



EDITOR'S WELCOME

Lent has started and Spring is almost here! In spite of all the rain we've been having recently there is much to look forward to. The football leagues and cups are heading towards results time! Cricketers are netting indoors. The Harriers are training for Coombe Gibbet. The tennis club is getting ready for league matches. Golfers are hoping for better weather and looking out for the Masters in Augusta. The scouts, cubs, guides and brownies are setting their outdoor plans. The stretching classes and walking groups are always available. If you're artistic then art, photography and drama is also available.

Don't forget to put your clocks forward overnight on 28-29th March. And watch out for the VE Day celebration scheduled for bank holiday FRIDAY 8th MAY...it will be a big event.

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 you can visit our website at <http://www.orc.org.uk> – and we're also on social media; all the details can be found at the bottom of the page.

FROM THE CHAIRMAN, GRAHAM DEVEREUX

"Mein Gott your British weather is terrible!" said my German mother-in-law recently. Well she should know better as we pretty much have the same sort of weather from October to March every year – & she's been in Bournemouth since 1959! It's just a bit wetter this year – which of course is affecting local playing conditions for outdoor sports enthusiasts. However, there is much to look forward to – Spring is almost here. The mornings & evenings are getting lighter, the birds are singing and the trees are showing signs of life! So come on everyone let's shrug off those winter blues and start doing something positive for your health. Even visiting someone locally has high potential to improve the happiness of both parties! We have lots of activities for you to enjoy – **GET INVOLVED!**



THE ORC PODCAST

We've now launched our new podcast dedicated to letting you know what's happening at the ORC. Our first episode features local sportswomen Emily Hill. You can download the podcast from iTunes, Spotify and TuneIn, with links available on our website.

OVERTON TENNIS CLUB

The season starts at Bridge Street on Tuesday 31st March 2020 at 7 p.m. New members will be made very welcome on the Tuesday and Thursday club nights and invited to play in league matches if they are of a suitable standard. Subscription rates for 2020 are as follows: Senior membership: £70, Junior membership: £10, Family or couple: £100, Off peak membership (Mon-Fri 9a.m.-4p.m.): £20

MOVE IT OR LOSE IT

We meet every Wednesday & Friday at the Bridge Street Pavilion. Classes focus on the essential components for health and wellbeing guidelines for older adults and contribute to achieving the recommended 150 minutes of moderate-intensity aerobic activity each week. Moderate intensity aerobic activity is when we feel warmer, breathe harder and heart beats faster! Music routines increase mobility and stamina though we don't need to be perfect, we just need to keep moving and singing along. Resistance bands & balls build our strength and improve balance, which helps stave off the natural decline in muscle mass and bone density. We have loads of fun!

CONTACT: Nicky on 07469 923997 or email nicola.carter@moveitorloseit.co.uk

OVERTON HARRIERS

48th Combe Gibbet to Overton 16 Mile Race on Sunday 5th April – Call for Volunteer Marshals

This is a stunning 16 mile cross country race. It starts at the Gibbet, tracks along the Wayfarer's Way, finishing in the village at the ORC. Marshals play a vital role in success of this event, ensuring the safety of the 250+ runners, giving them encouragement, as well as directing them along the route.

We need your help! If you could volunteer on Sunday 5th April PM for approximately 3-4 hours - contact Alastair Paul, Overton Harriers – alastairpaul@btinternet.com who will provide you with further information.

TOWN MEADOW GOLF CLUB PROGRAMME:

- April 5th: Seve Trophy (Draw pairs)
- April 6th-12: Monthly Medal
- April 8th: AGM at Town Meadow
- May 3rd: Charity Shield (2 clubs and putter)
- May 4th-10th: Monthly medal

HEALTH ADVICE FROM YOUR LOCAL DOCTOR

As the daylight hours get longer, now is the perfect time to start increase your levels of exercise. Exercise has been called a 'wonder drug' or 'miracle cure'. Increasing physical activity improves health for those with chronic conditions and prevents many common serious medical conditions. The health improvements with physical activity are often greater than many medications. Adults should do physical activity every day and any type of activity is good for you. The more you do, the better!



The NHS Adult recommendation for physical activity is:

- try to be physically active every day. Any activity is better than none, and more is better still
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

PARTNERSHIP & COLLABORATION

- **Overton Business Association** – designing and creating a village “Welcome Pack” & supporting Sustainable Overton
- **Overton Parish Council** – helping to design a research questionnaire to better understand local sports needs
- **Watership Down Medical Practice** – developing an approach to improve your health locally
- **Basingstoke & Deane Borough Council** – aligning to and cooperating with area sports strategy
- **Overton Primary School** – meeting Fiona Wyeth 4th March
- **Test Valley Golf Club** – supporting youth golf at Town Meadow GC via lessons from Professionals
- **Southampton Football Club** – assistance with youth coaching
- **St. Mary's Church** – building wider relations in the community

In the next newsletter: Are you getting enough?”

Website: www.orc.org.uk / **Facebook:** “Overton Recreation Centre

Twitter: @orc_overton / **Instagram:** @overtonrecreationcentre

Design and development of At the ORC courtesy of TVW / Printing courtesy of Wessex Business Hub, 21 High Street, Overton, Basingstoke, Hampshire, RG25 3HB, phone 01256 770040