

Here for Hart Bulletin

Spring 2023, Issue 10

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 a range of support available in Hart for the armed forces and veterans, as well as explaining the armed forces covenant and how you can get involved in raising awareness and showing support. There are also features on free learning and exercise opportunities in the district as well as an explanation of who can claim pension credit, which many entitled people in need are not currently claiming. 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.

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

Inside this issue:

Page no.

- 2. Hart District Council – Communities Team Update
- 3-4 Supporting the Armed Forces & Veterans in Hart**
- 4-5 Free Learning & Exercise Classes in Hart**
- 4. Hampshire Healthy Families Workshops
- 5. Fleet & Yateley Libraries
- 5. Here for Hart Directory – New Entries**
- 6. Unclaimed pension credit in Hart**
- 7-13 Here for Hart Partner Updates**

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

Hart District Council – Communities Team Update

Hypertension Awareness & Testing

Undiagnosed high blood pressure can raise your chances of a heart attack or stroke. It is easy to get it checked and manage it if you need to. Lots of pharmacies in Hart offer blood pressure testing and it is often free.

For an online list check at: <https://www.hart.gov.uk/community/health-and-wellbeing/healthy-lifestyles/where-get-your-blood-pressure-testedpressure-testing>

For a printed list and more information you can pop into the council offices in Harlington Way, Fleet.

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 the guests have been with their hosts for over a year or approaching it. Support is being provided by Hampshire County Council, Hart District Council (homes for Ukraine team) and Hart Voluntary Action. We are pleased to say that 31 families/guests have successfully found and moved into private rental. It is great to see that the Ukrainian guests have integrated well into the community, and their families into schools/ colleges.

We have a dedicated email address where any questions or concerns can be sent directly to Hart District Council: hdchomesforukraine@hart.gov.uk

Cost of Living Bulletin - Spring

An updated cost of living bulletin is now available. It contains a wealth of advice and support about the rising cost of living for Hart residents: [Cost of Living Crisis Spring 2023 \(hart.gov.uk\)](#)

Vacancy in Hart District Council's Communities Team

We are currently looking for a community projects assistant to support the Homes for Ukraine scheme and other refugee support initiatives. For full details and to apply: www.hart.gov.uk/work-us/jobs-hart/our-current-vacancies (closing date 12th May, 2023)

Coronation Celebrations in Hart

For information about coronation celebrations across the district:

<https://www.hart.gov.uk/community/active-community/coronation-celebrations>

Supporting the Armed Forces & Veterans in Hart

Hart District Council Event & Links

In recent weeks, Here for Hart proudly hosted an online Armed Forces Covenant event that comprised many guest speakers and charities who delivered updates and advertised their services. Indications are already highlighting the benefits to having such a forum as this event has provided a fantastic platform to help and support our Hart Veterans and serving families in a more collaborative manner.

We'll keep you up to date with our progress however should anyone require further support, contact our Hart Armed Forces Covenant Lead (Email: afc@hart.gov.uk) at any time. In addition, the following links may be useful:

Royal British Legion (RBL) - www.britishlegion.org.uk (Tel 0808 802 8080),

SSAFA (The Armed Forces Charity) - www.ssafa.org.uk/armed-forces (Tel 0800 731 4880)

Veterans' Gateway - www.veteransgateway.org.uk,

Royal Naval Benevolent Trust - www.rnbt.org,

ABF The Soldiers' Charity - www.soldierscharity.org,

The Forces Employment Charity - www.forcesemployment.org.uk

Building Heroes - www.buildingheroes.org.uk

RAF Benevolent Fund - www.rafbf.org.

Here for Hart Directory > select 'Armed Forces & Veterans' – www.hereforhartdirectory.org.uk

OpCOURAGE - Mental health services for military veterans across the South East are coming together under one single service, with one team handling referrals across the region from 1 April. For more information visit the Frimley Health and Care website: [Improving access to veterans' mental health services](#)

The Armed Forces Covenant

The Armed Forces Covenant is a promise from the nation that those who serve or have served in the armed forces, and their families, are treated fairly. The government is committed to supporting the armed forces community by working with a range of partners who have signed the covenant. The covenant is a national responsibility involving government, businesses, local authorities, charities and the public.

Businesses and charitable organisations who wish to demonstrate their support for the armed forces community can sign the covenant. In doing so they make a range of written and publicised promises to set out their support. There are three levels of award, with Bronze being very easily obtainable.

Armed Forces Covenant Bronze award holders:

- are self-nominated by employers who pledge to support the armed forces, including existing or prospective employees who are members of the community.

- must have signed the [Armed Forces Covenant](#)
- promote being armed forces-friendly and are open to employing reservists, armed forces veterans (including the wounded, injured and sick), cadet instructors and military spouses/partners.
- receive an electronic certificate and logos to display on their website, stationery, and other collateral.

For details of what is required to be a Silver or Gold award holder please click here: [Defence Employer Recognition Scheme - GOV.UK \(www.gov.uk\)](#)

Free Learning & Exercise Classes in Hart

Hampshire Healthy Families

<https://www.hampshirehealthyfamilies.org.uk/>

Hampshire Healthy Families is a partnership between Southern Health NHS Foundation Trust and Barnardo's to deliver the healthy child programme across Hampshire.

At Hampshire Healthy Families you can find out about local activities, events and workshops for parents and carers. There are also separate linked sites for health for under 5's, health for teens and one for young children themselves to use to learn about staying healthy, understanding and managing feelings and some common illnesses.

Free Workshops in Hart

Fleet / Yateley Libraries: School readiness workshop

Fleet Library: Toddler talk workshop

Hook – Elizabeth Hall: Baby talk workshop

Fleet Library: Family Food, Fun & Fitness Workshop

For details and to book, visit <https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869#collections>

Hampshire Healthy Families also organise free Ready Steady Mums walks. They are free, fun and informal social walking groups for new parents. Giving you the social support and motivation to get out in the fresh air. These walks are pushchair friendly and will take approximately 40-50 minutes. There are a few walks near Hart:

Basingstoke – meet at The War Memorial Park – Wednesdays 1pm

[Ready Steady Mums Basingstoke](#)

Aldershot – meet at Tesco Superstore, 5 Wellington Avenue – Thursdays 10.30am

[Ready Steady Mums Aldershot](#)

Farnborough – meet at Morrisons, Summit Avenue, Southwood - Tuesdays 10.30am

[Ready Steady Mums Farnborough](#)

Fleet & Yateley Libraries

Libraries in Hart offer a fantastic range of courses from languages and crafts to exercise and first aid. They also have a selection of classes that are free of charge – book early to avoid disappointment!

Online: [Online Summer Brochure 2023 by Learning - Flipsnack](#)

Free online courses:

English for Speakers of Other Languages

Family History for Beginners

How Children Learn to Read and Write

Zumba Gold

Introduction to Paediatric First Aid

Raising Resilient Children

Positive Parenting

Sewing for Happiness

In person: [Hart and Rushmoor Summer Brochure 2023 by Learning - Flipsnack](#)

Free face to face courses:

English for Speakers of Other Languages

Menopause and Yoga

Drawing Portraits

Discover Art

Here for Hart Directory – New Entries

There are now 490 entries on the Here for Hart Directory. Here are the latest entries:

Blackwater Valley Canoe Club - <https://hereforhartdirectory.org.uk/services/view/516>

Camberley & Yateley Friendship Centre - <https://hereforhartdirectory.org.uk/services/view/513>

Da Capo Winds - <https://hereforhartdirectory.org.uk/services/view/512>

Forces Employment Charity - <https://hereforhartdirectory.org.uk/services/view/515>

Sequence Dancing Clubs (Hart) - <https://hereforhartdirectory.org.uk/services/view/514>

Yateley Choral Society - <https://hereforhartdirectory.org.uk/services/view/511>

Unclaimed Pension Credit in Hart

It is estimated that over 850,000 people in the UK could be eligible for pension credit but aren't claiming it. This can make a small but significant difference to people with limited finances. For a single person, it tops up their income to £201.05 a week, while for a couple it is £306.85 a week. Receiving Pension Credit opens people up to a range of other financial support too, such as free NHS dental treatment, Housing Benefit if they are renting, and a free TV licence for people aged 75+. Research commissioned by Independent Age in 2020 calculated that increasing the uptake of Pension Credit at that time could lift more than 400,000 older people out of poverty and halve the rate of severe poverty among pensioners to 4%.

It is easy to do an initial check to see if a person is eligible:

A quick guide to entitlement

There are 4 main questions when considering whether a pensioner may get Pension Credit:

1. How old are they?
2. If they have a partner, how old is their partner?
3. What is their weekly income? Is it less than £201.05 if they are single or £306.85 if they are a couple?
4. Do they have any savings? Have they got less than £10,000?

People who have more income or savings than this may still qualify for Pension Credit. But these questions are a good basic indication of who is likely to qualify.

If they are over 65 and reached their State Pension age before 6 April 2016, they could still qualify for Pension Credit if their weekly income is less than:

- £218.80 if they are single
- £319.20 if they are a couple

More information about Pension Credit can be found here: [Pension Credit toolkit: advice and guidance for stakeholders - GOV.UK \(www.gov.uk\)](https://www.gov.uk/pension-credit-toolkit)

Pension Credit Calculator

[Pension Credit calculator - GOV.UK \(www.gov.uk\)](https://www.gov.uk/pension-credit-calculator)

Find out if you're eligible for [Pension Credit](https://www.gov.uk/pension-credit) and how much you could get.

You'll need details of earnings, benefits and pensions and savings and investments.

You'll need the same details for your partner if you have one.

Pension Credit claim line: 0800 99 1234

[NGT text relay](https://www.gov.uk/ngt-text-relay) (if you cannot hear or speak on the phone): 18001 then 0800 99 1234
Monday to Friday, 8am to 6pm (except public holidays)

Here for Hart Partner Updates

Page no.

7. BRAAIN – Time out Support Group for families with ADHD / ASD / special needs
7. Christians Against Poverty – debt support
8. Fleet Phoenix – youth & family support / Being Me – new LGBTQIA+ youth group
8. Frogmore Big Coronation Lunch
- 8-9 RHL – exercise classes and support group for long term health conditions
9. Mustard Seed Autism Trust – new location
10. Minding the Garden – Hanging baskets workshops
10. Autism Friendly Fleet – what we do
- 10-11 TalkPlus – upcoming courses
11. Frimley Health & Care – How to live well with a lung condition
11. NHS Health Checks
- 11-12 Citizens Advice Hart – outreach, recruitment, advice
12. Parkinson's UK – Upcoming comedy show
13. The Princess Royal Trust for Carers in Hampshire - Introduction to Caring Course / Hampshire Carers Week Event

BRAAIN – supporting families with ADHD, ASD and /or other special needs

BRAAIN offers information and support to families with children who have ADHD, ASD and /or other special needs. You can find a wealth of information on their website at www.braain.co.uk
There is also a local Time Out Support Group:

May: Tuesday 2nd May from 8pm at The Ship Inn, Farnborough, GU14 8BE

June: Tuesday 6th June from 8pm at The Ship Inn, Farnborough, GU14 8BE

If you would like more information please email enquiries@braain.co.uk

Christians Against Poverty (CAP)

You may be interested to know that Christians Against Poverty (CAP) has a Debt Centre in your area, in partnership with Kerith Community Church Farnborough.

CAP's award-winning debt counselling helps thousands of people become debt free every year. We're committed to providing a service that takes into account the client's wider circumstances and emotional needs as well as their financial situation, which means it is particularly suitable for those who are more vulnerable and in need of additional support. Our service is completely free and available to everyone.

We offer a free face-to-face home visiting debt counselling service and provide a holistic and personal service for every client. The CAP Debt Centre covers the Fleet and Yateley areas.

Fleet Phoenix – Youth and Family Support

Fleet Phoenix creates opportunities for early intervention with young people in Hart to break down barriers and empower the community to thrive. To deliver on this mission Fleet Phoenix coordinates music projects, youth clubs and mentoring projects as well as community outreach programmes to the young people of rural and urban Hart district.

For more information about Fleet Phoenix and all of the services we offer, please visit our website at www.fleetphoenix.co.uk and if you'd like to keep up to date with news and events, like our Facebook page.

Being Me – New LGBTQIA+ group

Term Time on Fridays 5-6.30pm - STARTING FRIDAY 19TH MAY 2023

Being Me is a free open access youth project for Lesbian, Gay, Bisexual, Trans, Questioning, Intersex, Asexual and other young people as well as allies aged 13-16 years old.

The Being Me team will offer young people a safe, warm, and welcoming environment where the young people can 'be themselves' with friends and Youth Workers to learn about what it means to be LGBTQIA+ in this day and age.

It will be a space for the young people to find their own voice and assert their right to simply be who they are in their own locality – be that school, town or county.

Youth workers will support the young people to govern the project.

Simple socialising and outreach with other LGBTQIA+ groups will be a key feature of the project.

Please contact Moira (moira.smyth@fleetphoenix.co.uk) if you have any questions/queries.

The Big Coronation Lunch in Frogmore

On Sunday 7th May, 12-4pm, several local community groups are gathering on Frogmore Junior School field (GU17 0NY) for a celebratory picnic.

There will be free tea and cake provided by St Barnabas Church and stalls from many different organisations to suit all members of the family. These include games and plate smash from the Scouts, sports activities and obstacle course from Vision 4 Youth, races by Frogmore Infant School, board games from Food & Board, basketball from Yateley Lions, and many other things to do from Frogmore Junior School, Girl Guiding and Foodbank.

The event is free to attend, just bring a picnic and something to sit on!

Rushmoor Healthy Living (RHL)

Long-term health condition?

Simply starting to feel those aches & pains?

Perhaps you just haven't exercised for a while?

We've got something for you and would love you to try our fun, friendly low-cost classes!!! You can join in Face-to-Face or alternatively choose one of our Zoom Classes so you can also exercise from

the comfort of your own home. You definitely DON'T need to have the latest workout gear to join in, just wear whatever's comfortable for you. Our lovely tutors are happy to adapt exercises if you have a health condition and you even get your first session free so that you can check that it's right for you!!

In Hart we have a selection of classes -

Small group, Physio led Pilates class: great if you're after a small group and would like a higher level of support, or are not sure about existing injuries or health conditions. (Balance & Breathe, Church Crookham)

Chair Pilates class: aimed at those who have limited mobility or who prefer not to get up and down from the floor. (Church Crookham Community Centre)

Cardiac Phase Four Rehabilitation: for people in long term management of their Cardiac condition (Church Crookham Community Centre)

COPD Pulmonary Maintenance for specialist, safe exercise for those with lung disease (Church Crookham Community Hub)

Zoom classes: with everything from Pilates, Aerobics, Boxfit, Walking Workout, Tai Chi and lots more!!

It's simple to get started, just email us at classes@rhl.org.uk give us a ring on 01252 957430 for more information, or visit our website to view our timetable : [Rushmoor Healthy Living: RHL](https://www.rushmoorhealthy.org.uk/)

How Are You Today – Long Term Health Conditions Support group

We are also relaunching our popular RHL How Are You Today? project for people of working age with long term health conditions. We offer friendly face to face socials and weekly Zoom Coffee Mornings so you don't even need to leave the house!! Each month online we will also have Guest Speakers talking about all sorts of topics, from Mobility, Pain Management, Coping with Brain Fog and Isolation.

It makes a massive difference talking to other people who may not have the same health condition but who have similar symptoms or side effects.

If you'd like to find out a bit more, just email rachael.austen-jones@rhl.org.uk for more details, we'd love to hear from you!

Mustard Seed Autism Trust

We have some big news to share! This summer we are moving from our current base in Frimley Green to Odiham Cottage Hospital. We will have three therapy rooms, a reception area for parents, lots of storage for our resources, and an office for our staff team. It's a wonderful venue for us to develop the charity and we have received a very warm welcome from OCH and the Hart community – thank you all!

Once the building adaptations are completed, we will be decorating and furnishing the rooms to create safe and autism-friendly spaces for the children we support.

Our service and referral criteria will remain the same – please see our website for more information: <https://mustardseedautism.co.uk/>

Minding the Garden at Hart Greens Garden

Come and join Minding the Garden and make a beautiful hanging basket to add seasonal summer colour and interest to your garden.

During this friendly and informal workshop, you will be able to create your very own hanging basket choosing from a variety of plants, as well as pick-up tips and advice on how to keep your plants producing flowers all through the season.

The workshop will be held either in one of our polytunnels or under the gazebo, depending on the weather conditions.

Refreshments are included, parking is available and toilet facilities are available.

The cost to members is £12.00 and non-members is £25.00.

Dates available are 3rd May or 25th May 2.00 – 3.30 pm.

For further information about this activity and future summer workshops with us, please get in touch at mtg@hartvolaction.org.uk or call 01252 815652 Ext 702 or 706.

Autism Friendly Fleet

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

What we do:

Basic autism understanding training for businesses and organisations - next session on 14th June at 12.30pm. [Click here for further information.](#)

Chill Zone areas at events in Fleet to provide a quiet area for people who may not otherwise be able to access these events

Evening autistic speaker programme

Autism friendly gardening with Minding the Garden

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

Come along to our next evening talk by Viv Dawes on Autistic Burnout, on 6 June at 7.30pm at Church on the Heath, Fleet. Tickets £6. [Click here to book.](#)

TalkPlus – upcoming courses

Mood Movers: 9th May - 30th May, 14:30-15:30, at The Meads Business Centre (Farnborough)

Mood movers is a group course, consisting of four 1-hour long sessions. The courses are run remotely - you will need access to the internet on a laptop or phone to take part in the course. Mood movers is designed to help people who are low in mood to get more active. We know that depression often reduces activity level, in turn making us even lower and leaving us stuck in a worsening cycle. Exercise has a range of known benefits, including improving mood. We'll be giving you all the information, tips and techniques to get moving! We'll cover things like why exercise improves mood, goal setting, tackling barriers to motivation and pacing.

Mindfulness: 30th May - 18th July, 18:30-20:30, at The Meads Business Centre (Farnborough)

Over the course of eight 2-hour classes a range of meditation and resilience building exercises will be introduced and support materials will be provided. There will be the opportunity for small group discussions to reflect on the best use of the exercises and to help tailor the approach to individual needs. Past participants often comment on how they valued the support and mutual learning within the group.

To self-refer please visit www.talkplus.org.uk , or call 01252533355.

Frimley Health and Care – How to Live Well with a Lung Condition

For tips on how to live well with a lung condition, including knowing your triggers, using medication and equipment correctly, hygiene and getting help: [Living well with a respiratory condition this winter \(frimleyhealthandcare.org.uk\)](http://Living%20well%20with%20a%20respiratory%20condition%20this%20winter%20(frimleyhealthandcare.org.uk))

For local COPD Pulmonary Maintenance exercise classes visit RHL: [timetable face to face.pdf \(rhl.org.uk\)](http://timetable%20face%20to%20face.pdf%20(rhl.org.uk))

For nearby Asthma & Lung Support groups see the Here for Hart Directory: [Asthma & Lung UK Support Groups : Here for Hart Directory](http://Asthma%20&%20Lung%20UK%20Support%20Groups%20:%20Here%20for%20Hart%20Directory)

NHS Health Checks

The NHS Health Check is a free health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Citizens Advice Hart

Outreach

Citizens Advice Hart is now able to see people in the Community. We are at the Yateley Pantry every Tuesday morning. At St John's Hartley Wintney Mums and Bumps once a month on the 4th Monday (am) and The Forget Me Not Cafe on the 2nd Tuesday (pm) of the month. We also visit the Bridewell, Odiham.

If you would like advice or to book us to give advice at one of your groups please call us on 01252 878435 or email outreach@citizensadvicehart.org.uk

Advice First Aid in the Community

We continue to deliver our AFA training from May for local organisations. If you are interested in becoming an AFA partner please contact Marcia afa@citizensadvicehart.org.uk.

Recruitment

We are recruiting for an Advice Session Supervisor and an Advice Training Manager. Please see our website for more details: [Working for Citizens Advice Hart](#)

We recruit for funded roles for core service, specific projects and for operational support roles. Full training is provided depending on the role. There is a continuing programme of training and development available to progress in your career with Citizens Advice and develop your skills and expertise.

citizensadvicehart.org.uk

We would like to improve diversity of our trustee board and are searching for new trustees particularly with an interest in marketing/fundraising and EDI. Applications are encouraged from young trustees.

We also would like to hear from anyone interest in becoming a volunteer to help us with IT support, social media or fundraising.

Advice

Please encourage anyone who is struggling with debt, energy bills, housing and employment issues, to contact us sooner rather than later - the best way is through our website [Contact - Citizens Advice Hart](#) or phone Adviceline 0808 278 7864 Monday to Thursday 9.30am to 3.30pm

Parkinsons UK – Upcoming Comedy Show

About the show

When comedy writer, Paul Mayhew-Archer, was told he had Parkinson's he refused to take the condition too seriously. Instead, he started doing jokes about it, beginning with appearances at the Royal Albert Hall and The Comedy Store. He has since presented his show at dozens of venues around the country.

"The Incurable Optimist" is an inspiring show about the therapeutic power of comedy. Paul talks about his career in comedy and the funny side of Parkinson's.

Friday June 9th 2023, 7:15pm – 9:15pm (Doors open at 6:45)

Church on the Heath, The Key, Fleet GU51 1HA

Tickets £15. Proceeds to Farnborough and District Branch of Parkinsons UK

Booking details :

Online Go to ["The Incurable Optimist" event tickets from TicketSource](#)

Direct : in person from any branch committee member or using email link on www.parkinsons-farnborough.org.uk

The Princess Royal Trust for Carers in Hampshire

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. But 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, along with talks from professionals and a relaxing Tai Chi session.

It takes place on Wednesday 31st May at The Tythings, Reading Road, Yateley, GU467RP from 11am-2.30pm. For more information and to book a place call 01264 835246 or email info@carercentre.com

National Carers Week Celebrations

To celebrate national carers week 2023 we would like to invite Hampshire Carers to enjoy the following events:

Canal boat trip on the John Pinkerton along the Basingstoke Canal on Monday 5th June at 10am. Meeting at Colt Hill, Odiham, RG291DH

Afternoon Cream Tea on Thursday 8th June at 2pm at The Oak, Smannel, Andover SP116JJ

For more information and to book a place please phone 01264 835246 or email info@carercentre.com

Thank You and Disclaimer

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