



# Here for Hart Bulletin



Winter 2023/24, Issue 13

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 the Live Longer Better campaign to keep people healthy, active and independent for longer. There is also a spotlight on NHS Talking Therapies to help residents with a range of problems such as anxiety, panic attacks, low mood or obsessive thoughts. As usual we will also be bringing you up to date with the work of local community 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](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)

## Inside this issue:

Page no.

2. Hart District Council – Communities Team Update
3. Here for Hart Directory – New Entries
- 4-7 Features: Live Longer Better / NHS Talking Therapies/ Dentaidd
- 8-24 **Here for Hart Partner Updates**

---

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

---

# Hart District Council – Communities Team Update

---

## **Supporting Ukrainian Guests in Hart**

Some Ukrainian families and guests under the Homes for Ukraine scheme are still with their hosts and other have moved on. Support is being provided by Hampshire County Council, Hart District Council (Homes for Ukraine Team) and Hart Voluntary Action.



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).

## **ESOL (English for Speakers of other Languages)**

Hampshire County Council are pleased to announce the roll out of the Flash Academy Language Learning App for remote learners. Ukrainian guests will now be able to obtain a 6-month license to Flash Academy. The app is most suited for those at Level 1 or Level 2 ESOL and for learners who are not already registered onto an existing ESOL in-person English language class.

If any hosts or guests have any questions about the app, please contact [children.services@hants.gov.uk](mailto:children.services@hants.gov.uk)

---

## **Hart Community Safety Newsletter**

The January issue is now out. It has a focus on the new XL Bully legislation, nuisance caused by off-road bikes and the increasingly prevalent use of cannabis and its impact on surrounding properties. If you would like to be added to the mailing list for this newsletter please email [communitysafety@hart.gov.uk](mailto:communitysafety@hart.gov.uk) | [Community Safety newsletter | Hart District Council](#)

---

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

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 financial grants available.

---

## **Armed Forces Employers Recognition Award**

Hart District Council are working towards their Silver Armed Forces Recognition Award. Part of this included a recent Military Covenant Training seminar for council staff. 91 people attended the virtual session which was delivered by Mr Canon Peter Bruinvels. For more information about how your organisation can earn an employers' recognition award email Di Murdoch on [AFC@hart.gov.uk](mailto:AFC@hart.gov.uk)

---

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



There are now over 500 entries in the Here for Hart Directory – a fantastic searchable source of local support, activities and information. It is managed and promoted by Hart Voluntary Action and Hart District Council.

Here is a selection of the most recent entries.

**Crookham Street Social Club** - a members club and community venue with a hall and meeting rooms for hire. Regular social events including an afternoon bridge club. This is also the venue for the weekly Crookham Village Health Walk organised by Hart Voluntary Action on Tuesday mornings <https://hereforhartdirectory.org.uk/services/view/548>

**Fleet & District Carnival** - an annual cultural event with a long history, Fleet Carnival will next take place on 6<sup>th</sup> July 2024. <https://hereforhartdirectory.org.uk/services/view/544>

**Fleet & District Dog Training Society** - friendly dog training classes at the War Memorial Hall in Church Crookham - obedience and ring-craft training sessions. <https://hereforhartdirectory.org.uk/services/view/543>

**Fleet Community Pantry** - a new project linked to Hart Foodbank giving people who are on a budget access to essential food items at low cost (£5.00 per visit) - <https://hereforhartdirectory.org.uk/services/view/541>

**Hart Veloce** - a relatively new cycling club with more of a focus on competitive cycling, including gravel cycling. Sister club to Hook Velo, which offers more regular local social cycling rides. <https://hereforhartdirectory.org.uk/services/view/542>

**Jubilee Choir Odiham** - the choir are looking for young adults (under 40s) to join them! - weekly rehearsals during term-time. <https://hereforhartdirectory.org.uk/services/view/545>

**Odiham Castle** - this ancient monument also known as King John's Castle can be visited by walking along the Basingstoke Canal Towpath between Odiham and North Warnborough. <https://hereforhartdirectory.org.uk/services/view/546>

**The Bridewell Community Hub** - low cost informal hot desk space and meeting room hire are now available at the Bridewell Community Hub, managed by Odiham Parish Council. <https://hereforhartdirectory.org.uk/services/view/547>

## **Adding the Here for Hart Directory to your website**

Would you like to add a link to the Here for Hart Directory on your website to help your users access the support and information they are looking for in Hart? If so, please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk) and we will send you a logo and suggested text.

## Features

This section features the Live Longer Better campaign to keep people healthy, active and independent for longer. There is also a spotlight on NHS Talking Therapies to help residents with a range of problems such as anxiety, panic attacks, low mood or obsessive thoughts.

## Live Longer Better

[www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter](http://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter)

Living longer better isn't just about adding more years to your life. It is about adding more healthy and active years. Hampshire's Live Longer Better website has four areas of focus to support people to achieve that goal:



### Be Active

The website gives tips to get started and keep improving. There are action plans and links to exercise videos. The section on helping others has advice about increasing exercise levels in a loved one or someone you care for.

**For local exercise options** go to the Here for Hart Directory and select the **Keep Active** option. You will find details of Hart Health Walks, seated exercise classes, bowling, pétanque, sequence dancing and much more. [www.hereforhartdirectory.org.uk](http://www.hereforhartdirectory.org.uk)

**Walking football:** Everyone Active leisure centre in Fleet hosts a very successful and well attended walking football club for men and women - [www.fleetoffoot.org](http://www.fleetoffoot.org). If Yateley is nearer to you then the YUFC Walking Football group could be for you: [www.yateleyunitedfc.co.uk/walking-football/](http://www.yateleyunitedfc.co.uk/walking-football/)

**Everyone Active in Fleet:** As well as the newly refurbished gym and a wide selection of exercise classes, Everyone Active in Fleet also offers a range of other activities particular suitable for older adults or those with restricted mobility. This includes walking netball, walking tennis, aqua aerobics, Steady & Strong classes, table tennis and senior multisports.

For more information see their website - [www.everyoneactive.com/centre/hart-leisure-centre/](http://www.everyoneactive.com/centre/hart-leisure-centre/) - or call 01252 629879

**Everyone Active in Frogmore:** as well as having a gym, Frogmore offers a senior session that includes short mat bowls and table tennis. For more information see their website – [www.everyoneactive.com/centre/frogmore-leisure-centre/](http://www.everyoneactive.com/centre/frogmore-leisure-centre/) - or call 01252 873454

### Community Venues

It is always worth checking out activities that are happening on your doorstep, in local halls, community centres and churches. For example you can do:

- Over 50's aerobics at Ancells Farm Community Centre in Fleet.
- Keep On Moving Pilates at Church Crookham Community Centre.
- Play bowls or chess at the Cody Sports & Social Club.
- Tango dance classes in Crondall Village Hall.

Winter 2023/24, Issue

- Table Tennis at Hook Community Centre.
- Zumba Gold at North Warnborough Village Hall.
- Beginners Yoga at the Cross Barn in Odiham.
- Croquet at the Lucy Pygott Centre in Hartley Wintney.

Go to the Here for Hart Directory and select the **Community Venues** option:

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

---

## **Stay Steady**

Falls are not an inevitable part of aging. There are lots of ways to reduce the risk of falling. Suggestions can be found on the Live Longer Better Hampshire website.

There is also a comprehensive **falls prevention checklist**, which includes medication, eyesight, footcare and a safe home. You can download it here: [FallsPreventionleaflet-A4-TM-print.pdf \(hants.gov.uk\)](#) If you would like printed copies please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk)

**Falls Friends Online talks.** Would you like to know more about reducing the risk of falling? Falls Friends talks explain the causes of falls and how to reduce your risk of falling (or someone you care for). There is one talk every month. Details can be found here - [Southern-Health-online-sessions.pdf \(hants.gov.uk\)](#) – or you can call 02382 311690 or email [specialistfallsteam@southernhealth.nhs.uk](mailto:specialistfallsteam@southernhealth.nhs.uk) for details and to book.

**Falls Friends Champions** – if you would like to increase awareness about preventing falls in your local community by delivering Falls Friends Talks you can apply to receive half a day's training. You will also receive all the resources you need to deliver the talks. If you are interested, please email [FallsPrevention@hants.gov.uk](mailto:FallsPrevention@hants.gov.uk)

**Disabled Facilities Grants** - Hart District Council can also help make residents' homes safer 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](#)

---

## **Hydration & Continence**

The impacts of incontinence are broad and far-reaching, yet few people feel comfortable talking about it. The Live Longer Better website has information about how to prevent incontinence as well as how to manage it. There is also a section offering sources of support.

---

## **Keep Connected**

Being connected to others not only helps you feel happier, but can also reduce the risk of cardiovascular disease and cognitive decline. In Hart there are lots of opportunities to connect with others, from volunteering to joining a hobby club, attending a group walk or enjoying company at a lunch club. Go to the Here for Hart Directory - [hereforhartdirectory.org.uk](http://hereforhartdirectory.org.uk) - and select the '**Social & Leisure Activities**'. For befriending services, select the '**Care & Support**' category.

---



## Have you heard of Talking Therapies?

The NHS is encouraging anyone struggling with feelings of depression, or anxiety such as excessive worry, panic attacks, social anxiety, post-traumatic stress, or obsessions and compulsions, to seek help through NHS Talking Therapies services. These are effective, confidential and free treatments delivered by trained clinicians, online, on the phone, or in person. If you're struggling with feelings of depression or anxiety, seeking help through an NHS Talking Therapies service can be one of the best steps you can take to overcome mental health issues and get back on track.

NHS Talking Therapies can help provide support and treatment for common mental health problems, such as:

- feeling anxious
- feeling low and hopeless
- having panic attacks
- finding it hard to cope with work, life or relationships
- struggling with flashbacks or nightmares about upsetting events from your past
- feeling stressed
- worrying a lot
- obsessive thoughts or behaviours
- fear of social situations
- being afraid of things, such as spiders, flying or heights (phobias)

You do not need to have a diagnosed mental health problem to refer yourself to an NHS Talking Therapies service.

Getting support as soon as you start having difficulties can help to reduce their impact. Your GP can refer you for NHS Talking Therapies, or you can refer yourself online at your local service provider:

**Talkplus** for patients registered at Oakley Health Group, Hart Health Partnership (Fleet) or Crondall Surgery: [www.talkplus.org.uk/self-referral/](http://www.talkplus.org.uk/self-referral/)

**iTalk** for patients registered at Whitewater Health: <https://www.italk.org.uk/self-referral/>



## **Dentaid in Andover**



Dentaid, the Dental Charity, provides dental care and oral health advice for people experiencing homelessness, financial hardship, domestic abuse and those in recovery from substance misuse. Their mobile dental units travel the UK providing outreach dental clinics for people who struggle to access treatment.

Dentaid have partnered with Unity to co-ordinate monthly sessions in Andover with 8-10 dental treatment slots per session. If your organisation/agency knows of anyone who is struggling to access treatment through the NHS dental service and fits the above criteria, please contact [info@unityonline.org.uk](mailto:info@unityonline.org.uk) for a referral form. Referrals by professionals only.

Dentaid's mobile unit will be visiting King Arthur's Way in Andover on the following dates:

- 25th March 2024
- 26th April 2024
- 24th May 2024
- 24th June 2024
- 29th July 2024
- 30th August 2024
- 23rd September 2024
- 25th October 2024

## Here for Hart Partner Updates

Page no.

8. Adopt South – Adoption information events
9. Yateley Lions – what we do
10. Fleet Phoenix – Pre-loved school uniform / Easter Lego Club
10. BRAAIN Autism Information Line
11. Mustard Seed Valentine’s Quiz Night
12. CAHMS PACE Events
12. Fleet of Foot Walking Football – new session
12. Talk Plus – CBT Strategies for menopause- free webinar
13. Friends of Oakley Park – Easter Egg Hunt
14. Sing in Spring – free singing for wellbeing group
15. Walking Tennis at Everyone Active, Fleet
16. Andover Mind Carer Support and Dementia Advice Service
16. Hart Volunteer Fair
17. Fleet Town FC – Pan Disability Football
18. Fleet & Yateley Libraries – what’s on
19. Home Start Hampshire – maternal mental health group / family group
21. Andover Mind - Farnborough Wellbeing Centre / Aldershot Safe Haven
22. Army Welfare Service – Military Young People Survey
23. The Baker Hall, Odiham
23. Frogmore Care & Wellbeing Centre



**Could you be a parent? Give your love and understanding to a child or siblings?**

**We have a range of events to learn more about adoption with us:**

**Online Adoption Information Events**  
Find out about the adoption process and the children waiting.

**Drop-in Events**  
Meet us in person to find out about adoption. Ideal if you have a range of questions before you decide to take the next stage of your adoption journey. Chat to one of our adopters to find out about their experiences.  
**Saturday, 23rd March 2024, 10.30am till 2.30pm - The Arc Winchester**

**Visit [www.adoptsouth.org.uk](http://www.adoptsouth.org.uk) for more ways to meet us**

Adopt South is the Regional Adoption Agency for:





## **Yateley Lions**

Currently we have around 30 members in Yateley & District Lions Club, all ages, from all walks of life who work to raise money to help those in need in the community. We have been actively serving Yateley and surrounding area since 1981. Lions are members of Lions Club International, and as well as our local communities, we also help to support the humanitarian projects throughout the world. Maybe you would like to join us? We would love to welcome more members so we can continue to support our local community. Drop us an email to find out more, [enquiries@yateleylions.co.uk](mailto:enquiries@yateleylions.co.uk).

We help many local charities, organisations and individuals, as well as wider recycling projects.

We are proud to have been able to support the Harry's Hydrocephalus Awareness Trust (Harry's Hat) Get-A-Head scheme once more with the provision of NHS-approved tape measures to be given free to health professionals and parents.

We have a limited winter fuel poverty fund to help local families struggling with energy costs. We send one-off contributions directly to energy suppliers, for those eligible who have been referred to us by the Citizen's Advice Bureau.

We are involved with the Message-in-a-bottle scheme whereby people with a health problem keep details of their medication and personal information easily accessible for emergency services should such an event arise.

You can donate furniture, household appliances and equipment via the Lions Community store that we distribute to those in need. We collect spectacles to recycle, bras in aid of breast cancer research; we clean and refurbish donated computers for supply to students and charitable organisations.

Details of all these can be found on our website [www.yateleylions.co.uk](http://www.yateleylions.co.uk)

Everything we do is only possible because of the generous support by everyone of our fundraisers, our volunteers and members, so thank you all!

### **Here is a list of our forthcoming events so far:**

**Saturday 10<sup>th</sup> February 2024, starts at 8pm, Quiz Night, held at Westfields Junior School, Yateley** – contact 0345 833 9915 to enter

**Monday 6<sup>th</sup> May 2024, 10:30 am – 5 pm, May Fayre, Yateley Green** – our popular annual Bank Holiday May Fayre, with lots of stalls and attractions – keep an eye out for more details soon

**Sunday, 30<sup>th</sup> June 2024, 11:30 am – 4 pm, Funfest** – an annual event run for people with disabilities or special educational needs, their families and helpers - watch out for more details soon

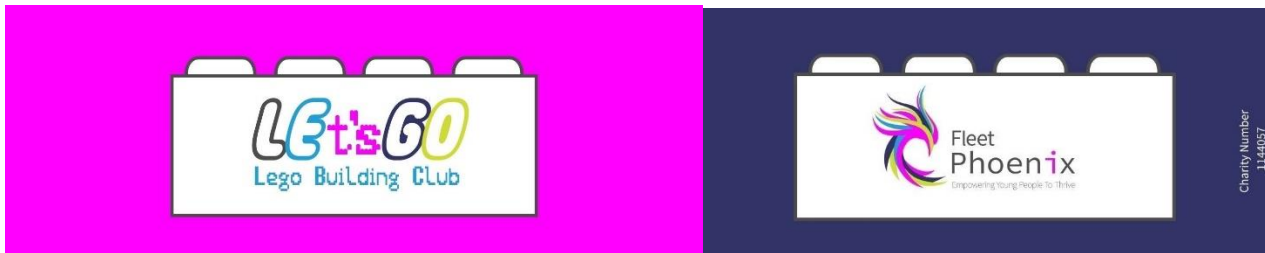
**Every Friday evening from 8pm, we run a community bingo – just contact us for more information** email: [enquiries@yateleylions.co.uk](mailto:enquiries@yateleylions.co.uk)

You can also find information on our website [www.yateleylions.co.uk](http://www.yateleylions.co.uk) and on our Facebook page (Yateley & District Lions Club), Instagram and Twitter.

## **Fleet Phoenix**



**Pre-Loved School Uniform:** On Tuesday 2<sup>nd</sup> of April between 11am to 1pm, Fleet Phoenix (at The Point Youth Centre in Fleet) will be open for anyone who needs help with school uniform. We have lots of pre-loved uniform that you may need for your young people. This includes a range of different uniform items for different schools in the Hart District. This is purely collection ONLY, No donations at this time (dates for this will be released soon). This is on first come first served basis.



**Easter Lego Club:** On Wednesday, the 3<sup>rd</sup> and 10<sup>th</sup> of April from 2pm – 3:30pm, Fleet Phoenix will be running their popular Lego Club at The Point Youth Centre in Fleet. This is open to ages 9+ who love Lego. All Lego sets will be supplied, so please don't bring any. On the first week build kits are available and on the second week it is a free for all, design and build competition. This is not a drop-in session, so you will need to email [lucy@fleetphoenix.co.uk](mailto:lucy@fleetphoenix.co.uk) to book a place on either or both dates.

For more information about Fleet Phoenix, please visit our website [www.fleetphoenix.co.uk](http://www.fleetphoenix.co.uk) or social media pages.

---

## **BRAAIN Autism Information Line**

[www.braain.co.uk](http://www.braain.co.uk)



From the initial stage where you feel your child may be autistic, to diagnosis and beyond, we are here for you. Wherever you are in the diagnosis process, it can sometimes be daunting, lonely and overwhelming. We can help!

We'll help you find the support you need. Whether that's details of the healthcare service you'll be referred to, details of the support that's available, training opportunities or social events specifically for families like yours.

Book an appointment with us today and we'll happily chat through the support that's available for you. Please note, this is a signposting service rather than an advice service.

---



# MUSTARD SEED QUIZ NIGHT

@Fleet Town Football  
Clubhouse  
7pm



# FRIDAY 16TH FEBRUARY



**Tickets £7**

**Teams of up to 6**



**BAR  
AND  
SNACKS**



**RAFFLE**



**CASH  
PRIZES**

TICKETS THROUGH OUR PEOPLE'S FUNDRAISING PAGE

Buy tickets here: <https://www.peoplesfundraising.com/event/mustard-seed-s-valentines-quiz>

## **CAHMS P.A.C.E Events**

Hampshire CAHMS are running a series of free health and wellbeing events for all parents, carers and professionals who support or work with young people.

P.A.C.E. (Parent, Carer and Professionals Events) engage families in understanding the needs and difficulties that young people can face. The events help parents and carers to gain more confidence and knowledge about how to manage potential issues or concerns they may have about their young person.

Workshops are run by experts in their field,

The events include a variety of 60-minute workshops which focus on relevant issues, such as:

- Eating Difficulties including ARFID
- Trauma Recovery
- Managing ADHD
- YP in Crisis & Managing Self-Harm
- Coping and Resilience Strategies to Support Children & Young People
- YP with Obsessive Compulsive Disorder (OCD)
- Looking After Yourself to Support Your Child
- Disability, Difficulty, SEND & Mental Health
- Managing Anxiety
- YP with Tics and Tourette's
- Supporting your Autistic Child to Thrive

### **Local events and links to schedules and booking:**

Basingstoke - Thursday 22<sup>nd</sup> February - <https://hampshirecamhs.nhs.uk/events/p-a-c-e-22-feb/>

Andover – Monday 11<sup>th</sup> March - <https://hampshirecamhs.nhs.uk/events/p-a-c-e-11-mar/>

Winchester – Wednesday 25<sup>th</sup> September - <https://hampshirecamhs.nhs.uk/events/p-a-c-e-25-sep/>

---

## **Fleet of Foot Walking Football**

Starting February 1st, Fleet of Foot Walking Football Club is launching a new session for men and women of all ages. To be held outdoors on astroturf every Thursday evening, from 7-8 pm at Hart Leisure Centre, it will likely appeal to those still in full or part time employment.

If you are interested, contact Robin at [robglen37@yahoo.co.uk](mailto:robglen37@yahoo.co.uk)

---

## **TalkPlus – CBT strategies for menopause webinar**



Struggling with the symptoms of Menopause?

Talk Plus are providing a Webinar on CBT Strategies for the Menopause.

Tuesday 26<sup>th</sup> March 6.00-7:30pm.

To attend please contact Talk Plus on 01252 533 355, [www.talkplus.org.uk/self-referral/](http://www.talkplus.org.uk/self-referral/)

---



# Friends of Oakley Park

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



## EASTER EGG HUNT

**SATURDAY, MARCH 30<sup>th</sup>**  
**2.00pm "PROMPT" START**  
**ASSEMBLE "EARLY" IN THE**  
**CHILDREN'S PLAY AREA**  
**DONATIONS WELCOME**

Easter Egg Hunt!







# Sing in Spring

Monday Mornings (term time) 11am-12.30  
WI HALL CROOKHAM VILLAGE, FLEET

Are you aged over 18 and struggling with low mood,  
anxiety, social isolation or other mental health concerns?

Come & try our lovely warm & friendly group where we use singing techniques, popular songs and socialising to encourage growth and recovery for individuals.

We offer a hot drink and snack too  
(for a nominal £1 a week donation)



No previous knowledge or experience required!

Contact: [info@voxskool.com](mailto:info@voxskool.com)  
or Call/WhatsApp 07776133507

"Sometimes the hardest thing is going to  
something new, but it's brave of you and we will  
support you whole heartedly."

- VBB





**TENNIS FOR  
EVERYONE**

# WALKING TENNIS

Inclusive tennis sessions to support people to stay active for longer. Come and give it a go.

**Starting 5<sup>th</sup> September 2023**

**When:**

Every Tuesday at 5:45pm

**Where:**

Hart Leisure Centre  
Emerald Ave  
Fleet  
GU51 5HS

**Only £3.50 per session!**

Book via our app or website!

[www.everyoneactive.com](http://www.everyoneactive.com)



everyone  
ACTIVE

everyoneactive.com everyoneactive @everyoneactive @everyoneactive

Book online if you're a member: <https://www.everyoneactive.com/centre/hart-leisure-centre/#activities> (search walking tennis) or phone 01252 629879



## **Andover Mind Carer Support and Dementia Advice Service**

### **Carer Support**

Do you look after someone who couldn't manage without your help? Andover Mind supports unpaid adult carers (including young carers 16+) caring for another adult with any health condition, to maintain their caring role for as long as they are willing and able to.

Our carer support advisors offer 1:1 emotional support and peer support groups, providing advice, information, signposting and training.

**The Link Peer Support Group** is held at All Saints Church Community Centre, Church Road, Fleet, GU514NB, on the last Thursday of each month from 12pm-2pm. The group offers support, advice and information for all carers age 18+ (cared for also welcome). It is an excellent opportunity to connect with other carers. Tea and coffee is provided. To book please contact us by calling 01264 332297 or email [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

### **Dementia Advice and Support**

There's no need to navigate your dementia journey alone. Our dementia advisors provide one to one support for people living with dementia and their carers, family and friends. If you have a diagnosis of dementia, mild cognitive impairment, or are concerned about your memory, we are here to help.

Our services are free and we accept both professional and self-referrals via our website: [www.andovermind.org.uk/services/carers-support-dementia-advice/](http://www.andovermind.org.uk/services/carers-support-dementia-advice/), by calling our referral and enquiries team on 01264 332297 or by emailing [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

---

### **Volunteer Fair**

Hart Volunteer Centre, in partnership with Fleet Lions, are hosting a Volunteer Fair at the Hart Shopping Centre on the 2<sup>nd</sup> March 2024. This event is aimed at promoting the benefits of volunteering as well as the many roles available to residents of Hart. There will be 20 organisations present, on the day, to talk about the varied volunteering opportunities available and the Hart Volunteer Centre team will be on hand to offer guidance to anyone considering volunteering.

For further information, contact Tania Skinner (Hart Volunteer Centre Manager) at [tania.skinner@hartvolaction.org.uk](mailto:tania.skinner@hartvolaction.org.uk) or on 01252 627070.





# PAN DISABILITY FOOTBALL

**FOR 5-15 YEAR OLDS**

PAN DISABILITY FOOTBALL GIVES OPPORTUNITIES TO ANYONE WITH ANY FORM OF DISABILITY OR SPECIAL EDUCATION NEED TO PLAY FOOTBALL IN A SAFE AND FUN ENVIRONMENT.

**FROM THURSDAY 1ST FEBRUARY**

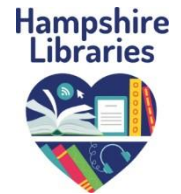
Come along and try our **FREE** taster sessions led by FA qualified coaches that will concentrate on fun, development, co-ordination, team-work and football skills!

**EVERY THURSDAY 6 - 7PM  
AT CALTHORPE PARK SCHOOL SPORTS HALL**

 **07866 916078 OR**

 **STARS@FLEETTOWNCOLTS.COM**

## **Hampshire Libraries**



Hampshire Libraries will be open over the Spring and Easter period, only closing for the Bank holidays. Please check [Find a library](#) for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events.

Children need to be accompanied by an adult for all our activities.

Our libraries continue to host the highly popular '**Coat Exchange**' as part of our sustainability initiative. Find a home for a coat you no longer need, donate or just take one. Especially useful for any little ones who have just gone up a size.

### **Fleet Library**

#### Regular weekly activities

Stay & Play - Saturdays, all day

Construction Club - Saturdays, 2pm-4pm

Storytime - Mondays, 10.30am - 11am

Chatabout - Mondays, 11am – 12pm

Singalong (adults) - Mondays, 2.15pm-3.15pm

Stay & Play - Mondays, Tuesdays & Thursdays, 3.30pm-4.30pm

Craft & Chatter (adult) - Wednesdays, 10am - 12pm

Rhyme Time - Thursdays, 10:00am (toddlers); 10:45am (toddlers); 11:30am (babies)

#### February Half Term

As part of our Green and Thrifty Fortnight (10 to 25 of Feb) our Half Term activities will follow this theme:

Spring Storytime - Monday 12 February, 10.30am-11am

South East Water Advice - Tuesday 13 February 10am-1pm

Grow a Herb drop-in session - Tuesday 13 February, 2pm-4pm

Children's Collage Craft - Tuesday 13 and Friday 16 February, 2pm-4pm

### **Yateley Library**

#### Regular Weekly Activities

Craft and Chatter (adults) - Mondays, 10am – 12pm

Afterschool Stay and Play - Mondays, 3.15pm – 4.30pm

Storytime - Tuesdays, 10.30am - 11am

Rhymetime and Chatabout - Fridays, 10.15am

Saturday Family Fun Construction Club - Saturdays, 10am – 12pm

#### February Half Term Holidays

As part of our Green and Thrifty Fortnight (10 to 25 of Feb) our Half Term activities will follow this theme



Winter 2023/24, Issue

Green and Thrifty Turtle Craft -Drop in anytime during half term week  
Grow a Herb drop in session - Monday 12 February, 10.00am – 12.00pm  
Nature Storytime - Tuesday 13 February, 10.30am

All of the events are also listed on the library service website: [Events in libraries | Hampshire County Council \(hants.gov.uk\)](#)

Follow your local library on Facebook and ensure you're always in touch with what's going on!  
**Fleet** - [Facebook | Fleet Library](#)  
**Yateley** - [Yateley Library | Facebook](#)

---

## **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.

### **WE NEED YOU!**

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. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

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

[www.home-starthampshire.org.uk/volunteering](http://www.home-starthampshire.org.uk/volunteering) , email: [info@hshants.org.uk](mailto:info@hshants.org.uk) or phone: 0330 124 2095

[www.home-starthampshire.org.uk](http://www.home-starthampshire.org.uk)

---

# RUSHMOOR & HART FAMILY SUPPORT GROUP

Elizabeth Hall,  
Raven Road, Hook.  
RG27 9HH



Hampshire

**The Family Group in Hook is open to families living in Hook, Hartley Wintney and Odiham. It is a friendly, safe, supportive place where children can play and parents can socialise and gain support.**

**The Family Group offers a warm welcome to all parents and children in an environment where individual differences are respected and valued.**

**JOIN US**

**FREE VIA REFERRALS ONLY, TO ATTEND PLEASE CONTACT US:**



[familysupport@hshants.org.uk](mailto:familysupport@hshants.org.uk)



**0330 124 2095**



## **Days and Time**

Wednesday mornings  
10am – 11.30am

Scan Me for more information



**PARENTS AND CHILDREN UP TO 11 YEARS**

## **Andover Mind - Farnborough Wellbeing Centre / Aldershot Safe Haven**

Andover Mind is a mental health charity helping anyone with or at risk of mental ill-health.

### **Farnborough Wellbeing Centre**

Our wellbeing centre in Farnborough offers wellbeing support to adults experiencing difficulties with their mental health. The support is delivered through up to six one to one sessions, along with a timetable of groups and workshops. Our groups and workshops are created with different needs in mind, with the intention of having a group to suit everyone. Some are for those who want to share how they're feeling and get advice from others, others are for those who want to get out the house, distract themselves, be around people or learn coping skills. There is no pressure to share or talk in our groups, sometimes just turning up is a big enough step.

Our one to one support is provided by an allocated key worker who will work with you through 6 sessions to focus on your mental health related concerns and together, set small, achievable goals to support you to cope.

### **Some of our free groups and workshops include:**

Emotional Support and Recovery (Farnborough and Fleet)

Meditation , Yoga, Pets as Therapy, Board game therapy, Tai Chi, Quiz, Allotment group, Creative Writing

### **Workshops:**

Decider Skills, Self Esteem, Managing Anxiety, Finding Confidence, Sleep, Stress management, Resilience,

Our timetable is available to registered service users and is sent out monthly via email, it is also available at reception in the Wellbeing Centre.

To access our services, you will need to be over 18 and complete a self referral form at the Wellbeing Centre, by calling 01252 317481, or be referred to us through the Aldershot Garrison Community Hub.

### **Aldershot Safe Haven**

If you feel in crisis, you can attend our Safe Haven. It is an out of hours Crisis only Service open 365 days a year for people to walk in or by using our virtual platform 'Attend Anywhere' which is accessible through a link available on our website.

Aldershot Safe Haven opening times are:

Monday to Friday                      6pm to 11pm

Weekends/ Bank holidays    12.30pm to 6pm

When arriving(live or virtually) the Service User is assessed(triaged) and seen by the most appropriate person.

You can self-refer. Service users need to have completed a self-referral (this can be completed over the telephone, online or at the wellbeing centre) and an assessment at the Wellbeing Centre. Once these steps have been completed, service users will be able to access up to 6 one to one sessions and any of our groups and courses.





**ARMY  
WELFARE  
SERVICE**

  
**ARMY**  
BE THE BEST

## **ARE YOU A MILITARY CHILD AGED 8+ ?**

**(ONE OF MY PARENT/S IS EITHER A VETERAN , RESERVIST OR CURRENT SERVING PERSONNEL PLEASE TAKE 5 MINS TO COMPLETE A SURVEY BY SCANNING THE QR CODE )**



Responses sought from military children & young people in the following locations Aldershot, Pirbright, Deepcut, Keogh Sandhurst , Church Crookham , Aborfield & surrounding areas !

**YOUTH VOICE AMBASSADORS WANT TO HEAR FROM YOU ABOUT YOUR LIVED EXPERIENCES TO CAMPAIGN ON YOUR BEHALF**

#MilitaryChild

Scan the QR code or go to [Army Welfare Service Youth Voice South Survey \(office.com\)](https://office.com/ArmyWelfareServiceYouthVoiceSouthSurvey)

## **The Baker Hall- A Space to Hire**

The Baker Hall, home to Odiham's Scouts and Guides, is available for private hire for parties, training courses and meetings in general. Recently extensively refurbished, the Hall has LED lighting through the building, infrared heating and a new kitchen to commercial standards.

There are two rooms: the main hall that can accommodate 80 people or 60 seated at tables and a small meeting room that seat 10 people. The toilets include two showers which are uni-sex. The Hall is accessible for the disabled as there are no steps into the building. There is a toilet for the disabled which also has baby changing facilities. The address is Buryfields, Odiham RG29 1NE which is next to Buryfields Infants School at RG29 1NE. The charge for occasional meetings is £15 per hour; for a series of meetings the charge is £12 per hour.

For further details and how to book please go to this link- [The Baker Hall](#) or email [thebakerhall@gmail.com](mailto:thebakerhall@gmail.com)

---

## **Frogmore Care and Wellbeing Centre**

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

At our day care centre our experienced team are 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 specialised dementia care.

We also offer an optional hot lunch, access to transport, social activities / outings and affordable foot care.

For more information and a free taster session call 01962 868545 or email [enquiries@ageconcernhampshire](mailto:enquiries@ageconcernhampshire)

---

## **Yateley Industries**

**Community Pantry at Yateley Industries** provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or Email: [Jeanp@yateleyindustries.net](mailto:Jeanp@yateleyindustries.net)



The Hart Community Pantry's focus is for local people who are struggling with the cost-of-living crisis, including those on low income or in receipt of benefits.

### **Yateley Industries skills and training support**

Yateley Industries for Disabled is a pan disability organisation, working and supporting people with physical disabilities, mental health conditions, learning disabilities and neurodiversity.

We are proud of our supported factory and the dedicated team who work with the staff to ensure they are fully supported and trained in their role, which is funded through the DWPs 'Access to Work Plus' scheme.



Winter 2023/24, Issue

We offer an informal interview and tour of the factory, for anyone interested in looking to work at Yateley Industries for the Disabled.

The factory operates Monday – Friday from 9am until 4pm, with a one-hour lunch break. The office is open from 8.30am to 4pm, Monday to Friday. All disabled staff work 16hrs per week (over 2.5 days).

Yateley Industries for Disabled provides Supported Employment through a range of different ways including our Job Coach Service.

As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives.

Ready to start your journey toward professional growth and empowerment? Reach out to us at [jobcoach@yateleyindustries.net](mailto:jobcoach@yateleyindustries.net) or give us a call at 01252 872337.

### **Volunteering Opportunities at Yateley Industries for the Disabled**

We are always looking for new volunteers at Yateley Industries, we are currently looking for volunteers to support in our Community Café (kitchen and waiting staff), a Green Space Coordinator, Community Pantry Stock Keeping Support and Ad Hoc community Pantry store freezer clean out. For any information about our volunteer opportunities please contact Yateley Industries on 01252 872337.

---

## **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)

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