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Rushmoor & Hart Supporting Families e-Newsletter – February 2021

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 deal with the impacts of Covid-19. 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 will likely be produced in June/July. A request for articles and updates will go out nearer the time.

GOVERNMENT & LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support over the Christmas period

The Hampshire Coronavirus Support and Helpline remains open to help if Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating.

The helpline advisers will signpost you to information, advice and services to support you on a range of issues, including:

- Where to find help locally
- Debt and money worries
- Mental health support
- Domestic abuse
- Bereavement
- Problems with drug and alcohol misuse
- Volunteering

The number to call remains **0333 370 4000** and lines are open from **9am to 5pm Monday to Friday and 10am to 3pm at weekends.**

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/>

Beware of doorstep scammers

Please watch out for doorstep scammers who are trying to take advantage of elderly and vulnerable residents in these difficult times.

There have been reports of people knocking on doors claiming to be from a charity or local support groups and offering to help with shopping. These people may take the money and do not return.

Genuine responders will not knock on doors out of the blue - they are assigned to households by Operation Rushmoor Community Action (ORCA) in response to requests from the residents.

Unless the volunteer is a known neighbour or an identifiable responder wearing an appropriate identity card, please advise residents not to engage with these people. If in any doubt, there is a phone number on the identity card you can ring and check the validity of the person.

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 Hampshire Coronavirus Help and Support Helpline. 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.

As of 1st October, the hub has been delivered by Hart Voluntary Action team who receive referrals, match support requests to volunteers and continue to support those who have remained allocated to a volunteer since the first lockdown. The Hart District Council lead will continue to monitor the situation and should it become necessary can remobilise the full staff team to support demand if required.

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: The Hart Employment and Skills Hub will enable residents to have the right skills, confidence and access to employment and personal development opportunities. The Hub can offer tailored support for residents that includes:

- Careers advice
- Support to develop achievable job goals and career paths
- Searching for vacancies
- Job application advice
- Preparing for interviews including mock interviews
- Access to training and qualifications

- Confidence building
- Support to overcome barriers to securing employment

Whether you have recently left education, been long term unemployed or recently made redundant contact the team via jobskills@hart.gov.uk or telephone 01252 774 134 for more information.

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.

Hart District Council and a range of local support services have joined forces to launch a new social media campaign for people aged 18 to 30. The 'Your Way Forward' campaign aims to connect younger adults with support, to help them navigate the challenges they are facing as a result of the pandemic such as money worries and wellbeing concerns. The campaign is one aspect of Hart District Council's Community Recovery programme which aims to support individuals and communities to recover from the social, financial, and wellbeing impacts of the pandemic. Visit the web page for more information about the support available www.hart.gov.uk/yourwayforward - the information would also be relevant for families living in Hart who are experiencing these issues.

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.

WHAT'S ON IN RUSHMOOR & HART

Aldershot Military Museum

Aldershot Military Museum is currently closed in line with national lockdown restrictions. However, the museum's operator Hampshire Cultural Trust continue to connect communities to culture online, through their digital publication Culture on Call. Visit <https://www.cultureoncall.com/> for children's activities, stories about Aldershot's history and exhibitions past and present from across the trust.

Website: <https://www.hampshireculture.org.uk/aldershot-military-museum>

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Hampshire Cultural Trust's West End Centre

While the West End Centre is currently closed in line with national lockdown restrictions, the team have been working hard to continue an online programme of events. Check the website and Culture on Call for a range of fun activities, classes and arts related content.

West End Centre will also be collaborating with local schools in the 120 Hopes project, aiming to showcase messages of positivity created by local children throughout the town centre of Aldershot. This project is supported by Artists Susan Merrick, Candice Camacho and Lorna Rees.

Website: <https://www.westendcentre.co.uk/> Facebook: @WestEndCentre Twitter: @teamwesty
Instagram: @WestEndCentre

Free Nature Explorer Backpacks for hire at Wellesley Woodlands

Take learning outdoors! With Spring soon on its way, get back to nature by hiring this free resource and visiting Wellesley Woodlands to hit KS1 curricular targets. These will be made available to schools, scout groups and other community groups.

They include wildlife guides, binoculars, insect pots, lesson plans and much more. They are available for free after signing a hire agreement. KS1 backpacks are available, with KS2 backpacks coming soon. The hire of 1 backpack is recommended per 4-5 children.

To book or inquire, please email Wellesley Woodlands Community Engagement Officers at:
wellesleywoodlands@tcv.org.uk

Hampshire Libraries – 2021 Winter Reading Challenge

Don't miss out – over 1000 children have already signed up and you can do the whole challenge online this year. Thank you to everyone who has already joined up! This year's theme is all about getting cosy together to share the love of reading. To complete the challenge, children should read or listen to four books and they have until Saturday, 27th February to do so. Sign up online at <https://www.hants.gov.uk/librariesandarchives/kids-zone/take-part> .

There is a Winter Reading Challenge Group on Facebook:
<https://www.facebook.com/groups/404521440784504> and there are lots of linked crafts and activities on your local libraries' social media pages:- <https://www.facebook.com/fleetlibraryhants/>
<https://www.facebook.com/farnboroughlibrary>
<https://www.facebook.com/AldershotLibraryandLearningCentre>
<https://www.facebook.com/yateleylibrary>

Hampshire Learning in Libraries

Hampshire Learning in Libraries is hosting many new online courses which could support families. For example, 'Family Zumba' is running on Sundays, 28th February – 28th March 2021, 9.30 – 10.30am. 'Help your Child with Primary School Maths' is scheduled for 9th – 30th March 2021, 6.00 - 7.15pm. Booking is essential and many courses are free. Participants will be required to use Zoom.

To book and for details on all our online courses please visit:
<https://www.hants.gov.uk/shop/home.php?cat=565> or look on the Hampshire Learning in Libraries Facebook page <https://www.facebook.com/librarylearn>

Help with Learning at Home

For help to make children's home-learning fun, have a look at these simple, interactive activities that can be done at home.

For Science, Technology, Engineering and Maths (STEM) videos:-
<https://www.facebook.com/watch/782155591873644/3497919177100172>

Or look at the Hampshire Libraries' Code Club:

<https://www.facebook.com/watch/782155591873644/213976343228279>

It's Shakespeare Week 15th - 21st March and British Science Week is 5th - 14th March – we will have lots of fun and free activities for children aged 7-11 on the Hampshire Libraries' Facebook page

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

And Finally....

If you are not already a member of the library, it is free to join. The Hampshire Library Service has much to offer – try our 'Ready Reads; We Select, You Collect' scheme

<https://www.hants.gov.uk/librariesandarchives/library/services/ready-reads> or download books free from Borrowbox https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=6394

Be sure to visit the brand new Hampshire Libraries' 'Kids' Zone' at

<https://www.hants.gov.uk/librariesandarchives/kids-zone> where you will find lots of fun stuff for families and kids!

Runway's End Outdoor Centre

Join us for an adventure in the New Year. From February 2021 at our fantastic centre, located between Aldershot and Farnborough, we're offering these great activities:

Half Day Adventures

Are you looking for a family day out that is fun and packed full of adventure? Then look no further than our Half Day Adventures at Runway's End Outdoor Centre.

Scale our climbing tower in our Rock-Climbing activity and loose off some arrows in Archery.

Available for those aged 6 years +

To find out more <https://calshot.bookinglive.com/runways-end-half-day-adventures?stage=Stage>

Guided Canoe Tours

Guided by our friendly staff, this is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a WW2 Pill box, amazing wildlife.

We will share some canoeing top tips before we set off and even provide light refreshments at a picturesque picnic spot halfway through.

Available for those aged 6 years +

To find out more <https://calshot.bookinglive.com/rwe-guided-canoe-tours?stage=Stage>

Rushmoor Gymnastics Academy

Pool Road, Aldershot, GU11 3SN.

Phone: 01252 320 888 www.rushgym.co.uk

Like everywhere else we are currently closed but planning for a fun future once we can get back into the gym. Please keep your eyes peeled for updates on our website www.rushgym.co.uk and Instagram @rushmoorgymnastics.

We are still taking bookings for classes. With your booking you will receive free Zoom classes until we re-open. To book online please go to our homepage www.rushgym.co.uk

Kaizen Karate Academy

Kaizen Karate Academy in Aldershot re-opens its doors after Easter 2021 (Government restrictions permitted). Social distancing has been introduced throughout the lessons and pupils wash hands upon entering and leaving the dojo. There is more focus on learning and perfecting basics as it is not possible to run contact sessions with the current regulations in place. The facilities are regularly cleaned during the lesson and test and trace is maintained on arrival. The club is following karate governing body regulations but still trying to ensure the students enjoy a blend of fitness, learning and perfecting moves.

With the usual hall unavailable, Wednesday classes has temporarily moved to Runways End Outdoor Centre until Christmas. Tuesday night training is still at St Augustine's church. All sessions currently have spaces available for any new students interested.

TUES - St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30

Senior grades / adults 6.30-7.30

WEDS - Runways End Outdoor Centre, Forge Lane, Aldershot

5.30-6.30 Children from the ages of 6-12

If you are interested in your child attending please contact Sensei Bill Cross (07958630048) or Sensei Nathan Barham kaizenkaratefarnborough@gmail.com

Wavell Campus Leisure

Wavell 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 as well as hosting evening classes and courses.

Unfortunately, at this current time our Fitness Suite is closed and all our classes are suspended in line with Covid-19 Government Guidelines dated 30th December 2020.

CM Sports Holiday Club has been cancelled due to the Pandemic but are hoping to return to Wavell Campus Leisure in the Easter Holidays.

Customers are our priority and we would like to thank you all for your ongoing patience and support during these very unprecedented times.

COMMUNITY SUPPORT INFORMATION

Foodbank Services

RUSHMOOR SERVICES

The **Farnborough Foodbank** (Trussell Trust) is currently closed to clients during the period of lockdown. Please make contact with the frontline referral organisation you are dealing through, if you are seeking a FoodBank Voucher. For updates about reopening, check the website

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 - to book please call or email.

HART SERVICES

We know that anyone can reach crisis point and we're here to help when that happens. We are able to give weekly food parcels until the end of your crisis and we never judge our clients. We've helped families with a few parcels until a salary or benefits arrive or many parcels when our clients are experiencing long term challenges such as sickness or debt.

There are four branches of Hart Foodbank (Trussell Trust) in our local area. 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.

For more information about which locations are currently open and operating go to hart.foodbank.org.uk

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

Odiham – Monday and Thursday 1.30pm – 3pm; telephone 07387 116947 outside these hours

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>

Citizens Advice Rushmoor - Recent News

- **Freephone Advice** - Great news! You can now contact Citizens Advice National Helpline free of charge. The number to call is **08082787912**

How to Avoid Scams Presentation

The Rushmoor Citizens Advice team have been very concerned about the rise in scams during the pandemic. They have been working on a project to raise awareness and help people in Rushmoor look after their money by avoiding scams.

One piece of work has been to develop a presentation aimed at informing children (probably year 6 and above) about how they can help themselves, their families and friends look after money, particularly by avoiding scams. This will be designed to be presented in the classroom with plenty of opportunity for discussion and debate. This will be available for distribution shortly.

In the meantime there is plenty of information on their website <https://citizensadvicrushmoor.org.uk/> and Facebook page <https://www.facebook.com/citizensadvicrushmoor> where there is a scams section

Citizens Advice Rushmoor - Covid Winter Grants

This fund is for people in Hampshire and the Isle of Wight who are experiencing hardship. This might be as a result of income, housing type, cost of fuel, isolation and underlying health conditions. The grants are targeted at households with children; although a minority of grants can also go to households without children.

Accessed through Citizens Advice, there is a “light touch” assessment, to ensure the funds reach those who need them. The help available is either:

- vouchers to the value of £147 if they are on a prepayment meter or
- direct payment to the energy supplier to the value of £147

Grants can be accessed through Citizens Advice, where the adviser will complete an online application to trigger direct payment.

As well as helping with energy issues, Citizens Advice Rushmoor can help you with benefits, debt, housing, work and all sorts of other issues. Our Adviceline is now free to call – just ring 0808 2787 912 or visit our website <https://citizensadvice.rushmoor.org.uk/>

There is also a new Hampshire-wide Citizens Advice service called UBenefit for people experiencing hardship as a result of Covid. There is lots of self-help information for managing your money through <https://www.workoutyourmoney.org.uk/community/ubenefit/> and you can ask for a referral for one to one help too.

Citizens Advice Hart

Free, independent, impartial advice - we are continuing to run a remote service available via telephone and email - www.citizensadvicehart.org.uk

Adviceline

Tel: 0344 4111 306

Email citizensadvice@hartcab.cabnet.org.uk

Help to Claim Universal Credit advice service

Available 8am to 6pm, Monday to Friday through the free Help to Claim phone service.

Tel: 0800 1448 444

Hampshire Macmillan Service:

Benefits advice for people with cancer

Available Monday to Friday 9am – 4pm

Tel:0344 847 7727

Email: macmillan.cahampshire@cabnet.org

Joining Forces for Families - advice and support service for serving armed forces and particularly their families.

Referral telephone 01252 749265 or online [Joining forces for families](#) or e-mail

joiningforces@hartcab.cabnet.org.uk

Consumer Helpline

Tel: 0800 3161 442

National Citizens Advice resources (updated daily)

<https://www.citizensadvice.org.uk/>

Coronavirus Page

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Universal Credit - “Help to Claim” service (includes online chat)

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/>

Domestic Abuse

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 parent / 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.

The Hampshire Domestic Abuse Service is delivered by Stop Domestic Abuse and they provide support for victims and children affected by domestic abuse as well as being able to connect you with the Hampton Trust who deliver perpetrator interventions and the South Cast Target Hardening project for those who need advice and practical measures put in place to enable them to remain in their own homes. You can contact the service on 0330 0165 112.

Stop Domestic Abuse are currently running virtual programmes to help families where a child or young person is becoming aggressive towards their parent / carer, and if you feel this support would be helpful for you, you can contact them on 0330 0165 112.

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).

Victim Support free 24/7 live chat service for all victims of crime:

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

Nepali Domestic and Sexual Abuse Service: 07741 261387 / 01252 333618

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.mensadviceline.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.uk.net

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

Domestic Abuse Forum – Children and Young People Sub Group

Professionals Networking Meeting for those working with children and young people affected by domestic abuse

For more information or to be included on the distribution list, please contact Sarah Kemp, Community Safety Officer for Rushmoor: sarah.kemp@rushmoor.gov.uk or Caroline Anamoah, Community Safety Officer for Hart: Caroline.Anamoah@hart.gov.uk

Held over Teams the next meeting dates are:

Tuesday 27th April 2021, 12 pm – 1 pm

Tuesday 27th July 2021, 12 pm – 1 pm

Tuesday 26th October 2021, 12 pm – 1 pm

NHS 111 Mental Health Triage Service

Are you or someone you know experiencing a crisis and need urgent mental health support?

The NHS 111 mental health triage service provides advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.

The mental health triage team has a wide range of skills, including on the phone brief psychological support and has access to key services and organisations that can offer mental health support to people in their time of need. NHS 111 has a team of mental health professionals ready and waiting to speak to you. And no matter what your concern or issue, whether it's low mood, anxiety, depression or an established mental health problem, NHS 111 is there to ensure that you get that support.

The service can also be used by GPs and other healthcare professionals, the emergency services, mental health charities, and any other organisations that come into contact with people experiencing a mental health crisis.

Frimley Health & Care – Free Parenting Course in Hart and Rushmoor

Bringing up children is a lot of fun but can also have its challenges and understanding your child's emotional development can be helpful.

Frimley Local Maternity System is offering evidence-based, free NHS online parenting course for parents, carers and grandparents involved in caring for children from ante-natal to 18 years, living in the Frimley ICS area. We would like as many parents and carers as possible to have access to this fantastic resource.

The course has various modules to cover different stages of your child's life. It has been put together by health professionals working with parents with advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby

- Understanding your child 0 to 19 years
- Understanding your teenager’s brain

Access to the guides is unlimited with no expiry date, so you can return as and when you want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each. There are also activities that can be carried out between courses.

You can choose to take as many or as few modules as you like or simply read or watch the guides available on the website. The guides are accessible in English, Urdu, Polish, Arabic, Chinese and more languages via Google Translate You may also find the following Q&As helpful – please click here

For technical queries email solihull.approach@heartofengland.nhs.uk or ring 0121 296 4448 Mon-Fri 9am-5pm.

Registration is quick and easy - click here or visit www.inourplace.co.uk

1. Apply the access code when prompted which is PARENTING
2. Create an account
3. Enter your home postcode
4. Enjoy the guide!

What other users thought of the courses?

“This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like ‘Eureka’ moments to me! I WISH I’d known all this years ago”

“I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”

“It’s an absolutely brilliant course. And is a fantastic way to educate us all to pause and stop and try to see what’s behind the behaviour rather than responding to the behaviour. Applies to work colleagues/ friends/ acquaintances as well as kids! Win win win.”

Hampshire Healthy Families – FREE Workshops and courses for parents

Hampshire Healthy Families is a partnership between Southern Health & Barnardo’s. They are offering **FREE Workshops & Courses for Parents**. For more information, resources and to book your FREE workshop or course for Eventbrite link:

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>

- Five to Thrive: New Baby – 6 weeks to 6 months**
- Baby Talk – 9 months+**
- Toddler Talk – 2 yrs+**
- Healthy Eating & Activity Resources for Toddlers (HEART) 2 yrs+**
- School Readiness: Nurturing Young Brains (workshop or course) 3 yrs+**

Visit our website: www.hampshirehealthyfamilies.org.uk Email: HHF@barnardos.org.uk

For more information, resources and to book your FREE workshop or course, find us on:
 Facebook: Hampshire Healthy Families Instagram: hampshire_healthy_families
 Twitter: @Hantsfamilies

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 11-19 year olds and is a confidential texting service. Here is the poster that we send out to schools and partner agencies.



SHFT Chat health poster.pdf



Chat Health 5-19 Parent 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



Request for support Dec 2020.doc

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

Solent NHS Trust Sexual Health Services

Solent NHS Trust Sexual Health Services are proud to launch an educational resource on HIV for those supporting young people. The resource aims to give learners a basic introduction to HIV, and signpost them to local support services. The resource is adaptable and can be incorporated to teaching in the most appropriate way for your learners. The resource includes:

Learner Factsheet: information on HIV, testing and treatment.

True or False Exercise: A task to allow learners to put their HIV knowledge to the test.

Worksheet: Statements with a space to write True or False

Presentation: Statements, followed by immediate True or False answer. Best for doing as a group activity

Facilitators guide: A guide for educators on how to use the resource. Also gives additional information to discuss around each of the statements on the exercise. Further information on HIV and Sexual Health is included in the facilitators guide to enable them to answer questions from learners, and signpost where appropriate.

The resource is free to use and can be downloaded from www.letstalkaboutit.nhs.uk/hivteach

(More relationships and sex education resources and signposting can be found at www.letstalkaboutit.nhs.uk/rse) This resource is launched in line with National HIV Testing Week but can be used any time of the year.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Rushmoor Fire Cadet Programme

Fire Cadets is a uniform youth programme for 13-17 year olds run on Fire Stations in their local community and assessable to all. We have 3 units in Ringwood, Eastleigh and Gosport and will be opening 2 new units at the end of January in Southsea and Rushmoor.

The programme is delivered by volunteer firefighters, non-operational fire service staff and adults from the local community. It inspires and empowers young people to be the best they can be and is a nationally recognised programme, delivered through fire and rescue services. The cadets will gain many skills such as, team work, leadership, communication and community engagement. They will also gain qualifications such as:

- Level 1 BTEC in functions and responsibilities of the Fire and Rescue service in the community,
- Duke of Cornwall community safety Award,
- First Aid taster and many more

It is a one year programme but there is also an opportunity to become a Cadet Crew Manager, Watch Manager or Station Manager, similar to the Fire Service rank structure and additionally gain a Fire Cadet Award BTEC level 2.

Below is where on the Hampshire site there is some more information, a video to watch and where a young person can express their interest.

<https://www.hantsfire.gov.uk/keeping-safe/children-and-young-people/fire-cadets/>

We will be looking to fill at least 16 places in both the new location. Any other questions please contact:

Kayleigh Jones, Fire Cadets Lead, Hampshire Fire and Rescue Service

Mob: 07918 887 541

Email: kayleigh.jones@hantsfire.gov.uk

Website: Fire.Cadets@hantsfire.gov.uk

Twitter: @HFRSFireCadets

Instagram: hfrsfirecadets

Facebook: HFRS Cadets

Farnborough College of Technology

Virtual Open Event Launched

Farnborough College of Technology have launched their On-demand Virtual Open Event, giving school leavers a chance to explore the College from the comfort of their own home. Visit

www.virtualfarnborough.com to explore the College's vibrant campus using an interactive map, hear from lecturers about the range of exciting courses you can choose from, watch student video tours and more.

Live Q&A Sessions – Register Now

While you cannot visit Farnborough College of Technology in-person at this time, there is still a chance to speak to lecturers and ask questions through their Live Q&A Sessions. These take place online and can be accessed through your computer, tablet or phone. Visit www.farn-ct.ac.uk/events to register.

McLaren Apprentice Achieves Bronze Medal in Auto Competition

Olly Brown, a Motor Vehicle apprentice with Farnborough College of Technology and McLaren, received a bronze medal in the 2020 IMI Skill Auto Competition. The competition held by the IMI (Institute of the Motor Industry) aims to recognise students and apprentices who have mastered skills and knowledge in their automotive subject areas. Olly was awarded bronze in the Light Vehicle Technology category and featured in the MotorPro magazine for his achievement.

Ground Broken for Dynamic New Aerospace Facility

Farnborough College of Technology have begun development of a dedicated aerospace education, training and innovation facility – the Aerospace Research and Innovation Centre (ARIC) – following a ground breaking ceremony this December. ARIC is set to become an iconic aerospace gateway, embodying and celebrating Farnborough’s aviation history. It will provide development for current and future aerospace engineers as well as support for entrepreneurial companies and established businesses, helping them to research and innovate for greater competitiveness and long-term sustainability. The ground breaking ceremony took place at the ARIC site at the Farnborough College of Technology campus, attended by project partners, collaborators and building developers.

The Sixth Form College Farnborough – 2021 Applications

Applications to join the College in September 2021 are now closed. Please go to our website <https://farnborough.ac.uk/> for more information.

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.

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

Young Person's Safe Haven Service in NE Hampshire and Farnham

Young Person's Safe Haven For young people aged 10-17 living in Farnham and North East Hampshire (covering areas including Aldershot, Farnborough, Fleet, and Yateley)

Safe Haven is a space for young people aged 10-17 who need support with their emotional wellbeing and mental health.

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Face-to-face support: Mondays and Thursdays 6:30-10pm: Shieling House 30 Invincible Road
Farnborough Hampshire GU14 7QU

To find out more, phone 02380 224 224 / 07918 259 361 or email enquiries@nolimitshelp.org.uk

Hart Voluntary Action Counselling Services - Mental Health support for Adults & Young People

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 is a new offering from Hart Voluntary Action to support adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 20 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 currently have two different options for young people who are seeking support.

Longer term Counselling

This service offers a young person up to 20 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.

Short-term service

We are aware that many young people may be experiencing increased anxiety or uncertainty as a result of Covid-19. 121 Youth Counselling is currently offering 3 – 6 Counselling sessions to support young people in Hart District who have been affected by Covid-19.

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

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.

Mustard Seed Autism Trust

Mustard Seed Autism Trust are providing lots of on-line support to families with autistic children. Please check out our website for Covid19 specific resources. Activities, resources and advice are posted daily on our social media. Website - www.mustardseedautism.co.uk

Facebook - @MustardSeedAutismTrust

Twitter - @MustardAutism

Instagram – mustardseedautismtrust / Sarah Clements

We have also set up a “Mustard Seed Advice Line”. One of our friendly team will be available every Wednesday afternoon 12-5pm to give support, signpost, recommend resources and share ideas. To book a call please email: office@mustardseedautism.co.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 services to young people and their parents, carers and supporters - here to help those who are struggling with angry feelings and aggressive behaviour at school and in the home. We are particularly experienced in working with those parents and children diagnosed with ADD, ADHD, Autism Spectrum Condition or may have traits.

We have increased our capacity lately as more counsellors and life coaches have joined our team, so it's a good time to refer to us, as we currently have short waiting lists. Our life coach has specialist knowledge and experience working with young people and parents from the same family around neuro-developmental conditions, and has spent most of her career working in secondary schools.

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 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@headroomcharity.co.uk or call or text Sue Evans on 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, brought on by or made more intense by the current Covid restrictions and changes in school's expectations

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.

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a project managed by Hart Voluntary Action - a local charity based in Fleet which supports the voluntary and community sector. We provide support and respite for young carers aged 7-18 years and their families living in Hart and Rushmoor.

Despite the restrictions of COVID-19, we are still supporting young carers and their families across Hart and Rushmoor, but just in a different way. Unfortunately, Mayfield Community Centre in Farnborough where we usually meet up with our Junior Group (Yrs 3-6) is currently closed and at present the landlord VIVID do not have a timeframe for re-opening it. As such, up until recently we had been trying to find an alternative venue for this group. We have now managed this and ran our first session at Crookham Street Social Club in Crookham Village on 10th November. However, under COVID-19 restrictions we are only permitted to hold sessions with up to 15 people max (incl. leaders) and therefore we've had to split the 36 young carers in this group up into sub-groups of 12 and have them alternate weeks, so everyone gets to attend at least once every 3 weeks.

Fortunately, Yateley Town Council have agreed to us continuing to use the Youth Rooms at The Tythings in Yateley for our Senior Club (Yrs 7-10) and Young Adult Carers Group (Yrs 11+), and we've been holding weekly sessions there on Monday night since 12th October. As with our Junior Club, we've had to split the 50 members up into sub-groups of 12 and have them alternate sessions, so everyone gets to attend at least once every month.

We are pleased to say that we are still permitted to run young carers clubs during COVID-19 lockdowns, but given the rapidly rising infection rates in Hart and Rushmoor at the start of this term, we decided to delay re-opening until after the February half term holiday. In the interim, we are holding weekly Zoom sessions with the young carers on Monday from 6-7pm for School Years 7-10 and 8-9pm for Young Adult Carers aged 16-18 years and on Tuesday from 4-5pm for School Years 3-5 and 5-6pm for School Year 6, where we chat and play games online. We also hold virtual scavenger hunts, quizzes, workouts and yoga flow at the sessions.

We are continuing to offer 121 support by phone, email or in the case of young adult carers face-to-face. We are still accepting new referrals but are limited to phone contact with parents/carers at the present time, although have been undertaking a small number of Young Carers Assessments in schools.

We also have a Facebook page (<https://www.facebook.com/HartandRushmoorYC/>) where we post details about any activities planned. We also share posts which we think may be useful to our young carers and their families, including information on local support groups.

And finally, please don't forget you can support Hart and Rushmoor Young Carers by becoming a Co-op member at <https://membership.coop.co.uk/causes/52961> and selecting us as your local cause. It's quick and easy to do and only costs £1. Every time you shop at the Co-op, you earn 2p back for every £1 you spend on Co-op branded products, which then goes to Hart and Rushmoor Young Carers as your chosen charity.

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

Step by Step – 272 Challenge

Take on the 272 Challenge for young people facing homelessness

Youth homeless charity Step by Step have created a new challenge for 2021 to help keep you motivated and active while raising money for a fantastic cause. The 272 Challenge is your challenge, your way. Simply choose a physical activity, set yourself a target and get going! You could run 27.2 miles, walk 272 km or swim lengths – anything you can think of relating to the number 272.

Now more than ever we need to look after our mental and physical wellbeing. The positive effects of physical activity on mental health are well documented, helping to relieve the stress and anxiety we are all feeling during these difficult times.

The 272 Challenge is a great way to get more active, have some fun, and raise money for young people going through hard times. The charity chose the number 272 as this is how many young people it can accommodate at one time.

The challenge costs only £10 per entry and you can complete your challenge whenever you want over the course of 2021. You can raise even more by getting sponsored by friends, family, colleagues and members of your community, and there are exclusive medals for reach fundraising targets.

To sign up to the 272 Challenge or find out more, go to www.stepbystep.org.uk/events

Fleet Phoenix Youth Provision

With the tier restrictions now back in place now, we want to reassure everyone that Fleet Phoenix are still here for you if you need us. We are still delivering food parcels so if you or your family are in need of this help, please email lucy@fleetphoenix.co.uk with your requirements and why you are seeking help. Our open door appointments are also still available, just a little more limited due to the precautions we have put in place but please feel free to contact us if you need our help, all our contact details are on our website: [Fleet Phoenix](#)

We still have our food/toiletry collections points at all 3 Sainsbury's in Fleet, so if you'd like to make a donation, they are there for you. We appreciate any and all help from the community.

We have set up a new Facebook group through our Fleet Phoenix page to advertise job and training opportunities in the local area. So, if you are on the look out for either of these, please visit the Fleet Phoenix Facebook page and join our 'Job Opportunities' group. This is updated regularly, so please keep an eye out for some great opportunities.

For the most up to date information, what we're up to, useful information and much more, please visit our Facebook page (@fleetphoenix.co.uk). We are always trying to reach more people in the local community and spread the word about our wonderful charity, so we would love it if you gave us a like.

We have a quarterly email newsletter which contains a round up of what we've been up to, news and events and much more, if you'd like to sign up to receive this, please click the link: [Fleet Phoenix \(list-manage.com\)](#)

We would also love it if you could take 5 minutes to help us please? We have set up a feedback survey about our charity. If you would like to complete these 10 questions for us that would be great. It all helps us to continue the work we do in the best way possible for our community. Fleet Phoenix Feedback Survey (www.surveymonkey.co.uk)

Finally, you may remember that at Christmas Fleet Phoenix ran a toy drive. It was incredibly successful with over 1000 children receiving gifts this Christmas. We had SOOOOO many donations that we are writing to offer you a little something extra for the families you support. If you have a family that are struggling to buy their children birthday pressies please let us know and we can make a donation for them to wrap up. All we need is the age and gender of the child and a name and contact number for the parent so we can arrange a secret delivery! Please feel free to pass this on to any of your colleagues or connections that would benefit from knowing about this.

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 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 in Rushmoor and Hart

If you would like more information you can visit our website- breakoutyouth.org.uk, call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Inclusion Hampshire – February 2021

We are an alternative education provider in Hampshire, specialising in offering mental health and well-being support to learners. We provide an academic and skill enhancing syllabus, based on the recovery curriculum ethos and tailored to meet young people's individual needs. We recognise school or college can be a difficult environment to cope with for some people when life becomes complicated.

At Inclusion we provide a collaborative, learner-led approach in partnership with parents/carers, schools and supporting agencies, enabling our learners to achieve nationally recognised qualifications and ensure change is long term and sustainable. Everyone is different and every learner will have a different pathway to success.

Every young person has the right to feel validated, listened to and heard. We aim to support them in building the confidence, self-worth and resilience to achieve their own personal goals and successes. As many of our learners are vulnerable, we have been able to continue to offer them a limited time at our sites each week, as well as supplementing this with a full array of online learning during this latest lockdown.

We are so proud with the way staff and learners alike are adapting to this ever changing situation. If you'd like more information or details on how to refer to Inclusion then please visit our new look website at www.inclusionhampshire.org.uk which also has lots of help and advice on how to support young people.

The Community Matters Partnership Project (CMPP)

Are you looking for help from a corporate volunteer either virtually or more hands on?

CMPP are holding a FREE online event on **10th March at 12pm** for all local Schools and Charities to find out how CMPP can support you with one of our corporate volunteer programmes.

CMPP helps local businesses to get active in local communities. Understand how CMPP can work with you in 2021.

This FREE event will show you the range of CMPP projects and how to get support from skilled volunteers and business professionals.

Find out more about our prestigious fundraiser The Twilight Runway Challenge and how YOU can use this flagship event to raise money for YOUR organisation.

To register for this free event please click here: <https://bit.ly/2XSjRp4>

If you would like to find out more about CMPP or would like any further information please visit our website www.cmpp.org.uk or contact rachel@cmpp.org.uk

Farnborough Rotary Club

Immediate help

Rotary is very active and open for business. In the Farnborough club we have reasonable funds available both for general charitable purposes and for immediate COVID-19 needs. Just ask and we'll see if we can help. General charity requests will go through our regular procedures, ranking in terms of need, deciding whether we contribute and if so what amount. COVID-19 requests are assessed more quickly.

In either case we view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our money comes from you and we are very conscious of your magnificent response to our Christmas collections. Despite these troubled times you donated £4,428 in December. £4,000 has already been distributed leading to responses such as this from one local charity "This is amazing news, thank you so much. We are so grateful to have your support at this challenging time.... so we can continue supporting vulnerable young people..."

So, if you think you have a case contact us on 0300 772 7011 (local rates). This will usually be answered by our secretary Tony Myers though on occasions it may be redirected to another club member.

Return to normal

Like everyone we look forward one day to returning to normal and the latest news about vaccines is very encouraging. In the interim we are continuing to use our business expertise and skills as creatively and beneficially as we can with a growing programme of events and activities.

Vocational Group School/College Activities

Many of our regular activities – mock interviews and enterprise challenges in particular - have suffered because of the continuing need for social distancing, however, despite these frustrations much has been achieved. Our letter offering help, sent to all schools and colleges at the end of the year, generated a variety of requests and we became involved in assessing essays and mock applications on-line. We have been able to make small donations to schools with special projects and have received some wonderful photographs of pupils using equipment we have helped to purchase. Most heart-warming are

photographs of children enjoying a free Christmas lunch made possible by equal donations from Rushmoor Rotary Club and ourselves. The smiles on the faces of the children say it all. Now we are waiting for the entries to the annual competitions and wondering what impact the closure of schools and home schooling will have on the number of submissions. We shall see.

Our offer to help is continuing so if you would appreciate the chance to discuss your own ideas, issues or concerns, please contact Mary Madine vocational@farnboroughrotary.co.uk at any time during this academic year.

Help Rotary!

Rotary is fun. What we all give is our time. We're always open to people who'd like to join us. We're also open to those short of time but who are willing to pitch in and help on our events and so. Again, give us a call to find out more – 0300 772 7011 (local rates)

If you are planning ahead then remember Farnborough Rotary Club has an established and growing programme of events and activities for young people with business, vocational and cultural aspects.

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 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 (<https://home-starthampshire.org.uk>) Please send completed referrals to familysupport@hshants.org.uk

During this time, we are offering video and telephone support with one of our volunteers or our well-being group via zoom. We are offering a 'stay and play' group via zoom for those families living in Hook, Odiham and Hartley Wintney. We continue to work with our partner agencies to sign post to where families can find additional support

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

info@hshants.org.uk

www.home-starthampshire.org.uk

Tel: 0330 124 095

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. We are still offering Scouting during the pandemic, with weekly meetings taking place using Zoom. To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

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 6:45pm – 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

TRAINING AVAILABLE

Hampshire Futures - Supported Internship Programme

Supported internships are designed for young people who really want to move into employment. They aim to give young people their first experience of working with an employer equipping them with the skills they need for work to help them achieve sustainable paid employment.

This programme is aimed at young people aged 16 – 24 with an Educational Health Care Plan who want to work, but as yet, have not had the opportunity.

We have designed a flexible programme that aims to prepare young people for the world of work, developing and using appropriate behaviours for work and improving maths and English.

- The programme will run for 36 weeks across the school year, including a 4-week initial induction period
- The first four weeks is a period of induction and workplace preparation, across three days per week, developing employability skills, maths and English. Our aim is to empower learners to build confidence as individuals in the workplace. Training is then reduced to one day per week with up to four days in a workplace internship.
- The work placement will be supported by a specialist Skills Coach. The work placement will give the learner the opportunity to behave as a responsible member of the workforce and be a valued member of

staff. They will be initially supported by the Skills Coach until they have developed the knowledge and skills to work independently.

- Learners will build their confidence to travel independently
- Learners will receive a bursary, subject to personal circumstances plus a vulnerable bursary

Details can be found on our website and for further information or to request an application form, please use the contact details below: Skills.participation@hants.gov.uk 01962 846193
www.hants.gov.uk/yourfuture

Traineeship Plus Programme

We are currently raising awareness of the Traineeship course held at Farnborough Rugby Club, because we have a new cohort starting in March, and the deadline for applications is the 1st March.

Traineeship Plus is a county wide, 18 week programme, which will prepare you for the world of work by improving your chances of securing an apprenticeship, job or a place at college. It will provide a high-quality work placement alongside the opportunity to achieve qualifications in English, Maths and employability. Traineeship Plus is a fantastic place to start your career and can lead onto a wide range of other opportunities including apprenticeships, further training and job opportunities.

English and Maths are a fundamental part of the Traineeship Plus programme and are considered crucial employability skills. You will receive support with both, to help you progress into the world of work.

A bursary is paid during the Traineeship work placement, subject to programme criteria.

Entry Criteria:

- 16 – 24 years
- Achieved a minimum grade 3/D GCSE in English or maths (non – GCSE qualifications will be considered on an individual basis)
- Motivation to learn and develop skills to support progression into an apprenticeship, employment, further training or education

To apply email: skills.participation@hants.gov.uk or Telephone: 01962 846 193

FUNDING & GRANTS CURRENTLY AVAILABLE

Covid-19 Support - Apply Now for a Community Grant from HCC connect4communities

connect4communities is a new initiative being driven by Hampshire County Council to provide direct assistance to vulnerable households and families with children who are particularly affected by the pandemic. The funding is being made available via the Department for Work and Pensions (DWP) who have allocated £2.89M for this purpose.

Community Grants

As part of our **connect4communities** programme, the County Council is making a £100,000 of the total funding from the DWP available for **Community Grants** to community, voluntary and charitable organisations to enable them to expand or supplement existing local services to support vulnerable households and individuals.

Applications for grants can be made immediately and until 5 March 2021.

Grant Conditions

Grant applications will need to comply with the DWP grant criteria, that is:

- at least 80% of the total funding will be ring-fenced to provide support with food, energy and water bills for household purposes (including drinking, washing, cooking, central heating, and sanitary purposes) and sewerage. Within this condition there is flexibility about the proportion of support allocated to food and to bills.
- up to 20% of the total funding can be used to provide support with other essentials clearly linked to the scheme conditions (including sanitary products, warm clothing, soap, blankets, boiler service/repair, purchase of equipment including fridges, freezers, ovens, etc.), in recognition that a range of costs may arise which directly affect a household’s ability to afford or access food, energy and water.

Organisations may request funding to cover administration and publicity costs. It is expected that these will be minimised and would cover reasonable costs incurred by administering the scheme.

Visit <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities> for more details about the grants, how to apply and to download the application form for completion.

Rushmoor Borough Council – Information regarding funding

Rushmoor Borough Council – Ward Community Grants

For this year’s Ward grants, councillors have £3,000 (per ward) to allocate to community groups. There is still funding available in the following wards:

- Fernhill · Knellwood · Manor Park · Rowhill · St John’s · St Mark’s

Full details of the grant, guidance and online application forms can be found at www.rushmoor.gov.uk/wardgrants where there are also links to maps of the wards and the councillor contact details.

Please note, the application window closes on 28th February so if you are interested in applying, please don’t delay. Any questions, please contact alison.nicholls@rushmoor.gov.uk

Rushmoor Community Lottery

Are you still thinking about whether joining the lottery is for you? This is what some of our good causes are saying about being part of the lottery and benefiting from over £96,000 which has been raised so far by and for our local community:

Being part of the local lottery has been such a positive element of our fundraising efforts. With so much going on and people coping with a pandemic it always remains wonderful that our supporters continue to stay with us and support us in this lovely scheme. The local lottery keeps us in the minds of the community, and we feel very strongly that we are a local cause; it’s schemes like this that gives smaller charities a chance to create some income. *Jackie Carr – Parkside*

Asking people for money is always difficult whether it be from businesses or the school community. Participating in the Rushmoor Community Lottery has enabled us to have a regular, reliable funding stream that offers a little excitement for the funder too, by way of the chance to win a number of prizes. *Karen Gilbert- The Wavell School*

Rushmoor Community Lottery is not only a great way to raise funds for our charity but an opportunity to connect with our local community. It's quick to set up and we receive regular updates and promotional material which means it is super easy to manage. The Rushmoor Lottery requires very little time and the contributions from ticket sales quickly add up. *Sarah Clements - Mustard Seed Autism Trust*

Rushmoor Borough Council – Information regarding funding and activities

Rushmoor Borough Council colleagues have put together a comprehensive list of national and local emergency funding streams available to support individuals and projects across all sectors of society.



COVID-19 Funding
(3 Feb 21).pdf

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

The next edition will be sent out during the Summer term

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