



Here for Hart Bulletin



Summer 2023, Issue 11

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

In this issue we highlight two new Hampshire County Council initiatives aimed at improving residents' health; one is a website to help adults keep active and healthy for as long as possible, and the other is a free weight loss programme. There is also information about the rights of people who have assistance dogs and a useful guide to the Urgent Community Response Service for people who look after someone who is unable to care for themselves. As usual we will also be bringing you up to date with the work of local groups and charities.

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

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

For a text only version of this bulletin, which can be easily printed and read by screen readers please visit www.hart.gov.uk/community/here-hart/here-hart-bulletins

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

Hart District Council – Communities Team Update

Supporting Ukrainian Guests in Hart

Ukrainian families and guests under the Homes for Ukraine scheme have now settled with their host families across Hart. Some of the guests have been with their hosts for over a year or approaching it and continue to stay or move on. Support is being provided by Hampshire County Council, Hart District Council (Homes for Ukraine Team) and Hart Voluntary Action. We are still working hard and pleased to say that 39 families/guests have successfully found and moved into private rental. It is great to see that the Ukrainian guests have integrated well into the community, and their families into schools/colleges.



The Homes for Ukraine team are supporting guests who need to move onto a new sponsor once their initial placement comes to an end. If you would like to sponsor a guest, please let us know by email hdchomesforukraine@hart.gov.uk. We have a dedicated email address where any questions or concerns can be sent directly to Hart District Council: hdchomesforukraine@hart.gov.uk

Hart & Rushmoor Ukraine Support Fund: for small grants, please see details in the latest Supporting Families Newsletter, page 48: <https://bit.ly/Supporting-Families-Newsletter>

Rushmoor & Hart Supporting Families Newsletter

The July issue is now out. Packed with useful information for the summer holidays and beyond, plus local support for children and families. If you would like to be added to the mailing list for this newsletter please email tony.mcGovern@rushmoor.gov.uk

[Rushmoor-and-Hart-Supporting-Families-Newsletter.pdf](#)

Welcome to Everyone Active's New Activity & Wellbeing Manager

The communities team recently met with Everyone Active's new Activities and Wellbeing manager, Claire Edwards. Claire is looking forward to planning outreach activities and inclusive events in Fleet, Frogmore and the surrounding areas, as well as continuing to make the leisure centres as welcoming as possible for all people, whatever their age, health or ability.

Here for Hart Directory – New Entries

Use the Here for Hart Directory to find information about local activities, groups and services. There are hundreds of entries. Here is a selection of the most recently added ones:

The Blackbushe Heritage Trust: a new charity, whose ambition is to restore a G-AGRW V Vickers aeroplane and create a heritage museum at Blackbushe Airport. The charity has a wide range of ideas of how people can volunteer their time on restoration, marketing and fundraising.

Duke of Edinburgh's Award Open Centres: we have two Open Centres for young people to participate in the Duke of Edinburgh's Award (Bronze and Silver Awards) in Fleet and Hook.

Hampshire Futures: Young People's Skills/Careers Support: service provided by Hampshire County Council for vulnerable young people aged 16-18 at risk of dropping out of education or needing access to support to access post-16 careers and skills advice.

Read Easy – West Surrey & NE Hants: Each group offers free reading coaching sessions.

Stalking Advocacy & Support Service (Hampshire): A recently introduced service provided by Stop Domestic Abuse. This service offers a wide range of support to victims of stalking.

Features

This section features new health related services available to Hart residents, information about the rights of people with assistance dogs in the community and how businesses can sign up to the Armed Forces Covenant.

Live Longer Better

Hampshire County Council have just launched their Live Longer Better website at www.hants.gov.uk/livelongerbetter. The aim is to provide information, advice, contacts and links to help people aged 60+ to take positive steps to improve their health, stay independent and live a healthier life for as long as possible.



There are four key areas of focus:

1. Be Active

Ideas for increasing activity and building it into your day-to-day life. For local sports clubs and walking groups you can visit the Here for Hart Directory and select the 'Keep Active category': www.hereforhartdirectory.org.uk

2. Stay Steady

This section includes Steady & Strong Classes which are available in Hart: [Steady & Strong Classes](#).

There is also a link to a useful Falls Prevention checklist: [Falls Prevention Leaflet](#). Hart District Council have printed copies of this checklist – if you would like some copies for distribution please email hereforhart@hart.gov.uk

Hart District Council can also help make residents' homes safe and reduce the risk of falls with a Disabled Facilities Grant. This can be used for things such as grab rails and improved access to your garden. For more information go to [Disabled facilities grants | Hart District Council](#)

3. Hydration & Continence

Dehydration is a common cause of falls. This section contains Important information about how to keep hydrated as well as help and support for incontinence issues.

4. Keep Connected

This section includes information about transport, digital skills and knowing where toilets are when you are out and about: www.toiletmap.org.uk

NEW – Free Weight Loss Programme for Hampshire Residents

Healthy lifestyles provider Thrive Tribe has been appointed by Hampshire County Council to help local people achieve a healthy weight and improve their wellbeing. The new programme offers many options for losing weight, allowing participants to choose the most suitable method for them.



The new 12-week free weight-loss programme is open to those who meet certain criteria and are living in the county or registered with a Hampshire GP. They can take part in-person by joining local workshops or use online tools if preferred. Participants will get access to healthy recipes and online fitness sessions, as well as information about food and physical activity, help with motivation and planning, as well as support groups.

Eligibility

- To join, participants will need a BMI of 30+ (27.5+ if they're from an ethnic minority or have a specified long term health condition). BMI can be calculated by squaring your height in metres and centimetres, eg $1.73 \times 1.73 = 2.99$ and then dividing 70 by that result, eg $70 \div 2.99 = 23.41$. Alternatively you can use an online BMI calculator such as www.nhs.uk/live-well/healthy-weight/bmi-calculator/
- Participants must be over 18 years old (or 16/17 with gp/healthcare professional recommendation)
- Must be a Hampshire resident or registered with a Hampshire GP
- Must not be pregnant
- Should not have a severe psychological morbidity and/or eating disorder
- And, haven't accessed the same service in the last 12 months
-

Membership options

1. Slimming World Membership – in Hart there are groups in Fleet, Church Crookham, Yateley & Hook. Available now.
2. 'Gloji lose weight app' and support – this includes interactive videos, articles, recipes, support from trained health mentors & use of the online gloji gym. Available now.
3. 'Gloji move more' free sports groups – this is starting in September, but you can join the waiting list now

How to refer

- Participants can apply by themselves without a referral: hampshire.gloji.org.uk
- Health Care Professionals can refer patients using Systm1 or Emis Web, via a referral form or by letting patients sign up themselves. Details can be found here: hampshire.gloji.org.uk/professionals

Armed Forces Covenant Across Hart

The covenant is a promise from the nation ensuring that those who serve and have served in the Armed Forces, and their families are treated fairly.

Serving in the Armed Forces can often mean short notice changes to plans, affecting small aspects of day-to-day life for service personnel and their families, even after their service.

The Armed forces Covenant is supported at a local level by partnership agreement between statutory, military, and voluntary sector agencies.

The Defence Employer Recognition Scheme (ERS) encourages employers to support defence and inspire others to do the same. The scheme encompasses bronze, silver and gold awards for



employer organisations that pledge, demonstrate or advocate support to defence and the armed forces community, and align their values with the Armed Forces Covenant.

The Employer Recognition Scheme (ERS) acknowledges employers who have provided exceptional support to the armed forces community and defence by going above and beyond their covenant pledges.

Through a 3-tier approach of bronze, silver and gold awards, the scheme recognises the different levels of commitment provided by employers. This allows the Ministry of Defence to publicly thank and honour those organisations for their support. You will also receive an electronic certificate and logos to display on your website and stationery.

You can nominate yourself for a bronze award - it's quite simple - all you need to do for the Bronze award is to have signed the Armed Forces Covenant, promote the fact you are armed forces-friendly and are open to employing reservists, armed forces veterans (including the wounded, injured and sick), cadet instructors and military spouses/partners.

Silver and gold awards are bestowed to organisations meeting specific criteria. You can join the ERS LinkedIn group for the latest ERS news and connect with other supportive employers.

Please sign up here and support the Armed Forces Community, Thank you.

[Businesses - Armed Forces Covenant](#)

Access for assistance dogs to goods and services

The government is committed to ensuring that people with assistance dogs have the fullest possible access to goods and services. Assistance dogs are trained to help people with visual and hearing impairments, epilepsy, diabetes, physical mobility problems and more.

The [Equality Act 2010](#) places an obligation on service providers to make reasonable adjustments for disabled people, which includes allowing access to assistance dogs and their owners. Failure to comply with this requirement can result in a fine of up to £1,000.

Shops, restaurants, taxis, private hire vehicles (PHVs) and other everyday service providers that unlawfully refuse access to assistance dog owners, without specific reasons for exemption, will in most cases be guilty of disability discrimination which could result in payment of financial compensation.

It is an offence under the Equality Act for a taxi or PHV to refuse to carry a guide dog, hearing dog and many assistance dogs, or to charge extra for doing so. Where taxi or PHV drivers refuse assistance dogs without having a medical exemption certificate, they may be subject to court proceedings and a fine of up to £1,000 and licensing authorities are encouraged to impose sanctions.

Assistance Dogs UK (a coalition of assistance dog organisations) has produced some general information for service providers: www.assistancedogs.org.uk/the-law/



Do you help look after someone who is unable to care for themselves?

If so, the 2-hour Urgent Community Response (UCR) service is here to help you!

How can the UCR team support you?



If you help look after someone, either for a friend or family member, who could not manage without your support due to illness, disability, or a mental health problem, the UCR team may be able to support and help keep the person at home in a crisis.

The UCR team can keep the person you care for safe at home. They can respond within 2 hours of their health deteriorating, or if their emergency plans breakdown. This is achieved with the support of GPs, geriatricians, social care, advance nurses, therapists and other specialists. The team can carry out assessments, order tests and equipment, diagnose, and prescribe. This service can support in preventing the person you care for being admitted to hospital.

What situation is suitable for referral to the UCR team?



Carer breakdown

It is important to have an emergency plan in place, in case you become unwell and are unable to support the person you care for. The UCR team will be able to help if this plan does not work and the person is likely to be admitted to hospital.

If you think the cared for person could be admitted to hospital unless they are seen within two hours

For example: if they have had a fall but you cannot see any obvious injury; if they need urgent catheter care; if they need urgent support for their diabetes; if there is a sudden deterioration in their frailty or mobility; or if they have become increasingly confused.

How to contact the UCR team



Call 111 or Speak with your regular healthcare worker or GP practice for guidance.

Find out more:

www.england.nhs.uk/community-health-services/community-crisis-response-services/

Here for Hart Partner Updates

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 11. Professionals Conference – Suicide Prevention
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 15. Homestart Hampshire, Volunteer Request & Training Dates
 16. MHA Communities Social Opportunities in Hart
 17. RHL Online Exercise Classes – Summer Sale
 18. Hart Health Walks – NEW Blackwater Walk
 19. Fleet Market – Free Stalls for Charities
 20. Frogmore Care & Wellbeing Centre – Free Taster Session
 21. Adopt South – Looking for Adopters
 22. Minding the Garden at Hart's Community Garden
-

Oakley Park Open Air Brass Band Concert,

17th September, 14:00-16:30, Oakley Park, Albany Road, Fleet.

Friends of Oakley Park has arranged for Farnham Brass Band to entertain the public on the afternoon of 17th September in Oakley Park, Fleet.

For those unfamiliar with Farnham Brass Band, it was founded in 1975, is a traditional non-competitive town band. We hope to have some 26 members entertaining you.

The event will be held on the open grassed area of the park: you are encouraged to bring along your own chairs or blankets to sit on the grass.

The band will play two sessions with a 30-minute interval. Tea, coffee, water and biscuits will be available throughout the concert. Public toilets are available in the pavilion.

The event is free of charge, but donations are always appreciated.

Do come along and enjoy the music whether it be for the duration or merely a few musical moments. You can wander around the park whilst the music wafts around you.

Everyone is always welcome in Oakley Park.

Website:- www.oakleypark.org.uk

Email:- oakleypark@live.co.uk

Facebook:- www.facebook.com/OakleyParkFleet

Fleet Phoenix – Youth and Family Support

Pre-loved Uniform Distribution Dates at Fleet Phoenix



The school uniform which will be generously donated by many people in our community to help those in need will be available to be collected on the following dates/times:

- Wednesday 9th August, 1-4pm
- Thursday 10th August, 4-6pm
- Friday 25th August, 2-5pm

We would like to emphasise that this service is for families who have a genuine need for the free uniform, so we can ensure that it goes to those most in need.

Uniform will go on a first come first served basis and we cannot hold any in reserve. The items will be laid out by school and ages.

If you need items, please come along to The Point Youth Centre in Fleet on one of the days/times above.

Fleet Phoenix's Summer Projects

Our summer projects are back again this year and we can't wait to get started and to see you all again!! For more information, please see below and our website.

Projects offer a FREE BBQ (excluding Mondays), FREE inflatables, team games, problem solving and youth related workshops and experiences.

We have loads of fun, burn off lots of energy and learn some new skills.

- **The Lea** - Monday (starts 17th July) - 6:30pm - 8pm at The Lea park off Larmer Close, Fleet. This is a junior version of Summer Scam for young people aged up to 14. Parents must stay if your child is under 8. Sponsored by Fleet Lions Club

- **The Views** - Thursday (starts 27th July) - 6pm - 8pm at The Views, Fleet (next to the skatepark). This is for ages 13+. Sponsored by Fleet Lions Club

- **Zebon Copse** - Friday (starts 28th July) - 6pm - 7:30pm at Zebon Community Centre Field. This is for ages 13+. Sponsored by Crookham Village Parish Council.

Please have a look at our website www.fleetphoenix.co.uk for more information or drop us an email info@fleetphoenix.co.uk or drop us a DM on social media.

<https://linktr.ee/fleetphoenix> - for all our charity links.



HART YOUTH ACHIEVEMENT AWARDS 2023

Fleet Phoenix is excited to announce that we will be celebrating the amazing achievements of the young people in our community with the first Hart Youth Achievement Awards in October. With the help and sponsorship of local organisations, we would like to publicly recognise and celebrate the incredible work and successes of young people locally.

THE AWARDS:

Volunteering Award, Fundraising Award, Environment Award, Courage Award, Community Champion Award, Sports and Arts Award and Entrepreneur Award.

**WE NEED YOUR NOMINATIONS
BY 15TH SEPTEMBER!**

**SCAN TO
NOMINATE**



Each award will have two age ranges; Juniors (up to 16 years old) and Seniors (17 to 25 years old).

Young people need to live, or be educated in Hart to be nominated.

With thanks to...



Learning in Libraries

We at Hampshire Learning in Libraries are already looking forward to the start of the next academic year!



Have you wondered about joining one of our courses? We offer a wide range of adult learning in our Hart libraries, as well as online. If you are a Hampshire resident, many of our courses are FREE, being funded by Hampshire Learns.

With subjects ranging from arts and crafts, paediatric and emergency first aid, improving your wellbeing, exercise and fitness, learning an instrument, beginners computing, or English courses for speakers of other languages, there's something for everyone. Our courses run throughout many Hampshire library locations as well as online, meaning you can also learn from the comfort of your home.

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

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://www.hants.gov.uk/learning-in-libraries)

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!



STRENGTH, BALANCE & FLEXIBILITY CLASS FOR OVER 60s

Wednesdays 12.40-1.25 (45mins), Memorial Hall, Sandy Lane, Church Crookham. Cost £5

Improve muscle Strength, Balance, Flexibility, Coordination and Stamina.

Strength declines with age due to inactivity, but with our resistance exercises you can strengthen your muscles for daily activities and improve your balance.

Get fitter and reduce the risk of having a fall. Our exercises are evidence based, easy to follow and adapted to your ability.

Exercise makes us feel good and lifts our mood! We are a friendly and welcoming group so why not come along and feel the motivation of exercising together.

To book or if you have any questions please contact the instructor, Anita, by calling 07540 739975 or 01252 671821

Facebook:

<https://www.facebook.com/Anita-Dempsey-Fitness-102587065939080>



Hampshire Child and Adolescent
Mental Health Services

PROFESSIONALS CONFERENCE

SUICIDE PREVENTION

£75 PP

Includes
refreshments,
lunch and a
resource pack

Don't miss
out, book now!

This conference
is likely to sell
out fast.

PREVENTING SUICIDE IS EVERYONE'S BUSINESS



Tuesday 14th
November 2023



Hope Church,
Middle Brook Street,
Winchester, SO23 8DQ

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.

BOOK YOUR PLACE TODAY AT [HAMPSHIRECAMHS.NHS.UK/EVENTS](https://hampshirecamhs.nhs.uk/events)

CONFERENCE AGENDA:

KEYNOTE SPEAKER:

Mike Palmer (3 Dads Walking)

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.



Level 5 Diploma in Counselling Adolescents



Applications are now open for September 2023



Details of the Course:

- Awarding Body: Counselling and Psychotherapy Central Awarding Body (CPCAB)
- Session Dates: Commencing Friday 15th September 2023 and ending Friday 17th May 2024
- Session times: Fridays during Hampshire Schools' term-time 9:00 to 13:00
- Session venue: A choice of venue. Either Civic Offices, Harlington Way, Fleet, Hampshire, GU51 4AE or Youthline, 7 Portman Close, Bracknell, RG42 1NE
- Contact Hours: 120 hours
- Entrance Requirements: A minimum of Level 4 Diploma or equivalent in Counselling and 100 Counselling Hours. Minimum of

Cost of the Course:

- Course Cost: £1380 course fee and £220 CPCAB candidate registration fee.
- Total of £1600 due before the course commences

Structure of the Course:

The course is broken down into 7 Units of Study. Under each section there will be criteria which needs to be met twice each. The units of study are:

- Work safely, ethically, and legally with young people
- Work relationally with young people
- Work with client diversity
- Work with an appropriate clinical model with young people
- Work with self-awareness with young people's content within sessions
- Work with a coherent framework to inform and evaluate clinical work with young people
- Monitor and maintain work with young people in professional settings

For more information and an application form please go to <https://www.hartvolaction.org.uk/counselling/counselling-adolescents-diploma/> or email 121@hartvolaction.org.uk

Citizens Advice Hart

How can we help you - survey

A quick survey for Hart residents - Citizens Advice Hart_- please complete our very short [survey](#) to help us find out how we can better help you to access our services. Deadline to complete the survey is **30 July 2023**.



Help in the community

Citizens Advice Hart is 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.



We are now holding Outreach sessions where an adviser is available for questions at:

- Yateley: Yateley Pantry – every Tuesday morning
- Hartley Wintney: Mums and Bumps group at St John's – 4th Monday of the month (morning)
- Hartley Wintney: Forget-Me-Not Café at St John's – 2nd Tuesday of the month (afternoon)
- Odiham: The Bridewell Centre at The Book Exchange – 1st Thursday of the month afternoon
- Hook: Community Centre Café – 1-3pm 4th Monday of the Month
- Hook: Young at Heart group (above the Community Café) – 3-4pm 4th Monday of the month
- Heckfield Friendship Group at Rosie's Cafe in Holdshott Farm, Heckfield - Thursday once a fortnight

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](#).

Foodbank Adviser

We are delighted to announce we have a Foodbank Adviser providing advice for Hart Foodbank clients - please contact [Hart Foodbank](#) to find out more.

Macmillan Adviser

We have a new Macmillan Adviser ready to provide support for people affected by cancer. Find out more on our [website](#).

Advice First Aid

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

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

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

The program comprises three strands:

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

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

Volunteering

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

Join our team at Citizens Advice Hart

Please see paid job roles available on our website [Working for Citizens Advice Hart - Citizens Advice Hart](#)

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Website

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

Advice – act early

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

Yateley & District Gardening Show

There will be a Yateley & District Annual Flower and Produce Show in St Peter's Church, Yateley on Saturday 26th August from 1.30pm-4.00pm. There are entry categories for flowers, fruit, vegetables, pot plants, cakes, preserves, handicrafts and a children's section.



For more information and a show schedule visit: www.ydgs.org.uk/ydgs-show-2023

HOME START

Hampshire

GIVE A LITTLE
TIME AND GAIN
VALUABLE SKILLS

RUSHMOOR, HART
& SURROUNDING
AREAS



*"I love
Volunteering
with Home-Start
Hampshire as I
get a real sense
of achievement
from it."*

**SIGN UP AS A VOLUNTEER. ATTEND
OUR TRAINING COURSES AND HELP
FAMILIES WITH CHILDREN IN YOUR
LOCAL COMMUNITY!**

KEY DATES (9:30AM TO 2:30PM):

Preparation training sessions -

- 13th Sept
- 20th Sept
- 27th Sept
- 4th Oct
- 11th Oct
- 18th Oct

All 6 sessions need to be attended to complete the course



SCAN ME FOR
INFORMATION

**Training address: Church Crookham
Community Hub, Church Crookham, Fleet,
GU52 8TL**

Contact us today to find out more:

Email - info@hshants.org.uk
Call - **0330 124 2095**

Charity number: 1144661

MHA Communities Hart and Rushmoor

MHA is the UK's largest charity care provider. As well as retirement and care homes they offer a range of coffee mornings and friendship clubs in the local area.



Yateley Coffee Morning

Details: A group where you can create new friendships and socialise over a cuppa.

Cost: No Charge for attendance. Pay for your own food and drinks

Times: Mondays, 11am – 12pm noon

Location: Bistro 19 , Chandlers Lane, Yateley, GU46 7SZ

Contact: Call Gill on 07568 612021 to book your place.

Yateley Friendship Group

Details: A group where you can create new friendships and socialise.

Cream Teas on 2nd Tuesday of the month and outings on 4th Tuesday of the month.

Cost: £5

Times: Alternate Tuesdays, 2pm – 3:45pm

Location: McKernan Court, Sandhurst, GU47 8HH

Contact: Call Gill on 07568 612021 to book your place.

Pub Lunch in Yateley

Details: A group where you can create new friendships and socialise over a lovely pub lunch.

Cost: No Charge for attendance. Pay for your own food and drinks

Times: Alternate Tuesdays, 12:30pm – 2pm

Location: Bistro 19 , Chandlers Lane, Yateley, GU46 7SZ

Contact: Call Gill on 07568 612021 to book your place.

Fleet Chit Chat Over A Cuppa

Details: A group where you can create new friendships and socialise. You can also develop new skills through our activities such as arts and crafts, games, and others, as well as enjoying guest speakers and entertainers. Hot/Cold drinks and cakes provided.

Cost: £5

Times: Wednesdays, 1.30pm – 3:30pm

Location: Fleet United Reformed Church, 25 Kings Road, Fleet, GU51 3AF

Transport to and from venues

We provide Minibus transport or staff/volunteer car transport local to each group where possible and where there is seat availability. A full transport risk assessment is required before travelling. The cost of travel to and from the venue is £5



Online Exercise Classes!

Zoom into summer with one of our friendly online exercise classes

Summer Sale!*

Only £8 for your first month!

Suitable for all abilities

Pilates, Keep Fit, BoxFit, Seated Pilates, Walking Workout & Tai Chi.
6 Days a Week
from the comfort of your own home

Get in touch today
www.rhl.org.uk
classes@rhl.org.uk
or call us on 01252 957 430

Subject to Terms & Conditions www.RHL.org.uk
Registered Charity Number 1105381





Enjoy walking?

Why not come and join us at our newest **free**, 1 hour health walk in Blackwater?

“An excellent way to maintain some gentle exercise, whilst making new friends and getting to know your local area”

Every Monday at 10:30
Blackwater & Hawley Leisure Centre
Hawley Green, Blackwater, GU17 9BW



www.hartvolaction.org.uk/services-for-residents/health-walks/



Fleet Market - Free Stalls for Charities

In the autumn of 2021, a group of town, district, and county councillors pledged to work together to reinvigorate Fleet's failing Saturday Market. They agreed that the best way to make sure that everything they do is for the good of the town was to create a Community Interest Company, a special type of organisation that exists to benefit a community, not shareholders, ensuring every penny they make is reinvested back into the local area. That means their overriding aim is to maximise the value of the market to the town, not the amount of profit it makes. The "new" Fleet Market launched in April 2022, and regularly has over 20 stalls offering everything from weekly essentials of bread, fruit & veg and cheese, to artisan soaps and homemade bakes to boutique styles for you and your pooch! To see who is at the market each week take a look at their website: www.fleetmarket.co.uk/whos-at-the-market/

In addition to the commercial stalls above, Fleet Market has hosted stalls for charities or local community interest groups – and the great news is that these are free! Fleet Market will provide you with a gazebo, tables and chairs, and will advertise your presence at the market to the wider community! If you have a local charity or community group, and would like to engage with the public, either to share information, raise funds or raise your profile, please consider Fleet Saturday Market as a low cost option. You just need to bring people to man the stall, the information you want to share, and any goods you may have to sell or games for people to play, eg Lucky Dip or Tombola. You don't need to commit to a weekly slot either, a one-off or occasional appearance is fine. You will need insurance though - someone on the market team can help you with that! For more information, please drop the market team a line at contact@fleetmarket.co.uk or visit www.fleetmarket.co.uk

The Hampshire Search and Rescue Book Stall, shown in the picture below, is a regular charity at Fleet Market.



FROGMORE CARE & WELLBEING CENTRE

Yateley

FREE
*Taster
Session*

Our Care and Wellbeing centres specialise in supporting older people who require extra assistance due to their physical or mental health needs. As well as the practical things like help at meal times and personal care, we provide a caring and safe environment where everyone can make friends and have fun!

*Book
TODAY*

AGEconcern
Hampshire
www.ageconcernhampshire.org.uk

Reg. Charity No. 290874

Please Scan to
Book Online:



For more information, get in touch...

BOOK ONLINE TODAY or call: **07842 306 033** or email:
tina.birch@ageconcernhampshire.org.uk

Frogmore Care & Wellbeing Centre | Potley Hill Rd, Yateley GU46 6AG
Opening Hours: Monday to Friday, 10am - 4pm



Could you be a parent to a child who needs, love and understanding forever?

There are babies and children in Hampshire, Isle of Wight, Portsmouth, and Southampton who we need to find families for

Can you give your understanding and support to a child's identity? We value and respect anyone interested in adoption and will support you in anyway we can along your adoption journey.



- **Money - We don't ask for savings in the bank**
 - Child Benefit, Nursery Vouchers 2yrs+, Universal Credit and Adoption Allowances could be available to you
- **Our adopters are all shapes and sizes**
 - Your caring personality and thoughtfulness matters most
- **Yes to all postcodes**
 - Flats, bungalows, houses, rented and shared ownership
- **We are inclusive and dedicated to supporting you**
 - We will help you organise childcare experience and access all the support and finance available to you

You could be approved to adopt in less than six months

98% of Adopt South children are placed with in-house approved adopters

Start your adoption journey with Adopt South today

☎ 0300 3000 011 adoptsouth.org.uk

Adopt South is the Regional Adoption Agency for:



Minding the Garden at Hart's Community Garden

Come and check out your local community garden – Minding the Garden. A space for wellbeing and social activity using the therapeutic environment of a beautiful working garden within Edenbrook Country Park. An informal setting where you can meet new people, learn new skills and keep active.

Please do email Amanda or Martine on mtg@hartvolaction.org.uk or call 07865 239058 to arrange joining us for coffee & cake, to find what is on offer for you.



End notes

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

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