



Rushmoor & Hart LCP Supporting Families Bulletin – July 2024

Welcome to our 98th edition! The Supporting Families Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it, or relevant parts of it, with anyone you think will find it useful.

Page 1	COST OF LIVING SUPPORT
Page 2	GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT
Page 4	WHAT'S ON IN RUSHMOOR & HART
Page 14	COMMUNITY SUPPORT INFORMATION
Page 18	HEALTH & WELLBEING INFORMATION
Page 32	NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES
Page 35	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 46	SKILLS & TRAINING
Page 48	FUNDING & GRANTS CURRENTLY AVAILABLE

*The next Bulletin will be in **October** ahead of the half-term holiday. Anyone wanting to be added to the mailing list we have for the bulletin, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcGovern@rushmoor.gov.uk*

COST OF LIVING SUPPORT

Many families are worried about the cost-of-living increases and how these impact on managing day to day life, and there is now lots of information available online to support people you're working with, typically covering:

- Fuel and Energy
- Food, Foodbanks and essentials
- Help with money, bills and debt, finding work
- Staying well and resilient
- Warm and welcome spaces
- Housing needs and homelessness

Local information especially is being added to all the time so please share the links below with colleagues and families and go back to the information regularly to note any changes.

Local:

[Cost of living help - Rushmoor Borough Council](#)

[Cost of living support hub | Hart District Council](#)

[Worried about cost of daily living: Frimley Healthier Together \(frimley-healthiertogether.nhs.uk\)](http://frimley-healthiertogether.nhs.uk)

County:

[Keep Warm Keep Well | Hampshire County Council \(hants.gov.uk\)](http://hants.gov.uk)

[Money worries \(connecttosupporthampshire.org.uk\)](http://connecttosupporthampshire.org.uk)

National:

[Cost of living support - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Help for Households - Get government cost of living support](#)

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

Reporting concerns and general guidance should continue to be done in the normal way via <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/contacts> or by phone at 0300 555 1384.

The separate 'Professionals line' also continues as normal. For single issue low level concerns the Family Support Service Level 2 request form should continue to be used.

[Early help services in Hampshire | Children and Families | Hampshire County Council \(hants.gov.uk\)](#)

Rushmoor Link community resources directory



Rushmoor Link is now established as the place for you to discover what activities, groups and community services there are local to Rushmoor. It is a wide-ranging online directory with 21 different categories, including Children, Young People & Families, Mental Health & Wellbeing, Community Venues, Employment, Housing Support, Social & Leisure Activities and Money Matters. So, whether you are looking for support, to improve your health and wellbeing, socialise more, get active, learn something new or find a place to meet, Rushmoor Link is a good place to start.

To browse click [Rushmoor Link](#)

Please consider linking to Rushmoor Link from your own website – a number of schools, GP Practices and community organisations have already done so.

If you would like your not-for-profit organisation to be included, let us know info@rvs.org.uk

Here for Hart update (coordinated by Hart District Council)

Here for Hart Directory: The Here for Hart Directory is a wide-ranging online directory of services available to residents, groups, clubs and community services. The aim is for it to be the online destination for local help, support and information. There are 21 different categories, including Care & Support, Community Venues, Disabilities & Health Conditions, Employment, Housing Support, Social & Leisure Activities, Money Matters and Transport & Mobility - www.hereforhartdirectory.org.uk

You can access the directory by scanning the QR Code.



Here for Hart webpages: The [Here for Hart section on our website](#) brings together information and links to a range of support and resources to assist people, whether they are worried about money or their housing situation, looking to get into employment or training, or would like to improve their health and wellbeing. These pages are not intended to be a complete directory of services, but we hope they provide a starting point to help people find a way forward.

Housing support: Our Housing team can be contacted through the usual channels for general housing information, advice and assistance by emailing housing@hart.gov.uk or by phone on 01252 774 420 Monday to Thursday 8.30am till 5pm and Friday 8.30am till 4.30pm.

If you are facing homelessness or are currently homeless, please complete a housing advice form at <https://hart.homeconnections.org.uk/>; alternatively, you can email dutyhomelessness@hart.gov.uk or call the Duty Officer on 01252 774 239

Further information can be found at www.hart.gov.uk/housing-advice

Mental health and wellbeing support: Information about websites, Apps, helplines, and local services for children, young people and adults can be found on the [Here for Hart pages](#) and at [Mental Wellbeing Hampshire](#).

Our new bike tracks at Edenbrook Country Park are now open. These launched to the public with a fantastic opening event on Sunday 23 June. Hundreds of riders took to the tracks once they had been opened by pro mountain biker Sam Reynolds. He also spent time riding the new routes throughout the afternoon with visitors. Qualified coaches were also available to help those wanting to test their skills. These new tracks enhance the popular tracks already in place and have facilities for both beginner and experienced riders.

WHAT'S ON IN RUSHMOOR & HART

HAF details and Summer Activities for children, young people and families

In addition to the articles sent by organisations for inclusion in this Bulletin, we have collected together information about all the Holiday activity and food (HAF) provisions in Hart and Rushmoor, plus a lengthy list of free and low cost activities taking place in our area over the Summer break. Please do share with colleagues.

We will always advise that people check the information given directly with the provider.



Summer%202024%20
Hart%20&%20Rushm



Summer 2024 Hart &
Rushmoor activities_Fi

Army Welfare Service Summer programme

Programme	Ages	Cost	Location	Timings	spaces
Church Crookham					
Urban Arts 22nd -26 th July	11+	£15 week	Quetta Park Preschool Building, Church Crookham, Fleet GU52 8TJ	10 am to 3pm	10
Multi-activity Week 29 th July to 2 nd August	8- 11 years	£40 week	Quetta Park Community Hall, Fleet GU52 8TL	9.30pm to 4pm	20
Wellington Country Park 14 th August	Service Families	£ 2 pp	Pick & Drop Off Quetta Park Community Hall, Fleet GU52 8TL	9 am to 5pm	50
Wee Kicks Sport Week 19 th – 23rd August	7 -11 years	£25 week	Quetta Park Community Hall, Fleet GU52 8TL	10am to 12noon	20
Contact for Church Crookham: Samena Mehmood Army Welfare Service Community Support Team, Community Development Worker Mob: 07773 242 291 Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk					

Programme	Ages	Cost	Location	Timings	spaces
Aldershot					
Summer Sewing Project 5 th – 9 th August	8 to 11 years	£25 pp	Maurice Toys House Middle Hill Aldershot GU11 1PL	1000-1500	15
Families' Trip to London – 17 th August	All	£2 pp	Pick Up & Drop off Garrison Community Hub 1-3 Alanbrooke Rd, Aldershot GU11 2NX	0900-1800	52
Contact for Aldershot Sunita Limbu Army Welfare Service Community Support Team, Gurkha Support Worker Mob: 07773242309 Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk					

Programme Aldershot	Ages	Cost	Location	Timings	spaces
Kings Camp Sports and activity camps 5 th -9 th August 12 th -16 th August	5-14 years	£90	Garrison Sports Centre, Rawlinson Rd, Aldershot GU11 2EY	8.15am to 5.30pm	No restrictions
Kings Camps - Sports & Activity programmes suitable by age					

The Source Young People's Charity – Summer Activity Workshops programme

Dates: Various from 22 July to 30 August 2024

Age: 11 – 17's

Learning new skills, physical activity, relaxation, making friends, and helping others are all great ways to support wellbeing.

Our Summer Activity Workshops programme is for 11 to 17 year olds who need a little wellbeing support over the holidays.

All sessions are **free of charge** and each young person can chose which workshops to sign up for.

Wellbeing workshops and activities include:

- Bike Maintenance (at Bikestart)
- Lego Challenge (at The Source Hub)
- Board Games (at The Source Hub)
- Cookery (at The Source Hub).
- Creative Writing (at The Source Hub)
- Create - Inspiration Boards (at The Source Hub)

PLUS:

Bespoke sessions for neurodivergent young people (14 to 19 years) include:

- Cycling Programme (including road cycling lessons, bike maintenance, and group rides) – August dates TBC
- Golf Taster session. Sat 20th July – 10am to 11am (@Army Golf Club)

For further details or to book a space, go to www.thesourceforyou.co.uk and click on the Summer Activity Workshops flyers for further details.

Contact details:

Yasmin at Yasmin.cunningham@thesourceforyou.co.uk

The Source Young People's Charity, 2a Grosvenor Road, Aldershot GU11 1DP

www.thesourceforyou.co.uk / Phone: 01252 333330

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Play In A Day

Tuesday 30 July, 10:00 AM – 4:00PM

A must for all drama fans! Our expert leader Debi Rush will give you the opportunity to learn new theatrical skills, meet new friends, build confidence and work on a short play that will be performed to parents at the end of the day.

The children will work on a well-known story; acting out scenes and devising their own lines in small groups. The tutor will also encourage and direct the children to create fun characters that will be incorporated within the play.

Children must be aged 7-11years to take part in this workshop.

[Play In A Day - Princes Hall](#)

Dance In A Day

Wednesday 31 July, 10am-4pm

A must for all dance fans, and movers & shakers! Our expert leader Sian will give you the opportunity to learn new dance moves and skills, meet new friends, build confidence and work on a number of short, choreographed pieces that will be performed to parents at the end of the day at 3.30pm.

With our professional dance tutors, the children will work on well-known dance moves and help devise their own choreography for individual and group performances, whilst building dance confidence and having fun!

Children must be aged 6-10years to take part in this workshop.

[Dance In A Day - Princes Hall](#)

Horrible Histories - Rotten Royals

Friday 26 July, 1.30pm & 4.30pm

We all want to meet people from history. The trouble is everyone is dead!

So Horrible Histories is back in 2024 with revolting rulers and mad monarchs from Britain's barmy past!

Would you be wooed by Richard the Lionheart? Are you ready for a date with King Edward I? Would you be shaken or stirred by Richard III? See Mary Tudor knock the spots off Mary Queen of Scots!

Can evil Elizabeth entertain England? Will you be hanged by King James for being a witch? Clap along with crazy King Charles and move to the groove with party Queen Victoria!

It's history with the nasty bits left in!

[Horrible Histories - Rotten Royals - Princes Hall](#)

Dinosaur Adventure Live

Monday 29 July – 2pm & 4.30pm

DINOSAUR ADVENTURE LIVE is back and even more ROARSOME! Join our brave Rangers for another action packed Dinosaur Adventure in the all-new and exciting show: TROUBLE ON VOLCANO ISLAND.

When the island's ancient volcano becomes active, it spells danger for everyone – including the Dinosaurs! It's a race against time to help our Rangers and favourite Dinosaurs in this thrilling prehistoric expedition, to save Volcano Island from imminent disaster.

This amazing, immersive and interactive show is guaranteed to be an unforgettable adventure for the whole family. Remember to join us after the show for a free photo opportunity and meet the dinos!

[Dinosaur Adventure Live - Princes Hall](#)

Milkshake! Live

Saturday 31 August – 12pm & 3.30pm

Join your favourite Milkshake! friends on Holiday with Chase and Marshall from Paw Patrol, Dora, Pip and Posy, Blue from Blue's Clues and You!, Milo, Milkshake! Monkey plus two presenters for an all-new adventure!

Pack your bags and jump aboard the Milkshake! train as we go on an all singing, all dancing holiday together! It's a family show not to be missed!

[Milkshake! Live - Princes Hall](#)

Youth Theatre – Autumn Term starting Saturday 7 September

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 11 - the only requirement is an enthusiasm for theatre!

The Princes Hall's Youth Theatre is ideal for those who enjoy performing and want to learn more about acting. It is a great opportunity for those wishing to build their confidence in a relaxed and supportive environment.

Our Youth Theatre leaders Tom and Sophie are very experienced actors and teachers.

Each term has a set theme or project, and students work towards putting on a final presentation to family and friends.

Group sizes are kept to a maximum of 18 students.

Members are expected to show commitment to the Youth Theatre and are required to sign a code of conduct. Regular attendance is a condition of membership.

'Try It' Session

If you're not sure about joining for a term, then why not ask about a 'Try it' first session? Give the Box Office a call on 01252 329155 and pay just £10 for one session to give it a go, before committing. If you decide to stay for the rest of the term (which we're sure you will) we'll then deduct the 'Try it' session payment from the term fee.

princeshall.com/Youth Theatre

Aldershot Pools – Holiday opening and Lido opening

Guildford Road, Aldershot, GU12 4BP

For Aldershot Pools please refer to our website for the school holiday period.

<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

The Lido is open full time until 8th September.

Diddy Dunkers: Summer Holiday Basketball Camp

Taking place at Farnborough Hill School, GU14 8AT, for 7- to 15-year-olds (school years 3-10), £40 per day.

- Tuesday 23rd to Friday 26th July 10am – 4pm
- Monday 19th to Thursday 22nd August 10am – 4pm

Advance booking essential

More info and how to book can be found here www.diddydunkers.com/camps

Rushmoor Gymnastics Academy

This month the Rushmoor Gymnastics Academy is Celebrating its 50th Year!

We are very excited to be inviting colleagues, friends, past and present gymnasts and their families.

The club was started in 1974 by our now President Colin Wright and it continues to be run by Directors Bernie Wright and Claire Wright.

We have had champions at Regional, National and International level, including the Olympic Games.

Over the Summer we are running two camps. One for recreational gymnasts and one for gymnasts training for 5hrs or more per week.

Recreational Camp: 13th-15th August 4:30pm-7:30pm

Squad Camp: 26th-30th August 10:00am-5:00pm

Book online at www.rushgym.co.uk

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

Looking to get outside, get active, and connect with nature? Runways End Outdoor Centre offers a range of **family activities and young person activity weeks** during **every** school holiday, including:

- **Woodland warriors** – An action-packed holiday camp with an environmental twist. Explore the abundance of nature and wildlife in our nearby forest with complementary adventurous activities like canoeing, climbing, abseiling, caving, and archery. Each day is themed to understand the environment from a new angle such as: natural history, climate and conservation, or shelter and survival.

Available for ages 7-11, drop off from 8.30 pick up by 5.30, activities between 9.30 and 4.30, £200 for 5 days or £50 per day.

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving to archery or a mixture! *£22 per person for 2.5 hours of fun.*
- **Canoe tours** – Get out on the water, improve your paddle skills, and maybe learn a thing or two about the military history of Aldershot with our expert instructors. *£20 per child and £28 per adult for 2.5 hours.*

We can't wait to see you! More details available on our website:

<https://www.hants.gov.uk/thingstodo/outdoorcentres/ourcentres/runwaysend>

Hampshire Libraries in the school holiday

Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](#) for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

The Summer Reading Challenge is on in all Hampshire Libraries from Saturday 13th July – Saturday 7th September. Free to join!

Fleet Library

Every Monday (excluding bank holidays) 10.30 - Story time

Every Thursday 10am, 10.45 & 11.30- Rhyme time

Every Monday, Thursday and Friday (excluding bank holidays) 3.30-4.30 Stay and Play

Every Saturday all day Construction club

Crafts – There will be various craft activities on throughout the summer holidays, please check our Facebook page for information

Yateley Library

Every Monday (term time only) 3.15-4.30pm - After school Stay and Play

Every Tuesday – 10.30 - Storytime

Every Friday – 10.15 - Rhyme time followed by stay and play

Every Saturday – 10.00 to midday – Construction club.

Crafts – There will be various craft activities on throughout the summer holidays, please check our Facebook page for information

Farnborough Library

Rhymetime – Every Monday 10am-10.30am, 10.45am-11.15am, every Thursday 2pm-2.30pm

Storytime – Every Tuesday 10.30am - 11am

Crafts – Every Wednesday from 31st July until 28th August, craft activities from 10am – 12pm

HAF Children's Author Event – 12th August 2pm - 3pm: Michael the Amazing Mind Reading Sausage Dog Workshop with Terrie Chilvers. Suitable for children aged 4-9. Adults must stay.

Book places at <https://shop.hants.gov.uk/collections/library-events>. Eligibility for HAF will be confirmed during the booking process.

HAF Junk Jodie Rainbow-LICIOUS – 31st July, 2pm-3pm: A 25-minute interactive storytime, followed by a 35-minute craft activity. Suitable for children aged 3-8.

Aldershot Library

Rhymetime – Every Tuesday 10am-10.30am and 11am-11.30am. Every Friday 10.30am-11am

Our regular Rhymetime sessions for 0-2 year olds and their caregivers.

Storytime – Wednesday from 11am-11.30am.

24th July, 7th August and 21st August only 11am-11.30am Summer Holiday Story Sack Storytime and Craft sessions – suitable for children aged 3-7 years. Check Aldershot Library Facebook Page for the

story being read on these dates. Donations welcome to cover the costs of the craft activity. Adults must stay.

31st July, 14th August, 28th August – 11am-11.30am Our regular preschool Storytime sessions for 2-4 year olds and their caregivers.

HAF Children’s Author Event – 12th August 10.30am-11.30am: Michael the Amazing Mind Reading Sausage Dog Workshop with Terrie Chilvers. Suitable for children aged 4-9. Adults must stay. Book places at <https://shop.hants.gov.uk/collections/library-events>. Eligibility for HAF will be confirmed during the booking process.

Make Something Marvellous Saturdays – Every Saturday 10.30am - 12pm. Show us what a marvellous maker you are. Each week there will be a different set of ‘makings’ and an example of what you might make with them. Check Aldershot Library Facebook Page or posters in branch for the weekly theme. Suggested Donation 50p per family. Adults must stay

All the events are also listed on the library service website: [What's on in libraries | Hampshire County Council \(hants.gov.uk\)](#)

Follow your local library on Facebook and ensure you’re always in touch with what’s going on!

Aldershot - [Aldershot Library and Learning Centre | Aldershot | Facebook](#)

Farnborough - [Farnborough Library | Farnborough | Facebook](#)

Fleet - [Fleet Library & Learning Centre | Fleet | Facebook](#)

Yateley - [Yateley Library and Learning Centre | Yateley | Facebook](#)

PlayFest! Children’s Festival – Saturday 24th August

PlayFest! is an amazing action-packed day of fun hands-on play and games for all ages in Aldershot. There are oodles of free activities to look forward to throughout the town centre on Saturday 24 August from 10am to 4pm. It’s free!

Travel to space in a virtual reality experience, join a dragon fossil dig, spray a street art mural, try crazy science experiments, pluck a ukulele, visit the story corner, make forest-themed crafts, watch a bonkers balloon science show, play with some noisy toys, have a kickabout, climb inside a giant adventure cave, create a mini lunch with Cook Stars, learn karate moves, engineer a K-NEX invention, meet the beekeepers, try a mini assault course and loads more! For toddlers, there’s art, music and a messy play station.

At the wonderful workshop marquee, families can take part in a martial arts, music and dancing.

All activities are free. Children must be accompanied at all times and activities are subject to change. Please check the signs on each activity station during your visit.

For more information visit www.rushmoor.gov.uk/playfest.

Events at Wellesley Woodlands

Wellesley Woodlands Bat Walk - Chalk Farm Lake, Friday, August 9 · 8:30 - 9:45pm

Chalk Farm Lake Car Park

off Camp Farm Road Aldershot GU11 2PE United Kingdom

8.30pm Meeting Point: Chalk Farm Lake car park (What 3 Words: enter.relax.asserts)

All are welcome on this leisurely walk with plenty of stops to explore the evening nature along parts of the Willow Trail (map below). We will have bat detectors to hopefully tune in to some of their communications.

It will be quite dark by the time we finish so you may like to bring a torch.

The event is FREE but please book places so we know how many to expect and CANCEL your place if you can no longer make it.

Please dress for the weather and wear comfortable shoes.

[Wellesley Woodlands Bat Walk - Chalk Farm Lake Tickets, Fri, Aug 9, 2024 at 8:30 PM | Eventbrite](#)

Wellesley Dog Show

Saturday 17 August – time to be confirmed via Wellesley Woodlands Facebook page

Wellington Statue Car Park, off Claycart Road Aldershot GU11 1QA United Kingdom

A day to celebrate dogs with a Fun dog show, scent training, prize giving, guided walks and stalls. No booking required.

Wellesley Woodlands Family Wildlife Walk, Friday, August 23 · 10 - 11:30am

Wellington Statue Car Park, off Claycart Road Aldershot GU11 1QA United Kingdom

10am Meeting Point: Wellington Statue car park (What 3 Words: gallons.twist.spoken)

All are welcome on this leisurely walk with plenty of stops to explore the nature along the Beech & Plane Trails (map below) in search of wildlife.

The event is FREE, but we prefer that you book places, so we know how many to expect. Please CANCEL if you can no longer attend as these events are very popular.

Please dress for the weather, bring any refreshments you might like and wear comfortable shoes.

[Wellesley Woodlands Family Wildlife Walk Tickets, Fri, Aug 23, 2024 at 10:00 AM | Eventbrite](#)

Wellesley Woodlands Bat Walk - Chalk Farm Lake, Wednesday, September 18 · 7 - 8:15pm

Chalk Farm Lake Car Park, off Camp Farm Road Aldershot GU11 2PE United Kingdom

7pm Meeting Point: Chalk Farm Lake car park (What 3 Words: enter.relax.asserts)

All are welcome on this leisurely walk with plenty of stops to explore the evening nature along parts of the Willow Trail (map below). We will have bat detectors to hopefully tune in to some of their communications.

It will be quite dark by the time we finish so you may like to bring a torch.

The event is FREE but please book places so we know how many to expect and CANCEL your place if you can no longer make it.

Please dress for the weather and wear comfortable shoes.

[Wellesley Woodlands Bat Walk - Chalk Farm Lake Tickets, Wed, Sep 18, 2024 at 7:00 PM | Eventbrite](#)

St Peter's Family Fun Night – 31st July

**St. Peter's Church, 60 Church Avenue, Farnborough GU14 7AP
Wednesday 31st July 2024, 6.30-8.30pm.**

Fun for the whole family including bouncy castles, bouncy obstacle course, crafts and summer fair stalls. Entrance is FREE and all activities are FREE. Optional hot dog tickets for £1.50 each. Prebooking essential: <https://stpetersfarnborough.churchsuite.com/events/xoyzqtid>

Information from Cove Parish Farnborough

Community News

This term we are very aware of our community.

We continue to have the food bank from 12:00 to 2:00 every Wednesday at Christ Church for more information please visit <https://farnborough.foodbank.org.uk/>

On Wednesday we also have Footprints in St John's Hall. That is from 2:00 to 4:00pm. You can come and have a cup of tea or coffee and a piece of homemade cake. We are looking forward to starting a second session of Footprints at Christ Church in September. For any more information please email info@parishofcove.org.uk or call 01252371804

News for children

We will be enjoying Cove Kids on Sunday Moring. This will take place at Christ Church during the 10:30 service. The children will have activities and Bible stories led by our Children and Families worker. This is for ages 2-10. We also have Cove Youth beginning in September this will be for children ages 11-15.

Our Holiday Club is set to begin on Wednesday the 24th of July. The theme this year is Deep Sea Divers. It will begin at 9:30 and finish by 12:30. The children will play games have a snack, complete a craft and hear a Bible story. Fun is the main theme. We will conclude our Holiday Club with a special service at Christ Church followed by a BBQ. Sign up on our website

<https://parishofcove.org.uk/>

Or email Debi at debi@coveparish.church

Wavell Campus Leisure

Wavell Campus Leisure is a thriving part of the Wavell School and an important resource for the Community. We provide a range of indoor and outdoor sports facilities including a Dance Studio, Main Hall with a Stage, a fully equipped Sports Hall and 8 Floodlit Outdoor Netball Courts. We also have the facility to host evening classes and courses, in our Community Hall and Classrooms, which are available in abundance.

Wavell Campus Leisure also offers a Holiday Club which is run by CM Sports every school holiday from 8-4.30pm.

OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

FACILITIES TO HIRE & HIRE CHARGES

SPORTS HALL £37 PER HOUR - DANCE STUDIO £22.50 PER HOUR - THE WAVELL HALL £22.30 PER HOUR COMMUNITY HALL £19.50 PER HOUR - CLASSROOMS £10.50 PER HOUR – OUTDOOR NETBALL COURTS £19 PER HOUR

SPORTS HALL - IMPORTANT NEWS

Please note that our Sports Hall will be closed from the 15th July until the 2nd August due to having a **new floor** installed. This is a project that Wavell Campus Leisure have been working on and raising funding for, for a very long time. This is fabulous news for both the school and the surrounding Community, who make full use of this Sports Facility all year round.

CLUBS & CLASSES

Please check our website www.wavellschool.org.uk/leisure/homepage for all our clubs and classes running at Wavell Campus Leisure. You will find everything you need to know on the **'What's on Where Page'**

CHILDRENS PARTIES

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY - HIRE PRICE IS £25 PER HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY - HIRE PRICE IS £35 PER HOUR THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY - HIRE PRICE IS £45 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY - HIRE PRICE IS £45 PER HOUR

***All subject to availability**

SUMMER HOLIDAY CLUB AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB

TUESDAY 24TH JULY – 30TH AUGUST 2024

FROM 8AM – 4.30PM DAILY

For further information regarding costs and availability please email info@cm-sports.co.uk

For further information or enquires regarding hire of our facilities;

Contact us at Wavell.campus@wavell.hants.sch.uk

Check out our website at www.wavellschool.org.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317603

Stopgap Dance Company – Aldershot Holiday Dance Club

During the May half-term dance club, we "saved our hall" by having a dance-a-thon. The audience were taken on a whistle stop tour of activities from Yoga to Dancehall, showcasing their amazing hand crafted lapas. We even had a special guest appearance from a glittering 'Beyoncé!'

If you would like to get involved in our next holiday club, please get in touch at admin@stopgapdance.com

Kaizen Karate Academy – Times and venues

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30 Senior grades / adults 6.30-7.30

£6 per session – First lesson free!

If you are interested in your child attending, please contact [Nathan Barham](mailto:Nathan.Barham@kaizenkaratefarnborough.com) or kaizenkaratefarnborough@gmail.com or Chief Instructor Bill Cross on 07958 630 048.

Multiply Programme – Free family events this Summer

Multiply is offering a series of **FREE family events** over the summer 2024. Families can choose one event and if they meet the eligibility criteria, they will have the opportunity to take part in some family fun activities in the morning and receive a free family ticket into the attraction of their choice. Please use the attached link to register your interest ASAP as places are limited.

<https://forms.office.com/e/xJgXNyfW55>

31 st July	Manor Farm, Southampton, SO31 1BH
5 th August	Royal Victoria Country Park, Netley, SO31 5GA
6 th August	Staunton Farm, Havant, PO9 5HB
20 th August	Milestones Museum, Basingstoke, RG22 6PG
30 th August	Beaulieu National Motor Museum, SO42 7ZN

Eligibility: At least one adult in the family must NOT have a level 2 math's qualification, (e.g. GCSE grade 4/C and above or Functional Skills Level 2 in math's). In addition, priority will be given to families who have not previously taken part in a Multiply family fun day out. If you have any queries, please contact multiply@hants.gov.uk

COMMUNITY SUPPORT INFORMATION

Places for children to eat free or cheaply this Summer holiday

Please follow this link for information about numerous food outlets nationally with free or cheap meals for children offers during the Summer holiday.

[Places Kids Eat Free in the Summer Holidays 2024 \(moneysavingcentral.co.uk\)](https://www.moneysavingcentral.co.uk/places-kids-eat-free-in-the-summer-holidays-2024)

Rushmoor and Hart Foodbanks and Larders

What follows is the information we receive from provisions about their local services, but please check with the providers, or these weblinks, for the most up to date information, as it is regularly changing:

[Food and food banks - Rushmoor Borough Council](#)

[Help with food | Hart District Council](#)

Community Grub Hub CIC

Whether you are volunteering, donating, swapping or shopping, all will receive a warm welcome from the volunteers. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need. All we ask for is a few details to sign up to a loyalty card, so we can report back to our funders and donors how many people we have helped. Suggested minimum donation of £1 to help keep the project running.

We are based at: **2a Windsor Way, Aldershot GU11 1JG**

We are open: every Tuesday 10am to 4pm.

Please signpost your families in need. For more information, please follow the project's [Facebook page](#) or email CommunityGrubHubStore@gmail.com

Church of the Good Shepherd – Food Support

Church of the Good Shepherd, Sand Hill, Farnborough, GU14 8ER

Free Food Essentials – Fridays 10am-12noon

The Church of the Good Shepherd is open once a month for anyone to collect a bag of free food essential items – No Questions Asked.

The Larder Foodbank

We deliver food parcels to families and individuals in need on **Monday, Wednesday and Friday afternoons**.

To receive a food parcel, you must be referred by a professional, e.g. Your Key Worker/Social Worker, children's school, GP surgery, etc. They will need to call the Larder Phone (07501 202 546) and leave a message with your details. We can then deliver a food parcel to you.

For more information, please contact Abbie Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

The Vine Centre, 33 Station Road, Aldershot, GU11 1BA

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is part of the Hampshire County Council Pantry scheme and food is offered for a small charge to supplement a person's weekly shop. First visit is free.

Please get in touch if you need help – 01252 400 196

Opening hours: Monday, Wednesday and Thursday 10-2

There is no need for a referral, just come along.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

Farnborough Foodbank is opening a new hub based in Hamesmoor Road, Mytchett GU16 6JB between 10:00 - 12:00.

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays. There will be No Access to Farnborough FoodBank Warehouse for clients. However, Organisations can continue to attend.

01252 331 668 (Limited Hours Tue, Wed and Fri Only)

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Food and welfare provisions in Hart

Hart Foodbank helps people that are in crisis within the boundaries of Hart.

There are four foodbanks across the district where clients can collect food parcels. Hart Foodbank can also supply hygiene products and cleaning items for the home. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Please note that people cannot directly self-referral to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. It is open Mondays 1.30-3.00pm and Thursdays 11.00-12.30. This venue has a car park.

Darby Green Foodbank is located at St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday from 1.30-3.00pm and Thursday from, 1.30-3.00pm.

Hook Foodbank sessions are Mondays 12.00-1.30pm and Thursdays 10.30-12.00 at Life Church Hook, Elms Road, Hook, RG27 9DX.

Odiham Foodbank is open on Thursdays 1.30pm - 3pm at All Saints Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com

Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4 to 14 year olds.

For more information visit FareShare Larder: Here for Hart Directory and for a membership form please email: FSSouthernCentral@fareshare.org.uk

Other local food provisions in Hart are:

Darby Green Mobile Community Larder:

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday: Between 1pm – 2.30pm

Hook Mobile Community Larder for residents. A small fee is payable depending on the size of your family (ID is required). For more information call 0784 919 8179. It is open on Thursday mornings between 10am - 11.00am. Address: Life Church Hook, Elms Road, Hook, RG27 9DX.

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or Email: Jeanp@yateleyindustries.net

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

Legacy Project launches in Rushmoor in September

Following a successful bid to the OPCC, Yellow Brick Road Projects are launching The Legacy Project in Rushmoor in September 2024.

The Legacy Project was born in Andover in 2020 and since then we have scaled the project to include the whole Test Valley District and more recently Winchester. **We match Mentors with young people aged 11 – 17 who are at risk of criminal exploitation.** We use the Outcome Star Home Star to shape 12 Mentor Reflection Sessions with young people, providing them with a trusted adult who will support them to uncover their Seam of Gold and take their next steps.

Click on this link to find out more about the project [The Legacy Project \(yellowbrickroadprojects.com\)](https://yellowbrickroadprojects.com)

We are keen to develop our partnerships in Rushmoor and believe that working together is the best way to make the project a success for local young people.

We would like to invite you to the project launch on **Monday 9th September 3.30 – 4.30p.m.** This will be an opportunity to find out more about The Legacy Project and how you can support young people to get involved. We have arranged the meeting at the end of the school day as we are keen to get schools on board. Here is the TEAMS link

On **Monday 23rd September 1.30 – 2.30p.m.** we will hold the first allocation meeting (hybrid on both TEAMS and in person at Rushmoor’s Council Offices, Farnborough Road Farnborough GU14 7JU. This will be an opportunity for Nominators to put forward young people they believe would benefit from support. As a group we will create a plan as to the best service to provide the intervention. The meeting will be attended by Community Safety, Youth Justice Service and Yellow Brick Road Projects. Please come along if you have a young person you would like to nominate or if you are a service who would like to be part of the working group.

If you are interested in attending either meeting, please contact Fiona Coates, the Project Lead, at f.coates@yellowbrickroadprojects.com

Stop Domestic Abuse

Stop Domestic Abuse charity is the commissioned provider of inclusive domestic abuse services for adults and children living in Hampshire and the coastal cities of Portsmouth and Southampton.

- We provide refuge and community-based support to adults, children and young people affected by domestic abuse in need of advice, support and information tailored to their level of risk and support needs.
- We support survivors to navigate the criminal justice system throughout all stages of their journey.
- We advocate for survivors ensuring their views and needs are heard and upheld.

- We deliver one-to-one and group work for adults, children and young people to help them understand domestic abuse and improve their safety.

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is advice@stopdomesticabuse.uk Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting.

If you would like any more information about our service, please do head over to our website: www.stopdomesticabuse.uk

- We will be sending out our first Newsletter in September, to all schools in Hart and Rushmoor.
- We will be offering a community holiday event within the Hart & Rushmoor area over the Summer holidays – date and venue to be confirmed.

Upcoming free webinars:

- 20th November - Post Separation Abuse – Using the Courts And Child Contact Arrangements at 19:00 - 20:30
- 27th November - An Introduction To Economic Abuse Workshop at 12.00 - 13.00
- 27th November - Impact of Domestic Abuse on Children and Young People at 13:30 - 15:00

Citizens Advice Hart

Citizens Advice Hart

Our advisers can help you across several areas such as debt, benefits, housing, employment, family and personal matters, consumer and immigration issues.

Help in the community

Citizens Advice Hart is aware that not everyone can travel to Fleet to get help. We are offering to give talks to any local groups followed up by individual confidential sessions to anyone who is not able to travel to Fleet. We cover the full range of advice offered by Citizens Advice which includes help with benefit applications, looking at debt solutions, advising on employment problems and consumer or family issues.

Please contact us on 01252 878 435 or email outreach@citizensadvicehart.org.uk for further information. If you are looking for advice, please contact us [here](#).

We hold Outreach sessions where an adviser is available for questions. Please check our website for further details and new venues.

[Outreach Project - Citizens Advice Hart](#)

Advice First Aid

We are running a successful project for charities and organisations to work in partnership with Citizens Advice Hart.

The Advice First Aid (AFA) programme is an opportunity to upskill volunteers and staff working on the frontline to support vulnerable people in the community. You may encounter people for a whole range of reasons in your role, and you might realise they have a problem or that they need help, but you don't know what to do about it.

If so, we can help. This programme is exactly like 'first aid' – you identify the problem, provide some initial, basic help, but also know when, and how, to call in the experts when you need them. The program comprises three strands:

1. Training for frontline workers (volunteers or staff)

2. Easy referral opportunities to get those in need quick access to our advisers
3. Ongoing support for you in delivering advice first aid

The training is completely free, will run monthly and takes place locally, in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227 014).

Home and Well

We have a Home & Well adviser ready to provide support for anyone being discharged from hospital who might be considered vulnerable to ensure they get home to a safe place. Details on our website here <https://citizensadvicehart.org.uk/projects/home-well/>

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Office: 01252 878 435

Citizens Advice Hart Website for news, info and access to advice: www.citizensadvicehart.org.uk

Citizens Advice Rushmoor

At Citizens Advice Rushmoor, we provide free, independent, impartial, and confidential advice and information services to our local community. We're a local, independent charity governed by a voluntary Board of Trustees.

Our team of staff and volunteers are trained to help with things like benefits, debt and money, energy, employment, and many other issues. We tailor our help to meet your needs and agree the action that's right for you.

When you contact us, we will agree with you what sort of help you need. That might be:

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- Arrange for you to have a telephone appointment for more detailed help or in-person at our offices if appropriate
- Referring you to a different organisation who could assist you better than we can.

Our Drop-in Service is open 5 days a week.

It alternates between Farnborough and Aldershot as detailed below:

- Aldershot - Tuesday and Thursday 9.30am to 12.30pm
- Farnborough – Monday, Wednesday and Friday – 9.30am to 12.30pm

Different ways of reaching us:

- | | |
|---|--|
| • Freephone Adviceline - 0808 2787 912 | • Online and webchat via citizensadvice.org.uk |
| • Help to Claim Universal Credit - 0800 1448 444 | • Consumer Helpline - 0808 223 1133 |
| • Nepali Language Adviceline - 01252 894 280 / ०१२५२८९४२८० | |

Nepali Drop-in

We run a Nepali drop-in service in Aldershot Citizens Advice every Wednesday from 10.00am to 12.30pm. If you know someone whose first language is Nepali and who needs advice, please direct them to the drop-in.

Community Grub Hub - Every Tuesday from 10am to 4pm

If you know a Rushmoor resident is struggling to afford their weekly food shop, please direct them to the Community Grub Hub where they can see our friendly adviser Joel, who will be happy to help.

Energy Advice

Citizens Advice Rushmoor have established a new callback service providing free advice to help people save money and energy at home.

Support is also being offered to access schemes such as the Warm Home Discount and the Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, clothing, and housing, if required.

You can call free **0808 175 3559** or email energy@carushmoor.org.uk - leave your name, phone number and postcode and we will call you back to arrange an appointment.

Debt Free Prospect

Do you know someone living on Farnborough's Prospect Estate who is struggling with debt?

We have established a new service offering free, confidential advice on finding a way out of debt.

They can call free **0808 175 3559** or email pebl@carushmoor.org.uk - leaving their name, phone number and postcode and we will call them back to arrange an appointment.

Free Advice First Aid Training – Be A Helping Hand In Your Community

Do you find yourself wanting to help friends, family, or even strangers facing challenges? Our Advice First Aid course can equip you with the skills and knowledge to be a supportive guide.

This free training will help you:

- **Identify common advice issues:** Learn to recognize signs of problems like debt, money management struggles, or housing difficulties.
- **Start Supportive Conversations:** Build confidence in approaching these topics and having open, helpful discussions.
- **Connect People with Resources:** Discover the wealth of local support available, including Citizens Advice Rushmoor and our expert advisors.
- **Find the Right Path Together:** Develop skills to navigate complex situations and collaborate with individuals to find the best solutions.

Perfect for:

- Volunteers
- Community Leaders
- Anyone who wants to be a better helper!

Date: Wednesday, September 18th **Time:** 1:30 PM - 3:30 PM **Location:** Citizens Advice Rushmoor Farnborough Office

VOLUNTEERING

Our training groups run 3 times per year in January, May and September. Our next **Introduction to Volunteering** event is on 18th September as part of our Advice First Aid training course. If you would like to find out more about volunteering with us please complete our [Volunteer information request form](#) or email volunteering@citizensadvicepushmoor.org.uk

We are also looking for volunteers in Reception, Advice, Fundraising, Events and IT support. If you are interested, please get in touch via our [website](#) or email volunteering@citizensadvicrushmoor.org.uk

Clayton Court

If you are supporting a resident of Clayton Court who is struggling to keep warm and feed the family, we have help available:

- Heaters
- Vouchers for bedding and blankets
- Food Vouchers

Please contact us on the numbers above.

You can find further information online: <https://citizensadvicrushmoor.org.uk/>

HEALTH & WELLBEING INFORMATION

Frimley Healthier Together App

Parents, carers, and young people can get now access concise NHS traffic light guidance on a range of childhood illnesses by downloading the Frimley Healthier Together App.

The app provides advice on what 'red flag' signs to look out for, where to seek help if required, what to do to keep a child comfortable and how long a child's symptoms are likely to last, with push notifications to the registered phone to prompt monitoring of the condition against Red and Amber symptoms.

Complementary to the [Frimley Healthier Together](#) website, the app can be downloaded from your app store of choice. <https://bit.ly/FHTApp>

Help make managing children's health easier for families in your setting:

- Share our social media posts on your own social media channels / website to help your communities when they are faced with unwell children and young people. ([Facebook](#) and [Instagram](#))
- Utilise the pre prepared social media messaging and visuals we have provided on your own website, social media, or newsletters. Download them from our [resource centre](#).
- Ensure you share the availability of this resource with the teams in your setting so they know about the app, and they can mention it in face-to-face conversations with parents, carers and young people.
- Refer parents and carers to the [Frimley Healthier Together](#) website for advice when their children are unwell or following a bump to the head in your setting, for example.

Have you downloaded the NHS App yet?

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.

Download it now from your app store to order repeat prescriptions, view your health records and manage appointments. [Click here](#) to help you get started!

Healthy Start Scheme

Have you heard about the NHS Healthy Start scheme? It helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

- fresh, frozen or tinned fruit and vegetables
- plain cow's milk – this can be pasteurised, sterilised, long-life or ultra-heat treated (UHT)
- fresh, dried or tinned pulses
- infant formula based on cow's milk – this should be suitable from birth

You can also collect free Healthy Start vitamins by showing your NHS Healthy Start card to the retailer. You do not need to pay for the vitamins and no money or details from your card should be taken.

You can use your NHS Healthy Start card in most places that sell the above products and accept Mastercard®, but you cannot use your card online. To find out more, check your eligibility and apply visit www.healthystart.nhs.uk

Mental health and wellbeing

We all have mental health, just as we all have physical health. 1 in 6 young people aged 5 to 16 will suffer from poor mental health – it can affect anyone, but many young people feel they need to pretend nothing is wrong. No matter how difficult life can feel at times, there are free sources of support available.

The Frimley Healthier Together website has a section on children and young people's mental health. It provides information and links to sources of support some of which are online, some of them are face-to-face. Some of these sources are local – others are national. Visit: <https://frimley-healthiertogether.nhs.uk/mental-health/your-local-mental-health-resource>

Resources for children and young people include:

Little Blue Book on Sunshine: The #littlebluebookofsunshine booklet, shares mental health and wellbeing advice for children and young people across Hampshire. It shares lots of tips and things you can do now to feel better and where to get help when you need it. Download it now for free via the Apple Books or Google Play Books.

#CopingGuides: The guides list some of the best reliable and free sources of information and advice to help children and young people and their families to cope with life under lockdown and beyond. The young person's guide contains lots of useful self-help apps and websites and a range of resources, including local and national services to support young people with their mental health.

Visit: [#Coping guides | Frimley Health and Care](#)

kooth.com is the free safe, digital mental wellbeing support service for ages 11- 25 in Hampshire. It's **Mental Health Awareness Week** 13-17 May - an important week to shine a light on mental health and break down stigma.

With nearly 40% of Kooth users reporting stress & anxiety, 24% reporting suicidal ideation, and just under 20% reporting self-harm in Hampshire it's so important that we work together to raise awareness of the mental health support available in Rushmoor.

Young people can find additional FREE support via registering at kooth.com

Kooth is running a campaign called [Go Somewhere Good!](#) We're sharing inspiring ideas of good places and things to do over the holiday that are free and have been sourced from young people across the UK. Everyone who votes for their favourite idea has the chance to win a prize that might give your young people an alternative to spending too much time on their phone - prizes include skateboards, frisbees and £50 book vouchers.

For families, many of whom can't afford to take their children on holiday, to theme parks or to take time off work all summer, we have some resources for you to share:

Free KoothTalks webinars "Parenting pressures during the summer holiday and how we can help" - here's the [booking form](#) for you to email to parents

[Activity sheets](#) to supplement all the good ideas of things to do that are available on Kooth.

[Hampshire Youth Access](#) Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton.

We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person's emotional wellbeing.

To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

[Sasha's Project](#) is a not-for-profit organisation that was set up in memory of a local Hampshire resident.

The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 9pm - 6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

The drop-in centre is also available to parents struggling to parent a child with poor mental health.

The Point Youth Centre, Harlington Way, Fleet GU51 4PB

Contact number to call (during opening hours only) 0774 111 7655

For more information visit www.facebook.com/sashasproject

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing.

If you are waiting to hear about your first appointment and things are getting worse or are worried that you haven't heard, please phone **0300 304 0050 Monday to Friday 9am to 5pm**. Outside of these hours, if you need urgent help, please contact 111, where our Paediatric Mental Health Practitioners will be able to help you.

Solent Mind's Self-Harm Awareness online training sessions run for one hour and are delivered remotely via zoom. This training is for education providers of secondary school age children and young people (11 years and over), 6th form & further education and charities working directly with children and young people in this age range.

Please visit their webpage to find out more and book your place:
<https://www.solentmind.org.uk/training/self-harm-awareness-training/>

Solent Mind's Self Harm Support Hub is a Peer Support Service available for parents, carers and families of children and young people who self-harm. The groups are available with both one to one and group support available, led by those with lived experience. They also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support. To access support and for more information, please complete their referral form by visiting the Self Harm Support Hub website:
<https://www.solentmind.org.uk/support-for-you/our-services/self-harm-support-hub/>

The Solihull Approach – FREE online parenting courses for local families

Hampshire County Council has partnered with the Solihull Approach to provide **free, evidence-based online courses** with practical tips and advice to boost parent's and carer's confidence, help them navigate family life, and strengthen their relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you. Once registered, families receive unlimited access to the courses and can go back to them as their children grow. The interactive courses cover topics like:

- Understanding pregnancy, labour, birth and your baby (Antenatal)
- Understanding your baby (Postnatal)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's mental health and wellbeing
- Understanding your feelings (for teenagers only)

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

To register for parent courses, you will need a Hampshire postcode and complete these steps:

1. Visit <https://inourplace.co.uk/>
2. Select '**Apply Access Code**'
3. Enter the access code: **FAMILY**
4. Enter your information and select the relevant course

Further information can be found at: <https://www.hants.gov.uk/solihullapproach>

Farnborough Cloth Nappy Library

Part of the UK Nappy Network and supported by Hampshire County Council, Farnborough Cloth Nappy Library is a not-for-profit venture run by parents for parents in Farnborough, Fleet, Aldershot, Farnham and the surrounding areas. What is a Nappy Library? In short, it's like a book library but for reusable nappies. All their volunteers are parents who have experience in a number of different styles and brand of modern cloth nappies.

Interested in finding out which type of cloth/reusable nappy will suit your baby? The Farnborough Cloth Nappy Library have a range of kits for new-borns, and birth to potty kits for parents to borrow and try before they buy. If you have borrowed a cloth nappy kit from the Library, then you will be able to get a discount on purchasing cloth nappies from a number of retailers (full list on the website).

Why choose cloth nappies?

- Better containment than disposables.
- Saves money.
- Better for the environment.
- More breathable, and less likely to cause nappy rash.

Farnborough Cloth Nappy Library volunteers are on hand to provide advice and guidance, as well as deliver cloth nappy kits to you at home, and there is more detailed information on the website in their FAQ section.

You can also donate your cloth nappies to the Farnborough Cloth Nappy Library for future use. To hire a kit, please register for an account on the website. Birth to Potty Kits can be hired for a 4-week period for the price of £10, plus a £50 refundable deposit. New-born kits can be hired for an 8-week period for the price of £20, plus a £50 refundable deposit.

<https://farnboroughnappylibrary.myturn.com/library/>

Frimley Maternity and Neonatal Voices Partnership (MNVP)

Frimley Maternity and Neonatal Voices Partnership is a voice for those who use local maternity services. We collect feedback from women and their families from across the Frimley Trust area to review and contribute to the development of local maternity services.

We share feedback anonymously with the staff at the hospitals and with the LMNS (who fund the services), to see where improvements and changes can be made.

All feedback that we receive is valuable.

We are interested in all of a woman's maternity care – from the booking in appointment with a midwife to the handover to the health visiting team around day 10 after birth. Whether it be feedback on care within the hospital or feedback on breastfeeding support available to you after you are home or any other aspect of care, we want to hear from you.

If you have had a baby at Frimley Hospital in the last two years, we would love to hear about your experiences.

What was good about your experience of maternity care?

What, if anything, wasn't good?

What ideas do you have for improvement?

We appreciate any feedback that we receive but would particularly like to welcome feedback from army families and our Nepalese community.

Please email us at: chair@frimleymvp.org.uk

Hampshire Back to Basics Parenting Programme

Back to Basics is a community campaign based on the 5 ways of wellbeing. It started with a phase 'When a flower doesn't bloom you fix the environment in which it grows not the flower'.

The overall purpose of the project is to support families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting

list times for those who require speciality services and for Parents to feel better equipped to support their children's wellbeing in the home.

This is an approach supported with tools and resources that enable consistent and at times challenging conversations that mean better outcomes for families. It is hoped that by encouraging reflections on the home environment first will give families the opportunity to try activities that are known to improve wellbeing before approaching and completing referrals for specialist referrals.

There is an online platform where all the back to basics resources can be found, at <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

Parent support at Hampshire Libraries

Here are details of two new groups in Hampshire Libraries:

New Parents Meet and Connect - These new sessions are perfect for new babies and first-time parents/carers in the early days. You will be supported to explore a range of sensory equipment with your baby and have a chance to connect with other new and first-time parents. These sessions are free, there is no need to book, but places are limited. To find your closest session please use the link: <https://www.hants.gov.uk/librariesandarchives/library/events#.Parent-support>

First words together - Babies communicate long before they start to talk, through gestures, showing and giving objects, pointing, and vocalising. Sharing books and interacting through books from when babies are very young supports communication and language development. If you would like support to build your confidence to support your baby's communication, please contact ChatHealth to request a place on the new First words together courses for parents and carers: <https://www.hampshirehealthyfamilies.org.uk/chathealth>

In addition, libraries in Hampshire offer other support and social activities for new parents and babies during their first twelve months and beyond. Find out how we can help your new family feel at home in the library:

- **Join the library** - Anyone who lives, works, or studies in Hampshire to join our library and it's free! We have lots of books and resources to support you as a parent as well as some fantastic books for children and it's never too early to start sharing books. You can join online or in your local library - find out more about the benefits of joining here. <https://www.hants.gov.uk/librariesandarchives/library/membership/jointhelibrary>
- **Baby stay and play** - Free and fun play session for babies up to 12 months old. These sessions offer a great chance to bond with your baby and make new friends. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Baby Rhymetime** -Join these sessions to learn action songs and rhymes with your own baby with other parents and carers. Some libraries run sessions just for babies under 12 months. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Storytime** -Learn how to share stories and make them special at our free storytime sessions for pre-school children. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **When a book might help** - Sharing stories about situations can help put a child's make transitions and new experiences easier more understandable and easier to cope with. These story books can make it easier to explain new situations to small children.

Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/whenabookmighthelp>

- **Rhyme and story of the month** -Repeating the same rhymes and stories, with actions too, will help to build a connection with your new baby and support their own listening and communication too.

Each month our libraries share the same rhyme and story in our rhymetime and storytime sessions to help you and your baby become familiar with sharing rhymes and stories at home. Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone>

Solent NHS Trust Sexual Health Services

<https://www.letstalkaboutit.nhs.uk/>

Sexual Health Clinic

Mon-Fri Aldershot Centre for Health level 4 (ACfH)

Condoms, Get It On (GIO) cards, Contraception, Emergency contraception, Chlamydia and other STI testing.

Sign up to your own Personal Health Record

<https://sol.myphr.online/>

Sexual Health Services run College Clinics (term time only)

Farnborough 6th Form (F6thF) 11am-1pm

Farnborough College of Technology (FCoT) 1pm-3pm

Offering free and confidential advice, contraception, condoms and STI testing

Look out for our posts on social media – Free Training & Webinars

F: @solentnhstrustsexualhealthservices

X/T: @LetsTalkHants

I: @LetsTalkHants

Rushmoor & Hart School Nursing Service

The ChatHealth texting service is still running 8.30am-4.30pm Monday to Friday (exc. bank holidays). This service is for 11–19-year-olds and is a confidential texting service. Text: 07507 332 160.

The Parent ChatHealth service is available for advice and support for all parents with children aged 5-19 in Hampshire using this contact. Text: 07507 332 417 08:30-4.30pm Monday to Friday exc. bank holidays.

In addition to this our Duty phone line remains open for advice and support and general queries: 02382 311 550 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

- Emotional health
- Healthy lifestyle,
- Parenting advice: accident prevention, sleep and toilet training, behaviour management
- Supporting children and young people with complex or additional health needs
- Support for children and young people not in school in accessing health

Support and information about your local school nurse team is available from the Hampshire Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

Urgent Care Centre – Aldershot Centre for Health

NE Hampshire residents can now access primary care appointments at Aldershot's Centre for Health.

The service is open Monday to Saturday from 8am – 8pm. If you contact 111 or your local GP practice, you may be offered an appointment here. You may also be redirected to this service if you attend A&E.

There is a walk-in clinic for under-12s, available Monday – Saturdays from 2-6pm. *However, booking is strongly recommended for children under 12 to avoid long waiting times and to ensure availability of appointment as those with urgent clinical needs will be prioritised.

For more information about the service, and for wait times for the under 12 walk in service, visit:

www.aldershoturgentcarecentre.co.uk

Open Door Hook

Fleet Phoenix Open Door sessions take place at **The Club Room, Hook Community Centre, Ravenscroft, Hook, RG27 9NN** every Friday from 3pm - 6pm by appointment only.

Open Door Hook is a FREE open access, one to one support session for young people aged 15-25 years old, living in the Hart district who need advice, support, information, guidance, mentoring or just a listening ear (currently by appointment only). This is a FREE and confidential service.

Parent and family support is also available for those struggling to manage or just in need of some down to earth advice and support.

We can advocate with other services, give parenting advice and guidance, housing support, debt and budgeting support, and advice and guidance for parents on any issues which are impacting on their child's life.

As a young person:

- Do you feel confused, upset, angry, concerned about things going on in your life?
- Need advice on your sexual or mental health?
- Are drugs and alcohol impacting on your life?
- Do you have problems at home or in school and feel like no one is listening?
- Do you need somewhere to live, or do you have problems where you live now?
- Do you need help to get a job, write a CV or support filling in a job application or just want to learn new skills?
- Have you been sent a form or letter you just don't understand?
- Are you in debt and just don't know how to start sorting it out?
- Are other services involved in your life and you need someone to make sure your voice is heard?
- OR do you just need a cup of tea and a chat?...anyone is welcome with any issue.

For more information, please visit our website [Youth Charity | Fleet Phoenix | Hampshire](#)

Fortify Mental Health & Wellbeing Services

Fortify Services are a support system for teens and young adults who are struggling with their emotions, anxiety, anger and self-esteem (to name a few). We work in a mentor role to help build their confidence and resilience to normal home and school life.

We offer face to face sessions either in the family home, at school or we can go for a walk or to a coffee shop. We spend the time talking through what they feel comfortable with and build a relationship that works best for them.

Our trained staff have years of experience and qualifications which allows us to be flexible with whatever is troubling them.

To contact us you can visit our website at www.fortify-services.com or by emailing at info@fortify-services.com

Hart Voluntary Action Counselling Services

NEW - Walk and Talk Counselling

We are expanding our Counselling provision to offer a **Walk and Talk Counselling Service**. The Service is for Adults aged 18+ in the Hart and Rushmoor Districts and is for people who struggle with anxiety, depression or other mental health concerns and would like to talk to someone.

Counselling sessions will take place in Edenbrook Country Park and are free of charge.

More information about the service and how to refer can be found here:
<https://www.hartvolaction.org.uk/counselling/walk-and-talk-counselling/>

121 Adult Counselling

'121 Adult Counselling offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement'

121 Adult Counselling supports adults (18+ years), who are struggling with their mental health and would like some support. We are offering up to 10 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

Sessions can take place face-to-face or via Zoom video calling. At present face-to-face sessions will take place at Odiham Cottage Hospital.

Please complete the referral form on our website at <https://www.hartvolaction.org.uk/counselling/121-adult-counselling/> The service is **free** to access.

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the root of any problem rather than just the presenting issue.

If you would like Counselling and you live in Hart, go to school in Hart or are registered with a Hart surgery, then please fill in the Referral Form on our website <https://www.hartvolaction.org.uk/counselling/youth-counselling/> Alternatively, please call 01252 815 652.

Sunshine and Showers – Anxiety and Depression Support

Sunshine and Showers offers Anxiety and Depression Support groups in Odiham. It is a chance to share with others your experience of anxiety and depression in a non-judgemental environment.

Evening and daytime groups are available and each one lasts for an hour and a half. Groups are open to anyone struggling with anxiety or depression who want the support of others. All groups are run by a facilitator and a co-facilitator.

For further details please visit our website at <https://www.hartvolaction.org.uk/counselling/anxietydepression-support/> where you will find a referral form to our service or call 01252 815 652.

Family Counselling Service - Referrals Open

Our Family Counselling Service is offered to families who live in Hart and Rushmoor. We are now taking referrals into this service.

This is an opportunity for families to be supported by having family sessions together. A family will be offered group Family sessions for those members of the family who want to participate. Parents and Young People will also be offered individual Counselling or Play Therapy.

For further information please visit: <https://www.hartvolaction.org.uk/family-counselling/>

Rushmoor Wellness - Rushmoor Borough Council in partnership with SEEDL

Rushmoor Borough Council have launched their wellness hub, which offers everyone living within the Rushmoor area, free unlimited access to Mental Wellness Webinars and Guided Relaxations.

Residents can choose either 60-minute webinars or 20 minute ‘micro’ sessions to fit in with their schedules and can choose from a range of subjects including Sleep and Relaxation, Mindfulness, Mental Health First Aid and many more.

The webinars are uniquely all live interactive webinars, allowing residents to make a date to learn on a flexible basis, accessing webinars at a time to suit them. As the webinars are interactive users can communicate with the facilitator meaning they get the most out of their learning experience.

Residents can now sign up to the service for free. You can have a look at their courses [HERE](#)

Residents in Hart will be able to access the Wellness hub very soon!

Therapeutic Horsemanship Centre, Hook

We are a small family run, not for profit, community interest company. We support families by taking participants of all ages, with mental health, issues, anxiety, learning disabilities, ASD, ADHD and dementia. Our aim is to enable all participants to take part in helping to look after our ponies and to have the experience of a one-to-one grooming session.

We run our sessions throughout the year, weekdays and weekends offering one to one 30-minute or 1-hour sessions. All sessions are tailored to the needs and abilities for every individual, and our focus is on building confidence and independence, and reducing anxiety.

We do not offer riding; all our work is on the ground allowing students to experience a close bond with our ponies. We also run horsemanship sessions for anyone with an interest in learning about pony care, the next best thing to having your own pony!

This year we have been supporting a number of schools in the area. We are offering an alternative learning environment for those struggling to attend school.

We are open through all school holidays too, so check out our website and FB page to see our fabulous setting and our beautiful ponies. Please contact us for more details or to book a session. 07871 715 882

[Therapeutic Horsemanship Centre - Therapeutic, Nonprofit, Ponies \(therapeutic-horsemanship.co.uk\)](http://Therapeutic Horsemanship Centre - Therapeutic, Nonprofit, Ponies (therapeutic-horsemanship.co.uk))

TalkPlus

TalkPlus is a local NHS Talking Therapies service, (previously known as the IAPT). We offer free talking therapy for people aged 16 and over who are registered with an NHS GP in Northeast Hampshire and Farnham. We help with a wide range of treatments for stress, low mood, Depression anxiety and insomnia.

You can be seen for short term Counselling, Cognitive Behavioural Therapy (CBT), and Well-being support. As well as offering employment support, our experienced team provide innovative 'FAST' therapy to people in need of one-off support such as colleagues working in the NHS and emergency services.

For more info check out our website www.talkplus.org.uk

Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus_nhs

We are running a dad's course, it starts **5th September at 18.00**, and runs for 5 weeks.

It is aimed at first time dads, but also other experienced dads with children under the age of 2 years. If you are struggling with anxiety, stress, low mood, or other struggles due to the new addition to the family, this is the place for you! We aim to provide a supportive environment. It is a good space for dads to ask questions, share tips, struggles and successes and to grow your support network. We welcome babies to the sessions, so childcare should not be an issue.

FREE Suicide Prevention Training

If you encountered someone struggling with suicidal thoughts, would you know what to do? Whatever your role, knowing how to spot the signs and take appropriate action could save a life.

Please find below information about the range of free Suicide Prevention Training offers which are available to those living/working in Hampshire County Council area.

Zero Suicide Alliance training

[20 minute suicide awareness training \(zerosuicidealliance.com\)](https://zerosuicidealliance.com) is available to everyone. In fact we are encouraging everyone who lives/works in Hampshire to take the training. It is freely available and takes only 20 minutes to complete – and this can help to save lives. There are additional versions of ZSA to support population groups such as students, veterans, those in contact with the criminal justice system, those with autism.

Real Talk (one hour) and Suicide First Aid training (half a day/full day options) sessions commissioned by Public Health in Hampshire and delivered by Grassroots. [Hampshire - Funded Training - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk). Further information can be found by clicking on the link and there are some places available for the courses running in May and June 2024. The training is suitable for anyone who lives/works in Hampshire County Council area.

The link to Mental Wellbeing Hampshire (for more information/guidance on a range of mental wellbeing and suicide prevention issues) is [Mental Wellbeing Hampshire - mental health and wellbeing support | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://hants.gov.uk/health-and-social-care/mental-health-and-wellbeing-support)

No Limits Young Person's Safe Haven

The [No Limits young person's Safe Haven](#) in North East Hampshire and Farnham (covering areas including Aldershot, Farnborough, Fleet and Yateley) offers young people aged 10-17 access to out of hours emotional and practical support with their mental health, providing them with the tools and techniques to enable them to be as safe as possible and make positive changes.

Safe Haven currently provides an online, telephone and face-to-face services. For details of our operating times, please visit the [No Limits website](#)

Hampshire Sensory Walking Trails

Hampshire County Council and partners are pleased to announce the launch of [Hampshire's sensory walking trails](#)

In collaboration with several organisations across the county, Hampshire Public Health have created and mapped a number of [self-led sensory trails](#) to boost wellbeing. More people will be able to experience the sights, smells, and sounds of nature, thanks to the introduction of new sensory walking trails in Hampshire. Routes are designed to be accessible for everyone, regardless of sensory impairment or walking ability, with a mixture of urban and nature routes to explore. Routes are between 20mins – 1 hour in length, with suggested opportunities along the way to connect with nature using different senses. They are a perfect way to get outside with friends, family or a small group.

There are currently nine sensory trails across the County to explore, with more expected later this Summer. Each route has an online Ordnance Survey map as well as 'sensory moment' prompts to help users immerse themselves in the surroundings and connect with nature. Printable supporting information provides details about how to access the walk, transport links, refreshment facilities and nearest accessible or changing places toilet. To aid users who benefit from knowing what to expect prior to visiting, the document also contains photographs of the trail.

This project was supported by the national charity [Sense](#), who have mapped a [library of sensory walks](#) across the country. If you know of an accessible route in your area that may be suitable as a sensory trail, or if you have any further questions about the sensory walking trails, please email public.health@hants.gov.uk

Balance Glide and Ride Rushmoor

Free Ladies Cycling Sessions for Rushmoor Residents

Want to learn to Ride? Want to gain confidence? Too nervous to cycle on the roads? Fancy a social ride?

No Bike - No Problem - we can offer free bike hire. **Starting on Thursdays from 6th June.**

Coaching Sessions: 10-10:45am or 11-11:45am

Social Led Ride: 12:30-2pm

Location:- BikeStart, Browning Barracks, Alison's Rd, Aldershot, GU11 2BU

Please email balanceandride@gmail.com to book on or for more information.

Blood pressure monitors now available from Hampshire Libraries

Hampshire residents can now borrow blood pressure monitors from their local library, alongside books and magazines. In a move to help local people to take charge of their own health, Hampshire County Council is making devices available for free at all its libraries.

High blood pressure (hypertension) affects one in four adults but is usually symptomless. If left untreated, it can lead to strokes, heart attacks, coronary heart disease and heart failure but, worryingly, a third of people in the UK who are affected, are unaware. The library home loan scheme makes it easy and convenient for you to '[know your numbers](#)'.

Each monitor is borrowed on a 'first come-first served' basis. It comes in a box, with a leaflet containing easy-to-follow instructions on how to use the device and understand the results, as well as what to do if you are concerned about the readings.

How to borrow a monitor:

- Join your local library for free. See the Hampshire Libraries website for details: www.hants.gov.uk/library
- Borrow a monitor for up to 14 days at a time.
- Return your monitor after the loan period.

Anyone who is concerned about their own or a loved one's blood pressure should seek advice from a medical professional. For more information about blood pressure and hypertension visit the NHS website at www.nhs.uk/conditions/high-blood-pressure-hypertension/ '

Smokefree Hampshire

Smokefree Hampshire helped over 3600 people quit smoking last year and are here to help. The service is completely free, and the 12-week program can be in person or over the phone and consists of weekly support from friendly stop smoking specialist adviser who will provide any medications you need to help you quit, free of charge.

Go Smokefree to feel healthier and save money.
Phone 01264 563 039 for further information or text Quit to 66777.
[Contact Us | Smokefree Hampshire](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Mentors in Violence Prevention (MVP) – FREE training for secondary schools

FREE Training for all secondary schools across Rushmoor and Hart Districts - fully funded through Home Office and the Safer Streets Project

Mentors in Violence Prevention (MVP) is a peer education programme providing young people with the language, skills and confidence to explore and challenge the attitudes, beliefs and cultural norms that underpin gender-based violence, bullying and other forms of abuse.

The programme explores a range of behaviours including name-calling, sexting, controlling behaviour and sexual harassment, and uses a 'bystander' approach where individuals are not considered potential victims or perpetrators, but empowered and active bystanders with the ability to support and challenge their peers in a safe way. A strong emphasis is placed on building healthy, respectful relationships both in the school and in the community.

This is a high-profile subject for pupils and their families, for local communities and for Ofsted. The programme has been running in Scotland since 2012, supported by Education Scotland in partnership with the Scottish Government and the Scottish Violence Reduction Unit. All 32 local authorities are engaged, with 29 actively delivering it in over 130 secondary schools.

As well as this, the funding will support your school to implement the learning gained from the training programme, schools will receive continued support and access to resources via access to an online hub.

For further information please contact the programme manager (Julie) email:
julie.ponton@portsmouthcc.gov.uk

Farnborough College of Technology

www.ucfarnborough.ac.uk

SCHOOL LEAVERS GCSE ADVICE SESSIONS

With results day around the corner, it's sure to be a time of change and new opportunities, but whether you're celebrating with better grades than you expected, or they come with a few

unwanted surprises, our team of tutors and friendly staff are on hand to talk you through all of your options.

Sessions are available on the following dates and times:

- Thursday 22nd August, 2pm - 4pm
 - Friday 23rd August, 9:30am- 11:30am
 - Tuesday 27th August, 9:30am - 11:30am
 - Wednesday 28th August, 9:30am - 11:30am
 - Thursday 29th August, 9:30am - 11:30am
 - Monday 2nd September, 9:30am - 11:30am
 - Tuesday 3rd September, 9:30am - 11:30am
 - Wednesday 4th September, 9:30am - 11:30am
- *****

FARNBOROUGH COLLEGE OF TECHNOLOGY OPEN EVENTS

Our school leavers open events are on the following dates and times:

[Years 10 & 11 College Open Event](#): 15 October @ 4:00 pm - 7:30 pm

[Years 10 & 11 College Open Event](#): 16 October @ 4:00 pm - 7:30 pm

[Years 10 & 11 Aldershot Construction College Open Event](#): 17 October @ 4:00 pm - 6:30 pm

[Years 10 & 11 College Open Event](#): 20 November @ 4:00 pm - 7:30 pm

[Years 10 & 11 Aldershot Construction College Open Event](#): 21 November @ 4:00 pm - 6:30 pm

Our adult education open event is on the following date and time:

[Adult Education College Open Event](#): 3 September @ 4:00 pm - 7:30 pm

TEACHER TRAINING AT UNIVERSITY CENTRE FARNBOROUGH

GET INTO TEACHING WITH UNIVERSITY CENTRE FARNBOROUGH

Are you interested in supporting children and young people as they go through school?

TAKE THE NEXT STEP!

[Register for our information webinar taking place on 30 July \(6pm\) here.](#)

You can also contact the UCF Initial Teacher Training (ITT) team today:

- **Secondary Teacher Training:** Jo West (j.west@farn-ct.ac.uk)
- **Primary Teacher Training:** Ally Fielding (a.fielding@farn-ct.ac.uk)

[View our full range of teacher training courses here.](#)

FIND OUT MORE AT www.ucfarnborough.ac.uk

RUSH! Creative Collective - Dance & Creative Arts platform for Rushmoor

A year-long programme of dance and creative arts events will take place around Aldershot, Farnborough and North Camp, aiming to provide new artistic opportunities for all ages and experience, including mentoring, training and performance opportunities across dance, music, photography and film making.

We are looking for community groups, schools, professional artists and individuals who would like the opportunity to develop their creative skills and be part of these great collaborative events. These are fully inclusive opportunities for all members of the community of any age and experience.

Find out more at www.rushcreativecollective.com for the full programme of events or email Lena at rushcreativecollective@gmail.com for more info. Follow us on social media - Facebook/Instagram: rushcreativecollective

Bohunt Farnborough: Nurturing Scholars for the Future

Students from Bohunt Farnborough celebrated their achievements recently as they attended their Scholars' Programme graduation event at Reading University.

The Scholars' Programme aims to provide students with a taste of life as a university undergraduate, equipping them with practical support as they embark on their higher education application process. Students are supported by a research graduate to study an advanced field of their choice and produce a 2000 word dissertation.

Central to Bohunt Farnborough's ethos lies a commitment to developing confident and articulate students with the social, emotional and academic skills necessary to navigate the challenges of the 21st century. The school's rich academic curriculum, coupled with strong and supportive pastoral care and a wide range of extended activities is designed to educate, encourage and empower students to reach their full potential.

As part of the high-achieving Bohunt Education Trust (BET) family of schools, Bohunt Farnborough benefits from shared best practices and exceptional opportunities for all students. This collaborative approach ensures that students receive an excellent education and are well prepared for the challenges that lie ahead.

Bohunt Farnborough's approach is built on positive and collaborative relationships, rewarding students for hard work and making the right choices. The school's values, 'enjoy respect achieve' encapsulate its dedication to creating an environment where students can thrive.

Prospective students and their families are invited to attend Bohunt Farnborough's **Open Evening, a Celebration of Learning, on Thursday 26 September** to experience first-hand the school's commitment to nurturing scholars for the future. For more information, visit: www.bohunftarnborough.com

Inclusion Education Projects – EB8 and Project Iris

Inclusion Education are a specialist education charity supporting young people with mental health, additional learning needs and neurodiversity via our two key sites – Inclusion School and Inclusion College.

We know there is a growing crisis facing the mental health and well-being of our young people – and we are developing our services to further support this need. We have recently launched two new services – Inclusion EB8 and Project Iris.

Inclusion EB8 is a new supportive employability hub offering the next steps into the workplace for young people over 18 with mental health conditions, neurodivergence or additional learning needs. The site will offer employability skills, supported work experience placements and in-house work experience all designed to help young people get work ready and find employment. EB8 will also offer the support and expertise of job coaches and mental health support workers to encourage engagement and help prepare for the journey into work.

Funded by the Government SPF and Hart District Council, the programme will also support Hart residents from 18-25 experiencing mental health challenges which are a barrier to employment. Our mental health support staff will work with them to access the service and find their personal next steps to employment. To find out more and refer to the service then please do email us at EB8@inclusioncollege.org.uk

Project Iris – is a suicide prevention programme supporting young people from 11-25 experiencing suicidal ideation, thoughts and self-harm. The project combines sessions learning about and exploring mental health, developing strategies and scaffolding to support along with green therapies – such as horticulture and equine. It will also offer Peer Ambassador support from those with lived experience.

Lead by qualified mental health support workers, the 6-week project offers different age groups 2-hour sessions per week -project is designed

The service is free to access, and we are now taking referrals from schools, colleges, organisations and groups – or families can self-refer.

For more information please email us at ProjectIris@inclusioneducation.org.uk or visit our website at www.inclusioneducation.org.uk

WOW – Walk to schools challenge

WOW is a pupil-led initiative where children self-report how they get to school every day using an interactive WOW travel tracker. If they travel sustainably (walk/wheel/cycle or scoot) once a week for a month they get rewarded with a lovely badge. It is simple to run and children love taking part. Each year, the collectable WOW badges are designed by pupils in the annual badge design competition. On average WOW schools see a 30% reduction in car journeys taken to the school gate and a 23% increase in walking rates.

For more information see [WOW - the walk to school challenge \(livingstreets.org.uk\)](http://livingstreets.org.uk)

Acumist.Education – Mental Health and Wellbeing Support For Young People

- Are you worried about the mental health and wellbeing of a young person?
- Are you concerned that they are facing many challenging situations and they don't have the skills to cope?
- Do you feel they are at risk of more severe mental health problems developing?
- Are they disengaged or lacking motivation?
- Do they present with challenging behaviour?
- Do you want to provide effective interventions to support them to develop strategies for resilience?

If any of the above concern you about a young person you know, **Coaching** can give the wellbeing and resilience strategies needed to empower them, improve their mental health and increase their coping strategies.

Contact me at: c.martinez@acumist.education. Alternatively ring me on **07396 727 452** to have a no obligation chat.

Senior Mental Health Lead Training – Department for Education

Government is offering a grant of £1,200 for eligible state-funded schools and colleges in England to train a senior mental health lead. This training is not compulsory, but is part of the government’s commitment to offer this training to all eligible schools and colleges by 2025.

Training will support senior mental health leads to develop and implement a whole school or college approach to mental health and wellbeing. They must start their training by 31 March 2025.

Grants should cover (or contribute to) the cost of attending a quality assured course. You can also use it to hire supply staff while leads are training.

Applications need to be completed by 31 December 2024 to reserve a grant.

<https://www.gov.uk/guidance/senior-mental-health-lead-training>

Kind to Mind services

1:1 Talking Service

Kind To Mind offers 1:1 talking services for those wanting to improve their mental health. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

School and Workplace Wellbeing Training

Kind To Mind is proud to be rolling out workshops and talks for schools in the UK aimed at equipping young people with mental health tools and strategies to support them in leading healthy lives and getting the most out of education. We also offer multiple workplace packages of trainings and 1:1 sessions to support teams with strategies for well-being management and safeguarding to individual techniques for managing workplace stress. We are passionate that every individual should feel happy and healthy in their place of education or work and are keen to support people in achieving this.

If you would like to know better ways to manage mental health, for yourself or others, then please [contact us here](#).

www.kindtomind.org

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Youth Club at The West End Centre, Aldershot!

Do you know young people aged 11-16 who want somewhere to hang out? A youth club is now open at The West End Centre, every Tuesday 5.30-8pm where local young people are welcome to come along to hang out, play games, get something to eat and tell us the kind of youth club they want so they have a voice in the project’s future.

A short membership form is needed for young people to attend – this can be filled out online here <https://forms.office.com/e/ZQq7v9T0qe> or when they come in-person.

This is a partnership project by Rushmoor Borough Council, local young people’s charity Step by Step, and The West End Centre – if you would like more info or promotional materials, please email hannah.shuttler@rushmoor.gov.uk

Fleet Phoenix Summer Projects / Anxiety Unwound

Summer Projects

From July to September, Fleet Phoenix will be running **four** summer projects around the Hart District. With FREE BBQ, FREE inflatables, team games and more, it is a great place for young people to hang out over the summer.

The Lea – Held at the Lea Green, Larmer Close, Fleet. Mondays from 15th of July to 19th August. 6:30-8pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult. Sponsored by Fleet Lions Club.

Hook – Held at Hartlett’s Park, Ravenscroft, Hook. Tuesday from 23rd of July to 27th of August. 4-5:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult. Sponsored by Hook Parish Council.

The Views – Held at The Views, Fleet. Thursdays from 25th of July to the 29th of August. 6-8pm. This project is for under 18’s (recommended minimum age of 14). Sponsored by Fleet Lions Club.

Church Crookham – Held at the green open space behind the Crookham Community Centre, Boyce Road, Church Crookham. Fridays from 26th of July to the 30th of August. 6-7:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult. Sponsored by Crookham Parish Council.

For more information, please visit our website: <https://www.fleetphoenix.co.uk/summerprojects>

Anxiety Unwound

Term Time **Thursdays 4 - 5pm**

Anxiety Unwound is for young people of secondary school age suffering with anxiety.

You will learn what anxiety is, coping strategies, how to manage it and overcome fears.

We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an 8-week course.

Please download and complete the referral form which you can find on our website - <https://www.fleetphoenix.co.uk/anxiety-unwound>

Please contact Charlotte (charlotte.tickner@fleetphoenix.co.uk) if you have any questions/queries.

Hart Youth Achievement Awards 2024

Nominations for the Hart Youth Achievement Awards are live, and we'd love to hear from you so we can recognise more young people in the Hart District for their hard work and successes. So get thinking of who you would like to nominate. [Nominate here.](#)

Categories are: Community Champion, Courage, Entrepreneur, Environment, Fundraising, Group Achievement, Sports and Arts and Volunteering.

Vision 4 Youth – Youth Services

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas.

Summer Holiday Club – During the school summer holidays we will run a youth club specially for 11-16 year olds, which will be free to those who qualify for free school meals (a #HAF project). If you do not qualify for HAF it is £15 per day all inclusive. Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details are available so please contact us for more information. The club will run 12-5pm Monday-Thursday, 29th July to 22nd August. Open to all abilities with lots of different things to try across the summer. Booking essential, please visit our website to book a place for each day that you'd like to attend <https://vision4youth.org.uk/haf/>

Term time, we have Six different youth clubs each week to meet the different needs of all the young people in the community, as follows:

Youth Café - Mondays 7:30-9pm at St Barnabas Church, Darby Green GU17 0BT

A drop-in cafe aimed at age 11-25 year olds. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

Creative Club - Tuesdays 6:30-8:30pm at The Tythings Youth Suite, Yateley GU46 7RP

Arts, crafts and other activities for age 11-18 year olds. Try new things, learn new skills. Suggested donation £1 to attend, no membership fees.

Blue Sky Club – Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact office@vision4youth.org.uk to reserve a place.

Blackwater Youth Club - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT

Our new youth club with pool, games and refreshments. Come and see what it's like and make suggestions for what else we can include. Open to all aged 11-18. FREE!

Thursday Club - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

Friday Night Club - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP
Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-18. FREE!

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the main focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescribing Link Worker connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to, just come along for a chat and see how it goes.

For more information about our services please contact office@vision4youth.org.uk, 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram. Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

The Vine Church Hart

The Vine Church Hart runs three regular clubs for children and young people on a Friday during term time....

They are FREE & OPEN TO ALL, Just turn up....no need to book

Kids' Club for Yr R to Yr 4

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

July 12, Sept 20, Oct 18, Nov 22, Dec 13

Games, songs, drama, Bible stories, small group work, competitions, prizes and crafts

Adventurers for Yr 5 & 6

FORTNIGHTLY @Church Crookham Community Centre

Fridays 5.45-7.15pm

July 12, Sept 13 & 27, Oct 11 & 25, Nov 15 & 29, Dec 13

Games, drama, Bible stories, videos, group discussions, quizzes, competitions, prizes and trips

FYG (Friday Youth Group) for Yr 7 & 13

WEEKLY @Church Crookham Community Centre during termtime

Fridays 7.30-9.30pm

Pool, table tennis, Nintendo switch, tuck shop, board games, table football, group games, cooking, recreational activities, group discussions, Bible teaching, chatting and trips.

For more information look at our website <https://www.thevinechurch.org.uk/children-and-youth/> or contact janis.dolding@gmail.com

Youth Trends Conference, 6th November - Stacey Miller (Consultancy)

More speakers announced for the Youth Trends Conference and early bird offer ending soon!

Stacey Miller is organising a Youth Trends Conference on Wednesday 6 November at Eastleigh Football Club, SO50 9HT. It's a 20 minute walk from the train station and next to the motorway AND there is free onsite parking! There will also be a marketplace for networking plus a VIP panel Q & A!

There are six guest speakers already confirmed!

Ahmad Jooma: 'SHOOK MAN - Why making fear visible allows young people to create positive futures.'

Gareth Cheesman, ACET UK - 'What are the future possibilities to consider in relationships and sex education? Is Artificial Intelligence taking over?'

Lucy Rachel - 'Navigating neurodiversity; a late diagnosed, lived experience.'

Stop Domestic Abuse - 'Stalking and young people.'

Erica Hills, Hampshire Constabulary - 'Safer streets and reducing knife crime'

Dawn Tracy, Y Services – 'Gender Identity Essentials: What You Need to Know'

Get in there quick to take advantage of the early bird offer of £89 valid until 19 July (£149 thereafter) and includes lunch and unlimited coffee/tea!

To book, email/call/visit website:

info@staceymillerconsultancy.co.uk

0770 367 0654

www.staceymillerconsultancy.co.uk/youthtrendsconf2024

Breakout Youth

Breakout Youth offer a confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.

Young people who identify as LGBTQ+ or are unsure, often feel isolated and alone with their sexuality or gender identity. At Breakout Youth, you will find a group of likeminded young people and that you can socialise with safely.

There are trained youth workers to support you throughout the session. You'll also find help with those feelings of isolation or confusion.

We run a confidential virtual youth group (Breakout Online) for young people across Hampshire, and young people from Rushmoor and Hart are invited to join us. We also run a 'face to face' youth groups across Hampshire- in Basingstoke, Andover, New Milton, Marchwood, Southampton and the IOW. Young people from Rushmoor and Hart are welcome to join attend these groups if they can travel to the venue. If travelling to a 'face to face' group is a barrier to joining a group, then the Breakout Online virtual group is a perfect way to receive support without having to travel.

If you would like more information or sign up for one of our groups, you can visit our website- www.breakoutyouth.org.uk , call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Hart & Rushmoor LCP: LGBTQ+ Awareness Workshop with Breakout Youth

23rd September, 13.00-16.00 at The Harlington Centre, Fleet

An interactive LGBTQ+ awareness workshop/training session that will empower those working with young people. Content will include general information, topics (e.g. hate crime) and specific areas of interest can be discussed.

Maximum number of attendees is 15 people, and a waiting list will be held.

Please click on this link to register for this event: <https://hva.aidecrm.co.uk/booking/training-events>

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a service managed by Hart Voluntary Action (HVA). We offer emotional/social/peer support, practical help and respite care to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member with an illness or disability, mental health condition or addiction. Family support is also available, where appropriate.

We currently run group sessions at Mayfield Community Centre in Farnborough on the following evenings during term time:

- Monday from 6.30-8.30pm for School Yrs 7/8 one week and Yrs 9/10 the alternate week (i.e. 11-15 years) – *Senior Group*,
- Tuesday from 5.30-7.30pm for School Yrs 3/4 one week and Yrs 5/6 the alternate week (i.e. 7-11 years) – *Junior Group*,
- Every other Thursday from 6.30-8.30pm for young adult carers aged 15-25 years - *YACs Group*.

Our older members also have access to 1:1 support, a Bronze Duke of Edinburgh's Award Group and a young leader programme which gives them a chance to get involved in running activities at our younger clubs.

The young carers are also able to participate in our Cook & Eat Programme, in which a small group of young carers attend a 1-1.5-hour cooking class before/during their session where they help prepare a healthy meal from scratch for the whole group of around 25-30 people.

We also provide additional opportunities for members to attend day trips and weekend residentials, and respite activities during the school holidays. We have the following activities planned for the summer holiday:

- YACs summer BBQ and paddle on Basingstoke Canal in the evening on Thursday 25th July,
- Senior Group swimming trip at Hart Leisure Centre in Fleet on 28th July,
- 5 days of Create visual arts workshops at The Club Room at Hook Community Centre on 30th and 31st July and 1st, 6th and 7th August,
- Bowling trip to The Atrium in Camberley on 8th August,
- Junior Group trip to Heckfield Home Farm on 13th August,
- Senior Group kayaking trip at Basingstoke Canal in Odiham on 14th August,
- Junior Group multiactivity day at Horseshoe Lake Activity Centre on 17th August,
- Rocksteady music workshop at Mayfield Community Centre in Farnborough on 20th August,
- Senior and YACs trip to Thorpe Park on 22nd August,
- Junior Group swimming trip at Hart Leisure Centre in Fleet on 1st September.

The main focus of all our activities is on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence, develop new skills and cope with issues that affect their lives.

Community transport is available and attendance free, and there is no charge for any of the food, drinks or activities provided.

The young carers are involved in shaping the service to ensure their needs are appropriately met. Both group and individual feedback is gathered to better understand their experiences, and what they would like to see added and/or changed. Some later volunteer as young adult carers which gives depth and continuity to the service.

A young carer can be referred to the service by a member of their family, their school or college, or by a health and social care professional. They can also refer themselves.

To find out more, please contact Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689 or visit the HVA website to download a copy of the referral form.

Step by Step – Could you foster?

Step by Step Fostering offer you comprehensive training, 24/7 support, a generous allowance and the opportunity to do even more good.

When you foster with us you help more young people than just those in your care. The funds we generate go to youth homelessness charity Step by Step, helping to transform young lives in your community.

Visit our website to find out what makes Step by Step Fostering unique:
www.stepbystepfostering.co.uk/

Home-Start Hampshire

Home-Start Hampshire is a local charity supporting parents who are going through challenging times with children under the age of 11. Trained volunteers work alongside families to give compassionate and confidential support, tailored to each family.

SUPPORT FOR FAMILIES

For Military families, we can offer weekly home visits by one of our volunteers to offer emotional and practical support tailored to your families' needs.

Our Maternal mental health group at Aldershot Garrison Community Hub runs on a Monday from 10am – 11.30am and supports Mum's who are isolated and struggling with their mental health. Each week we cover a different topic such as anxiety, writing for well-being, self-care and the importance of exercise in managing your mental health.

Our family group at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and are facing family challenges. The group runs on a Wednesday from 10am – 11.30am.

Referrals for both groups or home visiting support for Military families can be made here: [Referrals | Home-Start Hampshire](#) or you can call 0330 124 2095 for more information.

WE NEED YOU!

At the heart of Home-Start Hampshire is our fantastic network of volunteers and as demand for support continues to increase, we are looking for additional volunteers. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

For more information or to register your interest, please visit our website:

www.home-starthampshire.org.uk/volunteering , email: info@hshants.org.uk

or phone: 0330 124 2095

www.home-starthampshire.org.uk

Helping adults learn to read - Local free coaching from Read Easy

5.9% of adults in Rushmoor and 4.9% of adults in Hart can either cannot read at all, or can barely read (*Skills for Life Survey*, 2011 – latest government figures). Reading is a basic requirement of everyday life, and for many of us it is a skill we take for granted. Yet there are 2.4 million adults in England who struggle to read.

Established in 2011, [Read Easy UK](#) now has over 90 affiliated groups across England and 1,400 volunteers. There is a local group covering West Surrey and North East Hampshire – including Rushmoor and Hart. Our friendly trained Reading Coaches provide free, confidential, one-to-one coaching for adults who want to learn to read.

A Reader and their Coach meet for half an hour at a time, twice a week, in an approved local reading venue. Online coaching is also possible.

We are growing so fast that we are now looking for another Coordinator. We specifically need support in the Rushmoor/Surrey Heath area (i.e. Farnham, Fleet, Farnborough, Aldershot, Frimley or Camberley), where our current Coordinator is already at capacity.

This is an absolutely vital role. Read Easy Coordinators meet and enrol adults who want to learn to read, and interview volunteer Reading Coaches. You would be responsible for pairing Coaches and Readers up and offering ongoing support throughout their reading journey, visiting reading sessions occasionally and maintaining support through regular calls with both Reader and Coach to check all is going well. This is the most time consuming of all our volunteer roles, but incredibly valuable and rewarding.

If you know someone who might benefit from improving their reading skills, please get in touch with Dickon Hutchings on 07824 340 092 / wsnehnetworker@readeasy.org.uk . If you are interested in becoming a reading coach or our new Coordinator, please contact Ashley Nuttall on wsnehrecruiter@readeasy.org.uk

Prospect Estate Big Local (PEBL) – News

PEBL Free Debt Advice

Are you struggling with debt and need some advice? Citizens Advice Rushmoor working in collaboration with PEBL is offering Prospect estate residents support with FREE confidential Debt Advice.

You can call the helpline on **0808 175 3559** or email pebl@carushmoor.co.uk

Leave your name, phone number and postcode and we will call you back to arrange an appointment.

PEBL Grant Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents.

Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).

Email pebl.coordinator@pebl.info or call 07879 384 014

PEBL Knit and Natter

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop.

Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

Hampshire Parent Carer Network

Hampshire Parent Carer Network (HPCN) offers Parent and carers of children and young people aged 0-25 with a disability or any additional needs (diagnosed or not) the opportunity to tell the Local Authority, Health and other services, what life is really like.

Membership - When you join as a member of HPCN, you can access our sessions, events and training opportunities. We send out a monthly newsletter: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Social media - <https://www.facebook.com/HampshireParentCarerNetwork>. This page is updated regularly with lots of helpful info like consultations, session dates and more. we also run 8 local pages which you can join.

3rd Farnborough Scout Group – Squirrels, Beavers, Cubs, Scouts, and Explorers

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 18. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people. We are open and offering face-face scouting!

To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

Our Squirrels section opened in September 2022, and this new section is for children aged between 4 and 6. Squirrels can achieve anything they set their minds to – and they have lots of fun along the way. Our one-hour sessions will be a brilliant opportunity for young people to take their first step

into being part of Scouts, and they'll help everyone get ready for the adventure of school too. Sessions are packed with outdoors activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

Our regular meeting time for Squirrels is a Thursday evening 5pm – 6pm

Beavers

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also can take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

Our regular meeting time for Beavers is a Monday evening 5.30pm – 6:30pm

Cubs

For Cubs, excitement and adventure are key. Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

Our regular meeting time for Cubs is a Monday evening 6:45pm – 8:00pm

Scouts

For Scouts (aged 10½ - 14), outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as computer skills, problem solving, map reading, camp cooking, and first aid. Rock climbing, archery, rifle shooting, pot holing, raft racing, photography, and caving are just some of the things our Scouts get up to.

Our regular meeting time for Scouts is a Thursday evening 7:00pm – 9:00pm

Explorers

Our Explorers are a go-getting group of young people aged 14 to 18, meeting weekly to try new things, make new friends, and conquer the small task of changing the world. Being an Explorer is all about discovering the world on your own terms and making the most of what you have, wherever and whoever you are.

Our regular meeting time for Explorers is a Friday evening 7:30pm – 9:30pm

SKILLS & TRAINING

New Directions Project Aldershot

- Are you confident that your CV and cover letter attract the attention they deserve?
- Job interview anxiety?
- Do you need help finding a job?
- Or maybe you are interested in starting a side hustle or become freelance?

If you are young woman between 18-30 years old and you are looking for work then come and join us!

- Get 1:1 help from our friendly advisers
- Try our interactive Bodyswaps software – this will help you overcome job interview anxiety, give you tips on how to answer most questions and improve your chances of getting that job!
- Join us at our events

Events Programme

When?

Thursday 18 July
Wednesday 24 July
Thursday 1 August

What?

Writing a winning CV – tips and tricks, 11.00-13.00
Using Social Media to find a job, 11.30-13.30, Aldershot Enterprise Centre
Self-employment – Is it for me?

Where are we?

New Directions Hub @ Aldershot Enterprise Centre, 14-40 Victoria Road, GU11 1TQ – close to the railway station and local job centre. Lunch provided – come and join our friendly team.

Get in touch today by phoning Angela on: 07934 130666 or visit www.joinnewdirections.org for more information.

Using Social Media to Job Search

Wednesday 24 July 11.30-13.30

Join us in this series of Get That Job workshops to help women in Rushmoor back into employment with advice and guidance.

What will the workshop cover?

- Understanding social media
- Creating and optimising your LinkedIn profile
- Building a personal brand
- Job searching on Social Media
- Looking professional online

Delivered by the brilliant Fiona from Litus Digital supported by Rushmoor Borough Council. Lunch is on us!

Book here: <https://getthatjobworkshop.eventbrite.co.uk>
www.aldershotenterprisecentre.co.uk

Yateley Industries courses and activities

Block Printing Returning To Yateley Industries!

Interested in learning a new skill? Feeling creative? Spend the morning at Yateley Industries on one of our 'Introduction to Block Printing' workshops coming this Autumn.

You'll learn techniques and tips to gain the confidence to create your own block printed items that you can take home. You will be able to choose from a selection of items to print on. Our half-day course is perfect for beginners or anyone wanting to refresh their skills!

All equipment, materials, and refreshments included.

When: Thursday 12th September, 10am - 1pm. Cost: £45pp

Contact us on hub@yateleyindustries.net to book your space or register your interest for future workshops.

New Energise Me Programme

Get active, meet friends and improve your wellbeing!

Energise Me is Yateley Industries' new service, offering 1-1 support and group sessions to help you achieve your personal physical activity goals. Whether that's improving upper body strength, adding more walking into your daily routine or running a marathon – we'll help you get there!

So often our physical health takes a backseat to our hectic lives, or we find ourselves making excuses to not take part in something...we're too tired, or it's too expensive, or we don't have enough time. Energise Me is here to help you gain confidence to get involved with group activities, make new friends, and increase your physical activity levels. Classes are small, friendly, and we've got various classes and activities across the week that are suitable for anyone working at any level of physical activity. From dancing to chatting about recipes and nutrition, or seated exercise to walking groups, hopefully there is something that takes your fancy.

You'll get to take part in shaping your own programme of activities – we want to work with you to find something that works for you! Energise Me is open to anyone – in particular those who are disabled or over 55.

We can even bring activities to you and your group! If you're part of a community group in Yateley that supports the older population and want to add some physical wellbeing activities to your programme, please get in touch – we would love to help!

To find out more and chat through some personal goals, get in touch with Bev – 07435727067 or bevs@yateleyindustries.net

Yateley Industries – Supported Employment

Our team in the supported factory continue to work hard and produce fantastic, finished products for our suppliers.

Unfortunately, our job positions remain on hold whilst we wait for Access to Work Plus to complete their evaluation period, we hope to have an update in the Autumn.

We are still excited to offer show rounds around Yateley Industries for the Disabled to show the fantastic work everyone does.

The good news is that we have our new Job Coach Service which helps young people aged 18-35, find, maintain and progress in workplace. This has been funded by Hart District Council through the UK Shared Prosperity Fund and will allow us to support disabled and neurodiverse adults in our setting and also out in the wider community.

If you are interested in exploring on fantastic opportunities of empowerment and growth and meaningful work with Yateley industries for the Disabled LTD, please contact Cheryl Littlefield at jobcoach@yateleyindustries.net

Making Every Contact Count (MECC) training – Wednesday 20th November

Do you wonder how best you can help others?
Would you like to support people to make a change?
Want to find out how you can have more effective conversations?

Making Every Contact Count (Healthy Conversation Skills) is a behaviour change method. This interactive workshop is about developing conversation skills which positively impact the way we interact with others, helping them identify ways to improve their own health and wellbeing.

The location for this event is: Rushmoor Borough Council, Council Offices, Farnborough Road, Farnborough, GU14 7JU

9.00 a.m. arrival for 9.30 a.m. start – 12.30 p.m. finish.

[MECC Training - Rushmoor Tickets, Wed 20 Nov 2024 at 09:00 | Eventbrite](#) to register for this free training by Yellow Brick Road Projects

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart District Council's Community Grants Scheme

This scheme opens for applications from Hart based groups on 1st August and welcomes applications that focus on biodiversity and health & wellbeing. There are a range of grants available from £1,000 to £10,000 and charitable organisations, clubs and societies with a constitution e.g. playgroups and sports clubs and schools are all eligible to apply.

Last year a lot of schools received grants for outdoor learning projects: [Community grant winners announced | Hart District Council](#)

For details of the grant and how to apply: [Community grants scheme | Hart District Council](#)

Grants from Rushmoor Borough Council

Rushmoor BC – Pride in Place Grant Scheme OPEN

The Pride in Place grant is now open! The application form and guidance notes are available here: [Grants for community organisations - Rushmoor Borough Council](#)

Grants of up to £5,000 are available for not-for-profit organisations, that have a project that increases pride in our local area and supports the community. This can include match-funding bids.

The Pride in Place priorities and themes are:

- Supporting community integration initiatives
- Improving access to physical and/or cultural activities
- Improving access to local amenities and green spaces
- Building capacity and capabilities of community groups

The types of project for this grant include:

- Visually enhancing areas by 'greening' (new trees, planting etc)
- Encouraging walking, cycling or other physical activities within communities
- Supporting arts, culture, and heritage activities to increase engagement and integration
- Any type of project that will increase pride in our local area and supports the community

Farnborough Airport community environmental Fund – grants available for projects which include an environmental improvement for the whole community to enjoy. The fund covers areas in Rushmoor and Hart. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

Rushmoor Community Lottery – The Rushmoor Community Lottery has now raised **over £206,000** for the local community!

If your organisation is a good cause, why not sign up and benefit from this great way to fundraise for your cause? Your supporters also benefit with the chance to win cash prizes every week and a monthly super draw prize.

For more information visit www.rushmoorlottery.co.uk.

Supporting Communities Grant Scheme – will be open in September and October for applications for up to £1,000 for projects supporting communities within Rushmoor. Details and the application form will be available in September at [Supporting Communities Grant - Rushmoor Borough Council](#).

Hart & Rushmoor Ukraine Support Fund

The Hart & Rushmoor Local Children’s Partnership (LCP) is managing a Hampshire County Council fund to provide local access to funding to support Ukrainian individuals and families based in Hart and Rushmoor. Trusted referrers can apply for funded support on behalf of Ukrainian individuals, families or groups, if the spend does not duplicate services already in place through CVS organisations, schools, Hart / Rushmoor / Hampshire councils, etc.

Examples of the types of spend we will consider, specifically to support Ukrainian families and individuals are:

- Food vouchers – a one-off voucher that can be used in community pantries or supermarkets.
- Energy vouchers (if in own home). Direct financial support to pay gas, water and/or electricity bills. The value of any individual funding award will be dependent upon individual circumstances.
- Transport – bus passes or Community Transport services.
- ESOL programmes – support with second language of English.
- Community activity – Stay / Play sessions for toddlers, holiday activity programmes, youth provision (e.g., sports clubs, uniformed organisations), support groups for parents.
- Essential supplies – help with school uniform, white goods/appliances/furniture and furnishings in new home, laptop / tablet, etc. The value of any individual funding award will be dependent upon individual circumstances.

- Trauma Groups or therapeutic/mental health support, voluntary external companies to help with counselling particularly for teenagers.

Local consultation to assess current and changing needs, has helped us agree that we will give particular focus in Hart and Rushmoor to:

- Help into work – via language support, transport, driving lessons, limited childcare, etc.
- Ad hoc events, outings, workshops etc., organised locally – venue charges, transport, refreshments, etc.
- Additional school support not covered by grants directly to schools – study aids, tutoring, payment for school trips, etc.

Please share with colleagues as appropriate. The key elements are:

- Application form and Guidance is available from tony.mcgovern@rushmoor.gov.uk
- Applications must come from referrers, not the individual or family. In the first instance, contact tony.mcgovern@rushmoor.gov.uk with your idea / suggestion – once the idea has been discussed the funding application form can be completed.
- No minimum or maximum spend will be set, with each application based on its merits, but we would anticipate a typical request of £100-250.

Other funding sources

Sport England Movement Fund

The Movement Fund offers crowdfunding pledges, grants up to £15,000 and resources to improve physical activity opportunities for the people and communities who need it the most. It is open to sports clubs, charities, schools, Community Benefit Societies and not-for-profit companies. Funding can be used for a wide range of things from equipment, upgrading facilities, staff training and class costs.

For full details of eligibility and how to apply:

[Funding guidance | Sport England](#)

SNG Thriving Communities Fund

Grants from £1,000 up to £5,000 for initiatives and projects that actively support SNG communities across a broad range of themes, particularly those focusing on youth, health and well-being, ageing-well, social inclusion and isolation, environment & place, customer voice, employment support, food insecurity, digital inclusion and skills, money matters and debt advice.

To apply for this fund, you must be a local not-for-profit group, community organisation, or registered charity. For more details: [Thriving Communities Fund - Guidance notes | SNG](#)

People’s Fundraising: a one-stop shop for fundraising combining online donations, ticket sales, shops and auctions, membership, lotteries and more – all in one place. For further information, please visit [Welcome - Online fundraising with People's Fundraising \(peoplesfundraising.com\)](http://peoplesfundraising.com).

Boshier-Hinton Foundation: The Boshier-Hinton Foundation exists to improve quality of life for people with disabilities, learning difficulties or sensory impairment and their families, by the awarding of grants to organisations providing facilities and advocacy for children and adults with special educational or other needs. The maximum grant available is £2,000. Please [CLICK HERE](#) to find out more.

DWF Foundation: One-off grants are available to registered charities in the UK for projects that enable communities to achieve their full potential by tackling specific issues, helping groups become

more efficient and effective, and getting young people and those often excluded involved for the benefit of their community. Running costs and salaries will only be funded if they are part of a project application. Please [CLICK HERE](#) to find out more.

Thomas Wall Trust: Grants for registered charities which target people experiencing multiple deprivation or other groups demonstrably facing major hurdles to employment, especially women, people with physical, mental, or learning disabilities, refugees and asylum seekers. The Trust offer grants up to £5,000 to specific projects or core activities that develop these critical life skills for people from disadvantaged groups. For detail, visit [Grants for Registered Charities | Thomas Wall Trust](#).

**Many thanks to all the people and organisations who contributed
Information to this Bulletin**

The next edition will be sent out in October

Any contributions please to tony.mcGovern@rushmoor.gov.uk