

# THE Rabbiter



Issue 269 March 2020



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- **HOSPICE WOODLAND WALK**
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## EDITORIAL

Spring seems to have arrived early. There are daffodils flowering in my garden, seeds sprouting in the propagators and the birds are getting busy building their nests. Hopefully the weather is starting to improve and so it is a great time to go for a walk. The Health Walk meets at 11am on the first and third Wednesday each month at the Café in the Park. The walk lasts about an hour and afterwards there is time for a cup of tea at the café – or join the Community Lunch on the first Wednesday for a delicious lunch (eg: jacket spuds, cheese, beans, salad and a cup of tea/coffee for £4). The Farleigh Wallop Estate is surrounded by beautiful landscape and woods – the bluebells are always a stunning display. On 5 April there is the chance to walk through the woodland and raise money for St Michael's Hospice – see page 13 for details.

Local Elections are scheduled for Thursday 7 May when we will be voting for three councillors to represent us on Basingstoke and Dean Borough Council. Sadly Councillor Terry Reid is standing down as a Councillor and she will be greatly missed. A big thank you to Terri for all the help and support she has given residents over the last 10 years – she will be a hard act to follow! Terri is not retiring and she will continue to be involved in a number of local initiatives including the Camrose Centre, Hatch Warren Community Association and the Community Lunch at the Café in the Park each month.

Building work is progressing at the top of the estate and the new pub, the Holly Blue, is looking good. The Holly Blue is a small butterfly and the first blue butterfly to emerge in spring. It can be found in gardens and is very fond of holly and ivy for dinner. The current roadworks on the A30 will provide an entrance to the new development on Houndsome Fields. More developments are probable in the area and SWAG are busy monitoring the planning applications and keeping everyone informed of proposals. Currently they urgently need a Chairperson to carry on the great work – can you help? – see page 5 for more information.

Beggarwood Bookworms goes from strength to strength. Books are read, discussed and new friendships made. Five members of the group recently enjoyed a visit to the cinema to see Little Women – a great film which follows the story of the March girls from Louisa May Alcott's much loved book. The March meeting will be on 25 March and the book being discussed is The Rosie Project by Graeme Simsion.

The Rabbiter is delivered free to all the houses on Kempshott Rise, Hatch Warren and Beggarwood and is grateful to all our advertisers for making this possible. Please support our advertisers and let them know you heard about them through the Rabbiter.

**The Editor**

# THE Rabbiter

## INSIDE THIS ISSUE

- 5 HATCH WARREN WI  
SWAG SNIPPETS  
COUNCILLOR'S UPDATE
- 6 WHAT'S ON  
BEGGARWOOD BOOKWORMS
- 7 BREATHE EASY  
RESTAURANT REVIEW  
THE NEW BEGGARWOOD SURGERY
- 8 BASINGSTOKE CIVIL SERVICE  
RETIREMENT FELLOWSHIP
- 10 OLD DOWN AND BEGGARWOOD  
WILDLIFE GROUP
- 12 PROBUS HEARS ABOUT  
BIRDS AND PLANES  
TREE-MENDOUS RECYCLING
- 13 KEMPSHOTT CONSERVATION GROUP  
ST. MICHAEL'S HOSPICE FARLEIGH  
WALLOP WOODLAND WALK  
PUT A SPRING IN YOUR STEP  
AND GET HEALTHY!
- 14 PHILLIPS SOLICITORS  
CAFÉ IN THE PARK
- 16 CHILDREN'S CORNER
- 17 PEOPLE LOVE LIVING IN BASINGSTOKE  
AND DEANE  
HATCH WARREN BEGGARWOOD  
CYCLING CLUB
- 18 COMMUNITY CENTRE
- 19 THE WARREN
- 20 SAINSBURY'S
- 21 SPIRITUALLY SPEAKING
- 22 RABBITER CONTACTS
- 24 CLASSIFIED ADS  
BUS TIMETABLE
- 25 FREE ADS  
CYCLE BASINGSTOKE
- 26 HATCH WARREN RUNNERS  
MAYOR'S CHARITY LUNCH

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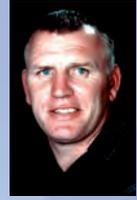
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## HATCH WARREN WI

Hatch Warren W.I. met on 6th February with their annual 'Fish and Chip' supper. Afterwards members join in a 'fishy quiz' and finished the evening with a get to know one another session for all our new members to get to know everyone. A very enjoyable evening was had by all.

Our outings team have put together a very interesting schedule for this year starting with a trip to the Create Show, a visit to the 'Mary Rose' and the AGM at Portsmouth in March, where the speaker will be Ben Fogle with his talk on his trips to far flung places. We will also have a trip on the Basingstoke Canal, visit Ashe Park and garden and end the year with the musical 'White Christmas'. Some members will be going to see 'Riverdance' in April

HCFWI have a pop up talk at W.I House on being a Refugee and welcome Nick Bailey from Gardeners World with a cream tea event for members to enjoy.

Our next meeting will be 5th March at 8 p.m. when we will welcome back Deborah Wheeler 'Paint a silk scarf or card'. 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.

We look forward to meeting new ladies, so why not come and join us for an evening, you will be made most welcome.

### SWAG SNIPPETS (South West Action Group)

#### THE FUTURE

The South West Action Group (SWAG) is dedicated to "inform and influence" on major planning and development proposals for the south west and west of Basingstoke and the surrounding villages of Dummer, North Waltham and Oakley.

***Sadly, its future is now in doubt as it needs a new Chairperson to lead.***

Although the massive housing developments of north Manydown, Hounsome Fields and Basingstoke Golf Course are already, or will soon be underway, don't for one moment think it will stop there. Landowners in and around where you live want to build a lot, lot more. Here's just a flavour of what additional development is being considered in the latest Strategic Housing and Employment planning documents:

- **Hatch Warren, Beggarwood and Kempshott** – Over 9,500 more houses
- **North Waltham** – Almost 200 more houses around the village plus 4,500 alongside Maidenthorne Lane
- **Dummer** – 80 houses proposed for the village plus an industrial and warehouse area as big as all the industrial estates in and around Chineham
- **Oakley** – a further 4,000 houses

If this is of concern to you then please get in touch by email or through Facebook and join our Committee and support group.

southwestactiongroup@gmail.com

@BasingstokeSouthWestActionGroupSWAG

## COUNCILLOR'S UPDATE

### ANAEROBIC DIGESTER

Odour emissions from the digester have gone from bad to worse in the last few months with local residents from all over Hatch Warren and Beggarwood reporting the "rotting cabbage" smell. Biogen the operators installed a new biofilter last Autumn in an attempt to address the problems, but this certainly appears to have not succeeded. The up to date situation at the time of writing this was that the operators had installed a temporary bypass to try to put an end to the smells, and were working with the Environment Agency to find a solution. Only the Environment Agency have the power to close the plant, and I understand that, after years of pressure and appeals to them, they are treating this with some degree of seriousness and had sent their national expert down to the digester to investigate.

### GOLF COURSE

At time of writing there was still no confirmation of the date the application will go to the Borough Council's Development Control committee

### BEGGARWOOD PARK CONSULTATION

The consultation has now closed and Borough Council officers are now looking at the responses prior to coming up with some new proposals for the park. There are more details on the Borough Council website.

### ST MARK'S SCHOOL PARKING

I've received further complaints from local residents re parking issues around St Mark's at school run times. I contacted our local Community Safety Officer who has been very proactive and has attended on a number of occasions. He reports that he has spoken to a number of drivers on the scene. He has also spoken to parking enforcement who make the point that they have 6 officers to cover the whole lot of the Borough, including 73 schools, but that St Mark's is on their list to attend.

### GOODBYE

This is my last submission as a Councillor for Hatch Warren and Beggarwood as I am standing down in the May elections. I would just like to say thank you to everyone who has contacted me over the last ten years, it has been a pleasure to represent the area that has been home for more than twenty years and I am super proud of our community and what we have achieved here to build a great place to live. I will still be here and still be active in the community but thankfully no longer involved in the political side of things. Thank you all again and I will look forward to seeing many of you around and about.

Very best wishes

**Cllr Terri Ried**

## WHAT'S ON – MARCH

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](mailto:editor@therabbiter.biz)

Copy date is the 15th of the month preceding publication.

- 1 March St David's Day
- 4 & 18 March Health Walk – Meet at 11am, Café in the Park
- 4 March Community Lunch, 12.15 Café in the Park
- 5 March Hatch Warren WI (see page 5)
- 12 March Laughter House, Apollo Hotel
- 13 March Sports Relief Day
- 21 March Basingstoke Symphony Orchestra at the Anvil – see page 26
- 25 March Beggarwood Bookworms, Café in the Park
- 28 March Basingstoke Concert Band Spring Concert – see page 26

### Future Events

- 1 April Community Lunch, 12.15 Café in the Park
- 5 April St Michael's Hospice Farleigh Wallop Woodland Walk (see page 13)
- 16 April Laughter House, Apollo Hotel
- 17 March St Patrick's Day
- 22 March Mothering Sunday
- 28 March Basingstoke Choral Society Concert – see page 10
- 29 March Clocks go forward
- 29 March Ideal Home Show coach trip, Hatch Warren Community Centre
- 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
- 7 May Local Election Day for Basingstoke & Deane Councillors
- 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](http://www.olddownandbeggarwood.org.uk) email: [odandbwd@gmail.com](mailto:odandbwd@gmail.com)

**Hatch Warren Nature Group**,  
contact Paul Beevers, [hatch.nature@gmail.com](mailto:hatch.nature@gmail.com)

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

**Laughter House**, [www.laughterhousecomedy.club](http://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](http://www.hwrunners.co.uk)

## JANUARY MEETING

This month we welcomed many new members to our group making our January meeting the largest so far. The book of the month was 'Elizabeth is Missing' by Emma Healey which was dramatised on tv with Glenda Jackson. The book tells the story of an elderly lady descending into dementia but desperately trying to solve two mysteries of missing people. Everyone enjoyed the book but many agreed they would not have chosen it but were very pleased they had read it and scored it 7.4. Those of us who have had experience of caring for a loved one with dementia felt this was an accurate and sensitive portrayal of the disease.

Next month we will be welcoming the local author Helen Matthews. She will be discussing her book 'After Leaving the



Village' As book lovers we look forward to hearing about her writing process, how she gets her ideas and how much research she has to do. She will also be bring copies of her next book 'lies behind ruin' to sell. All are welcome but it is essential to book a place via The Beggarwood Bookworms Facebook page. Coffee, wine and cake will be available in the cafe.



## BREATHE EASY

### Asthma UK and British Lung Foundation Partnership Support Group

It's an exciting start to the year 2020 for those of us living with lung disease. Asthma UK and the British Lung Foundation have now joined forces.

Once all the reorganising involved is done I'm sure their combined efforts will help bring about some much needed advances for all of us.

### Local News

Our guest speaker for January, Robert Taylor, gave an inspirational introduction to Sebastian's – [sebastiansactiontrust.org](http://sebastiansactiontrust.org). An uplifting account of the support they give to children, with life limiting illness, and their families was followed by hearty applause. Our usual break for a cuppa and a biscuit seemed to fly by as we all caught up with our friend's news.

A warm welcome awaits at our next meeting, 31st March, The Shaftesbury Room, Christ Church, Chineham, RG24 8LT 2pm.

Anyone with lung problems, their carer, family or a close friend will be made welcome. The guest speaker will be Brenda Pullen from Connect to Support, signposting us to the best places to get help we need.

## RESTAURANT REVIEW

### THE DRAGONFLY Popley, RG24 9AS. 01256 830714

Nearly thirteen thousand pubs and bars have closed since 2007 but the last two years saw a reversal of this trend when 325 opened. One such is the Dragonfly on Carpenters Down, a Marston's Brewery house which opened last May. Based close to the entrance of the Chineham business parks it clearly attracts custom from their employees as the car park was verging on being full even though it was 1.30 pm when we arrived.

The Dragonfly follows the style of other Marston houses which basically are attractive family eating establishments that also sell beer. At busy times they even have those electronic reminders when your table is ready.

And what a great offering they present with extensive choices to suit all tastes. Specialising with a carvery of three joints there are several special family deals for four: Two medium and two small carveries for £20, or Crackin' Chicken deal consisting of two ½ roast chickens, chicken goujons, popcorn chicken, wings, four portions of chips, coleslaw and beans. Food of this standard just could not be produced at this price at home.

What attracted Madam and I was the offer of two meals for £12 which is available all day except Sunday. The choices here were a medium plate carvery, chicken and bacon salad, classic burger, 10 oz gammon

steak with fried egg and pineapple ring, aubergine bake, beer battered fish and chips and beef lasagne.

Madam had the chicken and bacon salad, which filled a large dish that she described as delicious and I had the fish and chips which came with mushy peas and tartare sauce. It was freshly cooked and was good quality.

A starter or sweet/coffee are £2 extra. But be careful about when you order these items as we discovered to our cost that unless they are ordered at the same time as the main course the sweets become £3.99 although coffee for Madam remained at £2.

With a pint of Peroni lager and a diet tonic water the total cost was £24 even with paying almost double for my apple pie and custard. We concluded that with its pleasant design and atmosphere and a great choice of food at extremely competitive prices this establishment is worthy of our recommendation.



## THE NEW BEGGARWOOD SURGERY

### Staff members:

Felicity Greene – NHUC Chief Exec  
Karen Blackhall – General Manager  
Dr K Oshiga – Clinical Lead  
Chris Stark – Chief Nurse

Welcome to the first of the Beggarwood Surgery's PPG's monthly newsletters. As you will know the surgery is now owned and run by NHUC since November 2019. They have spent the last few months reorganising and updating practices, services and premises and would now like to introduce themselves to the community.

### What has been done so far?

NHUC is a not-for-profit Community Benefit organisation whose key focus is to provide high quality clinical care. Since taking over the practice it has been extremely busy improving services. The plan is to build a team of permanent employees and stop the revolving door

of agency and locum staff. Staff training will be paramount in 2020. The aim is to provide best practice and to meet all CQC requirements and national standards.

We know that in the past patients have struggled to get appointments. To this end administrative staff numbers have been increased and a General Manager has been appointed. There are also a number of on-line and text messaging services as well as a revised appointment booking service which ensures same day appointments for urgent needs as well as pre-bookable and non-urgent appointments. Some of you may have noticed that there is now a regular screening system for long-term health problems.

### Relaxation Techniques Session Friday 6th March 12:30 – 2pm

There is a free 90 minute session given by Talk that teaches simple but effective ways to relax.

More information can be found on the Beggarwood Surgery website, or at <http://bit.ly/italkrelax> Booking is essential as places are limited

NHUC would like the opportunity to present their vision for the future of the Beggarwood Practice to the community and therefore, all patients, residents and friends are invited to attend a Wine & Cheese Evening to celebrate the New Beggarwood Surgery.

Thursday 30th April. Commencing at 7.00pm with a glass of sparkling wine and light refreshments. At this event you will meet the surgery clinicians and staff. There will be plenty of time for you to ask questions.

Beggarwood Surgery, Broadmere Road, Beggarwood, Basingstoke, RG22 4AQ

Telephone: 01256 396500

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

## BASINGSTOKE CIVIL SERVICE RETIREMENT FELLOWSHIP

There were 48 members and 1 visitor at the meeting held on Wednesday 5th February who were welcomed by the chairman, David Cowling. The secretary, Tony Brazier, gave details of the forthcoming trips and reminded everyone that the next meeting in March would be the AGM and that resolutions and nominations should be submitted as soon as possible. The Welfare Officer, Christine Broadbent, then gave her update on those members who had not been well and that she had visited or been in contact with.



The speaker this month was Allen Purkiss who was a police officer with Hampshire Constabulary for 30 years from 1966 and spent the majority of his time in the traffic department. He explained how policing was in his family as his great grandfather had joined the Metropolitan Police force in 1839 and after retiring received an annual pension of £33. His grandfather also served and then his father was a reserve constable during the second world war. He himself was stationed at Aldershot and Totton before moving to Basingstoke traffic in 1973 and twice received the Queen's Commendation for Bravery Award. He went on to highlight some of the amusing, sad, dangerous, avoidable and often bizarre incidents that he was called on to deal with during his career.



The group's next outing is on Wednesday 25th March to Dorney Court where we will have an exclusive guided tour of this Tudor Manor House which is rarely open to the public.

The next meeting is on 4th March which will be the Group's AGM followed by a talk from Barbara Pullen from Connect to Support Hampshire. After the meeting we will, as usual, be having lunch at the Conservative Club. 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](mailto: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:

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

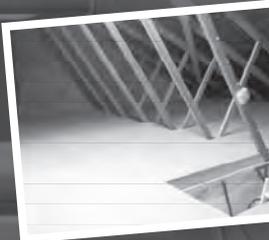


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## OLD DOWN AND BEGGARWOOD WILDLIFE GROUP

The Group is having its AGM at Old Down Hall on Tuesday 7 April starting at 7:30 pm. There will be refreshments (tea, coffee and cake) and a short presentation showing photographs of a wildlife trip to Romania - couple of photos below to give an idea of what to expect. Please come along and please consider joining as a member – it is only £5.00 per annum – and new committee members are most welcome. Maintaining Old Down and Beggarwood as open spaces for wildlife and the public is a most worthy cause.



Dalmatian Pelican



Brown Bear

There are regular work parties on Old Down but for the last year or so the Group has been unable to get enough volunteers for a work party on Beggarwood. It is really

good to advise that a monthly work party will be happening on Beggarwood in the near future – will probably be monthly on a Saturday or Sunday. Please check the Group website for updates. Hopefully the Group will be able to give more information at the AGM.

During February there were some good sightings of Bullfinches on Old Down. They have a distinctive call and so are easy to hear but they are not always so easy to see despite the striking coral pink of the male. One morning 3 pairs were seen within a short space of time.

### 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. It is hoped that work parties will be restarting on Beggarwood 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](http://www.olddownandbeggarwood.org.uk)

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Call us to book a site survey - We can show you our softeners, discuss your installation requirements and give you some facts & figures. We do not hard sell & will be happy to give you information.

Rent a softener for £39.96 per month

*Eliminate hard water in your home - for good*



[www.basingstokesofteners.com](http://www.basingstokesofteners.com)

Est.1987





## PROBUS HEARS ABOUT BIRDS AND PLANES

What's the connection between birds and planes? Quite a lot actually as retired solicitor Stephen Thair, a resident of Old Basing, and a member of the Probus Club of Basingstoke, outlined to Probus Club members how he has made a study of this over many years. He combined his dual interests of bird watching and aviation and easily makes the connection between these two flying objects – one ornithological and the other aeronautical.

Align these with extensive travel for holidays in exotic climes and working for some years in Papua New Guinea with a trusty camera readily to hand means he has a plethora of both bird and plane photographs.

Many types of sea birds have an aircraft named after them. Gannets, for instance, some with 6 foot wingspans, are famed for diving into the sea at great speed. In the 1950s the Fairey Aviation Company built an anti submarine plane with contra rotating twin propellers which gave it both high power and economy of use if one engine was switched off. They later built an airborne early warning version. The name of this plane was of course the Gannet. Fairey also built a naval fighter with a crew of two fitted with a Rolls Royce Merlin engine that was called the Fulmar.

Gulls abound throughout the world and in recognition of their flight capabilities the Percival Aircraft Company constructed their Gull series of high performance light aircraft in the 1930s, including the Vega Gull aircraft. The Mew Gull was a racing aircraft which flew from UK to South Africa and back in 4 1/2 days, a record that stood for seventy years.

Some gliders can be seen at Lasham airfield that have gull shaped wings but probably the most famous plane that had this design, although with an inverted gull wing, was the WW2 German Stuka Dive Bomber. There was also a US Navy fighter called the Corsair that had the same wing configuration.

The male Blackbird with its yellow beak is part of the Thrush family and its aeronautical namesake is the American Lockheed Company's Blackbird SR 71A spy plane which could fly at Mach 3+ and attain an altitude of 85,000 feet. This was necessary in its reconnaissance role before the advent of satellites. This plane was so successful that it is rumoured that it was targeted by 1,000 missiles without being hit. Those readers of a certain age will remember that that was not the case when Francis Gary Powers, in 1960, was shot down in his U2 spy plane over Russia. The name U2 being chosen to create an impression of a utility aircraft rather than the high altitude spy plane it actually was.

Britain only has one type of Kingfisher with striking blue and green plumage although throughout the world there are 86 species. The Museum of the Revolution in Havana Cuba houses a Vought Kingfisher aircraft which made a forced landing on a beach



in 1958 while being used against Fidel Castro's revolutionaries. They captured the aircraft and used it against the government forces that had previously operated it.

Papua New Guinea, on the other hand, has 39 varieties of Birds of Paradise, the males of which have distinctive coloured plumage. Papua New Guineans traditionally use the Bird of paradise feathers in their head dress, partly as a demonstration of their prowess with a bow and arrow.



The world famous RAF Red Arrows display team use a training aircraft, the BAE Hawk, to great effect. Stephen commented,

"Their previous mount, the Folland Gnat was named after an insect, as were many other planes, but that could be the subject for another talk on another occasion".

See [www.probusbasingstoke.club](http://www.probusbasingstoke.club)

## TREE-MENDOUS RECYCLING

Nearly 10,000 Christmas trees have been recycled following the festive season highlighting a tree-mendous recycling effort by the borough's residents.

For the first time, Basingstoke and Deane Borough Council's garden waste customers were able to leave their festive firs out for collection with their brown bin or sacks.

This was in addition to the 22 Christmas tree drop off points around the borough that residents could take their real Christmas trees to.

The 9,792 trees collected will now be transformed into ProGrow soil conditioner for gardens and wood chippings for borough council parks.

Cabinet Member for Environment and Enforcement Cllr Hayley Eachus said: "This year we made recycling your Christmas tree even easier to do by collecting real trees through our garden waste collection service, as well as our drop off points.

"It is great news that nearly 10,000 trees have been collected this year. We can all do our bit to help recycle more and residents

can be pleased their green contribution will help our parks and gardens bloom."

The council's garden waste collection service takes place all year round, with a two week break over Christmas and New Year. Customers receive 25 fortnightly collections for an annual charge of £47. They have the option of buying a 240-litre capacity brown bin for £28.84 or receive two 90-litre sacks, with additional sacks available for a charge.

For more information or to sign up for the garden waste collection service visit [www.basingstoke.gov.uk/gardenwaste](http://www.basingstoke.gov.uk/gardenwaste)

## KEMPSHOTT CONSERVATION GROUP

It's on the way out! After Christmas, you may have noticed small pieces of red and white warning tape tied to shrubs appearing all over Down Grange Meadow. These are being used to mark out scrub that is to be removed, mainly rose briar and the occasional hawthorn. If not kept under control, rose briar is dreadful stuff that spreads quickly. This means not just cutting it down but also digging out the roots as well. As this is hard work for our volunteers, we get Community Payback to this, and they love it! It's just the type of work they enjoy, cutting stuff down. At the end of each work session they can see where they have been and they get a sense of achievement of a job well done. Scrub clearance started at the end of November and a number of Community

Payback sessions are booked into early March. One of our aims is to clear a block of grassland so that Basingstoke Council can cut the grass this coming spring. In the past when the grass was cut more frequently, small scrub growth was cut at the same time. This just stores up trouble for the future. Although the scrub gets cut down the roots remain and the scrub bounces back with more vigour in later years. In the last 10 years or so, the frequency of grass cutting has been reduced and so scrub has been allowed to flourish. If left, grassland will naturally be overtaken by scrub. If left long enough, this scrub will develop into clumps of hawthorn and oak with an understory of rose briar and bramble, eventually to become oak forest.

### Work Parties on the Meadow

Our last two Work Parties for the season on the Meadow will take place on Sundays, 8th and 29th March from 10.00 to 12.00. The meeting point is the Homesteads Road entrance near St. Mark's Church. Why not join us? We can always do with some more help. All tools are provided, but please bring your own gloves.

For more information about our activities on Down Grange Meadow, please call Marion Wolstencroft on (01256) 470171. Alternatively, send an email to [kempshott-serve@tiscali.co.uk](mailto:kempshott-serve@tiscali.co.uk) or visit us at [www.kempshottconservationgroup.org.uk](http://www.kempshottconservationgroup.org.uk)

## ST. MICHAEL'S HOSPICE FARLEIGH WALLOP WOODLAND WALK



With spring on its way, it's the perfect time to plan a wonderful day out at the St. Michael's Hospice Woodland Walk taking place around the beautiful grounds of the prestigious Farleigh Wallop Estate on Sunday 5th April at 9.30am

With stunning views across the rolling Hampshire countryside, blooming bluebells and the opportunity to walk your dog whilst spending quality time with friends and family, there is no better way to start the new season.

Christine Bagan, who will be participating in the walk this year said, "I first attended the woodland walk 4 years ago soon after getting our first dog. Although dogs aren't compulsory it is a great event for the whole family to enjoy as well as opportunity to catch up with friends. The event provides the unique chance to walk through the private grounds of Farleigh Wallop Estate which makes it more special and the cream tea at the end really is the icing on the cake. I now enjoy the event with my two miniature dachshunds Melvin and Marley who despite having the smallest of legs still manage to walk the 5 mile route but if you are looking for more of a challenge there is the option of a 10 mile route."

Laura Holmes, Events Manager at St. Michael's Hospice said, "As our first Hospice event of the year, we can't wait to welcome our walkers to the Farleigh Wallop Estate to enjoy a wonderful day out in the Hampshire countryside. We are extremely privileged to have access to the prestigious estate and we can't wait for our supporters to explore the grounds in full bloom. As with all our Hospice events, the funds raised are essential to our work at the Hospice where this year we will need to raise £4.2 million to keep our vital services running."

For further information on this and all Hospice events, please visit: [www.stmichaelsospice.org.uk/events](http://www.stmichaelsospice.org.uk/events). Contact the Events team at [events@stmichaelsospice.org.uk](mailto:events@stmichaelsospice.org.uk) or call 01256 848 848. Follow us on Instagram and Twitter @smhbasingstoke and look out for #WoodlandWalk

## PUT A SPRING IN YOUR STEP AND GET HEALTHY!

Basingstoke and Deane Borough Council is encouraging local people of all ages to join in one of its 26 healthy walks which take place around the borough. For information contact Elinor Gold on 01256 845284, email [healthwalks@basingstoke.gov.uk](mailto:healthwalks@basingstoke.gov.uk)



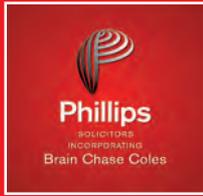
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### A GOOD TIME TO MAKE A WILL



Lucy Watson

One of the best times to think about writing a Will is when you buy your first property.

Unless you have a 100% mortgage you will have some equity in the property and therefore something to leave.

If you are buying a property jointly, you will also need to make some form of provision if you die. This is because should one of the joint property owners die, his or her share in the property will not automatically pass to the surviving owner.

When drawing up a Will, it is a good idea to list all of your assets so you can think whether there are any items you would like to pass on to particular family members and friends.

Bear in mind that the value of your home can increase your estate to over the threshold for Inheritance Tax, which is currently £325,000.

If the total value of your estate is less than this amount there will be no tax to pay.

For those who already have a Will, it is worth reviewing it every five years or so to reflect any life changes and major events such as having children, getting married or divorced.

Our Wills and Probate team can help you make the right decisions in relation to your Will, to ensure it reflects your wishes and provides appropriately for those you care about most.

We will ensure that all the wording is legally sound and that there are no loopholes that could endanger your estate.

Once your Will is written it will be permanent unless you decide to change it or make a new one.

For more information contact Lucy Watson, head of our Wills and Probate team by calling 01256 460830 or email [lucy.watson@phillips-law.co.uk](mailto:lucy.watson@phillips-law.co.uk)

For more information about Phillips Solicitors incorporating Brain Chase Coles please visit [www.phillips-law.co.uk](http://www.phillips-law.co.uk)

# 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 MARCH-APRIL

Beggarwood Bookworms Wed 25th Mar, Wed 29th Apr  
7.30-9.00pm - book a space via Facebook or email  
[Beggarwood.bookworms@outlook.com](mailto:Beggarwood.bookworms@outlook.com)

Community Lunch 1st Wednesday of every month  
12.15-1.45pm; 4th Mar, 1st Apr

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

Friendly Craft Group 'Card & Cuppa' Friday morning  
from 10.30-1.00 13th Mar and 27th Mar

Pop up Play Village Sat 14th Mar and Sat 11th Apr  
10.00-11.15am  
Book direct via [Basingstoke@popupplayvillage.co.uk](mailto:Basingstoke@popupplayvillage.co.uk)

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

Hall for hire.

Kids Parties. Pop-Up Shops.  
Meetings & Training

Book via Hatchwarren Centre  
EMAIL: [office@hatchwarren.org](mailto:office@hatchwarren.org)

# Friendship Friday

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



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Get fit, healthy and enjoy some dedicated 'me time' at Beechdown, Basingstoke's Family Health Club

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**Call us on**  
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**Visit us at**  
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RG22 4ES

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# Children's Corner



## HATCH WARREN UNDER FIVES

We're now half way through our spring term at Hatch Warren Under Fives, we're spending lots more time outdoors and the children have been great detectives and really taken notice of the seasonal changes in the garden and on our walks on the field. They have pointed out new leaves on trees and have seen new daffodils coming up too. We are looking forward to doing our own bit of gardening later this term and planting some spring bulbs.

With all the recent storms, rain and frosty mornings, we've also been exploring different types of weather. The children have enjoyed chalking weather symbols in the garden, they have created rain pictures using bubble wrap, we've painted rainbows (of course!) and we've used salt and glitter in our messy tray to make frost and snow too.

We are still having lots of fun with our letter of the week, where we learn a letter of the alphabet and bring in items from home. For 'D' week, one of our children brought in Donna (his Mum) and his Dog – very creative!

The children are doing really well learning their makaton words of the week. If you'd like to see our word each week, Dee gives a weekly demonstration on our facebook page. Please feel free to watch and learn by logging in to facebook with "Hatch Warren Under 5s Preschool".



Coming up in March we have World Book Day when our children will be bringing in some of their favourite books. We will also be celebrating St David's Day and St Patrick's Day this month, and of course, Mother's Day. We expect to see lots of busy hands at the craft tables making surprises for Mummy!

We ensure the children use numbers in their everyday play at preschool – this term we have created ladybirds and number trains with the children, we have used our counting skills when selling items in our role play shop, as well as using numbers in our small group activities and in singing games. Our favourite number songs are Currant Buns, Speckled Frogs and Little Men in a Flying Saucer.

Read more about our preschools at [www.hatchwarrenunderfives.co.uk](http://www.hatchwarrenunderfives.co.uk)

## CANDOVER VALLEY PRE-SCHOOL

Hello from CVP

We are very excited to have received our fourth consecutive OUTSTANDING! from Ofsted in January 2020. It is wonderful that our excellent practise at CVP is recognised. Many thanks to all the staff, committee and parents that help run the pre-school.



At CVP as we love to be out in all weathers all year round. The children are able to attend Forest Sessions at our forestry site once per week during the Spring term. During the Summer term we will be running two sessions per week. These sessions are brilliant opportunity to aid the children's physical, personal and emotional well-being development.

We have our annual Going to School Workshop in March to support parents of school leavers. It is an invaluable opportunity to learn about school readiness, pre-school leaver activities and the transition strategies we use to help children with the next steps of their journey to their new schools in September.

Saturday the 25th April is CVP's Spring Bluebell Walk Fundraiser. An amazing walk through Lower Wield followed by refreshments.

Saturday 13th June, Preston Candover Primary PCSA are organising a 'Colour Run' event.

Please follow us on Facebook and Instagram for more details.

Please contact us, you are very welcome to visit us at a time that suits you.

**Lisa Collisson**

01256-389008 [cvpadmin@btconnect.com](mailto:cvpadmin@btconnect.com)

## CUCKOO MEADOW PRESCHOOL

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

Hello from all at Cuckoo Meadow Preschool!

This term the children have been busy celebrating as we have learnt all about the Chinese New Year. The children decorated the classroom with lanterns and beautiful dragons made from their hand prints. We created masks to honour the year of the rat and did some mark making to help improve their pencil control. The children made Chinese drums, which they then played whilst performing a traditional dragon dance. The pre-school take away was a major hit, the children took turns at taking orders and trying to use chopsticks. Snack time was also great fun with the preschoolers chowing down on noodles and prawn crackers.

Following the half term we have been revisiting shapes. The children have been learning all the different shape names and learning useful rhymes that help them remember their properties like 'Suzy Circle is big and round, all she does is roll around!'. We've been spotting shapes in the world around us and making our own shape inspired artwork such as triangular fish collages, circle print caterpillars and heart-shaped Valentine's crafts.

This month we will be talking about families in the run up to Mother's Day and the children will be making some special cards and surprises for their mummies.

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. 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 on 01256 398172 to come and see for yourself.

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, £1 for babies and 50p for any siblings.

**Alice Crocker**

**SHOOTING STARS**



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



We made our own playdough, here's our recipe – why not try making your own? Shooting Stars children are learning to make their own, independence is high on our agenda to enable children to be school ready.

Easter Holiday Club 2020 for children in YR/Y1/Y2



**OASIS**  
**Friendship Group**  
(at Immanuel Church, in St. Mark's School,  
Danebury Road, RG22 4US)

**Our Friendship Group** is for adults of all ages who would like to meet some like-minded people and make new friends. Together we enjoy tea and cake, puzzles, quizzes, raffles and games. Occasionally, we go out for lunch (e.g. Beggarwood Café, Golf Club). At our next meeting, we are having an Art Quiz. Do come along - you will be sure to receive a warm welcome! We meet once a month on a Friday from 10 a.m. to 12 noon.

Our next meeting is on Friday 13<sup>th</sup> March. For future dates see our website:  
[www.immanuelhwb.co.uk](http://www.immanuelhwb.co.uk); Telephone: 07922 516761 or email: revmay@immanuelhwb.co.uk

**PEOPLE LOVE LIVING IN BASINGSTOKE AND DEANE**

This is according to the latest residents' satisfaction survey. The results show an overwhelming 95% of people are satisfied with their local area, compared to 94% in 2017 and higher than the national average of 81%, with 89% feeling a sense of belonging to the borough.

For more information about the Council Plan and residents' survey see [www.basingstoke.gov.uk/priorities](http://www.basingstoke.gov.uk/priorities)

**HATCH WARREN BEGGARWOOD CYCLING CLUB**

Hatch Warren Beggarwood Cycling Club is a community club that prides itself on being inclusive to all riders who are over the age of 18. We aren't a racing club; we are a community of people who enjoy cycling and the very occasional cake.

2020 is the club's 5th Anniversary and as a community club we are interested in what we can do to attract new members, what we can do for our existing members, and what we can do for the people that support our members, the people that push them out of bed in the morning to go cycling, and those that have a hot drink ready for them when they come back

from cycling in the beautiful Hampshire weather... and we'd love to hear your feedback...

If you could complete the survey found at <https://www.hwbcc.org/membership> or you can follow the code below by using your phone's camera.

As a reminder all of the rides will start from The Café InThe Park, Beggarwood. Full details of all rides including the name of the leader and the planned routes can be found on our Facebook page.

<https://www.facebook.com/HWBcc/>

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](http://www.hwbcc.org) or on our facebook page [facebook.com/HWBcc](https://facebook.com/HWBcc).





Hatch Warren  
Community Centre

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

HATCH WARREN COMMUNITY CENTRE

★ NEW FOR 2020 ★

## COACH TRIP TO THE IDEAL HOME SHOW OLYMPIA



SUNDAY 29<sup>TH</sup> MARCH

£30.00 per person

Price includes entry ticket and return chaperoned coach from our car park

The coach will depart at 8.30am and return from Olympia at 5pm

this trip is open to all members of the public  
tickets non-refundable

To book your place email [office@hatchwarren.org](mailto:office@hatchwarren.org)  
or call 01256 811262

This event is being held as a fundraising event for the Hatch Warren & Beggarwood Community Association Charity #1161117

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](http://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

See our website for more info



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AND GAMES



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EASY ACCESS TO AN OUTDOOR AREA  
INCLUDING LARGE FIELD, ENCLOSED PATIO  
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Established 2013  
AFTER SCHOOL CLUB

Price per session £11.60

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extra sessions  
can be accommodated

Contact us:

[odette@hatchwarren.org](mailto:odette@hatchwarren.org)  
01256 811262  
[www.hatchwarren.org](http://www.hatchwarren.org)

Hatch Warren Community Centre,  
Long Cross Lane, Basingstoke, RG22 4XF  
OFSTED EY 491834  
Registered Charity Number 1161117

Registered Charity Number 1161117

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Hatch Warren Community Centre

Tel: 01256 811262

Email: [office@hatchwarren.org](mailto:office@hatchwarren.org)

Web: [www.hatchwarren.org](http://www.hatchwarren.org)

Following us on Twitter @hatchwarren



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

Qualified Staff / Extensive Free Holiday Programmes /Tel: 842111 / Email: vicky@hatchwarren.org

Follow Us on Facebook @The Warren and Instagram @thewarrenyouthclub

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

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

Programme 6.00 to 7.45pm

- 6th Mar Slime night and milkshakes
13th Mar Basketball, temporary tattoos and cake decorating
20th Mar Football tournament, Mother's Day craft and soup
27th Mar Laser Tag, tile painting and ice cream sundaes
3rd Apr Easter Egg Hunt, nail bar 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

FREE ENTRY FOR ALL YOUNG PEOPLE

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:
Fri 6th Mar - County Lines and Grooming Awareness
Friday 3rd April - Healthy Relationships
If parents have questions about the topics we discuss please feel free to contact us.

Fundraising Event

You may have seen from our Facebook Page that Storm Ciara took her temper out on our lovely gazebo, it was found blown on to the Community Centre



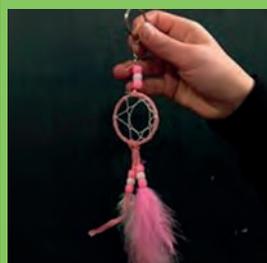
Field. This wasn't just any gazebo, it was a metal structure that is used all year round and helps us allow more young people into the centre, without giving up any of the fantastic crafts we offer. We are devastated to have lost it considering how expensive it was. Firstly, we want to say a big thank you to the many people who have offered to make donations to help us buy a new one - we are overwhelmed by your generosity. Secondly, we have decided to hold a Fundraising Event 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 for sale.

So please bring your pennies and help us get the gazebo replaced in no time!! Thank you.

The past month has been full of fun for us as always. We have been sure to stay healthy while enjoying ourselves by playing Indoor Laser Tag (a good way to increase your fitness levels, believe us) and then made our own healthy salads from our Salad bar.



Whilst we love that we can provide some delicious treats, that our young people really enjoy, we also know that to have the best time taking part in any of our activities we have to be eating a healthy balanced diet. Some amazing looking salads were created.



Our young people have also been impressing us with their craft skills and created some stunning dream catchers.

It has been a busy start to the year and that's just how we like it ☺

# Sainsbury's

## Our Values Make us Different

### Net Zero by 2040

You may have read about the £1 billion commitment made by our CEO Mike Coupe recently, surrounding Net Zero by 2040. Reducing our operational carbon emissions has been something the store has been at the forefront with during the last few years.

You should recall the work we completed to install the innovative heating solution, which draws heat from the water table beneath the car park, to help generate power for our refrigeration supply at the store.

We've also installed a new air flow system in our chilled food aisles, with the help of the Formula 1 team Williams Racing, to keep cool air within the chilled section, instead of the aisle, helping to reduce lost energy.

Sainsbury's are also in advanced trials to launch electric delivery vehicles during the next few years. Affectionately named Evie and Stevie, they're undergoing testing in the London area.

You can read about and, keep abreast of the many changes you'll see, at this link. <https://www.about.sainsburys.co.uk/netzero>

### Sport Relief 2020

Sport Relief Day is March 13th. Our PR Ambassador will once again be braving the leg wax on Friday 13th at 1pm, at the front of the store.

We'll also be holding several Sport themed challenges for customers and colleagues so, keep an eye out on our noticeboard and customer services desk for more details.

### Egg-cellent News

Sustainability plays an important part within our sourcing of products for customers. You can now track the eggs you purchase from any Sainsbury's, to the precise farm where they began their journey to the shelves.

Simply type in the number printed on your egg to crack the code and, unscramble the information about the

farmer and some egg-cellent recipes as well. <https://www.about.sainsburys.co.uk/eggtracker>

### Changes at the Store

We'll be changing a few things at the store starting on March 9th for 10 days. Aisle 10 will become our new Wellness Aisle packed with the latest products from vitamins to supplements and everything in between.

Colleagues will be on hand to help direct you during the re-fit so, please bear with us, as we try and keep disruption to a minimum.

### Digital Nectar

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## ••••• SPIRITUALLY SPEAKING •••••

### • **Lent and Prayer**

• In the church calendar the six weeks leading up to Easter is called Lent. Lent was originally a forty day period of preparation for those being baptised on Easter Sunday. From there it developed into a time when all Christians were encouraged to renew their spiritual lives in readiness for the great Easter celebrations. During Lent we are reminded of the forty days and forty nights that Jesus spent in the wilderness, a time where he resisted many temptations. Today, many people will decide to do something special to help them reflect on what Jesus did. Some give up eating a particular food, such as chocolate or meat; they may donate money to charity; others may decide to do something special for other people. For lent this year I have decided to read a new book on prayer.

• Lent is a time for us to grow in our faith and at Immanuel church we have decided to run a prayer course over seven weeks to help us explore different aspects of prayer. Prayer was an integral part of Jesus' life, he prayed at different times and in different places. Sometimes prayer was corporate, sometimes it was solitary. Jesus invited his followers to use the same intimate term to address God which he himself used and he invites us to do the same. Jesus gave this model in response to a request from his friends. He said to them, "When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation." (Luke 11:2-4) I find it inspiring that over the centuries this particular prayer, the Lord's prayer is still being used.

• Prayer is a way of communing with God. Just as friends and family members spend time talking with one another to deepen their relationships, so prayer deepens our relationship with God. Why not discover more for yourself by coming along to the Prayer Course at Immanuel church. Blessings,

• **Rev May** 07922 516761  
[revmay@immanuelhwb.co.uk](mailto:revmay@immanuelhwb.co.uk)  
[www.immanuelhwb.co.uk](http://www.immanuelhwb.co.uk)



### • **Immanuel church Wednesday evenings 7:30-9pm**

• **4 March - Why Pray?** We will unpack the importance of prayer and the different topics covered across the course.

• **18 March – Adoration:** We will explore how we can enjoy God's presence in praise and worship.

• **25 March – Petition:** We will unpack the significance of asking God in prayer.

• **1 April – Intercession:** We will explore the power and importance of praying on behalf of others.

• **15 April – Unanswered Prayer:** We will be tackling the challenges and realities when our prayers aren't answered.

• **22 April – Contemplation:** We will discover how spending time with God in silence can enrich our relationship with Him.

• **29 April – Listening:** We will unpack the practical ways we can tune into hearing God's voice.

# RABBITER CONTACTS:

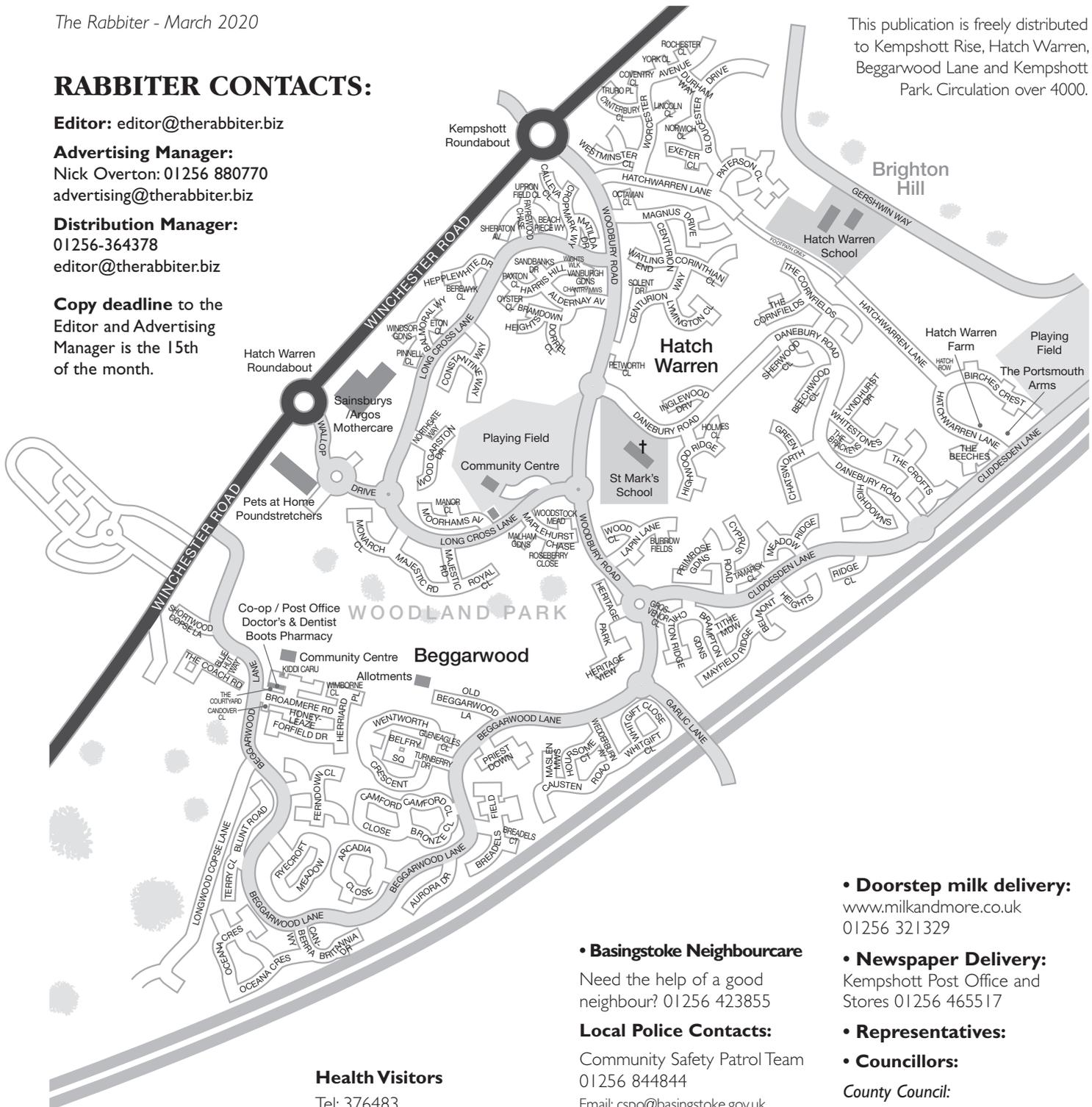
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Blue signs are advisory. Bicycle symbols on a blue rectangle (e.g in Wyne road and Salisbury gardens) advise you that a recommended cycle routes continues on the carriageway not the pavement, not much use without directions signs! Blue cycle dismount discs recommend dismounting, usually placed where there is a hazard for the cycle user (not the pedestrian), for example danger of getting run over at a road crossing, low headroom in a subway or low parapets on a bridge. Did you know that there is also a horse rider dismount sign and dismounting block at a subway into War Memorial Park? Cycle dismount signs are found on cycle routes

so at least you know it is legal to cycle, even if it may not be safe to do so.

Cycle Basingstoke campaigns for cycle routes that go somewhere, that are useful and usable. To support us or learn more go to [cyclebasingstoke2@gmail.com](mailto:cyclebasingstoke2@gmail.com) or [www.cyclebasingstoke.org.uk](http://www.cyclebasingstoke.org.uk). At present we are looking for a webmaster and membership co-ordinator





## HATCH WARREN RUNNERS

Time and time again we are told how money, belongings and 'stuff' aren't important in life. We know, deep down, that it's all about the people you meet, and the relationships and connections made. Aside from the fact that money can pay for an exciting race entry and the odd pair of running shoes, these sentiments are never truer than when you are part of the running community.

There are several great friendships in the club, but here are a couple of running buddy tributes.

### Ali and Kerrie

Due to their crazy capers, Ali and Kerrie are affectionately known as Laurel and Hardy. This is a direct quote from one of our club Facebook chat pages, posted by Ali after a weekend long run:



"The importance of running buddies. Thank you Kerrie for keeping me going on that 10 miler and sorry for all the whinging. I promise I will never do leg work the night before a long run ever again! I can't believe even YOU stopped talking at some points!"

### Elliott and Jeff

The Arc of Attrition is a 100-mile, winter coastal path ultra marathon race in Cornwall and is known as the toughest footrace of the South West. It starts at Coverack and finishes at Porthtowan. The race has a strict 36-hour cut-off with checkpoint and safety cut-offs on route at about every 20 miles.



Jeff and Elliott started off the challenge together but unfortunately, Jeff was unable to finish. However, Jeff's continued support for Elliott was extraordinary. He ran with him for his last miles and saw him safely over the finish line. Fellow club members followed the pair on-line, from the comfort of their sofas, with their hearts in their mouths. The pair's camaraderie was highly emotional and completely unforgettable.

In live footage from the Arc finish line, one commentator exclaimed:

"There is no getting away from the fact that these are tough races and that [nodding towards Elliott] is a total example of somebody with utter determination

who was gonna get to the end. Make no mistake...you've got those runners coming in within 21-22 hours; they look like they've gone for a stroll in the park. Most of us, people like me, probably people like you, are out there, working really hard in brutal conditions; on terrain you would never normally go on and it's dangerous. It's hard work and you need to put in the training and the effort and, that guy [Elliott] epitomises what the Arc is all about... getting to the finish at all costs and it's about staying alive...about staying alive!"

As runners, we all have times when we need to dig deep. Sometimes it's on a casual run; other times it's when undertaking our biggest challenge to date. Sometimes it's when we can't run; other times it's when we don't want to run. If you've ever been that person at someone's side, or cheering from the sidelines (or sofa) – you are a true running buddy; never underestimate your value!

If running as part of a club or community appeals to you, please visit [www.hwrunners.co.uk](http://www.hwrunners.co.uk), our Facebook page or email [enquiries@hwrunners.co.uk](mailto:enquiries@hwrunners.co.uk) for more details about joining a taster run.

## MAYOR'S CHARITY LUNCH THURSDAY 19 MARCH

Basingstoke and Deane Mayor Cllr Diane Taylor is inviting members of the public to join her for a tasty three-course Indian buffet at The Restaurant, Basingstoke College of Technology. Tickets £25 at [www.ticketsource.co.uk/BasingstokeMayor](http://www.ticketsource.co.uk/BasingstokeMayor). Closing date 10/3

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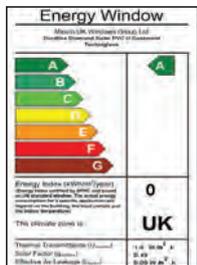
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