



Rushmoor & Hart Supporting Families Newsletter – December 2022

Welcome to our 88th 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 4	WHAT'S ON IN RUSHMOOR & HART
Page 9	COMMUNITY SUPPORT INFORMATION
Page 14	HEALTH & WELLBEING INFORMATION
Page 24	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 31	SKILLS & TRAINING
Page 31	FUNDING & GRANTS CURRENTLY AVAILABLE

The next newsletter will be in February ahead of the half-term break. 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

WITH ANOTHER CHALLENGING YEAR COMING TO A CLOSE, WE WISH A PEACEFUL CHRISTMAS AND A HAPPY AND HEALTHY 2023 TO EVERYONE WORKING WITH AND SUPPORTING CHILDREN, YOUNG PEOPLE AND FAMILIES IN RUSHMOOR AND HART.

YOU ARE ALL SUPERSTARS!

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 HealthierTogether \(frimley-healthiertogether.nhs.uk\)](#)

County:

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

[Money worries \(connecttosupporthampshire.org.uk\)](#)

National:

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

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

[Find a Warm Welcome Space Today](#)

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 has been launched by the Communities Team at Hart District Council, in partnership with Hart Voluntary Action. It 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.



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 new [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

Funds to help households with essentials: Hart District Council administers two funds to support households that are most in need in the district. The Local Welfare Provision Hardship Grant is a financial assistance scheme to help people who are in a crisis or emergency situation and where low-level financial assistance would help prevent the crisis or emergency from escalating and there is the [Household Support Fund](#) available.

Hart into Employment is a supportive online community run by experienced careers advisers. The community aims to help Hart residents aged 18 and above who are out of work or at risk of redundancy. Job searching can feel like a lonely task, but Hart into Employment is here to help. Hart into Employment offers weekly Zoom groups with trained careers advisors, online information and resources, and support to explore your options. Members say it improves their motivation and self-confidence and helps them feel more optimistic. If you know someone who is looking for work and would like a bit of support, please let them know about Hart into Employment.

Whether they are facing a specific challenge in their job search or would simply like to be part of a friendly group to build their confidence and help them stay motivated, find out how Hart into Employment can help: www.jobclubs.co.uk, email hart@jobclubs.co.uk
Telephone 01483 604 580.

North Hants Employment Skills Zone

We have joined forces with Rushmoor and Basingstoke and Deane Councils to launch a North Hants Youth Employment Skills Zone, providing dedicated employment support for 18–24-year-olds across the North Hampshire area. For more information on how this service can help visit www.esznorthhants.org.uk or email jobskills@hart.gov.uk.

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](#).

The Hampshire Coronavirus Support and Helpline support

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

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

- Where to find help in your community
- Debt and money worries
- Mental health support
- Bereavement
- Practical help if you choose to self-isolate

The number to call remains **0333 370 4000** and lines are open from **8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm Friday**. The helpline is closed on weekends and Bank Holidays.

WHAT'S ON IN RUSHMOOR & HART

Hampshire Holiday Activities and Food (HAF) Programme – Hart & Rushmoor locations

Here you will find the details of providers who are offering **free places for eligible children** over the Christmas holiday in Hart and Rushmoor. These are being provided through the DfE's Holiday Activity and Food Fund scheme.

[Holiday Activities and Food Programme - Christmas Holiday Provision | Family Information and Services Hub \(hants.gov.uk\)](#)

These fun and educational activity sessions are for vulnerable children and young people, which includes those eligible for free school meals as a minimum. Eligibility will be expanded where possible. The sessions run as part of holiday clubs running across the districts during holiday time.

Provisions are still being added and updated, so please contact individual providers.

Rushmoor Community Carol Service – Friday 9th December

At the Royal Garrison Church of All Saints, Farnborough Road, Aldershot. Family entertainment starts at 5pm.

Along with the carol service at 6.30pm, there will be family entertainment including:

- Children's fairground rides
- Santa's grotto
- Giant snow globe
- Snow machine
- Brass band
- Aldershot Town Football Club activity
- Christmas arts and crafts stall, food stalls.

[Christmas carol service - Rushmoor Borough Council](#)

Winter weekend entertainment in Aldershot

Saturday 10 December, 10.30am to 2.30pm

Take part in a virtuoso strolling musical performance from a giant old-fashioned pram decked in seasonal holly and ivy. The Dickension Ding Dong toasts in the bleak mid-winter with roaring renditions of your favourite old chestnuts. You can even take part!

Then join Junk Jodie and create some fantastic recycled toys and presents for your friends, just in time for Christmas.

Basingstoke Silver and Band and Saxophony will be providing festive tunes.

Saturday 17 December, 10.30am to 2.30pm

Father Christmas' elves have escaped from the North Pole on their magical unicorns. They are heading to Aldershot town centre - don't miss their crazy escapades!

Then, join John from The Artroom to create a magical Christmas lantern for the evening's Carols by Lantern Light concert in Princes Gardens.

Catus Brass and Cove Brass Band will be providing festive tunes.

Winter weekend entertainment in Farnborough

Sunday 11 December, 10.30am to 2.30pm

Take part in a virtuoso strolling musical performance from a giant old-fashioned pram decked in seasonal holly and ivy. The Dickension Ding Dong toasts in the bleak mid-winter with roaring renditions of your favourite old chestnuts. You can even join in!

Then join Junk Jodie and create some fantastic recycled toys and presents for your friends, just in time for Christmas.

Trads Army Dixieland Jazz Band will be playing festive tunes.

Saturday 17 December, 9am to 4pm

The elves and their 'Goodometer' are checking to find out who's been naughty and who's been nice! Scan your hand and one of the presents will light up to indicate whether you've been good, borderline or naughty!

Then, join the town centre events team to make some last-minute crafty Christmas presents.

Carols by lantern light – Princes Gardens, Aldershot, Saturday 17th December

Local performers will be spreading Christmas cheer on Saturday 17 December at Aldershot's Carols by Lantern Light concert on the bandstand. Create a handmade lantern and head to Princes Gardens from 5.30 to 6.30pm.

Join the community for a traditional evening of carols and seasonal sing-along songs. A Christmas message will be read by representatives from local churches, as the lanterns cast a magical glow around the bandstand. There will also be free hot drinks and cake.

Drop-in workshop

If you would like to create a lantern for the carol concert, please visit Union Street in Aldershot town centre between 10.30am and 2.30pm and join the free lantern-making workshop.

Aldershot Military Museum – Activities in December 2022

Queen's Avenue, Aldershot, GU11 2LG

In the run up to Christmas, Aldershot Military Museum will be open daily from 10:00-16:00 from Wednesday 14th December until Sunday 8th January, except for 24th-26th December inclusive and New Year's Day.

Free family activities (included in your museum admission)

Christmas Crackers! Wednesday 21 & Thursday 22 December

10:30 – 12:30 & 13:30 – 15:00

How would soldiers have celebrated Christmas in our barracks? Find out and create your own Victorian Christmas cracker! Throughout the holidays, you can also pick up a copy of our 12 Days of Christmas activity trail to discover Victorian festive traditions. Drop in anytime between 10:30 - 12:30 and 13:30 - 15:00. Spaces allocated on a first-come, first-served basis. Ages 3+, children must be accompanied by an adult. Standard museum admission applies, donations welcome.

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Aldershot Pools

Guildford Road, Aldershot, GU12 4BP

There will be changes to opening times over the festive period. Please refer to our website for more information.

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

Expect a warm welcome from Hampshire Libraries this Christmas

Aldershot, Farnborough, Fleet and Yateley Libraries are all open as normal between Christmas and New Year, providing a warm and welcoming place where families can spend time together without spending money!

The usual free activities, construction club, Rhymetime and Storytime will all be happening, but in the week before Christmas we're also offering:

- Free Christmas crafts for kids in the week before Christmas
- Santa craft and colouring sessions
- Family Wreath making
- Festive stories and fun
- Free stay and play sessions

Some libraries also have special tables, with a quiz, game or puzzle, where you can sit if you want to have a chat with someone. You can bring cold food, snacks, and drinks into the library too.

We also offer a range of free courses just for parents and carers and places for people who enjoy the same hobby, like knitting, colouring, or jigsaws, to sit together and talk.

For more information on what's happening in your local library please visit our website www.hants.gov.uk/library or follow us on Facebook!

Aldershot –	T: @AldershotLibrary	F: AldershotLibraryandLearning Centre	I: aldershotlibrary
Farnborough –	T: @farnboroughlibrary	F: farnboroughlibrary	I: farnboroughlibrary
Fleet –	T: @fleetlibrary	F: fleetlibraryhants	I: fleet.library
Yateley –	T: @yateleylibrary	F: yateleylibrary	I: yateleylibrary

Parkside (Aldershot & District Learning Disability) – Saturday Zone

Saturday Zone is a fantastic opportunity for young people with a Learning Disability to have fun in a secure environment! Saturday Zone enjoys an array of activities, both on-site and at various locations in the surrounding area. We deliver activities to meet each child's needs in a fun and lively social environment.

**This club is for young people aged 8 – 18 who want to have FUN, Socialise and Make Friends!
This club runs alternate Saturdays 10am – 3pm @ Parkside, Guildford Road, Aldershot, GU12 4BP**

For parents it ensures that the club delivers a safe and supporting environment to develop skills. We also have a large well-resourced sensory suite. Parental contribution £20 per session (invoiced in advance). The club runs throughout the Summer Holidays!

To find out more contact the Deputy Manager: Angie Morris Tel: 01252 313 103 or Email: angie.morris@parksidealdershot.co.uk

Squirrels Holiday Fun Club

We are running our Winter Holiday Fun Club from Monday 13th – Friday 17th February 2023

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

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games, 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.

COVE BUMPS & BABIES: from bumps through to babies up to 18 months

A safe relaxed place to come along and meet other parents over a cuppa & cake.

Monday 1.30-3.00pm, term time only. £1 admission

Christ Church, 55 Cove Road, Farnborough GU14 0EX

For more info contact info@parishofcove.org.uk or Parish office 01252 371804

Rushmoor Healthy Living Low-cost 'Legs, Bums & Tums Class' (Adult Class)

Warm yourself and save on heating!

All are welcome! Come and join our friendly group:

Parsonage Farm School

Mondays 9.15am to 10am.

Term- time only.

For a FREE trial class quote 'Jan23 TMG'.

Ongoing classes only £13.65 per month.

The class offers a fun and easy to follow aerobic routine to warm you up, followed by toning exercises to target those key areas (legs, bums and tums!). You'll need a mat for some floor-based work (or use a chair if you prefer). The class will end with a lovely top-to-toe stretch out.

Please call 01252 957430 or email classes@rhl.org.uk for more info.

Wide range of other classes available from only £3.50 each per class, see [Rushmoor Healthy Living: RHL](#)

Kaizen Karate Academy – New Term 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](#) or kaizenkaratefarnborough@gmail.com or Chief Instructor Bill Cross on 07958 630 048.

Wavell Campus Leisure

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 - CLASSROOM HIRE £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'

PARTIES

BOTH THE WAVELL HALL & COMMUNITY HALL ARE NOW FULLY BOOKED ON BOTH A SATURDAY & SUNDAY AND THE SPORTS HALL IS NOW ONLY AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON SATURDAYS & FROM 1PM – 6PM ON SUNDAYS. HIRE PRICE IS £41.60 PER HOUR

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.

For further information or enquires regarding hire of our facilities either:

Email: wavell.campus@wavell.hants.sch.uk

Check our website at www.wavellschoolorg.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317 603

COMMUNITY SUPPORT INFORMATION

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. The store is free to access but we do ask if visitors are able, that they make a small donation to help keep the project running.

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

We are open: every Tuesday 10am to 4pm

Please signpost your families in need.

For more information, please follow the project's [Facebook page](#) or email

CommunityGrubHubStore@gmail.com

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

The Church of the Good Shepherd is open 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

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 new 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

Rushmoor Repair Café: Save money by repairing instead of replacing.

If you have a broken toy, bike, or a small household item in need of Repair, don't bin it! Bring it along to the Rushmoor Repair Café. You will find us at the West End Centre on the 3rd Saturday of every month between 10.30am and 1.30pm. We have a fantastic group of volunteers who love a challenge and can cover all sorts of repairs, including electrical, mechanical, bikes, sewing, carpentry and much more. On the odd occasion when they can't fix it, they will point you in the direction of a local business who can help you.

The Café is funded by the Armed Forces Covenant Fund Trust which means all repairs can be undertaken free of charge, and you can enjoy free refreshments whilst you wait (donations welcome). Children must be accompanied by an adult, and we encourage you to sit with the Fixer

whilst they work on the repair. We hope that this will increase your confidence and skills so that the next time you need to repair a puncture or sew on a patch, you have the skills to take on the fix yourself.

We are always looking for volunteers, if you would like to find out more, please email volunteers@rushmoorrepaircafe.org

Our next session takes place on December 17th, we hope to see you there!
For more information, please visit www.rushmoorrepaircafe.org

Farnborough Lions Club in the local community

Farnborough Lions are working together with partner organisations during the winter months to help those on low incomes who find it difficult to heat their homes and feed their families. The Winter Fuel Poverty Campaign is a scheme to assist those who cannot pay their household electricity and gas bills together with online fundraising to help fund the assistance given to local people.

We can receive referrals from health professionals, social services, housing associations, Citizens Advice, Rushmoor Council and local churches. Once applications are cleared the domestic fuel bills are paid directly to the utility companies on behalf of the low-income families. To find out more about this scheme please contact secretary@farnborough-lions.org.uk Or, if you would like to help contribute towards this invaluable aid visit www.farnborough-lions.org.uk and donate via Just Giving through the 'Donate Now' button.

Farnborough Lions are working alongside fellow Lions Clubs in Aldershot, Fleet, Hart and Yateley to provide food parcels for Christmas through The Lions Community Store. We also give small grants to help individuals, local charities and voluntary groups.

Refurbished IT equipment is also donated to Ukrainian refugees, families in need and local children to support their schoolwork through the Lions Refurbishment Computer Programme. The Lions ROAR national competition for primary schools helps build children's presentation skills and self-esteem by giving them a project to cure global environmental issues which they pitch to a panel of School Governors, Teachers and Farnborough Lions. The winning idea in each school then goes forward to the national online final against over 200 other schools.

For more information on any of these schemes please contact secretary@farnborough-lions.org.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.

If you are or anyone you know is struggling to pay energy bills, please get in touch with us as we can provide financial support for eligible Hampshire residents to help with bills. We also have an experienced debt team who are here to help with money advice.

Advice First Aid

Thanks to funding from Hampshire County Council and Frimley 10:100, we are running a successful project for charities and organizations 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).

Demand for our service is growing rapidly and we need more volunteers so we can help more people. If you are interested, please get in touch via our [website](#). We have a wide variety of volunteer roles available such as telephone assessors, advisers, admin, reporting and fundraising. We also have vacant paid roles.

Adviceline

Tel: 0808 278 7864 (**freephone number**)

Citizens Advice Hart Website

citizensadvicehart.org.uk/

Citizens Advice Rushmoor – Extra cash available to help with energy bills

Citizens Advice Rushmoor is giving grants of up to £147 from Hampshire's *Household Support Fund* to help with energy bills. Rushmoor residents who are struggling to pay bills can qualify for a grant of up to £147 towards their bill. Just call **01252 513 051** to get a referral, or apply online on <https://citizensadvicerrushmoor.org.uk/energy/>

Citizens Advice is here to help with all sorts of other things too; as the cost-of-living pressures mount, we can make sure you know what you are entitled to, and help with managing bills and other problems. Our Freephone Adviceline is 0808 278 7912 or for consumer queries use 0808 223 1133 – as well as lots of online help at <https://www.citizensadvice.org.uk/>

Citizens Advice Rushmoor – Cost of living survey

Citizens Advice Rushmoor is currently researching how people manage the **cost of living in Rushmoor**. As part of this research, we have prepared a **survey** to learn the views and experiences of Rushmoor residents. With this research, we aim to influence local and national policy by providing evidence about how people living in a high-cost area are currently managing their incomes.

We aim to reach the highest number of participants possible. **Please would you share the information below widely, so we can maximise the number of people completing the survey and spread the word across the community.**

We invite all **Rushmoor residents aged 18 and above** to take part. You can use this [link](#) to access to the survey or scan the QR code in our poster. We will keep all responses anonymous and secure.

To contact Citizens Advice Rushmoor for help and advice, all our details are on <https://citizensadvicrushmoor.org.uk/home/contact-us/>

Hampshire County Council Reducing Parental Conflict (RPC) Programme

Emma Bator recently started a new role as the Reducing Parental Conflict (RPC) Coordinator for Hampshire County Council, supporting the development of this early intervention project.

We are all affected by the quality of our relationships. Our personal relationships can be the difference between us coping or not coping with a stressful event or time in our lives. There is strong evidence that conflict between parents – whether together or separated – can have a significant negative impact on children’s mental health and long-term life chances. While all relationships will experience conflict, it is when conflict is **frequent, intense and poorly resolved** that it can be damaging to children.

The Reducing Parental Conflict (RPC) programme is aimed at conflict **below the threshold of domestic abuse**. Damaging conflict (below this threshold) between parents can be expressed in many ways such as:

- aggression
- silence
- lack of respect
- lack of resolution

Conflict can affect children in all types of parental relationships. The RPC programme focuses on the ways that a couple behave, rather than the status of the relationship. If you work with children and their families, perhaps in a school, early years setting, health care setting, sports club, or through broader work in the community such as policing or a faith group, you are ideally placed to help parents identify destructive conflict within their family and provide support towards more constructive relationships.

Multi agency training is available for practitioners to deepen your knowledge of RPC, enabling you to raise parent’s awareness of destructive conflict and the impact it has on their children. You will have access to digital resources that you can use with parents to develop positive communication skills and helpful conflict behaviours.

The training is delivered virtually, over 2 days. This provides opportunity for reflection and time for questions to formulate as well as limiting the amount of continuous screen time. Day 2 includes dedicated time to get to grips with the tools and evidence, with many people saying they felt better equipped to begin using the resources. Please click [here](#) to view upcoming dates for this training and book your free place.

HEALTH & WELLBEING INFORMATION

Stay well this winter with help from your local NHS

As we head into winter, the NHS across Frimley Health and Care is supporting people to stay well and make the right choice when seeking medical help. Colder weather can make some health problems worse and even lead to serious complications, especially if you have a long-term health condition, for example asthma or heart disease.

If you're 65 or over, or in one of the at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get support and advice from:

- the 111.nhs.uk website – check your symptoms or get help if you have an urgent medical problem and are not sure what to do. NHS 111 can connect you with a nurse, GP, emergency dentist or other health professional. They will also book you an appointment if you need one
- The [Frimley Health and Care Integrated Care website](#) – for information and advice on keeping well and details about local services
- Parents, carers, children and young people can also find lots of useful information and advice at: <https://frimley-healthiertogether.nhs.uk/>
- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – appointments are available until 8pm on weekdays, 9am-5pm on Saturdays. Save time by making an appointment or ordering medicines via the NHS app or visit your GP website for online advice and support.

Call 999 or visit A&E when someone is seriously ill or injured and their life is at risk. This includes situations such as severe bleeding, head injury or if you think it could be a heart attack or stroke.

If you're concerned about your or someone else's mental health, you can get help from NHS 111 online or by calling 111. You can also call Samaritans 24 hours a day 365 days a year on 116 123 or text Shout to 85258. Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Keep a supply of painkillers, cough medicine, and plasters in your medicine cabinet, so you can deal with minor illness and ailment at home.

If you have a repeat prescription, make sure you have enough medication to last. You can manage your repeat prescription through the NHS App (nhs.uk/app) or your GP surgery's online service.

If you're eligible, boost your immunity with a free flu jab and COVID-19 booster. There's more information about the flu vaccine and how to book on the [NHS website](#). You can [book your COVID-19 booster online](#).

Keep yourself and your home warm and eat well. Use a hot water bottle or electric blanket in bed (not both), have regular hot drinks and at least 1 hot meal a day.

For cost-of-living support please visit your local council website:

- [Hart District Council](#)
- [Rushmoor Borough Council](#)

There's also information on the government's [Help for Households website](#).

Dr Lalitha Iyer, Chief Medical Officer for NHS Frimley, said, 'If you are unwell or injured, it's important to choose the right service to make sure you get the best treatment as quickly as possible. You may not need to see your GP or go to A&E. If you're unsure what service to choose, visit the NHS 111 website. It includes a symptom checker and can connect you to a nurse, emergency dentist, pharmacist or GP, or arrange a face-to-face appointment if you need one. 'It's also very important that you take up the offer of a free flu and COVID-19 jab, if you're eligible.'

Worried about the health of your child?

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

Sore throats and fever

Sore throats and fever, along with the symptoms that accompany them, can be miserable for your child. Often caused by viral infections, many get better on their own, but sometimes a more serious infection can be the cause. To help you decide if you need to seek help, use Frimley Healthier Together.

You can prepare ahead for this winter by:

- + stocking up on common medication such as children's paracetamol and ibuprofen
- + saving Frimley Healthier Together in your browser or downloading the Healthier Together App
- + familiarising yourself with NHS guidance on common childhood conditions so you know when and where to seek further medical help for a symptom your child is experiencing.

<https://frimley-healthiertogether.nhs.uk/parents/carers/worried-your-child-unwell/sore-throat>

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

[Kooth Offers a Digital online counselling](#) and emotional well-being support service for young people in Hampshire. It is a free, safe, secure and anonymous means of accessing support for all emotional health and wellbeing needs providing users with access to a professional team of qualified counsellors. Kooth has a range of additional support features such as discussion boards,

magazines and wellbeing activities, providing additional support with peer to peer and community support. All elements of the site are safe and secure and pre-moderated. Young people in Hampshire aged 11-25 have Free access to the service.

[No Limits Safe Haven](#) provides a safe space for children and young people aged 10-17. No Limits offers out of hours emotional and practical support with your mental health in a confidential, friendly and supportive environment. Currently providing an online, telephone and face-to-face service (by appointment only) in Farnborough.

Hampshire Counselling services

For young people aged 14-17 call: 02380 224 224 or visit: www.nolimitshelp.org.uk

For young people 5-17 Call: 02382 147 755 or visit: www.hampshireyouthaccess.org.uk

These Hampshire wide counselling services allow young people an opportunity to talk to a trained person in confidence, about anything of worry or concern. Counsellors are trained to listen to young people's issues and worries without judgement and without telling them what to do. The services offer face to face, online and telephone and group sessions depending on choice and need.

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 10pm-6am every Saturday night. It is a safe haven for young people aged 16-25 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.

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/>

NEW 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.

Solent NHS Trust Sexual Health Services

Sexual Health Clinic Mon-Fri Aldershot Centre for Health level 4

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

Condoms and Get it on cards, Contraception Information, including how to get emergency contraception

Chlamydia and other STI testing information.

Useful links:

Relationships and Consent -- a free bitesize resource for organisations working with young people.

<https://www.letstalkaboutit.nhs.uk/media/1453/spotlight-on-guidance.pdf>

https://www.letstalkaboutit.nhs.uk/media/1456/spotlight_consent.pdf

Free NHS Sexuality training (LGBTQ+)

<https://www.letstalkaboutit.nhs.uk/network-training/sexuality-training/>

Sign up to your own Personal Health Record - [https://solenttrust-](https://solenttrust-my.sharepoint.com/:i/g/person/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g)

[my.sharepoint.com/:i/g/person/kirsti wooldridge solent nhs uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g](https://solenttrust-my.sharepoint.com/:i/g/person/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g)

Free training

<https://www.eventbrite.com/e/lgbtq-keeping-an-open-mind-webinar-tickets-380231090427>

<https://www.eventbrite.com/e/sexual-health-matters-webinar-tickets-380252464357>

Rushmoor & Hart School Nursing Service

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

The Parent Chat Health service is available for advice and support for all parents with children aged 5-19 in Hampshire using this contact. Text: **07507 332 417** 9:00am-4:30pm Monday to Thursday 9:00am-4:00 Friday.

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 are following national guidance and can offer telephone advice/video conference calls regarding the following:

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

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

Act and get you blood pressure checked

High blood pressure – the ‘silent killer’

Roughly one third of all adults in the UK are thought to be living with high blood pressure, yet many are doing so without realising.

It can affect anyone and can lead to heart attacks, strokes and other serious and potentially life-threatening situations, so it’s not surprising it’s sometimes known as the silent killer.

Yet in many cases it’s preventable, making detection so important.

Checking your blood pressure is quick, easy and painless and can have a huge positive effect on your health. It can detect a potential problem and help get you on the path to treatment and improvement, or it can reassure you that your blood pressure is as it should be.

Frimley residents are being urged not to be complacent when it comes to their blood pressure and to check theirs – or have it checked – regularly. You can use a home monitoring device or visit a community pharmacy conducting blood pressure checks. Look out for blood pressure monitors at some community venues too. Anyone invited to a health check by their GP practice is also encouraged to taken up the offer.

There are many misconceptions around high blood pressure, such as that young people don’t develop it, that if you feel well you don’t need to worry, or that if it runs in your family there’s nothing you can do to prevent or manage it.

High blood pressure can be caused by a variety of factors, from a person’s lifestyle (diet and exercise) to stress and genetic factors, and just as there are many contributing elements, there are also many treatments and methods of managing and reducing it. Depending on individual cases, these can include anything from lifestyle changes to medication.

[Find out more here](#) about how you can get your blood pressure checked, with advice in a short video by Dr Nithya Nanda, a GP and the Frimley Health and Care Cardiovascular Disease and Diabetes Clinical Lead. You can also read some personal stories of people working within your local health services who have their own experience of high blood pressure.

There is also a booklet you can download with information and advice. [Click here](#).

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.

Family Therapy

Our Family Therapy Service is offered to families who live in Hart and Rushmoor.

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

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

Fortify Mental Health & Wellbeing Services

Fortify are a Farnborough based child and youth service, that work tirelessly around Hampshire and Surrey to help teenagers and young adults build resilience and mental wellness. We want parents and carers to know they're not alone in their struggles to help teens get through difficult years. We know that with the right support, we can get teens through anything.

Our bespoke sessions are tailor-made to the individual, or specifically designed for groups of people suffering with the similar problems. These youth support services are for anyone over the age of 13 who wants to improve their life, their mental health and their wellbeing. Our self-exploration, self-love and self-esteem boosting techniques **really work** and time and again, we see young people transform into happy, confident, carefree individuals.

Youth Counselling Service

No judgement, one to one support from a qualified youth support worker. Our teen counsellor team can help anyone over the age of 13 who wants to gain a better understanding of themselves. A completely confidential service which covers a whole range of areas such as anxiety, bereavement, anger management, low self-esteem, self-harming or stress (to name just a few).

Mentoring Young People

Inspiring young people with our bespoke mentoring programme. Any young person aged between 13 and 24 can benefit from having a mentor that essentially 'has their back' as they work out where things have been heading in the wrong direction.

We recommend our mentoring service for young people who are struggling with

- How to communicate thoughts and feelings to the world
- Emotional wellbeing and mental health
- Having a lack of real direction and purpose
- Feeling like nobody understands them

Emotional Regulation Courses

These courses are all to do with understanding and controlling your emotions.

We coach teens about how they can 'allow' the feeling, without being engulfed by it, as well as healthy responses to those feelings that are non-destructive. Emotional development in adolescence is critical to teens health moving forwards into adulthood and learning these skills early is a key way to ensure better relationships. With roots in Dialectical Behavioural therapy and Mindfulness, our sessions give you a better understanding of the links between a triggering event; the felt emotion, physical bodily reaction and acted out behaviour. This cycle can be interrupted and changed at any point.

No Limits Young People's Safe Haven NEHF Service Update

The aim of Safe Haven is to provide young people of North East Hampshire & Farnham covering areas including Farnborough, Aldershot, Fleet and the surrounding villages, 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 to make positive changes.

For more details, please see our website: [Safe Havens - No Limits \(nolimitshelp.org.uk\)](http://nolimitshelp.org.uk)

Safe Haven for North East Hants & Farnham (NEHF) is currently based at **Shieling House, 30 Invincible Road, Farnborough, Hants, GU14 7QU** on **Monday 6:30-10PM** and **Thursday 6:30PM-10PM**.

In addition to face-to-face appointments, we are also offering an online webchat and text/phone service on a **Wednesday evening, from 5pm to 8pm and Saturday 10.30am - 1.00 pm.**

***Please note: Safe Haven NEHF runs as a crisis support service and as such, we do not hold young people for more than a couple of months. Our aim is to support them through their crisis, give them the appropriate tools and coping strategies to use and pathway them onto appropriate services/provisions e.g. youth clubs.**

Please use the following number to get support for yourself, or a friend/family member: 0791 825 9361. This phone number is only on during the allocated service times (as above). If we are closed, please leave a voicemail or text OR alternatively email safehaven@nolimitshelp.org.uk.

TalkPlus

At TalkPlus, we know life can be challenging and overwhelming, often resulting in less time for yourself, a lack of sleep and time spent overthinking. We can help by giving you the tools to cope with the stress of day-to-day life. We offer free NHS talking therapies to anyone aged 16+ struggling with mild and moderate mental health difficulties such as stress, low mood and worry registered with an NHS GP in North East Hampshire and Farnham.

Whilst we are not a crisis service, like with physical health conditions it's good to seek advice sooner rather than later. For more severe and enduring difficulties it may be that another service is better suited to your needs. If in doubt about referring, you can discuss the best option with your GP.

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

Instagram @talkplus_nhs/

Facebook @talkplusapt

Twitter @TalkPlusNHS

Kind to Mind – Wellbeing Workshops

Kind To Mind (www.kindtomind.org) is offering 3 workshops in the new year to support adults experiencing stress, anxiety, low mood and other wellbeing challenges. Sessions are based on CBT, Mindfulness, professional and personal experience and are tailored to the current anxiety provoking situations many adults find themselves living in now. It costs just £5 to attend and is an opportunity to develop new strategies to manage your wellbeing in the coming months. Click [here](#) for details:

January Blues Workshop - [11th January at 7pm](#)

Disordered Eating vs Eating Disorders - [18th January at 2pm](#)

Anxiety Management Session - [19th January at 2pm](#)

Shape Up 4 Life Hampshire – Free support to lose weight and keep it off

Your evidence based programme to make healthy choices a sustainable habit.

Face to face support in the community / Virtual classes / ShapeUp4Life app

Visit our website here: www.shapeup4lifehampshire.co.uk

Call 023 8218 0287 or Text 'ShapeUp' to 66777

No Limits - Smoking cessation workshops for professionals working with young people

What are we offering?

No Limits are providing, on behalf of Hampshire County Council, FREE workshops for schools, colleges and establishments working with young people to develop a 'whole settings' approach to smoking and vaping.

Workshops include:

Training to help you embed smoking prevention within your educational setting
Latest guidance on vaping and young people
Engaging parents, staff and colleagues to create a smoke free environment
Resources for sessions, peer education and policy development
Participants will be provided with a toolkit of resources to promote a whole settings approach that can be modified according to need.

All training will be delivered online or face to face, working to Covid 19 guidance. If you would like more information or to book a place on our multi-establishment online workshops or to arrange a workshop tailored to your establishment, please contact lisa.brodie@nolimitshelp.org.uk

No Limits - FREE substance misuse training for professionals working with young people

What will the workshop provide?

- Increased awareness of prevalence and signs and symptoms of substance use.
- Availability of free resources on alcohol and drugs for use with young people
- Examples of good practice (policy, curriculum, links to PSHE, support for young people)
- Who should attend?
- Professionals working with Young People including, Senior Managers/PSHE/PDC leads
pastoral support youth workers
- Please contact lisa.brodie@nolimitshelp.org.uk to book your free place on an open course or arrange a tailored session for your establishment.

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.

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. We run five different youth clubs each week (term time) to meet the different needs of all the young people in the community. These are 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 who are struggling mentally or find it hard to fit in at social events. Come along for signposting advice or just use the space as a chill out area, activities include board games and art. Free snacks and drinks and no charge to come along either!

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.

Sixth Form Club - Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A youth club for those aged 16-18 and in sixth form, college, work or NEET. Play games such as pool or table tennis, relax in the sofa areas or bring books and study. Refreshments available to purchase including hot drinks and snacks. Free!

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

A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). 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 other games. Play outside on the floodlit tennis courts or 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, taking a holistic approach to health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescribing Link Worker connects 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. Contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves.

For more information about any of the above services please contact office@vision4youth.org.uk, visit our website www.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.

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.

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 were recently awarded a grant from Rushmoor Community Lottery to run a Young Carers Cook & Eat Programme in the autumn and spring terms. This is currently running 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 a healthy meal for their whole group of around 20-25 young carers.

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

WE NEED YOU! We have families waiting for your help.

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

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.

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

Registered charity number: 1144661

Step By Step – ‘Launch’ project

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

Email: launch@stepbystep.org.uk

Phone: 01252 346 105

Web: www.stepbystep.org.uk/launch

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

Step By Step – Open Door Christmas Appeal

For most of us, Christmas is a happy time spent with family and friends. But Christmas can be lonely and frightening for young people experiencing homelessness.

Please help Step by Step support young people over the festive period and beyond by donating to the Open Doors appeal.

Just £33 could fund a day of accommodation and specialist support.

Together, we can give young people a safe and supported Christmas, and the opportunity to escape homelessness for good.

Please donate at www.stepbystep.org.uk/opendoors

The Vine Centre

SHINE for 16-24 year olds on a Thurs eve 5-7pm where they can socialise and meet new people, learn computer skills and enjoy a coffee.

Therapeutic Art on a Weds 10-12 friendly relaxed group, just turn up, no artistic experience needed

Cooking with Confidence Thursday 10:30-12:30 learn how to cook easy meals on a budget and enjoy what you cook for lunch on the day. Plus, access to Level 2 food hygiene certificate and Barista training

Community Café is open Weds 10-1pm, free barista coffee, space to chat and also budgeting support if requested.

The Cosy Hub – It’s getting colder, and the cost of utility bills is soaring, so we are opening our doors for anyone who needs somewhere warm to go. Chat with friends, charge your phone, access support or just read a magazine/book. Refreshments & soup available. Wednesday and Thursday 10-4

All our support services are available to anyone accessing The Vine for whatever reason

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

www.thevinecentre.org.uk

Contact information: 01252 400 196, Email: info@thevinecentre.org.uk

Hart Voluntary Action

Volunteering to support children, young people, parents and families in North Hampshire

A quick search of the Volunteer North Hampshire website will give you 101 opportunities to volunteer for community organisations and charities which support children, young people and their families across North Hampshire. From hands-on roles as helpers at parent/ toddler groups, or family support volunteers for Barnardo's or Home-Start, to virtual support for Hampshire SENDIASS as a social media volunteer, to taking on those essential behind the scenes roles of Trustees and School Governors, there is a whole range of opportunities available to suit individual availability, skills and interests.

Contact with your local Volunteer Centre for more support <https://www.volunteernorthhants.org/>

Prospect Estate Big Local (PEBL) – News

PEBL Grants Pots

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

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

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

PEBL Skills Café

PEBL's friendly team supports residents of the Prospect Estate to find employment. This includes general advice, sign posting, find fast fill jobs and online training links as well as specialist support and care packages from the Vine Centre at the Prospect Community Centre, (next to the Post Office). Currently by appointment only.

Every Wednesday 10am – 12.30pm

Email skillscafe@pebl.info or call 07340 017 342

Hampshire Learning in Libraries

We have lots of Hampshire Learning in Libraries courses running this term, many of which are free for Hampshire residents. With courses covering a range of topics such as health and wellbeing, exercise, arts and crafts, work skills and first aid, there's something for everyone.

Browse our online shop to find out more and to book your place – new courses are added to our schedule regularly:-

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://www.hants.gov.uk/learning-in-libraries)

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

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 - We have a very active Facebook page: <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.

Under 5's Get Together - 09/12/2022 ,11-12pm Join Zoom Meeting: 830 8336 2381, Passcode: GT

Meet the SEN - 09/12/2022,11.30-12.30pm- Join Zoom Meeting: 844 7881 9869, Passcode: SEN

Evening Future in Mind parent peer support Zoom session -13/12/2022 8-9pm - Join Zoom Meeting: 844 5605 9540, Passcode: FIM

Daytime Future in Mind parent peer support Zoom session-13/12/2022 , 11-12pm - Join Zoom Meeting: 854 1964 9102, Passcode: FIM

Evening Get Together -13/12/2022, 8-9pm - Join Zoom Meeting: 837 8151 4810, Passcode: GT

Farnborough Rotary Club

Immediate Help

We have funds ready for many charitable purposes. Just ask and we'll see if we can help. General charity requests will go through our regular procedures, ranking in terms of need, deciding whether we contribute and if so what amount.

We view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our funds come from the community. We can also offer practical help, sometimes for individuals and sometimes for community activities.

If you think you have a need, contact us on 0300 772 7011 (local rates). We will then ensure the most appropriate person will call you back.

Vocational Team – School and College Activities

Activity in the team has steadily increased over the last six months despite schools and colleges still battling with the effects of Covid. Communication channels are lively, and we have been delighted to be able to respond to several requests for help.

Our offer to help is, of course, ongoing so if you would appreciate the chance to discuss your own ideas, issues or concerns, for help, e.g. mock interviews, activity days, please contact Mary Madine vocational@farnboroughrotary.co.uk at any time.

Help Rotary!

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

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

The North Hants Employment Skills Zone has relaunched!

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

Grants from Rushmoor Borough Council

Ward and Community grants are open for applications until the end of February 2023 (or until funds are fully allocated), so if your organisation has a project it needs funding for, check out the criteria of the funds and get your application in soon!

There is also over £50k available in the Farnborough Airport Community Environmental Fund for allocation.

For full details including criteria and application forms for all these grants please visit [Grants for community organisations - Rushmoor Borough Council](#)

Rushmoor Community Lottery

If you're looking for a Christmas present which makes a difference in the local community, look no further than a gift voucher from the Rushmoor Community Lottery. This gives the recipient the chance to win a cash prize whilst also helping to raise money for good causes. Gift vouchers start from just £5 and include your choice of colour and a personal message. For details visit [Rushmoor Community Lottery - Buy a gift voucher & support your good cause - Rushmoor Community Lottery \(rushmoorlottery.co.uk\)](#).

If your group is looking to raise extra income why not check out joining as a good cause. All good causes received 50p from every £1 ticket bought in their support and get the opportunity to apply for a community fund grant each year. To sign up there is a simple application form and you could be up and running in a matter of days with your own dashboard and resources to help you promote your cause. Visit www.rushmoorlottery.co.uk/good-causes for information and how to sign up.

Other funding available

Household Support Grant – More money available for warm hubs. There is a desire to see more creative offers which could be sustained longer term as there are a myriad of vouchers being offered by many different partners. Some ideas are included below but this is far from exhaustive:

- Funding to enable a new support group to provide meals or create food parcels/ hampers.
- Funding to enable an existing support group to provide warm clothes, shoes, and other essentials to families with children and other individuals in need.
- Funding to enable an existing support group to provide essentials, such as soap, blankets, draught excluders, boiler service/repair, and the purchase of white goods - including fridges, freezers, ovens, etc.
- A contribution towards additional activities/staffing to support an organisation to deliver cookery classes where families take the meal and or ingredients home with them.
- A financial subsidy to support a school/wraparound childcare provider to deliver an activity and meal day/scheme.

Closing date: 1st March 2023

Asda Foundation Cost of Living Fund – This grant is designed to support local community groups following increases in their rent, utility bill and food costs as a result of the cost of living crisis.

Closes: when funds have been allocated, so apply asap

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

The next edition will be sent out in February 2023

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