



## Rushmoor & Hart Supporting Families Newsletter – February 2023

Welcome to our 89<sup>th</sup> 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	<b>COST OF LIVING SUPPORT</b>
Page 2	<b>GOVERNMENT AND LOCAL AUTHORITY INFORMATION &amp; SUPPORT</b>
Page 3	<b>WHAT'S ON IN RUSHMOOR &amp; HART</b>
Page 10	<b>COMMUNITY SUPPORT INFORMATION</b>
Page 15	<b>HEALTH &amp; WELLBEING INFORMATION</b>
Page 25	<b>NEWS FROM AND FOR RUSHMOOR &amp; HART SCHOOLS &amp; COLLEGES</b>
Page 27	<b>NEWS FROM PARTNER ORGANISATIONS AND GROUPS</b>
Page 36	<b>SKILLS &amp; TRAINING</b>
Page 37	<b>FUNDING &amp; GRANTS CURRENTLY AVAILABLE</b>

The next newsletter will be in March / April ahead of the Easter 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](mailto: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 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](http://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](http://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](mailto: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](mailto: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](mailto: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](http://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](mailto: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**

### **Princes Hall February activities and shows for children**

Princes Hall, Princes Way, Aldershot, GU11 1NX

**Play In a Day – Pinocchio.** Tuesday 14<sup>th</sup> February - 10am-4pm

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

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

Children must be aged 7-11years to take part in this workshop.

<https://www.princeshall.com/event/142801/play-in-a-day>

**Dance In a Day** - Wednesday 15<sup>th</sup> February - 10am-4pm

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!

Children must be aged 6-10years to take part in this workshop.

<https://www.princeshall.com/event/143201/dance-in-a-day>

**Encanto Sing-Along (U)** - Wednesday 15<sup>th</sup> February - 2:30pm

Starring: Stephanie Beatriz, María Cecilia Botero, John Leguizamo, Mauro Castillo

Follow the on-screen lyrics and sing along to your favourite songs as you watch Encanto.

Encanto is an animated adventure in which a young woman resolves to save her magical family's home after discovering a sinister threat.

Genre: Adventure, Animation, Comedy

Rating: U

<https://www.princeshall.com/event/142401/encanto-sing-along-u>

**Dear Evan Hansen (12A)** - Wednesday 15<sup>th</sup> February - 7:30pm

Starring: Ben Platt, Julianne Moore, Kaitlyn Dever

A film adaptation of the Tony and Grammy Award-winning musical about Evan Hansen, a high school senior with Social Anxiety disorder and his journey of self-discovery and acceptance following the suicide of a fellow classmate.

Genre: Drama, Musical

Rating: 12A

<https://www.princeshall.com/event/142601/dear-evan-hansen-12a>

**All Star Super Slam Wrestling** - Thursday 16<sup>th</sup> February - 7:30pm

Tickets: £16.50 / Child £11.50 / Family (4) £51

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.

<https://www.princeshall.com/event/136401/all-star-super-slam-wrestling>

**Three Billy Goats Gruff** - Friday 17<sup>th</sup> February - 2:00pm. Tickets: £14 / Family (4) £52

On a grassy hill, in the middle of the countryside, there lived THREE BILLY GOATS GRUFF!

They never stopped eating and before long they had eaten everything they could get their hooves on! The only option is to go looking for more food.

So, hold on to your horns and join the three billy goats on their wild adventure as they bravely cross the rickety bridge to greener pastures. But who will they meet along the way as they TRIP TRAP over the bridge?

With catchy songs, funky dances to clap along to and a rapping Troll... Lost The Plot Theatrical are proud to present this interactive, family fun show! The perfect half-term treat for little ones and the big kids that bring them! A trip-trapping musical adventure!

<https://www.princeshall.com/event/141401/three-billy-goats-gruff>

\*\*\*\*\*

## Aldershot Military Museum – Activities in February 2023

**Queen's Avenue, Aldershot, GU11 2LG**

For February Half Term the museum will be open from Saturday 11 until Sunday 19 February, 10:00 until 16:00.

### **Model Mayhem! Wednesday 15 & Thursday 16 February, 10:30 - 15:00**

Have a go at model soldier painting, take your finished model home and spot our model soldiers on patrol in the cabinets. With support from Warlord Games. 20 minute painting sessions available at 10:30, 11:00, 11:30am, 12:00, 13:30pm, 14:00, 14:30 & 15:00. Painting sessions £3, one model per session. Prebooking of painting sessions highly recommended. Please book for children who will be painting only. Children must be supervised by an adult. Painting sessions require clothes that can get messy. Annual passes are not valid for this event.

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot\_military\_museum

\*\*\*\*\*

### **Runways End – Half-term activities**

Have fun this half term with our half day adventures. Enjoy a combination of activities including high ropes, climbing, archery, air rifle shooting or artificial caving.

Book now: <https://bit.ly/3CtUyOi>

Sessions are 2 hours long, cost £18 and are suitable for ages 6+. We've availability on the following dates:

Sun 12<sup>th</sup> Feb    Mon 13<sup>th</sup> Feb    Tue 14<sup>th</sup> Feb    Thu 16<sup>th</sup> Feb    Fri 17<sup>th</sup> Feb

\*\*\*\*\*

### **Aldershot Pools**

**Guildford Road, Aldershot, GU12 4BP**

Please refer to our website for sessions timetable.

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

\*\*\*\*\*

### **Family-friendly festival of Climate Change at Hampshire Libraries 10-18 February.**

Hampshire Libraries are hosting their first Festival of Climate Change from 10-18 February. Every library in Hampshire is offering free activities and events to share some brilliant ideas for having fun, saving money and doing a little bit towards preventing climate change, whether that's learning how to mend clothes, wasting less food, getting a free water refill or sharing climate change stories with children.

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

You can 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](#)

\*\*\*\*\*

### **Wellesley Woodlands events in Aldershot in February and March**

Wellesley Woodlands is a 110 hectare greenspace in the heart of Aldershot. Regular activities, walks and volunteering opportunities are organised on site. To find out more visit our Facebook page at [\(20+\) Wellesley Woodlands | Farnborough | Facebook](#)

18th Feb AM - Signs of Spring Nature Hunt (Wellington carpark):

<https://www.eventbrite.com/e/490982260157>

18th Feb PM - Family Den Building (Wellington carpark):

<https://www.eventbrite.com/e/490995750507>

12th Mar AM - Family Morning Bird Walk (Claycart carpark):

<https://www.eventbrite.com/e/491229870767>

26th Mar PM - Canal Wildlife and Kingfisher Walk (Claycart carpark):

<https://www.eventbrite.com/e/491251154427>

\*\*\*\*\*

### **Fleet Phoenix HYPE Club night - Court Moor School, 21<sup>st</sup> April**

After the successful relaunch of HYPE Club night, we are back for our second event on **Friday the 21<sup>st</sup> April. Young people from ALL schools are welcome to attend.**

HYPE is a safe clubbing environment for young people in school years 7, 8 and 9 to experience the buzz without the drugs and alcohol. We promote safe clubbing and having a great time with friends.

Tickets are just £8 per person and are available from [Ticket Lab](#) or use the QR code.

No tickets will be available to purchase on the night, presales ONLY - so get yours now!

We will also be supplying a tuck shop and an opportunity to buy flashing items, so if you are able to, please send them with a little extra cash. There will be other fun activities like inflatables, quizzes, challenges and opportunities to winning some amazing prizes.

Drop off is in the Court Moor school main carpark. There will be signs displayed showing you the way. Once the young people are in the event, they will not be able to leave without an adult (over 18) picking them up from the doors. At the end of the night, young people will not be able to wonder around to find their ride home, so please come to the door to collect them. There will be signs to show you the way.

We are so excited for this event, and we can't wait to see you there. If you have any questions or queries, please email [Charlotte](#). Any profits made will go directly to Fleet Phoenix for us to continue the vital work we do in the community with young people and their families.

\*\*\*\*\*

## **Squirrels Holiday Fun Club**

**We are running our Winter Holiday Fun Club from Monday 13<sup>th</sup> – Friday 17<sup>th</sup> 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](mailto:office@squirreleducare.co.uk) for more details.

\*\*\*\*\*

## **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@parksidealershot.co.uk](mailto:angie.morris@parksidealershot.co.uk)

\*\*\*\*\*

## **Celebrate Aldershot and Farnborough's rich histories using interactive heritage trails**

### **Aldershot heritage trails**

The heritage trails tell the story of Aldershot from being a small village back in 1850, and how it became the home of the British army, to its current status today. The six trails tell stories of people, places, events and buildings throughout the town.

At the beginning of each trail there is a tall totem. The trails are different lengths, and you can learn about the history along the way by reading signage, using our digital app, through a physical booklet or using our website.

The six trails are:

- Marlborough trail
- Stanhope trail
- Wellington trail
- Redan trail
- Town trail
- Village trail

You can use the app as you walk along the trails. As you arrive at a point of interest, audio stories, images and facts will pop up.

Along the town trail you can see historic views of Aldershot, through augmented reality, and take a souvenir selfie against an historic backdrop. Simply download app from the App Store or Google Play. You can also follow the trail on the [Aldershot Heritage Trails website](#).

A booklet with maps of the trails and a list of the points of interest is also available from Princes Hall, Council Offices, Ski Centre, Aldershot Library, and the Aldershot Military Museum. This project has been developed by Rushmoor Borough Council, Grainger Plc, the Aldershot Garrison and the Friends of Aldershot Military Museum.

### **Farnborough heritage trails**

The Farnborough heritage trails will help you trace the history of the town. Each trail features buildings of interest, illustrated by historic and modern images with accompanying text to add to the enjoyment of the journey.

The history of the town spans more than a millennium and has grown from a tiny hamlet with a population of 13 recorded in the Domesday Book, to over 65,000 in the 2021 census.

The Farnborough Street trail outlines the history of the original village. Along the way there will be evidence of the early pottery industry, the arrival of the railway, and the first recorded school, and a brewery connection.

To discover more about Farnborough's aviation heritage, take the Aviation Trail which will show the progression from the earliest recorded flight in this country, through the development of world-famous research facilities, and noting some prominent contributors on the way.

You can use the app as you walk along the trails. As you arrive at a point of interest, audio stories, images and facts will pop up. Simply download app from the App Store or Google Play.

\*\*\*\*\*

### **Go Draw Online Drawing Festival starts 27<sup>th</sup> February**

Go Draw is an online drawing festival celebrating drawing and creativity. It is open to all, whatever your age and ability.

Now in its third year, the festival starts on February 27<sup>th</sup> and participants are encouraged to draw every day for a fortnight. To encourage you with your drawing a different theme is published every day. Hundreds of people will be drawing each day, including many schools.

You can use whatever you like to create your drawing and you can draw in whatever you want. There are free drawing books especially designed for the Go Draw festival. These can be picked up at local venues.

You don't need to share what you draw – if you are feeling shy. However, the organisers hope you will share and support others. A special Facebook page has been created so that those participating can show others what they have achieved each day, and hopefully, receive comments and encouragement.



Don't worry if you haven't drawn anything for years, or you think you aren't good enough. The organiser John Ritchie, of The Artroom, says "Go Draw is a perfect opportunity to re-spark your love of drawing. By making yourself draw every day for a fortnight you will discover what fun drawing is. Today, where everything is so busy, it is good to spend some time being creative. There is so much evidence that creativity is good for your mental health... as well as being fun and rewarding. I hope lots of people find the time to Go Draw"

To find out more visit the website at: [www.the-artroom.com](http://www.the-artroom.com)

\*\*\*\*\*

### **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](mailto:info@parishofcove.org.uk) or Parish office 01252 371 804

\*\*\*\*\*

### **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@kaizenkaratefarnborough@gmail.com) or [kaizenkaratefarnborough@gmail.com](mailto: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](http://www.wavellschool.org.uk/leisure/homepage) for all our clubs and classes running at Wavell Campus Leisure. You will find everything you need to know on the 'What's on Where Page'

## **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](mailto:wavell.campus@wavell.hants.sch.uk)

Check our website at [www.wavellschoolorg.uk/leisure/homepage](http://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](mailto: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](mailto: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](http://www.thevinecentre.org.uk)                      [info@thevinecentre.org.uk](mailto: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](mailto: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](mailto: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 3<sup>rd</sup> 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](mailto:volunteers@rushmoorrepaircafe.org) and for more information, please visit [www.rushmoorrepaircafe.org](http://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](mailto:secretary@farnborough-lions.org.uk) Or, if you would like to help contribute towards this invaluable aid visit [www.farnborough-lions.org.uk](http://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](mailto:secretary@farnborough-lions.org.uk)

\*\*\*\*\*

### **Citizens Advice Rushmoor – Cost of living in Rushmoor: Save the date**

Citizens Advice is planning an event on the afternoon of Tuesday 28<sup>th</sup> February, to launch our new "Cost of Living in Rushmoor" report. The report includes our research and interviews with local people, as well as highlighting the key pressures and issues facing Rushmoor residents. Our aim is for the report and event to inform actions and priorities, so that together we can improve support for people most affected by cost of living pressures. We will be sharing more information nearer the time. We are pleased to confirm that Dame Clare Moriarty, the national Citizens Advice Chief Executive, will be the keynote speaker.

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

\*\*\*\*\*

## **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 have dedicated energy advisers to help through our [Energy Advice programme](#).

### **Help in the community**

Citizens Advice Hart are aware that not everyone can travel to Fleet to get help. We are therefore 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 will be covering 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](mailto:outreach@citizensadvicehart.org.uk) for further information.

If you are looking for advice, please contact us [here](#).

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

### **Advice First Aid**

Thanks to funding from Hampshire County Council and Frimley 10:100, we are running a successful project for charities and organisations to work in partnership with Citizens Advice Hart.

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

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

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

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

### **Tesco Community Grants – Citizens Advice Hart**

We're in the customer vote for a Tesco Community Grant. It's a scheme which gives community projects like us grants of up to £1,500. Tesco customers will now vote in Hook, Hartley Wintney and Baughurst stores during January to March to decide how much funding we get, so please support us next time you shop at Tesco!

Read more here [Tesco Community Grants - Citizens Advice Hart](#)

### **Volunteering**

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

**Adviceline**

Tel: 0808 278 7864 (freephone number)

**Citizens Advice Hart Website for news, info and access to advice:**

[citizensadvicehart.org.uk/](http://citizensadvicehart.org.uk/)

\*\*\*\*\*

**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](https://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](https://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-healthiertgether.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](http://www.nolimitshelp.org.uk)

For young people 5-17 Call: 02382 147 755 or visit: [www.hampshireyouthaccess.org.uk](http://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 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](http://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](http://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](mailto:Kirsty.north6@nhs.net) or [Zara.devine@nhs.net](mailto: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](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](mailto: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/>

\*\*\*\*\*

### **Mustard Seed Autism Support – Big news for 2023!**

We have lots of news to share about how we are developing the charity and our plans for 2023 – it's been an exciting start to the year!

The first step has been the creation of a new logo. Mustard Seed was very privileged to be chosen as charity of the year for local marketing company, Brandtastic. They have donated their time and expertise to create a new logo and are helping us with our branding. We are thrilled with our new logo and feel it reflects what we are all about: growth, diversity, health and happiness.



One of our trustees is an IT professional and has kindly designed a new website for us. We will be developing it in phases over the year ahead and will be expanding our resources hub so families not on our waiting list can access materials for free.

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

Our other piece of news is pretty big.....we are on the move! We will be moving from our base at Frimhurst Family House to Odiham Cottage Hospital this year.

Leaving Frimhurst is not easy but we will continue to run our Sibling Support Groups there every month, so we will still be connected to this special place.

Odiham Cottage Hospital (no longer a hospital but owned by a charity supporting health projects in the community) have offered us sole use of rooms to deliver our occupational therapy, group and one to one work, plus office space for our growing staff team. This is an incredible opportunity for Mustard Seed, and we are really excited about being a part of the OCH community. There will be no changes to our catchment area or projects, just a new space. There is quite a bit of work that needs to be done before we can move in and we are working to secure funding so we can make it as autism-friendly and welcoming to our families as possible. We anticipate we will be moving between Easter and the summer holidays.

\*\*\*\*\*

## 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.

\*\*\*\*\*

## **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’. Jo Shepherd who is SEEDL’s Chief Learning Officer said, “SEEDL has grown rapidly since its launch, and we’re really excited to do more to support local economies. Our partnership with Rushmoor Borough Council, is really going to be game changing for residents. SEEDL and Rushmoor Borough Council will help residents, learn and develop new life skills.”

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

\*\*\*\*\*

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

Instagram @talkplus\_nhs/

Facebook @talkplusapt

Twitter @TalkPlusNHS

\*\*\*\*\*

### **Kind to Mind – 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.](#)

#### **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.](#)

[www.kindtomind.org](http://www.kindtomind.org)

\*\*\*\*\*

## **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](http://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](mailto: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](mailto: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 AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES**


## **The Frank Rust Memorial Schools Garden Grant 2023**

Rushmoor Voluntary Services is excited to announce a new grant fund in memory of Frank Rust. RVS is pleased to offer schools in Rushmoor the opportunity to apply for funding to support the development of gardens, that inspire young people to get involved in gardening and grow their own produce.

The scheme is funded and administered by Rushmoor Voluntary Services, in memory of Councillor Frank Rust, a former Trustee of Rushmoor Voluntary Services, Trustee of Church Road Allotments and a deeply committed champion of Rushmoor in Bloom.

The types of projects funded will be those that focus on the creation or development of gardens that create spaces for young people, to enjoy the outdoors and learn how they can grow, cook, and share the harvested produce.

The application form is [here](#)

Guidance notes are  [here](#)

The link to complete a cost breakdown is [here](#)

The closing date for this inaugural funding round is midnight on 10<sup>th</sup> March 2023.

For more information and support to complete the application contact Debbie Whitcombe [debbie.whitcombe@rvs.org.uk](mailto:debbie.whitcombe@rvs.org.uk) Debbie works part time so may take a couple of days to respond.

\*\*\*\*\*

## **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/>

\*\*\*\*\*

## **Farnborough College of Technology and University Centre Farnborough**

### **Carpentry Helping Community.**

St. Michael's Junior School had their learner garden updated by carpentry students at the Aldershot branch of Farnborough College of Technology the garden benefited some loving care with the student's making planters, picnic tables, wooden statues and re-building the fence to make it even better than before.

### **Date announced for FAMILY FUN DAY**

**17 June, 10:30am – 3pm**

We are so excited to share that we have picked a date for our annual Family Fun Day. This year it will take place on Saturday 17 June at Farnborough College of Technology. The event will be free to enter with activities and games for all ages. Save the date and don't forget to keep an eye on our social media channels for more information.

\*\*\*\*\*

### **Inclusion Hampshire 10<sup>th</sup> anniversary**

2023 marks the 10 year anniversary of our specialist education charity, Inclusion Hampshire.

The charity, which is the umbrella organisation of Inclusion School, in Basingstoke and Inclusion College in Hook, supports young people with mental health and additional learning needs, putting well-being at the heart of education.

This milestone will be celebrated throughout 2023 with a range of activities and events for learners, students, staff and the wider community to promote mental health, well-being and the positive work of Inclusion.

Founder and Chief Executive Cheryl Edwards is incredibly proud of the organisation, 'We want this year to be a real celebration of all that we have achieved over the last decade, the expertise we have developed in working with young people and families and the dedicated team we have built to take us into the future. Mental health and well-being are at the core of everything we do at Inclusion Hampshire and our anniversary is an ideal time to highlight and share some of that knowledge with the wider community.'

Activities and events include the 10 Ways to Well-being programme, inviting people to make positive changes and actions to support their well-being, the release of 'Top ten tips' cards written by staff to support some of the mental health concerns faced by young people and parents/carers, as well as fundraising events like the Well-being Warriors Wing Walk to raise money for the charity.

If you'd like to learn more about the events and activities for this year then please visit

[www.inclusionhampshire.org.uk](http://www.inclusionhampshire.org.uk)

\*\*\*\*\*

## **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. 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. These are open 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 signposting 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.

**New for 2023: 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](mailto: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](mailto:socialprescribing@vision4youth.org.uk) to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to, just come along for a chat and see how it goes.

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

\*\*\*\*\*

## **No Limits Young People's Safe Haven NEHF – Job vacancies**

We're hiring: join the No Limits team!

We are seeking two dedicated, compassionate youth workers to join our team. Your role will include virtual and in-person support for 10-17 year olds, such as appointment and drop-in sessions, online webchat, telephone support, and outreach preventative work in educational establishments and community locations.

Youth Worker – Safe Haven – North East Hampshire & Farnham  
Location: Hale Community Centre and outreach locations  
Hours: 9 hours per week, over two evenings between 6.00-10.00pm  
Salary: Band C, £22,465 to £24,065 (pro rata for part-time)  
Closing date: Monday 20 February 2023 at 9.00am

To find out more and apply, please visit: <https://nolimitshelp.org.uk/vacancies/> or email: [people@nolimitshelp.org.uk](mailto:people@nolimitshelp.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](http://www.breakoutyouth.org.uk) , call 023 8022 4224 or email us at [hello@breakoutyouth.org.uk](mailto: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 members of our Junior School Year 6 and Senior School Year 7 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 of around 20-25 young carers. So far, the young carers have prepared a simple tomato and cheese pasta dish with garlic bread, homemade pizza, baked chicken fajitas with rice, vegetable spring rolls and sweet and sour chicken with egg fried rice (to celebrate Chinese New Year), flapjacks and chocolate brownies.

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 Easter holiday:

- Junior Group Trip to Heckfield Estates Market Garden and Home Farm on Saturday 1<sup>st</sup> April,
- Rocksteady free music workshops on Wednesday 5<sup>th</sup> and Tuesday 11<sup>th</sup> April,
- Senior Group trampolining trip to Flip Out in Basingstoke (*date yet to be confirmed*),
- Junior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 16<sup>th</sup> April

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

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

\*\*\*\*\*

### **Stop Domestic Abuse**

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

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

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

If you would like any more information about our service, please do head over to our website: [www.stopdomesticabuse.uk](http://www.stopdomesticabuse.uk)

\*\*\*\*\*

### **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](http://www.home-starthampshire.org.uk/volunteering), email: [info@hshants.org.uk](mailto:info@hshants.org.uk) or phone: 0330 124 2095

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

Registered charity number: 1144661

\*\*\*\*\*

## The Vine Centre

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

**My Space** on Mon 10-3 Help with all aspects of gaining employment

### **No Waste Cooking & Cooking with Confidence**

Wednesday 10-12:30 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

### **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

**The Community Cupboard** is now open 4 days a week. Free to anyone in the community, needing help with food. No need to book, just come along.

Monday, Wednesday, Thursday and Friday 10-1

### **Switched On (Energy Advice)**

Helping to sign people up to the priority person's register with energy companies and helping to see if better tariffs are available. Along with budgeting support or debt referrals to Step Change.

Monday - Friday 10-1

### **HM Courts & Tribunal Services**

Providing support with digital appeals

Mon 10-3, Wed 11-3, Fri 9-2

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](http://www.thevinecentre.org.uk)

Contact information: 01252 400 196, Email: [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk)

\*\*\*\*\*

## Step By Step – ‘Launch’ project

**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](mailto:launch@stepbystep.org.uk) Phone: 01252 346 105

Web: [www.stepbystep.org.uk/launch](http://www.stepbystep.org.uk/launch) Instagram: [https://www.instagram.com/launch\\_sbs/](https://www.instagram.com/launch_sbs/)

Several events are coming up. To get involved visit - <https://www.stepbystep.org.uk/get-involved/events/>

\*\*\*\*\*

## **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 8th February 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
- World Autism Acceptance Week activities
- Autism friendly gardening with Minding the Garden
- Evening autistic speaker programme:

Come along to our next evening talk by Chris Bonello, founder of the Autistic Not Weird website, on 14 March at 7.30pm at Church on the Heath. Tickets £6. [Click here to book.](#)

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

\*\*\*\*\*

## **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](mailto: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](mailto:skillscafe@pebl.info) or call 07340 017 342

\*\*\*\*\*



## Hampshire Learning in Libraries

We have lots of Hampshire Learning in Libraries courses starting after half 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 plenty to choose from. Our courses take place in Hart and Rushmoor Hampshire libraries, as well as online.

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 \(hants.gov.uk\)](https://hants.gov.uk/learning-in-libraries)

Alternatively, for more information, please email the Learning in Libraries team on [learninginlibraries@hants.gov.uk](mailto: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.

**Under 5's Get Together** - 10/02/2023 11-12pm Join Zoom Meeting ID: 830 8336 2381 Passcode: GT

**SENDIASS WORKSHOP** - 20/02/23 11-12pm - The topic Phase transfers and what your options are if

**Your child doesn't get the placement you wanted** - Meeting ID: 890 5047 6527 Passcode: HPCN

**Evening Get Together** - 21/02/23 8-9pm - Meeting ID: 837 8151 4810 Passcode: GT

**Evening Future in mind** - 22/02/23 8-9pm - Meeting Id 84456069540 passcode FIM

**Daytime Future in Mind** - 22/02/23 11-12pm - Meeting Id 85419649102 passcode FIM

**Hart and Rushmoor Get Together** - 02/03/23 - 10-12pm - Cafe area Morrisons, Elvetham Heath Way, Fleet, GU51 1GY.

**Meet the SEN Workshop** - 03/03/23 - 11.30-12.30 - Meeting ID: 844 7881 9869 Passcode: SEN

**Daytime Get Together** - 06/03/23 10-12pm - Meeting ID: 864 4833 4391 Passcode: GT

**Evening Get Together** - 08/03/23 8-9pm - Meeting ID: 837 8151 4810 Passcode: GT

**Hart and Rushmoor Future in Mind session** - 09/03/23 - 10.15-12.15pm - West End Centre, 48 Queens Road, Aldershot, GU11 3JD

**Under 5's Get Together** - 10/03/2023 11-12pm Join Zoom Meeting ID: 830 8336 2381 Passcode: GT

**Parent Led Engagement** - 14/03/23 - 12-1pm - Meeting ID: 823 0696 5908 Passcode: HPCN

**Evening Future in mind** - 16/03/23 8-9pm - Meeting Id 84456069540 passcode FIM

**Daytime Future in Mind** - 16/03/23 11-12pm - Meeting Id 85419649102 passcode FIM

**SENDIASS WORKSHOP** - 22/03/23 11-12pm - The topic Annual Reviews with a particular focus on **Year 5** - Meeting ID: 890 5047 6527 Passcode: HPCN

\*\*\*\*\*

## MHA Communities Hart and Rushmoor

Details of our groups for older people in Hart and Rushmoor. Our groups are for anyone aged 60 years and over.

Activity	Cost	Description
<b>Yateley Coffee Morning</b> Mondays, 11.00 am – 12.00 Bistro 19 Blackwater Valley Golf Club Contact Gill 07568 612021 to book your place	No Charge for attendance  Pay for your own food and drinks	A group where you can create new friendships and socialise over a cuppa.
<b>Aldershot Friendship Group</b> Mondays, 12.30pm – 2pm The Red Lion Pub, 2 Ash Road, Aldershot GU12 4EZ Contact Pip 07568 611976 to book your place	No Charge for attendance  Pay for your own food and drinks	A group where you can create new friendships and socialise over a cuppa and a spot of lunch and feel part of the community.
<b>Farnborough Chit Chat Over A Cuppa</b> Tuesdays, 10am – 12pm Cove Bowling Club, 53 Horn Rd Farnborough, GU14 8RW	£5	A group where you can create new friendships and socialise. You can also develop new skills through our activities such as arts and crafts, games and others, as well as enjoying guest speakers and entertainers. Hot/Cold drinks and biscuits provided.
<b>Hook Friendship Group</b> Alternate Tuesdays, 2pm – 3:45pm Elizabeth Hall, Raven Rd, Hook, RG27 9HH	£5	A group where you can create new friendships and socialise. You can also develop new skills through our activities such as arts and crafts, games and others, as well as enjoying guest speakers and entertainers. Hot/Cold drinks and cakes provided.
<b>Pub Lunch in Yateley</b> Alternate Tuesdays, 12:30pm – 2pm Bistro 19, Chandlers Lane, Yateley GU46 7SZ Contact Gill 07568 612021 to book your place	No Charge for attendance  Pay for your own food and drinks	A group where you can create new friendships and socialise over a lovely pub lunch.
<b>Fleet Chit Chat Over A Cuppa</b> Wednesdays, 1.30pm – 3:30pm Fleet United Reformed Church 25 Kings Road, Fleet, GU51 3AF	£5	A group where you can create new friendships and socialise. You can also develop new skills through our activities such as arts and crafts, games and others, as well as enjoying guest speakers and entertainers. Hot/Cold drinks and cakes provided.
<b>Farnborough Singing for Wellbeing</b> Thursdays, 10am – 11:45am North Camp Methodist Church 45 Lynchford Rd, North Camp, Farnborough, GU14 6EG	£5	A group where you can create new friendships and socialise. You can also develop new skills and learn how to sing! Have some fun and a good laugh with our singing instructor and the rest of the group! Hot/Cold drinks and biscuits provided.
<b>Transport to and from venues</b>	£5	<b>We provide Minibus transport or staff/volunteer car transport local to each group where possible and where there is seat availability. A full transport risk assessment is required before travelling.</b>

\*\*\*\*\*

## **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](mailto: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)

\*\*\*\*\*

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

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

To find out more, please visit [www.3rdfarnboroughscoutgroup.org.uk](http://www.3rdfarnboroughscoutgroup.org.uk)  
or email [skip@3rdfarnboroughscoutgroup.org.uk](mailto:skip@3rdfarnboroughscoutgroup.org.uk)

### **Squirrels**

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

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

### **Beavers**

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also 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 grant scheme** – small grants focussing on connecting communities, physical activity, mental health and raising skills and confidence in local communities. Visit [Ward grant scheme - Rushmoor Borough Council](#) for full details. Closing date for applications is 28<sup>th</sup> February 2023.

**Community grants** – small grants of up to £1,500 focussing on healthy lifestyles and opportunities and aspirations for young people. Visit [Community grants - Rushmoor Borough Council](#) for full details. Closes in March 2023.

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

Please note, organisations will only be awarded one of the above grants in any financial year.

\*\*\*\*\*

### **Rushmoor Community Lottery**

The lottery has now raised an amazing £174,391 for good causes in Rushmoor – thank you to all the supporters.

If your group is looking to raise extra income why not check out joining as a good cause. It's a really easy way to raise extra funds –

- 50 tickets generate £1,300 every year!
- Tickets cost £1 and supporters could win up to £25,000
- The supported good cause receives 50p from each ticket and a further 10p goes in the community fund which is used to provide further support to good causes.

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 <http://www.rushmoorlottery.co.uk/good-causes> for information and how to sign up.

\*\*\*\*\*

### **Other funding available**

**Co-op Warm Spaces Funding Boost** – schools and community groups who are already offering a warm space, wanting to increase opening times or extend existing services or activities this winter can apply for the £1m match funding – up to £5,000 per project. For details visit [Co-op Warm Spaces Funding Boost | Crowdfunder UK](#). This fund will be distributed on a first come first serve basis and applications will close on 28th February 2023.

**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: 1<sup>st</sup> March 2023**

**BlueSpark Foundation Grants** - Schools, colleges and community groups in England can apply for grants to BlueSpark Foundation for a wide range of projects. Many of the grants made are under £2000 and none are more than £5000. [How to apply - Blue Spark Foundation](#)

**Spar Community Cashback** - Launching on the 1st of February, shoppers from all over the UK can apply for a grant for an organisation or charity they feel deserves funding. All applicants need to do is share the exceptional contribution that a local organisation has made to their community and what the grant would be put towards. Applications will close on the 15<sup>th</sup> March 2023. Successful candidates will be contacted on 2nd May 2023.

<https://www.spar.co.uk/community/>

\*\*\*\*\*

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

**The next edition will be sent out in March / April**

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