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Rushmoor & Hart Supporting Families e-Newsletter – July 2020

The immediate aim of our Supporting Families e-Newsletters currently is to support all our organisations working to support Rushmoor and Hart children, young people and families as we start to emerge from the Covid-19 'lockdown'. We will try to provide up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

The next Newsletter is scheduled for October. Anyone wanting to be added to the mailing list we have for the newsletter, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcGovern@rushmoor.gov.uk

GOVERNMENT & LOCAL AUTHORITY INFORMATION & SUPPORT

The Coronavirus Hampshire Helpline is LIVE

The Coronavirus Hampshire helpline offers **advice and practical help to vulnerable residents, who don't have family, friends or neighbours that they can call on for help.**

Coronavirus Hampshire helpline: 0333 370 4000

The helpline is usually staffed from 9am to 5pm and anyone calling will be able to speak to an advisor about what they need and how the service can help. This could be things like information or advice; help with shopping for essential food or household supplies; collecting medicine; pet care; support with loneliness; or help with other practical issues, like putting out a bin or posting a letter.

Depending on what they need, they may be referred to the Rushmoor or Hart local response centre. If individuals have needs such as social care or health concerns, they will be referred into the appropriate care pathway.

Extremely Vulnerable People

The situation for 'extremely vulnerable' people changes from 1st August when 'shielding'; will be paused. However if you still need support and do not have family and friends who can help, you can call the Coronavirus Hampshire helpline above for assistance.

It is important to stay up to date with the current advice. **The latest COVID-19 information from the NHS** is available at: www.nhs.uk/coronavirus

The latest COVID information from government can be found at: <https://www.gov.uk/coronavirus>

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor's website, <https://www.rushmoor.gov.uk/coronavirus>
There is a Nepalese language version of this information at
<https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

Due to the incredible response COVID-19 volunteers are not currently being recruited but you can check back here to monitor the situation - <https://www.rvs.org.uk/covid-19-general-information-index/covid-19-information-for-volunteers/>

However, it is possible to register here to receive information on non-COVID-19 volunteering opportunities as more become available - <https://www.volunteernorthhants.org/volunteering/>

Latest information and how you can get involved locally - HART

The latest information about services and support available from Hart District Council and the Hart Response Hub is at <https://www.hart.gov.uk/covid-19>.

Hart Response Hub: Hart District Council, in partnership with Hart Voluntary Action, created the Hart Response Hub to ensure a coordinated response to supporting those in need during the current pandemic. The Hub receives referrals from the Coronavirus Hampshire Helpline.

As lockdown measures have eased over recent weeks, the Hart Response Hub has seen the number of referrals received from Hampshire's Coronavirus helpline reduce, however the complexity of needs has increased. The Hub provides support to those who have been advised to shield or are self-isolating because they fall within a high-risk category, or because they have been exposed to, or are experiencing symptoms of Covid-19. With the planned pausing of the Government's shielding programme on 31st July, the Hub will continue to provide support to those who require assistance including to those who are advised to self-isolate under the Government's Track & Trace system because of potential exposure to Covid-19.

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 774 239 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/covid-19-housing

Employment and skills support: Hart Council and Vivid Homes currently provide a range of employment and skills advice including, writing bespoke and effective CV or adapting your existing CV to a specific role. We can assist you with online applications, preparing for job interviews (online) and building up pre-employment skills, as well as acquiring relevant qualifications to equip you to find a suitable role. For telephone appointments you can contact us via jobskills@hart.gov.uk or telephone 01252 774134 or 07920806770.

Residents survey: We are now moving into the recovery phase. As part of this we are asking residents through our COVID-19 survey how the pandemic has affected you and what we need to change as we emerge from it. This will help us plan our services and communities for the future. The survey will run until 26th July and should take no more than 20 minutes to complete. The survey can be accessed at <https://www.hart.gov.uk/Covid-19-Survey>. There is also a dedicated telephone helpline on **020 7939 7981** and email (hartsurvey@chelgate.com) for residents who have questions, as well as a [message board](#). If you would prefer to have a paper copy of the survey and/or have limited access to the internet, please call the helpline above to request one. It will be sent by post, together with a reply-paid envelope so the response can be returned.

Keeping up-to-date: You can follow the Council on Facebook www.facebook.com/HartDistrictCouncil/ or Twitter <https://twitter.com/hartcouncil> for the latest updates on our services. Households in Hart have/will be receiving a leaflet through the post providing updates on council services, information about how we are continuing to help our communities and support available for people experiencing mental health crisis or domestic abuse.

Rushmoor Borough Council – Information regarding funding, activities and local supermarkets

Rushmoor Borough Council colleagues have put together the following information documents in response to the Covid-19 crisis. **All have been updated recently.**

- The first is a comprehensive list of national and local emergency funding streams available to support individuals and projects across all sectors of society



COVID-19 Funding
(15 July 20).pdf

- The next is an update regarding supermarket opening times and arrangements, home shopping information, etc.



Supermarket Update
13.07.20.pdf

- Finally, here is a link to all sorts of activities for families of children of all ages that are available online:

<https://www.rushmoor.gov.uk/article/11968/Online-activities>

PLUS, while it remains closed to performances Princes Hall have all their panto downloads and youth theatre online videos available at www.princeshall.com/intervalathome

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.

COMMUNITY SUPPORT INFORMATION

Foodbank Services

RUSHMOOR SERVICES

The **Farnborough Foodbank** (Trussell Trust) is continuing to operate at the following times: Clients, or their representative are now offered the choice of either:
Tuesday between 13:00 and 14:30 at **Princes Hall Aldershot**, GU11 1NX, or

Wednesday between 12:00 and 14:30 at Christ Church, Cove Road, Farnborough GU14 0EX as a place to redeem a Foodbank Voucher, or a known reference to an issued voucher.

Clients might need to consider enlisting help to carry and transport their Prepared Food box/es
Info@farnborough.foodbank.org.uk
<https://farnborough.foodbank.org.uk/>

The **Vine Centre** in Aldershot is also offering food packages of simple home cooked meals to Isolated people. The number to call is 01252 400 196 or email info@thevinecentre.org.uk

HART SERVICES

There are three Foodbanks (Trussell Trust) based in Hart, in place to support people who can't afford to buy food. Referral agencies are able to issue clients with a voucher or make arrangements with the foodbanks for support to be accessed. Clients can then collect pre-packed parcels during opening hours or arrange for a delivery in the case of the Hook service, or where the person isn't able to collect their parcels themselves.

Contact details and opening hours:

Fleet / Hartley Wintney / Crondall, Monday and Thursdays 1pm – 3pm: telephone 07783 821 356 outside these hours

Darby Green / Yateley / Blackwater, Monday and Thursdays 1pm – 3pm; telephone 07858 759 218 outside these hours

Hook – deliveries only; telephone 07849 198 179

See www.hart.foodbank.org.uk

Domestic Abuse

As Covid-19 continues to significantly impact on people's lives, we are aware that in many households there are likely to be increased tensions which could be impacting safety and wellbeing of families. Domestic abuse includes physical, emotional, psychological, sexual and economic abuse between those who are, or have been intimate or family members and includes 'honour' based abuse and forced marriage alongside controlling and /or coercive control. Incidents of child to carer abuse are also increasingly prevalent.

Support is available for all those who need to access this, and services are able to respond to both crisis situation as well as if you are worried and would like to talk to someone about your situation. Advice and support can be provided to create or adapt safety plans, and to help you talk to your children about how to call for help.

Three short films have been produced to help children and young people, who may be living with domestic abuse currently and feeling isolated and scared to know they are able to reach out for support. These films are free to access and can be found at:

Part 1 - <https://youtu.be/EiWunmzraBk>

Part 2 - <https://youtu.be/06g3LcxEB2Q>

Part 3 – https://youtu.be/exE_Q2NgMBA

Where someone may be worried about their own behaviour and the impact that this is having on their partner and children, help is available through the Hampton Trust who can assist with helping you to cope in these difficult times without resorting to abusive or violent behaviour.

Neighbours, colleagues, family members and friends are also encouraged to be alert to signs that someone may be at risk, or experiencing domestic abuse and to contact the police if you are worried about someone.

In an emergency, please call 999

Local support services:

Aurora New Dawn 24-hour helpline: 02394 216816

Stop Domestic Abuse: 0330 0165112 Monday – Thursday 9.30am – 5.30pm and Friday 9.30am – 5pm (24 hr service to enable access to refuge accommodation).

Facebook Messenger is available 9.30am – 11.30am; 3 – 5pm and 6-8pm Monday to Fridays.

Victim Care Service: 0808 1781641 Monday – Friday 9am – 5pm (0808 1689111 outside these hours).

A new, free 24/7 live chat service is now available for all victims of crime:

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

They have also launched ‘My Support Space’ which is a free, secure online platform containing interactive guides, tips and videos on topics such as difficult emotions, coping strategies, trauma and sleep which are common issues that people may experience after crime, but may be intensified during the coronavirus pandemic.

Nepali Domestic and Sexual Abuse Service: 07741 261387

You Trust (support with target hardening and their health advocacy project): 0800 9169878

Hampton Trust (perpetrator interventions): 02380 009898 Monday – Friday 9am – 5pm with service available until 8pm on Tuesdays and Thursdays

Rushmoor Housing Team: 01252 398634

Hart Housing Team: 01252 774420

Citizens Advice Rushmoor: 0300 3309046

Citizens Advice Hart: 03444 111 306

National Domestic Abuse Helplines and websites

24-hour Domestic Abuse helpline (female victims): 0808 2000247; www.nationaldahelpline.org.uk

Male Advice line: 0808 8010327; www.mensadvice.org.uk

Mankind Initiative: 01823 334244; www.mankind.org.uk

National LGBT+ Domestic Abuse helpline: 0800 9995428; www.galop.org.uk

Hourglass helpline (elder abuse): 0808 808 8141 www.wearehourglass.org

Respect National helpline (perpetrator help): 0808 8024040; www.respect.org.uk

The **Target Hardening** Service is available for people who require additional security measure to their homes and referrals can be made through Hampshire Domestic Abuse Service - 0330 016 5112 advice@stopdomesticabuse.uk

Hampshire CAMHS Covid-19 response

Kindly provided by the CCG is an update of the services that continue to be provided by Hampshire CAMHS:



Hampshire CAMHS
COVID Response.pdf

Mental Health & Wellbeing Services

The **Community Mental Health Team** are operating routine appointments by telephone only and are not doing home visits. Urgent cases are discussed on an individual basis. Their contact number is 01252 335 566. Referrals to this service is still the same via a GP.

The Oasis in Cove Road, Farnborough, helping people with mental health and wellbeing difficulties. Contact free phone 0800 772 0527 or text 07879 376 286, lines are open from 6:30pm until 9:30pm, and will continue to offer support during those hours, 7 days a week until further notice. After making the initial contact a member of staff will offer you a timeslot where you can receive support. This may be via video conference, telephone or if in crisis then one to one at their location.

Safe Havens launch virtual mental health crisis service

People who are facing a mental health crisis can now attend one of the five Safe Havens across Surrey and North East Hampshire virtually following the launch of a new service.

Safe Havens are staffed by mental health nurses and mental health practitioners. They provide adults in crisis with expert advice and support in the evenings and at weekends. They are continuing to see people in person seven days a week from 6pm-11pm. But, in addition, they are also now offering a virtual service during the same hours.

Each of the Safe Havens is providing the virtual service. To access these services, people should go to www.sabp.nhs.uk/safehaven and scroll down to 'Virtual Safe Havens' where they will find links that take them to their nearest virtual Safe Haven service. The Safe Havens are based in Epsom, Guildford, Redhill, Woking and Aldershot. Once they click on a link, they will be directed as to how to use the virtual service. They will then be taken into a virtual waiting room before being 'seen' by one of the members of their local Safe Haven team. The virtual service is operational from 6pm-11pm, seven days a week. Safe Havens will help people aged 18 and over.

Catalyst deliver the Woking Safe Haven and with Andover Mind in the Aldershot Safe Haven and with Oakleaf in the Guildford Safe Haven.

For more information please go to: <https://www.catalystsupport.org.uk/safe-havens/>

Rushmoor & Hart School Nursing Service

The chat health texting service is still running 8.30am-4.30pm Monday to Friday (excluding bank holidays). This service is for 11-19year olds and is a confidential texting service. Here is the poster that we send out to schools and partner agencies.



Chat health poster.pdf

The Parent Chat Health service started on the 1st June and parents have been using this contact for advice and support.

In addition to this our Duty phone line remains open for advice and support and general queries: 01252 335 655.

During COVID 19, School nursing are following national guidance and are able to offer telephone advice/video conference calls 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

The Request for support to be completed during this period is attached. In order to access support please complete all sections of the form attached and email securely to your School Nursing team with parental consent included. The email address is SHFT.RandHSNTeam@nhs.net



School Nursing
Request For Support

For additional information regarding the School Nursing Service please refer to the Southern Health website www.southernhealth.nhs.uk/schoolnursing

Over the School Summer Holidays the School Nursing Team is still open and available for advice and support. The numbers in the team are reduced over this period, but we are very much available.

VIVID Housing – Tenancy Support

VIVID continues to provide a range of tenancy support services including foodbank vouchers, access to welfare funds for electric/ gas, mobile phone top ups. These are being delivered by phone – see attached flyer.



VIVID Tenancy
Support.docx

Services for Young Children Advisory Team

Hampshire County Council’s Services for Young Children Advisory Team, has developed a range of leaflets to help and support parents and carers with home learning during these unprecedented times. The guides are updated regularly and include a range of fun activities for children aged 0-5 years.



Home Learning
booklet - edition 6.pdf



Home Learning
booklet - edition 7.pdf

WHAT'S ON IN RUSHMOOR & HART

Rushmoor Summer Activities 2020

If you are running activities for children and young people aged four to 19 years over the summer holidays (23 July – 2 September) and would like to publicise your activities via Rushmoor Borough Council, please email communitydevelopment@rushmoor.gov.uk with the details.

This information will be regularly updated and available on the Rushmoor Borough Council website in due course. Search for Summer Activities.

Here are links to some of the activities that are happening in Rushmoor this summer:

Connect 4 Summer - Family Fun Days

Alderwood Leisure Centre, Tongham Road, Aldershot GU12 4AS *and*
Grange Community Junior School, Wren Way, Farnborough GU14 8TA
29 July – 25 August 2020
Website: <https://connect4.org.uk/>

CM Sports

Guillemont Junior School, Sandy Lane, Farnborough GU14 9ES
27 July – 25 August 2020
Website: <https://www.cm-sports.co.uk>

Core Football Coaching

Cove Football Club, Squirrel Lane, Farnborough GU14 9PF
4 – 6 and 18 – 20 August 2020
Website: <https://www.Facebook.com/corefootballcoaching>

Koosa Kids Holiday Club

Alderwood School, Belle Vue Road, Aldershot GU12 4RZ
20 July – 28 August 2020
Website: <https://www.koosakids.co.uk/holiday-club>

SCL Club Energy

Parsonage Farm Nursery Infant School, Cherry Tree Close, Farnborough GU14 9TT
27 July – 28 August 2020
Website: <https://booking.wearescl.co.uk/Courses?s=Holiday%20Club>

St Peter's Holiday Club – The Dependables

Online club
27 – 29 July 2020
Website: <https://stpetersfarnborough.churchsuite.com/events/kkboswex>

Camping at Runway's End Outdoor Centre

We are delighted to inform you that we're offering camping for members of the public on our tranquil woodland site. With the option to book one of our brand-new Camping Pods (sleeps up to 4) for only £65 per night, our rent-a-tent packages with 5 and 8 person tents or to simply book a pitch.

Book online here: <https://www.hants.gov.uk/shop/home.php?cat=536>

Monster summer holiday fun in Aldershot and Farnborough!

Have a monster summer in the town centres, from **Saturday 25 July – Monday 31 August!**

Set your little monsters free this summer with an amazing new MonsterHero Safari digital trail, free messy monsters outdoor craft workshops, free 'Go Wild' walks, brilliant butterfly and bird watching activities in Wellesley Woodlands, the free Silly Squad Summer Reading challenge at our local libraries, a free live monster Lego build and Aldershot Military Museum's new adventure assault course.

Families can take part in messy monster crafts every Wednesday in Union Street Aldershot, creating pop-up monster books, monster family portraits, grow wild plant pots, crazy clay critters and silly spider webs.

All activities must be booked in advance, to ensure that activities are managed safely. The website will launch next week at: www.rushmoor.gov.uk/eventsdiary, where you will be able to find further information and book free tickets.

All of these small-scale outdoor activities are delivered in line with government social distancing guidance.

10 monster superheroes are about to be unleashed in these parts and it's your job to find them!

Families in Aldershot and Farnborough are invited to take part in a marvellous free MonsterHero Safari, helping to bring family fun and entertainment back to the town centres from **Saturday 25 July – Monday 31 August.**

The hunt is on! From 25 July, families can take part in the safari by finding any character, tapping their belly with their phones and setting off on an adventure! Learn the names, stories and powers of all 10 cute and colourful MonsterHeroes to unlock a free ebook about their first team-up adventure.

Grab your little monsters and take part in two separate trails, one in Farnborough and one in Aldershot town centre.

Aldershot Military Museum / Hampshire Cultural Trust

Aldershot Military Museum re-opened on Saturday 4 July. We look forward to welcoming you! We've made some changes in line with government guidelines to help manage our visitor numbers and ensure we maintain social distancing to protect you, our staff and volunteers during your visit. Our new opening hours will be Thursday-Saturday, 10am-4pm.

We are asking our visitors to pre-book a timed visit. You can pre-book by visiting our website (<https://www.hampshireculture.org.uk/tickets>) and selecting the venue you would like to visit. You can also find out the measures we are putting in place to help prevent the spread of COVID-19 on our homepage (<https://www.hampshireculture.org.uk/aldershot-military-museum>).

Facebook: @AldershotMilitaryMuseum
Twitter: @AldershotMuseum
Instagram: Aldershot_military_museum
Stay safe and well.

Shots Foundation Football Camps

Our holiday camps are delivered by UEFA and FA qualified staff who work within the academy and foundation at ATFC. Our key aim is to make it fun and enjoyable whilst also delivering sessions and practises in line with our philosophy and vision. We like players to get lots of touches on the ball and also develop their:

- ABC's (Agility, Balance, Coordination)
- Dribbling and running with the ball
- Passing – short and long
- Finishing
- Receiving, turns and ball mastery.

We request that parents ensure your child has a packed lunch including plenty of refreshments for throughout the day. Please also make sure you pack appropriate clothing for the weather and also correct footwear. Players who impress may also have the opportunity to be invited to academy trials.

We are running a Holiday Camp on these dates:

Holiday Camps – 27th-31st July – £25 a day / £115 for the week.

Holiday Camps – 24th-27th August – £25 a day / £115 for the week

To register for the camps please visit www.shotsfoundation.org or contact admin@shotsfoundation.org

Wavell Campus Leisure

After a long 3 months in Lockdown, Wavell Campus Leisure finally opened its Outdoor Netball Facilities on Monday 6th July 2020. We would like to welcome back all our regular customers, who are once again back training with us.

Further to the Government's recent announcement, our Indoor Sports Facilities are set to reopen on or after the **25th July 2020**, providing there are no further updates or changes, we look forward to welcoming back even more clubs and classes to Wavell Campus Leisure.

Campus Leisure facilities will remain open for bookings over the school summer holidays. However, unfortunately, due to the pandemic our regular Summer Holiday Club, CM Sports is **not** running this year, but we are happy to report that they will be back with us in the October Half Term.

The Fitness Suite is also scheduled to re-open when our indoor sports facilities open up and we sincerely hope that all our members will once again re-join us. We are sure all you fitness fanatics out there in the community are all looking forward to *#gymdependanceday*

For further details and information regarding our phased re-opening, you can find details on our website at www.wavellschool.org.uk/leisure/homepage

Wavell Campus Leisure and its staff would like to take this opportunity to thank both our customers/club members and the public alike, for all their support during these very trying times. We very much look forward to re-opening our doors '**Safely**' and in line with the **Covid-19 Government Guidelines** and offering the best customer service that we possibly can to our community.

Rushmoor Gymnastics Academy – Now open

Pool Road, Aldershot, GU11 3SN. Phone: 01252 320 888 www.rushgym.co.uk

Classes started from 27th July. Each class is 45 or 55 minutes due to cleaning between classes. We ask that all attending book in advance so that we can ensure we have enough coaches. Act fast as there will be limited availability, **01252 320 888**.

4-5 YEARS OLD: Tuesdays 10:00-10:45

6-8 YEARS OLD: Mondays 10:00-10:55, Tuesdays 11:00-11:55

9 YEARS OLD+ Mondays 11:05-12:00, Wednesdays 11:00-11:55, Fridays 11:00-11:55

FIT FOR GYM: Mondays 12:10-13:05, Wednesdays 12:05-13:00, Fridays 12:05-13:00

Hampshire Libraries – Summer Reading Challenge

The Summer Reading Challenge goes digital in Hampshire.

The annual Summer Reading Challenge is coming back to Hampshire's libraries – and this year there are more ways than ever to take part! The challenge supports the literacy of Hampshire children aged 7-11, by awarding a medal for every child who reads six books over the summer holidays. Every participating child who signs up online at www.hants.gov.uk/library will receive a medal and a certificate in the autumn.

There are more ways than ever to take part this year:

- **Sign-up online** and read books you have at home, or borrow eBooks and eAudio books from our digital collection – we have lots of choice for kids – look for our 'Summer Reading Challenge' bookshelf www.hants.gov.uk/summer-reading-challenge
- Sign-up online and use our free **Ready Reads, We Select You Collect** service to get actual books from the library without having to go inside and browse. For more information check out this page on our website: <https://www.hants.gov.uk/librariesandarchives/library/ready-reads>
- From Monday 6 July make a **short visit to your local library**, if you can't sign-up online we can help you sign-up for the Summer Reading Challenge and you can browse and borrow books. For more information on making short visits to the library please visit our website www.hants.gov.uk/library

As well as the Summer Reading challenge, there are all kinds of activities on offer this summer through the @HantsLibraries Facebook page, including bedtime stories, Baby Rhyme Time, Virtual Construction Club and Code Club. To access the free digital resources from Hampshire Libraries, visit <https://www.hants.gov.uk/always-open-online> where you can also find links to the social media sites. Membership is available for free to anyone who lives, works, or studies in the county.

Hampshire School Games Summer Challenge – Trek to Tokyo

Hampshire SGO's have put together a summer challenge for primary pupils and families, Trek To Tokyo. Each week families can download a booklet for the week.

Facebook - Hampshire SGOs

Twitter - @HampshireSGOs

Farnborough Friday Connect

Farnborough International Airshow are delighted to introduce Farnborough Friday Connect - bringing the world of aerospace to you online! This is a free and exciting showcase designed to inspire students, apprentices, graduates and young professionals considering a career in aerospace.

Farnborough Friday content has been created for young people starting their careers and will deliver a number of activities and informative sessions throughout the day. Discover Farnborough Friday Connect and register for free. Visit <https://www.farnboroughairshow.com/exhibiting/leading-show-features/farnborough-friday/>

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 14. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people.

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

We are still Scouting (online) even though we can't meet face-face at the moment, and we do have places available immediately.

Beavers

Beaver Scouts are the youngest members aged between 5¾ 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 have the opportunity to 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 6:30pm – 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

Basketball in Aldershot

Did you know there is a professional Basketball team (Surrey Scorchers) just along the Hog's Back at Surrey Sports Park in Guildford? The charity that runs alongside the team, Scorchers Basketball Foundation organise community basketball. We are already enjoying working with Alderwood School and hope to be running sessions at Wavell School when Covid regulations allow. We are hoping to run other projects in your area and would like to know if you are interested in your family being involved.

1) Summer Family Bubble Basketball. This would take place on outdoor courts in the Rushmoor area during August. A Family bubble could attend a coaching session with one of the Scorchers professional coaches. All sanitising and social distancing measures would be strictly followed. Once the family have worked on basic skills in a fun and engaging way, we want to provide a basketball for the family so they can continue playing at their local court as a healthy family activity.

2) Under 12's hub in Aldershot as an after-school session. We would work with the Primary schools in Aldershot and run a one-off Basketball 4 All session to give pupils a taster for the sport and then head them towards our hub so they can continue playing. We have good contacts with a local team which would mean the children can develop after the age of 12.

If you are interested in either of these projects please email foundation@surreyscorchers.co.uk telling us which you would like to join and where you live. This will help gauge interest in the area. Hope to hear from you soon.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

School and Key workers Counselling Service

Key Link, a pro bono counselling service, has been set up to support key workers through the pandemic. This service has now been extended to school and all key workers, working in schools.

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

Farnborough College of Technology

School Leavers Advice Sessions

Students receiving their GCSE results this August are invited to attend School Leavers Advice Sessions at Farnborough College of Technology. These sessions provide an opportunity to discuss your options, whether your grades are better than expected or come with a few surprises.

- **Thu 20 August (GCSE Results Day) - 10am-4pm**
- **Fri 21 August - 3-4pm**
- **Mon 24 August - 10am-12pm**
- **Tue 25 August - 10am-12pm**
- **Wed 26 August - 1-4pm**
- **Thu 27 August - 10am-12pm**
- **Wed 2 September - 2-4pm**
- **Thu 3 September - 2-4pm**

Pre-registration is required. These events may be held virtually depending on government advice at the time. For full details and to register, please visit www.farn-ct.ac.uk/events.

Apprenticeships – apply now, start this September!

For those interested in studying an Apprenticeship, businesses are expected to continue training their staff, and a number of vacancies are available with more vacancies being added. You can browse vacancies and apply online at www.farn-ct.ac.uk.

Applications Are Still Open

School leavers are reminded that applications are still open to study at Farnborough College of Technology this September. Applications can be made to all courses online through the College's website. Please visit www.farn-ct.ac.uk/applying-for-a-course-during-the-coronavirus-outbreak/ for full details and to apply.

For those who would like to find out more about the College's offer, Virtual Open Events are available on their website with information on their range of Apprenticeships, A Level, T Level, BTEC and Vocational courses. You can also view 360-degree photos of their facilities and find out about available support. Virtual Open Events can be viewed at www.farn-ct.ac.uk/virtual.

Getting In-touch

While the College campus is closed, staff are working remotely and are available during term-time to help with any questions you may have. For general information and advice, please contact info@farn-ct.ac.uk.

Coronavirus Response

The College is following government instruction during the Coronavirus pandemic to protect its staff, students, applicants, and the local community. Its students are continuing their studies remotely with support from lecturers and modern technology.

For up-to-date information on the College's response to the Coronavirus pandemic and lockdown procedures, please visit www.farn-ct.ac.uk/coronavirus/.

The Sixth Form College Farnborough

For all the latest updates and information from The Sixth Form College Farnborough, please visit <https://farnborough.ac.uk/>

National Careers Service - Free Careers Advice Available Online and Over the Phone

The National Careers Service has announced that it is adapting the way it delivers its offering to ensure it can continue to provide an uninterrupted service to thousands of citizens across the South East.

The National Careers Service provides free, professional and impartial advice on getting a new job, changing careers, training, education and the labour market; support which is available to anyone aged 13+ and living in England. Whilst the face-to-face service is currently unavailable, individuals can now access that support using a multitude of alternative channels, including webchat, over the telephone, via video call, and through social media.

Debbie Lloyd, Assistant Director of National Careers Service South East, said; "Whether someone is needing support to find a short-term job, looking for a new career, or looking to build confidence and assess their skills, we have qualified advisers here to support them.

"At this time, there is also a great deal of opportunity to explore online learning. Our advisers are best placed to help individuals identify the right learning opportunity and have access to thousands of courses and training providers."

Our free service can support individuals to:

- Build confidence and boost morale
- Complete a skills assessment
- Identify online training opportunities
- Explore new qualifications
- Review and update CVs
- Understand current labour market information
- Use their furlough period to build their skills

The National Careers Service is completely free of charge, and accessible to anyone aged 13+ and living in England. To access the service, call 0800 100 900.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Step by Step – Young people counselling

Step by Step are currently offering video or telephone counselling to young people aged 11-17 with a GP in Hampshire or up to 25 for young people with a Surrey GP.

If you have a Hampshire GP, young people or families can complete our online referral form on our website - <https://www.stepbystep.org.uk/young-people/mental-health/counselling/>

If you have a Surrey GP, the referral route is slightly different and details of this can be found on our website.

For further details or if you have any queries please call 01252 346 120 or email counselling@stepbystep.org.uk

The Source Young People's Charity

The Source Young People's Charity is an inclusive local Christian charity based in Aldershot. We support and empower Young People aged 14-25 years, living in Aldershot and the neighbouring towns to transform their lives through our Personalised Programmes of 1-1 and group support. We particularly focus on building self-esteem, resilience, and emotional intelligence. We celebrate diversity, and our doors are always open to anyone regardless of faith or background.

Due to the corona virus pandemic we are now also offering our support online and over the phone.

Your Personalised Programme:

- Will include 1-1 support with a qualified Counsellor or a Volunteer Mentor
- Will be online or over the phone (whilst lockdown measures are in place)
- Will be typically for 8 weekly sessions - each weekly session will be about an hour

Outcomes we typically see Young People achieve include:

- Gaining understanding of their importance and value
- Developing hope for their future
- Building their aspirations
- Improving their decision-making skills
- Setting life goals and working towards them
- Learning tools to communicate more effectively with friends and family

- Healthier lifestyles including taking up hobbies
- Less stress and anxiety

To register your interest please

call us 01252 333 330; email info@thesourceforyou.co.uk

or register via the contact form on our website www.thesourceforyou.co.uk

and one of our Qualified Counsellors will then contact you to see if a Personalised 1-1 Programme is right for you.

Headroom - Specialist Anger Management Support

Headroom offers free services to young people and their parents, carers and supporters - here to help those who are finding the current restrictions are leading to tensions and possibly angry outbursts at home.

If you, or someone you know, are parenting, caring for, or living with a young person aged 11 to 25 years old that you can see are not managing their emotions well during these difficult days and you are concerned about, or feel threatened by their angry behaviour you can call for help and support. We can help them directly via a phone or video call or we can support parents, carers and / or supporters.

The service is confidential, except for the usual safeguarding exceptions, and gives parents or the young person, a chance to talk about what they are finding frustrating and difficult. A wide range of strategies will be taught to calm tensions, better manage frustrations and avoid escalations of confrontations and conflict. The sessions are free and offer support of male and female counsellors with specialist training of anger management counselling and working with parents and young people, so we understand the issues well and have many years of experience with this issue.

Referral is quick and easy, just email info@headspacecharity.co.uk or call or text 07464 507 974 requesting support and someone will respond within 24 hours to listen to your concerns and offer help.

Referral criteria

Age: Young person of secondary school age (year 7) 11 years up to 25 years old

Issue: Uncharacteristic emerging angry behaviour, or escalating angry behaviour

Any form of threatening behaviour and any form of destructive behaviour

Aggressive or violent behaviour may be targeting siblings or parents and or carers

Controlling, manipulative behaviour by young person

Behaviour may be pre-existing or new, bought on by or made more intense by lockdown conditions

Parents and carers: and those supporting young people in this age group dealing with or aware of these types of behaviour that is becoming challenging to manage and/ or concerned for their or others safety.

Area: Rushmoor and Hart, Basingstoke if capacity.

Hart & Rushmoor Young Carers

We have been keeping in regular contact with our young carers' families, checking in with them by text and/or phone call to ensure they are getting the support they need. We have access to the local foodbanks so have been collecting food parcels for a number of our more vulnerable families and dropping off at their homes, as well as picking up medication for a few. We have also made a number of referrals for our most vulnerable families to a couple of local projects which are delivering care packages (toiletries, basic food provisions and hot meals) to people's homes.

Also, we are now out most mornings delivering food donated to us by our Food Share partner, Fleet Co-op, to some of our more vulnerable young carers' families, so have been catching up with parents/carers on doorsteps.

Our young carers clubs are cancelled until further notice. However, we are now holding Zoom sessions for our young carers each week on Monday from 7-8pm (Years 11+), Wednesday from 4-5pm (Yrs 7-10) and Friday from 4-5pm (Yrs 3-6), where we chat and play games online. We have also held virtual scavenger hunts, quizzes, workouts, yoga flow and TikTok dance tutorials at the sessions, as well as undertaken baking and arts and crafts activities live on Zoom.

With the relaxation of lockdown restrictions, we have been meeting up outside with small groups of young carers at local parks.

We have also created an Instagram page for our young carers aged 13+ years. This is a private group for the young people only and intended to keep them updated on what is going on at the moment and enable them to chat with other young carers in the group plus the staff and volunteers.

We are still making initial contact with all new referrals and offering support where appropriate, including doorstep Young Carers Assessments and inviting young carers to join weekly Zoom sessions and the group Instagram page.

Contact with families is also still being maintained through the project Facebook page (<https://www.facebook.com/HartandRushmoorYC/>), where we have been posting ideas for home based activities for families, together with information on any local support groups. We have also been sharing any posts which we think may be useful to our families, including guidance given on the Gov.uk website.

To find out more, please contact Team Lead Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689.

Inclusion Hampshire

Following the latest government guidance, and in consultation with parents and carers, we are delighted to announce that Inclusion Hampshire have begun the process of re-opening our centres. Given the safety requirements and social distancing, this is at a reduced rate for learners attending, supplemented with an online programme of lessons and support continuing to be delivered via Google Classroom.

Our Pre-16 provision opened in June for the final sessions with our Year 11s, and is now open for all year groups. Our Post-16 centre welcomed back learners from 2nd July. Each learner is being supported through the transition, and we are still providing online learning and pastoral support.

We are so proud of the way our learners have dealt with this difficult situation and delighted to see so many back with us at Inclusion Hampshire.

This has been a difficult and worrying time for us all, if you need some extra support there are some fantastic resources around Covid-19, lockdown and transitioning back to school and work at www.youngminds.org.uk, support and advice for anyone under 25 at www.themix.org.uk and some great resources at www.mentalhealth.org.uk/coronavirus

Online Virtual Support for LGBTQ+ Young People in Rushmoor and Hart

Breakout Youth offer a confidential support service for young people aged 11 to 21, 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 that you can socialise with safely. You'll also find help with those feelings of isolation or confusion. We run confidential virtual youth groups in Hart and Rushmoor.

If you would like more information you can visit our website (<https://www.breakoutyouth.org.uk/>), call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Mustard Seed Autism Trust

In response to the impact of Covid19, Mustard Seed will be prioritising work on mental health, emotional well-being and transition back to school for autistic children for the season ahead. We will be re-opening our waiting list to new referrals with these specific issues very soon, please check our website for details. We are regularly updating our website and Facebook page with ideas and resources to support families.

We are very happy to email/post resources to families. We have produced a pack of resources for schools to support with transition and re-integration. Please contact us if you would like one. For more information email info@mustardseedautism.co.uk

PEBL Update

PEBL Grants Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents. Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).

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

PEBL Money Advice

Denise from Citizens Advice is continuing to offer help and support for residents of the Prospect Estate from home on money issues, finances, and benefits.

Call or email her and she will get back to you as soon as possible!

Every Wednesday 10am- 3.30pm

Telephone: 07468 860 450

Email: denise.df@citizensadvicrushmoor.org.uk

PEBL Skills Café

PEBL's friendly team is currently providing online and phone support to residents of the Prospect Estate providing general advice, sign posting, find fast fill jobs and online training links as well as specialist support and care packages from the Vine Centre.

Every Wednesday 10am- 3.30pm

Email skillscafe@pebl.info or call 07340 017 342

Home-Start Hampshire

Our team of dedicated staff and volunteers are still working and providing remote support to families in need.

We are still accepting new referrals, however as our offices are currently closed, we are only able to accept referrals electronically. Our referral form can be downloaded from our [website](#), where you can also find email addresses for each of our offices or you can send completed referrals to info@hshants.org.uk

During this time, we are continuing to work with our partner agencies to sign post where families can find additional support around essential food or household supplies, collection of medication or advice round finance.

Finally, although the way we are working at the moment is different to usual, our commitment to supporting families across Hampshire remains unchanged.

Parkside (Aldershot & District Learning Disability)

We offer Saturday clubs for children with a Learning Disability aged 8-18 at our Hall and site by Aldershot Park.

To see details of our on-site clubs please go to the FISH site click on leisure activities, you can also enter our postcode GU12 4BP to find us!

<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

Church of the Good Shepherd – School uniform initiative

We have a collection of **children's school uniform, new pants and socks** available to deliver to families in the local Farnborough area with children at risk or in need. In these difficult times it is challenging to go to the shops and purchase new uniform, especially when not knowing if/when children will be allowed back in school. Families will need to be referred through a professional source (School, RBC, Child Services etc.)

We are asking for donations of new packets of children's pants, socks and white polo tops. Currently we are in need of ages 3-7, both boys and girls. Donations can be made at the same time and place as Larder donations (Outside the Church Hall, Monday to Friday 3pm - 4pm, or we can arrange another time if inconvenient).

For more information about The Church of the Good Shepherd, The Larder or any new initiatives, please contact

Abigail Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

Church Website: www.goodshepherdchurch.org.uk

Church Facebook Page: www.facebook.com/goodshepherdarnborough

YouTube Channel: Search "Good Shepherd, Farnborough"

Ancells Farm Community Pre-School

We are a small community pre-school based in Ancells Farm, Fleet.

Open from 8.30am - 2.45pm.

Ancells Farm provides a home from home childcare environment for children aged from 2 years to 5 years.

Your little one will have the opportunity to learn, play with friends, experience new activities and get ready for school.

Please contact Ancells Farm on 07923 477 904 or email afcps24@gmail.com to arrange a visit.

The Annexe Counselling Rooms in Odiham re-opening August/September

Thanks to a partnership with the Odiham Cottage Hospital Charity, Hart Voluntary Action has converted the Annexe adjacent to the main hospital building into a suite of counselling rooms, which are available to hire to counsellors and talking therapists on an hourly basis.

The aim is to re-open the Annexe for face-to-face sessions at the beginning of August at the earliest once additional measures have been put in place to meet government guidance on social distancing and hygiene.

Further details about the Annexe Counselling Rooms, including some of the counsellors who are using these rooms for their private practice are available at this link

<https://www.hartvolaction.org.uk/counselling/counselling-rooms-for-hire-odiham/>

Rooms are suitable for children and young people's counselling. Play therapists welcome! Lisa Swan is a local play therapist who is already using the Annexe for some of her sessions

<http://www.lisaswanplaytherapy.co.uk/>

The Annexe is also a venue for some of Hart Voluntary Action's 121 Youth Counselling activity -

<https://www.hartvolaction.org.uk/counselling/youth-counselling/> - this is a free service for young people aged 11-25 years with a priority on young people living in Hart or attending at Hart secondary school.

Hampshire Parent Carer Network

Thank you to those of you who have joined us at our online meetings so far- it's been great to see lots of you virtually! We are going to continue to hold our meetings virtually next term, with social distancing likely to still be in place. Both our Get Togethers and Future in Mind sessions will be accessible via zoom- plus our popular Meet the SEN Team sessions. Details are:

Get Togethers

Our Get Togethers are an opportunity to share experiences with local families. They run from 11am-12pm once a month during term time. For security, we ask that you register using Eventbrite and the zoom codes will be sent in your confirmation email. You can also email us at participation@hpcn.org.uk for the zoom details.

3rd September: <https://www.eventbrite.co.uk/e/hart-and-rushmoor-virtual-get-together-tickets-111956968306>

Future in Mind

For people attending or waiting to attend CAMHS. An opportunity to share experiences with other families, with the second half of the meeting attended by a CAMHS clinician. The clinicians speak on a range of issues like anxiety and sleep. Sessions run from 11am-12pm once a month during term time. For

security, we ask that you register using Eventbrite and the zoom codes will be sent in your confirmation email. You can also email us at participation@hpcn.org.uk for the zoom details.

10th September: <https://www.eventbrite.co.uk/e/hart-rushmoor-future-in-mind-tickets-112085155718>

Meet the SEN Team

Hear important updates from representatives from Education, Health and Social Care followed by an opportunity to ask your questions. For security, we ask that you register using Eventbrite and the zoom codes will be sent in your confirmation email. You can also email us at participation@hpcn.org.uk for the zoom details.

11th September, 11am-12pm: <https://www.eventbrite.co.uk/e/meet-the-sen-team-zoom-tickets-112086305156>

The Shots in the Community Foundation – ‘Veterans Supporting Veterans’

The Shots in the Community Foundation is delighted to announce that the recently awarded Armed Forces Covenant Fund Trust grant will contribute to the launch of the ‘Veterans Supporting Veterans’ project.

Veterans, their families, and ex/retired emergency service workers will participate as volunteers and/or beneficiaries of the scheme.

The Shots in the Community Foundation will help with:

- Supporting the needs of veterans, their families as well as helping homeless veterans and ex/retired emergency service workers
- Home deliveries of food and essential items
- Companionship and social contact such as telephone conversations to help and support veterans that are isolated, suffering from physical mobility, suffering from mental health issues or other socio-economic difficulties, including homelessness
- Cooking and distributing simple meals to vets
- Gardening services
- Access to counselling services
- Offering assistance, information, and signposting

The Foundation is currently purchasing table tennis, table football and archery equipment to expand the activities provided during monthly Veterans Hub meetings. These take place on the first Wednesday of the month at the Aldershot Town Football Stadium from 10.00 a.m. to 12.00 p.m.

If you would like to get involved in this project or know of veterans, their families and ex/retired emergency service workers that would benefit from the scheme please contact:

John.Monday@shotsfoundation.org or visit our website www.shotsfoundation.org

Citizens Advice Rushmoor – Scams Awareness

Four in ten people (42%) in the South East have been the target of a scam since lockdown came into effect across the country, finds Citizens Advice Rushmoor.

Seven in ten people 69% are worried someone they know will fall foul of a con. And the large majority of people (91%) reported they felt wary of coronavirus scams.

Citizens Advice Rushmoor is encouraging people to talk about their experiences and look out for others they think could be at risk. As well as this, Citizens Advice offer some great resources on spotting scams and then reporting them to the authorities.

To help stop more people being fleeced by these types of scams, Citizens Advice Rushmoor is sharing the following tips on how to spot them.

If you're worried you, or someone you know, could be getting scammed take the following steps:

- Look into installing a call blocker to help combat telephone scams
- Talk to your or their bank immediately if there is any suspicious activity or transactions from their account or credit cards
- Report the scam to Citizens Advice who will give you advice on what to do next and report the scam to Trading Standards
- If you or someone you know is struggling to pay bills or outstanding debts Citizens Advice may be able to help

You can also take the following steps to safeguard yourself and others:

- Be suspicious if you're contacted out of the blue, even if it's from a name you recognise
- If it sounds too good to be true, it probably is
- Never send money to someone you've never met
- Never give out your bank details unless you are certain you can trust the person contacting you
- Don't be rushed – you never need to make a decision straight away and if you feel pressured say "no"
- Suspect a scam? Hang up, wait five minutes to clear the line or use another phone to call
- Don't suffer in silence – speak out about scams

For more information go to citizensadvicerrushmoor.org.uk or call 01252 513 051 for local help. The Adviceline number for Citizens Advice Rushmoor is 0300 330 9046; and people needing help in Nepali language can use 01252 894280. The national Citizens Advice consumer helpline is free on 0808 223 1133.

TRAINING AVAILABLE

Level 5 Counselling Adolescents Diploma course launching in September

Hart Voluntary Action is pleased to announce that it is launching a Level 5 Counselling Adolescents Diploma course for any counsellors who have already completed a Level 4 Counselling qualification, and would like to progress a career in young people's counselling (11-18 year olds). There are still 3 course places available (maximum number 12 students).

Full details about the course and an application form are available at this link <https://www.hartvolaction.org.uk/counselling/counselling-young-people-diploma/>

Key information:

- Course venue – Hart Civic Offices, Fleet, GU51 4AE
- Course dates (term-time only) – between 11 September 2020 and 28 May 2021 (Fridays 9.00-13.00) – video sessions may be offered depending on latest government guidance
- Cost – £1,516 (includes candidate registration fee) payable at the start of the course
- Accrediting body – Counselling and Psychotherapy Central Awarding Body (CPCAB)

Students should have arranged their counselling placement in advance – the completion of at least 60 client hours with a focus on young people in the 11-16 age range will be required to obtain this Level 5 Diploma qualification.

We hope that we will be able to re-run this Diploma course in the 21/22 academic year.
Contact: Rebecca Metcalf, Counselling Services Manager, Hart Voluntary Action - 121@hartvolaction.org.uk

Traineeship Plus – Starting across Hampshire

Health and Social Care, Construction (18+), Business Admin and more

Do you know a young person keen to get their first job, but who needs a helping hand?

Hampshire Achieve's Traineeship Plus Programme is running again and applications are now open.

Traineeship Plus helps young people who are keen to work but lack the skills and experience that employers are looking for. The programme gives them the opportunity to undertake a three-month work placement in lots of different areas so their move into employment is not as daunting. At the same time, they gain support from dedicated tutors to improve their English and maths and attain an employability qualification.

Traineeships are available for young people aged 16 to 24 and for young people with Learning Difficulty Assessments or Education, Health and Care Plans up to academic age 25, qualified below level 3.

Many trainees have gone on to secure apprenticeship opportunities within Hampshire County Council, and Hampshire Achieves aims to ensure the young people benefiting from the programme have suitable opportunities for progression before they complete the course.

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

The next edition will be sent out during October

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