



Issue 5 – October 2019

FROM THE EDITOR

Welcome to the fifth edition of “@ The ORC”, keeping you up to date with everything that’s happening here at our 3 different locations managed by Overton Recreation Centre. This month, our focus is on what **ARE YOU DOING to manage your health?** and what’s happening around our green space! The message from Greta Thunberg recently at the World Leader’s Summit recently could not have been clearer.....do more for the sake of our environment we are in crisis! We must change our behaviours!

As usual, if your club or society would like to feature in this newsletter, please email Graham Devereux at chairman@overtonrecreationcentre.org.uk

Don’t forget to follow us on Facebook and Twitter, as well as visit our website. All the details are at the end of the newsletter.

FROM THE CHAIRMAN

August/September is always an interesting period as footballers re-start their season, cricketers bring their season to an end, an Art Exhibition signals Bank Holiday weekend and the village hosts CarFest. September saw a very successful Harriers 5 mile race event with more than 500 participating this year! I had to submit data to BDDC recently and it struck me how healthy some of us are in the village: more than 20,000 adults and children got involved Jan-June 2019. Which made me think: **WHAT ARE YOU DOING TO IMPROVE YOUR HEALTH?** We have so much happening that you should find something very easily to suit you at any time – **if in doubt let me know**. Have a great day – get involved – improve your health.



5 WAYS TO WELL BEING

The following steps have been researched and were developed by the [New Economics Foundation](#) a little while ago.

Connect - There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. Talk to someone today – there are loads of opportunities through the ORC

Be Active - Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. See what we have going on today!

Take Notice - Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring ‘the moment’ can help to reaffirm your life priorities. Take some time to enjoy the moment and the environment around you.

Learn - Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Give - Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Take the opportunity to be kind and help someone.

GREEN SPACE MANAGEMENT AT THE ORC

We are making continuous efforts to improve the environment in which everyone enjoys their entertainment.

At Bridge Street: Around the cricket nets we removed dead hedging and replaced damaged fencing – The Woodland Trust will be supplying replacement hedging for us to plant in November. We also pruned and pollarded trees along the river bank so as to create more light and improve the health of trees. Around the tennis court we gained BDDC approval to remove inappropriate poplar trees which will be replaced by suitable local species. And now the same applies along Kingsclere Road – a huge Poplar deemed to be dangerous must be removed and replaced by relevant species.

At Town Meadow: Dennis Rowles has lead the improvement of parking space for local residents, scouts, brownies and golfers. A new hedge has been planted and safety netting installed. 40m of new hedging is scheduled for planting along the back of the new storage facility in November. A range of specified new species of tree have been purchased for planting on the golf course.

At Berrydown: New fencing has been installed along the B3400 so as to prevent footballs flying into the road. We are will be planting more trees & hedges on the northern perimeter to tone down light pollution. And a brand new storage facility will replace the old containers next year.

We are spending almost £20,000 currently helping to manage our environment – if you’d like to help please let me know.

Overton United FC

It's October already & the season is now in full swing with all 6 (SIX) men's teams competing in their respective league's and cups. However, we experienced another setback as the 1st team manager had to step down due to family commitments. On a bright note Sam Nicholls stepped in as Player/Manager & immediately brought in a wave of players to help steady things: we have started to win again & recently had a great result in the North Hants Cup v Stockbridge winning 6-2. We are now in the semi-finals.

All the other teams are making progress with most teams in the top half of their table at this early stage of the season – but like many pundits say, you don't win the league before Xmas.

Our Social Club has also seen a revamp with **Phil and Anita Wheeler** driving this project by installing a new kitchen, set of washing machines, fridge and new flooring – **A Big Thank You to them!** Come down and take a look when you can.

Please do keep up to date with the results and fixtures via the Touchline publication & by following us on Twitter @overtonunited - Young Taylor Lloyd is our social media mogul and would love to have more followers so please tweet tweet!

Overton Harriers – The Overton 5 from Sean Holmes

Another successful event helped us attract more than 500 people! With the race starting down Straight Lane you'd expect the pace from the start to be quick, but no one seemed to want to take the lead!. Eventually the race winner, Stuart Holloway made a break and led from start to finish. For the Ladies, Cath Wheeler had another outstanding run to finish 1st for her age group. She was followed in by great performances by Lucy Pearson, Rachael Visick, Claire Boyle, Emily Arbuthnot Smith, Mia Stares, Karen Ryan, Katie Brothers, Sarah Pithers, Monique van Nueten, Sarah Hands, Julia Cottrell and Krystyna Wardle. A strong performance from the ladies has them leading the A league Division 3. Thanks to Helen, the race organising team, all the marshals and helpers for organising a great race once again.



Membership

Do you have family and friends that could support the ORC by joining our Lottery? We give away £2050 in cash prizes every month with a top prize of £1,000! Please help by recruiting someone today – log onto the web site at overtonrecreationcentre.org.uk and download a membership form or pick up one from any one of our centres. For as little as £10 per month you could be the next winner!

Next Month

Watch out for the refurbishment of our Information Board adjacent to the Community Centre.

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