

Here for Hart Bulletin

Summer 2025, Issue 18



This quarterly bulletin is to keep local community partners up to date with community services in Hart. It is intended to be used for those organisations to pass relevant information onto their clients as needed.

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

You can contact us or request to be added to the distribution list at hereforhart@hart.gov.uk For printed copies of this bulletin please email hereforhart@hart.gov.uk

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Hart District Council – Communities Team Updates

Fleet Market x Here for Hart



We are working with Fleet Market to do a health fair 'take over' on **Saturday 12**th **July 9am-3pm**. This will be a great opportunity to promote the work of local health organisations to residents.

We have been in contact with selected stallholders so far (due to limited space) but still have space – so if you'd like to join as a stallholder and we've not been in touch, please let us know (hereforhart@hart.gov.uk). We'd particularly like to hear from any organisations who can offer 'on site' activities, screening or services.

If you have any leaflets or giveaways to hand out but can't come, please also get in touch as we will have a Here for Hart stall where we can share on your behalf.

Hart Community Safety Team

Stay Safe Online: Free Workshops for Older Internet Users

Hart Community Safety Team is offering a free, short, interactive online safety workshop designed to help vulnerable internet users, particularly older adults, stay safe online. The session covers how to spot common scams and practical steps to protect yourself when using the internet for shopping, banking, emails, and staying in touch with loved ones. It's a simple, engaging way to build confidence and stay secure online.

Workshops are available to individuals as well as groups such as social clubs, community organisations, and support groups. If your group would like to book a session, we would love to hear from you!

Don't miss out – learn how to stay one step ahead of online scammers. For more information or to arrange a workshop, please contact communitysafety@hart.gov.uk

Free training hub for your organisation (SEEDL)











Hart District Council and Rushmoor Borough Council have joined forces with SEEDL Group to extend their free learning provision with the launch of the North East Hampshire Training Hub.

SEEDL, an award-winning leader in live and interactive learning, are building upon the success of the Rushmoor Training Hub and SEEDL's ongoing collaboration with Hart District Council with this new offering. The learning hub aims to enhance the prosperity of North East Hampshire and empower local organisations by providing free access to comprehensive online training resources.

Any organisation operating in Hart district, Farnborough, North Camp and Aldershot including companies, charities, schools, and government units can access over 300 courses at no cost.

The diverse course offerings include health & safety, mental wellness, compliance (such as GDPR and sexual harassment prevention), sales, leadership, Office 365, project management, customer service, and more.

Courses are available both live and on-demand, providing flexible learning options to meet various organisational needs.

To sign up simply follow the link: http://www.harttraininghub.co.uk/

Fund for non-profit organisations for low-carbon technologies

Scottish and Southern Electricity Networks has launched new funds to support the adoption of low-carbon technologies (which would save you energy costs in the long run) or for communities affected by prolonged power interruptions. Examples measures covered could be:

- Electric vehicle charging
- Low-carbon heat systems and controls
- Solar panels and battery storage
- Energy efficiency measures

Funding requests can be made from £1,000 up to £20,000 (and in exceptional cases £40,000). The deadline for applying is **Wednesday 25 June 2025**.

To find out more, please visit: www.ssen.co.uk/about-ssen/our-communities/powering-communities-to-net-zero-fund

<u>Here for Hart Directory – New Entries</u>





Advice. Activities. Groups. **All in one place.**

Please keep sharing the directory: <u>www.hereforhartdirectory.org.uk</u> The newest entries for this quarter are:

Walk and Talk 4 Mental Health



A new walk on Thursdays at 2.30pm in Calthorpe Park, Fleet.

Visit: https://hereforhartdirectory.org.uk/services/view/675

Pickleball Session with Sport in Mind



Free weekly Pickleball sessions at Hart Leisure Centre (or Farnborough) for those 17+ experiencing mental health problems. No experience needed. Visit: https://hereforhartdirectory.org.uk/services/view/672

National Autistic Society Social Groups



Opportunity for adults with Autism to meet and socialise and take part in a variety of activities. Local groups are in Godalming, Aldershot, Guildford and Redhill. Visit: https://hereforhartdirectory.org.uk/services/view/676

Support for Autistic Girls & Women with Appeer



Weekday groups for girls and young women (10-18 years) in Woking as an alternative education provision. Peer groups, online sessions and activities for parents and carers too. Visit:

https://hereforhartdirectory.org.uk/services/view/677

Runway's End Outdoor Centre



An outdoor activity centre for family groups and organised groups. Activities and accommodation available.

Visit: https://hereforhartdirectory.org.uk/services/view/680

Silent Storms



Peer to peer talking groups for men to talk freely in an open, non-judgemental space. Meetings are weekly in Aldershot or Fleet on Monday evenings. Visit: https://hereforhartdirectory.org.uk/services/view/678

Fleet Division Guide Hall



A secure hall available for hire with a kitchen, meeting rooms and outside space in a woodland setting. The hall was built in 2013 and is off Basingbourne Road, Fleet. Visit: https://hereforhartdirectory.org.uk/services/view/679

Feature: Green and blue spaces in Hart

The benefits of getting out in nature have been well documented and are particularly useful for those that are feeling lonely or need support with their mental health. Recent research also suggests that those that spend more time in nature, are more likely to want to protect it from climate change.

A green space is open, undeveloped land with natural vegetation while a blue space has visible surface water such as lakes, canals and coastal waters. We are spoilt for choice in Hart for green and blue space and the structure of an organised group or activity can help motivate and enhance the experience by connecting with others.



Recently, I got to experience one of our local blue spaces and spent a long weekend on 'Teasel' with my family – a narrow boat hired from Odiham on the Basingstoke Canal (I recommend it if you are ever thinking of doing it!).

The following are some groups and organisations I've picked out from the directory – please share these with your clients / colleagues / family and make the most of our spaces this summer!

Runways End, Aldershot



www.hants.gov.uk/thingstodo/runwaysend

Runways End is an outdoor activity centre that sits beside the Basingstoke Canal in woodlands. They offer a range of adventurous activities such as caving, archery, canoe tours, abseiling, climbing, and bushcraft. Accommodation including camping is also available for families as well as larger groups.

They have developed a green social prescribing programme and are looking for local community organisations to work with. If you are interested, please get in contact with:

rebecca.edwards2@hants.gov.uk

Hart's Community Garden, Edenbrook Country Park



https://hartvolaction.org.uk/community-services/community-garden

A community garden run by Hart Voluntary Action just outside of Fleet on the edge of Edenbrook Country Park. The garden is open to all, no experience is necessary. All tools and equipment are provided. Membership is available or pay as you go for sessions during the week and events are put on throughout the year.

Allotments and garden clubs in Hart

We have seven local allotments. Click the links below to find out more:

- Church Crookham Allotments: https://hereforhartdirectory.org.uk/services/view/73
- Elvetham Heath Allotments: https://hereforhartdirectory.org.uk/services/view/134
- Eversley Allotments: https://hereforhartdirectory.org.uk/services/view/72
- Fleet and Crookham Village Allotments: https://hereforhartdirectory.org.uk/services/view/135
- Hartney Wintney Allotments: https://hereforhartdirectory.org.uk/services/view/130
- Hook and Rotherwick Allotments: https://hereforhartdirectory.org.uk/services/view/129
- Yateley Allotments: https://hereforhartdirectory.org.uk/services/view/63
- North Warnborough & District Gardening Club: https://hereforhartdirectory.org.uk/services/view/358

Basingstoke Canal

The Basingstoke canal runs from West Byfleet in Surrey to the east, following a course of 32 miles through Woking, Brookwood, Mytchett, Ash, Fleet and Crookham, then Odiham, finally ending up at Greywell in Hampshire to the west. It has a rich history and many access points allow for walking on the tow path as well as access to the water (licenses are applicable).

There are many opportunities to get out on or next to the canal, here are some favourite picks:

Boat Hire and trips:



- Galleon Marine, Odiham, for small craft, electric boats, narrow boats and accessible boating:
- https://galleonmarine.co.uk/
- Basingstoke Canal Society, Mytchett for small craft, boat trips and boat events: https://basingstoke-canal.org.uk/boat-trips/about-trip-bookings-2/

Canoe/SUP clubs and meet ups:

- Basingstoke Canoe Club, Basingstoke/Odiham: www.badpaddlers.org
- Basingstoke Canal Canoe Club, Mytchett: https://b3c.org.uk
- Blackwater Valley Canoe Club, Aldershot: https://bvcc.org.uk
- North Hampshire SUP meet ups, Fleet: www.facebook.com/NorthHantsSUP

Fishing on the canal is permitted most of the year, although you'll need any relevant license/permits: www.hants.gov.uk/thingstodo/basingstokecanal/onthetowpath/angling

For more ideas and blue spaces, visit the Here for Hart Directory: www.hereforhartdirectory.org.uk

Here for Hart Partner Updates

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Rushmoor Healthy Living



FREE TALKS

We are delighted to be able to offer Free Talks about Healthy Eating, Weight Loss and Exercise to local groups thanks to the National Lottery! We've visited a wide range of groups such as MHA Groups, Parkinsons UK, Aldershot Methodist Church, Hart & Rushmoor Young Carers but we'd like to visit more!! We can offer daytime face to face talks or online, with talks approx. 1hr including time for questions.

At the moment here are some of the talks we have available (but if you're after something in particular please ask): Saving Money & Eating Healthily, Reducing Sugar, Healthy Eating, Exercising Effectively for Weight Loss, Living Healthily with a Long-Term Health Conditions, Healthy Swaps – Meals & Snacks, Menopause & Weight Loss, Struggling with Weight Loss etc.

For more details, please contact rachael.austen-jones@rhl.org.uk

RHL HOW ARE YOU TODAY PROJECT

If you are working age (18-68yrs) and have a long-term health condition, you can find it quite isolating. It's a chance to talk to people who 'get it' – we may all have different health conditions, but we have many of the same symptoms and side effects! We are a positive group who have plenty of laughs and help each other through the tough times and it's all FREE!!

At RHL How Are You Today, we offer:

- Weekly online Coffee Mornings Wed 10.00-11.00
- Monthly online Expert Talk Occupational Therapist Charlotte Rose Wed 10.00-11.00
- Monthly Face to Face Aldershot Hub Tues 13.00-14.30 @ The Queen Hotel (Wetherspoons) Aldershot
- Monthly Face to Face Camberley Hub Tues 13.00-14.30 @ St Martin's Church, Camberley
- Private Facebook Group for lots of laughs and support

For more details, please contact <u>rachael.austen-jones@rhl.org.uk</u>



RHL exercise classes

Join us to get moving and smiling with this fun, gentle cardio-based class designed for beginners wishing to either improve health or start their weight loss journey. With really easy to follow moves and plenty of options to choose from, we'll support you to work at the level and pace that is right for you. To book a FREE trial session, or to find out more, contact our friendly team: classes@rhl.org.uk / 01252 957430



RHL Online exercise classes

Promoting the benefits of Online Classes that are perfect for those who are a Carer for a Family Member, who can't drive or who are concerned about Health Conditions. Join in your class from the comfort of your own home. People often feel restricted if they have limited mobility or don't drive but now you can access the same kind of classes from home! We have a wide range of Online Classes, with everything from Pilates, Chair Pilates, Keep Moving, Keep Fit, Tai Chi, Health Circuit and Seated Exercise.

To book a FREE trial session, or to find out more, contact our

friendly team: classes@rhl.org.uk / 01252 957430

Have you ever thought about what would happen in your workplace if someone was hurt or injured?

RHL offers accredited First Aid qualifications that are used throughout commerce and industry in the UK to fulfil legal First Aid requirements.

For small businesses we are offering a special offer on our **Emergency First Aid at Work** 6-hour course (£95 per person)

Emergency First Aid at Work is designed to give you the knowledge and understanding required to react quickly and appropriately in emergency situations. It will help provide you with invaluable knowledge on how to deliver potentially life-saving skills. The course covers:

- Priorities of First Aid
- CPR Resuscitation
- AED
- Choking
- Bleeding & Burns
- Minor Injuries
- Recovery Position
- Seizures
- Unresponsive Casualties

Upcoming course dates:

- Saturday 14th June 2025 (9:30am 4:30pm)
- Monday 6th & 13th October (9:30am 1:00pm)

Course dates and more information are available online at: Rushmoor Healthy Living: RHL: First Aid Courses

This course is suitable for all employees and will be delivered at the RHL Office in Aldershot (5 Alexandra Terrace, Alexandra Road, Aldershot, Hampshire. GU11 3HU). Please note that this location is not accessible for those with limited mobility.

To find out more, contact our friendly team: admin@rhl.org.uk / 01252 957430

Oakley Health Group - NHS Pharmacy Contraception Service



The Pharmacy Contraception Service (PCS) is a free service available in selected pharmacies, allowing individuals to access oral contraception without a prescription.

This service aims to provide greater choice and access to contraception. You can also book appointments online or be referred by NHS providers such as your GP or sexual health clinic.

To find a pharmacy offering this service, you can use the NHS service finder:

www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/

You may be able to get the contraceptive pill from a pharmacy if you need to:

- start the contraceptive pill for the first time
- · take the contraceptive pill again after a break from using it

If you already have a prescription for the contraceptive pill, you can use the prescription as usual. Or you can get the pill from a pharmacy without a prescription if you prefer.





Charity Fashion Show

& Odiham Cottage Hospital Shops





5TH JULY



CROSS BARN
PALACE GATE FARM, ODIHAM RG29 1JX

SHOPPING, BAR, RAFFLE COMPLIMENTARY GLASS OF FIZZ



TICKETS £10 HERE:

PEOPLES FUNDRAISING CHARITY-FASHION-SHOW-2025

Fleet & Crookham Welcome Club (previously BrendonCare)

As from 14 May 2025, Fleet & Crookham Welcome Club and our sister group Farnborough Welcome Club in Cove, will no longer be part of the BrendonCare Foundation who sadly had to close all but a few of their 90+ Hampshire social clubs.

Following discussions with members, the volunteers of both groups have agreed to take on a management role and keep the club running.

Both clubs which have been running for several years provide a safe, supportive and fun role for their multi-ability over 50s groups to meet up with friends to enjoy a chat over tea and cake or biscuits, do seated exercises, play table games or crafts, quizzes, various types of Bingo, followed by a more active game to finish. We sometimes have a speaker or singer, the U3A Ukelele band is very popular. The club members also enjoy going out for a meal or cream tea, Fleet Lions Christmas Concert and the Pantomime. (These trips were subsidised by BrendonCare in the past.)

Fleet & Crookham Welcome Club meet at the Guide Hall in Basingbourne Park, Basingbourne Road, Church Crookham on Wednesdays from 1.30pm - 3.30pm.

Farnborough Welcome Club meet from 2.00pm - 4.00pm on Thursdays, at the Blunden Hall, Blunden Road Cove.

Any help or advice would be appreciated.

Fleet Town Market



Attention all community organisation partners!

We are excited to invite you to collaborate with us at the Fleet Market. This is a wonderful opportunity to bring our town together and create a vibrant community space. Whether you have ideas for activities, stalls, or events, we would love to hear from you and work together to make this market a hub of community spirit.



Let's join forces to make Fleet Market a place where everyone feels welcome and connected. Your participation can make a real difference! Looking forward to your ideas and collaboration.

Contact: fleetmarketmanager@fleetmarket.co.uk or 07395269254

Step by Step



Adopt South



Can you make a family life for a child or siblings?

Learn more about adopting with us and find out how you can give a child a loving home:

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

Book an Adoption Chat

Meet one of our friendly team in-person or virtually to answer your questions



Search adoptsouth.org.uk to find out more ways to meet us

Adopt South is the Regional Adoption Agency for:











Home-Start Hampshire - Mum's group



Are you feeling
overwhelmed, anxious or
lonely?
Would you like a safe place
to express how you feel and
meet other Mums?



- Make new friends
- Support your wellbeing
- Help with parenting

Your babies & pre-schoolers are welcome too!



Wednesdays
10-11.30am
Elizabeth Hall
Hook RG27 9HH

Contact us to register*



home-starthampshire.org.uk 0330 124 2095 info@hshants.org.uk

* Open to families in Hook, Odiham & H.Wintney

Charity No: 1144661

Hart Voluntary Action (HVA)



2pm - 3.30pm 11 June 2025

Are you a carer in Hart? We'd like to invite you to a cream tea at Hart's Community Garden this National Carers' Week.

We'll be thrilled to welcome you to relax. Come & enjoy a spot of indulgence & chat with others.

BOOK NOW:

hartvolaction.org.uk/communityservices/community-garden/events

Hart's Community Garden, Pale Lane, Fleet/Winchfield, RG27 8SP



HCG@hartvolaction.org.uk



01252 815652 x702



£5 per cream tea











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DON'T SHOUT



Family life hard? Communication breaking down? Don't understand each other?

Family Counselling is a service that gives families the chance to express and explore

their feelings in a safe and non-judgmental environment.

- Up to 6 Family Counselling sessions depending on the need of the family
- · Sessions take place in Odiham
- We accept self-referrals and referrals from GP's and other professionals.

Counselling is a confidential service



For more information about any of our services and to make a referral visit our website at https://www.hartvolaction.org.uk/counselling/ or scan the QR code.







Struggling with your mental health? Struggling to open up in a conventional counselling session?

121 Walk and Talk Counselling is a service for adults who would prefer

to have their counselling sessions in nature.

- Up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place on a Friday in Fleet
- · We accept self-referrals and referrals from GP's other professionals.

Counselling is a confidential service



For more information about any of our services and to make a referral visit our website at https://www.hartvolaction.org.uk/counselling/ or scan the QR code.



Oakley Park - events

MUSIC CONCERT - 29th June 2025



We again Welcome Farnham Brass Band

Sunday, 29th June, 14:00 ~ 16:00

Come along and enjoy the music, whether for the afternoon or merely a few musical moments. Bring a chair or blanket, or wander around the park whilst the music wafts around you. Tea, coffee and biscuits served throughout; toilets available.

Ice Cream Van will be there too! The concert is free of charge, but donations are appreciated.

Inclement weather forecast? Visit our website/Facebook page for updates.

SUMMER FETE - 19th July 2025



We have an exciting line-up confirmed so far:

Food & drinks: Rushmoor Rotary's BBQ, Caleb's Coffee, Sir Whippy's ice cream, and homemade cakes.

Fun activities: Bouncy castle, welly wanging, children's races, bird box building, Hart Gymnastics, Fleet U3A ukulele group, and singing from ShuffleTunes Choir.

Stalls: Grand prize raffle, coconut shy, books & toys, garden plants, and various children's games.

This year's fete is kindly sponsored by McCarthy Holden, Fleet.

Can you help? We need volunteers to make this event a success. Could you help us on the day and/or deliver Fete flyers to the

houses around the park sometime in June? We need:

- Qualified first aiders to take a 1- or 2- hour slot during the fete.
- Volunteers to run stalls (full instructions given).
- Help before and after the fete with setting up marquees and gazebos.

We'd also be grateful if you can lend us collapsible tables and gazebos on the day. And nearer the time, we shall be asking for donations of homemade cakes, books & toys, and plants. Please email us at fete@oakleypark.org.uk or text us on 07762 913421 if you can get involved in any way or have any suggestions for this year's fete.

Fleet and District U3A



Fleet U3A are having their annual Group Enrolment Morning at the Church on the Heath on Wednesday August 27th from 11.00 to 12.30. Come along to see what we do with our time during the working week, have a coffee, a chat with friends, join Fleet U3A for £14 and sign up with any of the many Group Leaders who will be on hand to include you in their groups.

<u>Yateley Men's Shed – open day</u>



Yateley Men's Shed are having an open day on Saturday, the 7^{th of} June at the Shed, from 2.00pm to 5.00pm. We're at GU46 6NG, right across the car park from Yateley Village Hall.

We'll have items for sale, from bird boxes and planters to garden furniture (our restored benches are fabulous!)

We can chat with you over any woodworking projects you'd like to talk to us about, either to make or repair

Or just come down for a chat and a cuppa. Find out about us, what we do, how we do it and if you, or someone you know might like to join us.

We look forward to seeing you on Saturday 7th June.

Citizen's Advice Hart

Free Training Alert for Hart Locals!



Do you want to help others get the advice they need? Join our Advice First Aid training on **2nd July 2025**. Learn how to support people, give initial guidance, and refer to Citizens Advice when needed.

- It's completely free.
- Face to face training session in Fleet
- → Book now via our website: www.citizensadvicehart.org.uk

Tombola Donations Needed!

We're gearing up for a busy summer of events, and our ever-popular tombola will be making a return at each one! Tombolas are a fantastic way for us to raise much needed funds for our charity, and we need your help to make them a success.

If you have any new or unused items or bottles of drink you can donate, big or small, we'd be incredibly grateful. Every item helps! Please drop your donations off at our office in Fleet at your convenience.

Thank you for your support!

<u> Army Welfare Service – Emergency First Aid at work</u>



Emergency First Aid at Work Course



28th May 0900-1630 FREE for Service Young People age 16+

Buller theatre St Omer Barracks Aldershot



Sarah.Magee651@mod.gov.uk

To book your place
Please clan the QR code





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Hartland Men's Shed



Hartland Men's Shed, has now celebrated its first anniversary having opened its doors in April 2024 and can look back on a busy, successful year. In that time, we have undertaken a number of projects for local schools, charities, individuals, businesses and local Rotary Clubs.

We are also "partnering" with local help groups, charities and institutions, preparing for and hosting activity days, where our facilities are used to make such things as bird boxes and bug houses.

Having recently been awarded a grant by Hart Council Countryside Grants, to create a

Garden/Allotment, we are enhancing the facilities/activities we can offer.

This has enabled us to increase the membership and offer an alternative to carpentry. Therefore, we are seeking new members, keen growers, who are interested in gardening and would like to participate in the creation and use of the Garden/Allotment. Plans include a large Greenhouse, raised planting beds, wildflower planting and a patio/ seating area. The garden is located next to the Men's Shed, and we see the two activities operating in parallel.



We are also pleased to announce that we have negotiated a new 3-year lease for our premises with Berkeley Homes. Hartland Men's Shed are very grateful for their continued help and support.

As a Charity, we offer long term help and support to promote personal wellbeing and mental health, to men in our area. The Shed affords the opportunity to socialise, make new friends, learn and share skills and work on projects, either personal projects or one of the projects we are engaged to carry out.



Like all Charities we can only keep going with support and donations and if you would like to donate, be it financially or to donate unwanted equipment/tools/materials, please visit our website below for details.

The shed is located close to the new Hartland Village development and opening hours are 10:00-14:00 Mondays to Thursdays.

You are always welcome to pop in for a chat, tea, biscuits and to see the facilities.

Memberships are currently available for the Shed and new membership for the Garden/Allotment. You can apply or contact us via the Website below for details.

www.hartlandmensshed.org.uk

Gig on the Green Yateley - Yateley Sports Community Interest Company



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Hampshire Adult Learning in Libraries



What's on offer in your local area this term?

- Watercolour for Beginners course at Yateley Library on Tuesdays, 3 June to 24 June, 10:00-12:00, FREE COURSE
- **Dressmaking with Lareen** at Fleet & Farnborough Libraries, Tuesdays, Wednesdays and Thursdays, morning and afternoon options available, £82 for 5 weeks (12.5 hours of tuition)

See all our art and craft course at: <u>Learning in Libraries – tagged "Arts and crafts" – Hampshire</u> County Council Shop

- Seated Exercise for Health and Wellbeing course at Aldershot & Fleet Libraries,
 Mondays and Tuesdays, morning and afternoon options available, £33 for 5 weeks
- Dance, Stretch & Tone course at Farnborough Library, Thursdays, 5 June to 3 July, 10:00-11:00, £33 for 5 weeks.

See all our fitness courses at: <u>Learning in Libraries – tagged "Fitness" – Hampshire County</u> Council Shop

And not forgetting all our other fabulous adult tailored learning courses in the Hart & Rushmoor areas, which can be viewed via our online shop. Many of these courses are free for Hampshire residents. We're always adding new courses and workshops, so do check back regularly and see what is coming up:

Learning in Libraries – Hampshire County Council Shop (hants.gov.uk)

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

We look forward to welcoming you on a course soon!

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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