



Here for Hart Bulletin



Autumn 2022, Issue 8

Keeping local community partners up to date with the latest activity from the Here for Hart programme and shining a light on community initiatives and services.

In this issue we highlight ways Hart residents can support their mental and physical health over the colder months. We have a feature on mental health support services in Hart as well as ideas of how to keep active indoors and outdoors, including some of the wonderful places to walk near you. As usual we will also be bringing you up to date with the work of local groups and charities.

Here for Hart is a programme coordinated by Hart District Council. It is the umbrella under which we are working with our partners and communities to help people stay well, feel included in their community, and be supported through the challenges they face.

When clicking on links you may find it better to right-click and select 'Open link in new tab' or 'Open link in new window'. That way you won't have to click back to the main bulletin each time.

You can contact us at hereforhart@hart.gov.uk

Inside this issue:

Page no.

2. Hart District Council – Communities Team Update
3. Here for Hart Directory – What's New? / Hart Foodbanks & Mobile Pantries Update

4-8 Keeping Active in the Colder Months

4. Emotional Support to Exercise
- 4-5 Outdoor Volunteering in Hart
5. Local Nature Reserves & Country Parks
6. Edenbrook Parkrun / Hart Health Walks / Ideas to Keep Warm & Active Indoors from RHL
7. Steady & Strong / Parkinson's Chair Pilates

8-13 Mental Health Support in Hart

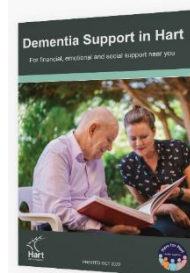
- 8-10 Children & Young Adults' Mental Health Support
- 10-11 Adults' Mental Health Support
12. Men's Mental Health Support
13. Supporting People with Mental Health Difficulties into Employment / Chat About

14-21 Here for Hart Partner Updates

Hart District Council – Communities Team Updates

Dementia Support in Hart Leaflet

The Here for Hart team have produced a 'Dementia Support in Hart' leaflet. It includes information about financial help and support that is available to dementia sufferers and their carers, as well as who can help them fill in forms and apply for these benefits. There is also a local listing of dementia cafes, singing groups and support groups.



If you would like a supply of leaflets please contact hereforhart@hart.gov.uk

Cost of Living Support – NEW Autumn Bulletin / Online Hub

As our residents are feeling the effects of a range of price rises, Here for Hart have produced a cost of living bulletin packed with a wide range of information, support and tips for managing finances and saving money, including local food banks and community hubs: [Cost of Living Crisis Autumn 2022](#) If you would like printed copies please email hereforhart@hart.gov.uk

Information is also available on the new **Cost of Living Hub** on the Hart District Council Website: [Cost of living support hub | Hart District Council](#)

Supporting Ukrainian Guests in Hart

Ukrainian families and guests under the Homes for Ukraine scheme have now settled with their host families across Hart. Some of our Ukrainian Families have now moved on to private renting with their families and into full time employment. Support is being provided by Hampshire County Council, Hart District Council, Hart Voluntary Action, Citizen's Advice Hart, Hampshire Libraries and numerous other local organisations and volunteers.



For the most up to date information about the Homes for Ukraine scheme, guidance for sponsors and guests as well as additional support and services available, please visit Hart District Council's website: [Ukraine conflict: Support and information](#) We also have a dedicated email address where any questions or concerns can be sent directly to Hart District Council: hdchomesforukraine@hart.gov.uk

Here for Hart Directory

The Here for Hart Directory is growing from strength to strength with user numbers steadily increasing. It is a wide-ranging online directory of services in Hart with 21 different categories, including Care & Support, Community Venues, Disabilities & Health Conditions, Employment, Housing Support, Social & Leisure Activities, Money Matters and Transport & Mobility.

hereforhartdirectory.org.uk



Postcards: we now have postcards to promote the Directory – if you would like some for your group or place of work please email hereforhart@hart.gov.uk and we will send you some.

Here for Hart Directory – What's New?

Hart Voluntary Action continue to update and add new directory entries to the Here for Hart Directory. Here are some examples:

BEAT Diabetes – an online resource to assist people with Type 2 Diabetes self-manage their condition is available to Hart residents registered with the Fleet and Yateley groups of GP practices. <https://hereforhartdirectory.org.uk/services/view/482>

Sandhurst Day Centre – a local charity, which offers older people a place to meet others, and receive other types of care such as bathing, hairdressing and chiropodist. Open Monday – Saturday. Accepts referrals for Hart residents. <https://hereforhartdirectory.org.uk/services/view/481>

Travel for All Hampshire - Travel for All works one to one with over 65s across Hampshire to help give people the knowledge, confidence, and skills to travel independently by public and community transport and get to social activities, the shops or appointments. Note this is a pilot and will run to end of March 2023. <https://hereforhartdirectory.org.uk/services/view/480>

Rushmoor Futsal Development Centre - Futsal is an association football-based game played on a hard court smaller than a football pitch, and mainly indoors. The game emphasises control, improvisation, creativity and technique. Children's, women's and men's training and match/competition opportunities. Uses school sports facilities Fleet, Yateley School and Farnham. <https://hereforhartdirectory.org.uk/services/view/479>

Odiham Book Exchange has replaced the Odiham Library and offers its members the opportunity to continue enjoying reading through book swapping (children's books and adult fiction). <https://hereforhartdirectory.org.uk/services/view/485>

Hart Foodbanks and Mobile Pantries - update

New Mobile Pantry in Darby Green

We are pleased to announce the opening of a new Mobile Pantry, a partnership between Fareshare and Hart Foodbank. All are welcome at St Barnabas Church, Brinns Lane, GU17 0BT every Thursday between 1pm and 2:30pm. There is fresh and chilled food available for discounted prices. For example £2.50 per week for a big bag full of food! Of course, our Hart Foodbank DG centre at St Barnabas is open between 1:30pm and 3.00pm as usual.

New times at Hook Foodbank Centre

Our foodbank centre at Life Church, Elms Road, Hook, RG27 9DX is going to be open longer hours from November: Mondays 12:00 to 1:30pm as usual. Thursdays open for coffee, cake and chat: 10:30 to Midday followed by foodbank until 1:30pm. Our future planning includes a mobile pantry and signposting facilities.

Hart Community Pantry at Yateley Industries

People can register as a member and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods, plus other basics. Contact details are Telephone 01252 872337 or Email info@yateleyindustries.net

Keeping Active in the Colder Months

When the skies are grey and the air is cold, it can be extra hard to motivate yourself to get moving. Studies have shown that physical and mental health problems increase over the colder months so it is more important than ever to keep moving and spend time outdoors if you can. Whether you're enjoying a stroll in one of Hart's beautiful country parks or taking part in a group class online you will feel better for it.

If you would like to get outdoors and exercise more but find that your emotional wellbeing is holding you back, these resources may help:

TalkPlus Living Well Staying Well



The aim of this virtual course is to help people understand the link between their physical health and emotional wellbeing. It will highlight how we feel emotionally impacts on how we feel physically and that feeling better emotionally means we are more able to manage our physical health conditions.

It focuses on the helping people with the key difficulties people with long term conditions face, including sleep, exercise, eating and relationships. Participants will come away from the course with tools to help them live well and stay well with their long-term health condition.

The course runs for 6 weeks, with the online course dates being: Tuesday 1st, 8th, 22nd, 29th November and 6th & 13th December

To self-refer (or for more information) people can use the self-referral form on our website: <https://www.talkplus.org.uk/> or call 01252 533355.

We Are Undefeatable – Move to your Mood

We Are Undefeatable have teamed up with Gok Wan to create three different physical activity routines to get you moving whatever your mood. These can be done standing or sitting: [Move To Your Mood](#)

There are also lots of other useful ideas about how to get started with exercise: [Getting Started](#)

Sport in Mind

This charity offers free exercise sessions. They are open to everyone but a key goal is to “improve the lives of people experiencing mental health problems through sport and physical activity”. They have football sessions in Aldershot and tennis in Farnborough. For the East Hampshire timetable click here: [Hampshire | Sport in Mind](#)

Outdoor Volunteering

Volunteering has been shown to be beneficial to the mental health of individuals. It can improve overall mental health and also help to protect from mental health problems.

The Mental Health Foundation lists some benefits of volunteering:

- It provides structure and routine
- It can help people feel good about themselves
- It can improve feelings of self-esteem



- It provides opportunities to make friends and take part in social activities
- It can provide learning opportunities which can protect mental health

A Selection of Outdoor Volunteering Opportunities in Hart

- Hart Countryside Team: [Volunteering | Hart District Council](#)
- Hampshire Conservation Volunteers - [Hampshire Conservation Volunteers](#)
- Oakley Park, Fleet - [Friends of Oakley Park](#)
- Ancells Park, Fleet - [Friends of Ancells Farm](#)
- Basingbourne Park, Fleet - [Friends of Basingbourne Park](#)
- Basingstoke Canal Society - [Volunteering – The Basingstoke Canal Society](#)
- Blackwater Valley Countryside Trust - [Volunteer - Blackwater Valley Countryside Trust](#)
- Hart Health Walks Walk Leader, various locations - [Hart Health Walks Leader](#)
- Yateley Common Volunteers - [Volunteer | Yateley Common Country Park & North Sites](#)

For a wider range of volunteering opportunities in Hart please visit [Volunteer North Hampshire](#) or [Get Volunteering](#)

Local Nature Reserves and Country Parks



If you have young children and are struggling to get them out of the house for a walk here are some ideas to make it more fun: [7 ways to get kids out for a walk | National Trust](#)

We are spoilt for choice for wonderful green spaces in Hart. Here are some ideas. Please note that postcodes are nearest postcodes not exact parking locations.

- **Church Crookham** – GU52 8DT – [Naishes Wood at Crookham Park](#)
- **Fleet** – GU51 2XF – [Ancells Farm and Foxlease Meadows Nature Reserve](#)
- **Fleet** – GU51 1HG – [Elvetham Heath Nature Reserve](#)
- **Fleet** – GU51 5DW – [Edenbrook Country Park](#)
- **Fleet / Cove** – GU51 2RU – [Bramshot Farm Country Park](#)
- **Fleet** – GU51 2RT – [Fleet Pond Nature Reserve SSSI](#)
- **Fleet** – [Zebon Copse Local Nature Reserve](#)
- **Greywell, Hook** – RG29 1BY – [Greywell Moors Nature Reserve](#)
- **Hartley Wintney** – RG27 8EQ – Queen Elizabeth II Fields - [Other SANGS in Hart](#)
- **Hartley Wintney** – RG27 8NZ – [Hartley Wintney Commons](#)
- **Hartley Wintney** – RG27 8TS – [Hazeley Heath Nature Reserve SSSI](#)
- **Hook** – [Bassetts Mead](#)
- **Hook** – RG27 9UP – [Hook Common and Bartley Heath](#)

- **Odiham Common** – RG29 1JJ – [Odiham Common SSSI](#)
- **Odiham** – RG24 7HB – [Rye and Hillside Commons](#)
- **North Warnborough** – RG24 7HB – [Warnborough Greens Nature Reserve](#)
- **Yateley Common** – RG24 7HB – [Yateley Common](#)

For other outdoor ideas search hereforhartdirectory.org.uk
> select '**Green Hart**'



Edenbrook Country Park parkrun

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 is free to take part, but you do need to register beforehand. For more information: [Edenbrook Country parkrun](#)

Hart Health Walks

Enjoy walking? Maybe with a nice cuppa at the end? Looking to get to know your local area better? Why not join us on one of our safe and social Hart Health Walks across Hart District?

Weekly Health Walks around 1 hr long start at:

- **Hook**, every Monday at 10:30
- **Crookham Village**, every Tuesday at 10:30
- **Fleet**, every Wednesday at 10:30
- **Yateley**, every Wednesday at 10:30
- **Odiham**, every Thursday at 13:45
- **Hartley Wintney**, every Friday at 10:30



For start locations and any further information:

- Web: www.hartvolaction.org.uk/services-for-residents/health-walks/
- Call: 01252 815652 or email: healthwalks@hartvolaction.org.uk

Ideas to Keep Warm and Active Indoors, from RHL

Everyone's looking for ways to keep warm with the huge rises in energy bills and cost of living and now the colder weather has crept in. One option can be to try to 'heat yourself' rather than the house to save money: blankets, hot water bottles, hats, scarfs, socks and an extra layer can all help you to keep that thermostat a bit lower but taking part in some gentle exercise can also make a big difference.

Whether you're retired or working from home, it can get chilly quickly if you're sitting still for long periods. So, when you start to feel the cold, why not get up and move to get warmed up again? It could be a brisk walk outside or going to a class. If you don't fancy leaving the house or struggle to do so, try walking up and down the stairs a few times, doing some housework like Hoovering or even joining online Zoom classes that you can do in small spaces at home. Our tutors are used to



adapting exercises to suit different needs and classes can also give you ideas for safe and effective exercises that you can continue at home.

Just getting up to turn off electricals and lights instead of using a remote and having a quick walk around while you're up is a great way to get a bit warmer and helps you get your steps in for the day as well. Using a toilet upstairs when you're downstairs and vice versa will help you add steps without even noticing. It's all about keeping YOU warm this winter, and just a bit of movement can make a big difference!

At RHL we run a variety of low-cost face to face and online classes suitable for all abilities with standing and seated options. With friendly tutors and welcoming groups, many classes are suitable for those with health conditions as well as those who simply haven't exercised for a while (or a long time!). Classes include Pilates, Seated Exercise, Boxfit, Walking, there's something for everyone. For more information on the range of low cost face to face and Zoom classes (they start at £3.50), please email classes@rhl.org.uk ring 01252 957430 or go to www.rhl.org.uk

Parkinson's Chair Pilates



Now thriving again thanks to HVA Support and a Community Connections Grant

Parkinson's UK Farnborough and District Branch provides invaluable advice, support and social connections for people living with Parkinson's in Hart, Rushmoor, Waverley and Camberley. They have a monthly members' evening and there are also two local Parkinson's cafes.

Another important aspect of their work is offering exercise classes that are suitable for their members. All too often having an illness or disability can mean finding suitable exercise becomes very hard and as a result the condition can worsen.

Before COVID they were running a popular Chair Pilates class in Fleet. When it was relaunched, however, they struggled to get numbers up to financially sustainable levels again. With the help of Hart Voluntary Action they were made aware of the Community Connections grant and helped with their successful application.

As a result of the grant, which they received earlier this year, they could cover the hall hire and instructor pay for six months while they built up member numbers again. Now, they are delighted to say that they have around 14 regular members and the difference it makes to them is enormous, with one member now being able to stand from a seated position unaided.

Contact: If you would like more information about the Parkinson's UK Farnborough and District Branch or would like to attend the Chair Pilates class please visit their website - Parkinson's UK Farnborough and District Branch – or phone Katherine Rusbridge on 01252 621350

Grants advice: If your organisation would like information about available grants or advice about applying for grants please contact Caroline Winchurch at Hart Voluntary Action: ceo@hartvolaction.org.uk

Learning: if you, or people in your place of work, are interested in learning more about Parkinson's there are a lot of free courses available on the Parkinson's UK website: [Events and learning for professionals](#)

Steady and Strong



Steady and Strong classes teach exercises to improve strength and balance which help you to live independently and actively for longer. The exercises in the classes also help to prevent falls. They can help you with everyday actions such as:

- Getting out of a chair, a car or a bath
- Picking things up from the floor
- Walking up and down stairs
- Staying steady when walking.

You can find an interactive map of all the classes here: <https://www.hants.gov.uk/balance>. If you do not have internet access you can call 0370 779 0106.

Mental Health Support in Hart

Children and Young Adults' Mental Health Support

Sasha's Project

Are you a young person in crisis? You're welcome at Sasha's Project



- Open to all young people age 13 to 25
- Every Friday and Saturday night from 9pm - 6am
- No appointment needed
- Safe place for those experiencing a mental health crisis or having thoughts of suicide
- At The Point Youth Centre in Fleet, GU51 4BP
- Caring, confidential support if you are feeling anxious or depressed
- Contact number to call (during opening hours only) 0774 111 7655

No Limits Safe Haven, 10-17 years

The 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.

- **Monday-** Group drop in session 6.30-8pm / Virtual and phone support 6.30-10pm
- **Wednesday-** Virtual and phone support 5-8pm
- **Thursday-** Group drop in session 6.30-8pm / Virtual and phone support 6.30-10pm
- **Saturday-** Web chat support 10.30-1pm

One to one support is available by appointment. For phone support or to make an appointment for virtual, phone or face to face support please phone 07918 259361

Address: Hale Community Centre, 130 Upper Hale Road, Farnham GU9 0JH

To find out more phone 02380 224224 or email enquiries@nolimitshelp.org.uk

Kooth Online Counselling for Young People, 11-25 years

Kooth offers a digital online counselling and emotional well-being support service for young people in Hampshire. It is a free, safe, secure and anonymous means of accessing support for all emotional health and wellbeing needs providing users with access to a professional team of qualified counsellors.

Kooth has a range of additional support features such as discussion boards, magazines and wellbeing activities, providing additional support with peer to peer and community support. All elements of the site are safe and secure and pre-moderated. Young people in Hampshire aged 11-25 have free access to the service

Find out more: [Home - Kooth](#)

Vision4Youth

Vision 4 Youth run a Youth Café on Monday evenings (term time) from a room in St Barnabas Church, Darby Green, GU17 0BT. The group is very supportive of all issues that young people age 11-25 may be faced with, both for those who may be struggling with being at an immediate crisis point, as well as those with long-term mental health concerns. It is free to attend and more details are on the website www.vision4youth.org.uk

Hart Voluntary Action 121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 20 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person 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: [Youth Counselling - Hart Voluntary Action](#) Alternatively, please call 01252 815 652.

Hampshire Youth Access: Children and Young People's Counselling 5-17 years

Hampshire Youth Access (HYA) is a network of 10 Hampshire community organisations delivering face to face and online counselling and information support to children and young people across the county. HYA is co-ordinated by No Limits.

For more information and to make a referral: [Counselling - HYA](#)

Phone: **02382 147 755** between 9am and 5pm Monday to Friday

Email: enquiries@hampshireyouthaccess.org.uk

Hampshire CAHMS

Hampshire CAMHS is an NHS specialist service for young people aged 5-18 years and their families who are experiencing difficulties with their mental and emotional health, and includes the Specialist Eating Disorders Service.

For more information and to make a referral: [Young People – CAMHS](#)

Headroom – Counselling 11-25 years

Headroom offers a free, 1-2-1 counselling service for young people. The service is confidential and anyone aged 11-25 who lives in Rushmoor, Hart or Farnham area can self-refer to this free service. Headroom are the local experts in Anger Management Counselling, their counsellors have helped many young people over the and offer free specialist 1-2-1 support to all young people aged 11 to 25 years old who may be struggling with angry feelings and are worried about their angry behaviour.

For more information and to make a referral: [Get Support - Headroom](#)

Phone or text: 07464 507974 Monday to Thursday 10am – 6pm or Friday 10am – 2pm, or leave a message

Email: info@headroomcharity.co.uk

Adults' Mental Health Support

Hart Voluntary Action 121 Adult Counselling

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

121 Adult Counselling supports adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 20 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

Sessions can take place face-to-face or via Zoom video calling. At present face-to-face sessions will take place at Odiham Cottage Hospital.

Please complete the referral form on our website at [121 Adult Counselling - Hart Voluntary Action](#)
The service is **free** to access.

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 [Anxiety/Depression Support - Hart Voluntary Action](#) where you will find a referral form to our service or call 01252 815 652.

Hart Voluntary Action Family Therapy

Our new Family Therapy 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: [Family Therapy - Hart Voluntary Action](#)

Cornerstone Counselling – Yateley

Cornerstone is a professional counselling service based in Yateley, Hampshire. We are a registered charity providing affordable, confidential support to individuals and couples aged 18 and above. For more information visit their website: [Cornerstone Counselling, Yateley](#)

Aldershot Safe Haven

This is a drop in and online service providing out of hours help and support to people and their carers who are experiencing a mental health crisis or emotional distress. They are designed to provide adults with a safe alternative to A&E when in crisis

Safe Haven's new premises are at Walpole House, Pickford Street, Aldershot GU11 1TZ.

Opening hours are 6pm-11pm, Monday to Friday, and 12.30pm-11.00pm on weekends and bank holidays. The Safe Haven will continue to offer a virtual service as well as an in person one. You [can connect to the Safe Haven virtually](#), during the above opening times

The new premises is located around 5 minutes' walk from Aldershot's bus station and its train station. Free parking is available from 6pm on Ground Floor and Level 2 of High Street multi-storey car park, GU11 1SD.

Each of the Safe Havens are staffed by a mental health practitioner from Surrey and Borders Partnership and two trained Safe Haven workers. Peer support from people with lived experience of mental health issues is also increasingly available. The Safe Havens are provided in partnership between our Trust and third sector mental health specialists and funded by Surrey and North East Hampshire NHS Clinical Commissioning Groups.

Out of Hours Contact:

Mental Health Crisis Helpline: 0800 915 4644

SMS texting for people with speech or hearing difficulties: 07717 989 024

Next Generation Text Service App or Textphone users (www.ngts.org.uk): 18001 0800 915 4644

Online: NHS Every Mind Matters

There is a wealth of information and advice on topics including anxiety, stress, low mood, sleeplessness and CBT techniques: [Every Mind Matters](#)

Men's Mental Health Support

In the UK the rate of male suicides are typically at least three times greater than female suicides. A 2021 Samaritans 'Gender and Suicide' report suggested reasons for this include the stigma around men seeking help and, when they do, it is more likely to be at a crisis point when it will be more difficult to reach the right help quickly. Find the full Samaritans briefing here: [Samaritans Research Briefing Gender Suicide.pdf](#)

The Adults Mental Health Support Services listed above are open to everyone and there is also face to face and online support specifically for men. Here are a few ideas:

TalkPlus 'New Dads' Group – this is an online 6 week peer support group looking at the pressures of fatherhood with the opportunity to learn tools and techniques to help manage these pressures.

Men's Sheds – “Sheds are about meeting like-minded people and having someone to share your worries with. They are about having fun, sharing skills and knowledge with like-minded people, and gaining a renewed sense of purpose and belonging. As a by-product of all of that, locally we want to reduce isolation and feelings of loneliness, allowing men to deal with mental health challenges more easily and remain independent”. (From the Church Crookham and Fleet Men's Shed website).

For more information about **Church Crookham and Fleet Men's Shed** visit [Home | CCF Men's Shed](#) or email shedders@ccandfmensshed.org.uk or phone 07816 073166

For more information about **Yateley Men's Shed** visit [The Yateley Men's Shed](#) or fill out their contact form: [Contact the Shed](#)

Men's Health Forum have advice and training for people working with men well as a range of 'How to' guides relating to men's health. Their manual 'Beat Stress, Feel Better' can be viewed online (scroll down page): [Beat Stress, Feel Better](#)

The How to guides can be bought as physical copies – Hart District Council will be purchasing copies of 'Man MOT for the Mind' for distribution in Hart ([Man MOT for the Mind](#)).

Please email hereforhart@hart.gov.uk to register your interest if you would like to receive copies of this booklet for distribution.

Online Support for Men

Bereaved Men: www.strongmen.org.uk – includes telephone based peer support from a trained volunteer with first-hand experience of losing a loved one as well as talks and weekend retreats.

Movember – Men's Mental Health Support - [Movember - Mental health and suicide prevention](#)

Supporting People with Mental Health Difficulties into Employment

Richmond Fellowship – IPS Employment Support

IPS (Individual Placement and Support) supports people with severe mental health difficulties into employment.

We offer IPS employment support to anyone suffering with mental ill health.

If under a secondary care mental health team, we can offer support to the Hart area. If receiving no mental health support or support from a primary care provider, we can offer support to people living in the Blackwater & Hawley, Fleet and Church Crookham districts only.

A little bit about the support we can provide...

We use meaningful, paid employment as part of recovery and it is used as the third recovery tool, possibly alongside medication and/or therapy.

We work closely with clients, to ascertain their interests, skills and aspirations to support them into real, meaningful jobs so it has a positive impact on their wellbeing, giving structure to their days and purpose in their lives.

We offer time unlimited support so they can continue seeing their Employment Specialist for as little or as long as they feel is required.

We can also support people to retain employment, if their mental health is impacting their current role or they are signed off and need support in returning.

We can talk to employers and educate them around the best way to support their employees or advise around reasonable adjustments and the Equality Act but of course, would always do this with the clients consent.

We offer benefits advice to ensure no one is worse off by gaining employment.

If they are receiving treatment from a secondary mental health team, we have integrated Employment Specialists within all clinical teams across Surrey & NE Hants, attending their weekly MDT meetings, ensuring joint care and support is being given, with everyone supporting the client with their goals.

[Mental Health Job Support](#) for more information and referral form (self referral or professional referral)

Phone: 01932 910942

Email: surreyandnehemploymentservice@richmondfellowship.org.uk

Encouraging Hampshire Organisations to offer Social Support

Chat About: Chat About is a new scheme for Hampshire businesses and organisations wishing to play a role in improving wellbeing and social connection in the community. If you run a café, coffee morning, social group or community activity, free membership of the scheme will demonstrate your commitment to customers and the wider community. Find out more at hants.gov.uk/chatabout

Here for Hart Partner Updates

Page no.

14. **Hartley Wintney & District Over 55s Forum** – Fleet area invitation
 15. **Odiham Sunflower Café** - update
 15. **Minding the Garden** at Hart's Green Garden
 16. **Energise Me** – investing in Communities Grant / Understanding Autism free course
 16. **MHA Communities** – new Chit Chat Group Venue
 16. **Inspiration Choir** in Crookham Village
 17. **Hampshire Libraries** – Fleet & Yateley
 18. **Hartley Wintney Forget-Me-Not Café** – Christmas lunch
 18. **PALS of Yateley** – referrals and volunteers request
 18. **Hook Books**
 19. **Open Sight Information Hub** at Fleet Library
 19. **Princess Royal Trust for Carers in Hampshire** – Carers Hub / Introduction to Caring course
 19. **Citizens Advice Hart** – Advice First Aid
 20. **Fleet Phoenix** – Bottle Donations
 21. **Travel for All** – helping older adults to travel independently by public or community transport
-

Hartley Wintney & District Over 55's Forum



The Forum would like to extend the offer to older people living the Fleet area to join their regular social events held in Hartley Wintney.

Free regular bi-monthly film afternoon at the Victoria Hall. Refreshments available from 14.00, with film commencing at 14.30

Contact for booking and transport assistance (please confirm if you will need assistance when booking) by calling Dorothy Harvey on 01252 842 386 or Daphne Weal 01252 844 025. If you join the mailing list, you will receive invitations to other regular events organised by Forum members.

Bi-Monthly lunch with speakers

Alternate months we meet on a Tuesday morning with a speaker and lunch. Our November meeting is on Tuesday, 22nd November at 11.00 with home cooked lunch, cost £5! We normally start this meeting at 10.30 with a speaker at 11.00.

NEW - Warm Places – Hartley Wintney and Heckfield

– Forum volunteers are offering two “warm places” where you can leave your cold house and find somewhere warm and welcoming with hot drinks and relax with others. These are:

- Monday 3.00pm – 6.00pm at St John's Church, Hartley Wintney
 - Wednesday 10.00am-12.00 at the Hartley Wintney Methodist Church Hall on the High Street
 - Thursday 14.00-16.00 at the True Living Centre, next to Rosie Tea Shop, Holdshott Farm, Heckfield RG27 0JZ
-

Odiham Sunflower Café

The Sunflower Café was set up in Odiham in 2016 to provide support and social interaction for people with dementia and their carers.

We meet each Wednesday between 2.00pm and 4.00pm at the Old School, London Road, Odiham (The Vine Church). All our café sessions are completely free of any charge.



In November, Paul will be joining us for singing on the 9th and Steph will come along for her exercise class on the 23rd. In addition, representatives from Bates Solicitors will be visiting us on 16th November to provide information about some of the legal issues around living with dementia or being a carer of someone with dementia.

We know that some people are still quite anxious about the spread of Covid so please be aware that you are welcome to wear a mask and continue to practice social distancing. We also ensure that hand sanitiser is available and that surfaces are regularly disinfected.

Please come along and join us if you feel that the café is right for you - just turn up on a Wednesday afternoon, no booking is required. We will be very pleased to see you.

If you require any further information, you can contact us via e-mail on coordinatorsunflowercafe@yahoo.com.

Minding the Garden at Hart's Green Garden



Hart Voluntary Action's Minding the Garden project has received a grant from Church Crookham Parish Council for £6,500. This is to support the ongoing success in "growing" the project so that it can continue to provide a lovely oasis for local people to come and enjoy the fresh air, gardening and companionship.

Minding the Garden was also thrilled to receive £800 from Waitrose of Yateley in late summer. This money will go towards increasing the structure, accessibility and overall beauty of the garden. A thank you to Fleet Lions for their £450 donation to fund creating and building a walk-in fruit cage at Minding the Garden.

Monthly sessions have been delivered to the charity Autism Friendly Fleet since August, supporting young people and their families to enjoy the social and therapeutic benefits of the garden.

Christmas Wreath Workshops at Minding the Garden throughout December. In small groups with all materials included, plus hands on supervision. Cost is £18 which also includes refreshments. To book: [Minding the Garden Events](#)

Please email mtg@hartvolaction.org.uk for more information about the workshops and membership options.

Energise Me



Investing in Communities Grant

Energise Me and Sport England are offering support for Hampshire and Isle of Wight communities most affected by COVID-19 and / or the cost of living crisis. Community groups can access expertise and funding of up to £10,000 to support their communities to be active.

Projects could be anything from walk and talks to dancing, hula-hooping or home workouts. The important thing is acting now to protect the health and wellbeing of local people. To find out more and register your interest: [Investing in Communities](#)

Free Online Course – Beginning to Understand Autistic People

Tuesday 15th November, 09.30am-12.30pm, online

This training is aimed at anyone who might work with, or alongside autistic people.

For more details and to book: [Beginning to understand Autistic people](#)

MHA Communities

MHA Communities offer a variety of social and online activities / services for the over 55s, from befriending and assisted shopping to dance and exercise classes.



We have now moved our Wednesday afternoon 'Chit Chat' group to the United Reformed Church Hall located at 25 Kings Road, Fleet GU51 3AF from 1.30 p.m. to 3.30 p.m.

The cost per session is £5 and this includes refreshments and different activities each week including interesting speakers, singers, games afternoons, and the occasional trip out (including a recent one to Hayling Island Donkey Sanctuary – see photo).

For more information call Gill Gibson on 07568 612021 or email gill.gibson@mha.org.uk

Inspiration Choir in Crookham Village

Struggling with low moods or anxiety? Maybe it's time to try something new... Friendly people and leaders who care at Inspiration Choir. For fun singing and great songs! Mondays at 11.00am at the WI Hall in Crookham Village, free to take part.



For more information about how to join email info@voxskool.com or phone 07776 133507

Hampshire Libraries – Fleet & Yateley

Fleet and Yateley libraries are warm and welcoming places, open to all.

Social group

Yateley Library's 'Friendly Friday' social group is a social drop in for everyone and a chance to meet others for a friendly chat, game or some colouring. Runs every Friday 1pm-3pm, we have sign posting information available and guidance on using our service in Russian and Ukrainian available.



Ukraine Connection

Fleet Library run this drop-in session for Ukrainians and hosts to meet other for a friendly chat and a drink. Every Wednesday 10.00am - 12 noon.

Games Morning

Fleet & Yateley: every Friday 10.00am-12 noon we provide a selection of games such as Scrabble and Battleships for anyone to use, or bring your own. No charge and no need to book.

Craft and chatter

Yateley: every Monday 10.00am-12 noon at Yateley Library. Bring along a project and enjoy a chat. We have hot water available, but you'll need to bring your mug and the makings

Fleet: the first and third Wednesday of the month 10.00am-12 noon

Warm Bags

Local libraries have been allocated warm bags to distribute to the local community.

Each pack will contain the following items:

- Thermal gloves hat and scarf, socks, lidded insulated cup, fleece or gilet, hot water bottle

Singalong Sessions

Fleet & Yateley every Monday 2.15pm-3.15pm

Singing brings great health benefits to both mind and body especially when you are singing golden oldies, musical classics and modern favourites. All abilities and vocal ranges are welcome, come along for fun and fellowship in relaxed company. No charge and no need to book.

Craft and Chatter

Fleet & Yateley 1st and 3rd Wednesday of the month 11.00am-12 noon (Yateley), 10.00am-12 noon (Fleet). Whatever it is that gets your creativity flowing, come and join like-minded crafters to share ideas, advice and friendship while working on whatever project you have on the go.

Digital Drop In

Yateley every Monday 11.30-1.30pm Are you struggling with and online form, or not sure where to start with your new device? Come along to our drop in and our digital champion will help you.

Learning in Libraries

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

Browse the online shop to find out more and to book your place – new courses are added to regularly: [Learning in Libraries](https://learninginlibraries@hants.gov.uk) Or for more information, email the Learning in Libraries team on learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.



Hartley Wintney Forget-Me-Not Café

Just a reminder that our Christmas Lunch will be on Tuesday 20th December. For those who are interested, we hope that there will be a carol service around 11.30am, but this has yet to be confirmed. Pre-lunch drinks will be served at noon with a view to eating at 12.45pm. Full details will follow nearer the time

PALS of Yateley

PALS is a free befriending scheme for the vulnerable, lonely and isolated elderly members of our community in Yateley, Blackwater, Frogmore, Darby Green and Eversley. We are supported by Hampshire County Council and are part of the Good Neighbours Network. PALS is run by volunteers, all of which are DBS checked, fully trained and insured.

We can offer weekly/fortnightly visits for a cuppa, a listening ear and friendship to those who cannot get out and have little contact with others.

We are currently looking for referrals for new clients and looking for new volunteers.

If you know someone who you feel would benefit from a visit or if you would like to volunteer to become a "PAL" then please get in touch by calling our Chairperson, Marion on 07503 17380 or e-mail us at palsofyateley@outlook.com.



Hampshire
County Council

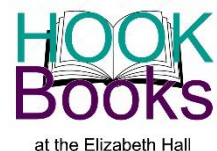


Part of the Good
Neighbours Network

Hook Books

Paperbacks are just 50p each at Hook Books!

Hook Books is every **1st Thursday of the month from 2-4pm** in the **Elizabeth Hall RG27, Raven Road, Hook 9HH**. All paperbacks are just 50p! It has also become a very popular monthly get together for villagers to meet up with friends and enjoy homemade teas. A slice of Louise's delicious homemade cake is just £1.50.



As well as thousands of paperback fiction books at Hook Books in the Elizabeth Hall, you can find a bookcase full of books (not children's books) which a volunteer regularly tops-up, behind the tills in Tesco (Hook) all month long. Again, all books are just 50p! At Tesco we sell all our hardback fiction and non-fiction books plus paperback fiction at the honesty box bookcase.

If you need children's books during the month these are available in the permanent children's bookcases in the Elizabeth Hall and Hook Community Centre, which are again topped up regularly by volunteers. Children's books are just 20p each or 3 for 50p.

Donations of books can be dropped off any weekday morning (9.00am-12 noon) when the Elizabeth Hall is open. We use or recycle all donated books for the benefit of the Elizabeth Hall.

Open Sight Information Hub

Free drop in sessions on every second Friday in the month between 10am-2pm at Fleet Library.

Next dates:

11th November

9th December

Open Sight Independent Living Advisors can offer a wide range of practical support, including:

- Information, advice and guidance on all matters related to sight loss.
- Demonstration of aids and equipment.
- Personalised low vision aids assessments.

No appointment is necessary



Princess Royal Trust for Carers in Hampshire

Carers Hub – come and create an emergency plan, access carer support and information, meet other carers in the area and access other organisations and professionals. Cared for are also warmly welcomed.

Where: Parsonage Farm Nursery and Infant School Community Hall, Cherry Tree Close, Cove, GU14 9TT

When: 10am – 2.00pm, Thursday 17th November, Thursday 1st December

For further information, please call 01264 835246 or email info@carercentre.com

Introduction to Caring – a course for carers

We know what it's like to care for a loved one. As well as perhaps being mentally and physically demanding, it can also be quite lonely. The worst part can be not knowing what to do for the best or who to turn to for help. And you're not alone.

This course will give you the information and advice you will need as you start your caring journey.

When: 10.30am- 2.30pm, Thursday 24th November

Where: West End Centre, 48 Queens Road, Aldershot, GU11 3JD

For further information and to book at place please call 01264 835246 or email

info@carercentre.com

Citizens Advice Hart – Advice First Aid



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

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

Advice First Aid

Thanks to funding from Hampshire County Council and Frimley 10:100, we are running a successful project for charities and 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 come into contact with 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. We have spaces on the following dates:

9 November 2022

23 November 2022

7 December 2022

If you would like to find out more or book a training course place - please contact Marcia on afa@citizensadvicehart.org.uk (01252 227014).

Fleet Phoenix – Bottle Donations



Demands on our services has increased over the last few years, so without the help of fundraising to raise much needed extra money, we couldn't continue to offer the vital services we provide to local young people and their families.

So, this is where you wonderful people come in... we will be running a bottle tombola at Fleet Christmas Festivities, so we are asking for any bottle donations for this please.

Bottle donations - this can be anything from water, shampoo, oil, wine, squash, fabric conditioner, beer - literally anything that comes in a bottle please. If you are able to donate one bottle or a whole bag, that would be absolutely amazing and really appreciated.

All money raised goes directly back to the charity and lets us continue our vital work with young people in the local community.

Any donations can be dropped off at The Point in Fleet, we are there:
Tuesday and Friday 1:30 - 4:30pm and Wednesday 4 - 6:30pm

If these times do not work for you, please [email us](#) or DM us on [social media](#) and we can arrange another time or local collection :) **Thank you in advance for your help and donations**

Isolated, or lonely at home?

We can help!



We work 1 to 1 with over 65s across Hampshire to help give them the knowledge, confidence, and skills to travel independently by public and community transport, and get to social activities, the shops or appointments.



We can often accompany you on a journey to give you confidence to do it yourself the next time.

People we've helped so far say their confidence has improved, they are getting out the house more, and they feel more connected with their local community.

Get in touch to refer someone who would benefit from this personalised and friendly service.

Contact:
travelforall@atkinsglobal.com
07806 775089

 Hampshire County Council  **ATKINS**  South Western Railway

Thank you to everyone who contributed information for this issue of the Here for Hart Bulletin. If you have found this bulletin useful, if you have a suggestion to make it better or an idea for content for the next issue, we would love to hear from you. Please email us at hereforhart@hart.gov.uk

If you would like printed copies of this bulletin for distribution, please email hereforhart@hart.gov.uk

Disclaimer: Whilst every care has been taken in the compilation of this information, Hart District Council will not be held responsible for any loss, damage or inconvenience caused as a result of using the Bulletin and of any inaccuracy or error within these pages.