



Rushmoor & Hart Supporting Families Newsletter – May 2023

Welcome to our 91st edition! The Supporting Families e-Newsletter aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

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

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 \(frimley-healththiertogether.nhs.uk\)](https://www.frimley-healththiertogether.nhs.uk)

County:

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

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

National:

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

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.



Looking for a Children's Sports Club?

The Here for Hart Directory has information about a wide range of local sports clubs for kids including gymnastics, football, hockey, cricket, basketball and swimming. It also has information about pre-schools in Hart, cadets, scouts, girl guides and army cadets. SO, if you want to keep your kids busy and active, it's a great place to start! www.hereforhartdirectory.org.uk > select 'Children, Young People & Families'

If you would like to place a link to your website, please email hereforhart@hart.gov.uk and we will send you the accompanying text and Here for Hart logo. Please note that you cannot use the link on your website without Hart District Council's agreement and the relevant text and logo.

Any feedback about the Directory, or suggestions or corrections should be emailed to info@hartvolaction.org.uk and marked 'directory'.

Here for Hart webpages: The [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

Hardship fund: We have limited funding to provide short-term help to households in need with food, energy and water bills and other related essentials. A proportion of the Household Support Fund will be used to support households with disabilities and children. To apply, please email hardship@hart.gov.uk with an outline of what exceptional housing-related crisis you are experiencing. If you are unable to email, you can also call 01252 774420 and leave a message with the team.

Mental health and wellbeing support

Information about websites, Apps, helplines, and local services for children, young people and adults can be found on the [Here for Hart pages](#) and at [Mental Wellbeing Hampshire](#).

WHAT'S ON IN RUSHMOOR & HART

Summer half-term activities in Hart

Animal Farm Week – Wellington Country Park, Odiham Road, Riseley, RG7 1SP
27 May – 4 June: 9.30-17.30

Adventure down to the Animal Farm and meet all of their farmyard friends with hands on animal encounters, interactive talks and much more! Collect an activity pack on your arrival, filled with fun facts, competitions, crafts to complete at the Park and at home. Take a trip on the train (£1 per person aged 2+) on the way and see if you can spot the cheeky sheep who have escaped from the Farm and are hiding around the track. How many can you spot?

Join the Pop Up Play Village on the Main Green daily from 10:00 -16.00 for hands-on sensory and role play fun. Head to the activity tent and get stuck in with the Farm Supermarket and Cafe and sensory play trays, perfect for our younger visitors. Feeling creative? Why not try your hand at pebble painting, stick whittling or even make a bird feeder to take home.

<https://wellingtoncountrypark.co.uk/whats-on/animal-farm-week/>

The Gordon Brown Outdoor Education Centre, Rotherwick, Hook, RG27 9AT
30 May - 2 June: 8.30-17.30

Full details about their half-term activities can be found on their Facebook page. All days run from 8.30-17.30 and are priced at £29.99 per day. Each day will consist of 4 activities, which vary from day to day, but could include: Shelter Building, Low Ropes, Pond Dipping, Animal Care, Cook Your Own Popcorn over a Campfire, Minibeast Hunting and Bug Hotels, Catapult and Medieval Shield Workshop etc. Children should bring a packed lunch, water bottle, coats wellies, and pencil case. Suitable for children aged 4 years+.

Bookings for summer holiday activities also now being accepted.

<https://thegordonbrowncentre.org.uk/>

<https://www.facebook.com/TheGordonBrownOutdoorEducationCentre>

Hawley Lake Sailing Centre, 3 RSME Regt, Gibraltar Barracks, Blackwater, GU17 9LP
29 May – 2 June: 9.30-16.30

Hawley Lake Sailing Centre will be offering Junior Courses over the half-term holidays. No detail as yet on the web-site, so please contact them to enquire. The Centre regularly offers youth/junior courses in dinghy sailing (8 -16 years), and kayaking/canoeing tasters (11-16 years).

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

Eversley Indoor Cricket Centre, off Fox Lane, Eversley Cross, Eversley, RG27 0NQ
Half-Term Cricket Masterclass – 30 May – 2 June: 9.00-12.00 – organised by Supersportz

Suitable for boys and girls 9-14 years of age – limited number of spaces to ensure quality coaching – hardball sessions only. £30.00 per day or £110 for all 4 days.

Details about summer camps also available. <https://eversleyindoorcricket.co.uk/holiday-camps/>

See also the Supersportz website for other cricket and football holiday camps coming up

<https://supersportz.co.uk/product-category/holiday-activities/>

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Play in a Day - The Little Mermaid

Tuesday 30th May, 10am till 4pm (Ages 7-11 yrs)

Calling all drama fans! Our expert leader Debi 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. No acting experience necessary – all abilities welcome. Remember to wear loose fitting clothes.

Dance in a Day

Wednesday 31st May, 10am till 4pm (Ages 6-10 yrs)

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.

Choir in a Day

Thursday 1st June, 10am till 4pm (Ages 7-11 yrs)

Train to be a singing sensation with our expert Abi Green (Meow Meow from our 2021 pantomime Dick Whittington). You will be guided through various techniques to improve and maintain the quality of your voice and work on songs that will be performed to parents at the end of the day.

All '...In a Day' places are priced at **£21** and remember to bring a packed lunch!

Tickets are available from the Box Office on 01252 329155 or online via www.princeshall.com

Frozen Sing-Along (PG)

Thursday 1st June, 2:30pm

Tickets: £8 / £7 Screenpass, Friends Plus and Friends Gold

One free adult ticket with every child ticket purchased

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

A young princess embarks on a quest to find her sister to break the spell that is keeping their kingdom in eternal winter. (Please note this is a screening of the film with on-screen lyrics, and not a stage show or including any cast)

Aldershot Military Museum – May Half-Term

Queen's Avenue, Aldershot, GU11 2LG

For May Half Term, the museum will be open from Saturday 27th May – Sunday 4th June 10:00 - 16:00.

Family Activity - Put It in Print! Wednesday 31st May 10:30-12:30 & 13:30-15:00

Get messy trying your hand at printing pictures this half term. Carve your picture into easy print foam, roll on some ink and see how it turns out!

Children must be accompanied by an adult at all family events. Standard museum admission applies, donations welcome, no pre-booking required. Suitable for ages 5+. Please wear clothing that you don't mind getting messy.

More at the Museum

- Take on the challenge of our World War II-inspired assault course
- Spot the objects around the museum with our fun activity sheets

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Hampshire Libraries – Half-Term Activities

Hampshire Libraries are hosting a range of events for children over the half term holiday. Expect activities, craft, singing, stories and fun to warm up for the Summer! All our activities are 'Pay what you decide' and details can be found on each library's social media page - make sure to like and follow your local libraries and keep up to date with the latest events.

Late May Opening Hours

27th May: All libraries open as per normal hours.

Bank Holiday 29th May: CLOSED

30th May – 3rd June All libraries open as per normal hours.

All of the 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/libraries)

You can follow your local library on Facebook to ensure you always know 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](#)

Squirrels Holiday May Half-Term Fun Club

We are running our Holiday Fun Club from Tuesday 30th May – Friday 2nd June 2023

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

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games, and construction. Drinks and snacks are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5-Year-Olds must be dry to attend.

We are open 0800-1630.

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

West End Centre – Children's Half-Term Activities

48 Queen's Road, Aldershot, GU11 3JD. Tel. 01252 33 00 40

[West End Centre - Arts Centre in Aldershot](#)

Macrame Bracelets and keyrings 27 May

[Macrame Bracelets and Keyrings \(Summer 2023\) | West End Centre](#)

Caricature Drawing 30 May

[Caricature Drawing 7-12 years \(WEC\) | West End Centre](#)

Design Your Tote Bag 30 May

[Design Your Tote Bag \(3-6 years\) WEC | West End Centre](#)

Design Your Tote Bag 30 May

[Design Your Tote Bag \(7-12 years\) WEC | West End Centre](#)

Family Dance – Oh, We Do Like To Be Beside The Seaside! (3-6 years)

[Oh We Do Like To Be Beside The Seaside! \(Family Dance 3-6 years\) WEC | West End Centre](#)

Children's Dance - Ready Or Not, Here I Come

[Ready Or Not, Here I Come! \(7-11 years\) WEC | West End Centre](#)

Family Half Term Pottery

[Family Half Term Pottery 3+ | West End Centre](#)

Circus Skills Summer Course – West End Centre, 24th - 26th July

Parents, are you looking for a fun and exciting summer activity for your kids aged 7 to 12? Look no further than our Circus Skills Summer Course at the West End Centre!

From 24th to 26th July, your child will have the chance to learn juggling, acrobatics, and circus crafts. Our expert teachers will guide them through fun challenges and exercises, helping them to improve their balance, flexibility and coordination. They'll also have the opportunity to create their own circus puppets and bring them to life!

This is the perfect opportunity for your child to make new friends, learn new skills, and have fun in a safe and supportive environment. They'll be amazed at what they can achieve in just three days of circus training. And at the end of the course, there will be a mini demonstration where they can showcase their newfound talents to you and your family, making it an unforgettable experience.

The classes start at 10.30 am and run until 4.30 pm, so be sure to pack a lunch for your child. And when they need a break, there will be a movie to watch too, so they can recharge and get ready for more circus fun.

Dates: 24, 25 and 26 July, 10.30 am to 4.30 pm. Cost: £110 - Limited spaces, book yours now!

Aldershot Pools – Lido opening

Guildford Road, Aldershot, GU12 4BP

For the May half-term, the Lido will be open 1000-1800 daily then weekends only in June opening daily from 1st July. Tickets can be purchased in advance on-line via our website.

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

Victoria Day is back on Saturday 10th June!

Don't miss Victoria Day 2023 - the greatest show in Rushmoor!

Victoria Day is back on Saturday 10 June from 10am to 4pm in Aldershot town centre. This year's theme is 'Circus' and we'll be putting on the greatest show!

Visit Union Street, Wellington Street and Princes Gardens between 10am and 4pm for lots of free activities, fantastic stalls, fair rides, live entertainment, delicious food and drink, alongside a classic car show in Princes Gardens Car Park.

Don't forget to grab your flags and cheer the circus-themed carnival parade, which leaves the Naafi Roundabout by Burger King at 11am. Over 700 people take part in the parade each year.

Head to Princes Gardens for fun, live entertainment on the bandstand throughout the day, alongside circus themed make-and-take crafts, fair rides, stilt walkers, street theatre and much more. Plus, don't miss Juggling Jake's Circus Skills area alongside Princes Gardens Surgery.

Over on Union Street, there's acrobatics workshops, hula hooping and balloon shows, stilt walkers, face painters, Lego building and lots more live music and dance. There's even the chance to meet a giant elephant puppet!

For the full programme and more information on how to take part, visit www.rushmoor.gov.uk/victoriaday.

The event is managed and funded by Rushmoor Borough Council.

Don't miss Aldershot's Armed Forces Day Prom in the Park! Saturday 24th June

Join hundreds of people as they wave their Union flags and sing along in celebration of our troops at Aldershot's free Armed Forces Day Prom in the Park on **Saturday 24 June**, from 2-5pm in Princes Gardens.

Bring your flags, rugs, picnics, friends and family to enjoy the mix of modern and traditional live music!

The afternoon's festivities start at 2pm, when the bar, tea tent and street food stalls open, alongside free children's crafty fun, a bouncy castle, face painting and community stalls.

Between 2pm and 3pm, dancers from Guildford Lindy will be hosting a fun Lindy Hop and dance workshop, accompanied by local vintage swing singer Helen Muggeridge.

At 3pm, the main Prom begins in the bandstand, with Rushmoor Concert Band, Farnborough Band of the Royal British Legion and local classical singer Toni Nunn, leading a toe-tapping concert of popular live music.

The prom will end in flag waving style with traditional Last Night of the Proms favourites, Rule Britannia, Jerusalem, and Land of Hope and Glory. There will also be a special interval musical performance and a thank you speech from Aldershot's Garrison Commander.

Programmes and flags will be available to buy on the day from our charity partners SSAFA.

To say thank you to our Armed Forces and their families, a free ice cream will be offered to visitors, on production of military ID and dependents ID cards.

For more information, visit www.rushmoor.gov.uk/armedforcesday which will go LIVE soon. The FREE event is managed and funded by Rushmoor Borough Council.

Monthly free Eco Explorers Club!

At June's FREE Eco Explorers Club, we'll be learning all about brilliant bugs and insects, before making some mini-beasts to take home! You'll have a chance to meet and say hello our incredible garden insects too. Drop into Aldershot on Sat 3 June and Farnborough on Sun 4 June between 10am and 2pm to take part. <http://www.facebook.com/events/1342089572867715>

Each month at Eco Explorers, we be going wild and getting our hands dirty, with lots of gardening and wildlife fun in the town centres at this free club!

FUN FOR JUNE...

- Meet our insects and bugs, before we release them back to the garden
- Craft a mini beast from recycled bottle tops
- Learn how to identify garden and woodland critters

DATES & TIMES...

Eco Explorers is a drop-in club, with no need to book. Admission is free

Saturday 3 June, 10am-2pm - By the KFC crossroads, Union Street, Aldershot Town Centre

Sunday 4 June, 10am-2pm - By the old Peacocks unit, Queensmead, Farnborough Town Centre

Stephen and Lesley will be running Eco Explorers on the first Saturday of each month and in Farnborough on the first Sunday of each month. The event is managed and funded by Rushmoor Borough Council.

Kala The Arts – Indian Dance & Music Classes

At Abode of the Gods, Shiva Temple, Queens Rd, Aldershot, GU11 3JE

Kala The Arts an Arts in education charity, a professional dance organisation in the region offering **free** dance classes in Aldershot, open to all ages and abilities so do come along and join. They get to learn dance and music skills, develop confidence, creativity and performance skills. Held on Sundays 4th June, 18th June, 2nd July and 16th July from 1.15pm to 2.15pm. For more information about any of these classes please email admin@kalathearts.co.uk or call 07725 838419.

www.kalathearts.co.uk

**Victoria Day Parade and performances by Kala The Arts young dancers and professional artists
10th June at Union Street Aldershot Town Centre. 25 Years of Kala The Arts**

For the Victoria day on the 10th June, Kala The Arts who are the region's South Asian Dance organisation brings a display of flora and fauna woven together from the jungle tales with focus of elephant/ Ganesh, which will be lively and dynamic.

Young dancers and Kala youth company will have face masks, painting drawn from certain animal characters representative of the jungle book. The visual arts painted masks are Pattachitra arts an exemplary style all created by the artists of artisan village of Raghurajpur in Odisha Eastern India.

Performances by Kala The Arts Professional at Victoria Day 10th of June at Union Street Aldershot Town Centre at 12.55 pm and 3.05 pm! Come and see us, we take you on your Journey to India

Kathak and Bollywood performance 12.55pm – 1.10 pm by Kala youth dancers

Satpa - 7 musical notes a choreographed performance by Sushmita Pati At musician gazebo in the town centre - 3 leading international artists in style of Odissi a classical Indian dance and also Bollywood. Performance time 3.05 -3.25 pm.

Rushmoor Gymnastics Academy

We currently have spaces in some of our pre-school classes.

For children age 2-4yrs

Tuesday 12:45-1:30

Wednesday 12:45-1:30 and 1:40-2:25

These are structure classes that you can book for the term at www.rushgym.co.uk

We will be running camps over the summer holidays, please keep an eye out on our website www.rushgym.co.uk and on Instagram @rushmoorgymnastics

We are looking forward to performing once again at this year's Seale and Sands Summer Show on Saturday 1st July.

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 £41.60 PER HOUR - DANCE STUDIO £22 PER HOUR - THE WAVELL HALL £22 PER HOUR
COMMUNITY HALL £19 PER HOUR - CLASSROOMS £10 PER HOUR – OUTDOOR NETBALL COURTS £20 PER HOUR

CLUBS & CLASSES

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

CHILDRENS PARTIES

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY – HIRE PRICE IS £22.00 PER HOUR & THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM *3PM-6PM ON BOTH A SATURDAYS & A SUNDAY FROM *1PM – 6PM – HIRE PRICE IS £41.60 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.

MAY HALF TERM HOLIDAY CLUB AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB

TUESDAY 30TH MAY – FRIDAY 2ND JUNE

FROM 8AM – 4.30PM DAILY

For further information please email info@cm-sports.co.uk

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.wavellschoolorg.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317603

Hart Sports Clubs Looking for New Junior Members/Players

Crown Taverners Cricket Club, Blackwater - Under 11 Softball Cricket Squad - are looking for junior players to join their new U11 cricket team. No previous experience is necessary as they will be starting from scratch and playing in the softball section of the Surrey Junior Cricket Championship. If you have a son or daughter (born on or after September 1st, 2011) who would be interested in joining Crown Taverners for this adventure, please contact ctcc_colts@btinternet.com
<https://www.crowntaverners.com/>

Eversley Cricket Club want more girls and women (12 years and above) to join them. Training every Friday evening 18.00-20.00 – Eversley Indoor Cricket Centre. Contact Beth or Stephanie eversleycccladies@gmail.com or see <https://www.facebook.com/EversleyCricketClub>

Fleet Town Colts - Vipers Under U8s (boys) are looking for Goalkeepers in preparation for next season as they move to U9s and seven-a-side football. They are seeking aspiring goalkeepers who are interested in furthering their development with dedicated coaches. For further details and to arrange some no obligation trial training sessions please contact Simon on 07748 141145.
<https://www.fleettowncolts.com/>

Rushmoor Futsal Development Centre – have places available for girls and women. Thursday evening training sessions at Yateley School Sports Centre: 8-12 year olds: 18.00-19.15 and age 16+:

19.30-19.45. For information about Futsal, and all other opportunities to play for this club see their website <https://rushmoorfutsal.co.uk/>

Keep Active! - For information about all the different types of sports clubs and exercise classes for children and adults in Hart – check out the Keep Active, Children and Young People, or Community Venues sections on the Here for Hart Directory <https://hereforhartdirectory.org.uk/>

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](#) or kaizenkaratefarnborough@gmail.com or Chief Instructor Bill Cross on 07958 630 048.

Runway's End Outdoor Centre

Runway's End Outdoor Centre is located just off the A325 between Farnborough and Aldershot. Our centre offers outdoor activities and accommodation options for those adventurous at heart.

Half Day Adventures

During May 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 | Book online here: [Half Day Adventures \(cinolla.com\)](https://cinolla.com/half-day-adventures)

Canoe Tours

Guided by our friendly staff, this is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a World War 2 pill box and local wildlife. The 2 hour 30 min trip includes some light refreshments at a picturesque picnic spot.

Ages 6+ | From only £20 per person | Book online here: [Guided Canoe Tours \(cinolla.com\)](https://cinolla.com/guided-canoe-tours)

Camping Pods

We have availability for short stays in our fantastic camping pods. The pods sleep four persons and are kitted out with underfloor heating and charging points, making a comfortable stay whatever the weather!

Sleeps 4 | Only £75 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](#)

Camping Pitches

Looking to get away from it all and create memories under canvas? Pitch your tent, get the campfire started and stargaze from your cosy woodland camp! Our site offers a tranquil setting with accessible, safe and secure camping facilities - the perfect escape for families, where parents can settle into the relaxing surroundings and little ones can enjoy nature's playground.

1 pitch – up to 6 persons | Only 44 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](#)

COMMUNITY SUPPORT INFORMATION

The Community Pantry at Yateley Industries

Pay a £5 membership fee per shop to receive at least £15 worth of fresh, frozen and general foods. For information about how you can become a member Telephone 01252 872 337 or Email info@yateleyindustries.net

The Mobile Pantry at Darby Green

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. It is located at St Barnabus Church, Darby Green, GU17 0BT and is open every Thursday 13.00-14.30.

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

Community Grub Hub CIC

Whether you are volunteering, donating, swapping or shopping, all will receive a warm welcome from the volunteers. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need. All we ask for is a few details to sign up to a loyalty card, so we can report back to our funders and donors how many people we have helped. The store is free to access but we do ask if visitors are able, that they make a small donation to help keep the project running.

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

We are open: every Tuesday 10am to 6pm

Please signpost your families in need.

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is FREE for anyone, especially families needing help with food.

Please get in touch if you need help – 01252 400 196

Opening hours: Monday: 10am - 3pm Wednesday: 9am - 12pm Thursday: 9am - 4pm

FREE for anyone in the community. Just come along, no need to bring anything to donate.

Donate & Exchange: You're welcome to donate and exchange items if you're able. Bring things you have in excess and see if there is something you'd like in return.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

Farnborough Foodbank is opening a new hub based in Hamesmoor Road Mytchett GU16 6JB from Friday 12th May 2023 between 10:00 - 12:00.

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays (wef 26.5.21).

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

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

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

If you are or anyone you know is struggling to pay energy bills, please get in touch with us as we have dedicated energy advisers to help through our [Energy Advice programme](#).

Help in the community

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

Please contact us on 01252 878435 or email outreach@citizensadvicehart.org.uk for further information.

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

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

Advice First Aid

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

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

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

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

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

Volunteering

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

Adviceline

Tel: 0808 278 7864 (freephone number)

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

citizensadvicehart.org.uk/

Citizens Advice Rushmoor – Energy Hardship Vouchers

Citizens Advice has now been issued some additional limited funding from Hampshire County Council to support people with energy costs. Applicants who have had a previous energy voucher in 2022 will not qualify for this latest round of vouchers. They will need to provide basic information when applying, with people in receipt of welfare benefits taking preference. To apply, people can contact the office on 01252 333618 and the Welcome team member will complete the application form with you. If no one is available, we will call back if you leave a message. As well as your basic details, we will need details of your type of supply and your account number to issue the voucher.

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

Hampshire County Council Strengthening Parental Relationships Programme

In April, we launched the Strengthening Parental Relationships toolkit for parents, carers and practitioners. All relationships have their tricky moments. But it's when there is too much arguing or people are giving each other the silent treatment a lot, it can be harmful to children. This might mean children's wellbeing and behaviour is affected, their health can suffer or that they don't do as well at school. To help children with their relationships, we need to show them how to deal with disagreements effectively. This (being a healthy relationship role model) is sometimes easier said than done...

Now you can access free information and courses to strengthen your relationship with your partner / co-parent. [Click here to find out more](#)

Knowing how to argue in a constructive way can make all the difference to your relationships. Learn more with this online course currently available at no cost to residents in Hampshire.

<https://www.oneplusone.org.uk/parents>

Policing Hart & Rushmoor – Reporting Guide



- Save time and report crimes online, visit www.hampshire.police.uk
- You can tell us if you've seen anything suspicious or something you think we should know about online at: <https://www.hampshire.police.uk/tua/tell-us-about/>
- Call **999** if it's an emergency, there is a concern for safety or a crime is in progress.
- If you're deaf or hard of hearing, use our textphone service **18000**.
- Call **101** for any crimes that aren't currently in progress or haven't just happened.
- If you're deaf or hard of hearing, use our non-emergency text **07781 480999**.

HEALTH & WELLBEING INFORMATION

Stay well with help from your local NHS

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

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

You can get support and advice from:

- the 111.nhs.uk website – check your symptoms or get help if you have an urgent medical problem and are not sure what to do. NHS 111 can connect you with a nurse, GP, emergency dentist or other health professional. They will also book you an appointment if you need one
- The [Frimley Health and Care Integrated Care website](#) – for information and advice on keeping well and details about local services

- Parents, carers, children and young people can also find lots of useful information and advice at: <https://frimley-healthiertogether.nhs.uk/>
- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – appointments are available until 8pm on weekdays, 9am-5pm on Saturdays. Save time by making an appointment or ordering medicines via the NHS app or visit your GP website for online advice and support.

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

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

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

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

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

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

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

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

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

You may not need to see your GP or go to A&E. If you're unsure what service to choose, visit the NHS 111 website. It includes a symptom checker and can connect you to a nurse, emergency dentist, pharmacist or GP, or arrange a face-to-face appointment if you need one.

It's also very important that you take up the offer of a free flu and COVID-19 jab, if you're eligible.

Worried about the health of your child?

Unsure if you can stay home or need to seek healthcare support?

The NHS Frimley Healthier Together website is here to support parents and carers. It provides

- Expert advice from local healthcare professionals
- Clear traffic light system for illness advice and red flags
- Covers topics such as coughs, colds, fever, head injury, covid to mental health and emotional wellbeing
- Signposts to local services

visit <https://frimley-healthiertogether.nhs.uk/>

Healthy Start Scheme

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you:

- buy healthy foods like milk or fruit
- get free vitamins

You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim without receiving benefits. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. They will add your benefit onto this card every 4 weeks.

[Get help to buy food and milk \(Healthy Start\)](#) - for information on how to apply

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. We have innovated in developing bespoke clinically validated measures around peer to peer interaction and our single session therapeutic model. This year's theme for #MHAW is 'anxiety', and we've put together lots of new community discussions and content on [Kooth](https://kooth.com) to support young people and young adults who may be struggling, starting on 15th May. There is a different forum discussion topic for each day of the week. Service users can take part for free and anonymously.

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

Hampshire Counselling services

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

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

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

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

The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 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.

FREE online parenting courses for local families

The Solihull Approach offers free online e-learning courses for parents/carers.

Courses include top tips from childcare, education and NHS health experts including midwives:-

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain and a version for teenagers themselves

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are also available in different languages.

Access to the guides is unlimited with no expiry date, so you can return as and when you need and want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.

Registration is quick and easy - [click here](#) – or visit www.inourplace.co.uk. Apply the access code 'PARENTING'.

Visit: <https://www.frimleyhealthandcare.org.uk/maternity/news/posts/2020/july/free-online-parenting-courses-available-to-local-families/>

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://bit.ly/FHTApp) website, the app can be downloaded from your app store of choice. <https://bit.ly/FHTApp>

Help make managing children's health easier for families in your setting:

- Share our social media posts on your own social media channels / website to help your communities when they are faced with unwell children and young people. ([Facebook](#) and [Instagram](#))
- Utilise the pre prepared social media messaging and visuals we have provided on your own website, social media, or newsletters. Download them from our [resource centre](#).
- Ensure you share the availability of this resource with the teams in your setting so they know about the app, and they can mention it in face-to-face conversations with parents, carers and young people.
- Refer parents and carers to the [Frimley Healthier Together](#) website for advice when their children are unwell or following a bump to the head in your setting, for example.

Please do get in touch with any questions or requests you may have: Kirsty.north6@nhs.net or Zara.devine@nhs.net.

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

FREE Webinar for Parents/Carers and Guardians – 28th June:

Not all parents and carers feel confident or knowledgeable when it comes to talking to their children about relationships and sex.

The right sex education equips young people with the tools they need to make mature and well-thought-out decisions in relation to relationships and sex.

Teaching them about sexual health doesn't encourage them to have sex, but it encourages them to make more informed choices if they choose to be in a relationship and have sex.

In this webinar we will be discussing who we are and what we do as a Sexual Health Service supporting young people.

<https://www.eventbrite.co.uk/e/relationships-and-sexual-health-webinar-for-parents-and-carers-tickets-629953226057>

Sexual Health Clinic

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

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

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/>

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 holiday's

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/>

Mustard Seed Autism Support

Mustard Seed Autism Trust will be moving venue in June.

Our new address:

Mustard Seed Autism Trust
Odiham Cottage Hospital
Buryfields
Odiham, RG29 1NE

Our referral criteria (families living within 10 miles of Farnborough) and projects will stay the same.

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

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
- Autism friendly monthly gardening with Minding the Garden
- Evening autistic speaker programme:

Come along to our next evening talk by Viv Dawes, autistic advocate, about Autistic Burnout on 6th June at 7.30pm at Church on the Heath. Tickets £5. [Click here to book.](#)

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

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 that we can be flexible with whatever is troubling your teenager

To contact us you can visit our website at www.fortify-services.com or by emailing Clair 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 20 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

Please complete the referral form on our website at <https://www.hartvolaction.org.uk/counselling/121-adult-counselling/> The service is **free** to access.

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 20 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person can explore more issues with their Counsellor and will potentially deal with the root 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.

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

Mood Movers group: It is a four-week course helping people return or start back exercising. The next course starts on the 20th of June, ready for the summer.

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

Rushmoor Wellness - Rushmoor Borough Council in partnership with SEEDL

Rushmoor Borough Council have launched their wellness hub, which offers everyone living within the Rushmoor area, free unlimited access to Mental Wellness Webinars and Guided Relaxations.

Residents can choose either 60-minute webinars or 20 minute 'micro' sessions to fit in with their schedules and can choose from a range of subjects including Sleep and Relaxation, Mindfulness, Mental Health First Aid and many more.

The webinars are uniquely all live interactive webinars, allowing residents to make a date to learn on a flexible basis, accessing webinars at a time to suit them. As the webinars are interactive users can communicate with the facilitator meaning they get the most out of their learning experience.

Rushmoor Borough Council's wellness solution is amongst the first of its kind around the UK and is launched in partnership with SEEDL, a world pioneering 'Virtual Live Learning Subscription Service'. Jo Shepherd who is SEEDL's Chief Learning Officer said, "SEEDL has grown rapidly since its launch, and we're really excited to do more to support local economies. Our partnership with Rushmoor Borough Council, is really going to be game changing for residents. SEEDL and Rushmoor Borough Council will help residents, learn and develop new life skills."

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

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](#)

CAMHS – Professionals Conference: Suicide prevention, 14th November

Tuesday 14th November 2023, Hope Church, Middle Brook Street, Winchester, SO23 8DQ

£75 per person, includes refreshments, lunch and a resource pack

Hampshire Child and Adolescent Mental Health Services are running a face-to-face conference. This event is suitable for any professionals who work with young people, including teachers, youth workers, police, social workers and GPs.

Conference Agenda:

Let's Talk about Philip - A play written and performed by **Helen Wood and Gregor Hunt**

The performance focuses on the personal experience of losing a brother to suicide and the many issues that surround suicide.

Other Workshops include:

Managing young people in crisis, self-harm, postvention, listening skills and creating a school suicide and self-harm prevention plan.

Keynote speaker:

Mike Palmer (3 Dads Walking)

Book your place today at www.hampshirecamhs.nhs.uk/events

CAMHS Suicide Prevention Play: Let's Talk About Philip – 2nd November, West End Centre

Let's Talk About Philip is a play written and performed by Helen Wood and Gregor Hunt. The one-hour play shares the personal experience of losing a brother to suicide, and the many issues that surround suicide.

Hampshire CAMHS will be running several events across Hampshire where this play will be performed, followed up with workshops led by clinicians within CAMHS. This event is suitable for young people in years 10, 11 and sixth form. Spaces at the daytime performances are limited and are sold on a first-come, first-served basis. The morning performances are for students and the evening performances are suitable for the general public and professionals.

Tickets are **£3 per pupil or staff member**.

For more information and to book visit www.hampshirecamhs.nhs.uk/events

Evening performances can be booked directly with the venue, further information and the links can be found on the Hampshire CAMHS website at www.hampshirecamhs.nhs.uk

In the Rushmoor & Hart area, there are performances on 2nd November

West End Centre, Queens Road, Aldershot, GU11 3ED

10am Student viewing

8pm Professionals/public viewing

Hampshire County Council Suicide Prevention Training

Grassroots Suicide Prevention are delighted to offer a programme of Suicide First Aid training free to community sector organisations, with funding from Hampshire County Council.

Book your place or get in touch to arrange training specifically for your organisation:

Suicide First Aid – Lite

This course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive. SFA: Lite is easy to grasp for people of all skill levels and those with no prior knowledge of the subject.

Suicide First Aid: Understanding Suicide Intervention

The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. Recommended for anyone working closely with those at risk of suicide.

[Hampshire - Funded Training - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](http://prevent-suicide.org.uk)

Kind to Mind – School and workplace wellbeing training

Wellness Festivals

Kind To Mind will be delivering [Wellfest](#) on the 9th July in partnership with Burpham Wellfest and is an event for all the family, free of charge.

Burpham Wellfest

Burpham Wellfest, Surrey's FREE Summer Wellbeing Festival returns to Guildford in July with a wide range of new elements and some old favourites, plus this year it has partnered with Farnham-based Kind to Mind to widen its mission to bring wellbeing to all.

Burpham Wellfest began in 2021 with a mission to support the local community by bringing wellbeing to them, while supporting local wellness businesses in the aftermath of COVID.

Now, as it enters its third year, Burpham Wellfest has evolved and expanded to support even more local charities and businesses while offering some new and alternative wellbeing experiences.

The theme of Burpham Wellfest 2023 is #stayallday and there are streams throughout the day to deliver structured programmes for men, women, families and seniors. These include a men-only fitness session, laughter yoga, a baby sensory experience, tai chai, circus skills workshops, fitness for the neuro-diverse and a riverside forage.

Anyone who books a FREE ticket for Burpham Wellfest on Eventbrite will receive regular updates on the stalls, activities, talks and workshops taking place. Find out more at www.burphamwellfest.com

1:1 Support

Kind To Mind also offers 1:1 Personal Development programmes on topics such as anxiety management, mindfulness-informed perspectives and self-esteem. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

School and Workplace Wellbeing Training

Kind To Mind is proud to be rolling out workshops and talks for schools in the UK aimed at equipping young people with mental health tools and strategies to support them in leading healthy lives and getting the most out of education. We also offer multiple workplace packages of trainings and 1:1 sessions to support teams with strategies for well-being management and safeguarding to individual techniques for managing workplace stress. We are passionate that every individual should feel happy and healthy in their place of education or work and are keen to support people in achieving this.

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

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 \(rvs.org.uk\)](http://rvs.org.uk)

[Aldershot and Farnborough heritage trails - Rushmoor Borough Council](#)

[Blackwater Valley Nature Walks](#)

www.wellesleywoodlands.co.uk

Rushmoor Healthy Living - Legs, Bums, and Tums exercise class. Monday 9.15 -10.00am.

Parsonage Farm School Hall, Farnborough, GU14 9TT. This is a fun upbeat workout of aerobic, strength and conditioning exercises, aimed to tighten & tone these key areas! Suitable for all levels and abilities and will include some floor work so please bring a mat.

Rushmoor Healthy Living has a wide variety of fun and friendly community-based exercise classes throughout Rushmoor and the surrounding areas, as well as an established online zoom exercise programme, from £3.50 a class.

To book or for further information call our friendly team on 01252 957430 or email

classes@rhl.org.uk Please quote **Families** to receive your free class trial.

https://www.rhl.org.uk/downloads/timetable_face_to_face.pdf

https://www.rhl.org.uk/downloads/timetable_zoom.pdf

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.

One by One – Supplier of used mobility equipment

Telephone Derek Alder: 07876 212 524

Facebook: <https://www.facebook.com/groups/321485559832326/>

Mr Derek Alder, a former trainer for The British Red Cross for 20 years, empathetic, well placed, with awareness, both professionally and personally of the encumbrances faced by those on a low-income and in difficult circumstances, who are in pursuit of an improved quality of life supported by mobility equipment has used his passion to set up a not for profit group to predominantly offer used and refurbished mobility equipment at low-cost.

Inevitably, availability varies, but for those in financial difficulty, or facing long waiting lists, this may be a viable option.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology and University Centre Farnborough

Our Family Fun Day is back!

We will be throwing open our doors on Saturday 17 June for a day of free fun for all ages. Enjoy a great day out with the family with a range of free activities like:

- Free family photoshoots
- Go-karts
- Change a tire challenge
- Face painting
- Farm animals
- And so much more

Join us at our Boundary Road campus, GU14 6SB, between 10:30 am and 2:30 pm. You can travel by foot, public transport, or car (free parking on site).

Register at www.farn-ct.ac.uk/events to receive updates and reminders, or simply arrive on the day.

Adult Education and Degree Open Event

Interested in furthering your education? Our University Centre Farnborough and Adult Education Open Event is taking place on the 21 June from 4.00 pm to 7.30 pm.

At the event, you will be able to

- Explore our campus and the great facilities we have to offer
- Chat with our experienced lecturers about your choice of courses
- Speak to our accredited learner services team about fees, funding, and support
- Get to know what it's like to be a student with us
- Find out about our two-year accelerated degrees

Book your tickets here www.farn-ct.ac.uk/events

Latest News

Interactive Fair

Over 300 year 9s visited our campus this May for a look into what college life is like. The schools that brought students to take part were Eggar's School, The Wavell School, Cove School, and Fernhill School.

Students got to take part in a range of activities like using an interactive dissection table, flying a drone, creating a floral display and so much more.

Careers quiz

For anyone unsure of what career direction they might wish to go on, Farnborough College of Technology has a page with a range of different career information on it from predicted vacancies to indicative salaries.

The page holds a personality quiz to share what careers might suit you. The results let you know your personality type and suggest a range of careers best suited to you.

Why not try the quiz for yourself at: www.farn-ct.ac.uk/lmi

Inclusion Hampshire

Inclusion Hampshire are a specialist education charity supporting young people with mental health and additional learning needs. The charity has two sites – Inclusion School, an independent specialist school for young people aged 11-16 with an EHCP, based in Basingstoke and Inclusion College, a post 16 provision based in Hook.

2023 is the 10th anniversary year of the charity throughout the year they have a selection of resources and activities designed to support the mental health and well-being of their learners – these included projects such as 10 Ways to Well-being and Top Ten Tips for mental health cards for learners and parents and carers.

They are also holding a charity Wing Walk with the Head of Inclusion College, and the Asst. Head of Inclusion School taking to the skies in June to raise well needed fund to support the work of the charity.

For more details on this year's activities and to find out more about the services offered please visit www.inclusionhampshire.org.uk

ala The Arts – Free inset session for schoolteachers, 22nd June

Indian dance, visual Arts and music resources for schools in Rushmoor – Theme Diwali Light it Up !
It's a free session for teachers funded by Arts Council England.

Kala The Arts is an Arts in education charity and worked with more than 350 schools across Hampshire in the last 24 years. Kala The Art's specialised artists are arranging an inset for teachers from schools in Rushmoor and the Theme is light it up Festivals in 2023. This is for key stage 1- 3 teachers/Heads of departments or assistant teachers on the 22nd June 4.30 – 6.00 pm in Aldershot venue to be confirmed shortly. If interested, please email Jini Cherian on office@kalathearts.co.uk for a registration form Tel 07725 838 419. Please book by the **6th of June**.

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/>

Hampshire Health in Education

The healthy habits children and young people learn, develop, and practise when they're at nursery or school stay with them long-term. Hampshire Health in Education is a free offer for all education settings, from early years to post-16, to:

- Help staff feel confident and competent in delivering health education, and
- Embed a whole setting approach to wellbeing.

Find guidance, teaching resources, local support, and free e-learning specifically for education staff on the [Hampshire Health in Education website](#) – all health topics, all phases. Early years practitioners can also access the [Healthy Early Years](#) programme on the [Services for Young Children Moodle](#). Visit www.hants.gov.uk/healtheducation to find out more, or email healtheducation@hants.gov.uk with any questions.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Fighting Chance Program

Grainger PLC, Taylor Wimpey and Weston Homes are pleased to support The Fighting Chance Program for Wellesley, which will take place at The Aldershot Football Ground.

The Fighting Chance Program is already successfully up and running at a local senior school, targeting the young people of Aldershot Park Ward. Pete O'Shea, the program leader, has been connected with Aldershot all of his life and has implemented a number of youth work projects that have covered areas such as education, employment, training and serious youth violence.

Previously working primarily in South London, where his program has contributed to bringing about a significant reduction in crime levels, he is now bringing his program to the local area.

Working in conjunction with Grainger, Taylor Wimpey and Weston Homes, Pete will invite a select number of local youths onto the free program, with the overriding objective of building up their resilience and well-being.

The program will utilise sports, discussion and educational videos to explore many of the challenges that our youth may face today. It will provide a safe space to discuss these issues and consider elements that may have the potential to affect them. The sessions then finish with 45 minutes of physical activity, including boxing, self-defence and martial arts.

Towards the end of the program, once a better understanding of each individual's personal aspirations and unique talents has been gained, Fighting Chance will signpost to other local clubs and organizations that these young people can benefit from once the program has finished, allowing them to continue learning and planning for the future.

Pete is currently working with the local authorities to identify candidates who would be most likely to benefit from and engage with the twelve-week course, which will be starting in the next couple of months. Supporting Pete on the course, alongside others, will be 2012 Olympian and Commonwealth Judo Champion, Danny Williams.

The course is completely free. If you have any further questions or think you know a young person who would really benefit, please contact peteoshea19@gmail.com

Vision 4 Youth – Youth Services

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas. Vision 4 Youth run five different youth clubs each week (term time) to meet the different needs of all the young people in the community. These are open as follows:

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

A drop-in cafe aimed at age 11-25 year olds. Come along for 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 – some Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact office@vision4youth.org.uk to find out the next meeting date and book a place.

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

A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

Friday Night Club - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP

Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-18. FREE!

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the main focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescribing Link Worker connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk 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.

#iwill Youth Forum – Monthly 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A chance to speak out, ask questions and voice your opinion about any topic that you believe is important. Contact office@vision4youth.org.uk to take part. Open to all aged 11-18. FREE!

Coming soon: Summer Holiday Club (NEW!) – Monday-Thursdays during the school summer

holidays, a youth club for 11-16 year olds who are in receipt of free school meals (a #HAF project). Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details will be available nearer the time so please contact us for more information. Starting from 10am, there will be some arts & crafts challenges and cooking activity to prepare something nice to go with lunch. The main course of lunch will be a proper meal prepared for us, then in the afternoon we'll get active with some sports and fun. The club then closes at 2pm. Open to all abilities and there will be lots of different things to try across the summer. Booking essential, please use this link to book a place for each day that you'd like to attend:

<https://forms.gle/dHemmpU8nvwAHV2x8>

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.

The Source Young People's Charity

We are a Christian charity supporting all local young people with their mental health and wellbeing.

- We offer 1 to 1 Counselling, Mentoring, and small group support for young people aged 13 to 25 years, who are struggling with their mental health and wellbeing. For Youth Counselling or Mentoring enquiries please contact Elliot / Rachel at nolimits@thesourceforyou.co.uk or via the **REACH OUT** link on our website www.thesourceforyou.co.uk
- Our new *free* Young Mums / Parents support group is on Wednesdays from 1pm to 2.30pm. Venue: Aldershot Baptist Church Hall, Upper Elms Road, Aldershot GU11 3ES. For enquiries or further information please contact Yasmin at yasmin.cunningham@thesourceforyou.co.uk

For general enquiries about our work please contact us on 01252 333330 or email

nolimits@thesourceforyou.co.uk

Volunteering opportunities – Children, young people and families

The **Volunteer North Hampshire** website currently has over 130 volunteer opportunities of all kinds linked to supporting children, young people, parents and families. These opportunities are in the main local to Hart, Rushmoor and Basingstoke & Deane, and will also include opportunities for young people themselves to volunteer (14 years+).

Here are just a few examples:

- **Athletics Coaches** to work with 8-17 year olds – Fleet & Crookham Athletics Club
- **Walk & Talk Volunteer** for a “Ready Steady Mums” walking group for mums and babies in Farnborough – Barnado’s
- **Youth Independent Advisory Group Member** (volunteers must be aged 14-25 years) – Office of the Police & Crime Commissioner in Hampshire
- **Club Cook** – Hart and Rushmoor Young Carers Clubs (term-time only in Farnborough) – Hart Voluntary Action
- **Instructors (uniform and non-uniform)** – Farnham, Fleet & Aldershot Sea Cadet Unit
- **Queen’s Park Junior parkrun Volunteer, Aldershot** - parkrun

More details on the Volunteer North Hampshire web-site: <https://www.volunteernorthhants.org/> or call/email Hart Volunteer Centre on 01252 815652 hartvc@hartvolaction.org.uk or Rushmoor Volunteer Centre on 01252 398450 volunteering@rvs.org.uk

Being Me at Fleet Phoenix

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, starting Friday the 19th of May.

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.

The youth club runs every **Friday 5-6.30pm (term time)**.

Please contact Moira - moira.smyth@fleetphoenix.co.uk - if you have any questions/queries. Feel free to check out our website www.fleetphoenix.co.uk

Breakout Youth

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

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

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

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

If you would like more information or sign up for one of our groups, you can visit our website- www.breakoutyouth.org.uk , 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 the mentoring of other young carers and play a part in running activities at our Junior and Senior Young Carers Clubs.

Transport is available and attendance is free at all our young carers clubs, and there is no charge for any of the activities or refreshments provided. There is also a tuck shop which sells a variety of chocolate bars and sweets.

We also provide additional opportunities for members to attend day trips and weekend residentials, and respite activities during the school holidays.

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.

At the heart of Home-Start Hampshire is our fantastic network of volunteers and as demand for support continues to increase, we are looking for additional volunteers.

Could you help a family in Rushmoor & Hart?

Full training will be given.

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

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

www.home-starthampshire.org.uk

Hampshire Learning in Libraries

We continue to offer a packed Learning in Libraries programme during the summer term in our Rushmoor and Hart libraries, as well as online. Courses range from art to yoga, languages to dressmaking – there's something for everyone! Many of our courses are FREE for Hampshire residents.

Browse our online shop to find out more and to book your place – new courses are added to our schedule all the time, so it is worth checking back regularly: -

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](http://Learning in Libraries – Hampshire County Council Shop (hants.gov.uk))

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

We look forward to welcoming you on a course soon!

Hampshire Parent Carer Network

Hampshire Parent Carer Network (HPCN) offers Parent and carers of children and young people aged 0-25 with a disability or any additional needs (diagnosed or not) the opportunity to tell the Local Authority, Health and other services, what life is really like.

Membership - When you join as a member of HPCN, you can access our sessions, events and training opportunities. We send out a monthly newsletter: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Social media - <https://www.facebook.com/HampshireParentCarerNetwork>. This page is updated regularly with lots of helpful info like consultations, session dates and more. we also run 8 local pages which you can join.

Daytime Zoom Get Together - 05/06/2023 - 11-12pm - zoom Meeting ID: 864 4833 4391 Passcode: GT

Hart and Rushmoor Get Together - 08/06/2023 10-12pm - Morrisons, Elvetham Heath Way, Fleet, GU51 1GY.

Online Future in Mind - Thrive – 9/06/23 - 10-12pm - Booking required via eventbrite : www.linktr.ee/futureinmind

Under 5's Get Together - 09/06/23, 11-12pm zoom Meeting ID: 830 8336 2381 Passcode: GT

Parent Led Engagement - 13/06/23 12-1pm - zoom Meeting ID: 823 0696 5908 Passcode: HPCN

SENDIASS workshop- Primary to secondary transition workshop - 14/06/23 , 12-1pm - zoom Meeting ID: 892 7514 1397 Passcode: HPCN

Meet the SEN workshop - 16/06/23 11-12pm - Zoom Meeting ID: 844 7881 9869 Passcode: SEN

Evening Get Together - 20/06/23- 8-9pm - zoom Meeting ID: 837 8151 4810 Passcode: GT

Book all workshops via the eventbrite logo at www.linktr.ee/askaboutautism and for Future in Mind www.linktr.ee/hpcn.org.uk

Barnado's Free Courses & Workshops for Parents

- Five to Thrive
- New baby, 6 weeks – 6 months
- Family food, fun and fitness – 1 year+
- Introduction to solids – around 6 months
- Toddler Talk – 2-3 years
- Baby Talk – 9-18 months
- School readiness – 3 years+

T: @Hantsfamilies F: Hampshire Healthy Families I: hampshire_healthy_families

www.hampshirehealthyfamilies.org.uk

Email us at: hfh@barnardos.org.uk

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 are pleased to advise that we now have an online platform where all the back to basics resources can be found, below is the link for this.

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>



Farnborough Rotary Club

Immediate Help

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

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

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

Vocational Team – School and College Activities

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

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

Help Rotary!

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

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

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

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

Squirrels

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

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

Beavers

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also have the opportunity to take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

Our regular meeting time for Beavers is a Monday evening 5.30pm – 6:30pm

Cubs

For Cubs, excitement and adventure are key. Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

Our regular meeting time for Cubs is a Monday evening 6:45pm – 8:00pm

Scouts

For Scouts (aged 10½ - 14), outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as computer skills, problem solving, map reading, camp cooking, and first aid. Rock climbing, archery, rifle shooting, pot holing, raft racing, photography, and caving are just some of the things our Scouts get up to.

Our regular meeting time for Scouts is a Thursday evening 7:00pm – 9:00pm

Explorers

Our Explorers are a go-getting group of young people aged 14 to 18, meeting weekly to try new things, make new friends, and conquer the small task of changing the world. Being an Explorer is all about discovering the world on your own terms and making the most of what you have, wherever and whoever you are.

Our regular meeting time for Explorers is a Friday evening 7:30pm – 9:30pm

SKILLS & TRAINING

The North Hants Employment Skills Zone

The North Hants Employment Skills Zone has relaunched!

We now support job seekers of all ages with searching for a job, starting your own business, CV and interview help, and training and events that are available in your local area (Hart, Rushmoor, Basingstoke and Deane).

Check out the refreshed website: <https://esznorthhants.org.uk/>

FUNDING & GRANTS CURRENTLY AVAILABLE

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.

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. There is £65,890 available for allocation. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

Rushmoor Community Lottery

Applications for grants from the Community Fund are now open until 12th June. Good causes who are signed up to the lottery and are currently selling tickets are eligible to apply.

This year we have teamed up with Rushmoor Voluntary Services to offer help with writing your application. RVS are offering 30-minute one to one consultations with an experienced member of their community development team. Full details about the grant and consultation sessions [here](#).

Not a good cause? There is still time to sign up and sell tickets. You could also qualify to be entered into our draw to win £500 if your organisation signs up and sells 20 or more tickets before the end of August 2023! The winner will be announced at the 6th Anniversary Celebration on 11th September, in a news article and on social media.

For more information visit [Rushmoor Lottery - Help your fundraising reach new heights](#).

Other funding sources

Aviva: [Save Our Wild Isles Community Fund](#) has £1million to support groups protecting the restoring nature in their local area. 2 for 1 matching funding up to £5,000.

Armed Forces Covenant Fund Trust: [Force for Change programme](#) offers grants up to £15,000 for one-year projects. They are particularly keen to support projects which focus on vulnerable Armed Forces communities that are being most impacted by the cost-of-living crisis.

Armed Forces Covenant Fund Trust: [Reaching and Supporting Communities programme](#) is accepting applications for grants up to £100,000 for three-year projects. This programme supports projects that clearly address hidden or compelling needs identified in Armed Forces communities. This year, there will be a particular focus on projects that target those more vulnerable Armed Forces communities that are most impacted by cost-of-living challenges.

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

The next edition will be sent out in July

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