



## **Rushmoor & Hart LCP Supporting Families Bulletin – May 2024**

*Welcome to our 97<sup>th</sup> 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.*

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*The next Bulletin will be in **July** ahead of the Summer 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](mailto:tony.mcGovern@rushmoor.gov.uk)*

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### **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](#)

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## **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 \(hants.gov.uk\)](#)

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### **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](mailto:info@rvs.org.uk)

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## **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](http://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](mailto: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](mailto: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](http://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](#).

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### **Support for rough sleepers – StreetLink service**

If you see someone sleeping rough, especially with the recent cold weather, you can help by reporting to <https://thestreetlink.org.uk> or call 01252 774 239 (office hours) or 01252 774 477 (out of hours).

StreetLink can be used by anyone in England and Wales to send an alert about someone who is sleeping or preparing to sleep rough.

Alerts are sent to outreach teams, who go out mostly at night to connect people sleeping rough to local support services.

StreetLink complements existing outreach work by alerting teams to people they haven't seen before.

#### **Who should you tell us about?**

StreetLink can only accept alerts for people who are sleeping rough or preparing to sleep rough and are over 18. If someone is under 18 years old, call 999. Please do not make an alert if the person is begging or engaging in anti-social behaviour if they are not rough sleeping.

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**Leo Docherty – Aldershot constituency MP**

Leo Docherty MP represents the Aldershot constituency which includes the areas of Aldershot, Farnborough, Blackwater and Hawley and he is happy to help any constituent in need of assistance. Leo can be contacted by email at [leo.docherty.mp@parliament.uk](mailto:leo.docherty.mp@parliament.uk), telephone on 01252 377 567 or letter to Leo Docherty MP, House of Commons, London, SW1A 0AA.

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**WHAT'S ON IN RUSHMOOR & HART**

**Parents Action Group Party Mayhem! – Friday 31<sup>st</sup> May**

Dan from [Playhouse Parties](#) is coming to town!  
Fun and entertainment for children with disabilities and neurodivergent.  
Two sessions with 20 places in each. Tickets on first come first served basis.

**Friday 31<sup>st</sup> May**

Under 12's     10.30 – 12.30  
Over 12's       13.00 – 15.00

Southwood Community Centre, Links Way, Farnborough GU14 0NA

£5 per child. Siblings welcome. Grownups must stay with their young person throughout (they can join in!).

For more information and to book message [info@pagforspecialplay.co.uk](mailto:info@pagforspecialplay.co.uk) Make sure you say which session you would like to attend.

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**Diddy Dunkers: May Half Term Basketball Camp**

Taking place at Frogmore Leisure Centre for 7- to 15-year-olds (school years 3-10), £40 per day.

- Tuesday 28<sup>th</sup> May 10am – 4pm
- Thursday 30<sup>th</sup> May 10am – 4pm

More info and how to book can be found here [www.diddydunkers.com/camps](http://www.diddydunkers.com/camps)

Advance booking is essential.

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**Squirrels Holiday Club – May Half Term**

**We are running our Holiday Club from Tuesday 28<sup>th</sup> – Friday 31<sup>st</sup> May 2024**

Priory Park Pavilion, Priory Street, Farnborough, GU14 7HX

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games, sports and cooking. We are open from **0800 – 1630**. Drinks and snacks are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Children aged 2.5 years – 10 years are welcome. Under 5s must be dry to attend.

Pre-booking is essential. Please contact us on 07702 202921 or email [office@squirreleducare.co.uk](mailto:office@squirreleducare.co.uk) for more details.

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## **Stopgap Dance Company – May Holiday club**

Join [Stopgap](#) artists for three jam-packed days: learning new dance skills, improvisation and some arts and crafts. Everything you explore will be created, by you and the artists, into a performance to share with family and friends on the final day.

29 – 31 May, 10.30 – 3.30pm at **Alderwood Leisure Centre, GU12 4AS**  
£18 per day

This activity is recommended for Disabled and non-disabled dancers aged 14+ who are Gateway+ card holders\*

\*If you do not have a Gateway+ card but are interested in this class, please contact us, everyone is welcome.

Gateway card+ are free and give Hampshire residents access to community activities, play schemes and buddy schemes through the short breaks programme.

Find out more about Gateway+ cards [here](#).

To book your space or ask for more information, email [admin@stopgapdance.com](mailto:admin@stopgapdance.com) or call 01252 745443.

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## **Princes Hall shows for children**

Princes Hall, Princes Way, Aldershot, GU11 1NX

### **Play In A Day**

**Tuesday 28 May, 10:00 AM – 4:00PM**

**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](#)

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### **Dance In A Day**

**Wednesday 29 May, 10am-4pm**

**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 6-10 years to take part in this workshop.

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

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### **Fireman Sam**

**Thursday 30<sup>th</sup> May – 12pm & 3.30pm**

Brand New for 2024 - The Big Camping Adventure!

Norman wants to go on an adventure to impress his friends, so when two famous animal explorers arrive in Pontypandy, he decides to follow them into the mountains. But when Norman discovers a rare red squirrel, one of the explorers decides to take the glory for themselves, leaving Norman stranded in a cave.

Now it's up to Fireman Sam to save the day and ensure everyone is safe on their camping adventure!

[Fireman Sam - Princes Hall](#)

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### **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](#)

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### **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](#)

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## **Hampshire Libraries in the school holiday**

**27<sup>th</sup> May is a Bank Holiday, and as such libraries will be closed.** 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.

### ***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

### ***Yateley Library***

**Every Monday 3.15-4.30** Stay and Play

**Every Tuesday 10.30-11am** – Storytime

**Every Friday 10.15-10.45** Rhymetime, **10.45-11.45** Parents with children Stay and Play

**Every Saturday 10-12** Construction's Club

**First Saturday of each month** – Colin's special construction club

There will be Elmer (35<sup>th</sup> birthday) themed activities, trail throughout half term.

### ***Farnborough Library***

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

**Every Tuesday 10.30-11.00am** - Storytime

**Wednesday 29<sup>th</sup> May 10.00am-12.00pm** - Children's Craft Activity

**Every Saturday, 2-4pm** – Construction Club

There will be a Children's Trail in the Children's Library throughout half term.

### ***Aldershot Library***

**Every Tuesday, 10-10.30am, 11-11.30am** - Rhymetime

**Friday 31<sup>st</sup> May, 10.30-11am** – Storytime

**Every Saturday, 2-4pm** – Construction Club

**Half term Afternoon's Tuesday, Wednesday, Friday 2-4pm** -

Help us make paper chains to decorate the library for our 70<sup>th</sup> Birthday in June.

**New Parents Meet and Connect – Friday morning 11.15** - for new parents and their newborns.

Delve into sensory explorations with your baby and connect with fellow parents who understand.

Sessions are free, no booking necessary, but spots fill up fast.

New session times from week beginning Monday 3<sup>rd</sup> June

**Every Tuesday, 10-10.30am, 11-11.30am** - Rhymetime

**Every Wednesday, Starting 5<sup>th</sup> June 11-11.30am** - Storytime

**Every Friday, Starting 7<sup>th</sup> June 10.30-11am** – Rhymetime

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](#)

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## 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 will be open for the half-term and then weekends only through to 1<sup>st</sup> July when we go full time until 8<sup>th</sup> September.

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## Victoria Day is back on Saturday 8 June, and everyone is invited to take part!

**FREE!** **VICTORIA DAY 2024**

**SATURDAY 8<sup>TH</sup> JUNE 10AM TO 4PM**

**ALDERSHOT'S BIGGEST COMMUNITY CELEBRATION!**

**LIVE ENTERTAINMENT, STALLS, STREET THEATRE & MUCH MORE**

**CARNIVAL PARADE 11AM FROM PRINCES HALL**

[www.rushmoor.gov.uk/victoriaday](http://www.rushmoor.gov.uk/victoriaday)

**RUSHMOOR BOROUGH COUNCIL**

Part funded by the UK Shared Prosperity Fund

We are inviting everyone to take part in Victoria Day and there are lots of exciting opportunities for volunteers, community groups, schools and businesses to get involved.

You can join the 'animal' themed parade, perform on the day, book a stall, take part in carnival workshops, join the planning group, road marshal - or something else! If you'd like to get involved, please follow the links below.

### **Take part in the parade**

Everyone is invited to take part in the carnival parade, in groups or even on your own! At 11am, a grand procession of more than 800 people will create a fantastic atmosphere and we encourage you



to embrace the 'animal' theme. Volunteers, community groups, marching bands and organisations from around Aldershot and Farnborough are encouraged to apply to take part.

The route is shorter this year (0.5 miles), starting at Princes Hall at 11am and ending at the High Street Multi Storey Car Park around noon. For more information and to apply, visit: [Take part in Victoria Day 2024 - Rushmoor Borough Council](#). Applications close on **Friday 24 May**.

### **Free dance, music and carnival costume workshops**

#### **Bollywood and Bhangra dance workshops**

Join Nutkhut for free weekly dance workshops at the West End Centre in Aldershot, taking place every Thursday from 7pm to 9pm, from 2 May to 6 June (excluding 30 May).

#### **Samba drumming workshop**

Learn new skills, make new friends, create music and have loads of great fun at this free Victoria Day samba drumming workshop on Saturday 1 June from 1pm to 3pm at Princes Hall.

#### **Carnival costume workshops**

Talavera Junior School Community Room, Aldershot

- Sun 26 May, 11am to 1pm
- Sun 26 May, 2pm to 4pm

West End Centre, Aldershot

- Tue 4 Jun, 5.30pm to 7pm
- Wed 5 Jun, 5:30pm to 7pm

[Take part in Victoria Day - Rushmoor Borough Council](#)

[What's on at Victoria Day - Rushmoor Borough Council](#)

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### **Cove Brook Greenway Group Family Fun Day – Sunday 9<sup>th</sup> June**

**10.30am – 3.30 pm**

By Cove Brook outside Blunden Hall, Blunden Road, Farnborough GU14 8QP

Entry 20p per person, children 2 and under Free. Attractions include Horse and cart rides, Petting Farm, Pond-dipping, Bees and Bats, Plant sales, Wood turning, Children's Tombola, BBQ, Refreshments and much more...

Please note this is a cash event!

Disabled parking only! Please walk or cycle if you can.

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### **Hart Countryside Team – Free Summer Events**

#### **JUNE**

Bark in the Park – walk with dogs, Edenbrook Country Park, Saturday 15<sup>th</sup>, 11am-2pm

Midsummer Mingle, Bramshot Farm Country Park, Thursday 20<sup>th</sup>, 4pm-5.30pm

Bike Track Launch following renovations and expansion, Edenbrook Country Park, Sunday 23<sup>rd</sup>, 10am-3pm

**JULY**

Nature Discovery Day, Edenbrook Country Park, Saturday 27<sup>th</sup>, 11am-3pm

For more information and how to book on, visit [www.hart.gov.uk/countryside-events](http://www.hart.gov.uk/countryside-events)

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**Armed Forces Day – Princes Gardens, Aldershot, Saturday 22<sup>nd</sup> June**



[Armed Forces Day Prom in the Park - Rushmoor Borough Council](http://www.rushmoor.gov.uk/armedforcesday)

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**Family Fun Day – Farnborough College of Technology, Saturday 22<sup>nd</sup> June**

**10:30AM TO 2:30PM, Boundary Road, Farnborough, GU14 6SB**

**FREE FOR ALL AGES! FREE PARKING ON-SITE!**

Hands-on Activities by College Staff  
Live Music | Circus Skills | Go Karts | Arts and Crafts  
Sport Challenges | Family Photoshoots | and much more!  
Food and refreshments will be available for purchase

Back by popular demand, we will be throwing open our doors on Saturday 22 June 2024 for a day of **free fun for all ages**. From face painting to arts and crafts, enjoy a great day out with the family. Join us at our Boundary Road campus, GU14 6SB, between 10.30am and 2.30pm. You can travel by foot, public transport or car (free parking on-site). Keep up to date with our Facebook event, or simply arrive on the day.

Register online at [www.ticketsource.co.uk/farnborough-college-of-technology](http://www.ticketsource.co.uk/farnborough-college-of-technology)

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### **Free Music Concert – Fleet, 23<sup>rd</sup> June**

Oakley Park, Albany Road, Fleet

Sunday 23<sup>rd</sup> June, 2pm-4pm.

Come and enjoy the music from Farnham Brass Band. Refreshments and toilets are available. Bring a chair or blanket.

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### **Yateley Funfest – Saturday 29<sup>th</sup> June**

For people with disabilities or special educational needs, their families and helpers.

Saturday 29<sup>th</sup> June, 11.30am-4.00pm

Yateley Manor School, 51 Reading Road, Yateley, GU46 7UQ

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### **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.

#### **FACILITIES FOR HIRE**

##### **OPENING HOURS:**

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

##### **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

#### **CLUBS & CLASSES**

Please check our website [www.wavellschool.org.uk/leisure/homepage](http://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**

For further information or enquires regarding hire of our facilities;  
Contact us at [Wavell.campus@wavell.hants.sch.uk](mailto:Wavell.campus@wavell.hants.sch.uk)  
Check out our website at [www.wavellschoolorg.uk/leisure/homepage](http://www.wavellschoolorg.uk/leisure/homepage)  
Or call Wavell Campus Leisure on 01252 317 603

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### **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

#### **Wednesday**

St Andrews Garrison Church, Queens Avenue, Aldershot  
5.30-6.30 Beginners (5-teen)

£6 per session – First lesson free!

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

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### **COMMUNITY SUPPORT INFORMATION**

#### **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](#)

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#### **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](mailto:CommunityGrubHubStore@gmail.com)

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#### **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](mailto:community@goodshepherdchurch.org.uk)

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### **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](http://www.thevinecentre.org.uk)                      [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk)

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### **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](mailto:info@farnborough.foodbank.org.uk)                      Web: [www.farnborough.foodbank.org.uk](http://www.farnborough.foodbank.org.uk)

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### **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](mailto:odihamfoodbank@gmail.com)

**Hart Foodbank also run a Kids Clothing Bank.** Contact Emma at: [emma@mabin.co.uk](mailto: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](mailto:FSSouthernCentral@fareshare.org.uk)

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### **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](mailto: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](mailto:info@fleetphoenix.co.uk) or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

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## **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](mailto: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](http://www.stopdomesticabuse.uk)

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### **Rushmoor Accessibility Action Group (RAAG)**

RAAG was established with the aim of enhancing accessibility for individuals with disabilities in the Rushmoor area. We are an open and free membership group for anyone who is passionate about raising awareness about disability. We meet once every three months collaborating with businesses, authorities, groups, and individuals etc.

If you're interested in joining RAAG, please email us at [raagforall@gmail.com](mailto:raagforall@gmail.com)

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### **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](mailto: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](mailto: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](http://www.citizensadvicehart.org.uk)

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### **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.

Citizens Advice Rushmoor's services are free, confidential and open to everyone in the community. 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](http://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**

Our Nepali drop-in service is now running again – in Aldershot Citizens Advice every Wednesday from 10.00am to 12.30pm. If you know someone whose first language is Nepali and who needs some 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 £147 Household Support Fund grant 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](mailto: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?

Citizens Advice Rushmoor 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](mailto:pebl@carushmoor.org.uk) - leaving their name, phone number and postcode and we will call them back to arrange an appointment.

### **Volunteering**

We are looking for volunteers in Admin/Reception, Advice, Fundraising, Events and IT support. If you are interested, please get in touch via our [website](#).

### **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/>

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## **Hampshire County Council Strengthening Parental Relationships Programme**

**Our Mediation / Couple Support & Family Counselling service is open to referrals from multi agency professionals. There is currently no waiting list.**

Strengthening Parental Relationships (SPR) is Hampshire's Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship.

This service is available FREE OF CHARGE for families who are experiencing **harmful parental conflict** and require high intensity, expert provision. This service is available to families from across

Hampshire County Council area. To increase the reach of this service to more families, **we are now accepting referrals for families from multi agency professionals.**

This service is for families where the parents / carers are experiencing parental conflict that is frequent, intense and poorly resolved. They may have already tried the [Free online courses for parents/ carers experiencing relationship distress](#) although **this is not essential** for referral to the SPR Mediation, Couple Support and Family Counselling at this time.

For more information visit the [SPR Practitioner Toolkit](#) or contact the team: [spr@hants.gov.uk](mailto:spr@hants.gov.uk)

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### **Safe4Me – Keep safe website**

Are you a parent, guardian or carer of a child or young person? Do you work with children or young people? If the answer is 'yes', then please take time to check out our Safe4Me website that provides educators, service providers and parents with a whole host of information and resources on issues that affect young people to help educate, support and guide them to staying safe.

<https://www.safe4me.co.uk/>

The website is available to everyone so please do spread the word so that together we can all help keep our children and young people safe.

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## **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](https://www.frimleyhealthier.com) 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](https://www.frimleyhealthier.com) website for advice when their children are unwell or following a bump to the head in your setting, for example.

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### **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!

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### **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](http://www.healthystart.nhs.uk)

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### **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](#)

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[kooth.com](https://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.

With many young people preparing for their upcoming exams this term, please let them know that Kooth is here to help with any stress or anxiety they may be feeling. We also have a [support guide](#) for you to share with your students on coping with exam stress, an [exam stress recorded webinar](#), and articles on Kooth such as “[The ultimate exam stress toolkit](#)” that can help.

Young people can find additional FREE support via registering at [kooth.com](https://kooth.com)

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[Hampshire Youth Access](https://hampshireyouthaccess.org.uk) 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

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[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 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](https://www.facebook.com/sashasproject)

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## [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), 6<sup>th</sup> 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/>

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## **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>

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## **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 not a new service, but 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.

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

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## **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/>

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## **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](mailto:chair@frimleymvp.org.uk)

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## **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. Sessions start in April, 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>

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### **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

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### **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](mailto: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/>

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### **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](http://www.aldershoturgentcarecentre.co.uk)

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### **Aldershot Primary Care Network**

We have Covid Spring Booster vaccination clinics for the over 75’s and Immunosuppressed on **25<sup>th</sup> May and 6<sup>th</sup> June**. We are encouraging Aldershot patients to make an appointment through the text booking link they have received.

They can also contact us to make a booking for them.  
07736 378 485 or email [salusmedical.aldershotpcn@nhs.net](mailto:salusmedical.aldershotpcn@nhs.net)

We will also be offering Mini Health Checks in the Covid clinics:  
Blood pressure check    Atrial Fibrillation screening    Height & weight

As part of our preventative screening outreach work, we offer free Mini Health Checks at Aldershot Community events such as school summer fetes, etc.

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## Open Door Hook

On 19<sup>th</sup> of April, Fleet Phoenix Open Door sessions launched at **The Club Room, Hook Community Centre, Ravenscroft, Hook, RG27 9NN**. This is every Friday from 3pm - 6pm and is 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](#)

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## 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](http://www.fortify-services.com) or by emailing at [info@fortify-services.com](mailto:info@fortify-services.com)

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## **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 route 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/>

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**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.

This year we had a stall at the May Fayre in Yateley and will be back at the Fleet Carnival, please come and say Hi and find out all about us.

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))

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**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!

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### **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](http://www.talkplus.org.uk)

Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus\_nhs

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### **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 \(zerosuicidealliance.com\)](http://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 \(prevent-suicide.org.uk\)](http://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 \(hants.gov.uk\)](http://hants.gov.uk)

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## **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](#)

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## **Hampshire Sensory Walking Trails**

Hampshire County Council and partners are pleased to announce the launch of [Hampshire’s sensory walking trails](#) for Mental Health Awareness Week, 13-19th May 2024, themed: ‘Movement: Moving more for our Mental Health’.

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.

Sensory trails are designed to inspire a stronger connection to nature, especially for people who may not have previously visited these spaces. [Research shows](#) that connection to nature improves mental wellbeing. The [Mental Health Foundation](#) states that people with a strong connection with nature are typically happier in life, as nature can generate many happy emotions, including calmness, joy and creativity. Connecting with nature is also associated with lower levels of poor mental health, including lower [depression](#) and [anxiety](#).

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](mailto:public.health@hants.gov.uk)

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## **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 6<sup>th</sup> 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](mailto:balanceandride@gmail.com) to book on or for more information.

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## **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](http://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/](http://www.nhs.uk/conditions/high-blood-pressure-hypertension/) '

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## **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](#)

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## **NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES**

### **Hampshire Young Poets Competition 2024**

**Winchester Poetry Festival and Hampshire Cultural Trust** are working together to find the top young poets in Hampshire in the Hampshire Young Poets Competition 2024. This year's theme is **'Our world, our planet'** and young people from across Hampshire are asked to write a poem of no more than 14 lines on this theme. Whether it's a favourite place in the world to be or thoughts on climate change, we want to hear from young people across the county about what the words mean to them.

Entries are open to young people who live or study in Hampshire in three different age categories; 4-7, 8-11 and 12-16 years. The competition is free to enter and there will be National Book Token prizes for the winners, supported by Paris Smith, matched with P&G Wells book tokens for the schools of the winning entrants to spend on poetry books. The closing date for entries is midnight on **Wednesday 31 July 2024** and the poems will be judged by the new Hampshire Poet 2024 (to be announced in Spring)

**For more information and further details on how to submit entries please**

see: <https://www.winchesterpoetryfestival.org/young-poets-competition>

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### **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](http://www.rushcreativecollective.com) for the full programme of events or email Lena at [rushcreativecollective@gmail.com](mailto:rushcreativecollective@gmail.com) for more info. Follow us on social media - Facebook/Instagram: rushcreativecollective

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### **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



21<sup>st</sup> 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](http://www.bohunftarnborough.com)

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### **Emmaus Road Prom Project**

The Prom Project offers the low cost loan of prom dresses and suits to Year 11 pupils in our Community. The aim is to make going to The Prom affordable and enjoyable for everyone. The 2024 season will be our second year of running this project and we are looking forward to helping another cohort of local pupils enjoy Prom without breaking the bank and in an environmentally responsible way. We have over 200 stunning dresses and suits available for loan. We also have a selection of shoes and bags. All our outfits are donations from our community, many brand new. For quality purposes, every item is checked and freshly laundered before each loan. We may also be able to offer alterations to improve the fit.

The loan of an outfit is an initial £50 to the family, £30 will be refunded once the outfit is returned. We retain £20.00 to cover the cost of cleaning, repairing and storing the outfit.

How it works – information for students

We will be holding a fitting event on **8<sup>th</sup> June at Park Hall, Lower Farnham Road, GU11 3RB.**

Students will be able to browse and try on the outfits in a relaxed atmosphere.

To register interest in attending, simply book a free ticket and fill in a short form telling us a bit about the outfit required using this link (also on the flyer below and attached)

[The Prom Project – Emmaus Rd](#)

If you find an outfit you like at the event, pay the £50 fee (£30 will be refunded on return of the outfit) and take the outfit home with you - or if it needs alteration arrange a collection date. Enjoy the Prom! Then, after the Prom we will arrange a date for the outfits to be returned when we will refund £30 of the fee. Simple as that!!

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## **Huckleberries Nurture Farm Open Days**

Huckleberries invites you to an Open Day at Huckleberries Nurture Farm on **Thursday, 13 June, 3.30 to 5pm.**

Set on the outskirts of Elstead, Huckleberries offers a robust trauma informed programme aimed at primary aged children (years 1 to 6) who are struggling with their emotional and mental well-being. From Summer term we will be extending our provision across the week, offering more children the support they need through free and LA funded places.

Many children who work with us have suffered trauma or abuse, been in care or under child protection, or they may be neurodivergent and/ or failing to thrive in school. They may be:

- experiencing low self-esteem or self-worth,
- at risk of emotionally based school non-attendance
- on the periphery of friendship groups
- quiet or disruptive in class
- anxious or withdrawn/ perceived shy
- going through difficult family circumstances such as divorce or bereavement
- young carers
- camouflaging in school, resulting in a deterioration in their mental health or behaviour at home.

Whilst our focus is on helping children whose primary need is SEMH and who do not have additional funding or an EHCP in place, we also welcome children with additional needs who are able to access our learning and have an EHCP. Where a child has an EHCP we expect their Local Authority (or school) to fund their place as part of their care plan.

To register for the event, please go to [www.huckleberries.co.uk/events/](http://www.huckleberries.co.uk/events/). If you would like further information please read our Admissions Policy, contact Beverley Cook on 07979 856 851 or have a look at our website.

contact me on the number below or have a look at our website.

[beverleycook@huckleberries.co.uk](mailto:beverleycook@huckleberries.co.uk)

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

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

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## **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)

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## 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](mailto:c.martinez@acumist.education). Alternatively ring me on **07396 727 452** to have a no obligation chat.

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## NEWS FROM PARTNER ORGANISATIONS AND GROUPS

### New Youth Club at The West End Centre, Aldershot!

Do you know young people aged 11-16 who want somewhere to hang out? A new 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](mailto:hannah.shuttler@rushmoor.gov.uk)

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### Vision 4 Youth – Youth Services

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

Six different youth clubs are held each week (term time) 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](mailto:office@vision4youth.org.uk) to reserve a place.

**Blackwater Youth Club (new!)** - 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](mailto: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.

**Summer Holiday Club (coming soon)** – During the school summer holidays we will run a youth club

specially for 11-16 year olds, which will be either £15 to attend each day or free to those who qualify for free school meals (a #HAF project). 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 coming soon or contact us for more information. The club will run 12-5pm Monday-Thursday, 29<sup>th</sup> July to 22<sup>nd</sup> August. Open to all abilities with lots of different things to try across the summer. Booking essential, please use this link to book a place for each day that you'd like to attend:

<https://forms.gle/rKZ2KGwGKTgjefnr6>

For more information about our services please contact [office@vision4youth.org.uk](mailto: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.

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## 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

May 17, June 14, 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

May 24, June 7 & 21, 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

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](mailto:janis.dolding@gmail.com)

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## **The Willow Team Information Session: Tuesday 9<sup>th</sup> July, 12.00-13.00 (on Teams)**

An information session with Becky Martin who is the Single Point of Contact for Hart & Rushmoor at **The Willow Team (Working with Missing, Exploited & Trafficked Children)**. It is important for everyone to know the signs so that they can be raised at the earliest time.

This session is for anyone who is in contact with vulnerable young people or working with children. It is also for anyone who works with parents of teenagers.

Content:

- An overview of what all the key terms in exploitation and trafficking mean to enhance knowledge.
- Understand the roles within The Willow Team, what they do and how they support the local professionals and community.
- Q&A

To register your attendance, please click on this link (once registered, a Teams invite will be sent out nearer the time): <https://hva.aidecrm.co.uk/booking/training-events>

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## **Youth Trends Conference, 6<sup>th</sup> November - Stacey Miller (Consultancy)**

Stacey Miller is organising another 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 five 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'

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, contact Stacey on 07703 670 654 or [info@staceymillerconsultancy.co.uk](mailto:info@staceymillerconsultancy.co.uk)

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### **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](http://www.breakoutyouth.org.uk) , call 023 8022 4224 or email us at [hello@breakoutyouth.org.uk](mailto:hello@breakoutyouth.org.uk)

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### **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>

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### **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 - Young Adult Carers 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 up until the summer holiday:

- Senior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 19<sup>th</sup> May,
- Rocksteady free music workshop at Mayfield Community Centre in Farnborough in the May half term holiday,
- Young Carers Festival at YMCA Fairthorne Manor, Southampton over the weekend of Friday 28<sup>th</sup> to Sunday 30<sup>th</sup> June,
- The Hawk Conservancy Trust's annual Dream Night event on Thursday 4<sup>th</sup> July,
- Bronze Duke of Edinburgh's Award 2 day/1 night Assessed Expedition on 3<sup>rd</sup>/4<sup>th</sup> July,
- Summer Parties weeks commencing 8<sup>th</sup> and 15<sup>th</sup> July.

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](mailto:youngcarers@hartvolaction.org.uk) or phone on 07983 030 689 or visit the HVA website to download a copy of the referral form.

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### **Step by Step**

#### **Your spare room could transform a young person's life**

At Step by Step, we provide young people going through hard times with the resources they need to achieve a brighter future. This includes personal development opportunities, specialist support services and accommodation. But we need amazing people like you to help us continue to transform the lives of local young people.

If you have a spare room, you could let it to a young person facing homelessness through our Supported Lodgings service. We will provide you with unrivalled training and are here to support you at all times in your role as a Supported Lodgings host.

If you're interested in becoming a host or finding out more, you can visit:

<https://www.stepbystep.org.uk/spare-room>

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#### **The fostering agency with a difference: Step by Step Fostering**

Youth homelessness charity Step by Step Partnership Ltd have recently launched a new fostering agency. Step by Step Fostering is an agency with a difference: any funds generated by the agency go back into our parent charity. So, when you foster with us you will transform the lives of many more young people within our community.

We provide our foster carers with comprehensive training and our friendly team are here to support you through every step of your fostering journey.

If you're interested in fostering, know others who might be, or simply just want to learn more, you can contact us by visiting our website: <https://www.stepbystepfostering.co.uk/>

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### **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](http://www.home-starthampshire.org.uk/volunteering) , email: [info@hshants.org.uk](mailto:info@hshants.org.uk)

or phone: 0330 124 2095

[www.home-starthampshire.org.uk](http://www.home-starthampshire.org.uk)

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### **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. Its newest group was set up twelve months ago, and covers 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.

Read Easy West Surrey and NE Hampshire is currently looking for adults in Rushmoor and Hart 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.

The group is also looking for an organised and enthusiastic volunteer to join their management team as an Administrator.

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](mailto:wsnehnetworker@readeasy.org.uk) . If you are interested in becoming a reading coach or our new Administrator, please contact Ashley Nuttall on

[wsnehrecruiter@readeasy.org.uk](mailto:wsnehrecruiter@readeasy.org.uk)

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## **Hampshire Learning in Libraries**

The Learning in Libraries' summer programme is well under way and many of our courses are free for Hampshire residents, being funded by Hampshire Achieves.

Our courses are run in many of the Hampshire libraries and community spaces, as well as online, if you prefer to learn from the comfort of your own home.

Among others, we currently have availability on these paid-for courses:

Summer Floristry at Yateley Library, running on Mondays, 03 June – 24 June, 10:00 – 12:00, £48.00.

Pilates for Wellbeing at Farnborough Library, running on Thursdays, 06 June – 27 June, 10:00 – 11:00 or 11:15 – 12:15, £24.00.

Gentle Fitness at Farnborough Library, running on Thursdays, 06 June – 04 July, 13:30 – 14:30 or 14:45 – 15:45, £30.00.

Senior Fitness at Aldershot Library, running on Saturdays, 08 June – 06 July, 10:00 – 11:00, £30.00.

For these and to see all our courses, please view our online shop here: [Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](#) or phone our friendly Learning in Libraries team on 02392 232957. The online shop is updated regularly as and when new courses are scheduled, so it is worth browsing here on a regular basis. Alternatively, you can always pop into your local library and ask for more details on all our courses.

We hope to welcome you on a Hampshire Learning in Libraries course very soon and help you to unlock and realise your potential.

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## **Smile Project – Tackling health inequalities for children**

Rushmoor Voluntary Services are pleased to announce the launch of our new Smile Project in partnership with NHS Frimley Health and Care ICS.

Our primary focus is on tackling health inequalities for children in deprived areas of Rushmoor, with a specific emphasis on looking after your teeth, healthy eating, and well-being.

### **Volunteers Needed**

We are actively seeking the following volunteers:

- A group of Young Ambassadors (aged 14-25), who will play a crucial role in engaging with primary school aged children to promote essential health messages within the community.
- Mentors to support our Young Ambassadors through their training, preparation and delivery of the project.

To find out more about the project and the different roles, please visit [https://www.rvs.org.uk/the\\_smile\\_project/](https://www.rvs.org.uk/the_smile_project/).

## **Get Your School Involved**

We are also keen to get in contact with local schools regarding any upcoming events/assemblies/PSHE lessons where our Young Ambassadors can promote the Smile Project.

Please email [isobel.nicholson@rvs.org.uk](mailto:isobel.nicholson@rvs.org.uk) if you are interested or have any questions.

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## **Rushmoor Healthy Living – Activities and training**

### **Nordic Walking** Starting 4<sup>th</sup> June

a weekly walk at Southwood country park

Tuesdays 10.15 – 11.15 am.

A flat route of one lap of the park - 1.5 miles

Nordic walking is a unique fitness class of a combination of traditional exercises with the use of Nordic walking poles and technique, in a low impact circuit style class. This is an outside class, so please wear appropriate clothing and footwear for the weather on the day.

£5 per session & poles supplied.

### **Be Healthy Be You - Healthy Eating and Weight Loss Talks**

We are running the following free talks throughout the next few months:

Wed 19<sup>th</sup> June 19.00-19.45 - Menopause & Weight Loss

Mon 1<sup>st</sup> July 09.30-10.15 - Healthy Swaps – Meals & Snacks

Wed 10<sup>th</sup> July 13.00-13.45 - Exercise Effectively for Weight Loss

Mon 15<sup>th</sup> July 09.30-10.15 - Struggling with Weight Loss

Contact [rachael.austen-jones@rhl.org.uk](mailto:rachael.austen-jones@rhl.org.uk) to register interest.

Finally, we are running a special offer for our **Emergency First Aid at Work Course**

You will learn about the following;

- Priorities of First Aid
- CPR Resuscitation
- AED
- Choking
- Bleeding & Burns
- Minor Injuries
- Recovery Position
- Seizures
- Unresponsive Casualties

Qualification is valid for three years from the achievement date & meets the requirements of the Health and Safety Regulations (First Aid) 1981 & the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. It is delivered and assessed in accordance with current Resuscitation Council UK guidelines.

All of this for just £95 - [www.rhl.org.uk](http://www.rhl.org.uk) for more information and our latest dates.

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## 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.

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## 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](mailto: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](mailto: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.

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## Blackwater Valley Scouts – Adult volunteers

It's not all shorts, big hats and dyb-dyb-dyb any longer but.....

- Have you ever been a scout?
- Do you wanted to give something back to your community?
- Could you help to deliver Scouting to our one thousand young people?
- Have you already got skills or want to learn new skills?
- Would you like to help today's young people become tomorrow's citizens.

Scouting is an organisation for young people 4 to 18 years of age, but it needs adults to lead them, guide them, make sure they are always safe and help them to gain the maximum from their time as members. Almost 1000 young people across Rushmoor enjoy scouting activities each week led by adults.

Aside from working directly with young people, there are many roles that don't involve a regular commitment, or working directly with young people, such as trustee, fundraiser, grass cutter, help with maintenance of HQ and more besides. For most of these roles you would be part of a team.

If you would like to help in any of our 15 scout groups across Cove, Farnborough, Aldershot or Ash Vale then please get in touch and we will help you find a role that fits the time you can give.

Drop us a line on [info@bvscouts.org.uk](mailto:info@bvscouts.org.uk) or via our website <https://bvscouts.org.uk/> and someone will contact you and arrange to meet and work out what sort of role you want.

All our adult members must undergo an Enhanced Disclosure Check (DBS) and training dependent on the role undertaken.

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### **3<sup>rd</sup> Farnborough Scout Group – Squirrels, Beavers, Cubs, Scouts, and Explorers**

3<sup>rd</sup> 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](http://www.3rdfarnboroughscoutgroup.org.uk) or email [skip@3rdfarnboroughscoutgroup.org.uk](mailto: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**

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## **St. Michael's Church – 80 years since D-Day Celebration, Thursday 6<sup>th</sup> June**

120 Church Lane East, Aldershot, GU11 3SS

The Church are celebrating **80 years since D-Day** on Thursday 6<sup>th</sup> June from 6:30pm to 9:30pm with bellringing, bring-and-share food, music from the 1940s, dancing and a raffle. Everyone is welcome. No cost, donations always welcome.

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## **SKILLS & TRAINING**

### **New Directions Project Aldershot**

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

- Does your CV need a makeover?
- Or maybe you are interested in starting your own business?

We can help you:

- With events and workshops on money matters, budgeting, childcare options, careers advice, growing your confidence, writing your CV etc.
- Get 1 to 1 help from our friendly advisers
- Try our interactive Bodyswaps software – practice and improve job interviews.

Get in touch today by phoning Angela on 07934 130 666 or visit [www.joinnewdirections.org](http://www.joinnewdirections.org) for more information.

### *Events Programme*

All activities are between **11.00-13.00** and include lunch. Come and join us!

Thursday 23 May Self-employment – Is it for me?

Thursday 6 June Motivation! Workshop on how to motivate yourself to get that job!

Thursday 13 June IT problems? No PC? Struggling with phones, emails accounts, access to a printer? Come and join us and we will help you sort it.

Thursday 27 June Introduction to Bodyswaps – using our VR headset, trial your first AI job interview

Thursday 11 July Positive thinking – if you are feeling down in the dumps, learn how to turn your mood around...

Thursday 18 July            Writing a winning CV – tips and tricks

**Where are we?**

New Directions Hub @ Aldershot Enterprise Centre, 14-40 Victoria Road, GU11 1TQ – close to the railway station and local job centre.

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**Yateley Industries skills and training support**

Yateley Industries for Disabled is a pan disability organisation, working and supporting people with physical disabilities, mental health conditions, learning disabilities and neurodiversity.

We are proud of our supported factory and the dedicated team who work with the staff to ensure they are fully supported and trained in their role, which is funded through the DWPs 'Access to Work Plus' scheme.

We offer an informal interview and tour of the factory, for anyone interested in looking to work at Yateley Industries for the Disabled.

The factory operates Monday – Friday from 9am until 4pm, with a one-hour lunch break. The office is open from 8.30am to 4pm, Monday to Friday. All disabled staff work 16hrs per week (over 2.5 days).

Yateley Industries for Disabled provides Supported Employment through a range of different ways including our Job Coach Service. As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives.

Ready to start your journey toward professional growth and empowerment? Reach out to us at [jobcoach@yateleyindustries.net](mailto:jobcoach@yateleyindustries.net) or give us a call at 01252 872337.

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**Volunteering Opportunities at Yateley Industries for the Disabled**

We are always looking for new volunteers at Yateley Industries, we are currently looking for volunteers to support in our Community café (kitchen and waiting staff), a Green Space Coordinator, Community Pantry Stock Keeping Support and Ad Hoc community Pantry store freezer clean out. For any information about our volunteer opportunities please contact Yateley Industries on 01252 872 337.

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**SAVE THE DATE:** Yateley Industries will be holding a Summer Fete on **Saturday 22nd June** between 2 & 5pm. This will be a fun afternoon for the community with lots of family-friendly activities, stalls and entertainment.

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## **Making Every Contact Count (MECC) training – Wednesday 20<sup>th</sup> 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

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## **FUNDING & GRANTS CURRENTLY AVAILABLE**

### **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](mailto: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](mailto: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.

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### **Grants from Rushmoor Borough Council**

**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](#)

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### **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](http://www.rushmoorlottery.co.uk).

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### **Other funding sources**

**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](#).

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

**The next edition will be sent out in July**

**Any contributions please to [tony.mcgovern@rushmoor.gov.uk](mailto:tony.mcgovern@rushmoor.gov.uk)**