



Here for Hart Bulletin

Winter 2025, Issue 20



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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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

Message from the Here for Hart Team Manager (Community Projects and Partnerships Team)



As a council, our goal is to support you in achieving the best outcomes for our community. This year, we've worked hard to strengthen that support—whether by promoting your services and events through our social media and bulletins, or by launching our Cost-of-Living Support Grant. I'm delighted that many organisations were successful in bidding for this funding, and we hope to continue offering this financial support again next year. Each of you plays a vital role in supporting our community, and it's your dedication and hard work that make Here for Hart the success it

continues to be.

Building on that, we've also taken steps to expand Here for Hart and increase engagement with residents. The Here for Hart Directory has been widely promoted across council social media and at community events. We've established an Older Person's Forum, hosted a health fair at Fleet Market, and delivered a highly productive jobs fair in October. That event was particularly successful—well attended and resulting in several residents securing employment.

Alongside these achievements, Hart District Council underwent the LGA peer challenge this year. As the Community Partnerships and Projects Team, we were delighted that the panel specifically recognised the strength and impact of our work with the Armed Forces and Here for Hart. This is a shared achievement, and one we should all be proud of. Their feedback confirmed that we're in a strong position to carry our work forward into the next phase of local government reorganisation.

Speaking of reorganisation, local government changes are on the horizon. Several scenarios have now been submitted to the Government, who has launched a public engagement exercise on 3 options. This is an accelerated timeline for this stage of the process, please take a few minutes to fill this in and have your say in how you'd like to see our new unitary council to operate <https://consult.communities.gov.uk/local-government-reorganisation/hampshire-isle-of-wight-portsmouth-southampton/consultation>. It's an uncertain time, but I'm confident that by continuing to work together, we'll navigate these changes and remain a strong, united team—whatever the future holds.

Finally, I want to thank you once again for your commitment and collaboration. I hope you all enjoy a well-earned break over the festive season, and we look forward to supporting you again in 2026.

New data source: Indices of deprivation

At the end of October, the government released the latest English Index of Multiple Deprivation (IMD), which is updated about every four years.

The Indices of Deprivation measure multiple dimensions of neighbourhood deprivation at a small area level across England. This means we can analyse it at a Hart level to better understand our communities and identify any areas to focus.

The data is open for anyone to use, so if this is of interest, you can see it here:

www.gov.uk/government/statistics/english-indices-of-deprivation-2025

Grants update: Winter funding boost for 16 community groups

Some of the Community Projects and Partnerships team have recently been busy awarding almost £50,000 to Here for Hart organisations to help residents struggling to make ends meet this winter via the Cost-of-Living Support Grant.

The aim of the grants is to help ease cost of living pressures and boost wellbeing in local communities. A stringent process is followed to assess, score and review the applications received. We received lots of applications for excellent causes – thank you to those that took the time to apply.

This year, the Cost-of-Living Support Grant has funded 16 groups and charities which help ease cost-of-living pressures and boost wellbeing in local communities.

The following organisations were successful in their applications and details of their projects can be found here: www.hart.gov.uk/cost-of-living-support-grant

- **Christians Together** – Hart Foodbank - Awarded £5,000
- **Fleet Phoenix** – Open Door Wider Family Support - Awarded £5,000
- **St. Peter's Church Youth Café** – Safe Space for young people - Awarded £1,180
- **Vision 4 Youth** – Youth Club Christmas Celebrations - Awarded £1,384
- **Citizens Advice Hart** – Comfort & Care - Awarded £5,000
- **Junction 5 Money Advice** – Budgeting Advice - Awarded £2,950
- **Yateley Industries** – Warm Space – Awarded £3,675
- **Hart Voluntary Action** – Hart Eco Hub Sewing Project – Awarded £1,000
- **Phyllis Tuckwell** – Living Well Project - Awarded £5,000
- **Yateley Lions** - Health and Wellbeing Support Project - Awarded £5,000
- **Hart Foodbank** – Christmas boxes – Awarded £3,000
- **Fleet & Crookham Welcome Club** – Activities and Transport – Awarded £1,170
- **Christ Church Crookham** – Cooking Well for Less – Awarded £1,150
- **St Mary's Church** - Community Space – Awarded £3,000
- **Fleet Town Council** – Christmas lunch – Awarded £1,000
- **Age Concern Hampshire** – Helping Hands – Awarded £4,944

In total £49,983 was awarded. Read more details on each project at www.hart.gov.uk/cost-of-living-support-grant

Congratulations to those that have been awarded grants – we look forward to seeing the impact this has on the community! If you were disappointed this time – please look out next year as similar schemes will be run by the Council.

End-of-Year Summary: Homes for Ukraine Support

This year, the team has worked tirelessly to provide comprehensive support for individuals and families arriving under the Homes for Ukraine scheme. Through collaboration, compassion, and community engagement, we've made a real difference in helping people settle and thrive.

Key Achievements

- **Accommodation & Matching:** Successfully coordinated placements with host families, ensuring safe and welcoming homes for arrivals.
- **Financial & Practical Support:** Assisted with initial grants, household essentials, and guidance on accessing local services.
- **Integration & Wellbeing:** Organised community events, language support, and wellbeing initiatives to help guests feel connected and supported.
- **Partnership Working:** Built strong relationships with local authorities, charities, and volunteers to streamline processes and share resources.
- **Ongoing Case Management:** Provided continuous advice and problem-solving for hosts and guests, addressing challenges promptly and effectively.

Impact

- Dozens of families supported with housing and essential needs.
- Increased community awareness and engagement through outreach and events.
- Positive feedback from hosts and guests, highlighting the difference our support has made.

To find out about the Homes for Ukraine scheme or how to refer someone, please visit:

www.hart.gov.uk/community/homes-ukraine

Here for Hart Directory – refresh is coming!



www.hereforhartdirectory.org.uk

We are currently working (with Hart Voluntary Action) on the Here for Hart Directory to improve the user experience and refresh the design. We hope to be able to share this with you early 2026 and will ask for your support in raising awareness to get residents using this valuable resource.

As you may already know, the directory is an online one-stop shop of community services available for Hart residents. It is used by professionals as well as Hart residents to look up suitable support, groups, advice and activities in the area.

Have you seen your own organisation's listing? Just search your organisation name at www.hereforhartdirectory.org.uk and you should be on there. The directory is regularly updated with new listings, although we ask you to let us know if anything needs changing or adding.

Here for Hart Directory – New Entries

Visit the Here for Hart Directory

www.hereforhartdirectory.org.uk



Advice. Activities. Groups.
All in one place.

Please keep sharing the directory – it is an ongoing resource to support community organisations like yours to connect with residents. Resources such as postcards, posters, and magnets can be ordered if you want some for your event/waiting room/groups.

The newest entries for this quarter are:

- **Army Welfare Service Community Support – Church Crookham**
 - <https://hereforhartdirectory.org.uk/services/view/690>
- **Chloe's & Sophie's Special Ears Fund**
 - <https://hereforhartdirectory.org.uk/services/view/699>
- **First Steps Nursery**
 - <https://hereforhartdirectory.org.uk/services/view/696>
- **Hawley Women's Institute**
 - <https://hereforhartdirectory.org.uk/services/view/691>
- **IAM Basingstoke Advanced Motorists Group**
 - <https://hereforhartdirectory.org.uk/services/view/702>
- **My Home Made Better – Energy Advice**
 - <https://hereforhartdirectory.org.uk/services/view/700>
- **Rushmoor Knights American Football Club**
 - <https://hereforhartdirectory.org.uk/services/view/701>
- **Sexual Health Services – Hampshire**
 - <https://hereforhartdirectory.org.uk/services/view/695>
- **Southern Navigators Orienteering Club**
 - <https://hereforhartdirectory.org.uk/services/view/698>
- **Yateley Badminton & Social Club**
 - <https://hereforhartdirectory.org.uk/services/view/693>
- **Yateley Bowling Club**
 - <https://hereforhartdirectory.org.uk/services/view/692>
- **Yateley Offshore Sailing Club**
 - <https://hereforhartdirectory.org.uk/services/view/694>

Community organisations that support Hart residents can be listed on the directory – if you know of any missing or that need an update, let us know: hereforhart@hart.gov.uk

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News for professionals

Best Start in Life – National Campaign

The government's Best Start in Life campaign was recently launched. Delivered by the Department for Education and the Department for Health and Social Care, the campaign aims to help break down barriers to opportunity for every family, supporting parents and children from pregnancy through to age five and beyond.



To support your work with families and carers, we now have a range of resources available to download. This includes:

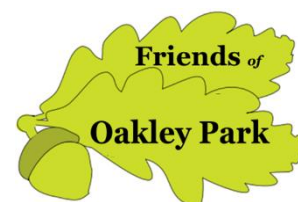
- The website www.beststartinlife.gov.uk is for all to refer to
- Campaign Communications Toolkit - <https://campaignresources.dhsc.gov.uk/campaigns/best-start-in-life/campaign-toolkit>
- Social media toolkit - <https://campaignresources.dhsc.gov.uk/campaigns/best-start-in-life/social-toolkit>
- Digital screens - <https://campaignresources.dhsc.gov.uk/campaigns/best-start-in-life/digital-screens>
- Posters - available as 'ready to use' (<https://campaignresources.dhsc.gov.uk/campaigns/best-start-in-life/a4-posters>) and templates you can localise with your own logo.

This is an ongoing campaign that we are all being asked to support – so you might want to schedule a variety of communications for next year!

Oakley Park – appeal

APPEAL FOR NEW COMMITTEE MEMBERS

Friends of Oakley Park is in need of new committee members. Our present committee is now just 5 people - the minimum required by our constitution! If you care for Oakley Park and wish to make a difference within the local community, why not join us and make your contribution?



We work towards maintaining and improving Oakley Park for the benefit of the local community in partnership with the Fleet Town Council. This includes the preservation and maintenance of Oakley Park Woodland which is a designated "Site of Importance for Nature Conservation" (SINC).

The committee meet 10 times a year with friendly evening gathering lasting definitely no more than 2 hours. Why not come along to our next committee meeting and discover what we are about - no obligation on either side! If you or someone you know has an interest then please email the Chairman, Mike Bye (oakleypark@live.co.uk) for details of our next meeting. You will be made most welcome.

Rushmoor Healthy Living



FIRST AID TRAINING

We offer high-quality, Level 3 ofqual regulated, HSE-compliant First Aid training through hands-on, face-to-face courses.

RHL courses include Emergency First Aid at Work (EFAW) and are suitable for businesses, individuals, sports clubs and charities.



Scan QR code to BOOK or
contact our friendly team:
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Hampshire
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Surrey

Hart Voluntary Action



cpcab

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SERVICES FOR COUNSELLORS

Low-Cost Clinical Supervision

A service for counsellors starting out in private practice or counsellors needing additional supervision

We offer low-cost clinical supervision to support your work

Our fees for supervision are:

£30 for a 60-minute session

£40 for a 90-minute session

for more information visit

<https://hartvolaction.org.uk/community-services/counselling/supervision>

Hart Voluntary Action Ltd: Reg Charity No: 1119912

News and events

Yateley Men's Shed

Yateley Men's Shed are holding an open day on **Saturday December 13th, from 2.00pm until 5.00pm**. We are located across the car park from the Old Village Hall, School Lane, GU46 6NG



If you missed us at Yateley Christmas Market come and pick up a few Christmas goodies. If you want to talk to us about something you'd like made or repaired, as long as it's made in wood we'd love to talk to you. And if you'd just like to come along for a chat and find out a bit more about "the Shed"; what we do, how to join, and of course the most important question of all - how many tea breaks do we have!

Hartley Wintney Care Group

Christmas Day Lunch

Victoria Hall, Hartley Wintney
12 noon - 4 pm

**For individuals and couples who
would otherwise be on their own**

All Ages Welcome

MUST BOOK BY 20TH DECEMBER

Contact Chris Cornwell 01252 843251
info.hwcaregroup@gmail.com

**Generous donors include: Auriol Wines,
Graves Butchers in Hook and the Victoria Hall Charity**

A festive illustration on the right side of the poster. It features a green Christmas tree with white snowflake decorations and colorful garlands. In front of the tree is a snowman wearing a black top hat, a red scarf with white snowflake patterns, and having stick arms. At the base of the tree are three wrapped Christmas gifts in purple, red, and green paper.

Fleet Phoenix

Christmas Toy Appeal Time!!!

After the success of the last 5 years and last year where we gave out over 1,000 gifts to local young people, we are now launching our Christmas Toy Appeal for 2025.



We want to make sure that as many children locally get to have a special time this Christmas day. So, this is where we need your help...

We are starting to take donations of NEW toys and games for children and young people aged 0-18 years old.

Donation drop off points are at the following shops until Friday 13th December:

- Waitrose – Unit A, The Hart Centre, Fleet, GU51 3LA – Mon, Tues (8am-7pm), Wed, Thurs and Sat (8am-8pm), Fri (8am-9pm) and Sun (10am-4pm).
- Scoop – 184 Fleet Road, Fleet, GU51 4DA – Tues-Fri (9:30am-5pm) and Sat (10am-5pm). Closed Sun and Mon.
- Fleet Library – 236 Fleet Road, Fleet, GU51 4BX – Mon, Tues, Thurs, Fri and Sat (9:30am-5pm) Wed (9:30am-1:30pm). Closed Sun.
- Durham House Chiropractic Clinic – 60 Reading Road South, Fleet, GU52 7SD – Mon-Fri (8:30am-7pm) and Sat (8:30am-1pm).

We have also arranged with Toy Area in Fleet to have a Christmas toy list with them (printed copies of the list will be available in store), so if you would like to purchase a toy from them that would be great, and they really appreciate the local support. As they don't have a lot of free space in the shop, there will NOT be a donation basket in-store. So, if you do purchase from there, please pop along to one of the other locations (see above) in the local area who have a collection basket. If you are unsure what to buy but want to support Toy Arena, you will be able to purchase a gift voucher, they will then notify us of this, and we will go into store to purchase a gift/s.



Please feel free to purchase your gift/s from wherever is easiest/most convenient for you – whether this be local, online or from any other shop. We appreciate any and all donations and they will all be going to good homes. With the greatest respect can we please ask that the toys are NEW, UNUSED and in the original boxes.

If you are unable to buy and drop gifts off at one of the donation points but would like to donate, there are two other options for you:

1. Make a money donation using our Facebook donation button. We will then go and purchase toys and games with your money donation.

2. We have set up an Amazon wish list (www.amazon.co.uk/hz/wishlist/ls/30V3PCQH9NQHK?ref=wl_share) where you can purchase an item/s off this and have them sent directly to us at The Point Youth Centre (please make sure you select Fleet Phoenix as the delivery address otherwise it will go to your default address).

We will then be distributing the gifts during the couple of weeks leading up to Christmas.

We would also like our community to help nominate children and families to receive gifts and a visit from us. So, if you know someone that you would like to put forward for our toy appeal, please email us (charlotte.tickner@fleetphoenix.co.uk) or through direct messaging on our Facebook page. These nominations will be anonymous but sent with love from the community. Please also feel free to contact us if you are struggling to buy toys/gifts for your own children this year, we would love to help.

When you contact us, please provide the following information:

- Why you have nominated the family
- The age and sex of the children
- Address of the family

Thank you so much in advance for your generosity and kindness – you will be making a lot of children and families very happy over this festive holiday.

We would REALLY appreciate it if you can share this post as we would like as many people as possible to know about the appeal.

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 or make your booking using <https://2ndodihamscouts.org.uk/the-baker-hall/>



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classes@rhl.org.uk
01252 957 430**



Vision 4 Youth



Our school holiday youth club will be open again for three days during the winter holidays! This club is free to those who qualify for Free School Meals, as it is a HAF Club (the government's initiative for Holiday Activities & Food), or you can pay £15 for the whole day all inclusive.



We will be open on **22nd, 23rd and 29th December 12pm-5pm**. Every day will include a full hot meal, crafts, baking and the use of our youth club facilities, and we will have specialist coaches coming in for sports and activities. Booking essential – please visit our website asap to secure your place <https://vision4youth.org.uk/haf>

Citizens Advice Hart

Household Support vouchers

At Citizens Advice Hart, we understand that rising living costs are placing increasing pressure on households across our community. If you're struggling with essentials such as food, energy bills, or other basic costs, you may be eligible for support through the Household Support Fund.



The Household Support Fund provides vouchers to help residents cover essential expenses, helping to ease financial stress during difficult times.

Citizens Advice Hart can:

- Discuss your situation confidentially and provide guidance tailored to your needs
- Check your eligibility for Household Support Fund vouchers
- Refer you directly to the scheme if you qualify
- Offer practical advice on managing bills, budgeting, and accessing other forms of local support

Our team is here to help people understand their options and access the support available. To find out more please visit, www.citizensadvicehart.org.uk or call 01252 878435
Monday – Thursday 9.30-3.30.

Book a place on the upcoming Advice First Aid training dates

This **free** face to face training will give individuals and groups the skills to triage for advice, deliver initial guidance and refer to Citizens Advice when needed.



You'll learn how to navigate effectively through the information on the Citizens Advice website to support people who cannot do so for themselves. You'll also learn how to recognise situations where more than advice first aid is needed and how to contact our service when needed.

New dates for our training courses:

- Wednesday 26th November 2025 9:30-12:30
- Wednesday 28th January 2026 9:30-12:30
- Wednesday 18th March 2026 9:30-12:30

Places are limited so book now via email: afa@citizensadvicehart.org.uk

“I now feel confident in how to direct someone to the help and advice they may need.”

“Love, love, love this course. I learnt so much about the services CA Hart offers.”

Our AFA training is funded by National Lottery.

Home & Well with Citizens Advice Hart

Our Home & Well service brings together organisations across Hampshire and the Isle of Wight to make sure residents can return home safely after a hospital stay and continue their recovery in a secure environment.



Our specially trained advisers can help you:

- Join the Priority Services Register for extra support during power cuts or water shortages
- Check you're on the best energy or water tariff
- Get personalised energy advice
- Access financial, benefits, employment or housing support
- Connect with local community services for any additional help you may need

Visit the Home & Well page to find out more and make a referral.

<https://citizensadvicehart.org.uk/projects/home-well>

Princess Royal Trust for Carers

***GRANT OR SUPERMARKET VOUCHERS FOR
UNPAID CARERS IN HAMPSHIRE***



Are you an unpaid carer who lives in Hampshire or supports/cares for someone in Hampshire? (not in Southampton & Portsmouth City).

If so, you can now apply for a supermarket voucher or a grant for essential household items from Round 7 of the Household Support Fund, even if you have applied previously from other rounds.

Please make contact with the Trust via your Carer Support Worker, Emergency Planning worker or the office on info@carercentre.com or 01264 311680. Vouchers are available from most of the major named supermarkets or alternatively, you can request a household item via a grant.

You can also contact Carers Together but can only apply to one organisation per round.

The Household Support Fund is part of a national package announced by Government in March 2025. Hampshire's allocation will support residents through collaborative, community-based solutions.

Yateley and District Lions Club

What's On

- Saturday 13th December - Wine and Wisdom Quiz Night at Westfield Junior School

How we can help you

Yateley Lions Grant to help with Electricity/Gas bills. Please apply via Hart Citizen's Advice.

Yateley Lions are running a food e-voucher scheme to help struggling members of their community who have exhausted their entitlement with the food bank. Please apply via your Social Prescriber or other health professional.

Message in a Bottle Scheme - these are available free of charge from your local Lions Club

Yateley Lions have produced 2 leaflets signposting local contact information for (1) Senior Citizens and (2) Mental Health Support.

For more information or queries regarding any of these, please email: enquiries@yateleylions.co.uk

Recycling

Household equipment, white goods, furniture, baby items and clothing can be donated to our Lions Community Store, based in Fleet. Large items can be collected, and smaller items can be dropped off. Please see www.communitystore.org.uk for more information, opening times and contact details. Items donated are distributed to those in need in our local communities referred to us by social services and other professional agencies.

Spectacles can be dropped off at:

- Yateley Town Council Office, Reading Road, Yateley GU46 7RP
- Specsavers Opticians, 3 Princess Way, Camberley GU15 3SP
- Norman Prince Opticians, 85 Church Street, Crowthorne RG45 7AW
- Foresight Opticians, 42 London Toad, Blackwater GU17 9AA

Volunteers

We are welcoming new members and volunteers to join Yateley Lions so if you are over 18 and this is of interest, please email secretary@yateleylions.co.uk

Yateley Industries

Warm Space – Tuesday, Wednesday, Friday 10am - 2pm.

Yateley Industries Community Café will be open as a warm space on a Tuesday, Wednesday and Friday 10am – 2pm. Drop by for a free hot drink and a biscuit, slices of cake will be available for £2! There will be games and puzzles out on the tables as well.



Yateley Industries
est 1935

No need to book, just drop in to keep warm, have a drink or get together with other locals.

Starting on Tuesday 25th November

For more information, please email hub@yateleyindustries.net

Service updates

North Hampshire National Trust Centre

The **North Hampshire National Trust Centre (NHNTC)** hosted a successful recruitment event at **The Vyne**, combining a cream tea with a special "Regency Tour" of the property guided by volunteers.

The tour highlighted the house's two-part history. The Vyne was originally built as a vast **Tudor palace** by **William Sandys**, Lord Chamberlain to **Henry VIII**, and was large enough to host the King, Catherine of Aragon, and Anne Boleyn. The Tudor Chapel and the Long Gallery survive from this era.

The house was radically changed in the 17th century when it was acquired by **Challenor Chute**, a lawyer and later Speaker of the House of Commons. He demolished much of the Tudor structure and added a **classical portico**, giving the house its Georgian look. A later Chute added the grand Palladian staircase.

The property was a local social hub and was frequently visited by novelist **Jane Austen** during the Regency period.



The recruitment event has attracted 17 new members. The NHNTC, with nearly 300 supporters, runs monthly events—winter talks and summer outings—and donates surplus funds to the National Trust for projects, primarily at The Vyne. New members are always welcome at just £8 per person or £13 for couples but membership is currently offered half price until the end of the financial year. To join go to the Centre's website: www.nhntc.com

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

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

Hart Voluntary Action Family Counselling Service

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 www.hartvolaction.org.uk/counselling

Health & Independent Living Support

Hot tasty meals delivered to you at lunchtime by our caring team



Health & Independent Living Support (HILS) helps people to stay happy, healthy and independent at home for as long as they wish. We are a not-for-profit charitable social enterprise who provide the Hampshire County Council's meals on wheels service, delivering hot meals across Hampshire, 365 days a year.

All our meals are nutritionally balanced, and we offer a wide range of delicious and nutritious hot meals and desserts. Our menus include meals that are low in fat, salt, allergen-free, or reduced sugars. We provide Kosher, Asian, Halal, and West Indian food, and can also provide Pureed, Minced & Moist, and Soft & Bite-sized food for people following special diets.

The meals are delivered hot and ready to eat by our Community Team Members who are all DBS checked. Every visit includes delivery of a hot meal and dessert, along with a caring wellbeing check. Our Community Team Members will happily plate your meal up, fetch your cutlery, and offer you a glass of water.

Meals are delivered between 11.15am and 2.15pm, and you will usually receive your meal at a similar time every day. You can order meals as a one-off, temporarily, or for as long as you would like them.

Alongside your hot meal you can also order a Tea Pack which includes a sandwich or cream tea, dessert and a snack. These are delivered at the same time as your hot lunch time meal and are placed in your refrigerator to enjoy later.

During the winter months it is important to keep yourself well and so try and keep moving as much as you can to help increase your body temperature whilst boosting your health with micronutrients such as Vitamins C, B6 and E, Zinc and Magnesium. Hydration is also key and so hydrate with plenty of water rich beverages like a mug of hot chocolate, or a warm soup or stew.

To find out more about our meals on wheels service visit www.hils-uk.org or call us on 0330 2000 103.

Concord Oddfellows - West Surrey & North-East Hampshire Branch

Local friendly society, Concord Oddfellows says when it comes to meeting new people it's important to embrace the unknown.



To inspire others to give a new community group a go, its members have stepped forward to share that. While it's normal to feel anxious at first, pushing past any nerves increases the chance of finding a place where you can relax and be yourself.

Dawn Spikesman, 59, from Aldershot is a member of the Oddfellows' Concord Branch and has experienced this firsthand. For almost two years, Dawn has been part of the local group that meets regularly to socialise, try new activities, and build supportive friendships.



"Trying a new club or group for the first time is nerve-racking, no question about it," said Dawn. "But that's because it's a new experience, not because you can't do it. The thing is, sometimes you need to step outside your comfort zone to find places and people where you can feel totally at ease. It's about finding a community where you can relax, laugh, and really feel comfortable."

"But it's the first step that can be the hardest. Once you make that leap and see the kind of people you're surrounded by, it doesn't feel so scary anymore," she added.

Dawn's experience isn't unique, says Concord Oddfellows, and adds that most newcomers feel this way. With a focus on connection, the group says supportive environments are key to helping people try new things without feeling out of their depth.

The local not-for-profit organises and hosts around 15 events a month, including regular meetups in Fleet, Farnborough, Aldershot, Camberley, Basingstoke and Godalming including coffee mornings, informative talks, and lunches out. The Branch also organises creative events such as

wreath making, a weekly craft group, and attending live comedy nights, offering a mix of light-hearted social events and enriching experiences.

Steph Hopes, who co-ordinates events for Concord Oddfellows and a member herself, explains that every gathering is designed with four things in mind.



“Our events offer four things: regularity – so you’ve always got something to look forward to; variety – so you can try new things; reassurance – a friendly, welcoming environment; and affordability – so no one misses out on good company because of cost,” she said.

Newcomers are invited to get in touch and try an event. These include catching up over coffee at one of our regular events across the area. The next dates are Farnham on Wednesday 19th November at 1030am in The Bush Hotel; in Fleet, starting at 230pm on Monday 24th November in the Oatsheaf; in Aldershot, starting at 1030am on the 1st December at The West End Centre; Basingstoke at The Hatch, Old Basing on Friday 5th December at 1030am; and in Godalming in The Refectory on Tuesday 9th December at 230pm. These are all regular events so you know you can catch up with us there and we can let you know about all the other events we have going on.

Steph added “Whether you're new to the area, looking to meet people, or simply seeking a change in routine, we’ve something for everyone. Our wide range of activities makes it an easy place for people to dip their toes into the world of socialising without feeling overwhelmed.”

The Oddfellows’ Concord Branch is one of 96 across the country which aims to connect local people and foster a sense of belonging within communities by making sure everyone is made welcome.

To find out more about the upcoming activities of Concord Oddfellows, or to request a free information pack, including a diary of local events, call Oddfellows free membership number on: 0800 028 1810, email concord@oddfellows.co.uk, or visit www.oddfellows.co.uk/activities

Sasha’s Project

Sasha’s Project (13 - 25yrs mental health support)

Are you a young person struggling with poor mental health?

- open to all young people aged 13 -25yrs
- Every Friday and Saturday night from 8pm - 6am at The Point Youth Centre, Fleet GU51 4BP
- No appointment needed, just turn up
- Telephone Support available every evening 9pm - midnight
- call 0774 111 7655
- caring, confidential support



About Sasha’s Project

We offer a drop-in centre for young people who are struggling with poor mental health. We also offer telephone support every evening

Find out more www.sashasproject.charity

Age Concern Hampshire



Easing the strain for family carers in Hampshire

This November, for National Family Caregivers Month, Age Concern Hampshire is highlighting both the dedication and challenges faced by the thousands of people across Hampshire who provide unpaid care for someone living with dementia, most of whom are family members. With over 25,000 people in the county providing unpaid care, many find themselves balancing multiple responsibilities while coping with the emotional and physical strain of caring for a loved one.



Providing care can be overwhelming and accessing the support carers are entitled to is often complicated. Many families are unaware of funding options that could ease the financial burden, such as Local Authority support and Attendance Allowance. Navigating the application process can be time consuming and feel confusing, leaving carers without the help they need and deserve.

Age Concern Hampshire's Information Service team is available to guide carers through these challenges, offering advice, support, and practical assistance with applications. Their goal is to ensure carers do not miss out on financial support that can make a real difference in their daily lives.

In addition, Age Concern Hampshire provides vital respite through its Care and Wellbeing Centres in Dibden, New Milton, Locks Heath, and Yateley. These centres offer tailored day care for people living with dementia, including stimulating activities and social engagement with transport and lunch optional. Carers benefit from the opportunity to have time to themselves and focus on their own wellbeing while knowing their loved ones are supported in a safe and friendly environment.

Hannah Park, Head of Operations at Age Concern Hampshire, said, "Family carers in Hampshire give so much, often without recognition. Between the emotional strain and navigating complex support systems, it is essential they have access to guidance and practical help. Our teams are here to make that process easier and to provide respite so carers can recharge."

For more information or support, visit www.ageconcernhampshire.org.uk/care-and-wellbeing-services-hampshire or call **01962 868545**

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.reactimg>

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 where the Silent Storms Mentors at Fleet will be able to provide peer to peer support and also welcome those who just want a friendly and safe space to talk (tea, coffee & biscuits provided).



Silent Storms is always reaching out to all areas of the local communities whilst also supporting other Fleet Charities and recent activity has reached out to have more of a presence within the Military Community where it's fully recognised that a safe space provided by an Organisation such as Silent Storms provides invaluable resource and environment for the community.

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.

Hart Foodbank & Hart Community Pantry

Hart Foodbank & Hart Community Pantry help people that are in crisis within the boundaries of Hart.



There are four food banks across the district where clients can collect food parcels. They can also collect hygiene products and cleaning items for the home. The food banks are situated in: **Darby Green, Fleet, Odiham and Hook.**

Please note that people cannot directly self-refer to Hart Foodbank. They have to be referred by an agency such as a Housing Association, Citizens Advice, Job Centre, local schools, GP Surgeries, or Social Prescribers etc.

The Hart Community Pantry operates as a 'get more for less' scheme. For just **£5 per visit**, members receive goods of greater value, helping families and individuals, budget more effectively through challenging times.

New for 2025 - Hart Community Mobile Pantry

The mobile pantry offers a full selection of **frozen, chilled, and ambient goods**, helping to meet diverse needs while reducing food waste and supporting healthier lifestyles.

A Christmas thank you from Hart Foodbank & Community Pantry

As we reach the end of 2025, we want to say a heartfelt thank you to everyone who has supported Hart Foodbank this year.

To our incredible **volunteers**, dedicated **supporters**, and generous **local businesses** - your kindness has helped us provide hope, dignity, and practical support to families across our community.

Because of you, many people will have a warmer, brighter Christmas.

From all of us at Hart Foodbank, we wish you a peaceful and joyful festive season.

Website: www.hartfoodbank.org.uk

Rushmoor Healthy Living



Charity No 1105381

**RHL offer a wide range of fun
low-cost exercise classes
FREE trial available**

View class timetables at:

www.rhl.org.uk

Contact our friendly team:

classes@rhl.org.uk

01252 957 430



RHL Online exercise classes

Promoting the benefits of Online Classes that are perfect for those who are a Carer, 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

Oakley Health Group

Winter Pressures



General practice, like the rest of the NHS, faces increased pressure during the winter months. These are some of the factors that contribute to this.



🚑 **Seasonal illnesses surge:** Viral infections such as flu, covid, RSV and norovirus peak during winter, driving higher demand for GP consultations. These infections can also trigger complications in more vulnerable members of society such as the very young and the frail elderly as well as people living with long term medical conditions.

🚑 **Exacerbation of chronic conditions:** Cold weather and respiratory infections can exacerbate asthma, COPD, heart failure, and other long-term conditions necessitating increased support from the GP.

🚑 **Higher appointment demand:** Winter illness generates demand for more same-day, priority consultations for acute

illnesses and exacerbations of chronic medical conditions. This can result in longer waits for routine appointments.

🚑 **Staff shortages:** The practice team themselves may fall ill during winter, impacting available appointments.

🚑 **Wider Healthcare system constraints:** Winter pressures on hospital services can result in patients waiting longer for investigations, outpatient appointments, and procedures. This can result in patients needing to re-consult with their GP if their symptoms or medical conditions deteriorate.

Patients can play an important role in helping ease winter pressures in general practice.

Here are practical ways you can help:

☒ [Get vaccinated](#): Annual flu and COVID-19 vaccines reduce the risk of seasonal infections and complications.

- ☒ [Practice good hygiene](#): Regular handwashing, covering coughs/sneezes, and staying home when unwell help prevent the spread of infections.
- ☒ Manage chronic medical conditions proactively: Keep medications up to date, attend regular check-ups during the year and follow care plans, to avoid flare-ups.
- ☒ Consider using a [Pharmacy](#), [NHS 111](#), or online resources for [self-care](#) before booking a GP appointment.
- ☒ Cancel appointments if they are no longer required.
- ☒ Plan ahead: Order repeat prescriptions early and schedule routine check-ups in advance to reduce last-minute demand. Stock up on homely remedies such as paracetamol.

Email: projectsmanager@hartfoodbank.org.uk or pantry@hartfoodbank.org.uk

Telephone: 07926 806256

Befriending Service Odiham Cottage Hospital

Odiham Cottage Hospital's Befriending Service is a volunteer led service run and managed by the Hospital and covers the areas of Odiham, Hook, Hartley Wintney and Old Basing and surrounding villages. Our clients are those who have become lonely and isolated due to living with a long-term health condition or are receiving palliative care. All clients are referred to the service through their GP practice, community health team or another medical professional.



The service recruits, trains and supports volunteers who on a weekly basis visit people in their homes, as well as provide befriending via the telephone. Our service operates weekdays between the hours of 9am-5pm and volunteers commit to a maximum of two hours each week.

Clients and volunteers are specifically matched according to their interests, with a view of building a lasting and trusting relationship together. Both our clients and befrienders find they benefit greatly from the relationships that are formed and the service proves to make a real difference in people's lives within the community.

For more information on the service, please contact: **Tina Birch – Befriending Manager On 01256 393609 Or via email at: befriending@odihamcottagehospital.org.uk**

Vox Community Choir

Discount for Here for Hart readers

For every person who has heard of VoxChoir Mental Health & Singing groups through Here for Hart - we will be offering them a substantial discount to join either now or in the new year. Instead of £90 per term (10 sessions) it will be £70.



Sing. Smile. Shine!

- Have fun singing pop songs from all eras
- No singing experience necessary & No audition required
- Learn by listening
- Warm & friendly atmosphere
- Great for mental health & wellbeing
- ... and no choreographed dance moves!

Meeting weekly (term time) in:

- **Fleet** (Elvetham Heath) Thursday 7-30pm to 9-00pm
- **Yateley** (Monteagle Hall) Monday 7-30pm to 9-00pm
- **Woking** (Brookwood) Tuesday 7-30pm to 9-00pm

All venues have free parking outside the hall & are wheelchair accessible

Performances

All three choirs regularly come together to perform at Charity events/concerts throughout the year (attendance is entirely optional)

FREE Taster Session

Contact VoxSkool on: T: 07776 133507 E: info@voxskool.com W: www.voxskool.com

Welfare Service Community Support Team

SEN Together Project



Join us fortnightly for a relaxed and friendly meet-up designed to support SEND families. We offer a welcoming space for the whole family, with activities including crafts, an outdoor play area, and cosy book and games corners. Snacks and drinks are provided, and all ages are welcome. Come connect, share experiences, and enjoy time together in a supportive community.



Swim Odiham

A photograph of an indoor swimming pool with a red buoy in the foreground that says 'SS UK RESCUE'. The pool has blue lane lines and a wall decorated with dolphins and flags. The text 'swim Odiham' is at the top, and 'Open to all' is in large blue letters. A list of amenities is on the right, and contact information is at the bottom left. Yellow starburst graphics are scattered throughout.

swim Odiham

Open to all

- 29-31 DEGREE WATER
- FREE USE OF POOL TOYS
- FREE USE OF BIG FLOATS
- FRIENDLY HELPFUL STAFF
- COMMUNITY GARDEN
- COMMUNITY LIBRARY

WWW.SWIMODIHAM.CO.UK
(01256) 367413

Junction 5 Money Advice

Junction 5 money advice
Life Church Centre, Elms Road,
Hook, RG27 9DX

FREE
non-judgemental and confidential advice

We offer advice on:

- Household budgeting
- Credit card bills
- Multiple debt problems
- Negotiations with creditors
- Benefit entitlements
- Planning affordable repayments
- Court proceedings
- 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

advisers@junction5.org

01256 769953

Services are
offered by a team
of trained volunteers and are
available to anyone!

www.junction5.org

Hartland Men's Shed

Hartland Men's Shed are pleased to announce that we have had a busy and successful past few months. We have carried out a number of projects for local schools, charities, cub scouts, football clubs, nurseries, Berkeley Homes and individuals. Further we have a number of new projects in the pipeline to keep our members busy in the future.



An example of our work is the Garden Bench and Table that we donated to Knellwood Care Home.

Our garden, which was made possible by a generous grant from Hart District Council and officially opened by Alex Brewer, MP, is now established and we have all enjoyed the produce that we were able to grow and also enjoyed the insects using our small wild meadow. We are looking forward to the spring when we can plant and manage much more than last year.

All of the above has happened whilst our members carry out their own individual projects.

We have also been fortunate to be able to purchase new equipment, for example, a lathe and a planer/thicknesser, which enhances the opportunity for members to produce more and different projects.

In November, we manned a Stall in Fleet Market, Ghurka Square to display and sell our wares and will be doing the same at the Christmas Fayre Market on the 13th December.



As a Charity, we offer long term help and support to promote personal well being 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 in Bramshot Lane, 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

We are Daisy Chain Café



**For people living with Dementia-
Memory Loss and their supporter**

Daisy Chain Café

**Darby Green Centre, Darby Green Road, Blackwater Yateley
GU17 0DT**

Every Monday 14.00 – 16.00

Except Bank Holidays

FREE TO ATTEND

The Café offers a relaxed, friendly place to exchange ideas with others in similar circumstances along with light refreshments, table activities, crafts, and occasional entertainment. A chance to make new friends and share the support of others.

Large Free Car Park

Stagecoach Bus 3 stops on Darby Green Road

New volunteers always welcome for further information find us on Facebook – Daisy Chain Café Yateley, email daisychaincafe1@gmail.com

Yateley Town Council 01252 872198

Donations welcomed directly or via [EasyFundraising.org.uk](https://www.easyfundraising.org.uk)

Registered Charity 1192818

Fleet Connect – Community Minibus Transport



RUSHMOOR
Voluntary Services
Local support for local people

Fleet Connect

An accessible door to door transport service for residents living in the Parishes of Fleet, Church Crookham & Crookham Village

Service runs Tuesday- Friday
Call us on 01252 398451 to discuss, register and book your journey today. (eligibility criteria apply)
or message us on WhatsApp on 07866 872781

Booking line open 09.30-12.30
Monday to Friday
01252 398451



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 If you would like printed copies of this bulletin for distribution, please email hereforhart@hart.gov.uk

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