



# Here for Hart Bulletin



Autumn 2023, Issue 12

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 activities and support for autistic children, young adults and their families in Hart. As usual we will also be bringing you up to date with the work of local groups and charities and have a Christmas section with local events, activities and donation requests.

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](mailto: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](http://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.

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# Hart District Council – Communities Team Update

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## **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 are still with their hosts 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. 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](mailto: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](mailto:hdchomesforukraine@hart.gov.uk)

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## **Rushmoor & Hart Supporting Families Newsletter**

The October issue is now out. Packed with useful information about what's on in Hart & Rushmoor, 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](mailto:tony.mcGovern@rushmoor.gov.uk)

[Rushmoor & Hart Supporting Families Bulletin](#)

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## **Here for Hart Cost of Living Bulletin - Winter**

The new [Cost of Living Bulletin](#) is now available online. Paper copies are available at the Council Offices reception or can be requested by emailing [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk). As usual there are details of all the local food banks and pantries as well as where to find financial support and advice. There are also details of a range of money saving apps and discount vouchers.

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## **Volunteering Day at Yateley Industries**

The communities team recently spent the day hard at work at Yateley Industries, clearing ivy and unwanted shrubs, cutting hedges and making space in their kitchen garden. Visit their website for more information about [Yateley Industries](#).

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## **Here for Hart Directory – New Entries**

Use the Here for Hart Directory to find information about local activities, groups and services. There are now over 500 entries. Here is a selection of the most recently added ones:

[Hook Scottish Country Dance Club](#) – welcoming new members, especially beginners.

[Odiham Military Wives Choir](#) – no experience required, new members with a military connection welcome.

[Naishes Lane SANGS](#) – over 200 acres to explore.

[Suicide Support in Hampshire provided by Amparo](#) – helping with emotional and practical matters.

[Starburst Studios](#) – rooms, costumes and theatre equipment to hire in Yateley.

[Starburst Theatre Academy](#) – musical theatre session for children aged 6-17 years.

## Features

This section features local charities & activities available to support autistic children and young adults in Hart.

# Activities & Support for Autistic Children / Young Adults & their Families

### **Mustard Seed Autism Trust**

We are a registered Charity providing support to autistic children, their parents and siblings. Our mission is to equip children, empower parents and educate society.

The first step is to self-refer to us. We accept children aged between 3 and 11 who live within Hart and Rushmoor. We take referrals directly from parents/carers only.

Our waiting list is open twice a year and will be announced on our website, in social media, through our newsletter and through local networks. We tend to take on 50 new families each time and those spaces get filled within 2 minutes, so we would recommend families follow us on social media to keep an eye on the opening date.

Courses are available for families on our waiting list, however any local families can access our Advice Line. You will need to email us to book a call: [office@mustardseedautism.co.uk](mailto:office@mustardseedautism.co.uk)  
Calls are up to one hour and followed up with email recommendations, signposting and resources.

**For more information** visit our website and sign up to our newsletter (form at bottom of the home page) - [Mustard Seed Autism Support](#)

**For local events, information and useful resources** see our Facebook page: [Mustard Seed Autism Trust | Facebook](#)

### **BRAAIN**

BRAAIN are a local support group for families who have children with ADHD / ASD, ADHD / ADD and SEN. Their [website](#) is packed with information and useful links as well as calendars of events & activities and support groups:

BRAAIN run an appointment service which signposts parent carers to the support that's available to them. Whether that's details of the healthcare service you'll be referred to, support that's available, training and workshop opportunities or social events specifically for families like yours. You can make an appointment here: [Appointment Service \(braain.co.uk\)](#)

They also run a peer support group where parent carers can talk to each other about their experiences. It is an opportunity to share ideas, frustrations and experiences. It is held on the first Tuesday of every month at 8pm at the Ship Inn pub in Farnborough, 162 Ship Lane, GU14 8BE

One of the founders, Nikki, shares her story:

*"I'm a special needs parent. When you realise that your child needs additional support, it's really tough, both emotionally and physically. You don't have the time or the headspace to search for*

*hours to find the information you need to support your child. It was a huge frustration of mine when my child went through the diagnosis process. You receive a diagnosis and then are left just to manage.*

*That's why we set up BRAAIN. We want to help other parents at a time in their life when it's tough, really tough. We want to guide parents/carers to the support they need and help them to meet other parents/carers that have children in a similar situation."*

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## **Vision4Youth**

Vision 4 Youth is a charity based in Yateley that provides youth clubs, services, training, and employment in Yateley and the surrounding areas. We have a youth centre in The Tythings in Yateley where we run various youth clubs.

Our Blue Sky Club is a calmer version of our Thursday and Friday clubs. Our doors are open for young neurodiverse people to play some pool, table tennis, air hockey, or just chill out.

Numbers and dates are limited, so please [email us](#) for more info, or to enquire about dates and book a place!

The Blue Sky Club runs on Wednesdays in term time from 7.00-8.00pm. It is for 11-18 year olds and advance booking required.

Our Monday youth cafe and Tuesday creative clubs may also be suitable for those with autism. Please get in touch for a chat.

For more information and to get in touch visit [Youth Club Nights - Vision 4 Youth](#)

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## **Fleet Phoenix**

We work with young people and their families across Hart. As well as youth clubs we also run SMART Music free guitar and drum tuition, a free band rehearsal space and a holiday Lego Building Club.

All of the Fleet Phoenix projects are open to all young people. We don't have any specific projects for those with autism. We ask for parents of children and young people with additional needs to contact us first so we can assess to see if the project is a right fit for the young person before attending.

For more information please have a look at our [website](#) or drop us an email [info@fleetphoenix.co.uk](mailto:info@fleetphoenix.co.uk) or drop us a DM on social media.

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## **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. Go to our website [Autism Friendly Fleet](#) or [Facebook page](#) for further information about us.

### **Autism Friendly Gardening at Hart's Green Garden (All Ages)**

Autistic people of all ages are invited to visit Hart's Green Garden at Edenbrook to have a go at growing flowers, fruit, and vegetables on the community plots. Learn new skills and enjoy the relaxed outdoor environment with help from staff at Minding the Garden.

For details of dates either visit their Facebook page - [Autism Friendly Fleet | Facebook](#) - or email [autismfriendlyfleet@gmail.com](mailto:autismfriendlyfleet@gmail.com)

All under 18's must attend with an adult carer or parent.

Location:

Hart's Green Garden, Pale Lane,  
Nr Winchfield, RG27 8DH

### **Fleet Christmas Festival Chill Zone**

Fleet Christmas Festival Chill Zone, Thursday 23 November 4pm to 8pm, located in the Red Cross office, 1<sup>st</sup> floor Hart Shopping Centre. A quiet place to rest and get away from the crowds.

### **Understanding Autism Training (for businesses)**

This understanding autism training has the end goal of businesses in Fleet and the wider Hart area to be able to identify the characteristics of autism and understand how to be autism friendly.

The next training date is November 15<sup>th</sup>. For more details and to book visit [Understanding Autism Training tickets](#)

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## **Everyone Active Hart**

Everyone Active run quieter inflatable sessions with fewer people and lower/no music. Check their social media for news of upcoming sessions: [Hart Leisure Centre | Facebook](#)

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## **Headroom – Young People's Counselling**

Although not specifically for autistic young people Headroom may be able to help those with a diagnosis. Its counselling services are open to people aged 11-25 and their parents or carers.

" I just found out recently I am Autistic, I hated it and didn't want to be, talking about what this means has helped me remember I'm still me, really, I've just got to help people around me understand me better" – ***R 13 years old***

For more information visit [Headroom Charity - Supporting Young People & their Carers](#)

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## Here for Hart Partner Updates

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7. The Link – peer support for unpaid carers aged 18+.
8. Everyone Active – walking sports.
9. Sasha's Project – Service of Reflection.
10. Fleet Community Pantry – now open.
11. Community Pantry – volunteers request / Yateley Industries Hall hire / Yateley Men's Shed.
12. SUN – peer support for people with complex emotional needs
13. Yateley Industries – Job coaching service.
14. Fleet Phoenix – Hype teen club night.
15. Frogmore Care & Wellbeing Centre – info and taster days.
16. Fleet & Yateley Libraries – activities & classes.
17. Citizens Advice Hart – outreach locations, volunteers request, advice line info.
18. No Limits – Young person's safe haven.
19. Frimley Health & Care – Get winter ready / Hart & Rushmoor Young Carers –request
20. TalkPlus – new dads' support group
21. Adopt South – appeal for parents
22. Calls & Visits / Forget-Me-Not Café / Singing for the Mind

### CHRISTMAS EVENTS & DONATION REQUESTS

23. Christmas Festivals & Markets / Yateley Industries request and Christmas day lunch / Citizens Advice request
24. Fleet Lions Christmas Concert
25. Minding the Garden – Christmas Wreath Workshops
26. Sasha's Project – Christmas Box Scheme request / Fleet Phoenix request
27. Yateley Men's Shed – Christmas Market

## Vision 4 Youth – looking for new trustees

Vision 4 Youth is an independent local charity in Yateley who provide youth clubs and services to 11-25 year olds. They are currently looking to expand their Board of Trustees to fully support the youth work that they do. As the charity provides such a variety of youth activities there is often a different challenge ahead, and it's a rewarding experience to know that you have helped shape a young person's future.

The Board of Trustees support the charity behind the scenes, meeting once every 6 weeks in Yateley and carrying out most work remotely. It's a volunteering opportunity where you can take on as much or as little as you would like to or have time for. V4Y welcome new Trustees from all backgrounds as they're looking for individuals who just want to get stuck in with what needs doing. You do not need to have worked with young people before, in fact the Trustees do not meet young people on a regular basis – if that's what you'd prefer to do then why not volunteer at one of their youth clubs instead!

Please contact Abby Roper for more information [office@vision4youth.org.uk](mailto:office@vision4youth.org.uk) , call 07423 316516, or visit their website at [Vision 4 Youth](https://www.vision4youth.org.uk)





CSDA-LINKPEER-APR23


## The Link: peer support group

The Link provides support, advice and information for all unpaid carers aged 18+ (cared for also welcome) It's an excellent opportunity to connect with other carers, with tea and coffee provided.

The group takes place on the last Thursday of each month 12pm-2pm at All Saints Church Community Centre, Church Road, Fleet GU51 4NB

These groups are **free** to attend, but spaces are limited, so please book in advance by calling **01264 332 297** or you can email us **enquiries@andovermind.org.uk**

### Follow us on social

-  CSDAHampshire
-  carer\_and\_dementia\_support

**andovermind.org.uk**

Andover Mind: registered charity no. 1039094 registered company no. 2935549

### Dates for 2023

27 April	28 September
25 May	26 October
29 June	30 November
27 July	21 December
31 August	



The carer support and dementia advice service for Hampshire is supported by:



# Everyone Active – Walking Sports

The new walking netball group has had a great start – see details below if you'd like to join.

A new walking tennis session will be starting in the new year so look out on Everyone Active's [Facebook Page](#) to find out when, or call Hart Leisure Centre 01252 629879 in January.

If you like the idea of walking football then Hart Leisure Centre is the place to go. They have fun and friendly men and women's groups, For more information visit their website, [Fleet of Foot](#), or call Robin on 07799664454

**Walking Netball**

**Play Here**

**TIME** 2pm - 3pm

**DAY** Mondays  
(18<sup>th</sup> Sept - 4<sup>th</sup> Dec 2023)

**LOCATION** Hart Leisure Centre,  
Emerald Avenue,  
Fleet,  
GU51 5HS

**CONTACT** [rose.johnston@englandnetball.co.uk](mailto:rose.johnston@englandnetball.co.uk)

**£6 per session**

Here's to the Wild Ones.



Sasha's Project would like to  
invite you to join us at a



# Service of Reflection

FOR THOSE IMPACTED BY SUICIDE

Saturday 18th November  
2-4pm at Tylney Hall Hotel  
Ridge Lane, Hook, Hampshire, RG27 9AZ

A non-religious service of reflection for all those whose lives have been touched by suicide. It will be a compassionate gathering with music and words, providing solace and strength in unity

*This is a free event that is open to anyone affected by suicide. If you would like to attend please email us at the below email address with the number of seats you require  
[angela.forster@sashasproject.charity](mailto:angela.forster@sashasproject.charity)*

**Sasha's**   
**project**  
A SAFE PLACE

# We Are Open



## Welcome to Fleet Community Pantry.



**If you find yourself in need of some financial support, we are here to help.**

The Pantry helps you get more for less, to make your budget stretch further. Pay a £5 membership fee each time you come to shop (limited to one visit a week), and you can choose from the wide selection of food items we have available.

### Opening Times:

**Monday 12:30 – 15:00**

**Thursday 11:00 – 12:30**

The Pantry is a building in the car park at the back of:



Fleet Baptist Church  
115 Clarence Road  
Fleet  
GU51 3RS

**We don't judge, we listen.**

**We don't assume, we ask**

**We don't insist,  
we encourage.**

**We don't ignore, we choose  
to walk alongside.**

For more information, email [fleetpantry@gmail.com](mailto:fleetpantry@gmail.com)  
or call 07818 874 499

## Fleet Community Pantry – Volunteers Needed

Help us in sharing kindness with others!

Join us in supporting our neighbourhood at the Fleet Community Pantry. The Pantry helps people in need of financial support get more for less, to make their budget stretch further. This project works alongside Hart Foodbank.

We need help with:

Pantry Welcome and Support on Mondays 12pm-3pm and Thursdays 10am-12:30pm

Donation Collection, mainly on Wednesday evening and Sunday afternoons, and delivery and Stock Processing.

With enough volunteers you will only need to commit to one or two sessions a month.

The Pantry is a building in the car park at the back of:

115 Clarence Road Fleet GU51 3RS

For more information, email [fleetpantry@gmail.com](mailto:fleetpantry@gmail.com) or call 07818 874 499

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## Yateley Industries - Hall Hire

At Yateley Industries we have three refurbished and accessible rooms of different sizes available for hire for any occasion – The Great Hall, Café and Meeting Room.



The Great Hall – capacity 50 – Regular hire £17 / hr, Ad hoc hire £20 / hr

Meeting Room – capacity 16 - Regular hire £10 / hr, Ad hoc hire £12 / hr

Café- capacity 30 - Regular hire £12 / hr, Ad hoc hire £18 / hr

We offer great flexibility with bookings, competitive rates, and an easy booking process. All rooms are fully accessible with easy access to a kitchen, accessible toilets, as well as a baby change facility. If you would like to view the spaces or enquire about availability, please contact

[hub@yateleyindustries.net](mailto:hub@yateleyindustries.net).

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## Yateley Men's Shed

Yateley Men's Shed offers a meeting place for men and women to connect, converse and create. A space to share a cup of tea with like-minded individuals and put the world to rights in friendly conversation. It is also a community workshop where you can exercise your skills repairing, making or just enjoying the company of others.



We are located right across the car park from the Yateley Village Hall in Old School Lane. Put GU46 6NG into your Sat Nav and you should find us.

For more information including opening times and how to become a member visit our website:

[Yateley Men's Shed – Make Friends, Tea and Things](#)



## SUN (Service User Network)

Community peer support for people with complex emotional needs.

***Do you struggle to regulate your emotions? Do you have difficulties making and maintaining relationships? Do you ever feel like life isn't worth living? You are not alone!***

Join our facilitated support groups in the community if you have difficulties with complex emotions often associated with personality disorder. These emotions can affect how a person feels, copes with life and manages relationships.

### Who is SUN for?

SUN is for people with traits or diagnosis of a personality disorder, or who might describe themselves as having complex emotional needs. Anyone over 18 registered with a GP in Surrey or NE Hants can join. A formal diagnosis of personality disorder is not needed.

### How to join

You can become a SUN member by registering on our website at [www.sabp.nhs.uk/sun](http://www.sabp.nhs.uk/sun), telephoning **01372 216700** or emailing [sun.admin@sabp.nhs.uk](mailto:sun.admin@sabp.nhs.uk) for more information. No assessment is needed. SUN membership is not time limited.

Provided in partnership with



***“My first SUN group was a revelation”***

Surrey and Borders Partnership NHS Foundation Trust  
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326  
[www.sabp.nhs.uk](http://www.sabp.nhs.uk) @sabpnhs  
[www.facebook.com/sabpnhs](https://www.facebook.com/sabpnhs)



**DISCOVER YOUR FULL  
POTENTIAL**

# **EMPLOYMENT THROUGH WORK**



**YATELEY INDUSTRIES**

## **JOB COACHING SERVICE**

OUR JOB COACH SERVICE IS AN IN-WORK  
**SUPPORT** SYSTEM FOR **DISABLED PEOPLE**  
ALREADY IN EMPLOYMENT, WE OFFER A  
COMPREHENSIVE PACKAGE, INCLUDING  
**COACHING, MENTORING, ADVICE**  
AND SUPPORT WITHIN YOUR WORKPLACE.

AVAILABLE IN **HART,**  
**RUSHMOOR** AND  
**SURROUNDING AREAS**



**FIND OUT  
MORE HERE!**



**EMBARK ON A JOURNEY OF EMPOWERMENT,  
GROWTH AND MEANINGFUL WORK**

EMAIL  
**JOBCOACH@YATELEYINDUSTRIES.NET**  
OR CALL 01252 872337



**FLEET PHOENIX PRESENTS**



**HYPE**

**CHRISTMAS  
CLUB  
NIGHT**

**BOOK TICKETS @  
HYPE CLUB NIGHT ON  
TICKETLAB £8**



**Scan Me**

For more information email  
[charlotte.tickner@fleetphoenix.co.uk](mailto:charlotte.tickner@fleetphoenix.co.uk)  
or call 07568 065123

[fleetphoenix.co.uk](http://fleetphoenix.co.uk) | Reg'd charity: 1144057

**FRIDAY 8TH DECEMBER 2023, 7 - 10PM**  
**COURT MOOR SCHOOL, FLEET**

**ALL SCHOOLS WELCOME (YEARS 7, 8 & 9)**



Fleet  
**Phoenix**  
Supporting the young people of Fleet

**AGE**concern  
Hampshire

**FROGMORE**  
*Care & Wellbeing*  
**CENTRE**

**OPEN**  
*Monday - Friday*  
**10AM - 3PM**

### *About us...*

At our **Frogmore Care and Wellbeing Centre** in **Yateley** you will feel right at home in our comfortable and welcoming centre. We have a bright and large lounge/dining area and a warm welcome from our friendly and professional staff.

Our **experienced team** will be on hand to help if you require day to day support with mobility, personalised care or with mental health and memory loss. Our understanding staff are fully trained to provide you with a **high level of care**, including specialist dementia care. Starting from just **£49 per day\***, we offer:

- A free taster session
- Fully trained, professional and friendly staff
- Dementia specialist support
- Optional two course hot lunch
- Access to transport
- Social activities / outings
- Access to our free Information Service
- Flexibility and choice
- Affordable foot care

\* Price based on 5 Day Package price, subject to availability

### *Interesting & Innovative activities...*

**Craft Activities:**

- dabble in painting, toy with textiles or try your hand at jewellery making

**Reminiscence Sessions:**

- take a trip down memory lane in our discussion groups

**Mind and Body:**

- keep moving with daily exercises, music therapy, New Age Kurling, Skittles and more

**Intergenerational:**

- bridging the generation gap through conversation, learning and fun with children and students

**Entertainment:**

- regular sessions are held when we invite talented musicians and informative guest speakers into the centre

*Frogmore*  
**CARE AND WELLBEING CENTRE**  
POTLEY HILL ROAD,  
YATELEY  
GU46 6AG

FUN  
*Christmas Activities*  
PLANNED



### *Get in touch...*

Call: **01962 868545** or email:  
**enquiries@ageconcernhampshire.org.uk**  
[www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

# Fleet & Yateley Libraries



## Yateley Library

### Regular Weekly Activities

**Craft and Chatter (adults)** – Mondays, 10.00am – 12.00pm  
**Afterschool Stay and Play** – Mondays, 3.15pm – 4.30pm  
**Storytime** – Tuesdays, 10.00 am and 11.00am  
**Rhymetime and Chatabout** – Fridays at 10.15am  
**Saturday Family Fun Construction Club** – Saturdays, 10am – 12.00pm

### Christmas Holidays

Over the Christmas holidays we'll be running extra festive activities for children and will be decorating our window for the Yateley Christmas trail.

Christmas trail and crafts Drop in anytime  
Festive Stay and Play Monday 18th December 10.00am – 12.00pm

### Upcoming Classes at Yateley Library

Christmas Floristry for wellbeing Mondays, 13th – 11th December 11.0am – 1.00pm FREE  
ESOL Improvers Mondays 2.00pm – 4.00pm FREE.  
Dressmaking you calm (mixed ability) Tuesdays 1.15pm – 3.45pm FREE  
Drawing for Improvers Saturdays 11th November – 2nd December, 10.00am – 12.00pm

Visit the Hampshire County Council Shop to book.

## Fleet Library

### Regular Weekly Activities

**Monday Storytime** (2-5 years) 10.30am – 11.00am  
**Chatabout** (all ages) 11.00am – 12.00am  
**Digital drop in** (adults) 11.30am – 1.00pm  
**Singalong (adults)** 2.15pm – 3.15pm  
**Stay and Play** (families) 3.30pm – 4.30pm  
**Wednesday Community Connections** 10.00am – 12.00pm  
**Craft and Chatter** 10.00am – 12.00pm  
**Thursday Rhymetime** 10.00am – 10.25am (toddlers) / 10.45am – 11.10am (toddlers) /  
11.30am – 11.55am (babies)  
**Stay and Play** (families) 3.30pm – 4.30pm

Saturday Stay and Play (families) 9.30am – 5.00pm

Construction Club (families) 2.00pm – 4.00pm



## Christmas Holidays

Over the Christmas holidays we'll be running extra festive activities for children, and welcome back a hugely popular event from last year – our Twilight story time. Keep an eye on our social media pages for upcoming events and dates.

### Upcoming Classes with availability at Fleet Library

**Seated Exercise Tuesdays**, 31st October – 28th November

**The Art Room** Wednesdays, 1st – 29th November, 10am-12pm

**The Art Room** Wednesdays, 1st – 29th November, 12.30pm - 2.30pm

Visit the Hampshire County Council Shop to book.

### At Yateley and Fleet Libraries

Free courses and workshops for parents run by Barnado's, Hampshire Healthy Families and NHS Southern Health. These run on Tuesdays at Yateley Library and Mondays or Thursdays at Fleet

Baby Talk

School Readiness

Toddler Talk

Family Food, Fun & Fitness

Visit [Hampshire Healthy Families](#) to book.

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## Citizens Advice Hart



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

### Help in the community

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

Please contact us on 01252 878435 or email [outreach@citizensadvicehart.org.uk](mailto:outreach@citizensadvicehart.org.uk) for further information. If you are looking for advice, please contact us [here](#).

### We hold Outreach sessions where an adviser is available for questions at:

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

## Volunteering

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

## Adviceline

Tel: 0808 278 7864 (freephone number)  
Available Monday – Thursday 9.30 - 3.30pm

Citizens Advice Hart Website for news, info and access to advice: [www.citizensadvicehart.org.uk](http://www.citizensadvicehart.org.uk)



## Young Person's Safe Haven

Out-of-hours drop-in and one-to-one support for young people aged 10-17 living in Farnham and North East Hampshire\*, and experiencing crisis and difficulties with their mental health.

\*(covering areas including Aldershot, Farnborough, Fleet, and Yateley)

- Access support face-to-face, online or over the phone
- Signposting and referring you to other sources of support, to enable you to reduce the crisis in your life.
- Emotional and practical support in a safe space
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

### Monday's

Drop-in session - 6:30-7.30pm

One to one support - 6:30-9.30pm (by appointment only)

Virtual and phone support - 6:30-9.30pm

### Wednesday's

Virtual and phone support - 5-8pm

### Thursday's

Drop-in session - 6:30-7.30pm

One to one support - 6:30-9.30pm (by appointment only)

Virtual and phone support - 6:30-9.30pm

### Saturday's

Web chat support - 10:30am-1pm




Contact us today to find out more:

 02380 224 224

 07918 259361

 enquiries@  
nolimitshelp.org.uk

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



SCAN ME

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)  
023 8022 4224



# Get winter ready



It's important that we all make the right choice when we or someone we care for needs help with their physical or mental health. This winter get to know the services available to you.



Look out for those who may need a bit of extra help over the winter including older neighbours, friends and family members.



Keep a well-stocked medical cabinet. This could include: pain killers, rehydration mixture, indigestion remedies, cold and flu remedies and a first aid kit.



Seasonal flu and COVID-19 vaccinations help protect you and others. If you're at higher risk of getting seriously ill from these illnesses or if you care for someone who is at risk, take up the free vaccination offer.



If you or someone you care for has a long term condition its important to take your medication as prescribed, order your repeat prescriptions on time and ensure you attend your regular reviews with your healthcare team.



Staying warm is a key part of looking after yourself this winter, its vital you heat your home to 18 degrees Celsius.



Have enough warm clothing ready; hats, scarves and gloves and several thinner layers work best. Know where these are before you need them.



Get to know the weather - check it regularly so you can be prepared for what is coming up.



If at any time you are feeling unwell, stay home, keep warm and seek advice from the appropriate health service. If you are worried about heating your home, seek advice from your local council.

**STAY  
WELL THIS  
Winter**

## Hart & Rushmoor Young Carers – walking boots request

We are collecting waterproof walking boots with ankle support for young carers taking part in the Duke of Edinburgh Awards. If you have any boots, sizes 4-11, in good condition which you would like to donate please contact Rachel on [youngcarersadmin@hartvolaction.org.uk](mailto:youngcarersadmin@hartvolaction.org.uk)



## Introducing the Dads Group

Since becoming a dad are you struggling with thoughts such as...

"It's not about me"

"I should know what to do"

"I need to be the rock"

"This is not what I expected"



"I shouldn't be feeling like this"

Don't worry. Becoming a new dad can be difficult, it is estimated that just as many dads experience stress, anxiety and depression after the birth of a child as mums do.

The 'New Dad Group' facilitated by TalkPlus is an online 6 week peer support group looking at the pressures of fatherhood with the opportunity to learn tools and techniques to help manage in a supportive environment.

We also look at the role of fathers, changes in relationships and baby development. Self-refer via our website today to secure your place!

[www.TalkPlus.org.uk](http://www.TalkPlus.org.uk)

 **TalkPlus**  
**01252 533355**



## Could you be a parent to children that need love and understanding?

There are children in our region who need to feel loved and cherished in a forever family



\*The names of the children have been changed to protect their identity

## Could three brothers, Isaac, Liam and Joshua\* be part of your family?

To learn about their story, please visit [www.adoptsouth.org.uk](http://www.adoptsouth.org.uk)

We welcome a conversation with anyone who would like to find out more about Isaac, Liam and Joshua.

We will help you in anyway we can, including looking at financial support.

**☎ 0300 3000 011**



Adopt South is the Regional Adoption Agency for



## **Calls and Visits**

Q&A with Christine Oldfield, the founder of Calls & Visits



### **Please tell us a little about Calls & Visits**

Calls & Visits is an entirely voluntary charity founded in 2020 with the aim of befriending isolated people in the area of Fleet. Many people find it hard to leave home and would love to have a chat with someone on a regular basis. Our mission is simple: less loneliness. Calls and Visits is part of the Good Neighbours Network, which means that we follow their quality standards. GNN has been operating in Hampshire for over 40 years and is funded by the Integrated Care Board (formally CCG).

**Who do you serve?** We only serve folk who are isolated due to mobility issues or frailty, who do not have the option of going out to a day centre or sitting in a library to find company. Our volunteers visit and chat, maybe play a board game or make a cup of tea. Sometimes befriending talks place on the phone instead. We do not help with jobs or take people out, because we are not set up for those services. Visits/calls tend to be once a week and the volunteer should put aside an hour, although calls are often more brief.

**How are referrals made?** Sometimes isolated people self-refer or a relative contacts us on our message service, email address (below) or Facebook page. More usually we are contacted by Social Prescribers by email and we send them a referral application.

**What safeguarding is in place?** We give basic safeguarding training to protect both the volunteer and those we befriend. Our visitors are DBS checked and references are taken up for all volunteers, who must be at least 18 years old.

**How do I find out more?** If you'd like to refer someone to our service, become a befriender or help with administration please call 07855 762049 or email us at [CallsAndVisits@gmail.com](mailto:CallsAndVisits@gmail.com) We'd love to hear from you!

## **Forget-Me-Not Café**

For people with dementia, their family, carers and friends. For details visit their website: [Forget-me-Not-Cafe - Hartley Wintney Voluntary Care Group](#)

**14 November** - Caroline from the Citizens Advice Bureau will be with us to answer any questions you may have.

**12 December** - the HAG Rock Choir will be coming along again to entertain us.

**19 December** - there will be a Carol Service at 11.30 am at St John's followed by pre-lunch drinks at midday, with lunch being served around 12.45 pm. This will be our last session of the year, returning on Tuesday 2 January 2024.

## **Singing for the Mind**

For people with dementia, their family, carers and friends. For details visit their website: [Singing for the Mind - Hartley Wintney Voluntary Care Group](#)

**15 November** session will be at the WI Hut. As things stand at the moment the others in November will all be at the Football Club.

**13 December** - Our usual Christmas Bash will commence at 1.00 pm with a buffet lunch.

**20 December** - Our normal session will take place and be our last of the year, returning on Wednesday 3 January.

# CHRISTMAS EVENTS AND DONATION REQUESTS

## Christmas Festivals & Markets in Hart

### **Fleet Christmas Festival**

Visit the Christmas Market with 120 stalls selling food, gifts and decorations. There will also be a fun fair, Santa's Grotto, singing and entertainment on the Gurkha Square stage as well as the Christmas Lights switch-on!

**Date:** Wednesday 22nd November. **Time:** 2.00-9.00pm. **Location:** Fleet High Street.

### **Yateley Christmas Market**

Festive fun for all ages! Includes stalls, entertainment and the Christmas lights switch-on.

**Date:** Saturday 25th November. **Time:** 3.00-6.00pm. **Location:** Outside the Dog & Partridge pub, 105 Reading Road, Yateley, GU46 7LR.

### **Odiham Christmas Extravaganza**

Enjoy music, shopping, eating from a wide range of stalls and local shops. **Date:** Sunday 26th November. **Time:** 2.00-7.00pm. **Location:** Odiham High Street.

### **Hartley Wintney Christmas Market**

**Date:** Thursday 7th December. **Time:** 4.00-8.00pm. **Location:** Hartley Wintney High Street.

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## **Yateley Industries – tombola prize request and Christmas Day Lunch**

Yateley Industries for the Disabled will be holding a charity tombola at the Yateley Lions Annual Christmas Market from 3 to 6pm on Saturday 25th November.

If you have anything that would be a great tombola prize, you can either

Drop off to Yateley Industries, Mill Lane, Yateley, GU46 7TF

Email [mariam@yateleyindustries.net](mailto:mariam@yateleyindustries.net)

Call 01252 872337.

Thank you for your support.

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## **Citizens Advice Hart – bottle donations request**

We will have a stall at the Fleet Festivities on 29th November. If anyone can donate a bottle to our bottle tombola we would be delighted to have your support! Please just drop any donation to our office (Civic offices, Harlington Way, Fleet) between 9am and 5pm Monday to Thursday.

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Fleet  Lions

# Christmas Concert

**Tuesday 12th December**

Church on the Heath, Elvetham Heath

Starts 7.00pm

Doors open 6.45pm

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Register your FREE place as seating is limited

Teas and coffees served at interval

Full programme of local performers

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Contact Lion Jacqui or Mike

07714 002232 / 07503 178143 or [concert@fleetlions.org.uk](mailto:concert@fleetlions.org.uk)

[www.fleetlions.org.uk/community](http://www.fleetlions.org.uk/community)



## **Minding the Garden – Christmas Wreath Workshops**

**Would you like to create your very own Christmas Wreath this year?**

Then come and get involved with Minding the Garden's popular Christmas Wreath making workshops? Do join local charity Minding the Garden part of Hart Voluntary Action, and benefit from the social and therapeutic opportunities of being part of your local Community Garden. Get creative, have fun and make something for your home or as a gift for someone else.



At these friendly and social sessions based either at the community garden or an indoor venue, you will be provided with all the materials you need to make your wreath from scratch.

This includes a wreath base, fresh greenery and an array of decorations to suit your style — whether it be the natural or glitzy look.

Hands-on advice, guidance and support from the Minding the Garden team is available.

It means that whether you are a wreath-making novice or a seasoned expert, you can create a wreath that you will be proud to take away with you.

Wreath workshop places are available on a 'first come, first served' basis, so please book early to avoid disappointment. Costs also include refreshments .



Thurs 30<sup>th</sup> Nov 12:00 -13.30 - Andover Mind Carers Group - All Saints Community Centre, Fleet

Thurs 30<sup>th</sup> Nov 14:00 -15.30 - All Saints Community Centre, Fleet

Mon 4<sup>th</sup> Dec 10:30 -12.00 / 14:00-15.30 - Community Garden, Fleet

Wed 6<sup>th</sup> Dec 10.30- 12.00 / 14.00- 15.30 - Community Garden, Fleet

Thurs 7<sup>th</sup> Dec 10:30- 12.00 / 14.00- 15.30 - Community Garden, Fleet

Mon 11<sup>th</sup> Dec 10:30 -12.00 / 14:00 -15.30 - Community Garden, Fleet

Wed 13<sup>th</sup> Dec 10:30 -12.30 / 14.00- 15.30 - Campbell Place, Fleet

Thurs 14<sup>th</sup> Dec 10:15 -12.00 - VIVID - Campbell Place, Fleet

Thurs 14<sup>th</sup> Dec 14.00- 15.30 - Campbell Place, Fleet

Mon 18<sup>th</sup> Dec 11:00 -12.30 – Autism Friendly Fleet - Community Garden, Fleet

Mon 18<sup>th</sup> Dec 14.00- 15.30 - Community Garden, Fleet

Wed 20 Dec 10:30 -12.00 - Campbell Place, Fleet

Wed 20 Dec 14.00- 15.30 - Campbell Place, Fleet

Thurs 21<sup>st</sup> Dec 10:30 -12.00 / 14.00- 15.30 - WI Hall, Crookham Village

Bookings can be make via the [Facebook page](#) and Hart Voluntary Action's [website](#)

Sessions are only £20-25 for non-members and £7-£12 for members

Additional information or booking by telephone or email – 01252 815652 Ext 201

or [mtg@hartvolaction.org.uk](mailto:mtg@hartvolaction.org.uk).



## **Sasha's Project - Christmas Box Scheme**

We are looking for donations for our Christmas Box scheme which provides Christmas gifts to any young person (13-25yrs) who will be spending Christmas Day on a mental health unit in Hampshire. Drop off points are:

- Angela Forster, Waverley house, Waverley Avenue GU51 4NN
- Debbie Horwood, Berkeley Group, Hartland Village
- The Hot Oven Bakers Corner, Kings Road, Fleet, GU51 3AD

Listed below are the sort of gifts we are hoping will be donated.

- 'posh' teabags / luxury hot chocolate
- Chocolates, luxury biscuits, sweets
- Mugs (not china) / travel mugs
- Fluffy socks, fluffy socks with nonslip soles
- Costa/Starbucks voucher
- Pot pourri
- Soft-backed writing notebooks, journals or diaries (without metal spirals)
- Pens (without removal metal components such as springs), pencils and pencil cases
- Colouring books, including colouring-in for mindfulness and adult dot-to-dot books
- Card games & packs of cards
- Jigsaws / Puzzles
- Board games
- Sensory toys/gadgets
- Craft paper
- Sticker books
- Soft cuddle toys (Teddy bears)
- Hand creams
- Shower gels and other shower products (no aerosols)

*Please avoid anything with liquids like nail varnish, anything with string/ties, or glass*

A big Thank You for your support 

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## **Fleet Phoenix - Bottle Tombola Donations Request**

We are running a bottle tombola at Fleet Christmas Festival on the 22nd November, so we are asking for any bottle donations for this please.

Bottle donations - this can be anything from beer, water, shampoo, oil, wine, squash, fabric conditioner, soy sauce - literally anything that comes in a bottle please.

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

Demands on our services has increased a huge amount over the last few years and without the help of fundraising, we couldn't continue to offer the wide range of FREE services that we do.

All donations can be dropped off at The Point Youth Centre in Fleet please. The best time for us is Tuesday and Friday 1:30 - 4:30pm and Wednesday 4 - 6:30pm.

If these times do not work for you, please email or DM us on social media and we can arrange another time or local collection 😊

Thank you in advance for your help and donations.

## Yateley Men's Shed – Christmas Market



On Saturday 25th November, between 3.00-6.00pm. we will be at the Yateley Christmas market Outside the Dog & Partridge pub, 105 Reading Road, Yateley, GU46 7LR.

Come and buy some lovely Christmas gifts and decorations. All hand made in wood by our shed members.



For more information about Yateley Men's Shed, including opening times and how to become a member, visit our website: [Yateley Men's Shed – Make Friends, Tea and Things](https://www.yateleymensshed.co.uk)

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## 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](mailto:hereforhart@hart.gov.uk) If you would like printed copies of this bulletin for distribution, please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk)

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