



# Here for Hart Bulletin

Autumn 2025, Issue 19



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](mailto:hereforhart@hart.gov.uk) For printed copies of this bulletin please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk)

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

## Hart District Council – Communities Team Updates

### Hart Job Fair 2025

In collaboration with Department for Work and Pensions (DWP), we are organising a job fair on 1<sup>st</sup> October 2025.



**Save the date!**

Over 30 organisations will showcase local work and volunteering opportunities and offer job support. Many exciting industries will be represented including Police, Sales, IT, Construction, Hospitality, Royal Air Force and Local Government. There will be an opportunity to find out about different types of roles, apply for open vacancies and hear firsthand from existing staff.

Organisations attending include **The Royal Airforce, Hampshire & Isle of Wight Constabulary and Four Seasons** – so it'll be well worth a visit.

To attend, please drop in anytime between **10am and 2pm** (quiet time is 10-10.30am) to **The Harlington, Fleet** on the **1 October 2025**. We look forward to seeing you there!

To make sure the details of the event are reaching those that need it, could you help by doing any of the following quick things?

- **Share our recent Facebook post:**  
<https://www.facebook.com/photo?fbid=1121613016699587&set=a.296125065915057>
- **Share the Facebook event page for RSVPing:**  
<https://www.facebook.com/events/1850317112569391>
- **Print and put up the job fair poster:**  
<https://cmemailmarketing.co.uk/img/5F406226/Hart%20District%20Council/Councillor%20Connect/POSTER%20job%20fair%202025%20logos.pdf>

## Feature: Suicide Prevention

### **Baton of Hope Tour – coming to Hart next week!**



For only its second year, the Baton of Hope will be on tour across the UK as the UK's biggest suicide prevention initiative.

On the 25<sup>th</sup> of September, it comes to through Hart to Basingstoke and the local Inclusion Education have been chosen as a baton holder, organising a day of activities at meaningful locations on its route.

The day starts at 7.30am with a gathering in Odiham before travelling along the Basingstoke canal to Winchfield, catching a train to Basingstoke. A full itinerary of the day, which is open to all to attend can be viewed here:

<https://inclusioneducation.org.uk/baton-of-hope-basingstoke>

Read more about the work that Baton of Hope do on their website: <https://batonofhopeuk.org>



### **Who is Inclusion Education?**

Inclusion Education work with young people who have complex needs or have often experienced trauma. Their methodology is inspired by the PACE approach – Playfulness, Acceptance, Curiosity and Empathy.



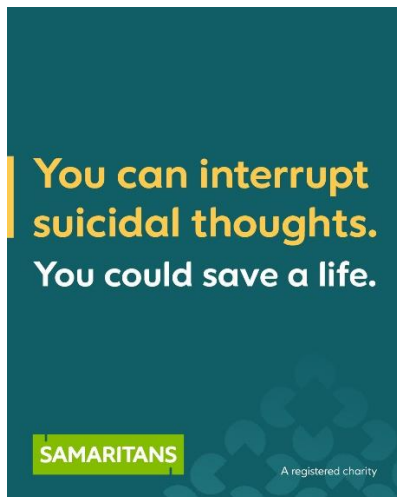
Inclusion Education has an independent school (11–16-year-olds), college (16–25-year-olds), an employability programme (over 18s) and a suicide prevention programme for young people (11-25).

Iris, their suicide prevention programme, is for those 11-25 who are experiencing loneliness, isolation, suicidal thoughts, ideation, or self-harm.

Referrals can be made to their 6-week structured programme by schools, colleges, community groups, charities and mental health and other services (with permission). Young people can also self-refer. To find out more, visit:

<https://inclusioneducation.org.uk/project-iris-growing-hope>

## **Preventing suicide**



Launched for this month's Suicide Prevention Day, The Samaritans campaign has one key message:

**If you think someone might be suicidal, take action, interrupt their thoughts, and show them you care.**

You don't have to be an expert or working with someone in a mental health capacity to save someone's life from suicide.

Tips on interrupting suicidal thoughts:

- **Start a conversation** It can be as simple as saying 'hello' or asking a question. Try not to worry about saying the wrong thing.
- **Ask how they're feeling.** Don't be afraid to ask if they're having suicidal thoughts. It gives them permission to tell you how they really feel.
- **Be there for them in the moment** - If you're worried about someone, stay with them and let them know you're there for them. If you think it's an emergency or they've tried to harm themselves, call 999 in the UK or 112 in Ireland.
- **Listen without judgement** Give them a safe space to express how they feel. Try not to jump in with advice or opinions.

For more information or resources, visit: <https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>

## **Other support in Hart**

There are other organisations doing some fantastic, related work in Hart. Here are some picks from the Here for Hart Directory:

- Sasha's Project – Crisis Support on Saturday nights for 16–25-year-olds:  
<https://hereforhartdirectory.org.uk/services/view/147>
- Cruse Bereavement Support – free support for anyone bereaved by suicide:  
<https://hereforhartdirectory.org.uk/services/view/531>
- Crisis Mental Health Helpline – a helpline for adults, open 365 days a year, 24 hours a day:  
<https://hereforhartdirectory.org.uk/services/view/242>

And many more – visit [www.hereforhartdirectory.org.uk](http://www.hereforhartdirectory.org.uk) and select category 'Mental Health & Wellbeing'



## Here for Hart Directory – New Entries



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

Please keep sharing the directory: [www.hereforhartdirectory.org.uk](http://www.hereforhartdirectory.org.uk) The newest entries for this quarter are:



### [Fleet Repair Cafe](#)

Repair of certain items for free on the last Saturday of every month at the Harlington.  
Visit: <https://hereforhartdirectory.org.uk/services/view/681>



### [Blackwater Valley Friends of the Earth](#)

A local Friends of the Earth group who are enthusiastic volunteers concerned with conserving and improving the local environment of Hart and the rest of Blackwater Valley. Visit: <https://hereforhartdirectory.org.uk/services/view/682>



### [Hampshire & Isle of Wight Amphibian & Reptile Group](#)

A volunteer group that helps protect reptiles and amphibians with surveys, habitat management and public events.  
Visit: <https://hereforhartdirectory.org.uk/services/view/683>



Hartley Wintney  
Bridge Club

### [Hartley Wintney Bridge Club](#)

A friendly bridge club playing throughout the year on Monday evenings and Thursday afternoons at the Victoria & Jubilee Halls. New members are always welcome. Visit: <https://hereforhartdirectory.org.uk/services/view/684>



### [Yateley & Hawley Bridge Club](#)

A club that meets in person on Wednesday evenings at 19.30 at Sandhurst School. Online sessions are also run in collaboration with Camberley Bridge Club. Visit: <https://hereforhartdirectory.org.uk/services/view/685>



### [Hart Eco Hub](#)

A new hub for environmental discussion, volunteering and information. Opens Tuesdays 9.30am-12pm (other times by appointment) on the 1<sup>st</sup> floor of The Hart Shopping Centre. Visit:

<https://hereforhartdirectory.org.uk/services/view/686>



### [Rushmoor Royals Swimming Club](#)

A non-profit swimming club with a Learn to Swim programme and competitive club. They operate from Yateley and Aldershot pools. Visit:

<https://hereforhartdirectory.org.uk/services/view/687>



### [North Mid & Central Hampshire - Stroke Recovery Service](#)

A service for stroke survivors and their families and carers. Offering support via phone calls and/or home visits to help you through your journey. Visit:

<https://hereforhartdirectory.org.uk/services/view/688>

## Here for Hart Partner Updates

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## **News for professionals**

### **Fleet Town Market – free opportunity to promote your organisation**

*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](mailto:fleetmarketmanager@fleetmarket.co.uk) or 07395269254



### **Supporting people to help themselves – Fire Safety**

Hampshire and Isle of Wight Fire and Rescue Service (HIWFRS) is reminding members of the community to 'turn off the heat before they eat' with their Recipe for Success COOK campaign.

Fifty percent of all accidental fires in the home across Hampshire and the Isle of Wight over the last few years started in the kitchen. When life gets busy it's easy for everyone to get distracted, so HIWFRS wants to remind the community how important it is to 'keep looking while cooking'.

Lone pensioners were involved in over a third of these cooking-related fires, so HIWFRS has rolled out the second phase of a targeted campaign aimed at over 65s, whilst also hoping to raise public awareness of kitchen fire safety. You can help by sharing the top tips from:

<https://www.hantsfire.gov.uk/safety/recipe-for-success-cook-campaign/>

- **CLEAR** – Keep tea towels, cloths and electrical leads away from the oven and hob.
- **OVEN** – Switch off the oven and hob when you've finished cooking and remove pans from the heat.
- **OIL** – A build-up of cooking oil/grease can increase the risk of cooking fires so clean regularly.
- **KEEP** – Keep looking when cooking.

**HIWRS offers free home fire safety visits for over 65s and other vulnerable members of our community. To refer someone:** <https://www.hantsfire.gov.uk/safety/home-safe-home/safe-and-well>





## **Hart Youth Achievement Awards 2025**



# **HART YOUTH ACHIEVEMENT AWARDS 2025**

After the success of the 2023 and 2024 awards, Fleet Phoenix is excited to announce that we will once again be celebrating the amazing achievements of the young people in our community at the 2025 Hart Youth Achievement Awards in October. With the help and sponsorship of local organisations, we would like to publicly recognise and celebrate the incredible work and successes of young people locally.

### **THE AWARDS**

- Volunteering
- Community Champion
- Fundraising
- Courage
- Group Achievement
- Sports and Arts
- Academic Achievement

**WE NEED YOUR NOMINATIONS  
BY 26TH SEPTEMBER!**

**SCAN TO  
NOMINATE**



Each award has two age ranges (apart from the group award);

**Junior (school year 6 and under)**

**Senior (school year 7 up to 25 years old).**

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

With thanks to...



## **Training opportunities for professionals**

The following are a summary of some training opportunities that may be of interest. Please contact the providers directly to find out availability and if there are any associated costs.

### *Fire safety in the home awareness*

**For:** Professionals on the frontline, especially those that do home visits

**When:** Various dates, next one 23 September

**What:** One hour 'fire safety in the home awareness' training

**Where:** Online

**More details/booking:** [https://www.eventbrite.co.uk/o/hampshire-isle-of-wight-fire-rescue-service-112091217231?\\_gl=1\\*1v4dyaf\\*\\_up\\*MQ..\\*\\_ga\\*ODIyOTk0MTk4LjE3NTc5MzkxMTg.\\*\\_ga\\_TQVES5V6SH\\*czE3NTc5MzkxMTgkbzEkZzAkDE3NTc5MzkxMTgkajYwJGwwJGgw](https://www.eventbrite.co.uk/o/hampshire-isle-of-wight-fire-rescue-service-112091217231?_gl=1*1v4dyaf*_up*MQ..*_ga*ODIyOTk0MTk4LjE3NTc5MzkxMTg.*_ga_TQVES5V6SH*czE3NTc5MzkxMTgkbzEkZzAkDE3NTc5MzkxMTgkajYwJGwwJGgw)

### *Suicide Prevention Training*

**For:** Frontline workers, carers and volunteers based in Hampshire

**When:** Various dates, next 2<sup>nd</sup> October

**What:** Suicide First Aid Light (half day) or Understanding Suicide Prevention (full day)

**Where:** Contact Provider

**More details/booking:** [https://www.easthantsmind.org/workplace-services-and-training/training-courses/suicide-prevention-training/?utm\\_source=SAPHybris&utm\\_medium=email&utm\\_campaign=5253&utm\\_term=AHC%20Partner%20newsletter%20080925\\_Sign%20up%20for%20Hampshire%20Mind%26%23x27%3Bs%20free%20workshop&utm\\_content=EN](https://www.easthantsmind.org/workplace-services-and-training/training-courses/suicide-prevention-training/?utm_source=SAPHybris&utm_medium=email&utm_campaign=5253&utm_term=AHC%20Partner%20newsletter%20080925_Sign%20up%20for%20Hampshire%20Mind%26%23x27%3Bs%20free%20workshop&utm_content=EN)

### *Domestic Abuse lunch and learn*

**For:** Those based in or working with Hampshire residents

**When:** Wednesday 28 January 2026

**What:** A powerful one-hour session designed to deepen your understanding of domestic abuse by the Hampshire Domestic Abuse Partnership (HDAP)

**Where:** Online

**More details/booking:** <https://www.eventbrite.co.uk/e/hsab-and-hdap-lunch-and-learn-domestic-abuse-tickets-1515535319939?aff=oddtcreator>

## News and events

### Hart Job Fair



**JOB FAIR**

**Venue:** The Harlington,  
236 Fleet Rd, Fleet GU51 4BY

**Date:** Wednesday 1<sup>st</sup> October 2025

**Time:** 10.30am - 2pm

10am to 10.30am reserved for those who find crowds and noisy environments difficult

A fantastic opportunity if you are looking for a job, work support or volunteering!  
Join us at our **FREE** job fair and meet many local organisations including:



and many more...

**Drop in any time for jobs, volunteering and  
work support opportunities**

A Here for Hart initiative by Hart District Council in collaboration with the Department for Work and Pensions.



## **North Hants National Trust Centre (NHNTC)**



### *Free tour of The Vyne Regency Exhibition*

The NHNTC is the local branch of the National Trust. We provide monthly talks through the winter, monthly visits to interesting venues through the summer and additional meetings for cream teas and a Christmas lunch – all for just £8 per person per year.

We are holding a recruiting event at The Vyne at 3pm on Monday 13<sup>th</sup> October. This will be a taster session in the form of free tour of their Regency Exhibition with the added treat of tea and cakes.

We have a limited number of places so if you are interested please sign up by visiting our website – <https://NHNTC.com> and complete the form headed: **Monday 13th October 2025 at 3:00pm**

## **The Baker Hall, Odiham**

The Baker Hall in Odiham, next to Buryfields School, apart from being the home of Odiham's Scouts and Guides, is a great place for a party. The pictures are of a children's party. We can seat 60 people at tables, and the well-equipped kitchen has recently been refurbished to commercial standards. We can accommodate bouncy castles inside the Hall and have an arrangement with a local supplier who can install the castle before the party and clear it away afterwards.



But we don't just do children's parties: other activities and organisations hosted include ladies' yoga, employee volunteering, a graduation celebration (80 people), a children's counselling service and theatrical rehearsals.

For further details email [thebakerhall@gmail.com](mailto:thebakerhall@gmail.com) or make your booking using <https://2ndodihamscouts.org.uk/the-baker-hall/>

**Yateley & District Lions Club**

# **Yateley & District Lions Club Prostate Health Awareness Event**

Yateley & District Lions Club are funding PSA Tests  
for Yateley residents aged 40+

**SATURDAY 11<sup>TH</sup> OCTOBER**

**10:00 - 13:30**

The Tythings, Reading Road, Yateley GU46 7RP

**TO BOOK YOUR PSA TEST**  
scan QR code or click link



<https://bit.ly/yadlpsa2025>

Email:  
[enquiries@yateleylions.co.uk](mailto:enquiries@yateleylions.co.uk)



1 in 8 men will be diagnosed with Prostate Cancer





## Yateley & District Lions Club

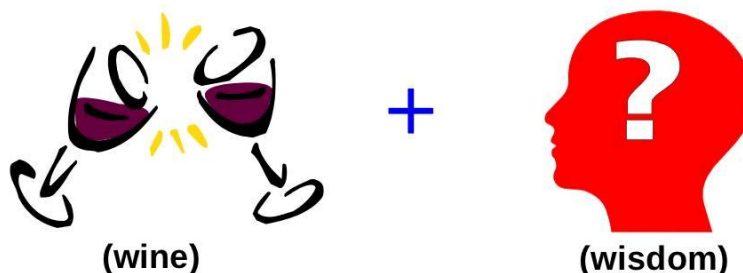
Incorporating Lions Club of Yateley & District Charitable Trust

Registered Charity No 299125



**\*Please note slightly different venue\***

Guess what - it's time to waken the brain after all that sun with an Autumn dose of:



Please come along for more fun whilst getting to grips with the wonderful and unusual questions

The date in question is

**Saturday 11th October 2025 at 8pm**

The location: Westfields Infant School, School Lane,  
Yateley GU46 6NN

**COST: £36 per team of 6** (including soft drinks, and nibbles)

**Don't forget to bring your own wine and glasses -  
we extract the wisdom!**

**N.B. PLEASE, NO NUT PRODUCTS TO BE BROUGHT ON SITE**

**Other series dates:**

**Saturday 13th December and Saturday 14th February**

To enter please email [phillip.ranger@yateleylions.co.uk](mailto:phillip.ranger@yateleylions.co.uk) or ring Phil on  
01252 679020

## **Hart Voluntary Action**



### *Hart Eco Hub – Safe & Warm Communities*

Hart Voluntary Action opened the Hart Eco Hub in Hart Shopping Centre in August. Currently we are open for visitors to drop in on Tuesday mornings 9.30-12.00 and other times by

appointment.

We wanted to draw your attention to the Safe & Warm Communities resources that we have available at the Hart Eco Hub to help people make their homes more energy efficient, and information on how to stay warm and healthy at home. We can also help individuals with the following:



- Referral for a Locking Cooker Valve from SGN (aimed at households with gas cookers where there is someone who has dementia or is autistic).
- Sign-up for the Priority Services Register (for quicker restoration of utilities after a cut in supply).
- A free carbon monoxide alarm (in return for answering some questions and receiving an information leaflet)
- Request a Home Energy Efficiency Assessment through the “Better Housing Better Health” Service

Printed resources cover topics such as how much it costs to run different home appliances, how to reduce condensation and mould in the home, understanding your energy bills, and gas safety.

If you would like to know more, or would like us to bring resources to one of your group’s meetings, then do get in touch with Caroline Winchurch – [ceo@hartvolaction.org.uk](mailto:ceo@hartvolaction.org.uk) or drop into the Hart Eco Hub, 1<sup>st</sup> Floor, Hart Shopping Centre, Fleet, GU51 3LA.

For more information about our plans for the Hart Eco Hub, see this weblink:

<https://hartvolaction.org.uk/community-services/eco-hub>

## **Hampshire Adult Learning in Libraries**

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

### FREE COURSES:

- **ESOL Improvers** course at Yateley Library on Tuesdays, 23 Sept – 2 Dec, 1pm-2.30pm, FREE COURSE
- **Art for Wellbeing** course at Fleet Library on Fridays, 7 Nov – 5 Dec, 10am-12pm, FREE COURSE
- **Introduction to Internet Safety for Beginners** course at Farnborough Library on Tuesdays, 4 Nov – 9 Dec, 10am-12pm, FREE COURSE
- **Discover Yourself Through Art** ONLINE course on Fridays, 7 Nov – 5 Dec, 10am-12pm, FREE COURSE



### PAID FOR COURSES:

- **Expressive Watercolours for Improvers** course at Farnborough Library on Fridays, 26 Sept – 24 Oct, 2pm-4pm, £80
- **Expressive Watercolours for Improvers** course at Fleet Library on Fridays, 7 Nov – 5 Dec, 2pm-4pm, £80
- **Gilded Blooms: Wreath and Watercolour Workshop** at Farnborough & Fleet Libraries, 29 Nov & 6 Dec, £28.50

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: <https://shop.hants.gov.uk/collections/learning-in-libraries>

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

We look forward to welcoming you on a course soon!

## Hampshire Healthy Families X Barnardo's

**Hampshire  
Healthy  
Families**



**NHS**

Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust

Working together

**BARNARDO'S**



**Hampshire Healthy Families Ready Steady Walks are free, push-chair friendly, social walking groups for families with young children living in Hampshire.**

Ready Steady Walk meets once a week at the same venue in your area, on the same day and time.



### **Your Local Walk Fleet**

#### **When?**

Thursdays  
10:00 AM

#### **Meeting Point**

Edenbrook Country Park  
Car Park, The Brambles,  
Fleet, GU51 5DW

#### **Extra Information**

The leader will meet you at the Country park sign, near the car park. The car park at the venue is FREE. The leader will be wearing a green Barnardo's lanyard.

### **Fancy a stroll?**

Find out about your nearest walks using the QR code opposite or visit our website for more information.

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



✉ [hfh@barnardos.org.uk](mailto:hfh@barnardos.org.uk)    Hampshire Healthy Families    @hampshire\_healthy\_families

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## **Citizens Advice, Hart**

### **Citizens Advice Hart Launches New Financial Resilience Service**

Citizens Advice Hart is excited to announce the launch of a new Financial Resilience community advice service. The service is designed to empower local residents with the knowledge and skills they need to navigate financial challenges with confidence.



Our dedicated Community Team will be delivering tailored information and skills sessions directly to community groups across Hart. These sessions are practical, engaging, and designed to reflect the unique needs of each group we work with. We can adapt our sessions to suit different audiences, ensuring the advice and support we provide is both useful and impactful. Topics may include budgeting, managing debt, understanding benefits, planning for financial stability or getting online, scams and staying safe. Our goal is simple: to help build stronger, more financially resilient communities.

This project, funded by Hampshire County Council, offers both one to one guidance and group learning opportunities in a non-judgmental and accessible way, covering:

- Preparing a household budget
- How to maximise income
- How to reduce expenditure (shopping around for energy, broadband, food, and other essentials)
- The importance of opening a bank account and, where possible, saving for a rainy day
- The importance of avoiding high-cost credit and dealing with debts proactively
- Recognising and avoiding scams and financial abuse
- Knowing where to find timely help and support through GPs, social prescribers, Citizens Advice, and other services. This can help prevent crisis situations in future, whether linked to health or other life challenges

Get involved:

If you're part of a community group and would like to learn more or book a session, please get in touch, we'd love to work with you.

## **TalkPlus**

TalkPlus is the NHS Talking Therapies service for those 16 and above with anxiety or depression who live in Northeast Hampshire. The following groups:



- Knowing Me Knowing You Group: This is a jointly run group with the Health Visiting Team and Talk Plus. The next group is run virtually from the 3<sup>rd</sup> November at 9:30 am. [Knowing Me, Knowing You - Hampshire | Health for Under5s](#)
- Living Well Staying Well: A group for people with long term health conditions, to help understanding with the link between physical health and emotional wellbeing. To get help with sleep, exercise, eating and relationships. The next group is run virtually from the 2<sup>nd</sup> October at 10am.

For information on all our courses, please visit our website [Courses - TalkPlus](#)

# TalkPlus can help you



Caring for others, Caring for Yourself  
A free wellbeing webinar for carers.

**Wednesday 24th September 2025**

6pm to 7:30pm via Video link



Supportive and practical session for anyone in a caring role. We'll explore:

Managing stress and emotional burnout

Setting boundaries and looking after yourself

Where to access support and resources



Who is it for?

Anyone in an unpaid or informal caring role

e.g. supporting a partner,  
parent, friend, family member.



**TalkPlus NHS  
Talking Therapies**

[talkplus.org.uk](https://talkplus.org.uk)

01252 533355





# TalkPlus can help you



Menopause Webinar: Tuesday 14th October 2025  
6pm—7:30pm via video link.



Gain valuable insights into navigating the peri-menopause and menopause journey



Learn how Cognitive Behavioural Therapy (CBT) can empower you to manage symptoms, reduce distress and foster a positive mindset during this time of change.



Register your interest today to transform your experience of menopause into a period of positive change.

[Frimleyicb.talkplus@nhs.net](mailto:Frimleyicb.talkplus@nhs.net)



**TalkPlus NHS  
Talking Therapies**

[talkplus.org.uk](https://talkplus.org.uk)

01252 533355

## **Service updates**

### **Yateley & District Lions Club**

#### *Calling All Volunteers: Share Your Skills, Serve Others, and Grow Together*

This is your invitation to become part of a global movement that has been making a positive difference for over a century. By bringing your unique skills and experience—or simply your willingness to learn and help.



#### *Why volunteer with us?*

- **Make a Tangible Difference:** See the direct impact of your efforts—whether it's helping a family in crisis, organising community events, or supporting local schools.
- **Develop New Skills:** Lions Club membership provides opportunities for personal and professional growth. You might learn event planning, public speaking, project management, fundraising, or leadership—skills that are valuable in all aspects of life.
- **Share Your Experience:** If you have expertise in a particular area — there's a place for you to contribute meaningfully and mentor others.
- **Build Lasting Friendships:** Serving alongside other volunteers forges strong bonds. You'll meet people who share your values and discover a true sense of community.
- **Be Part of Something Bigger:** As a Lion, you join a global network of people who are united in service. We work locally and think globally, creating ripples of change that reach far beyond Yateley and surrounding area.

#### *How To Get Involved*

Joining the Lions Club is easy. Here's how you can start:

- Contact us to express your interest—no obligation, just a conversation
- Attend a meeting or event to see what we're all about
- Share your skills, interests, and availability
- Find a project or committee that excites you
- Start making a difference, one step at a time

We offer flexible opportunities to volunteer, whether you're looking for a regular commitment or want to help with a specific project now and then.

Some of the upcoming events include Free PSA Testing, bi-monthly quiz nights and Yateley Fireworks (tickets on sale 1 October).

#### *How To Contact Yateley & District Lions Club:*

- Email: [enquiries@yateleylions.co.uk](mailto:enquiries@yateleylions.co.uk)
- Telephone: 0345 833 9915
- Registered Address: Council Offices, Reading Road, Yateley GU46 7RP
- Website: [www.yateleylions.co.uk](http://www.yateleylions.co.uk)
- Fill the form out 'Become a Lion'



- Facebook: [www.facebook.com/yateleylions](https://www.facebook.com/yateleylions)
- Instagram: [@yateleyanddistrictlions](https://www.instagram.com/yateleyanddistrictlions)
- Talk to a Lion at any event

## **Age Concern Hampshire**

*Helping Older People in Hampshire Live and Age Well*



Age Concern Hampshire offer a varied range of options to support older people in the county to live and age well.

The charity's Care and Wellbeing Centres make a significant difference to the lives of older individuals by providing vital services that promote health, wellbeing, social connection and independence.

Maintaining physical activity, mental engagement, and social connections becomes increasingly important as we age, playing a key role in supporting overall health and wellbeing. Age Concern Hampshire's wellbeing groups and Care and Wellbeing Centres offer a variety of stimulating activities and a welcoming environment designed to nurture both mind and body.



Loneliness and social isolation remain significant challenges for many older people, particularly those living alone. The charity addresses this through its Care and Wellbeing Centres, which offer safe, friendly spaces where individuals can build friendships, share meals, and take part in meaningful activities.

In addition, the Help at Home service offers practical in-home support with everyday tasks such as cleaning, shopping, and companionship. This enables older people to maintain their independence, remain in the comfort of their own homes, and reduce feelings of

isolation.

Family carers also benefit from tailored day care services at the Care & Wellbeing Centres, including specialist support for those caring for loved ones living with dementia. These services offer much-needed respite and peace of mind.

Each centre also offers a professional foot care service, which provides professional toenail cutting and basic foot health checks. Delivered by fully qualified Foot Health Practitioners, the service is available at various locations across Hampshire as well as at our centres, supporting mobility, comfort and overall independence for older people.

*"Our mission is to support older people across Hampshire to live well and age well," said Una Davey, Head of Commercial at Age Concern Hampshire. "Through a wide range of services including Care and Wellbeing Centres, Foot Care, Help at Home and Wellbeing Services, we aim to promote independence, reduce isolation and improve quality of life for individuals and their families."*

For more information, please contact Age Concern Hampshire at 01965 868545 or visit <https://www.ageconcernhampshire.org.uk>

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. Its mission is to help people 'Age well and Live well'.

Age Concern Hampshire  
Centre Way  
Locks Heath  
Southampton  
SO31 6DX

Tel: 01962 868545

For media enquiries, please email Sarah Jacobs, Marketing Manager at Age Concern Hampshire: [marketing@ageconcernhampshire.org.uk](mailto:marketing@ageconcernhampshire.org.uk)

### **Fleet and District U3A**



Fleet and District U3A is just beginning our 2025/2026 year of learning and fun. By joining, you will become part of a national organisation of U3As, affiliated to the Third Age Trust, where local groups like ours provide opportunities for adults, with time during the working week, to come together to develop their existing interests and to learn new skills. We don't study for qualifications; we just enjoy taking part and making new friends.

Fleet U3A was formed in 1994, and we have grown into one of the largest U3As

in the country. We are all volunteers. We share our knowledge and expertise with fellow members, certain that we will benefit from others' skills and experience in other fields.

If you are interested in joining or just in finding out more about us, please visit <https://fleet.u3asite.uk/>

## **Silent Storms**



*Silent Storms* is a UK Registered Charity with points of presence at Aldershot, Farnborough and expanded to Fleet where Thursday sessions between 7pm – 9pm will be hosted at Fleet Town Football Club.

<https://what3words.com/indoor.stung.reactng>

Sessions are free to attend, and Silent Storms gives opportunity for a safe, non-judgemental environment to allow males (18+ yrs of age) who want and need to be heard to share week by week challenges. The Silent Storms Mentors at Fleet will be able to provide peer to peer support and welcome those who just want a friendly and safe space to talk (tea, coffee & biscuits provided).

If this message reaches out to you, please feel free to bring yourself to the Silent Storms Team at Fleet Town Football Club on a Thursday evening – we look forward to meeting with you.

## **Junction 5 Money Advice**

Life Church Centre, Elms Road, Hook, RG27 9DX  
Phone 01256 769953  
Email [advisers@junction5.org](mailto:advisers@junction5.org)  
Charity No: 1152260  
Free, Non-judgemental, confidential debt advice



We offer advice on

- Household budgeting
- Credit card bills
- Multiple debt problems
- Negotiations with creditors
- Planning affordable repayments
- Debt Relief Orders

Doing nothing about debt can lead to legal action.  
However, we can still help even if court proceedings have been initiated.  
The sooner you ask for advice, the easier the solution.

**Services are offered by a team of trained, volunteer Advisers and are available to anyone.**

**We have appointments available, if you or someone you know has debt concerns, please get in touch.**

## **Hampshire Home Library Service**

### *Home Library Service available from Hampshire Libraries*

The Home Library Service is an invaluable resource for anyone in Hampshire who finds it difficult to access a library due to ill-health, disability or caring responsibilities. This service, available locally from Fleet library, provides an opportunity for individuals to continue to enjoy the pleasure of reading and learning, even if they find it difficult to leave their homes.



The service is free and can deliver a variety of library materials including books in standard and large print, audio books in various formats, jigsaw puzzles, specialist items such as interactive items from a Reminiscence collection

(<https://www.hants.gov.uk/librariesandarchives/library/services/access-for-all/reminiscence>), Pictures to Share books for those living with Dementia and more. Specially recruited volunteers are matched to customers in their own communities and visit their homes each month.

This service can be a lifeline for many, providing the opportunity for escapism, to indulge a love of reading despite physical or other limitations, as well as regular contact with a friendly volunteer. The daughter of a customer recently told us “I have been very impressed with the HLS service which is about so much more than reading. Our volunteer is kind and spends time giving my elderly Mum much appreciated companionship. It gives her some human contact to overcome loneliness and helps her to maintain her mental health”.

If you or someone you know would benefit from receiving this service, you can enquire online via the Hampshire Library website, select Access for All and then Home Library Service where you can fill in a simple form for yourself or on behalf of someone else.

You can also ask about the service at your local library.

Once an enquiry form has been completed applicants can expect a phone call to discuss their needs and preferences. The service is truly tailored to the individual ensuring everyone has access to library materials they will enjoy.

Home library service: <https://www.hants.gov.uk/librariesandarchives/library/services/access-for-all/homelibraryservice>

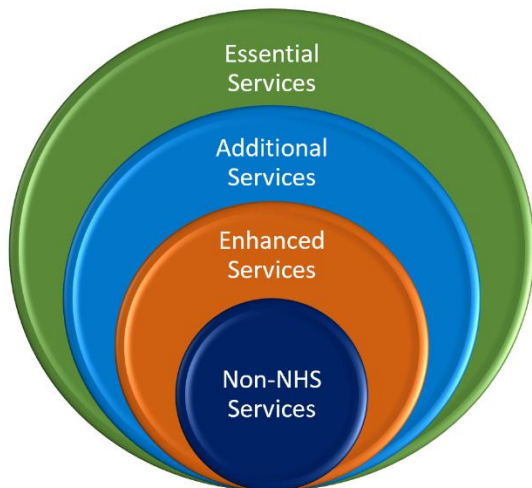


## Oakley Health Group

### *GP Services*



GP services are more complicated than you may believe. Here is a summary of how general practice works, looking at the key points around services to patients.



As a Primary Care service, GPs are commissioned to provide certain essential services to the population within the core hours of 8.00am - 6.30pm. General Medical Services (GMS) is the range of healthcare that is provided by GPs as part of the National Health Service in the United Kingdom. The NHS specifies what GPs, as independent contractors, are expected to do and provides funding for this work through arrangements known as the General Medical Services Contract.

Additional services are also part of the GMS contract, and it is assumed that all GPs will do them. However, practices can 'opt-out' if they wish. These include cervical screening, vaccinations and immunisations, baby checks and

antenatal care.

GPs, such as the Oakley Health Group may choose to offer enhanced services (ES). These may be decided nationally (DES) or locally (LES). Practices can choose whether or not they sign up to these. The benefits are more services for patients and extra funding, but the downside is that it is extra work in an already overstretched service. Unlike additional services, practices choose to sign up to offer them. These include ECGs, blood tests, spirometry, wound care and removal of stitches/staples.

Not all practices can take on enhanced services due to capacity, not enough local demand for the service, funding does not cover the cost of providing the service or a lack of the particular training needed to facilitate the service. Where a surgery does not provide an enhanced service, patients will be referred to an appropriate alternative, such as a hospital.

Some of the things that GPs are asked to do are not covered by any NHS contract, these are considered to be **non-NHS work**. This is essentially private work which practices are not under any obligation to complete. If they choose to do the work, they will almost certainly charge for it. This includes insurance company forms and examinations, medical reports, and approved letters at the request of patients.

## **Concord Oddfellows - West Surrey & North East Hampshire Branch**



We are the local branch of this UK friendship society. If you know people looking for local social events, money saving opportunities, plus help and support in times of need, then please get in touch

Concord Oddfellows, a group of around 300 mostly retired local members, organises a variety of events and activities in and around North East Hampshire and West Surrey.

*“As well as our popular coffee mornings, we like to arrange things that people might not have done before,” said Steph Hopes, District Secretary at Concord Oddfellows. “It’s never too late to try something new,” she added, “but we know people sometimes need some inspiration or someone to do it alongside. “We’ve a ready-made set of friends who are all eager to keep life interesting by having a go at new and interesting activities. You never know – you might just find your new favourite pastime with us.”*



Newcomers are invited to try one of the group’s upcoming events, which include our regular “coffee and conversations” in The Oatsheaf, Fleet, The Bush Hotel, Farnham, The Hatch in Old Basing and The West End Centre in Aldershot. We also have regular speakers at our monthly talks in Farnborough; we host a Fleet Dine Around each month and provide food at our popular book club in Fleet. New events include pottery painting, ten pin bowling and even a Sound Bath. We go to the theatre, to panto and to comedy nights.

Steph added: “You don’t have to be a member to try us and there’s no pressure to sign up straight away. Come and see if our groups for you first.”

Concord Oddfellows is part of one of the UK’s oldest and largest friendly societies. It aims to improve people’s lives through friendship and support.

As well as social events, Oddfellows members can access a wide range of benefits, including care and welfare support and a travel club. There are also opportunities to volunteer and play a part in fundraising initiatives. Access to online events is also available including chair yoga, quizzes, national coffee morning and interesting speakers.



Membership starts at £10 for Young Oddfellows to age 17, £25 for standard or £35 for extra benefits (which provides help towards optical and dental costs).

For more details visit our website <https://www.oddfellows.co.uk/benefits/> or follow us on Facebook for up to date photos <https://www.facebook.com/ConcordOddfellows/>

To receive a free information pack and a diary of Concord Oddfellows’ upcoming events contact Steph on [steph.hopes@oddfellows.co.uk](mailto:steph.hopes@oddfellows.co.uk) or 07312 115323.

## **Mustard Seed Autism Trust**

### *Branches Occupational Therapy*

Looking for Occupational Therapy support for your child?

We offer self-funded Occupational Therapy services supporting neurodivergent children.



Branches is part of Mustard Seed Autism Trust. All profits from Branches goes into the charity to support families and autistic children in the local area.

For more information, please contact: [branchesot@mustardseedautism.co.uk](mailto:branchesot@mustardseedautism.co.uk)

Or check out our website: <https://mustardseedautism.co.uk/branches/>

## **Yateley Industries**



Our Community Cafe is back open after a little break over the summer holidays! Our new cook has started and has planned some exciting new specials coming up over the next few weeks - using seasonal produce and making use of any excess food from our pantry to reduce food waste!

As a Community Cafe we can cater for larger groups and events, do takeaways and pre orders for local businesses and host your hobby groups. We run community events such as our Chatty Cafe to help combat loneliness, weekly Games Night and regular Police Surgery.

Our Community Cafe helps to support our charity and provides more diverse employment, training and volunteering opportunities for disabled adults. Pop by for lunch, a hot drink and a cake, our prices are reasonable, the food is tasty, and all profits made go to supporting our charity.



Community Cafe at Yateley Industries Open Monday - Friday.

Facebook Page: <https://www.facebook.com/yicomunitycafe>

## **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, have a suggestion 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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