



Rushmoor & Hart Supporting Families Newsletter – July 2023

Welcome to our 92nd edition! The Supporting Families e-Newsletter aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

Page 1	COST OF LIVING SUPPORT
Page 2	GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT
Page 3	WHAT'S ON IN RUSHMOOR & HART
Page 21	COMMUNITY SUPPORT INFORMATION
Page 26	HEALTH & WELLBEING INFORMATION
Page 36	NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES
Page 40	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 47	SKILLS & TRAINING
Page 48	FUNDING & GRANTS CURRENTLY AVAILABLE

The next newsletter will be in October ahead of the Autumn school half-term holiday. 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

COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

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

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

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

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

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

Here for Hart update (coordinated by Hart District Council)

Here for Hart is a programme coordinated by Hart District Council. We all need a bit of support or guidance from time to time, but it's not always easy to know who can help or where to begin.

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

You can access the directory by scanning the QR Code.



Looking for a Children's Sports Club?

The Here for Hart Directory has information about a wide range of local sports clubs for kids including gymnastics, football, hockey, cricket, basketball and swimming. It also has information about pre-schools in Hart, cadets, scouts, girl guides and army cadets. SO, if you want to keep your kids busy and active, it's a great place to start! www.hereforhartdirectory.org.uk > select 'Children, Young People & Families'

If you would like to place a link to your website, please email hereforhart@hart.gov.uk and we will send you the accompanying text and Here for Hart logo. Please note that you cannot use the link on your website without Hart District Council's agreement and the relevant text and logo.

Any feedback about the Directory, or suggestions or corrections should be emailed to info@hartvolaction.org.uk and marked 'directory'.

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

The web pages offer information about a range of support and services such as:

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 774420 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/housing-advice

Hardship fund: We have limited funding to provide short-term help to households in need with food, energy and water bills and other related essentials. A proportion of the Household Support Fund will be used to support households with disabilities and children. To apply, please email hardship@hart.gov.uk with an outline of what exceptional housing-related crisis you are experiencing. If you are unable to email, you can also call 01252 774420 and leave a message with the team.

Mental health and wellbeing support

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

WHAT'S ON IN RUSHMOOR & HART

Holiday activity and food (HAF) provision in Hart and Rushmoor – Summer 2023

We have collated from the Hampshire FISH website all the available information about the Holiday activity and food (HAF) provision in Hart and Rushmoor during the coming Summer holiday.



Hart%20&%20Rushmoor%20Summer%2023

HAF schemes are free of charge to eligible families (primarily those qualifying for free school meals) and include a hot meal.

- Most of the schemes target primary age children but three are focused on secondary age children – at **Calthorpe Park School, Vision4Youth Yateley, and Farnborough Library.**
- Most of the schemes take place within Summer playschemes offering paid spaces also.
- Some of the schemes are already very popular with few spaces left. There is no restriction regarding which HAF provision children can attend in relation to where they live or which school they normally attend. Children can also attend more than one HAF scheme.
- This information comes from the Hampshire FISH weblink, which should be checked in case of changes before making bookings - <https://fish.hants.gov.uk/kb5/hampshire/directory/results.page?supporting=18&coverage=hartandrushmoor>

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Play In A Day

Tuesday 25 July (Mary Poppins) & Friday 27 October (Aladdin), 10:00am, Ages: 7-11 yrs

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

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

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

Dance In A Day

Wednesday 26 July & Wednesday 25 October, 10:00am, Ages: 6-10 yrs

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

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

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

Horrible Histories - Barmy Britain

Wednesday 26 July, 1:30pm & 4:30pm

Horrible Histories Barmy Britain – the Brand-New West End show!

We all want to meet people from history. The trouble is everyone is dead! So BARMY BRITAIN is back with the hit West End show, full of crazy new characters and rude new rulers from Britain's barmy past! Will you be conquered by William? Will you sink or swim with King Henry I? Go house hunting with Henry VIII! Join the gorgeous Georgians as they take over England! Break into Buckingham Palace and hide from the Queen!

Britain's favourite history show is back! It's history with the nasty bits left in!

[Horrible Histories - Barmy Britain - Princes Hall](#)

Choir In A Day

Thursday 27 July, 10:00am, Ages: 7-11yrs

Train to be a singing sensation with our expert Abi Green (Meow Meow from our 2021 pantomime Dick Whittington).

You will be guided you through various techniques to improve and maintain the quality of your voice and work on songs that will be performed to parents at the end of the day.

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

Musical Theatre Workshop
Tuesday 29 August, 10:00am

A must for all singing and dance fans! Our expert leader Rachel will give you the opportunity to take part in a medley of musicals from the West End and Broadway, over this three-day summer workshop!

Our professional tutor, Rachel Lea-Gray, is a very experienced actor and teacher, and has starred in many Princes Hall pantomimes. Rachel leads the group, help participants learn lines, songs, dance moves and stage skills, meet new friends, build confidence and work on a production that will be performed to parents at the end of the course.

Children must be aged 6-12 years to take part in this workshop. The final Presentation will take place on **Thursday 31st August at 2.30pm.**

[Musical Theatre Workshop - Princes Hall](#)

Dinosaur Adventure Live
Wednesday 30 August, 2:00pm & 4:30pm

The Greatest Prehistoric Show on Earth. 65 million years in the making... Are you ready for the adventure? Join our intrepid rangers on a quest to recover the data crystal, restore power to the island and save the Dinosaurs!

Stomp, Roar and Swish your tail as we introduce you to some of the most incredible species ever to have lived on planet Earth. An unforgettable Jurassic experience for all the family to enjoy.

Learn their history with our amazing Dino-facts, meet our beautiful baby dinosaurs and even feed them, but watch out... You could be on the menu. This awe-inspiring interactive stage show captivates both young and young at heart, immersing audiences in the enthralling & realistic world of Dinosaurs.

[Dinosaur Adventure Live - Princes Hall](#)

Ministry of Science
Monday 23 October, 1:30pm & 6:00pm

This year saw Science lead the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever! Join our presenters as they dive deep into the world of science and look at how science shapes the modern world we live in with a few loud bangs along the way!

They'll take an anarchic approach to science communication whilst looking at the scientists, engineers and inventors who have shaped the modern world that we live in whilst proving that each and every one of you have the ability to change our world for the better!

Expect 20ft LIQUID NITROGEN clouds, exploding OXYGEN & HYDROGEN balloons, FIRE TORNADOS, HYDROGEN bottle rockets, ignited METHANE and even a self-built Hovercraft! 100% Educational. 200% Entertaining. 300% Explosive. 400% Fun.

[Ministry of Science - Princes Hall](#)

All Star Super Slam Wrestling
Tuesday 24 October, 7:30pm

Super slam wrestling action returns to the Princes Hall with an explosive night of top-class wrestling action!

Don't miss another action-packed championship line up! Featuring top British title holders who will face a host of international wrestlers, including stars from the USA, who promise to bring some American razzmatazz to Aldershot wrestling fans in this star-studded bonanza.

Come and enjoy the Big-Time atmosphere of super slam action and celebrate the companies 45+ year reign as Britain's longest and most recognised wrestling organisation in the country.

[All Star Super Slam Wrestling - Princes Hall](#)

Aldershot Military Museum – Summer activities

Queen's Avenue, Aldershot, GU11 2LG

Check our summer opening on our website - <https://www.hampshireculture.org.uk/aldershot-military-museum> , Google or Bing.

Family Activities

Weekly activities at the museum over the summer are included in your annual entry ticket. All children must be accompanied by an adult at all times. Please wear clothes you don't mind getting messy for garden and camouflage activities.

Start Summer with a Bang!

23rd July, 11:00-15:00

The 2nd Queen's Regiment of Foot join us for their summer Napoleonic-era drill, complete with musket firing! You may wish to bring ear defenders with you!

Pots and Plants

26th July, 10:30-12:30 & 13:30-15:00, Ages 5+

Make your own newspaper pot and plant a seed. Perhaps your plant will help our garden bloom.

Sending Signals

3rd August, 10:30-12:30 & 13:30-15:00, Ages 7+

Try sending messages with our semaphore flags. See if you can master codes and ciphers to create your own secret messages.

Mighty Military Day

12th August, 11:00-15:00

Meet soldiers from different periods in the past. Find out what our barrack blocks would have been like when they were home to soldiers in the Victorian period onwards. Try out some Victorian Drill and our WWII assault course to see if you pass muster.

Nature at the Museum

17th August, 11:00-15:00, Ages 3+

Explore the natural world with Wellesley Woodlands Community and Events team. See how the water cycle works with The River Wey Trust's amazing interactive sand table. Make your own pot marker to take home.

Painting with Plants

23rd August, 10:30-12:30 & 13:30-15:00, Suitable for all ages

Be inspired by the colours and shapes in our garden. Use paints, paper and plants to create your own garden scene.

Creative Camouflage

30th August, 10:30-12:30 & 13:30-15:00, Ages 3+

Find our camouflage den (if you can!) and create your own camouflage.

More at the Museum

- Take on the challenge of our World War II-inspired assault course
- Spot the objects around the museum with our fun activity sheets

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Hampshire Libraries – Summer Holiday Activities

Hampshire Libraries are hosting the Summer Reading Challenge 2023, Ready Set Read, in association with The Reading Agency and the Youth Sport Trust. Pop into your local library, sign up for the challenge, read 6 books over the summer and earn a certificate and an eco-friendly medal.

We will also have a range of events for children over the summer holiday period. Expect organised events, stay and play activities, craft, singing and stories to keep everyone reading and active! Some of our Summer activities will be prebooked and payable in advance, others will be 'Pay what you decide'. Details can be found on each library's social media page - make sure to like and follow your local libraries and keep up to date with the latest events.

ZooLab: Naturetown Sports Day

Saturday 19th August, 11am - Yateley Library, School Lane, Yateley GU46 6NL

Saturday 19th August, 1.30pm - Farnborough Library, Pinehurst, Farnborough GU14 7JZ

ZooLab is on the hunt for the athlete of all animal athletes this summer! The annual Naturetown sports day is here, and our animals are ready to put their best foot (or scale) forward to save the Rainforest.

This year's summer library story follows a selection of ZooLab's animals competing to champion four challenges - long jump, javelin, gymnastics and relay. Whose adaptations will place them leagues ahead?

However, all is not what it seems. Our characters soon realise there is "no 'I' in team" as they must work together to expose a saboteur in their rank to win the competition fair and square.

Price: Free, but booking essential for all attending children & adults. Any children under the age of 8 must be accompanied to the show by an adult.

<https://shop.hants.gov.uk/products/zoolab-naturetown-sports-day-yateley-library-saturday-19th-august-2023?variant=43235766796441>

<https://shop.hants.gov.uk/products/zoolab-naturetown-sports-day-farnborough-library-saturday-19th-august-2023?variant=43235771318425>

Ready, Set, Read: Interactive Storytelling by Commotion Dance

Wednesday 16th August, 10.30am, Fleet Library, 236 Fleet Road, Fleet GU51 4BX

Commotion Dance alongside The Spring Arts and Heritage Centre present: Ready, Set, Read: An interactive storytelling performance:

*“But I don’t like reading” Zip said to their mum,
Mum replied, “get off that console, reading can be fun!”
Zip lacked energy, “ugh, books are not for me.”
But soon discovered, with a bit of help, how amazing stories could be!*

Come and join us on a quest to help Zip discover the joy of reading and moving. With traditional storytelling, plus a chance to complete mini challenges, this free story and movement-based adventure is suitable for the whole family to enjoy, aimed at ages 4-11 years old. Pop into your local library to take part in the Summer Reading Challenge and see the performance at fifteen Hampshire Libraries this summer. Tickets FREE but booking essential for all attending children & adults.

<https://shop.hants.gov.uk/products/ready-set-read-an-interactive-storytelling-performance-fleet-library-wednesday-16th-august-2023?variant=43233346191513>

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

Follow your local library on Facebook and ensure you’re always in touch with what’s going on!
Aldershot - [Aldershot Library and Learning Centre | Aldershot | Facebook](#)
Farnborough - [Farnborough Library | Farnborough | Facebook](#)
Fleet - [Fleet Library & Learning Centre | Fleet | Facebook](#)
Yateley - [Yateley Library and Learning Centre | Yateley | Facebook](#)

Squirrels Summer Holiday Club

We are running our Holiday Fun Club from Monday 24th July – Friday 11th August 2023

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

Squirrels Holiday Club offers a wide range of fun activities indoors and outside including crafts, games, and construction. Drinks and snacks are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5-Year-Olds must be dry to attend.

We are open 0800-1630.

Pre-booking is essential. Please contact us on 07702 202921 or email office@squirreleducare.co.uk for more details.

West End Centre – Circus Skills Summer Course, 24th - 26th July

48 Queen's Road, Aldershot, GU11 3JD. Tel. 01252 33 00 40

[West End Centre - Arts Centre in Aldershot](#)

Parents, are you looking for a fun and exciting summer activity for your kids aged 7 to 12? Look no further than our Circus Skills Summer Course at the West End Centre!

From 24th to 26th July, your child will have the chance to learn juggling, acrobatics, and circus crafts. Our expert teachers will guide them through fun challenges and exercises, helping them to improve their balance, flexibility and coordination. They'll also have the opportunity to create their own circus puppets and bring them to life!

This is the perfect opportunity for your child to make new friends, learn new skills, and have fun in a safe and supportive environment. They'll be amazed at what they can achieve in just three days of circus training. And at the end of the course, there will be a mini demonstration where they can showcase their newfound talents to you and your family, making it an unforgettable experience.

The classes start at 10.30 am and run until 4.30 pm, so be sure to pack a lunch for your child. And when they need a break, there will be a movie to watch too, so they can recharge and get ready for more circus fun.

Dates: 24, 25 and 26 July, 10.30 am to 4.30 pm. Cost: £110 - Limited spaces, book yours now!

Aldershot Pools – Lido opening

Guildford Road, Aldershot, GU12 4BP

Lido times are 1000-1800 daily. All the info can be found on the Places leisure website following the links to both the Lido and Indoor pools. Tickets can be purchased in advance on-line via our website. Purchase in advance up to 0900 on the day to get a discount.

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

Rushmoor Borough Council – Summer activities for children

Monthly free Eco Explorers Club!

Aldershot and Farnborough town centres

Don't miss our FREE outdoor eco themed storytelling sessions with Rhubarb Theatre at August's Eco Explorers Club and join Junk Jodie for recycling fun and storytelling in September! Each month, we'll be going wild and getting our hands dirty, with lots of gardening and wildlife fun in the town centres at this free club!

Eco Explorers is a drop-in club, with no need to book. Admission is free.

Saturday 5 August and Saturday 2 September, 10am-2pm
By the KFC crossroads, Union Street, Aldershot Town Centre

Sunday 6 August and Sunday 3 September, 10am-2pm
By the old Peacocks unit, Queensmead, Farnborough Town Centre

Stephen and Lesley will be running Eco Explorers on the first Saturday of each month and in Farnborough on the first Sunday of each month. The event is managed and funded by Rushmoor Borough Council

www.rushmoor.gov.uk/ecoexplorers.

Wagon of Dreams – FREE interactive family outdoor theatre show

Saturday 19 August, shows at noon and 2pm Princes Gardens, Aldershot

Three best friends are going on an exciting ocean adventure. Come and meet the outrageous mermaids and fantastical sea creatures who live in the wonderful 'Wagon of Dreams'. The show is a hilariously interactive adventure packed full of puppetry, fun and original music.

All performances are relaxed with integrated Sign Supported English. Suitable for ages 4+.

The show lasts 55 mins and is an outdoors performance. Audience members are welcome to bring blankets and chairs. Toilets are available at the nearby Wellington Centre. The performance will go ahead in light rain. In extreme conditions the performance will be cancelled.

Follow the Aldershot Town Centre page on Facebook for more information.

www.facebook.com/Aldershottowncentre. The event is funded by Rushmoor Borough Council and performed by Jellyfish Theatre.

PlayFest! An amazing FREE day of play and games!

Saturday 26 August, 10am-4pm Aldershot Town Centre

An amazing free day of play and games is coming to Aldershot town centre on Saturday 26 August from 10am to 4pm.

Aldershot PlayFest! is an action-packed day of fun hands-on play and games for all ages. There are oodles of free activities to look forward to throughout the town centre.

Families can travel to space in a virtual reality experience, take part in mad and messy science experiments, create a giant mural, try an instrument at the Musication Station, visit the quiet story corner, build a Lego creation, meet the beekeepers, take part in bushcraft and forest-themed crafty fun, programme a robot, have a kickabout with The Shots, doodle with pavement chalk, learn karate moves, build a bird with K-NEX and loads more! For toddlers, there's art, music and messy play too.

Drop by the pop-up stage for some brilliant pop-up barn dances and crazy science shows, then learn the ukulele and sing along with the Uke Box Baby team throughout the day.

At the workshop marquee, families can take part in a mini-rave party, drumming, karate, toddler music, Indian dancing, singing and more.

All activities are free. Children must be accompanied at all times and activities are subject to change. Please check the signs on each activity station during your visit. For more information and the full programme visit www.rushmoor.gov.uk/playfest.

Rushmoor Cultural Day – Saturday 5th August, Farnborough town centre

Make a date in your diary for the first ever Rushmoor Cultural Day on Saturday 5 August! The event will be in Farnborough town centre between 9.30am and 3pm, celebrating the diverse communities we have in Rushmoor and will feature continental food, drinks and entertainment.

Everyone is encouraged to come wearing cultural clothing and costumes of choice. If you're interested in having a stall or performing any kind of arts, please email mara.makunura@rushmoor.gov.uk for more information.

For more details on the event please follow Rushmoor Borough Council's social media channels.

Aldershot Town FC & Shots Foundation Summer Football Camp - Hook Junior School

The Shots Foundation, along with Aldershot Town FC, are running a summer football camp at Hook Junior School, Ravenscroft Road, Hook, GU27 9NN from **Monday 24th July – Friday 28th July** from **10am until 3pm** (with an option for a late 4pm pick up).

The camps will be a mix of technical sessions from FA qualified coaches and fun football games. This camp is for **children aged 4-11** with a maximum of 48 children-a-day; all activities will be age-appropriate.

Prices are no more than £25-a-day, with a block booking for the week working out to being **under £20-a-day!** Attending the camp includes great benefits, including a ***FREE* family ticket** (max 4) to the community stand for an Aldershot Town FC home fixture in the 2023/24 season!

There are plenty of places available with full details, including the camp's terms and conditions, can be found by following the sign-up link - <https://www.participant.co.uk/register/#/426019>
For more information, please contact jamie.macallister@shotsfoundation.org

The Source Young People's Charity – Summer Activity / Workshop programme

Dates: 8th to 18th August

Age: 11 – 17's

Physical activity, relaxation, helping others, and learning new skills are all great ways to support wellbeing. Our Summer Activity / Workshop programme is for 11 to 17 year olds who need a little wellbeing support over the holidays.

All sessions are free of charge and each young person can sign up for 3 sessions.

Wellbeing workshops and activities include:

Learn to draw, Bike Maintenance, Reach for the Stars (Creative goal setting), Pilates, Drumming workshop, Photography, Garden Makeover Challenge.

For further details use the following link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=Ib5Dj3FZdUqn4t-D2q1MbHyPYmFGXghHhjKg97MhL4IUODU2V1ZETUQ1OVIXT01ZNkxGRVpZWThSSC4u&origin=QRCode>

or go to www.thesourceforyou.co.uk and click on the Summer Activity flyer for further details.

Contact details:

Yasmin at Yasmin.cunningham@thesourceforyou.co.uk

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

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

Fleet Phoenix Summer Projects

Our summer projects are back again this year, and we can't wait to get started and to see you all again!! For more information, please see below and our website.

Projects offer a FREE BBQ (excluding Mondays), FREE inflatables, team games, problem solving and youth related workshops and experiences.

We have loads of fun, burn off lots of energy and learn some new skills.

The Lea - Monday (starts 17th July) - 6:30pm - 8pm at The Lea park off Larmer Close, Fleet. This is a junior version of Summer Scam for young people aged up to 14. Parents must stay if your child is under 8. Sponsored by Fleet Lions Club

The Views - Thursday (starts 27th July) - 6pm - 8pm at The Views, Fleet (next to the skatepark). This is for ages 13+. Sponsored by Fleet Lions Club

Zebon Copse - Friday (starts 28th July) - 6pm - 7:30pm at Zebon Community Centre Field. This is for ages 13+. Sponsored by Crookham Village Parish Council.

Please have a look at our website www.fleetphoenix.co.uk for more information or drop us an email info@fleetphoenix.co.uk or drop us a DM on social media.

Dinosummer at Princes Mead Shopping Centre Farnborough

22nd July – 6th August

WIN tickets to see Dinosaur Adventure Live at Princes Hall Theatre. To enter the competition, we need intrepid explorers to hunt for the hidden dinosaurs around Princes Mead shopping centre. Pop in to pick up your entry form in the centre and get dino spotting!

Saturday 12th August

11am-4pm Free workshop. The Hexagon is a pop-up artwork for everyone to enjoy, it's just the thing for persons of all ages to take their colouring creativity to another level. Come along to Princes Mead and use the special colouring pens to add your own stamp on the masterpiece.

Saturday 19th August

Meet the adventurer Captain Jon Voyage and his beautiful dinosaur, Odysseia the Parasaurolophus, torn from the pages of a Boys Own Adventure and shipwrecked on our shores. Odysseia will be roaming Princes Mead to meet humans 11.30am-12pm, 1pm-1.30pm and 2.30pm-3pm.

Saturday 26th August

The Shed of Stories has appeared at Princes Mead, pop along to listen to tales being told at various intervals throughout the day. Between story times the shed becomes a pop-up library where children and families can read together. There will also be a small writing desk with paper and pencils where older children can pen their next masterpiece. Free activity.

Runway's End Outdoor Centre

Runway's End Outdoor Centre is located just off the A325 between Farnborough and Aldershot. Our centre offers outdoor activities and accommodation options for those adventurous at heart.

Activities

Half Day Adventures

During the summer holidays we will be running our 2 hour 30 min family sessions (ages 6+). Scale the high ropes or climbing tower, embrace your inner warrior with archery, become a sharpshooter in air-rifle shooting, and explore the passageways of our artificial cave system.

Ages 6+ | Only £20 per person | Book online here: [Half Day Adventures \(cinolla.com\)](https://www.cinolla.com)

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 World War 2 pill box and local wildlife. The 2 hour 30 min trip includes some light refreshments at a picturesque picnic spot.

Ages 6+ | From only £20 per person | Book online here: [Guided Canoe Tours \(cinolla.com\)](https://www.cinolla.com)

Woodland Warriors

Runways End has partnered with the prestigious John Muir award to offer a holiday camp experience like no other this summer! Nestled amongst stunning woodland scenery, this week-long programme combines an exploration of nature and wildlife with complementary adventurous activities like canoeing, climbing, abseiling, high ropes, and archery.

Monday: Exploration and Adventure (Canoeing | Orienteering | Mapping)
Tuesday: Shelter and Survival (Fire lighting | Campfire (cooking) | Archery | Shelter building)
Wednesday: Natural History (Artificial caving | Nature art)
Thursday: Wild Safari (Nightline | Minibeasts | Climbing)
Friday: Climate and Conservation (Tall trees | Crate stack)

Ages 7 – 11 | Full days (9:30am to 4:30pm) 24 to 28 July and 21 to 25 August

Single day = £50 each

Week (Monday to Friday) = £200 (one whole day free!)

Find out more and book here: [Adventure activities at Runway's End | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/adventure-activities-at-runways-end)

Accommodation

Camping Pods

We have availability for short stays in our fantastic camping pods. The pods sleep four persons and are kitted out with underfloor heating and charging points, making a comfortable stay whatever the weather!

Sleeps 4 | Only £75 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](https://www.runwaysend.co.uk/camping-pods)

Camping Pitches

Looking to get away from it all and create memories under canvas? Pitch your tent, get the campfire started and stargaze from your cosy woodland camp! Our site offers a tranquil setting with accessible, safe and secure camping facilities - the perfect escape for families, where parents can settle into the relaxing surroundings and little ones can enjoy nature's playground.

1 pitch – up to 6 persons | Only 44 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](https://www.runwaysend.co.uk/camping-pitches)

Looking for a career in outdoor education?

We've a fantastic opportunity for an enthusiastic, and motivated **instructor** to join the team here at Runways End Outdoor Centre. Your time would be split between teaching our schools residentials, family activities and a range of Centre tasks to keep the Centre operating effectively.

We offer a flexible, motivating, and inclusive workplace, where talent is truly recognised and developed. We have created an environment that you can look forward to being a part of and where you are empowered to be your best and believe in creating a workplace built on teamwork where people can grow and develop in their roles. If you think you have what it takes to make a real difference in outdoor education, get in touch!

Find out more and apply online: [Runways - Shared Services Partnership Jobs \(newjob.org.uk\)](https://www.newjob.org.uk/jobs/runways-shared-services-partnership-jobs)

Wonder Zone at Christ Church, Cove, 24 – 26 July

The Wonder Zone is coming to Christ Church in Cove Parish. Please come and join us as we learn about God’s Wonderful Creations. There will be snacks, music, crafts, experiments, games and fun. Come and join us from the 24th -26th of July from 9.30-12.30. The cost is £6.00 per day or £15.00 for the week. For children aged 4-11 years.

Please sign up at www.parishofcove.org.uk/wonder-zone

More Summer 2023 Low cost/Free Activities in the Hart & Rushmoor area

Activity	Description	Day & Time	Location	Cost	Contact	website
Alice Holt Forest: The Multiply Maths Team (Hampshire County Council)	<p>The Multiply Maths Team at Hampshire County Council is running a Free Family Fun Day at Alice Holt Forest.</p> <p>Suitable for families and children ages 5 and over. Free refreshments and cakes mid-morning, as well as free parking for the day. Follow link to book a ticket (places limited).</p> <p>Families must meet eligibility criteria for a free family ticket (At least one adult in the party must NOT have a level 2 maths qualification e.g., Maths at grade 4/C and above or a Functional Skills Level 2 in maths). Families will be able to take part in activities including:</p> <ul style="list-style-type: none"> • Forest Footpath Calculation Challenge. • Tree and Trundle activity – how to measure the height of a tree. • Mighty Measurements - How calculate the age of a tree. • Planning Picnics and Pricing. 	15th August 10.00am- 1.00pm	Bucks Horn Oak, Farnham GU10 4LS	Free		https://www.eventbrite.co.uk/e/alice-holt-forest-free-family-fun-activity-tickets-669234527487?aff=odtdtcreator
SEND activities:						-
Autism Friendly Gardening Fleet	Autism friendly Gardening. Monthly therapeutic horticultural sessions. Suitable for adults and children (parents/carers must supervise children). Limited spaces. Follow link to book.	Tuesday 5.00pm- 6.30pm (next dates: 8 August and 19 September)	Hart's Green Garden (near Railway Bridge) - Pale Lane, Hook RG27 8DH			https://autismfriendlyfleet.vapsody.com/event/index/776161/autism-friendly-gardening

Outdoor workshops:						-
Family Forest School, Wonderwood Explorers	Have fun in nature together. The morning includes two nature crafts, bug hunting, mud kitchen, den building, hammocks, small world play as well as a snack from the fire. Suitable for children 2-10 years with an adult. You need to book a place for each child and adults are free.	11th August 9.30am-11.30am	Basingbourne Woods, Fleet GU52 6TQ	£14 per child.; 10% sibling discount and adults are free with a max of two per booking.	07743 896987 team@wonderwoodexplorers.co.uk	https://wonderwoodexplorers.co.uk/clubs/holiday-clubs/
Sports activities:						-
Summer Tennis Camps, Farnborough tennis Club (FTC)	All equipment provided (only 15 children max per group)	24th-26th July; 1st, 2nd, 7th-9th, 14th - 16th, 21st-23rd, 29th-31st August; school years 5-9: Mon, Tues, Wed 9am-1pm; school years 1-4: Mon & Tues 1pm-4pm	Tile Barn Close, Farnborough GU14 8LS	school years 5-9 £25 per day; school years 1-4 £20 per day	077291 20330 jamesvassfelt@gmail.com	https://www.facebook.com/FarnboroughTennisClub/?locale=en_GB
Tennis court hire, Elvetham Heath	3 tennis courts available for hire. Please check availability of courts and book sessions via their online system. Slots will be released on a Thursday for the following seven days – courts cannot be booked further in advance than this. A confirmation email with a one-off entry code will be emailed to access the tennis courts once the booking is complete.	Booking slots are available from 9am to 8pm	The Key, Fleet GU51 1HA	£5 per hour		https://www.elvethamheath.org.uk/recreation/tennis-courts/
Youth Kayak & Canoe Taster, Hawley Lake Sail training centre	A 3-hour kayak taster for 8 years+	12th August, 16th September 10.30am-1.30pm	Hawley Lake, Blackwater	£38	01252 863341 info@hawleylake.org.uk	https://www.hawleylake.org.uk/
Alpine Snow Sports	Snowboard Camp, Ski Camp & donutting	check website for availability	Gallwey Road, Aldershot GU11 2DD	aged 4-7 years £23 per day; aged 8-16 £50; other offers may be available, please check website.	01252 416880 bookings@alpinesnowsports.co.uk	https://activation.org.uk/venues/alpine-snowsports-aldershot/holiday-activities/

Leisure Centres:						
Summer holiday club, Hart Leisure Centre	Junior Adventures Group Suitable for children aged 5-12 years. Facilities include: Soft Play (daily), Astro Pitch, Swimming, Thursday Gymnastics (subject to the centres availability).	24th July - 1st Sept 8.30am - 5.30pm	Emerald Avenue, Fleet GU51 5EE	£37.40	07729 122 005	https://www.junioradventuresgroup.co.uk/find-us/hart-leisure-centre
Countryside/walks/picnic sites:						
Naishes Lane SANGS, Blackwater Valley	Summer at Naishes Lane SANGS: Free family fun including Teddy Bear's Picnic, bug hunting, mud explosions, nature weaving, crafts & more! Follow their Facebook page for event details & notifications.	Every Wednesday 26th July-30th August	Off Naishes Lane, Church Crookham GU52 8TJ	Free	01252 331 353 blackwater.valley@hants.gov.uk	https://www.facebook.com/people/Naishes-Lane-SANGS/100063585341410/
Green Spaces, Rushmoor Borough Council	Green Spaces include: Southwood Country Park, Southwood Woodland, Brickfields Country Park, Cove Brook Greenway, and Rowhill Nature reserve, Blackwater Valley Nature Walks. For details, please visit the Rushmoor Borough Council website.		various locations across Rushmoor	Free	01252 398 399 customer.services@rushmoor.gov.uk	https://www.rushmoor.gov.uk/community-parks-and-leisure/parks-and-outdoors/
Green Spaces, Hart District Council	Green Spaces include: Bramshot Farm Country Park, Edenbrook Country Park, Elvetham Heath, Fleet Pond, Hartland Country Park, Hartley Wintney Commons, Hazeley Heath, Odiham Common, Queen Elizabeth II Fields, West Green Common, and Whitewater Meadows. For details, please visit the Hart Borough Council website.		various locations across Hart	Free		https://www.hart.gov.uk/country-parks-and-green-spaces
Open air cinemas / theatres						
Yateley's Open Air Cinema	Dirty Dancing (12). Quiet Screening through wireless headphones. For further information please see the booking link.	Fri, 25th Aug 6.00pm-9.45pm	Yateley Green Reading Road Yateley GU46 7RP	Standard ticket £17.50, Child ticket (age 12 and under) £12.50		https://www.eventbrite.co.uk/e/yateleys-open-air-cinema-dirty-dancing-12-tickets-601517524107
Fleet's Open-Air Cinema	Days of Thunder (12A) Quiet Screening through wireless headphones. For further information please see the booking link.	Sat, 9th Sept 6.00pm-9.30pm	The Views Harlington Way Fleet GU51 4YA	Standard ticket £17.50, Child ticket (age 12 and under) £12.50		https://www.eventbrite.co.uk/e/fleets-open-air-cinema-days-of-thunder-12a-tickets-601421155867

Canal:						
Basingstoke Canal Visitor Centre	Pedalos, canoes, sit on top kayaks and rowing boats available for hire. Full information about boat trips, hire & charter, cream tea cruises available via the website. Café, children's playground and free car park.	To check if boat hire is open, please contact the office on 01252 370073	Mytchett Place Road, Mytchett GU16 6DD	Please visit website for charges.	01252 370073 info@basinstokecanal.co.uk	https://www.hants.gov.uk/things/todo/countyparks/basingstokecanal/canalcentre
Rowboat, kayak and canoe hire. Narrowboat hire & holidays (including accessible boats), Galleon Marine	Rowboat, kayak and canoe hire. Narrowboat hire & holidays (including accessible boats). Online bookings: You can now book online to reserve your boat, change your booking and cancel (please visit their website). Bookings in advance required. For general enquiries please use their online web form.	6 days a week (Closed on Wednesdays) 10:30am until 5pm (from 1st June to 24th August - open until 7:30pm on THURSDAYS)	Galleon Marine Boatyard, Colt Hill, Odiham RG29 1AL	Please visit website for charges.	01256 703691 info@galleonmarine.co.uk	https://galleonmarine.co.uk/
Campsites:						
Basingstoke Canal Centre Campsite	Family campsite in Mytchett, perfect place to stay when visiting the Basingstoke Canal and local area. Welcome tents, caravans and motorhomes. Booking in advance required (please call 01252 370073).	Arrivals 12.30pm to 4.30pm, departures by 12 noon.	Mytchett Place Road, Mytchett, Surrey GU16 6DD	Please visit website for charges.	01252 370073	https://www.hants.gov.uk/things/todo/countyparks/basingstokecanal/canalcentre/camping
Wellington Country Park	All charges are per pitch, per night and include: A unit, which could be a caravan; campervan; a motorhome; a car and a trailer tent; or a car and a tent; 2 inclusive occupants; access to the Country Park.		Odiham Road, Riseley, Berkshire RG7 1SP	Please visit website for charges.	01189 326 444 countryparkinfo@wellington.co.uk	https://wellingtoncountrypark.co.uk/camping/
Museums:						
Royal Army Physical Training Corps Museum (RAPTC)	The RAPTC Museum tells the story of the officers and instructors who train the British Army to be Fighting Fit and Fit to Fight. Based inside the Army School of Physical Training, the Museum showcases the historic and current-day equipment used by the Corps. As the Museum is based on a working military site, all adult visitors are required to bring photo ID and sign in at the gate to gain entrance to the Museum.	Usually open Monday – Friday 9am-4pm, except public and bank holidays. Please contact the Curator to check opening times. Bring a photo ID for entry.	Fox Lines, Queen's Ave, Aldershot GU11 2LB	Free	01252 787 852 or online form via website	https://www.raptcmuseum.co.uk/

Farnborough Air Sciences Trust	Farnborough Air Sciences Trust (FAST) holds a collection of aircraft (actual and model), satellites, simulators and other unique material related to Farnborough's world-famous Royal Aircraft Establishment. FAST also offers exclusive guided tours of areas of Farnborough's historic aviation quarter not normally open to the public. Free visitor parking.	10:00am to 4:00pm on Saturdays, Sundays and Bank Holiday Mondays. Please check the Museum Operational News Update before your visit. The Museum is staffed entirely by volunteers	85 Farnborough Road, Farnborough GU14 6TF	Free, donations welcome.	01252 375050 secretary@airsciences.org.uk	
Churches:						
Summer Club, St John's	Jungle Safari Summer Club: fun activities, Bible stories, songs & games! To book a place, please complete the form on their website.	29th-31st August 9.30am-1.00pm	Fleet Road, Hartley Wintney RG27 8ED	£15 Single child; £12 sibling	01252 842215 Summerclub@stjohnshw.org.uk	https://stjohnshw.churchsuite.com/events/pnkdmazz
The Restoration Station Holiday Club, The Whitewater Benefice	Craft, games, songs and lots of fun! Suitable for children 5-12 years old. Morning activities for pre-school children if accompanied by an adult. Early drop off from 9am also possible. To book a place, please complete the form on their website.	31st August-1st September 10.00am-4.00pm	St John's Church, London Road, Hook RG27 9EG	Suggested donation £5 per child		https://www.whitewaterchurches.co.uk/whatson/young-people/restoration-station/
Holiday Fun, Fleet Methodist Church	No need to book! Every Wednesday morning in the Summer holidays. Messy Science Fun! Suitable for children up to 11 years. All children must be accompanied by an adult.	Wednesdays on 2nd, 9th, 16th, 23rd, 30th August at 9.30am-12.00	72 Reading Road South, Fleet GU52 7TF		01252 812 275 office@fleetmethodist.org.uk	https://www.fleetmethodist.org.uk/news.htm

Kaizen Karate Academy – Times and venues

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

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

Wednesday

St Andrews Garrison Church, Queens Avenue, Aldershot

5.30-6.30 Beginners (5-teen)

£6 per session – First lesson free!

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

Wavell Campus Leisure

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

FACILITIES FOR HIRE

OPENING HOURS:

Monday to Thursday: 5pm-10pm Fridays: 5pm-8pm
Saturday & Sunday: 8.30am- 6pm

HIRE CHARGES

SPORTS HALL £41.60 PER HOUR - DANCE STUDIO £22 PER HOUR - THE WAVELL HALL £22 PER HOUR
COMMUNITY HALL £19 PER HOUR - CLASSROOMS £10 PER HOUR – OUTDOOR NETBALL COURTS £20 PER HOUR

CLUBS & CLASSES

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

CHILDRENS PARTIES

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY – HIRE PRICE IS £22.00 PER HOUR. THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY – HIRE PRICE IS £19 PER HOUR & THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM *3PM-6PM ON BOTH A SATURDAYS & A SUNDAY FROM *1PM – 6PM – HIRE PRICE IS £41.60 PER HOUR *subject to availability

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm Friday 5pm-8pm
Tuesday 5pm-10pm Saturday 9am-6pm
Wednesday 5pm-10pm Sunday 9am-6pm
Thursday 5pm-10pm

All school holidays from 9am

Weekend opening hours can change. To double check please call 01252 317603.

SUMMER HOLIDAY CLUB AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB

MONDAY 24TH JULY – THURSDAY 31ST AUGUST 2023

FROM 8AM – 4.30PM DAILY

For further information please email info@cm-sports.co.uk

For further information or enquires regarding hire of our facilities;

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

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

Or call Wavell Campus Leisure on 01252 317603

COMMUNITY SUPPORT INFORMATION

The Community Pantry at Yateley Industries

Pay a £5 membership fee per shop to receive at least £15 worth of fresh, frozen and general foods. For information about how you can become a member Telephone 01252 872 337 or Email info@yateleyindustries.net

The Mobile Pantry at Darby Green

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. It is located at St Barnabus Church, Darby Green, GU17 0BT and is open every Thursday 13.00-14.30.

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

Community Grub Hub CIC

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

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

We are open: every Tuesday 10am to 6pm

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

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

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is FREE for anyone, especially families needing help with food.

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

Opening hours: Monday: 10am - 3pm Wednesday: 9am - 12pm Thursday: 9am - 4pm

FREE for anyone in the community. Just come along, no need to bring anything to donate.

Donate & Exchange: You're welcome to donate and exchange items if you're able. Bring things you have in excess and see if there is something you'd like in return.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

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

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays. The Client Outlet at Princes Hall Aldershot remains closed.

There will be No Access to Farnborough FoodBank Warehouse for clients. However, Organisations can continue to attend.

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Stop Domestic Abuse

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

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

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

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

www.stopdomesticabuse.uk

Citizens Advice Hart

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

How can we help you?

[How can we help you? A quick survey for Hart residents - Citizens Advice Hart](#) - please complete our very short survey to help us find out how we can better help you to access our services. Deadline to complete the survey is **30 July 2023**.

Help in the community

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

Please contact us on 01252 878435 or email outreach@citizensadvicehart.org.uk for further information. If you are looking for advice, please contact us [here](#).

We hold Outreach sessions where an adviser is available for questions at:

- Yateley: Yateley Pantry – every Tuesday morning
- Hartley Wintney: Mums and Bumps group at St John's – 4th Monday of the month (morning)
- Hartley Wintney: Forget-Me-Not Café at St John's – 2nd Tuesday of the month (afternoon)
- Odiham: The Bridewell Centre at The Book Exchange – 1st Thursday of the month from 6 July (afternoon)
- Hook: Community Centre Café – 1-3pm 4th Monday of the Month
- Hook: Young at Heart group (above the Community Café) – 3-4pm 4th Monday of the month
- Heckfield Friendship Group at Rosies Cafe in Holdshott Farm Heckfield – Thursday once a fortnight tbc

Our Outreach Project is kindly funded by a Hampshire County Council Local Solutions grant.

Advice First Aid

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

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

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

1. Training for frontline workers (volunteers or staff)
2. Easy referral opportunities to get those in need quick access to our advisers
3. Ongoing support for you in delivering advice first aid

The training is completely free, will run monthly and takes place locally, in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227014).

Volunteering

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

Working for Citizens Advice Hart

Please see job roles available on our website [Working for Citizens Advice Hart - Citizens Advice Hart](#)

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

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

Citizens Advice Rushmoor

Our service is free, confidential and open to everyone in the community. Our Staff are trained to help with things like:

- Benefits
- Debt and money
- Energy
- Work
- Housing
- Family
- Law and Courts
- Health
- Immigration

We tailor our help to meet your needs, and agree the action that's right for you.

What happens when you contact us?

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

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

Different ways of reaching us:

- Freephone Adviceline: 0808 2787 912*
- Online and webchat via citizensadvice.org.uk
- Email us directly from carushmoor.org.uk
- Help to Claim Universal Credit: 0800 1448 444*
- Consumer Helpline: 0808 223 1133
- Local Office Reception: 01252 513 051 or 01252 333 618
- Nepali Language Adviceline: 01252 894 280 ०१२५२८९४२८०
- Pension Wise Moneyhelper 0800 138 3944*

Office Open - (Appointments and Reception)

Aldershot

Farnborough

Monday 9:30 am - 3:00 pm

Monday 9:30 am - 2:00 pm

Tuesday 9:30 am - 3:00 pm

Tuesday 9:30 am - 2:00 pm

Wednesday 9:30 am - 3:00 pm

Wednesday 9:30 am - 2:00 pm

Thursday 9:30 am - 3:00 pm

Thursday 9:30 am - 2:00 pm

To contact Citizens Advice Rushmoor for help and support, or to make a referral, please visit <https://citizensadvicrushmoor.org.uk/home/contact-us/> - more information about the event will be on our website.

Hampshire County Council Strengthening Parental Relationships Programme

In April, we launched the Strengthening Parental Relationships toolkit for parents, carers and practitioners. All relationships have their tricky moments. But it's when there is too much arguing or people are giving each other the silent treatment a lot, it can be harmful to children. This might mean children's wellbeing and behaviour is affected, their health can suffer or that they don't do as well at school. To help children with their relationships, we need to show them how to deal with disagreements effectively. This (being a healthy relationship role model) is sometimes easier said than done...

Now you can access free information and courses to strengthen your relationship with your partner / co-parent. [Click here to find out more](#)

Knowing how to argue in a constructive way can make all the difference to your relationships. Learn more with this online course currently available at no cost to residents in Hampshire.

<https://www.oneplusone.org.uk/parents>

Policing Hart & Rushmoor – Reporting Guide



- Save time and report crimes online, visit www.hampshire.police.uk
- You can tell us if you've seen anything suspicious or something you think we should know about online at: <https://www.hampshire.police.uk/tua/tell-us-about/>
- Call **999** if it's an emergency, there is a concern for safety or a crime is in progress.
- If you're deaf or hard of hearing, use our textphone service **18000**.
- Call **101** for any crimes that aren't currently in progress or haven't just happened.
- If you're deaf or hard of hearing, use our non-emergency text **07781 480999**.

Safe4Me – Keep safe website

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

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

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

HEALTH & WELLBEING INFORMATION

Worried about the health of your child?

Unsure if you can stay home or need to seek healthcare support?

The NHS Frimley Healthier Together website is here to support parents and carers. It provides

- Expert advice from local healthcare professionals
- Clear traffic light system for illness advice and red flags
- Covers topics such as coughs, colds, fever, head injury, covid to mental health and emotional wellbeing
- Signposts to local services

visit <https://frimley-healthiertogether.nhs.uk/>

Healthy Start Scheme

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you:

- buy healthy foods like milk or fruit
- get free vitamins

You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim without receiving benefits. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. They will add your benefit onto this card every 4 weeks.

[Get help to buy food and milk \(Healthy Start\)](#) - for information on how to apply

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

[kooth.com](#) is the largest provider to the NHS for digital mental health services and a BACP Accredited Service. Our youth and adolescent service is available for ages 11- 25 in Hampshire via self-referral. We have innovated in developing bespoke clinically validated measures around peer to peer interaction and our single session therapeutic model. This year's theme for #MHAW is 'anxiety', and we've put together lots of new community discussions and content on [Kooth](#) to support young people and young adults who may be struggling, starting on 15th May. There is a different forum discussion topic for each day of the week. Service users can take part for free and anonymously.

For professionals supporting young people, Kooth are running free webinars that explain how Kooth can offer support:

Kooth & Qwell: Maternal Mental Health - [12th July, 4-5pm](#) or [18th July, 10-11am](#)

How Kooth & Qwell Can Support with Eating Disorders and Self Injury/ Harm - [Wed 17th Aug, 12-1pm](#) or [Tue 22nd Aug, 4-5pm](#)

How Kooth & Qwell Can Support Male Mental Health - [Wed 16th Aug, 12-1pm](#) or [Mon 21st Aug, 4-5pm](#)

To view Kooth's bank of past webinars focused on topics like 'How Kooth can support neurodiverse and SEND users', [this link to our Vimeo account](#).

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

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

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

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

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

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

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

For more information visit www.facebook.com/sashasproject

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or

professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing.

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

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

Please visit their webpage to find out more and book your place:

<https://www.solentmind.org.uk/training/self-harm-awareness-training/>

Solent Mind's Self Harm Support Hub is a Peer Support Service available for parents, carers and families of children and young people who self-harm. The groups are available with both one to one and group support available, led by those with lived experience. They also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support.

To access support and for more information, please complete their referral form by visiting the Self Harm Support Hub website:

<https://www.solentmind.org.uk/support-for-you/our-services/self-harm-support-hub/>

FREE online parenting courses for local families

The Solihull Approach offers free online e-learning courses for parents/carers.

Courses include top tips from childcare, education and NHS health experts including midwives:-

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain and a version for teenagers themselves

The online guides contain 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 also available in different languages.

Access to the guides is unlimited with no expiry date, so you can return as and when you need and 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.

Registration is quick and easy - [click here](#) – or visit www.inourplace.co.uk. Apply the access code '**PARENTING**'.

Visit: <https://www.frimleyhealthandcare.org.uk/maternity/news/posts/2020/july/free-online-parenting-courses-available-to-local-families/>

Frimley Healthier Together App

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

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

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

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

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

Please do get in touch with any questions or requests you may have: Kirsty.north6@nhs.net or Zara.devine@nhs.net.

Farnborough Cloth Nappy Library

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

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

Why choose cloth nappies?

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

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

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

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

Solent NHS Trust Sexual Health Services

Sexual Health Clinic

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

Young Person Walk-In Clinic 18 years and under Tuesdays 15:00 - 17:00

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

Sign up to your own Personal Health Record

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

Rushmoor & Hart School Nursing Service

The ChatHealth 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. Text: 07507 332 160

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

In addition to this our Duty phone line remains open for advice and support and general queries: 01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

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

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

Autism Friendly Fleet

Our aim is to increase understanding of autism by working together with local businesses and organisations to help them become autism friendly.

What we do:

- Basic autism understanding training for businesses and organisations - next session on 20th September at 12.30pm.

[Click here for further information.](#)

- Chill Zone areas at events in Fleet to provide a quiet area for people who may not otherwise be able to access these events
- Autism friendly monthly gardening with Minding the Garden
- Evening autistic speaker programme:

Go to www.autismfriendlyfleet.co.uk or our [Facebook page](#) for further information about us.

Mustard Seed Autism Support

Mustard Seed Autism Trust will be moving venue in June.

Our new address:

Mustard Seed Autism Trust
 Odiham Cottage Hospital
 Buryfields
 Odiham, RG29 1NE

Our referral criteria (families living within 10 miles of Farnborough) and projects will stay the same.

Check out our new website here: <https://mustardseedautism.co.uk/>

Fortify Mental Health & Wellbeing Services

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

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

Our trained staff have years of experience and qualifications that we can be flexible with whatever is troubling your teenager

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

Hart Voluntary Action Counselling Services

121 Adult Counselling

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

121 Adult Counselling supports adults (18+ years), who are 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 offer a young person up to 20 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person can explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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

Sunshine and Showers

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.

Rushmoor Wellness - Rushmoor Borough Council in partnership with SEEDL

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

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

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

Rushmoor Borough Council's wellness solution is amongst the first of its kind around the UK and is launched in partnership with SEEDL, a world pioneering 'Virtual Live Learning Subscription Service'.

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

TalkPlus

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

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

We offer a range courses and groups, some of which include:

Knowing Me, Knowing You: for the Post Natal period. (Ask your health visitor for a referral)

New Dad's course: for new Dads who are struggling with the pressures of fatherhood.

Managing Low Mood and Anxiety

Living Well Staying Well: A five-week course for people living with a long-term health condition.

Coping Well With Stress: A four-week online course (plus an additional work stress week) – *Starts September 2023*

TalkPlus also offers online programmes to help with a range of problems via Silvercloud, which you can have access to once you self-refer to TalkPlus.

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

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

No Limits Young Person's Safe Haven

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

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

CAMHS – Professionals Conference: Suicide prevention, 14th November

Tuesday 14th November 2023, Hope Church, Middle Brook Street, Winchester, S023 8DQ

£75 per person, includes refreshments, lunch and a resource pack

Hampshire Child and Adolescent Mental Health Services are running a face-to-face conference. This event is suitable for any professionals who work with young people, including teachers, youth workers, police, social workers and GPs.

Conference Agenda:

Let's Talk about Philip - A play written and performed by **Helen Wood and Gregor Hunt**

The performance focuses on the personal experience of losing a brother to suicide and the many issues that surround suicide.

Other Workshops include:

Managing young people in crisis, self-harm, postvention, listening skills and creating a school suicide and self-harm prevention plan.

Keynote speaker:

Mike Palmer (3 Dads Walking)

Book your place today at www.hampshirecamhs.nhs.uk/events

CAMHS Suicide Prevention Play: Let's Talk About Philip – 2nd November, West End Centre

Let's Talk About Philip is a play written and performed by Helen Wood and Gregor Hunt. The one-hour play shares the personal experience of losing a brother to suicide, and the many issues that surround suicide.

Hampshire CAMHS will be running several events across Hampshire where this play will be performed, followed up with workshops led by clinicians within CAMHS. This event is suitable for young people in years 10, 11 and sixth form. Spaces at the daytime performances are limited and are sold on a first-come, first-served basis. The morning performances are for students and the evening performances are suitable for the general public and professionals.

Tickets are **£3 per pupil or staff member**.

For more information and to book visit www.hampshirecamhs.nhs.uk/events

Evening performances can be booked directly with the venue, further information and the links can be found on the Hampshire CAMHS website at www.hampshirecamhs.nhs.uk

In the Rushmoor & Hart area, there are performances on 2nd November

West End Centre, Queens Road, Aldershot, GU11 3ED

10am Student viewing

8pm Professionals/public viewing

Hampshire County Council Suicide Prevention Training

Grassroots Suicide Prevention are delighted to offer a programme of Suicide First Aid training free to community sector organisations, with funding from Hampshire County Council.

Book your place or get in touch to arrange training specifically for your organisation:

Suicide First Aid – Lite

This course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive. SFA: Lite is easy to grasp for people of all skill levels and those with no prior knowledge of the subject.

Suicide First Aid: Understanding Suicide Intervention

The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. Recommended for anyone working closely with those at risk of suicide.

[Hampshire - Funded Training - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](http://prevent-suicide.org.uk)

Kind to Mind – School and workplace wellbeing training

1:1 Support

Kind To Mind also offers 1:1 Personal Development programmes on topics such as anxiety management, mindfulness-informed perspectives and self-esteem. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

School and Workplace Wellbeing Training

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

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

Rushmoor Healthy Living – Community exercise classes

Online Exercise Class Summer Sale Only £8 for the first month!

Classes include Pilates, Keep fit, Box fit, Seated Pilates, Walking workout and Tai Chi. Keeping you moving more all from the comfort of your own home.
https://www.rhl.org.uk/downloads/timetable_zoom.pdf

Legs, Bums, and Tums exercise class. Monday 9.15 -10.00am Southwood Country Park,

This is a fun upbeat workout of aerobic, strength and conditioning exercises, aimed to tighten & tone these key areas! Suitable for all levels and abilities and will include some floor work so please bring a mat.
https://www.rhl.org.uk/downloads/timetable_face_to_face.pdf

RHL has a wide variety of fun and friendly community-based exercise classes throughout Rushmoor and the surrounding areas, as well as an established online zoom exercise programme, class start from £3.50.

To book or for further information call our friendly team on 01252 957430 or email classes@rhl.org.uk

Please quote Bulletin to receive your free class trial.

Walking for health in Rushmoor – Keeping fit and healthy

Walking is a great activity for local families to be involved in, whether it is a walk to the town centre, walking to school or finding an interesting walk from where you live to the local park, for example. There are some great places to explore in Rushmoor from Rowhill Nature Reserve, in Aldershot, to Southwood Country Park, in Farnborough – more details can be found [here](#).

It is easy and free and is a great way to improve your physical health and your mental wellbeing at the same time. By increasing your daily steps, you will start to lead to a healthier lifestyle.

Frimley Health and Care has compiled a [list](#) of lots of interesting walks to explore across the area.

Specific Rushmoor walks can be found on the links below –

[Healthy Walks – Rushmoor Voluntary Services \(rvs.org.uk\)](#)

[Aldershot and Farnborough heritage trails - Rushmoor Borough Council](#)

[Blackwater Valley Nature Walks](#)

www.wellesleywoodlands.co.uk

Smokefree Hampshire

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

Go Smokefree to feel healthier and save money.

Phone 01264 563 039 for further information or text Quit to 66777.

[Contact Us | Smokefree Hampshire](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology and University Centre Farnborough

GCSE Advice Sessions

For those receiving their GCSE results over the summer we have our GCSE advice sessions between results day and the start of term for those who need it.

- 24 August, 2.00-4.00pm
- 25 August, 9.30-11.30am
- 29 - 31 August 2023 9.30-11.30am
- 4 - 6 September 2023 9.30-11.30am

Open Event Dates Announced for 2023/24

For those leaving school in 2024 attend one of our Open Events to talk to our teachers, see our facilities and pick up a prospectus.

The dates for the first open events are:

Farnborough Campus

- Wednesday 11 October 4.00-7.30pm

- Thursday 12 October 4.00-7.30pm
- Wednesday 15 November 4.00-7.30pm

Aldershot Campus (For Construction)

- Thursday 19 October 4.00-7.30pm
- Thursday 16 November 4.00-7.30pm

Hart Professional College Coming This September

Our new Hart Professional College in Fleet is opening this Autumn to meet the growing demand for specialised courses in health and counselling fields for adult learners. Visit our website www.farnct.ac.uk to find out more.

University Centre Farnborough

Education Degrees

Thinking of studying something new this September? We offer a range of education-based degrees perfect for those who work in schools or are considering a career in education.

These courses include;

- Level 3 Certificate in Supporting Teaching & Learning in Schools
- Level 3 Award in Education and Training (formerly PTLLS)
- Learning Support Foundation Degree
- Education Top-up Degree
- Adult Education PGCE/PCE
- Early Years Foundation Degrees
- Early Years Top-up Degrees)

These can be completed while working so perfect to study on your journey on becoming a teacher. Find out more about what we offer here www.ucfarnborough.ac.uk.

Open Event Dates

For those interested in starting a new career or levelling up your current skills visit our Open Event on;

- Wednesday 6 September 4.00-7.30pm.

Come and talk to us about our courses, meet our lecturers and pick up a prospectus. For additional information, please visit our website at www.ucfarnborough.ac.uk/open-events.

The Sixth Form College Farnborough - Open Days 2023 (for entry in September 2024)

Our Open Days are taking place on Tuesday 17, Wednesday 18 and Thursday 19 October 2023 - these days are intended for the students (and the families of those students) who would like to join the College from September 2024.

During our Open Days, you will be able to:

- Find out more about the subjects we offer;
- Talk to staff and current students about student life;
- Explore the campus and discover our great facilities;
- Meet our award-winning Prospect Trust Careers Service Team and the fantastic team who provide study support;

...and much more! For more information, please go to our website, www.farnborough.ac.uk.

Conversations with Aldershot – Free book copies available to schools

Conversations with Aldershot is a project that ran from 2020-2022 and gathered thoughts and experiences of the lockdowns from across our community. The project, led by artists and residents of Aldershot has created a small book to as part of an archive.

Susan Merrick, lead artist for the project, has copies of the book available for local schools and organisations. If you would be interested in having some of these please contact her on susanmerrick@ymail.com

Pre-Loved School Uniform Donations at Fleet Phoenix

We will be taking school uniform donations during w/c 24th July (for ONE week ONLY).

PLEASE ENSURE THAT ALL ITEMS ARE IN GOOD CONDITION, NO STAINS, HOLES ETC, AND ARE WASHED BEFORE DONATED.

These can be donated during open door times which are as follows:

- Tuesday 25th July - 1:30pm - 4:30pm
- Wednesday 26th July - 4pm - 6:30pm
- Friday 28th July - 1:30pm - 4:30pm

If you are unable to make the times above, please contact us directly and we can arrange another time. The items we NEED are:

- LOGO items for all Fleet and Church Crookham based schools.
- Any plain items (jumpers, polo shirts, shirts, skirts, trousers, shorts etc.)
- School Shoes
- School Bags

The demand has grown massively for the need for second hand FREE school, so any donation is greatly appreciated. Due to our lack of storage space currently, we cannot accept donations before the date stated above. Please drop these off to The Point Youth Centre in Fleet during any of the above days/times above.

Pre-loved Uniform Distribution Dates at Fleet Phoenix

The school uniform which will be generously donated by many people in our community to help those in need will be available to be collected on the following dates/times:

- Wednesday 9th August, 1-4pm
- Thursday 10th August, 4-6pm
- Friday 25th August, 2-5pm

****We would like to emphasise that this service is for families who have a genuine need for the free uniform, so we can ensure that it goes to those most in need.****

Uniform will go on a first come first served basis and we cannot hold any in reserve. The items will be laid out by school and ages. If you need items, please come along to The Point Youth Centre in Fleet on one of the days/times above.

Lift Off Dance – Opportunities for schools in 2024

A new and exciting Dance and Creative Arts platform is coming to Rushmoor in 2024 and we are looking for students of all ages, backgrounds, cultures and abilities to take part in some unique projects that will hopefully be enjoyable, educational and inspiring for students with a passion for the creative arts. Projects will include:

- Performance opportunity in a Gala event at Prince's Hall, Aldershot with an existing dance club/group
- Opportunity for gifted and talented dancers to work on a performance piece with Hampshire Youth Dance Company
- A Street Dance Masterclass with Felix Clements, recent Britain's Got Talent semi-finalist
- Develop physical strength and acrobatic skills with James Wilton Dance Company, combining contemporary dance, street and martial arts skills
- Performance in a large-scale outdoor dance piece to be filmed with up to 100 dancers, led by Luke Brown Dance
- Tutor training for any teachers or gifted students who would like to learn more choreography skills and be able to lead and create dance on students at school
- A student mentoring scheme to support any current students who would like to create a dance on peers at school to perform in a Gala, and would like to work with other youth dance mentors in supporting their skills development and confidence
- Photography and film making opportunities for students who would like to help document and edit their work and have it used on social media or websites to promote the dance events and help develop their camera skills
- Music students who may like to be involved in the performance of live music for a dance performance
- Costume design/creation for dance performance groups

If you would like to find out more about these projects and how your student can be involved, please email Lena at liftoffdance@gmail.com

Armed Forces Education Trust

We are a national, grant-giving charity that helps children whose education has been compromised or is at risk as a result of their parent's service in any of the UK Armed Forces. We do this via the following types of grants:

- Short-term support to children whose mobility has meant a delay in getting an EHCP
- Funding to schools with service children to help with transition, gaps in learning, dealing with deployment etc.
- Grants for school fees to children whose key-stage exams may be at risk due to their parent's service.
- Grants towards school fees for vulnerable children in boarding schools where the need is linked to service

We award grants of over £400k per annum. If you'd like to find out more, please visit our website and make contact from there. <https://armedforceseducation.org/>

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Vision 4 Youth – Youth Services

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

Summer Holiday Club (NEW!) – Monday-Thursdays during the school summer holidays, a free youth club specially designed for 11-16 year olds who are in receipt of free school meals (a #HAF project). Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details are on our website or contact us for more information. Starting from 10am, there will be cooking and sporting activities in the morning. Lunch will be a proper hot meal prepared for us, then in the afternoon we'll get crafty with more activities. The club then closes at 2pm. Open to all abilities and there will be lots of different things to try across the summer. Booking essential, please use this link to book a place for each day that you'd like to attend: <https://forms.gle/dHemmpU8nvwAHV2x8>

Vision 4 Youth run five different youth clubs each week (term time) to meet the different needs of all the young people in the community. Over the summer most of our regular provision is closed, however we are running two of our youth groups during the holidays, as follows:

Youth Café - Mondays 7:30-9pm at St Barnabas Church, Darby Green GU17 0BT
A drop-in cafe aimed at age 11-25 year olds. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

Creative Club - Tuesdays 6:30-8:30pm at The Tythings Youth Suite, Yateley GU46 7RP
Arts, crafts and other activities for age 11-18 year olds. Try new things, learn new skills. Suggested donation £1 to attend, no membership fees.

Blue Sky Club – some Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP
A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact office@vision4youth.org.uk to find out the next meeting date and book a place.

Thursday Club - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP
A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

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

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the main focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescribing Link Worker connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and

those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to, just come along for a chat and see how it goes.

#iwill Youth Forum – Monthly 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP
A chance to speak out, ask questions and voice your opinion about any topic that you believe is important. Contact office@vision4youth.org.uk to take part. Open to all aged 11-18. FREE!

Coming soon: Summer Holiday Club (NEW!) – Monday-Thursdays during the school summer holidays, a youth club for 11-16 year olds who are in receipt of free school meals (a #HAF project). Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details will be available nearer the time so please contact us for more information. Starting from 10am, there will be some arts & crafts challenges and cooking activity to prepare something nice to go with lunch. The main course of lunch will be a proper meal prepared for us, then in the afternoon we'll get active with some sports and fun. The club then closes at 2pm. Open to all abilities and there will be lots of different things to try across the summer. Booking essential, please use this link to book a place for each day that you'd like to attend:
<https://forms.gle/dHemmpU8nwwAHV2x8>

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

Step by Step Launch Programme

What is Launch?

Launch can support young people with information, advice and practical support on a range of issues. You can refer a young person to Launch yourself or ask them to self-refer.

Who is eligible for support?

Any young person aged 11-25 living in Hampshire. Launch offers in-person or remote appointments depending on the young person's location. We are here to listen, offer guidance and provide practical support on a range of issues.

How to get in touch

Address: 36 Crimea Road, Aldershot, Hampshire, GU11 1UD

Email: launch@stepbystep.org.uk

Phone: 01252 346 105

Web: www.stepbystep.org.uk/launch

Instagram: https://www.instagram.com/launch_sbs/

Volunteering opportunities – Children, young people and families

The **Volunteer North Hampshire** website currently has over 130 volunteer opportunities of all kinds linked to supporting children, young people, parents and families. These opportunities are in the main local to Hart, Rushmoor and Basingstoke & Deane, and will also include opportunities for young people themselves to volunteer (14 years+).

Here are just a few examples:

- **Athletics Coaches** to work with 8-17 year olds – Fleet & Crookham Athletics Club
- **Walk & Talk Volunteer** for a “Ready Steady Mums” walking group for mums and babies in Farnborough – Barnado’s
- **Youth Independent Advisory Group Member** (volunteers must be aged 14-25 years) – Office of the Police & Crime Commissioner in Hampshire
- **Club Cook** – Hart and Rushmoor Young Carers Clubs (term-time only in Farnborough) – Hart Voluntary Action
- **Instructors (uniform and non-uniform)** – Farnham, Fleet & Aldershot Sea Cadet Unit
- **Queen’s Park Junior parkrun Volunteer, Aldershot** - parkrun

More details on the Volunteer North Hampshire web-site: <https://www.volunteernorthhants.org/> or call/email Hart Volunteer Centre on 01252 815652 hartvc@hartvolaction.org.uk or Rushmoor Volunteer Centre on 01252 398450 volunteering@rvs.org.uk

Breakout Youth

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

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

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

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

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

Hart & Rushmoor Young Carers

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

We currently run young carers clubs at Mayfield Community Centre in Farnborough on the following evenings during term time:

- Monday from 6.30-8.30pm for School Year 7 one week and School Years 8-10 the alternate week (i.e., 11-15 years) – Senior Group,

- Tuesday from 5.30-7.30pm for School Years 3-5 one week and School Year 6 the alternate week (i.e., 7-11 years) – Junior Group,
- Every other Thursday from 6.30-8.30pm for young adult carers in School Years 11 and above (i.e., 15-25 years) - Young Adult Carers Group.

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

We run a varied programme of activities throughout the term, which is based on feedback from the young carers on what they would like to do. Each week there is a main activity, for example, cupcake challenge, tie dyeing t-shirts, quiz night etc. We also hold parties at Easter, Halloween and Christmas and have a Summer BBQ.

We are also delivering our new Young Carers Cook & Eat Programme to all five groups. The programme runs alongside our weekly young carers clubs, and provides an opportunity for four young carers to attend a 1-1.5-hour cooking session before club, during which they help prepare food for their whole group. The sessions help the young carers to learn and develop basic cooking skills with easy-to-follow recipes, whilst also socialising with other young carers of similar age. The focus is on having fun as well as helping increase the young carer's knowledge of food and nutrition, food hygiene and safe working practices. At the end of the cooking session, the young carers get to serve up and eat the food they have prepared together with their peers attending club. Any leftovers are initially offered to those young carers who prepared the food, and then to the whole group.

The Young Adult Carers Group is run slightly differently from the Junior and Senior Clubs. Their sessions include a workshop/talk, as well as time for the young adult carers to relax, chat with each other, or talk to one of the leaders. Our aim is to help them get advice and information about education, careers, benefits, work, money/debt, housing, relationships and health, so they can make plans for their future and have the same opportunities as other young people. 1:1 support is also available with a leader to talk confidentially about issues relating to caring as well as any other concerns the young adult carer may have. We also have a young leader programme which gives the young adult carers a chance to get involved in the mentoring of other young carers and play a part in running activities at our Junior and Senior Young Carers Clubs.

Transport is available and attendance is free at all our young carers clubs, and there is no charge for any of the activities or refreshments provided. There is also a tuck shop which sells a variety of chocolate bars and sweets.

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

- Senior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 30th July,
- Senior Group kayaking trip at Basingstoke Canal in Odiham on Wednesday 2nd August,
- Junior Group trip to Runway's End Outdoor Centre in Aldershot on Wednesday 16th August,
- Junior Group trip to Blackbushe Airport on Saturday 19th August (hosted by Aerobility).

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

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

Home-Start Hampshire

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

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

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

Referrals for both groups can be made here: Referrals | Home-Start Hampshire or you can call 0330 124 2095 for more information.

At the heart of Home-Start Hampshire is our fantastic network of volunteers and as demand for support continues to increase, we are looking for additional volunteers. We are running our next volunteer training course throughout September and October, but do also offer flexible ways to complete our training course.

Could you help a family in Rushmoor & Hart?

Full training will be given.

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

www.home-starthampshire.org.uk/volunteering , email: info@hshants.org.uk or phone: 0330 124 2095

www.home-starthampshire.org.uk

Hampshire Learning in Libraries

As one academic year is closing, we at Hampshire Learning in Libraries are looking forward to the start of the next!

Have you wondered about joining one of our courses? We offer a wide range of adult learning in our Rushmoor and Hart libraries, as well as online. If you are a Hampshire resident, many of our courses are FREE, being funded by Hampshire Learns.

With subjects ranging from arts and crafts, paediatric and emergency first aid, improving your wellbeing, exercise and fitness, learning an instrument, beginners computing, or English courses for speakers of other languages, there’s something for everyone. Our courses run throughout many Hampshire library locations as well as online, meaning you can also learn from the comfort of your home.

Browse our online shop to find out more and to book your place – new courses are added to our schedule all the time, so it is worth checking back regularly: -

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](http://hants.gov.uk)

Alternatively, for more information, please email the Learning in Libraries team on learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.

We look forward to welcoming you on a course soon!

Hampshire Parent Carer Network

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

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

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

Barnado’s Free Courses & Workshops for Parents

- Five to Thrive
- New baby, 6 weeks – 6 months
- Family food, fun and fitness – 1 year+
- Introduction to solids – around 6 months
- Toddler Talk – 2-3 years
- Baby Talk – 9-18 months
- School readiness – 3 years+

T: @Hantsfamilies F: Hampshire Healthy Families I: hampshire_healthy_families

www.hampshirehealthyfamilies.org.uk

Email us at: hfh@barnardos.org.uk

Hampshire Back to Basics Parenting Programme

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

The overall purpose of the project is to support Families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting list times for those who require speciality services and for Parents to feel better equipped to support their children’s wellbeing in the home.

This is not a new service, but an approach supported with tools and resources that enable consistent and at times challenging conversations that mean better outcomes for families. It is hoped that by encouraging reflections on the home environment first will give families the opportunity to try

activities that are known to improve wellbeing before approaching and completing referrals for specialist referrals.

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



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

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

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

Squirrels

Our Squirrels section opened in September 2022, and this new section is for children aged between 4 and 6. Squirrels can achieve anything they set their minds to – and they have lots of fun along the way. Our one-hour sessions will be a brilliant opportunity for young people to take their first step into being part of Scouts, and they'll help everyone get ready for the adventure of school too. Sessions are packed with outdoors activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

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

Beavers

Beaver Scouts are aged between 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

Explorers

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

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

SKILLS & TRAINING

RVS MiDAS courses in September

These course dates for MiDAS below are primarily for schools and uniformed organisations, as requested by some of our members. If the places are not filled by the end of July, we will open them up to other member organisations. We would like to take this opportunity to highlight that we positively encourage schools to train up their own drivers, particularly if you plan on using RVS Community Transport regularly. Since we upgraded the fleet, the buses and volunteer drivers are in great demand and we don't want to let anyone down. For regular commitments we can negotiate a contract, which will guarantee groups a paid driver. The costs associated with booking a driver are as follows:

- £15 administration fee if volunteer driver is provided. This is for occasional or one-off trips.
- £16.45 per hour if a paid driver is provided for regular hires.

For more information regarding regular hires and for booking a minibus, contact the transport team on transport@rvs.org.uk. Further details can be found on our website: <https://www.rvs.org.uk/transport/community-transport/>

Please email msc@rvs.org.uk to book a place on the MiDAS courses in September. If you have been in touch to ask for a September course, please email again:

DAY	DATE	COURSE
DAY ONE FOR ANY DELEGATE NEEDING STANDARD OR ACCESSIBLE OR REFRESHER		
Monday	4 th	Standard/Standard Refresher/Accessible/Accessible Refresher <i>(Accessible and Accessible refresher must complete day two)</i>
Saturday	16 th	
The morning of each day is classroom based. The afternoon is practical and includes the driving assessment. There may be some waiting around for your allotted assessment time. You have the option of doing the driving assessment on one of the other days listed, as long as you complete the classroom session first.		

		Accessible or Refresher Accessible is the morning classroom-based session only. You must complete this before attending day two.
DAY TWO FOR ANY DELEGATE NEEDING AN ACCESSIBLE/REFRESHER ACCESSIBLE CERTIFICATE		
Monday	18 th	<p>Accessible/Accessible Refresher (<i>must attend day one</i>) The day will be focused only on the Accessible part of the course and will include the driving assessment.</p> <p>If this date is not possible for delegates, you can ask to join us on courses in October or November to complete day two.</p>

The North Hants Employment Skills Zone

The North Hants Employment Skills Zone has relaunched!

We now support job seekers of all ages with searching for a job, starting your own business, CV and interview help, and training and events that are available in your local area (Hart, Rushmoor, Basingstoke and Deane).

Check out the refreshed website: <https://esznorthhants.org.uk/>

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart & Rushmoor Ukraine Support Fund

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

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

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

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

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

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

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

Grants from Rushmoor Borough Council

Farnborough Airport community environmental Fund – grants available for projects which include an environmental improvement for the whole community to enjoy. There is £38,990 available for allocation. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

Supporting Communities Grant Scheme – we will be opening a new grant fund in the autumn. Details will be on our [website](#) over the summer. The fund will operate in two rounds. The first round will be open for applications from 1st September to 31st October.

Rushmoor Community Lottery

The Rushmoor Community Lottery will be celebrating its sixth anniversary with an event for good causes on 11th September. A big thank you to all our supporters and good causes for helping to raise over £190,000 for our local community! Our top fundraiser has raised over £13,000 with four other causes raising over £4,000. The Friends of Wavell are our top school fundraiser with over £6,600!

Not a good cause? Why not sign up and benefit from this great way to fundraise for your cause? You could also qualify to be entered into our draw to win £500 if your organisation signs up and sells 20 or more tickets before the end of August 2023! The winner will be announced at the Anniversary Celebration on 11th September.

For more information visit [Rushmoor Lottery - Help your fundraising reach new heights.](#)

Other funding sources

Funding for defibrillators: The Department of Health and Social Care previously [announced](#) £1 million of funding to increase the number of defibrillators in communities. Individuals and organisations are now invited to register an expression of interest in this Fund using [this simple form](#).

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

Asda Foundation:

- **[Under 18s Better Start Grants](#):** Grants of between £400 and £1,600 are available to local community organisations across the UK to support activities for children and young people aged 18 and under that will improve their lives and their community. Funded activities or events must take place before Sunday 1st October 2023. **Deadline: 21 July**
- **[Empowering Local Communities Grants](#):** Grants are available to provide support for refugees and people struggling with increases in the cost-of-living. Grants of between £400 and £1,600 are available to UK community groups and organisations for local projects that enable people to lead more active lives, improve mental health and wellbeing and bring people together for events that celebrate their community. Funded activities or events must take place before Sunday 1st October 2023. **Deadline: 21 July.**

Lloyds Bank Foundation: Funding for Deaf and Disabled People's organisations will launch this summer as part of their 2022-26 strategy, [Building a Better Future](#). Sign up [here](#) to receive an email notification once the programme is open.

Armed Forces Covenant Fund Trust - Force for Change Programme: The funding aims to support community projects that reduce isolation and promote integration and is offered to registered charities and CICs with substantial recent experience of supporting Armed Forces communities. In 2023, the programme will support ideas that need small amounts of funding to deliver changes or improvements for those communities. Grants of up to £15,000 over one-year are available. Next deadline is **17th July 2023**. Please [CLICK HERE](#) to find out more.

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

DWF Foundation: One-off grants are available to registered charities in the UK for projects that enable communities to achieve their full potential by tackling specific issues, helping groups become more efficient and effective, and getting young people and those often excluded involved for the benefit of their community. Running costs and salaries will only be funded if they are part of a project application. Please [CLICK HERE](#) to find out more.

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

Delamere Dairy Foundation: Grants of £250 - £5,000 available for charities for a range of causes, including: the advancement in life of young people by developing their capabilities so that they may mature as contributory members of society; the relief of financial hardship; the advancement of education and the relief of sickness. For more details, please visit [Home - Delamere Dairy Foundation](#). **Closing date is 31st August.**

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

The next edition will be sent out in October

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