



## EDITOR'S WELCOME

How quickly things have changed since we last wrote! This month we have tried to provide an update of what's happening around the village sports arena and provide some tips on how to stay healthy. As we all try to cope with the pandemic let's give thought to how we not only help ourselves by adhering to the rules but how we can help friends and neighbours. Some local businesses and churches have organised themselves already and you could volunteer to help too: sign up at [overtoncares.co.uk](http://overtoncares.co.uk)

We have been in touch with our friends to find out what is happening with respect to plans for events later in the year and you can read more below.

As usual, if your club or society would like to feature in this newsletter, please email Graham Devereux at [chairman@orc.org.uk](mailto:chairman@orc.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

Facing this Coronavirus crisis means we have the opportunity to change a few things about our health. Find time to make sure you do a daily walk or run. And while indoors find an exercise programme with one of our ORC fitness experts (see below) or on You Tube to suit you. Find one you like and make it part of your daily routine. Try to be positive and become the fittest you've been!



We are complying with Government advice not to offer organized sports or group activities so our sports fields will be quiet whilst we get to grips with our challenging health issues. **Please follow the rules and stay healthy.**

## WHAT'S HAPPENING AROUND THE ORC

- **Your Monthly Prize Draw** - We have had to, of necessity, suspend (NOT CANCEL) the Monthly Draw for the foreseeable future. When we are able, we will have a 'Super Multiple Draw' session - to catch up on ones that have been missed. Each Draw will be separated so that you have the same chance of winning. We'll keep you posted!
- **ORC AGM** – planned for the evening of April 6<sup>th</sup> this important annual event has been postponed until further notice. As soon as the committee can agree on a new date we will let you know.
- **Rotten Hill Cup** - 2nd May - postponed
- **VE Day**: 8th May – cancelled
- **Sheepfair** – this year's event has been suspended and will be held in July 2021 – more news at [overtonsheepfair.co.uk](http://overtonsheepfair.co.uk)
- **Football – OUFC**: Gary Savory, Chairman of the Football Club recently commented: "Without naming names as everyone does an amazing job in giving up their time towards the running of the footy club, social club and ORC, but in these testing times for many, it's even more striking that the effort into running the organisation in the way you do ensures we are not looking over our shoulders like many other clubs at this difficult time & we can focus on ourselves, families and jobs."
- **Football – Overton Youth**: take a look at the "2 o'Clock Challenge" at [thefa.com](http://thefa.com) – to find a daily football exercise for kids and parents from the SuperKicks programme

- **Cricket – Seniors:** The Hampshire Cricket League has suspended the start of the season until further notice.
- **Cricket – Youth:** our new ECB initiative All Stars programme has been suspended but we will keep all families alerted to any new developments
- **Harriers:** All Harrier activity is cancelled until 31st May following an update from England Athletics
- **Tennis:** closed to comply with BDBC current outdoor activity policy during the Covid crisis
- **Golf:** Town Meadow Golf Club is temporarily closed until further notice – as soon as we can re-open we will broadcast a message. Use your imagination and keep swinging those clubs in the space available at home!
- **Art Group:** all meetings cancelled until further notice – we will make contact when it is possible to reinstate the group.
- **Walking For Health:** all organized Monday walks and footpath management cancelled until further notice – Denise will keep you posted on next activities.
- **Pilates:** pilates classes are still going ahead online should anyone be interested – please contact Cath Wheeler for information – see [orc.org.uk](http://orc.org.uk).
- **Move It or Lose It!** - postponed until further notice. Free weekly email to all class members with exercise ideas to keep active! Stay in touch with Nicky on 07469923997 / [nicola.carter@moveitorloseit.co.uk](mailto:nicola.carter@moveitorloseit.co.uk)

## PARTNERSHIP & COLLABORATION

- Overton Business Association – designing and creating a village “Welcome Pack” & supporting Sustainable Overton
- Overton Parish Council – we are collaborating to find better ways to serve the health needs of the community
- 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 – having met the Head, Fiona Wyeth I am confident we will work more closely in the future to improve the health of our young people locally
- 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: “How are we coping?”

Website: [www.orc.org.uk](http://www.orc.org.uk) / Facebook: “Overton Recreation Centre”  
 Twitter: @orc\_overton / Instagram: @overtonrecreationcentre

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