



Rushmoor & Hart Supporting Families Bulletin – February 2024

Welcome to our 94th edition! The Supporting Families e-Bulletin 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.

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The next Bulletin will be in March ahead of the Easter holiday. Anyone wanting to be added to the mailing list we have for the bulletin, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcGovern@rushmoor.gov.uk

COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

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

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

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

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

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

Rushmoor Link community support website launched



Rushmoor Link is a new place for you to discover what activities, groups and community services there are local to Rushmoor. It is a wide-ranging online directory with 21 different categories, including Children, Young People & Families, Mental Health & Wellbeing, Community Venues, Employment, Housing Support, Social & Leisure Activities and Money Matters. So, whether you are looking for support, to improve your health and wellbeing, socialise more, get active, learn something new or find a place to meet, Rushmoor Link is a good place to start.

To browse click [Rushmoor Link](#)

Rushmoor Link has been built through collaboration between Rushmoor Voluntary Services, Rushmoor Borough Council and partners. Please consider linking to Rushmoor Link from your own website – 1,100 people have visited the website in its first two weeks of launching.

If you would like your not-for-profit organisation to be included, let us know info@rvs.org.uk

Here for Hart update (coordinated by Hart District Council)

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

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



You can access the directory by scanning the QR Code.

The latest issue of the **Here for Hart Cost of Living Bulletin** is linked here: [Cost-of-Living-January-2024.pdf](#)

It is full of a wide range of funds, grants, help and support in the local area, including:

- Foodbanks & food pantries
- Support with housing costs and fuel
- Household Support Fund
- Home upgrade grants
- Library drop-in sessions.....

Please share the bulletin with your contacts and if you have any questions, or would like printed copies for distribution, just email the Community Partnerships and Projects Team at: hereforhart@hart.gov.uk

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

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

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 774420 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/housing-advice

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](#).

Support for rough sleepers – StreetLink service

If you see someone sleeping rough, especially with the recent cold weather, you can help by reporting to <https://thestreetlink.org.uk> or call 01252 774239 (office hours) or 01252 774477 (out of hours).

StreetLink can be used by anyone in England and Wales to send an alert about someone who is sleeping or preparing to sleep rough.

Alerts are sent to outreach teams, who go out mostly at night to connect people sleeping rough to local support services.

StreetLink complements existing outreach work by alerting teams to people they haven't seen before.

Who should you tell us about?

StreetLink can only accept alerts for people who are sleeping rough or preparing to sleep rough and are over 18. If someone is under 18 years old, call 999. Please do not make an alert if the person is begging or engaging in anti-social behaviour if they are not rough sleeping.

Leo Docherty – Aldershot constituency MP

Leo Docherty MP represents the Aldershot constituency which includes the areas of Aldershot, Farnborough, Blackwater and Hawley and he is happy to help any constituent in need of assistance. Leo can be contacted by email at leo.docherty.mp@parliament.uk, telephone on 01252 377567 or letter to Leo Docherty MP, House of Commons, London, SW1A 0AA.

WHAT'S ON IN RUSHMOOR & HART

Family events in Hart

Edenbrook Parkrun – free family event every Saturday

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you. The event takes place at **Edenbrook Country Park, Emerald Avenue, Fleet, GU51 5DW**. It's on every Saturday and starts at 9am.

It is free but please register before you first come along. You can do that here:

www.parkrun.org.uk/register/?eventName=edenbrookcountry

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Charlie Cook's Favourite Book

13th February & 14th February

Charlie loves reading. Especially books about pirates. But his sister hates it - it's boring! Can Charlie convince her that reading is fun? Perhaps if she read a book about a pirate, who is reading a book about Goldilocks, who is reading a book about a knight... Come and delve into a range of books with Charlie Cook, brought to life with puppetry and enchanting songs, and perhaps you will be able to help his sister discover the wonderful world inside a book...

Suitable for children aged 3-8yrs.

Please note that this show does not have an interval.

RELAXED PERFORMANCE - WEDNESDAY 14th FEBRUARY 2024 - 1.30pm

Our relaxed performance is adapted in a variety of ways for customers who may benefit from a more

relaxed environment which allows you to make noise and come and go from the auditorium if you need to take a break.

[Charlie Cook's Favourite Book - Princes Hall](#)

Play In A Day

Tuesday 13th February, 10am-4pm, Ages: 7-11 yrs – SOLD OUT

Tuesday 09 April 2024, 10:00 AM

Tuesday 28 May 2024, 10:00 AM

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.

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

Dance In A Day

Wednesday 14th February, 10am-4pm, Ages: 6-10 yrs

Wednesday 10 April 2024, 10:00 AM

Wednesday 29 May 2024, 10:00 AM

A must for all dance fans, and movers & shakers! Our expert leader 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.

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

All Star Super Slam Wrestling Saturday 17th February, 7:30pm

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

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

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

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

Peppa Pig's Fun Day Out

3 April - 4 April

Tickets: £19 & £17 Child £17 & £15 Family (4) £68

Peppa Pig is back in her oinktastic brand new live show, Fun Day Out! Join Peppa, along with her family and friends as they go to the zoo and also the beach for a special party - it's going to be an exciting and fun packed day. Prepare to sing and dance with colourful scarecrows, feed the penguins, build big sandcastles, and even swim in the sea! Packed full of songs, dance and muddy puddles, Peppa's Fun Day Out guarantees giggles and snorts for all Peppa fans, and a perfect introduction to theatre.

<https://www.princeshall.com/event/161401AMDNMJMCRHJHLVDBRLSHQRCNKCG/Peppa-Pig's-Fun-Day-Out>

Squirrels Holiday Club – February Half Term

We are running our Holiday Club from Monday 12th – Friday 16th 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. We are open from 0800 – 1630. Drinks and snacks are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Open to children aged 2.5 – 10 years. Under 5s must be dry to attend.

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

Parents Action Group for special play – February Family Festival

Theme: Disney Pixar Characters
Monday 12th February
West End Centre, Aldershot

Talking to parents and carers, many would not consider taking their children with different abilities to a festival, because of the social barriers they may face. They can come to the PAG Festival and know they will be listened to and looked after.

Differently abled children and their families can enjoy music, dance and craft workshops throughout the day. We finish with a grand finale to show a special invited audience what you have learned and invite them to join in! Everyone is encouraged to come along as your favourite Disney Pixar character.

Tickets available from January. £5 per head including adults. Under 2's free.
Contact West End Centre box office to book your places. 01252 330 040.

Runway's End Outdoor Centre – February Half-term activities

Runway's End, Aldershot, GU11 2RE

Woodland Warriors

Runways End has partnered with the prestigious [John Muir award](#) to offer a holiday camp experience like no other this summer! Nestled amongst stunning woodland scenery, this week-long

programme combines an exploration of nature and wildlife with complementary adventurous activities like canoeing, climbing, abseiling, high ropes, and archery.

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

Ages 7 – 11 | Full days (9:30am to 4:30pm)
12 to 16 February 2024
Single day = £50 each Week (Monday to Friday) = £200 (one whole day free!)

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

Half Day Adventures

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

Ages 6+ | Only £20 per person

Find out more and book here: [Half Day Adventures \(cinolla.com\)](https://www.cinolla.com/half-day-adventures)

Hampshire Libraries in the school holiday

All Library school holiday events are also 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)

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](#)

Aldershot Pools – Holiday opening

Guildford Road, Aldershot, GU12 4BP

For Aldershot Pools please refer to our website for the school holiday period.

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

Wavell Campus Leisure

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

FACILITIES FOR HIRE

OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

HIRE CHARGES

SPORTS HALL £42 PER HOUR - DANCE STUDIO £22.50 PER HOUR - THE WAVELL HALL £22.50 PER HOUR - COMMUNITY HALL £19.50 PER HOUR - CLASSROOMS £10.50 PER HOUR – OUTDOOR NETBALL COURTS £20.50 PER HOUR

CLUBS & CLASSES

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

CHILDRENS PARTIES

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY – HIRE PRICE IS £22.50 PER HOUR. THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY – HIRE PRICE IS £19.50 PER HOUR & THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM *3PM-6PM ON A SATURDAY & FROM *1PM – 6PM ON A SUNDAY – HIRE PRICE IS £42 PER HOUR *subject to availability

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Friday 5pm-8pm

Tuesday 5pm-10pm

Saturday 9am-6pm

Wednesday 5pm-10pm

Sunday 9am-6pm

Thursday 5pm-10pm

All school holidays from 9am

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

For further information or enquires regarding hire of our facilities;

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

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

Or call Wavell Campus Leisure on 01252 317603

Kaizen Karate Academy – Times and venues

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

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

Wednesday

St Andrews Garrison Church, Queens Avenue, Aldershot

5.30-6.30 Beginners (5-teen)

£6 per session – First lesson free!

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

COMMUNITY SUPPORT INFORMATION

Rushmoor and Hart Foodbanks and Larders

What follows is the information we receive from provisions about their local services, but please check with the providers, or these weblinks, for the most up to date information, as it is regularly changing:

[Food and food banks - Rushmoor Borough Council](#)

[Help with food | Hart District Council](#)

Community Grub Hub CIC

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

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

We are open: every Tuesday 10am to 4pm.

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker
Phone: 07845 175 158 Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

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

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, Wednesday, Thursday and Friday 10am-1pm.

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.

The Cosy Hub at the Vine Centre is open on Tuesday, Wednesday & Thursday 10am - 4pm

It's getting colder and utilities bills are still expensive, so we are opening our doors for anyone who needs somewhere warm to go. Chat with friends, charge your phone, access support or read a magazine or book.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

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

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays. The Client Outlet at Princes Hall Aldershot remains closed. There will be No Access to Farnborough FoodBank Warehouse for clients. However, Organisations can continue to attend.

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Food and welfare provisions in Hart

Hart Foodbank helps people that are in crisis within the boundaries of Hart.

There are four foodbanks across the district where clients can collect food parcels. Hart Foodbank can also supply hygiene products and cleaning items for the home. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Please note that people cannot directly self-referral to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. It is open Mondays 1.30-3.00pm and Thursdays 11.00-12.30. This venue has a car park.

Darby Green Foodbank is located at St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday from 1.30-3.00pm and Thursday from, 1.30-3.00pm.

Hook Foodbank sessions are Mondays 12.00-1.30pm and Thursdays 10.30-12.00 at Life Church Hook, Elms Road, Hook, RG27 9DX.

Odiham Foodbank is open on Thursdays 1.30pm - 3pm at All Saints Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com

Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4 to 14 year olds.

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

Other local food provisions in Hart are:

Darby Green Mobile Community Larder:

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday: Between 1pm – 2.30pm

Hook Mobile Community Larder for local residents. A small fee is payable depending on the size of your family (ID is required). For more information call 0784 919 8179. It is open on Thursday mornings between 10am - 11.00am. Address: Life Church Hook, Elms Road, Hook, RG27 9DX.

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or email Jeanp@yateleyindustries.net

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

Hampshire Libraries are Warm & Welcome

Farnborough Library is pleased to be able to offer free vouchers to customers for a hot drink and snack at the OFLAC cafe at Farnborough Library. Please signpost your clients to the enquiry desk where they can ask for a voucher for the cafe. There are a limited number of vouchers available, so please signpost those most in need as a priority.

Aldershot Library has a weekly 'soup & oatcake' event to offer customers a weekly hot lunch for FREE every Wednesday. Visit Aldershot library between 12pm and 1.30pm every Wednesday to take advantage of this offer which runs until March 2024.

ChatAbout - enjoy a free hot drink and a biscuit at Farnborough Library every Friday between 10am and 11am, and Aldershot Library every Friday between 10.30am and 11.30am.

Rushmoor Accessibility Action Group (RAAG)

RAAG was established with the aim of enhancing accessibility for individuals with disabilities in the Rushmoor area. We are an open and free membership group for anyone who is passionate about raising awareness about disability. We meet once every three months collaborating with businesses, authorities, groups, and individuals etc.

If you're interested in joining RAAG, please email us at raagforall@gmail.com

Stop Domestic Abuse

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

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

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

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

www.stopdomesticabuse.uk

Citizens Advice Hart

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.

Help in the community

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

Please contact us on 01252 878 435 or email outreach@citizensadvicehart.org.uk for further information. If you are looking for advice, please contact us [here](#).

We hold Outreach sessions where an adviser is available for questions. Please check our website for further details and new venues.

[Outreach Project - Citizens Advice Hart](#)

Advice First Aid

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

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

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

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

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

Home and Well

We have a Home & Well adviser ready to provide support for anyone being discharged from hospital who might be considered vulnerable to ensure they get home to a safe place. Details on our website [here](https://citizensadvicehart.org.uk/projects/home-well/)

<https://citizensadvicehart.org.uk/projects/home-well/>

Energy Vouchers

If you are struggling to pay your energy bills please get in touch with us as soon as possible as you may be eligible for a voucher to go directly to reduce your energy bill. £147 per household is available for eligible Hampshire residents.

Volunteering

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

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Office: 01252878435

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

Citizens Advice Rushmoor

At Citizens Advice Rushmoor, we provide free, independent, impartial, and confidential advice and information services to our local community. We're a local, independent charity governed by a voluntary Board of Trustees.

Citizens Advice Rushmoor's services are free, confidential and open to everyone in the community. Our team of staff and volunteers are trained to help with things like benefits, debt and money,

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

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

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

Different ways of reaching us:

- Freephone Adviceline - **0808 2787 912**
- Online and webchat via **citizensadvice.org.uk**
- Help to Claim Universal Credit - **0800 1448 444**
- Consumer Helpline - **0808 223 1133**
- Nepali Language Adviceline - **01252 894 280 / ०१२५२८९४२८०**

£147 energy grants – Energy Advice Project

Households may be entitled to a one-off grant from the Household Support Fund worth up to £147 if they are struggling to pay their energy bills.

Citizens Advice Rushmoor have established a new helpline providing free advice to help them save money and energy at home. Support is also being offered to access schemes such as the Warm Home Discount and the Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, clothing, and housing, if required. You can call the helpline on **0808 175 3559** during the following times:

- **Wednesdays – 10am to 1:30pm**
- **Thursdays – 10am to 1:30pm**

Alternatively, if you are unable to access the clinic during these hours, you can leave a voicemail or send an email to arrange a call-back from one of our advisers.

You can find further information online: <https://citizensadvicerrushmoor.org.uk/energy/>

Hampshire County Council Strengthening Parental Relationships Programme

Our Mediation / Couple Support & Family Counselling service is open to referrals from multi agency professionals

There is currently no waiting list.

Strengthening Parental Relationships (SPR) is Hampshire's Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship.

This service is available FREE OF CHARGE for families who are experiencing **harmful parental conflict** and require high intensity, expert provision. This service is available to families from across Hampshire County Council area. To increase the reach of this service to more families, **we are now accepting referrals for families from multi agency professionals.**

This service is for families where the parents / carers are experiencing parental conflict that is frequent, intense and poorly resolved. They may have already tried the [Free online courses for parents/ carers experiencing relationship distress](#) although **this is not essential** for referral to the SPR Mediation, Couple Support and Family Counselling at this time.

For more information visit the [SPR Practitioner Toolkit](#) or contact the team: spr@hants.gov.uk

Safe4Me – Keep safe website

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

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

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

HEALTH & WELLBEING INFORMATION

New Urgent Care Centre Launches in Aldershot this winter

Residents across North East Hampshire and Farnham and Surrey Heath will be able to access more primary care appointments this winter.

Frimley Health and Care have launched a pilot service ready for winter located at the Aldershot Urgent Care Centre, to increase access to same day urgent care for minor illness.

The service is open Monday to Saturday from 8am – 8pm. If you contact 111 or your local GP practice, you may be offered an appointment here. You may also be redirected to this service if you attend A&E.

There is a walk-in clinic for under-12s, available Monday – Saturdays from 2-6pm. *However, booking is strongly recommended for children under 12 to avoid long waiting times and to ensure availability of appointment as those with urgent clinical needs will be prioritised.

For more information about the service, and for wait times for the under 12 walk in service, visit:

www.aldershoturgentcarecentre.co.uk

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](https://www.frimley-healthier-together.nhs.uk) 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](https://www.frimley-healthier-together.nhs.uk) website for advice when their children are unwell or following a bump to the head in your setting, for example.

Have you downloaded the NHS App yet?

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.

Download it now from your app store to order repeat prescriptions, view your health records and manage appointments. [Click here](#) to help you get started!

Healthy Start Scheme



Have you heard about the NHS Healthy Start scheme? It helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

- fresh, frozen or tinned fruit and vegetables
- plain cow's milk – this can be pasteurised, sterilised, long-life or ultra-heat treated (UHT)
- fresh, dried or tinned pulses
- infant formula based on cow's milk – this should be suitable from birth

You can also collect free Healthy Start vitamins by showing your NHS Healthy Start card to the retailer. You do not need to pay for the vitamins and no money or details from your card should be taken.

You can use your NHS Healthy Start card in most places that sell the above products and accept Mastercard®, but you cannot use your card online. To find out more, check your eligibility and apply visit www.healthystart.nhs.uk

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

Visit: [#Coping guides | Frimley Health and Care](#)

[kooth.com](#) is the largest provider to the NHS for digital mental health services and a BACP Accredited Service. Our youth and adolescent service is available for ages 11- 25 in Hampshire via self-referral.

This year's theme for #MHAW is 'my voice matters', Kooth will be running x6 of free webinars for children and young people on this topic, also including themes of tolerance and respect.

Find out more here: <https://linktr.ee/KoothEngagementTeam>

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

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

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

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

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

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

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

For more information visit www.facebook.com/sashasproject

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing.

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

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

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

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

Solent Mind's Self Harm Support Hub is a Peer Support Service available for parents, carers and families of children and young people who self-harm. The groups are available with both one to one

and group support available, led by those with lived experience. They also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support.

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

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

The Solihull Approach – FREE online parenting courses for local families

Hampshire County Council has partnered with the Solihull Approach to provide **free, evidence-based online courses** with practical tips and advice to boost parent's and carer's confidence, help them navigate family life, and strengthen their relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you. Once registered, families receive unlimited access to the courses and can go back to them as their children grow. The interactive courses cover topics like:

- Understanding pregnancy, labour, birth and your baby (Antenatal)
- Understanding your baby (Postnatal)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child/teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

To register for parent courses, you will need to have a Hampshire postcode and complete the following steps:

1. Visit <https://inourplace.co.uk/>
2. Select '**Apply Access Code**'
3. Enter the access code: **FAMILY**
4. Enter your information and select the relevant course

Further information can be found at: <https://www.hants.gov.uk/solihullapproach>

Farnborough Cloth Nappy Library

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

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

Why choose cloth nappies?

- Better containment than disposables.
- Saves money.

- Better for the environment.
- More breathable, and less likely to cause nappy rash.

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

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

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

Solent NHS Trust Sexual Health Services

<https://www.letstalkaboutit.nhs.uk/>

Sexual Health Clinic

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

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

Sign up to your own Personal Health Record

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

Sexual Health Services run College Clinics (term time only)

Farnborough 6th Form (F6thF) 11am-1pm

Farnborough College of Technology (FCoT) 1pm-3pm

Offering free and confidential advice, contraception, condoms and STI testing

Look out for our posts on social media – Free Training & Webinars

F: @solentnhstrustsexualhealthservices

X/T: @LetsTalkHants

I: @LetsTalkHants

Rushmoor & Hart School Nursing Service

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

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

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

01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

- Emotional health

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

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

Headroom Young People’s Charity – Who we are and what we do

Headroom is a UK Registered Charity delivering specialist therapeutic support services to young people aged 11 – 25 years in the Boroughs of Rushmoor and Hart. We were founded in response to the diminishing provision and increasing challenges in accessing mental health and therapeutic services in our area for young people and their parents or carers. Our multi - disciplinary team has over 20 years’ experience and expertise in supporting those with complex needs through specialist 1-2-1 therapeutic programmes. We help young people who may be experiencing one or a combination of the following:

- Poor mental health
- Suicidation
- Trauma and high number of Adverse Childhood Experiences
- Neurodiversity with either a diagnosis or traits of Autism, ADHD, ADD, Dyslexia, Dyspraxia, high Anxiety
- Dysfunctional, challenging and /or aggressive behaviours
- Difficulties with family and mainstream schools
- Educational and social exclusion
- Being at high risk of exploitation and offending behaviour

How We Help

We focus on providing therapeutic counselling and specialist anger management services to young people aged 11- 25 yrs. We support these core activities with tailored parenting support to the parents and carers of young people in this specific age group dealing with the challenges of emotional and behavioural regulation. Our counselling services enable young people to experience positive and accepting therapeutic support and the issues we address include identity, bullying, traumas, general anxiety disorders and social anxiety, and depressive disorders, by using a wide range of strategies. We ensure all clients improve their emotional intelligence, emotional management, and emotional resilience, and learn self-determination and self-advocacy. Improved stability and self-confidence emerge during the work and young people learn to make healthier choices.

We have been working in the community for over 20 years for other charities and so enjoy excellent working relationships with local schools and service providers. Our centre is located in the heart of the community, which enables us to see young people who are not in school, and this specially designed space also allows us to engage with their parents for 1-2-1 support.

Young Person's Programme

- We deliver a programme of up to 12 weekly face to face therapeutic sessions designed to explore identity, build emotional regulation, and behavior management, boost self confidence and self-esteem and address mental health issues that often include high levels of anxiety and depression.
- Regular evaluations to capture and recognize progress and improvements in behavior, emotional regulation, and mental health.
- Specialist Anger management counselling for those struggling with emotional and behavioural management issues due to either diagnosed or undiagnosed neuro diversity – usually Autism.
- Counselling for those more severely impacted by neurodiversity who are experiencing high levels of anxiety impacting on their ability to function and attend school.

Therapeutic Parenting Programme

- We skill up parents in supporting their vulnerable children basing the approach on a variety of programmes including The Great Behaviour Breakdown and Non-Violent Resistance.
- We inform schools on managing challenging behavior and work closely with the school team to ensure the environment is manageable for those y/p suffering trauma and neuro diversity
- We inform and advise services including Family Support Services, Children's Services and YOT teams and Police on achieving better results and outcomes with these vulnerable groups to build good relationships and achieve good and consistent engagement.

Group Work for young people

A new service to be offered to those referred to Headroom and are waiting for support

- For those experiencing feelings of isolation
- Struggling with anxiety and low mood
- Difficulty managing social situations
- Struggling to attend mainstream school
- Have either diagnosis or traits of Autism

To find out more about how we can help you please visit us at www.headroomcharity.co.uk/

Contact Us

Email us at info@headroomcharity.co.uk

Text or call us on 07464 507974

Fortify Mental Health & Wellbeing Services

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

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

Our trained staff have years of experience and qualifications which allows is to be flexible with whatever is troubling them.

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

Hart Voluntary Action Counselling Services

121 Adult Counselling

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

121 Adult Counselling supports adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 10 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 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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 Counselling Service

We can now take referrals into this service again.

Our Family Counselling Service is offered to families who live in Hart and Rushmoor. We are now taking referrals into this service.

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/>

Strengthening Parental Relationships

Referrals are now open to all professionals to refer families for family Counselling where there is Parental Conflict to the Strengthening Parental Relationships Service provided by Hampshire County Council. For more information click here:

<https://www.hampshirescp.org.uk/professionals/toolkits/strengthening-parental-relationships/practical-tools/practitioners/>

Therapeutic Horsemanship Centre, Hook

We are a small family run, not for profit, community interest company. We support families by taking participants of all ages, with mental health, issues, anxiety, learning disabilities, ASD, ADHD and dementia. Our aim is to enable all participants to take part in helping to look after our ponies and to have the experience of a one-to-one grooming session.

We run our sessions throughout the year, weekdays and weekends offering one to one 30-minute or 1-hour sessions. All sessions are tailored to the needs and abilities for every individual, and our focus is on building confidence and independence, and reducing anxiety.

We also run horsemanship sessions for anyone with an interest in learning about pony care, the next best thing to having your own pony!

This year we were able to support a class of pupils from Henry Tindale school and hope to see them back again in the spring.

We are open through all school holidays too, so check out our website and FB page to see our fabulous setting and our beautiful ponies. Please contact us for more details or to book a session. 07871 715 882

[Therapeutic Horsemanship Centre - Therapeutic, Nonprofit, Ponies \(therapeutic-horsemanship.co.uk\)](http://therapeutic-horsemanship.co.uk)

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.

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

Residents in Hart will be able to access the Wellness hub very soon!

TalkPlus

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

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

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

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

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

Managing Low Mood and Anxiety

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

Coping Well With Stress: A four-week online course (plus an additional work stress week)

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

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

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

FREE Suicide First Aid Training

The Hart & Rushmoor Local Children's Partnership is offering **FREE Suicide First Aid Training** (information below) for any organisations that work with young people aged 11-18 years (or up to 25 years for those with special additional needs). The workshops and training sessions are prioritised for:

- Local & voluntary community organisations and public sector youth workers including volunteers in Hart & Rushmoor
- People who have not had training in these topics previously

To reserve your place please either email Sharon.west@hartvolaction.org.uk or follow this booking link: <https://hva.aidecrm.co.uk/booking/training-events>

Dates & locations:

- **28th February 2024 09.30-17.30 at The Harlington Centre, Fleet**
- **13th April 2024 at Parish of Fleet Community Centre, Church Road, Fleet**

Suicide First Aid Training: Understanding Suicide Intervention (plus optional extra qualification to gain 6 credits at City and Guilds Level 6):

Run in conjunction with the National Centre for Suicide Prevention, Education and Training (NCSPET), this one-day course provides all that is required to have a greater understanding of suicide and how to undertake an effective intervention using a three-step plan, teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting. The course is accredited by City and Guilds, and is the only nationally recognised suicide intervention programme. For those wanting to gain a City and Guilds Level 6 qualification with 6 credits, you can register on the day. This additional option requires an assignment to be completed, which is based on the teaching from the course and a little additional reading. Support is available to anyone who wants to take on the full accreditation. Normally this option would be at an additional cost –the LCP will be able to cover this.

No Limits Young Person’s Safe Haven

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

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

Walking for health in Rushmoor – Keeping fit and healthy

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

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

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

Specific Rushmoor walks can be found on the links below –

- [Healthy Walks – Rushmoor Voluntary Services \(rvs.org.uk\)](#)
- [Aldershot and Farnborough heritage trails - Rushmoor Borough Council](#)
- [Blackwater Valley Nature Walks](#)
- www.wellesleywoodlands.co.uk

Smokefree Hampshire

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

Go Smokefree to feel healthier and save money.
Phone 01264 563 039 for further information or text Quit to 66777.
[Contact Us | Smokefree Hampshire](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Emmaus Road Prom Project

The Prom Project offers the low cost loan of prom dresses and suits to Year 11 pupils in our Community. The aim is to make going to The Prom affordable and enjoyable for everyone. The 2024 season will be our second year of running this project and we are looking forward to helping another cohort of local pupils enjoy Prom without breaking the bank and in an environmentally responsible way. We have over 200 stunning dresses and suits available for loan. We also have a selection of shoes and bags. All our outfits are donations from our community, many brand new. For quality purposes, every item is checked and freshly laundered before each loan. We may also be able to offer alterations to improve the fit.

The loan of an outfit is an initial £50 to the family, £30 will be refunded once the outfit is returned. We retain £20.00 to cover the cost of cleaning, repairing and storing the outfit.

How it works – information for students

Our first fitting event is 2-5 pm Saturday 2nd March, 2024 at Park Hall, Lower Farnham Road, GU11 3RB. Students will be able to browse and try on the outfits in a relaxed atmosphere.

To register interest in attending, simply book a free ticket and fill in a short form telling us a bit about the outfit required using this link (also on the flyer below and attached)

[The Prom Project – Emmaus Rd](#)

If you find an outfit you like at the event, pay the £50 fee (£30 will be refunded on return of the outfit) and take the outfit home with you - or if it needs alteration arrange a collection date. Enjoy the Prom! Then, after the Prom we will arrange a date for the outfits to be returned when we will refund £30 of the fee. Simple as that!!

We will also be holding events on 27th April and 8th June for pupils who can't make this first event.

Acumist.Education – Trauma informed practice support for schools and organisations

Supporting parents, schools and other child-centred organisations

This time of year can be particularly tricky for some of our children and families. If you have a child who is displaying particularly challenging behaviours, I am here to support you.

Whether you are a parent, school or other child-centred organisation, please get in touch to discuss how I can help you to successfully meet the needs of our children and keep this time of year as structured, calm and stress-free as possible.

Contact me at: c.martinez@acumist.education or visit my website at: www.acumist.education to find out more about my bespoke offer for you. Alternatively ring me on **07396727452** to have a no obligation chat about what support I can offer you

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.

1:1 Support

Kind To Mind 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](#).

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

Armed Forces Education Trust

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

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

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

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Vision 4 Youth – Youth Services

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

Five different youth clubs are held each week (term time) to meet the different needs of all the young people in the community, as follows:

Youth Café - Mondays 7:30-9pm at St Barnabas Church, Darby Green GU17 0BT

A drop-in cafe aimed at age 11-25 year olds. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

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

Arts, crafts and other activities for age 11-18 year olds. Try new things, learn new skills. Suggested donation £1 to attend, no membership fees.

Blue Sky Club – Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact office@vision4youth.org.uk to reserve 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!

OPENING SOON – NEW YOUTH CLUB! – We are about to launch a new youth club on Wednesdays 7-9pm, which will be held at St Barnabas Church, Darby Green GU17 0BT. It will be similar to our Friday Night Club in Yateley with open access to activities including pool and table tennis, plus free snacks and drinks. Open to all aged 11-18. Due to open February/March – please check our website where we'll be announcing the official opening date.

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the main focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescribing Link Worker connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to, just come along for a chat and see how it goes.

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

Step by Step Launch Programme

What is Launch?

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

Who is eligible for support?

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

How to get in touch

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

Email: launch@stepbystep.org.uk

Phone: 01252 346 105

Web: www.stepbystep.org.uk/launch

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

Breakout Youth

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

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

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

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

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

Hart & Rushmoor Young Carers

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

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

- Monday from 6.30-8.30pm for School Year 7 one week and School Years 8-10 the alternate week (i.e., 11-15 years) – Senior Group,
- Tuesday from 5.30-7.30pm for School Years 3-5 one week and School Year 6 the alternate week (i.e., 7-11 years) – Junior Group,
- Every other Thursday from 6.30-8.30pm for young adult carers in School Years 11 and above (i.e., 15-25 years) - Young Adult Carers Group.

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

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

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

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

Transport is available and attendance is free at all our young carers club and activities, and there is no charge for any of the food or drink 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. February half term holiday:

- Rocksteady free music workshops on Tuesday 13th February,
- Junior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 18th February.

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

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

Home-Start Hampshire

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

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

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

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

WE NEED YOU!

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. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

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

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

www.home-starthampshire.org.uk

Hampshire Learning in Libraries

With the new year upon us, it is a time when we traditionally think about our new year's resolutions and what we would like to achieve in the year ahead.

Perhaps we can help you fulfil your goal with one of our courses, run by Hampshire Learning in Libraries. We have a variety of courses which are led by our qualified, subject-expert and friendly tutors.

Well-being, fitness, skills for work, parenting skills, arts & crafts and English for speakers of other languages are just a sample of the genres of courses which we offer. If you are a Hampshire resident, then an added bonus is that some of our courses are free, being funded by Hampshire Learns. Our courses are run in many of the Hampshire libraries and community spaces, as well as online, if you prefer to learn from the comfort of your own home.

So, if your new year's resolution is to get back into work, to be fitter, or to learn a new skill, then please peruse our online shop here: [Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://hants.gov.uk) or phone our friendly Learning in Libraries team on 02392 232957. The online shop is updated regularly as and when new courses are scheduled, so it is worth browsing here on a regular basis. Alternatively, you can always pop into your local library and ask for more details on all our courses.

We hope to welcome you on a Hampshire Learning in Libraries course very soon and help you to unlock and realise your potential.

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>

08/02/2024 - Online Future in mind - Anxiety and Sleep , 10-15-12.15pm (details and booking via Ticket tailor)

20/02/2024 - Fareham SENDIASS drop in session , 10.15-12.15pm - Lysses house Hotel (details and booking via Ticket tailor)

21/02/2024 - Eastleigh Get Together, 10-12pm - Wells Place, Eastleigh, SO50 5LJ

22/02/2026 - We will have a stand at the Hampshire CAMHS P.A.C.E event, come chat with us at : Queen Marys College, Cliddesden Road, Basingstoke, RG21 3HF

23/02/2024 - Alresford Get Together, 10-12pm - The Swan Hotel, 11 West Street, Alresford, SO24 9AD

26/02/2024 - ****Aldershot Get Together**** , 10-12pm - The Games Shop, 6 Wellington Street, Aldershot GU11 1DZ

27/02/2024 - Online Future in Mind - Tics and Tourettes , 12-1.30pm - (details and booking via Ticket tailor)

All Parent Carers are welcome to any of our sessions across the County , for the sessions that require booking please use the ticket tailor tab on this link : <https://linktr.ee/hpcn.org.uk>

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.

Hampshire Back to Basics Parenting Programme

Back to Basics is a community campaign based on the 5 ways of wellbeing. It started with a phase 'When a flower doesn't bloom you fix the environment in which it grows not the flower'. The overall purpose of the project is to support Families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting list times for those who require speciality services and for Parents to feel better equipped to support their children's wellbeing in the home.

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

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

Prospect Estate Big Local (PEBL) – News

Energy Advice Project

Citizens Advice Rushmoor – working in collaboration with PEBL – is offering residents support through a new energy advice project to help tackle fuel poverty within some of our most in need communities across Farnborough and Aldershot.

At the heart of the 'Energy Advice Project' is a new helpline providing local families and individuals with free advice to help them save money and energy at home.

You may be entitled to a **one-off grant from the Household Support Fund worth up to £147** if you are struggling to pay your energy bills.

Support is also being offered to access schemes such as the Warm Home Discount and the Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, clothing, and housing, if required.

You can call the helpline on **0808 175 3559** during the following times:

Wednesdays – 10am to 1:30pm Thursdays – 10am to 1:30pm

PEBL Grant Pots

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

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

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

PEBL Knit and Natter

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop.

Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

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

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

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

Squirrels

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

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

Beavers

Beaver Scouts are aged between 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

Yateley Industries skills and training support

Yateley Industries for Disabled is a pan disability organisation, working and supporting people with physical disabilities, mental health conditions, learning disabilities and neurodiversity.

We are proud of our supported factory and the dedicated team who work with the staff to ensure they are fully supported and trained in their role, which is funded through the DWPs 'Access to Work Plus' scheme.

We offer an informal interview and tour of the factory, for anyone interested in looking to work at Yateley Industries for the Disabled.

The factory operates Monday – Friday from 9am until 4pm, with a one-hour lunch break. The office is open from 8.30am to 4pm, Monday to Friday. All disabled staff work 16hrs per week (over 2.5 days).

Yateley Industries for Disabled provides Supported Employment through a range of different ways including our Job Coach Service.

As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives.

Ready to start your journey toward professional growth and empowerment? Reach out to us at jobcoach@yateleyindustries.net or give us a call at 01252 872337.

Volunteering Opportunities at Yateley Industries for the Disabled

We are always looking for new volunteers at Yateley Industries, we are currently looking for volunteers to support in our Community café (kitchen and waiting staff), a Green Space Coordinator, Community Pantry Stock Keeping Support and Ad Hoc community Pantry store freezer clean out. For any information about our volunteer opportunities please contact Yateley Industries on 01252 872337.

Become an Active Bystander Trainer

Portsmouth City Council are commissioning the services provided by CULTIVATING MINDS UK, to create a consortium of training facilitators, consisting of individuals from across Hampshire to deliver Active Bystander training.

An Active Bystander is someone that feels confident enough to intervene when they observe unacceptable behaviour being directed at others - in particular, in circumstances when that

behaviour is not being challenged by others who may feel uncomfortable or unsure how to challenge this behaviour themselves.

The Active Bystander role is not about being responsible for resolving serious workplace conflicts or replacing the existing organisational people services functions. However, it is about having the ability to recognise and challenge unacceptable behaviours when identified.

AIMS

The aim of the Train the Trainer programme is to equip participants with the knowledge, skills, and confidence to deliver a bystander discussion within local communities, covering topics of sexual violence and domestic abuse.

Lesson plans would be developed to support trained facilitators to deliver the sessions.

At the end of the training participants will be able to:

- Discuss the importance and impact of personal leadership in preventing violence and articulate their own role in challenging it.
- Discuss the role of active bystanders in the prevention of violence as well as the barriers to bystander intervention.
- Discuss the social science research around active bystander-ship.
- Describe a range of safe bystander intervention strategies that could be deployed if they witness or are made aware of violence or abuse.
- Discuss the extent of domestic abuse and sexual violence in the UK.
- Understand how to support a friend/colleague who has been affected by abuse.
- Discuss a range of ways to facilitate discussion.

TRAINING DELIVERY

The in-person Train the Trainer course will take place on the 19th and 20th of February, in a venue to be confirmed, teaching the key skills required to facilitate the delivery of 65-to-75-minute sessions.

THE ROLE OF PARTICIPANTS IN THE TRAIN THE TRAINER COURSE AND DELIVERING THE ACTIVE BYSTANDER PROGRAMME

Active Bystander Trainers will require support and approval from their line manager - to be released to attend and participate fully in the train the trainer course.

Participants should be afforded time to plan and prepare for the train the trainer sessions along with the follow up feedback and evaluation of the course. They should also be afforded time to plan for the delivery, execution, and feedback for each of the expected four sessions that they are facilitating.

Participants will require to commit to the programme, have the availability to attend all training sessions and deliver a minimum of four sessions over the following twelve-month period following successful completion of the training course.

POINT OF CONTACT

For further information please contact Hart or Rushmoor's Community Safety Teams:

Rachael Wilkinson (Hart) rachael.wilkinson@hart.gov.uk

David Lipscombe (Rushmoor) David.lipscombe@rushmoor.gov.uk

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart & Rushmoor Ukraine Support Fund

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

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

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

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

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

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

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

North East Hampshire Healthier Communities Innovation Fund - up to £4,999 available

We are looking for innovative and new ideas and recognise that local people know their own communities the best. The Healthier Communities Innovation Fund is intended to empower local communities and organisations in North East Hampshire to co-design innovative solutions with the NHS that address the challenges they experience.

We are looking for projects that will protect and enhance the health and wellbeing of the most vulnerable in our communities and those closest to them by tackling the consequences of COVID-19 and addressing health inequalities in North East Hampshire.

Projects must focus on **at least one of the four** areas listed below, in line with key priorities in the Frimley ICS Healthier Communities Strategy and the Hampshire Health and Wellbeing Strategy 2019-2024:

1. Improving physical health of residents in North East Hampshire.
2. Improving mental wellbeing of residents in North East Hampshire.
3. Reducing health inequalities experienced by residents within North East Hampshire.
4. Improving access to health, care and community offers in North East Hampshire.

We're now open for applications until Midnight on **Sunday 18th February**.

For more information, detailed guidance and application details please visit:

<https://www.frimleyhealthandcare.org.uk/get-involved/innovation-fund/>

Grants from Rushmoor Borough Council

Farnborough Airport community environmental Fund – grants available for projects which include an environmental improvement for the whole community to enjoy. The fund covers areas in Rushmoor and Hart. There is £36,888 available for allocation. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

Rushmoor Community Lottery

The Rushmoor Community Lottery has now raised **over £206,000** for the local community!

If your organisation is a good cause, why not sign up and benefit from this great way to fundraise for your cause? Your supporters also benefit with the chance to win cash prizes every week and a monthly super draw prize.

For more information visit www.rushmoorlottery.co.uk.

Other funding sources

Funding for defibrillators (not schools): Applications are now open for the DHSC Community Automated External Defibrillator Fund at www.defibgrant.co.uk. The fund will operate as follows:

- a) 100 applications will be selected by DHSC to receive a fully funded AED - (funding is provided by DHSC and London Hearts)
- b) 1900 applications will receive partial DHSC and London Hearts funding for an AED - organisations will be required to provide their own match funding on c. £750.

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

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

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

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

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

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

The next edition will be sent out in March

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