary Rose in Portsmouth, and the Basingstoke Fire Station. We have two theatre trips planned this year one to Riverdance and the other to see White Christmas both at the Mayflower in Southampton. We have a regular craft group which meets once a month and we are also introducing a monthly coffee morning.

Our next meeting will be on Thursday April 2nd when our speaker will be Steve Herra whose talk is "Cunard History and Glamorous Stars". This will be a must for all cruise lovers. 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 Lynnette on 07824 535868 or look at our page on the Hampshire Women's Institute website. Alternatively, just come along and join in the fun, you will be made very welcome.

COUNCILLOR'S UPDATE

HELLO. At the invitation of the editor, I have taken over writing this contribution to the 'Rabitter' given that Terri was planning to stand down from the Borough Council in the May elections. I hope I can do the job as well as she has for many years. Ironically, as I write, it looks as if the elections have been postponed until 2021 as a result of the Corona pandemic.

ANAEROBIC DIGESTER:

At the latest meeting of the Digester liaison panel, there was a 'robust exchange of views' regarding the odour problem. Residents were concerned at press comments that suggested that their complaints could not be verified. That said, it was clear that the Environment Agency had intervened and work was being done to address the problem. Significant changes to the biofilter should have been completed by the time you read this, and other alterations are being made to the underlying design. Work is expected to complete by the end of April, but the most significant improvements have already been made. Residents will be able to tell next time there is a still day: recent storms and windy weather will have blown away any odours before they became a problem.

BEGGARWOOD SURGERY:

The recent Patients' Participation Group received another positive report from North Hampshire Urgent Care, the new operators. With the recruitment of a new Practice Nurse, the nursing side of the service is now up to full complement. The waiting time for routine appointments is now shorter than other local practices. In another sign of the new management being more outward looking, the practice will now be issuing its own reports to this and other community magazines as well.

BRIGHTON HILL ROUNDABOUT:

One of the major bottlenecks on the A30 corridor into town is the Brighton Hill roundabout. At its annual budget meeting, Hampshire County Council allocated £20 million for improvements.

GOLF COURSE APPLICATION:

It looks as if the decision on the Golf Course is not now being scheduled for April. A new date is awaited.

BRIGHTON HILL COMMUNITY COLLEGE:

Congratulations to Chris Edwards and his team as the school has filled all its places for next September, with some applicants having to be disappointed. Nothing demonstrates better how a school is regarded than the number of parents who choose to send their children to it.

Stephen Reid

County Councillor, Basingstoke South West
07976 310206

Basingstoke Blues Club

BBC3

www.facebook.com/groups/BasingstokeBluesClub/

in association with the Basingstoke Railway Social Club
Station Approach, Basingstoke RG21 5NB presents

Saturday 16th May

Steve 'West' Weston's Bluesonics

Rex's birthday bash.

The Bluesonics are described as one of the most authentic Blues bands of the UK and are fronted by the exceptional vocalist, Steve 'West' Weston, who is said to have a pretty solid claim to being the U.K.'s top harmonica man and also excels on the piano. He has featured on 'Later with Jools' and has worked with Roger Daltrey. This line up is described as amazing, so don't miss this opportunity to see them!

All welcome - 8pm till late - £8 on the door. Licensed bar and Low Prices.

Profits to Brain Tumour Research - Charity number 1153487.

Future date: Possibly Saturday 13th June, watch the Facebook page or The Library notice board.

WHAT'S ON – APRIL

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.

1 April	Community Lunch, 12.15 Café in the Park
5 April	St Michael's Hospice Farleigh Wallop Woodland Walk
16 April	Laughter House, Apollo Hotel
5 April	Palm Sunday
9-16 April	Passover
10 April	Good Friday
12 April	Easter Day
13 April	Bank Holiday Monday
23 April	St George's Day
24 April	Ramadan

Future Events

8 May	Early May Bank Holiday
14 May	Laughter House, Apollo Hotel
16 May	Lager Festival, Hatch Warren Community Centre
25 May	Spring Bank Holiday
21 June	Father's Day

REGULAR EVENTS

Hatch Warren W.I., 1st Thursday each month 8.00pm
Community Centre (contact Lynnette Ingram 07824 535868)

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

Old Down & Beggarwood Wildlife Group,

Meet every Thursday 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.hwrnners.co.uk

RAMBLERS ASSOCIATION

The North Hampshire Downs Ramblers group is part of the Ramblers Association. We walk mostly in Hampshire and the surrounding countryside. In the last few months our group has enjoyed both walks and social activities, including a Ladies' lunch at Christmas, which was very well attended. The group are also currently organising a walking holiday around the Isle of Wight. We have had a very wet and muddy Winter and are looking forward to some better weather in the Spring

The group walk on Tuesday, Saturday and occasional Thursday walks which are sometimes a bit shorter for those who do not want to walk the longer distances. The walks cover areas in and around Basingstoke as well as sometimes going further afield.

On our Tuesday morning walks, which are typically 6- 7 miles, we continue to attract many walkers. Even although in recent weeks the conditions have been very poor, with lots and lots of mud, we continue to get out there and walk. Some of the walks

have been more urban to give us a break from the mud and puddles.

Our Saturday walks tend to be longer, with fewer walkers, and can sometimes take most of the day. This last quarter our walks have included walking around Bramshill Forest, Kintbury, Banbury and we enjoyed paddling through a very flooded road in the Winchfield area. Roll on Spring!!

Our Thursday walks have included walks around Basingstoke Canal and Tadley.

As well as the walks, the group also enjoys social activities, this includes an Annual Summer Picnic, Boys' lunches, and Ladies' walks and lunches, and the group occasionally organise weekends and days away.

The group have an active path patrol group, who report problems to the local council and also do some work on the paths, which can be as varied as checking waymarking and replacing waymarking discs, minor clearing or even repairing stiles and gates.

To date this group has replaced 20 plus gates in conjunction with the local council.

If you are interested in finding out more about the North Hampshire Downs group, there is more information on our Website. www.northhampshiredownsrnblers.org.uk

If you are new to walking and want to give us a try, or already walk, you would be given a very warm welcome by the Group. We hope to see you soon!

If you are interested in joining the Ramblers we suggest you come along for a couple of walks with the group first to get a taster. Membership details are available from the Ramblers' national website: www.rnblers.org.uk. As a member of the Ramblers you can also access walks by other groups, the rambler's website will give you information on walks within a specific radius of your postcode, so you can walk with other groups if they are more suitable on a particular date

Ramblers Charity England & Wales No: 1093577 Scotland No: SC039799

BREATHE EASY

Asthma UK and British Lung Foundation Partnership Support Group

It's easy to feel down when suffering from a chronic illness. Check out blf.org.uk to find some uplifting blogs and vlogs from other people with chronic lung conditions to see how they have improved their life and wellbeing.

Local news

Our February meeting was well attended, we were happy to meet some new members.

The guest speaker was Claire Gill, a Macmillan dietitian.

Claire talked us through the minefield of misinformation about good and bad foods to help reassure us about healthy eating. A good helping of common sense, eating a variety of foods including plenty of vegetables, sensible portion sizes and occasional treats was the main point. Advice for poor appetites, dry mouths and other complications caused by our lung conditions was freely given. Including to enjoy our food.

Two ladies from the Respiratory Team from Southern Health NHS Foundation Trust came along to meet our members. They will be giving talks and answering questions throughout the year.

Trish, our friendly fitness instructor, put us through ten minutes of chair exercises. Using resistance bands Trish taught us some simple exercises we can manage at home.

It was a busy day, tea break flew by with people chatting to friends and adding their names to lists for forthcoming outings.

Next Meeting

You will be welcome to come along to The Shaftesbury Room, Christ Church, Reading Road, Chineham, RG24 8LT 2pm on Tuesday April 28th

Our guest speaker will be Peter Jones from Neighbourhood Care

Meetings are held on the last Tuesday of every month except December.

RESTAURANT REVIEW

THE HOGGET London Road, Hook, RG27 9JJ 01256 763009

Without a doubt, the best fish pie ever! This was Madam's conclusion and because it was a generous size she was forced to leave some of the mashed potato topping. It was full of cod, salmon and shrimp. And the side vegetables, verging on al dente, of large carrot battens over shredded cabbage were great as well.

She had started with calamari in a tempura batter and a dish of tartar sauce while I had Palma ham with blue cheese wrapped around a green fig accompanied with a small salad. Delicious.

My main course was also a pie. The specials today, in this British Pie Week, included chicken, mushroom and tarragon but I had the chunky beef cottage pie with cheese topped mash. It was really tasty and I also had the same vegetables.

A pint of Birra Moretti lager and Madam's usual diet tonic with ice and a slice could have been supplemented with the complimentary bottle of tap water. The two flat white coffees were tasty too which came with a chocolate mint.

There are changes to the extensive menu daily, which are posted on their web site. A simpler lunch time offering of various sandwiches is available as is their fairly short dessert menu.

The Hogget is at the traffic light junction on the A30 just past the Basingstoke Country hotel on the way to Hook. It is a cosy, welcoming pub that offers an extensive and high quality food selection for reasonable prices. Our bill today was £55.75 plus tip which we thought to be good value for money considering the quality of food we had enjoyed.



COUNCIL INTRODUCES FINES FOR IDLING MOTORISTS

It's not fine to idle – that's the message from Basingstoke and Deane Borough Council who is set to introduce new powers to penalise motorists idling their vehicles.

The council will issue fixed penalty notices to those motorists caught idling while stationary on a public highway from Monday 23 March.

The notices will be issued by the council's civil enforcement officers, community safety patrol officers and environmental officers while carrying out their normal duties.

The £20 fines will be a last resort and a notice will only be issued when a motorist refuses to switch off their engine.

It's been over a year since the council launched its Clean Air Campaign encouraging people in the borough to reduce air pollution by using their vehicles less, to stop idling their car engines and to think about the ways in which they can reduce pollution in their own homes.

The campaign has seen the council and partners work with local schools to encourage parents and children to travel to school differently, reduce idling outside the school gates, work with taxi drivers to reduce idling and encourage the use of ultra-low emission taxi vehicles.

Together with partners including Hampshire County Council's school travel team, Basingstoke Clean Air Campaign and Stagecoach, the council has also supported awareness and education events giving out over 5,000 anti-idling stickers to motorists to place on their car windows.

Cabinet Member for Environment and Enforcement Cllr Hayley Eachus said: "Leaving your engine on while waiting in your car contributes to unnecessary emissions that affect levels of air pollution and greenhouse gases. Many motorists are simply not aware they can make a difference by switching off their engine while waiting.

"Our primary objective is to raise awareness and educate motorists to switch off their engines while waiting, but it is also important they understand that vehicle idling is an offence. These powers enable us to issue a fixed penalty notice for a fine of £20 and these will be issued by our officers when required."

For more information on the new powers and what they mean for motorists, why the council is tackling engine idling, information on the Clean Air Campaign and myth busting visit www.basingstoke.gov.uk/clean-air

BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

On arrival at the meeting held on Wednesday 4th March members were greeted by Richard Marmoy from Basingstoke Neighbourcare with a display of the work they carried out in the area. There was then a chance for people to test their memories with a photographic competition organised by Martin Bishop which was based on trips that had been taken during the past year. The Group then held their AGM which was attended by 45 members and 1 visitor. The Chairman opened the meeting by welcoming everyone and commented on the help given to him by both the members of the committee and all the 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 and ensuring financial stability. The Secretary, Treasurer, Membership Secretary and Welfare Officer all gave their reports and the officers and committee members for the coming year were appointed.

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,

Speaker Secretary - Maggie Hatton.



Following this we had a talk from Brenda Pullen of Hampshire County Council's Connect to Support Hampshire. She explained that their work was to bring together as many aids and give as much advice as possible to adults in the county. The main source was their web site www.connecttosupporthampshire.org.uk which had a number of sections including Information and Advice, Community Directory, Care Options and News and Events. Within these headings were numerous options to find out about almost anything that was available to everyone. Further information in the form of literature and directories was also available at libraries.

Bookings are now being taken for the trips to - Hatfield House on Thursday 23rd April, Afternoon Tea at BCOT on Thursday 30th April and A Day at Newbury Races on Friday 15th May.

The next meeting is on 1st April when we will have a talk called "Amdram" from Mike Brooks. 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

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PROBUS HEARS FROM LOCAL AUTHOR AND RACONTEUR

The ability to engulf an audience in laughter is a real skill which Mel Rees easily displays. He was the guest speaker at the latest Probust Club meeting and yet just spoke off the cuff. He had nothing but his memory to rely on as he thoroughly entertained everyone. There was no specific topic despite his talk having the title "My Family and Other Setbacks" as he gave anecdote after anecdote about his observations of life.

It is not surprising he has been passed on from one club to another so these days he gives over 200 talks each year across the south east of England, sometimes two a day, driving over 30,000 miles in the process. And what good value he gives as he passes from one topic to another with always the amusing aspects of life's experiences coming to the fore.

Living in AshVale, or, as he describes it, Upper AshVale in Surrey, with a posh GU postcode,

he therefore asserts he cannot catch the Coronavirus and is most disparaging about the neighbouring conurbation of Aldershot. When he had to use a mobile medical unit he asked the nurses if next time instead of using the Tesco car park that they use the one at Waitrose as they would get better quality patients.

A multi faceted individual he acts as a tour guide at the Hoggs Back Brewery and finds it amusing when talking to the visitors, if they hesitate before answering, he knows they lie about where they live. Reigate instead of Redhill, near Horsham instead of Crawley, Hove instead of Brighton – it becomes a double barrelled name of Hove Actually, West Camberley instead of Blackwater.

He has written several books which mirror his view on life and its vagaries especially about politics and his view of Guardianista readers and PC attitudes. His nomme de



plume is Anthony Mann and despite having one book as the Daily Express book of the month he could not get any literary agent or publisher interested in his outpourings. He had no option but to self publish and set up The Trouser Press. Today several of his books are on their third printing. Naturally all editions were on sale so a steady trade was carried out. But they can also be purchased on Amazon or downloaded as an E-book.

See www.probusbasingstoke.club

ANYONE FOR BOWLS?

Loddon Vale Indoor Bowling Club

Why not get into indoor bowls?

It's friendly, it's fun and it will help keep you fit. Free trial session!

Why not try one of our every Wednesday free taster sessions 12 noon-2.00pm and 4.00pm-6.00pm

Basingstoke Leisure Park, Churchill Way West, Basingstoke, RG22 6PG

Tel: (01256) 356507

E-mail: info@loddonvaleibc.co.uk

Howard Park Bowls Club

We are always looking for new or experienced bowlers. If you are interested in meeting new people and taking up a very sociable sport, we are holding an open weekend on 2nd and 3rd of May so why not come along and give bowls a try. There are plenty of bowls woods in various sizes available and we have coaching members to help you get started.

Since updating the clubhouse in Russell Howard Park, we have opened up our building to the community as a part of our agreement with the council. If anybody is interested in using the facility for meetings, parties etc. please contact Mike Murzell on 01256 41301.

Basingstoke Croquet Club

Bowls – a game for old men in cloth caps? Definitely not. Bowls is a game for anyone of any age and needs skill and guile if you're to win.

There are several bowls clubs in Basingstoke but only one where you can play two completely different games – bowls and croquet. We, at the Thornycroft Bowls Club in South Ham merged with Basingstoke Croquet Club a couple of years ago and now offer both sports virtually every day from early April until September.

We play in local leagues and members can also play in representative matches for Hampshire.

Learning bowls is not difficult and we welcome members of all ages and both sexes.

We have qualified coaches and a very friendly atmosphere where everyone is valued.

If you fancy having a go at either bowls or croquet come along to one of our Open Days on 18 April or 9 May (10.00am to 4.00pm) and, for bowls only, 25 April from 2.00pm or any Tuesday evening from 6.00pm from the 28th April.

We have a comfortable Club House and bar (which can be hired by other groups in the winter period). To find us use the

postcode RG22 6PT just off St Andrew's Road. Further details and contacts are on the Croquet Club website at www.basingstokecroquet.co.uk

Old Basing Bowling Club

With summer just around the corner why not try a new sport?

Lawn green bowls is a popular sport for all ages and abilities played in lovely surroundings at the Old Basing Recreation Ground.

We have three Open Days at which beginners and interested bowlers are warmly invited to give bowls a try free of charge, see our great club facilities and mix with our friendly club members.

The Open Days are on Saturday 11th April, Sunday 12th April and Sunday 19th April from 10am – 2pm.

For further information, please contact Maurice Hockley on 01256 421867 or check out our website at www.oldbasingbowlingclub.co.uk



BOOKWORMS FEBRUARY MEETING

In February we welcomed the author Helen Matthews to The Cafe in the Park with the biggest attendance at the club so far. Helen told us about her life as a writer. As a child she loved writing and continued to write short stories and articles throughout her working life. When she decided it was time to retire from work and pursue her writing, she attended Oxford Brookes University and studied for an MA in creative writing. As a group we had read 'After Leaving the Village' which is a thriller highlighting the problem of people trafficking. We were all very interested to hear how Helen got her initial ideas. This book won first prize in the Winchester Writers Festival. There were lots of questions from the Bookworm members, with Helen giving us lots of hints and tips about writing a successful novel. Everyone enjoyed an interesting and very informative evening. Many thanks to Helen for generously giving us her time.

Next month our meeting will be held virtually it is on 25th March 7.30pm and the title is 'The Rosie Project' by Graeme Simsion. April's book is 'The Beekeeper of Aleppo' by Christy Lefteri. Please do get in touch with beggarwood.bookworms@outlook.com or our facebook page. If you would like to come along and join us, we have a growing community of bookworms and we can help each other at this time.



Read Easy launched in Basingstoke last July to provide a free, confidential, one to one coaching service for adults who, for whatever reason, are unable to read or who struggle with their reading. We have had a very busy time with the initial recruitment and training of volunteers for coaching and our management team, as well as publicising our service to help those adults in the area who are in need of it.

The sad reality is that 2.4m adults in the UK cannot read, while 2.5m struggle to read, an estimated 7,000 in Basingstoke alone. On a practical level, this means that even carrying out everyday tasks can be challenging, if not impossible - for example, never going to the doctor as it is too embarrassing to have to read and fill in forms. Being unable to read and write is often associated with depression, isolation, homelessness, crime, low self-esteem and mental health issues.

Last weekend was a milestone for us - we were delighted to have our first two readers complete manual one and are they are now moving onto the second stage of our phonetically based reading programme. We are so proud of them for working so hard and achieving so much in such a short time. They were both absolutely delighted to be presented with a certificate for their achievement, and described in very moving terms the difference that being able to read has made to their lives.

If you know anyone over 18 who is unable to read or who struggles to read, do please encourage them to make contact with us either by phone on 07952 450789 or by email basingstoke@readeasy.org.uk. We are here and have trained coaches ready to help.



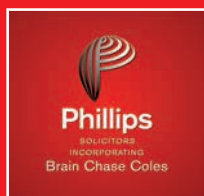
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HAYMARKET FAMILY MEDIATION



Sheila Parkes

Separation and divorce usually involve a major crisis for a family where emotions can run high, especially if there are children to consider.

However, with mediation it can be handled calmly, where both sides work together to find the best solution for them and their children.

Sheila Parkes, who heads Haymarket Family Mediation at Phillips Solicitors incorporating Brain Chase Coles, believes mediation is one of the most sensible and cost-effective ways of resolving family problems when a relationship has broken down as it provides clients with a safe environment for them to meet with a neutral experienced mediator who will assist them in finding a resolution that works for them both.

In fact, for the majority of people, mediation is a quicker and cheaper option for resolving family difficulties than going to court, where the outcome can never be accurately predicted. Sheila believes separating couples are the best people to make the decisions that will affect their future and that of their children rather than a judge imposing a decision.

Sheila says "In my experience mediation is an effective way of resolving issues in a dignified, respectful, constructive and co-operative manner.

Mutually acceptable solutions can be found even in the most difficult cases, whether the disagreement is about child-care arrangements or how the family assets should be divided."

Sheila and her team at Haymarket Family Mediation are based at Town Gate, 38 London Street, Basingstoke and can offer mediation with clients together, by shuttle (where each client is in a different room), or even by skype – whatever suits the clients more. Sheila is also qualified to see children as part of the mediation process in appropriate cases.

Haymarket Family Mediation is approved by the Legal Aid Agency to offer Legal Aid for those who qualify financially. This is a welcome benefit to clients who may otherwise have nowhere else to turn to for help. Mediation can also be used for cross generational issues such as grandparents.

If you feel that mediation is right for you or to find out more information, please contact Sheila by emailing sheila.parkes@phillips-law.co.uk or by calling 01256 460830.

Details about Haymarket Family Mediation can be found by visiting www.phillips-law.co.uk/haymarket-family-mediation

Café in the Park

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

Opening Hours
Wed-Fri 10am - 2pm
Sat-Sun 10am - 4pm

WHAT'S ON APRIL-JUNE

Beggarwood Bookworms Wed 29th Apr, 27th May, 24th June @ 7.30-9.00pm book a space via Facebook or email Beggarwood.bookworms@outlook.com

Community Lunch 1st Wednesday of every month 12.15-1.45pm 6th May, 3rd June,

Health Walk 1st and 3rd Wednesday of each month @ 11am

Friendly Craft Group 'Card & Cuppa' Friday morning from 10.30-1.00

Pop up Play Village Sat 11th Apr, Sat 9th May, Sat 13th June 10.00-11.15am Book direct via Basingstoke@popupplayvillage.co.uk

Quiz night Friday 5th June 7.00 for 7.30pm start, £5 per team member, teams of 4 or 6

****Soup Friday .. enjoy delicious homemade soup & French stick every Friday £3.50****

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Meetings & Training

Book via Hatchwarren Centre
EMAIL: office@hatchwarren.org

Friendship Friday

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Join us for board games, craft activities, and a natter!



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HATCH WARREN UNDER FIVES

March was a busy month at Hatch Warren Under Fives, with lots to celebrate. We painted hand print daffodils for St David's Day; St Patrick's Day passed in a haze of green crafts and shamrocks and we also took part in World Book day – it was wonderful to see the children coming into preschool dressed as characters from their favourite books. The children also had the opportunity to take part in our Holi Hindu celebrations. This is an ancient Hindu festival, known as the festival of colour, it welcomes the arrival of spring and celebrates the end of the winter. The children had a great time paint and powder splatting with lots of colours as part of our celebrations. We celebrated Mother's Day with Mums and female family members coming into preschool throughout the week to play with their little ones and enjoy some special Mother's Day treats.



And with Easter just around the corner, we've had lots of Easter arts and crafts too. Our role-play area has been busy over the last few weeks, we've had goldilocks and the 3 bears and we've also had a campsite in the role play area. The campsite was a



great source of excitement so we doubled it up as a base camp for our mini beasts adventures too.

Our children are fast becoming little experts in makaton – they've been learning a "makaton word of the week", we are also continuing with our weekly yoga sessions and science experiments.

Our older children will be learning which primary school they are going to over the Easter holidays, so we are eagerly awaiting to hear the big news when we get back to preschool after the holidays. Next term we will begin our preparations for the children's transition to big school. We will start by giving the children lots of mark making opportunities and activities that strengthen little hands for handwriting. Our older children will be focusing on writing names and the numbers 1-10.

Wishing you all a very Happy Easter!

WE ARE ENROLLING NOW FOR SEPTEMBER 2020 – to book a visit or to enquire about a space at Hatch Warren Under Fives, please contact Angela Blomquist, Manager; on 01256 322788, or email preschoolmail@aol.com.

We also manage a sister preschool, Kempshott Under Fives, located a short distance away at St. Mark's Church in Kempshott.

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

CANDOVER VALLEY PRE-SCHOOL

Hello from CVP

The children have just taken part in an Usborne Books 'sponsored listen' for World Book Day. This has meant we can purchase some fantastic new books for pre-school with the funds raised from this event. The children also had great fun dressing up. It was great to see so much creativity involved in the outfits and the children being so proud to share some of their favourite stories with us.



Over Easter period the children will be creating chocolate egg nests and decorations as well as taking part in some egg hunts, finding numbers as well as eggs and of course chocolate! Also coming up is our next farm visit to see the lambs at the end of March and our annual Easter Egg Hunt!

There is always a lot going on at Candover Valley Pre-school and you are very welcome to visit us at our Open Sessions or at a time that suits you better.

We firmly believe that Early Years Learning is imperative and beneficial to all children. We provide a nurturing environment for children to grow and explore the wider world around them. Candover Valley Pre-school has recently achieved and retained their Outstanding Ofsted status which is an incredible achievement for all involved who continue to provide a safe and friendly pre-school!

Our forestry sessions run termly on a Tuesday morning at our off-site forest location on the Sainsbury's Estate opposite preschool. Our forestry sessions are led by our pre-school team and have become an integral part of our Early Years Learning. It's an amazing opportunity for the children to embrace the great outdoors by building dens, finding insects, exploring the woods, talking about weather and building friendships while doing all of the latter.

We offer optional French and Drama Tot sessions every Wednesday led by external sources as an added extra for your little ones. Both of these sessions have become hugely popular and have worked wonders in boosting confidence, oral skills, and imagination.

Candover Valley Pre-school enjoy farm visits, woodland walks, cookery, mud kitchen and much more to enhance the children's pre-school experience.

We offer places for children from 2 years onwards. Our opening hours are from 8:30am until 3:15pm Monday to Thursday, and 8:30am until 11:45am on a Friday.

Please follow us on Facebook and Instagram for all our news and upcoming events!

Lisa Collisson

01256-389008 cvpadmin@btconnect.com

CUCKOO MEADOW PRESCHOOL

Rathbone Pavilion, Church Road,
North Waltham, RG25 2BL

Hello from all at Cuckoo Meadow Preschool!

With spring upon us, our little nature explorers have been having lots of fun learning all about spring growth and change. They have been enjoying lots of countryside walks; spotting signs of sprouting new life around the Cuckoo Meadow fields and exploring the beautiful blooming flowers around the village. The children can now confidently identify snowdrops, daffodils and crocuses.

As well as making some lovely blossom tree crafts, the preschoolers have been discussing baby animals that are born in the spring such as lambs and bunny rabbits. We have also taken a more in depth look at the lifecycles of frogs and chickens. This has led to some beautiful choruses of 'Five little speckled frogs' as well as the kids asking some tricky questions about what comes first the chicken or the egg!

We will be finishing the term with a visit from a very special guest, the Easter Bunny who will lead the children in our annual Easter Egg hunt.

There are still some spaces available at the Ofsted Outstanding ranked pre-school which is located just 10 minutes' drive away in the beautiful rural village of North Waltham. Please contact Jo or Fiona on 01256 398172 to find out more.

Hayley Thomas

Puddleducks Baby and Toddler Group

We are small, friendly group of local Mums, carers and grandparents who meet every Wednesday during term-time, 9-11am in the Rathbone Pavilion. We love to see new faces so come along and join us for free play, craft, stories, songs and a snack. Just £2 per child and 50p for any siblings.

Alice Crocker

SHOOTING STARS

Old Down Hall, Kempshott Lane
07900 600243 shootingstarsnurseryschool@gmail.com

Teacher led setting

Our big March news is that we now take children from the age of one.

We are extending our popular March special offer – any children joining us between now and the end of May will receive 25% off their first three months fees.

If your child is eligible for 15 hours or 30 hours funded, we have spaces available so come and see us in action and hear why we're different.

Home learning – why not try making gloop with cornflour. Cheap activity which will keep children engaged for ages! Mix cornflour with a little water (and food colouring if required) to produce a gloop that is both hard and runny at the same time....weird...!

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:

1. 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. Inglewood Drive
6. Maplehurst Close; Woodstock Mead; Malham Gardens and Roseberry Close

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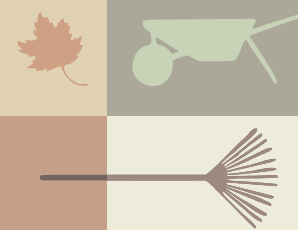
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VE-DAY !

Victory in Europe 8th May 1945



**Dandelions Pre-School Danebury Road Hatch
Warren**

VE-Day 70th Anniversary event

Saturday 16th May 2020

1.00-3.00



Punch & Judy
Various stalls
Tombola
Adult Tombola

Tin Can Alley
Face Painting
Cake Sale

Hook A Duck
Teddy
Refreshments

Raffle Prize Draw and lots more!!!



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

HATCH WARREN COMMUNITY CENTRE COACH TRIP TO TINA TURNER THE MUSICAL



THURSDAY JUNE 11th - 7.30PM
ALDWYCH THEATRE LONDON
Good Stall Seats

Coach departs at 4.30pm from our car park
Tickets cost £65per person (INCLUDES COACH)
Deposit £40 due by 23rd March
Balance £25 due by 25th April

This trip is open to all members of the public
Tickets are non refundable

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

40 seats must be sold for trip to go ahead

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

Hatch Warren Community Centre

LAGER Festival

Prosecco,
Wine, Ale &
Cider too!!

Hot Food
by Global
Kitchen
Catering



Saturday
16th May
7-11pm
ADULTS ONLY



www.hatchwarren.org / 01256 811262

This event is being held as a fundraising event for Hatch Warren & Beggarwood Community Association
Charity No 1161117. Tickets non-refundable



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FRIDAY NIGHT TERM TIME YEARS 6-8 YOUTH CLUB

ACTIVITIES (see below)

Programme 6.00 to 7.45pm

3rd Apr	Easter egg hunt, tattoos and waffles
10th Apr	CLOSED FOR GOOD FRIDAY
17th Apr	Man hunt and hair chalks
24th Apr	FUNDRAISING NIGHT plus a visit from The Wildlife Trust
1st May	Wildlife Trust visit, tile painting and refreshing mocktails
8th May	CLOSED FOR BANK HOLIDAY
15th May	Human hungry hippos, relationships quiz and build a burger
22nd May	Dodgeball, stress ball making and doughnuts
29th May	Table Tennis, Bingo, chocolate bar milkshakes

FREE ENTRY FOR ALL YOUNG PEOPLE

Hurrah, spring is here. It's not as dark, it's not as cold and (we hope) not as wet, meaning we can get outdoors and do so much more.

We have many exciting things coming up including not one but two visits from the Wildlife Trust, Nerf Fights and of course Human Hungry Hippos. Plus lots of delicious food to buy and so many crafts for you to try out!



This past month we enjoyed a blindfolded obstacle course, slime and face paints, whilst drinking all the yummy milkshakes, snacking on nachos and making our own pitta pizzas!



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

FRIDAY NIGHT TERM TIME AGES 13+

OPEN ACCESS & HEALTH HUB

Health Hub Programme - 8.00 to 9.30pm

We are open Fridays 8.00-9.30pm 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:

Friday 3rd April - Healthy Relationships

Friday 1st May - Eating Disorders Awareness

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

Fundraiser Reminder

You may remember that Storm Ciara took her temper out on our lovely gazebo. This wasn't just any gazebo! It was a metal structure that is used year-round and helps us allow more young people into the centre, without giving up any of the fantastic crafts we offer.

We are holding a fundraiser towards buying a new one for our young people on Friday 24th April. There will be Zorb Balls and Sumo Suits for a donation of £1 a turn, as well as Tattoos and Nail Painting at £1 each. We are also going to be holding a Cake Sale that night with many delicious cakes.

So please bring your pennies to help us get the gazebo replaced in no time!



A big thank you to everyone who has donated towards replacing the gazebo already. We are overwhelmed by people's generosity.



OLD DOWN AND BEGGARWOOD WILDLIFE GROUP

Just a reminder - the Group is having its AGM at Old Down Hall on Tuesday 7 April starting at 7:30 pm. Come along for refreshments (tea, coffee and cake) and a short presentation showing photographs of a member's wildlife trip to Romania. Please come and, perhaps, consider joining as a member – it is only £5.00 per annum. New committee members are most welcome.

There are regular weekly work parties on Old Down but for some time the Group has been unable to get enough volunteers for a work party on Beggarwood. However, the Group is very pleased to advise that a work party is soon to start up on Beggarwood. There will be more information at the AGM and on the website

Last year the Old Down work party planted 12 new gorse plants. 2 have sadly failed but the others are flourishing and one has even flowered this spring. Early bees (like the *Bombus terrestris* and the *Andrena nigroaenea*) can be found on gorse and on primroses - which are flourishing on the nearby grassy bank (again planted by the Group).

New gorse

Bombus terrestris

Andrena nigroaenea



Work Parties

For Old Down, we meet outside Old Down Hall every Thursday 10-12noon. But always check our website just in case there is a cancellation or change. Beggarwood work parties will be restarting very soon. If anyone is interested in joining either of the work parties just come along or contact the Group to discuss. Besides getting a bit of exercise, the work parties are a lovely opportunity for a good old chat!

www.olddownandbeggarwood.org.uk

Email: odandbwd@gmail.com

Stroke Prevention Day 16th May 2020



For every 10 people diagnosed with high blood pressure, seven remain undiagnosed and untreated – that is more than 5.5 million people in England alone. Knowing Your Blood Pressure helps people to understand the link between high blood pressure and stroke, as well as other risk factors and, crucially, what they can do to reduce their risk of having a stroke. Stroke Prevention is one of several health and wellbeing campaigns that Rotary clubs across Great Britain and Ireland are involved in. We will be holding our Stroke prevention day on May 16th when we could be taking your blood pressure and giving advice.

Signs of stroke - FAST

Face: Can the person smile? Has their face fallen on one side?

Arms: Can the person raise both arms and keep them there?

Speech problems: Can the person speak clearly and understand what you say? Is their speech slurred?

Time: If you see any of these three signs, it's time to call 999.

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

Twitter: [@RBstokeDeane](https://twitter.com/RBstokeDeane)



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• • • • • SPIRITUALLY SPEAKING • • • • •

• More than just Easter Eggs? •

• As you read this article many of you may have been affected •
• by the coronavirus or know someone who has. We are facing •
• a difficult time in our community, country and world, the likes •
• of which we will not have experienced before. People are •
• naturally anxious at this worrying time and concerned what •
• the impact will be for them and their families. It is a particular •
• concern for the older people in our community. At Immanuel •
• church we are aware that there will be people who will •
• need to self-isolate for a variety of reasons. This may lead to •
• loneliness or the need for practical support. If the church can •
• help in any way please get in contact with me. This is a time •
• for us all to be good neighbours and support one another.

• We will soon be celebrating Easter where we remember •
• the death and resurrection of Jesus Christ. For many people •
• it is Easter eggs that symbolise Easter but from a Christian •
• perspective, the Easter egg came to symbolise new life in •
• Jesus, the empty tomb or, for some, the stone which was •
• rolled away from the entrance to the tomb. In Medieval times •
• the church painted eggs blood red as a symbol of Jesus. There •
• was also a festival of egg throwing in church, when the priest •
• would throw a hard-boiled egg to one of the choirboys. It was •
• then thrown from one choirboy to the next and whoever •
• held the egg when the clock struck 12 was the winner and •
• could keep it.

• The UK's first chocolate egg was produced in 1873 by Frys •
• of Bristol. Today Easter eggs come in all sorts of sizes and •
• packaging and my personal favourite is the Cadbury's Crème •
• egg. Easter has always been a special family time for me, •
• exchanging eggs, eating hot cross buns and Easter egg hunts.

• A verse from the Bible that has been an important part of •
• my life is, "For God so loved the world that he gave his one •
• and only Son, that whoever believes in him shall not perish •
• but have eternal life." John 3:16. It is a verse that I learnt at •
• Sunday school and it was also written on the large stained •
• glass window at my former church in Chandler's Ford. It is •
• a verse that has supported me through the many ups and •
• downs of my life. It is a verse that is important at Easter time.

• At Immanuel this Easter we invite you to join us at the •
• following services:

- April 5 - Palm Sunday 10am
- April 9 - Maundy Thursday service 7pm
- April 10 - Good Friday All Age worship and activities 10-11am
- Good Friday hour at the cross 2-3pm
- April 12 - Easter Day service 10am
- Easter is a time of new life and new beginnings, so may we •
• encourage a real sense of community here in Hatch Warren •
• and Beggarwood.

• Blessings,

• **Rev May** 07922 516761
• revmay@immanuelhwb.co.uk
• www.immanuelhwb.co.uk

RABBITER CONTACTS:

Editor: editor@therabbiter.biz

Advertising Manager:

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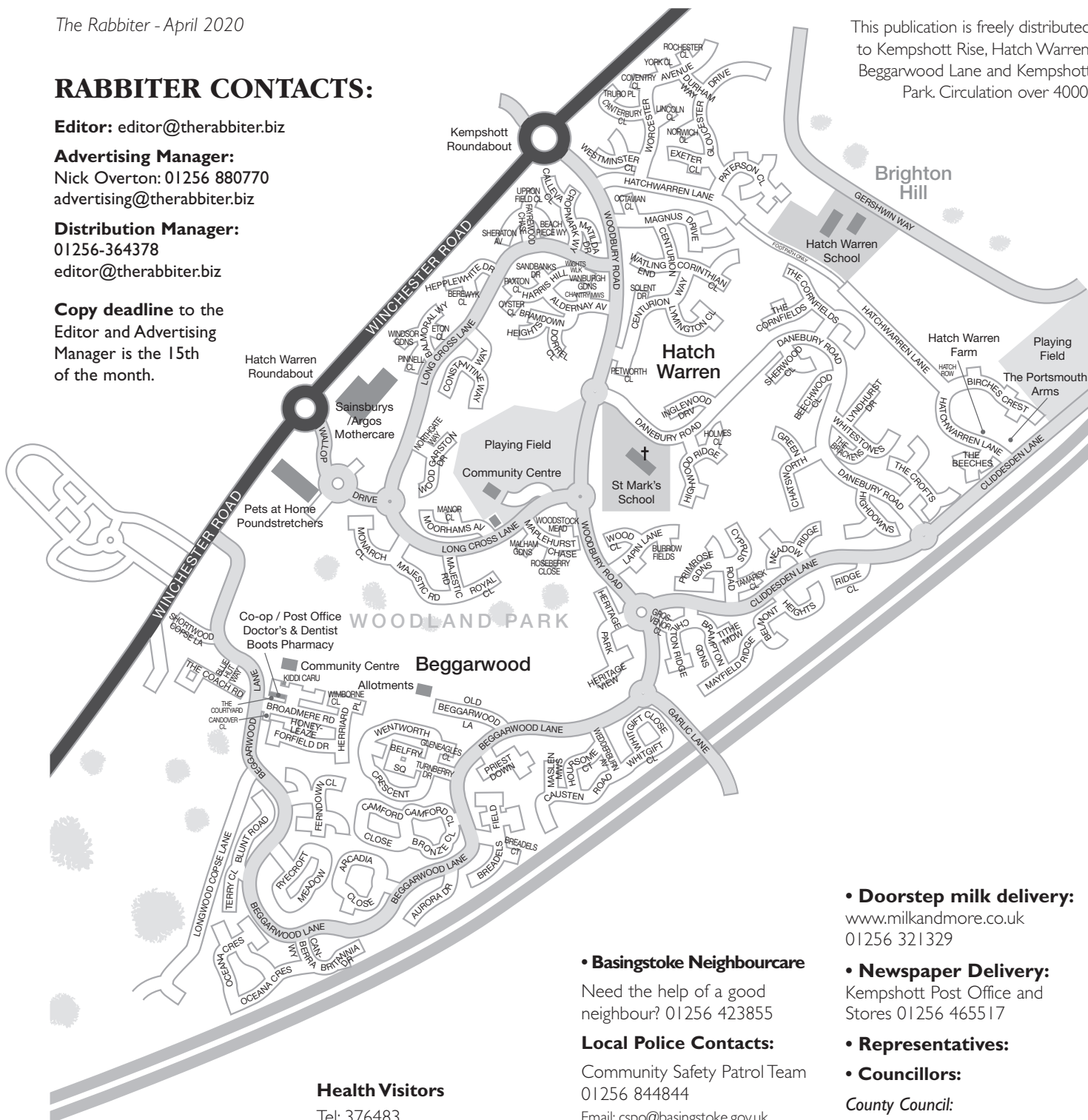
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See page 24

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Saturdays: 0640 0700 0720 0740 0800 0820 0840 0900 0915 0930 0945 1000 1015 1030 1045 1100 1115 1130 1145 1200 1215 1230 1245 1300 1315 1330 1345 1400 1415 1430 1445 1500 1515 1530 1550 1610 1630 1650 1710 1730 1750 1810 1830 1850 1910 1940 2010 2040 2110 2140 2210 2240 2310 2340 0010

Sundays: 0810 0840 0910 0940 1010 1040 1110 1140 1210 1240 1310 1340 1410 1440 1510 1540 1610 1640 1710 1740 1840 1940 2040

Buses will leave Sainsbury's

Monday to Friday: 0531 0601 0616 0631 0646 0701 0718 0731 0742 0754 0806 0818 0830 0840 0852 0904 0916 0930 0943 0958 1013 1028 1043 1058 1113 1128 1143 1158 1213 1228 1243 1258 1313 1328 1343 1358 1413 1428 1443 1458 1513 1528 1543 1558 1618 1638 1658 1718 1738 1800 1812 1837 1907 1937 2007 2037 2107 2137 2207 2237 **2307 2337 0007 (Thursday & Friday only)**

Saturdays: 0648 0708 0728 0748 0808 0828 0848 0908 0928 0943 0958 1013 1028 1043 1058 1113 1128 1143 1158 1213 1228 1243 1258 1313 1328 1343 1358 1413 1428 1443 1458 1513 1528 1543 1558 1618 1638 1658 1718 1738

1758 1817 1837 1857 1917 1937 2007 2037 2107 2137 2207 2237 2307 2337 0007

Sundays: 0836 0906 0936 1006 1036 1106 1136 1206 1236 1306 1336 1406 1436 1506 1536 1606 1636 1706 1736 1805 1905 2005 2105

No. 12 Service – via Brighton Hill) (No Sunday service)

Buses will leave Bus Station:

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Saturdays: 0750 0910 1010 1110 1210 1310 1410 1510 1610 1715 1815 1915

Buses will leave Sainsbury's:

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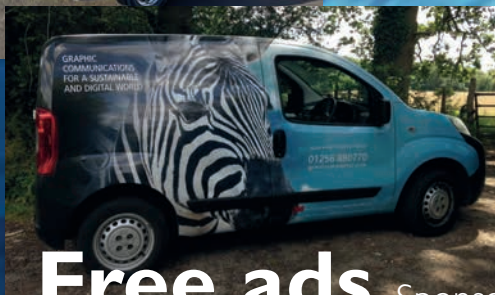
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THE NEW BEGGARWOOD SURGERY

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Things are continuing to improve and patients report much easier access to on-the-day and scheduled appointments and a much more relaxed atmosphere in general within the practice. The older waiting room chairs have been replaced, some with arms to allow those that need it help in getting into and out of them.

Other news is that the surgery is now trialing a new e-Consult service accessed via their web site (www.beggarwoodsurgery.co.uk). This will guide you through a series of questions to help you find the correct solution to your particular health query/problem.

The surgery website allows you to book appointments and request repeat prescriptions. Being able to ask for repeat medication in this manner is particularly useful as, from April the surgery, like others in Basingstoke, will not be accepting requests for medication over the phone - this practice is inappropriate and potentially dangerous as the requests are taken by non medically trained administration staff.

Of course you can still use the services offered by the local chemist to provide repeat prescriptions, drop in a request to the surgery, it can be dropped through the letterbox located beside the dentist surgery if we are closed, or even request a repeat via the post.

To use the on-line appointment and repeat medication service you will have to register with the surgery. This is a simple matter of visiting the practice and asking for the appropriate form, as well as taking with you some form of formal identification. This can be a current Passport or maybe a driving licence and local authority or utility bill (e.g. Council Tax, Water Bill, Gas or Electricity Bill). Once the request has been approved, usually within a couple of days, you will be sent an email from the surgery with instructions on completing your on-line registration.

Here is a short interview with Dr K Oshigo

I am very happy in my new role as Clinical Lead GP for The Beggarwood Surgery. In one of the first team meetings, I asked the staff what they want from the surgery and I got an amazing response: "kind, respectful,

inclusive", "deliver excellent patient care", "clean, welcoming, helpful", "professional", "holistic care" were some of the comments I received. I knew immediately the new team has its hearts and minds in the right place and that, working together, we can take the surgery to a high standard of clinical care, delivered in a warm and friendly environment. I want patients to know that they can always pop in to their family doctor for help and support.

We will introduce a range of new ideas to help improve the continuity of care for patients and will continue to strive for the best quality of care for local residents.

I have lived in Nigeria, Austria and the USA, before moving to the UK. I have worked as a UK doctor since 2006 and undertook my GP training in Guildford. This experience of living and working around the world has given me a broad perspective on life. I feel this helps me be an open minded and non-judgmental GP, who is able to care for everyone in the community no matter what their background.

When I am not working, I enjoy spending time with my wife and children. I like football, swimming, reading, playing chess and travelling.

This update is compiled by the Members of the Beggarwood Surgery Patient Participation Group. The Group (PPG) is open to all patients of the Beggarwood Surgery. If you would like to join us please either give your contact details to one of the Reception staff at the surgery, or fill in the online form on the surgery website. We welcome all new members.

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HATCH WARREN RUNNERS

Our 7th birthday and this year's AGM

It's 2020 and HWR has turned 7 years old. What started as a group of 10, has turned into more than 340 club members. We held our AGM on 24th February to reflect on the year and celebrate our members and all their wonderful contributions and achievements.

Our award winners were:



Jo Mills and Mark Brady – Committee award for outstanding achievement

Victoria Smith-Williams and Tim Hubbard – Members' award for outstanding contributions to the club



The Chairman's Award went to committee member Helen Brooker who was there on

the first ever club run. She has contributed significantly to supporting the club from the very beginning; including day-to-day support; new ideas for developing the club and keeping our financials in good order.

Running solo vs. running with others

Running on your own let's you set your own pace and can give you some much needed head space. On the other hand, training on your own for a specific race can be a little soul destroying. Getting out the door without a running buddy can be tough enough, let alone the mileage count down when every 0.1 miles can seem endless!

Running with a group can make you feel accountable; you're less likely to back out of a run if you've committed to being somewhere to meet people. Having someone by your side during a tough training session can be a total game changer and really push your performance; a little bit of positive peer pressure can really improve your pace. Also, it's easier to realise your 'comfortable conversational pace', if you're actually having a conversation! When the little voice in your head says "I can't go any further" it's helpful to have an actual person there who says "yes, you can!"

Joining a running club can be daunting – people often run for better mental health, including trying to relieve social anxiety and improve confidence so the thought of turning up to large weekly club runs and groups can be intimidating. When Hatchies are at our most visible, it's usually a sea of blue and yellow and you might think – "I'd love to be part of that!" or "those Hatchies are everywhere – that's a bit overwhelming!"

Whilst some club runs are larger and widely publicised on Monday and Wednesday club run days; people also make friends and choose to run in smaller groups at other times. The main thing is that the support is there, but you can always still choose to run on your own. Head space and time away from Hatchies is just as important. We are always there, ready and waiting, for when you need a running buddy; sometimes that's a couple of others, sometimes that's a group of 20!

If you're already running 5km or further and if you'd like to make contact about joining the club, but feel that initial step of being part of a club run is a little overwhelming, please contact the club by emailing enquiries@hwrnrunners.co.uk.

HATCH WARREN BEGGARWOOD CYCLING CLUB

Is Spring about to sprung?

HWBCC has grown and grown over the, nearly, 5 years that it's been in existence. During the spring & summer months we get an influx of new members who either haven't been on a bike for years or haven't ridden with a club and fancy a change.

Have you ever thought about joining a cycling club?

Have you thought about getting back on your bike?

There are loads of reasons why you should:

1. Get to know the area : During April, May, June & July, as well as organising some of the best weather (we can only hope), we've also planned some amazing rides around Basingstoke and the surrounding area.

2. Get to know new people : We have over 170 members and it's great to get to know people both on the bike and off it at our many coffee & cake stops!

3. Get Smiley : HWBCC isn't just about cycling... it's more about the community and the smiles that it brings to its members. Come sun, rain, snow, sleet, wind or whatever the weather throws at us, our members are always smiling.

4. Get healthy : As long as you don't eat too much cake, cycling can be beneficial to your health. Some of our members have lost loads of weight and some are probably fitter now in their 40s & 50s than they were in their 20s!

5. It's not just for the serious cyclist - we have cyclists of all abilities and our rides vary from distances of 8 miles to 50... so something for everyone.

One extra date for your diary... on the

13th April we have our EGGSCLENT Easter Egg Hunt



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.

Come ride with us!



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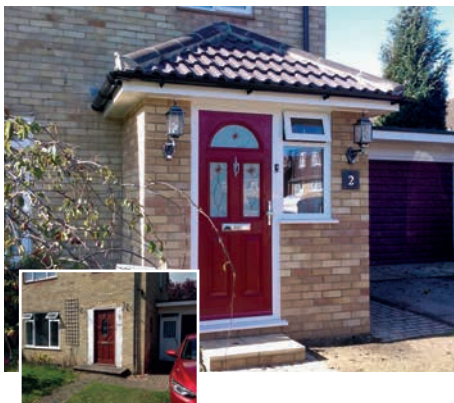
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