



Hart Supporting Families Bulletin – October 2023

COST OF LIVING SUPPORT

Many families are worried about the cost-of-living increases and how these impact on managing day to day life, and there is now lots of information available online to support people you're working with, typically covering:

- Fuel and Energy
- Food, Foodbanks and essentials
- Help with money, bills and debt, finding work
- Staying well and resilient
- Warm and welcome spaces
- Housing needs and homelessness

Local information especially is being added to all the time so please share the links below with colleagues and families and go back to the information regularly to note any changes.

Local:

[Cost of living support hub | Hart District Council](#)

[Worried about cost of daily living: Frimley Healthier Together \(frimley-healthiertogether.nhs.uk\)](#)

County:

[Keep Warm Keep Well | Hampshire County Council \(hants.gov.uk\)](#)

[Money worries \(connecttosupporthampshire.org.uk\)](#)

National:

[Cost of living support - GOV.UK \(www.gov.uk\)](#)

[Help for Households - Get government cost of living support](#)

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

Reporting concerns and general guidance should continue to be done in the normal way via <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/contacts> or by phone at 0300 555 1384.

Here for Hart update (coordinated by Hart District Council)

Here for Hart is a programme coordinated by Hart District Council. We all need a bit of support or guidance from time to time, but it's not always easy to know who can help or where to begin.

Here for Hart Directory: The Here for Hart Directory is a wide-ranging online directory of services available to local residents, groups, clubs and community services. The aim is for it to be the online destination for local help, support and information. There are 21 different categories, including Care & Support, Community Venues, Disabilities & Health Conditions, Employment, Housing Support, Social & Leisure Activities, Money Matters and Transport & Mobility - www.hereforhartdirectory.org.uk



You can access the directory by scanning the QR Code.

Looking for a Children's Sports Club?

The Here for Hart Directory has information about a wide range of local sports clubs for kids including gymnastics, football, hockey, cricket, basketball and swimming. It also has information about pre-schools in Hart, cadets, scouts, girl guides and army cadets. SO, if you want to keep your kids busy and active, it's a great place to start! www.hereforhartdirectory.org.uk > select 'Children, Young People & Families'

If you would like to place a link to your website, please email hereforhart@hart.gov.uk and we will send you the accompanying text and Here for Hart logo. Please note that you cannot use the link on your website without Hart District Council's agreement and the relevant text and logo.

Any feedback about the Directory, or suggestions or corrections should be emailed to info@hartvolaction.org.uk and marked 'directory'.

Here for Hart webpages: The [Here for Hart section on our website](#) brings together information and links to a range of support and resources to assist people, whether they are worried about money or their housing situation, looking to get into employment or training, or would like to improve their health and wellbeing. These pages are not intended to be a complete directory of services, but we hope they provide a starting point to help people find a way forward.

The web pages offer information about a range of support and services such as:

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 774420 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/housing-advice

Hardship fund: We have limited funding to provide short-term help to households in need with food, energy and water bills and other related essentials. A proportion of the Household Support Fund will be used to support households with disabilities and children. To apply, please email hardship@hart.gov.uk with an outline of what exceptional housing-related crisis you are experiencing. If you are unable to email, you can also call 01252 774420 and leave a message with the team.

Mental health and wellbeing support

Information about websites, Apps, helplines, and local services for children, young people and adults can be found on the [Here for Hart pages](#) and at [Mental Wellbeing Hampshire](#).

WHAT'S ON IN RUSHMOOR & HART

Family events in Hart

Hart District Council Countryside Team

Halloween Walk and Pumpkin Carving – Edenbrook Country Park, Fleet

Thursday 26 October and Friday 27 October, 5 - 7.30pm

Cost: £5.00 with pumpkin, £2.00 without pumpkin

Dress up in your best costumes and join us for a fun evening of carving pumpkins followed by a spooktacular walk where you can learn fun and interesting facts about this festival as we walk into the sunset - don't forget your torches so you don't get lost!

Pumpkins are included in the costs. There is a reduced price for adults who do not wish to carve a pumpkin but who must be attending with a child who is carving a pumpkin.

Suitable for wheelchairs and buggies – however a short stretch of the route is on a large gravel area. Not suitable for non-assistance dogs.

Book online: www.hart.gov.uk/form/join_the_halloween_walk_and_pump

Edenbrook Parkrun – free family event every Saturday

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you. The event takes place at **Edenbrook Country Park, Emerald Avenue, Fleet, GU51 5DW**. It's on every Saturday and starts at 9am.

It is free but please register before you first come along. You can do that here:

www.parkrun.org.uk/register/?eventName=edenbrookcountry

Fleet Christmas Festival - Wednesday 22nd November 2.00-9.00pm, Fleet High Street

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

Yateley Christmas Market - Saturday 25th November 3.00-6.00pm, outside the Dog & Partridge pub, 105 Reading Road, Yateley, GU46 7LR

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

Odiham Christmas Extravaganza - Sunday 26th November, Odiham High Street

Enjoy music, shopping, eating from a wide range of stalls and local shops.

Hartley Wintney Christmas Market - Thursday 7th December 4.00-8.00pm, Hartley Wintney High Street

Hampshire Libraries – Half-term Holiday Activities

Hampshire Libraries will be open as usual during October half term – please check www.hants.gov.uk/librariesandarchives/library for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

Fleet Library

Spooky themed activities will also be available this half term at **Fleet Library**, alongside our regular Story Time and Rhyme Time offer.

Sat 21st & Sat 28th October – Stay & Play all day; Construction Club from 2pm – 4pm

Mon 23rd October – Spooky Story Time at 10:30am

Tues 24th October – Halloween craft from 2pm – 4pm

Thurs 26th October – Rhyme Time at 10:00am (toddlers); 10:45am (toddlers); and 11:30am (babies)

Fri 27th October - Halloween craft from 2pm – 4pm

Yateley Library

Saturday 21st - Construction Club 10.00am -12.00pm

Monday 23rd - Stay and Play 10.00am-2.00pm

Tuesday 24th - Autumn Storytime 10.00 and 11.00

Friday 27th - Spooky Rhymetime 10.15 - 10.45 **followed by Chatabout**

Saturday 28th - Construction Club 10.00 - 12.00

Our window is decorated for the Yateley Autumn house trail. Go to the 'Yateley house Trails' Facebook page to find the map showing everyone who is taking part.

Farnborough Library

Farnborough Library Half Term Activities

Monday 23rd October - Rhymetime 10.00am - 10.30am

Tuesday 24th October - Storytime 10.30am - 11.00am

(this is a normal Storytime session, Spooky Storytime will be on 31st October)

Thursday 26th October - Rhymetime 2.00pm - 2.30pm

Saturday 28th October - Bat Themed Craft from 10.00am

There will be a Halloween themed trail up all week.

Aldershot Library

Saturday 21st - Construction Club 2.00-4.00

Tuesday 24th - Rhymetime: Toddlers (Over 1's) 10.00am Babies (Under 1's) 11.00am

For Everyone's Enjoyment numbers will be limited. Please arrive by the start time.

Tuesday 24th - Board Games: for school aged children 3.30pm-4.30pm

Friday 27th - Storytime 10.00am followed by Chatabout

Friday 27th - Board Games: for school aged children - 3.30pm-4.30pm

Saturday 28th - Batty Craft - drop in 10.00am-2.00pm

Saturday 28th - Construction Club 2.00pm-4.00pm

Pop in anytime for our Spooky themed trail and Autumn Colouring

All of the events are also listed on the library service website: [What's on in libraries | Hampshire County Council \(hants.gov.uk\)](http://What's on in libraries | Hampshire County Council (hants.gov.uk))

Follow your local library on Facebook and ensure you're always in touch with what's going on!

Aldershot - [Aldershot Library and Learning Centre | Aldershot | Facebook](#)

Farnborough - [Farnborough Library | Farnborough | Facebook](#)

Fleet - [Fleet Library & Learning Centre | Fleet | Facebook](#)

Yateley - [Yateley Library and Learning Centre | Yateley | Facebook](#)

Free Family Fun Activity – Runway's End, Aldershot, 23rd October

Runway's End, Aldershot, GU11 2RE

Monday, 23rd October 2023 10.00-13.00hrs

FREE family fun during half term including a range of different activities as shown:

- Spooky code cracker trail.
- Halloween patterns using symmetry and ratios.
- Halloween coordinates.
- Trees, trundles and tape measures.

Families must meet the eligibility criteria to receive a free family ticket

At least one adult in the party must NOT have a level 2 maths qualification. (e.g. Math GCSE at grade 4/C and above, or a Functional Skills Level 2 in maths).

For more guidance, contact the Multiply team multiply@hants.gov.uk

Refreshments are provided and a Top Trumps free gift per family.

BOOK NOW using the link below or the QR code:



[Runway's End Outdoor Centre - FREE Family Fun Activity \(23rd October 2023\)
Tickets, Mon 23 Oct 2023 at 10:00 | Eventbrite](#)

COMMUNITY SUPPORT INFORMATION

Food and welfare provisions in Hart

Hart Foodbank helps people that are in crisis within the boundaries of Hart.

There are four foodbanks across the district where clients can collect food parcels. Hart Foodbank can also supply hygiene products and cleaning items for the home. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Please note that people cannot directly self-referral to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. It is open Mondays 1.30-3.00pm and Thursdays 11.00-12.30. This venue has a car park.

Darby Green Foodbank is located at St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday from 1.30-3.00pm and Thursday from, 1.30-3.00pm.

Hook Foodbank sessions are Mondays 12.00-1.30pm and Thursdays 10.30-12.00 at Life Church Hook, Elms Road, Hook, RG27 9DX.

Odiham Foodbank is open on Thursdays 1.30pm - 3pm at All Saints Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com
Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4 to 14 year olds.
For more information visit FareShare Larder: Here for Hart Directory and for a membership form please email: FSSouthernCentral@fareshare.org.uk

Other local food provisions in Hart are:

Darby Green Mobile Community Larder:

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday: Between 1pm – 2.30pm

Hook Mobile Community Larder for local residents. A small fee is payable depending on the size of your family (ID is required). For more information call 0784 919 8179. It is open on Thursday mornings between 10am - 11.00am. Address: Life Church Hook, Elms Road, Hook, RG27 9DX.

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or Email alexs@yateleyindustries.net The Hart Community Pantry's focus remains on people on low income or benefits.

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

Hampshire Libraries Warm & Welcome events

Hampshire Libraries are proud to be working with Connect4Communities this autumn/winter to support the local community with the cost of living. Come along to our Warm & Welcome events on the dates below for free advice and support from a number of local organisations, including Citizens Advice, Barnardos, Learning in Libraries and more. Find out more about what you are entitled to, how to get the best deals and local services that are available. Free refreshments will also be available!

Fleet Library – Mon 23rd October 10am – 12pm

Farnborough Library – Thurs 26th October 10am – 12pm

Stop Domestic Abuse

Stop Domestic Abuse charity is the commissioned provider of inclusive domestic abuse services for adults and children living in Hampshire and the coastal cities of Portsmouth and Southampton.

- We provide refuge and community-based support to adults, children and young people affected by domestic abuse in need of advice, support and information tailored to their level of risk and support needs.
- We support survivors to navigate the criminal justice system throughout all stages of their journey.
- We advocate for survivors ensuring their views and needs are heard and upheld.
- We deliver one-to-one and group work for adults, children and young people to help them understand domestic abuse and improve their safety.

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is advice@stopdomesticabuse.uk Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting.

If you would like any more information about our service, please do head over to our website:

www.stopdomesticabuse.uk

Citizens Advice Hart

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

Help in the community

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

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

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

- Yateley: Yateley Pantry – every Tuesday morning
- Hartley Wintney: Mums and Bumps group at St John's – 4th Monday of the month (morning)
- Hartley Wintney: Forget-Me-Not Café at St John's – 2nd Tuesday of the month (afternoon)
- Odiham: The Bridewell Centre at The Book Exchange – 1st Thursday of the month from 6 July (afternoon)
- Hook: Community Centre Café – 1-3pm 4th Monday of the Month
- Hook: Young at Heart group (above the Community Café) – 3-4pm 4th Monday of the month
- Heckfield Friendship Group at Rosies Cafe in Holdshott Farm Heckfield – Thursday once a fortnight tbc

Our Outreach Project is kindly funded by a Hampshire County Council Local Solutions grant.

Advice First Aid

We are running a successful project for charities and organisations to work in partnership with Citizens Advice Hart.

The [Advice First Aid \(AFA\)](#) programme is an opportunity to upskill volunteers and staff working on the frontline to support vulnerable people in the community. You may encounter people for a whole range of reasons in your role, and you might realise they have a problem or that they need help, but you don't know what to do about it.

If so, we can help. This programme is exactly like ‘first aid’ – you identify the problem, provide some initial, basic help, but also know when, and how, to call in the experts when you need them. The program comprises three strands:

1. Training for frontline workers (volunteers or staff)
2. Easy referral opportunities to get those in need quick access to our advisers
3. Ongoing support for you in delivering advice first aid

The training is completely free, will run monthly and takes place locally, in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227014).

Volunteering

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

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Citizens Advice Hart Website for news, info and access to advice: www.citizensadvicehart.org.uk

Hampshire County Council Strengthening Parental Relationships Programme

Strengthening Parental Relationships (SPR): Mediation, Couple Support and Family Counselling Service is open for referrals to multi agency professionals.

There is currently no waiting list.

What is Strengthening Parental Relationships?

Strengthening Parental Relationships (SPR) is Hampshire’s Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship. Some level of arguing and conflict between parents is often a normal part of everyday life. However, there is strong evidence to show how inter-parental conflict that is frequent, intense and poorly resolved can have a significant negative impact on children’s mental health and long-term life chances. You can find out more by attending a Q&A session, dates and times are available [here](#).

High Intensity offer: Mediation, Couple Support and Counselling

Hampshire County Council have procured a limited number of spaces for Mediation / Couple Support and Family Counselling. This service is for families who are experiencing harmful **parental conflict** and require high intensity, expert provision. This service is available to families from across Hampshire County Council area.

To increase the reach of this service to more families, **we are now accepting referrals for families from multi agency professionals.**

This service is for families where the parents / carers are experiencing parental conflict that is frequent, intense and poorly resolved. They may have already tried the [Free online courses for parents/ carers experiencing relationship distress](#) although **this is not essential** for referral to the SPR Mediation, Couple Support and Family Counselling at this time.

How do I refer?

1. To find out more about the Mediation, Couple Support and Counselling, visit [Information for practitioners](#) You can also contact the SPR team to discuss the service via: spr@hants.gov.uk
2. As with all Strengthening Parental Relationships interventions, this service is not appropriate when there is domestic abuse. We have adapted a tool from Cafcass to help distinguish between harmful parental conflict and domestic abuse, which we have called the “**Safety Net Discussion Tool**”. Please use this tool or another evidence-based approach to screen for domestic abuse prior to discussing a possible referral. The Safety Net Discussion tool is available to download [here](#)
3. Once you have spoken to each parent / carer and **agreed*** to make a referral, share the [Privacy Notice for parents / carers](#) and complete the [online referral form](#) (please be aware, this is an updated version, so looks different to the form you may have completed previously).
4. The SPR team will contact you to discuss the potential referral.
5. If it is agreed that the referral is safe and appropriate, the SPR team will send contact information for the parents /carers to the service providers. For Mediation & Couple Support this is Mediation Now (trading as Family Solutions), for Family Counselling, this is Off The Record.
6. On receipt of the family contact information, the service providers will contact each parent / carer and arrange an initial assessment. Mediation is provided by Mediation Now, Couple Support is provided by Southampton family Trust and Family Counselling is provided by Off the Record and Hart Voluntary Action.

****Practitioners referring a family to the SPR Mediation, Couple Support or Family Counselling must follow their own organisations GDPR process. It is essential that both parents / carers agree with the referral and wish to access the service.***

The Universal offer

The universal offer is available for free to parents / carers in Hampshire. This includes digital resources provided by OnePlusOne. These are evidence-based courses are designed to help parents reflect on conflict in their relationship with their partner / co-parent. The courses use videos and animations that incorporate evidence-based techniques to promote behaviour change and help parents to argue in ways that are helpful rather than harmful. You can access the practitioner guide which has all the course content as well as further guidance, evidence and promotional items [here](#). The SPR toolkit has an area for [parents / carers](#) as well as a [practitioner SPR toolkit](#) providing practical tools and resources, to support Hampshire professionals identify and respond to children who have experienced, or are at risk of, harm related to parental conflict. The material is free to access and available to all practitioners from any agency/organisation working with unborn babies, children and their families across the Hampshire Local Authority area.

Safe4Me – Keep safe website

Are you a parent, guardian or carer of a child or young person? Do you work with children or young people? If the answer is ‘yes’, then please take time to check out our Safe4Me website that provides educators, service providers and parents with a whole host of information and resources on issues that affect young people to help educate, support and guide them to staying safe.

<https://www.safe4me.co.uk/>

The website is available to everyone so please do spread the word so that together we can all help keep our children and young people safe.

HEALTH & WELLBEING INFORMATION

Worried about the health of your child?

Unsure if you can stay home or need to seek healthcare support?

The NHS Frimley Healthier Together website is here to support parents and carers. It provides

- Expert advice from local healthcare professionals
- Clear traffic light system for illness advice and red flags
- Covers topics such as coughs, colds, fever, head injury, covid to mental health and emotional wellbeing
- Signposts to local services

visit <https://frimley-healthierttogether.nhs.uk/>

Healthy Start Scheme



Have you heard about the NHS Healthy Start scheme? It helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

- fresh, frozen or tinned fruit and vegetables
- plain cow's milk – this can be pasteurised, sterilised, long-life or ultra-heat treated (UHT)
- fresh, dried or tinned pulses
- infant formula based on cow's milk – this should be suitable from birth

You can also collect free Healthy Start vitamins by showing your NHS Healthy Start card to the retailer. You do not need to pay for the vitamins and no money or details from your card should be taken.

You can use your NHS Healthy Start card in most places that sell the above products and accept Mastercard®, but you cannot use your card online. To find out more, check your eligibility and apply visit www.healthystart.nhs.uk

Mental health and wellbeing

We all have mental health, just as we all have physical health. 1 in 6 young people aged 5 to 16 will suffer from poor mental health – it can affect anyone, but many young people feel they need to pretend nothing is wrong. No matter how difficult life can feel at times, there are free sources of support available.

The Frimley Healthier Together website has a section on children and young people's mental health. It provides information and links to sources of support some of which are online, some of them are face-to-face. Some of these sources are local – others are national. Visit: <https://frimley-healthiertogether.nhs.uk/mental-health/your-local-mental-health-resource>

Resources for children and young people include:

Little Blue Book on Sunshine: The #littlebluebookofsunshine booklet, shares mental health and wellbeing advice for children and young people across Hampshire. It shares lots of tips and things you can do now to feel better and where to get help when you need it. Download it now for free via the Apple Books or Google Play Books.

#CopingGuides: The guides list some of the best reliable and free sources of information and advice to help children and young people and their families to cope with life under lockdown and beyond. The young person's guide contains lots of useful self-help apps and websites and a range of resources, including local and national services to support young people with their mental health. Visit: [#Coping guides | Frimley Health and Care](#)

[Hampshire Youth Access](#) Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton. We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person's emotional wellbeing. To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing.

If you are waiting to hear about your first appointment and things are getting worse or are worried that you haven't heard, please phone **0300 304 0050 Monday to Friday 9am to 5pm**. Outside of these hours, if you need urgent help, please contact 111, where our Paediatric Mental Health Practitioners will be able to help you.

FREE online parenting courses for local families

The Solihull Approach offers free online e-learning courses for parents/carers.

Courses include top tips from childcare, education and NHS health experts including midwives:-

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain and a version for teenagers themselves

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are also available in different languages.

Access to the guides is unlimited with no expiry date, so you can return as and when you need and want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.

Registration is quick and easy - [click here](#) – or visit www.inourplace.co.uk. Apply the access code 'PARENTING'.

Visit: <https://www.frimleyhealthandcare.org.uk/maternity/news/posts/2020/july/free-online-parenting-courses-available-to-local-families/>

Frimley Healthier Together App

Parents, carers, and young people can get now access concise NHS traffic light guidance on a range of childhood illnesses by downloading the Frimley Healthier Together App.

The app provides advice on what 'red flag' signs to look out for, where to seek help if required, what to do to keep a child comfortable and how long a child's symptoms are likely to last, with push notifications to the registered phone to prompt monitoring of the condition against Red and Amber symptoms.

Complimentary to the [Frimley Healthier Together](#) website, the app can be downloaded from your app store of choice. <https://bit.ly/FHTApp>

Help make managing children's health easier for families in your setting:

- Share our social media posts on your own social media channels / website to help your communities when they are faced with unwell children and young people. ([Facebook](#) and [Instagram](#))
- Utilise the pre prepared social media messaging and visuals we have provided on your own website, social media, or newsletters. Download them from our [resource centre](#).
- Ensure you share the availability of this resource with the teams in your setting so they know about the app, and they can mention it in face-to-face conversations with parents, carers and young people.
- Refer parents and carers to the [Frimley Healthier Together](#) website for advice when their children are unwell or following a bump to the head in your setting, for example.

Please do get in touch with any questions or requests you may have: Kirsty.north6@nhs.net or Zara.devine@nhs.net.

Rushmoor & Hart School Nursing Service

The Parent ChatHealth service is available for advice and support for all parents with children aged 5-19 in Hampshire using this contact. Text: 07507 332 417 08:30-4.30pm Monday to Friday exc. bank holidays.

In addition to this our Duty phone line remains open for advice and support and general queries: 01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

- Emotional health
- Healthy lifestyle,
- Parenting advice: accident prevention, sleep and toilet training, behaviour management
- Supporting children and young people with complex or additional health needs
- Support for children and young people not in school in accessing health

Support and information about your local school nurse team is available from the Hampshire Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

Autism Friendly Fleet

Our aim is to increase understanding of autism by working together with local businesses and organisations to help them become autism friendly.

Upcoming events

- Autism friendly gardening with Minding the Garden at Edenbrook in Fleet– half term session on **Wednesday 25th October** at 2.00pm to 3.30pm. Places are limited and booking is essential. [Click here for further information and to book.](#)

Go to our website www.autismfriendlyfleet.co.uk or [Facebook page](#) for further information.

- Basic autism understanding training for businesses and organisations held in Fleet. Next session on **Wednesday 15th November** at 12.30pm to 2.00pm. £10 per person. [Click here for further information and to book.](#)

Smokefree Hampshire

Smokefree Hampshire helped over 3600 people quit smoking last year and are here to help. The service is completely free, and the 12-week program can be in person or over the phone and consists of weekly support from friendly stop smoking specialist adviser who will provide any medications you need to help you quit, free of charge.

Go Smokefree to feel healthier and save money.

Phone 01264 563 039 for further information or text Quit to 66777.

[Contact Us | Smokefree Hampshire](#)

Hart & Rushmoor Young Carers

We offer emotional/social/peer support, practical help and respite care to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member with an illness or disability, mental health condition or addiction. Family support is also available, where appropriate.

We currently run young carers clubs at Mayfield Community Centre in Farnborough on the following evenings during term time:

- Monday from 6.30-8.30pm for School Year 7 one week and School Years 8-10 the alternate week (i.e., 11-15 years) – Senior Group,

- Tuesday from 5.30-7.30pm for School Years 3-5 one week and School Year 6 the alternate week (i.e., 7-11 years) – Junior Group,
- Every other Thursday from 6.30-8.30pm for young adult carers in School Years 11 and above (i.e., 15-25 years) - Young Adult Carers Group.

The main focus of the clubs is on the young carers having fun, meeting other young people who are in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence, develop new skills and cope with issues that affect their lives.

We run a varied programme of activities throughout the term, which is based on feedback from the young carers on what they would like to do. Each week there is a main activity, for example, cupcake challenge, tie dyeing t-shirts, quiz night etc. We also hold parties at Easter, Halloween and Christmas and have a Summer BBQ.

We are also delivering our new Young Carers Cook & Eat Programme to all five groups. The programme runs alongside our weekly young carers clubs, and provides an opportunity for four young carers to attend a 1-1.5-hour cooking session before club, during which they help prepare food for their whole group. The sessions help the young carers to learn and develop basic cooking skills with easy-to-follow recipes, whilst also socialising with other young carers of similar age. The focus is on having fun as well as helping increase the young carer's knowledge of food and nutrition, food hygiene and safe working practices. At the end of the cooking session, the young carers get to serve up and eat the food they have prepared together with their peers attending club. Any leftovers are initially offered to those young carers who prepared the food, and then to the whole group.

The Young Adult Carers Group is run slightly differently from the Junior and Senior Clubs. Their sessions include a workshop/talk, as well as time for the young adult carers to relax, chat with each other, or talk to one of the leaders. Our aim is to help them get advice and information about education, careers, benefits, work, money/debt, housing, relationships and health, so they can make plans for their future and have the same opportunities as other young people. 1:1 support is also available with a leader to talk confidentially about issues relating to caring as well as any other concerns the young adult carer may have. We also have a young leader programme which gives the young adult carers a chance to get involved in the mentoring of other young carers and play a part in running activities at our Junior and Senior Young Carers Clubs.

Transport is available and attendance is free at all our young carers clubs, and there is no charge for any of the activities or refreshments provided. There is also a tuck shop which sells a variety of chocolate bars and sweets.

We also provide additional opportunities for members to attend day trips and weekend residentials, and respite activities during the school holidays. We have the following activities planned for the October half term holiday:

- Junior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 22nd October,
- Combat Sports Workshops (*delivered by Turnstyle*) for young carers in our Senior and Young Adult Carers Groups on Monday 23rd and Wednesday 25th October.

We have just been awarded a Rushmoor Lottery Community Fund grant towards the cost of a Young Carers Duke of Edinburgh's Award Programme. We plan to start delivering the programme this term. Initially we propose to start on a small scale with around 7-14 young carers taking part at Bronze level. Hopefully these will then progress to Silver and eventually Gold. Dependent on funding, we would hope

to expand our group and offer more places in subsequent years, and provide specialised support to young carers with special needs working towards awards.

A young carer can be referred to the service by a member of their family, their school or college, or by a health and social care professional. They can also refer themselves.

To find out more, please contact Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689 or visit the Hart Voluntary Action website to download a copy of the referral form.

Home-Start Hampshire

Home-Start Hampshire is a local charity supporting parents who are going through challenging times with children under the age of 11. Trained volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our Maternal mental health group at Aldershot Garrison Community Hub runs on a Monday from 10am – 11.30am and supports Mum's who are isolated and struggling with their mental health. Each week we cover a different topic such as anxiety, writing for well-being, self-care and the importance of exercise in managing your mental health.

Our family group at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and are facing family challenges. The group runs on a Wednesday from 10am – 11.30am.

Referrals for both groups can be made here: Referrals | Home-Start Hampshire or you can call 0330 124 2095 for more information.

WE NEED YOU!

At the heart of Home-Start Hampshire is our fantastic network of volunteers and as demand for support continues to increase, we are looking for additional volunteers. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

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

www.home-starthampshire.org.uk/volunteering , email: info@hshants.org.uk or phone: 0330 124 2095

www.home-starthampshire.org.uk

Hampshire Learning in Libraries

We have lots of Hampshire Learning in Libraries courses starting after the October half term holiday!

We are offering a packed Learning in Libraries programme during the Autumn term in our Rushmoor and Hart libraries, as well as online, on a wide range of topics. Many of our courses are free for Hampshire residents.

Browse our online shop to find out more and to book your place – new courses are added to our schedule all the time, so it is worth checking back regularly: -

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](http://Learning in Libraries – Hampshire County Council Shop (hants.gov.uk))

Alternatively, for more information, please email the Learning in Libraries team at learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.
We look forward to welcoming you on a course soon!

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.

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 | Hampshire County Council](#), 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. View a short video about the service here: [Home Library Service promotional video](#)

If you or someone you know would benefit from receiving this service, you can enquire online at [Home library service | Hampshire County Council](#). You can also ask about the service at your local library or call 0300 555 1387. 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 materials they will enjoy.

Hampshire Parent Carer Network

Hampshire Parent Carer Network (HPCN) offers Parent and carers of children and young people aged 0-25 with a disability or any additional needs (diagnosed or not) the opportunity to tell the Local Authority, Health and other services, what life is really like.

Membership - When you join as a member of HPCN, you can access our sessions, events and training opportunities. We send out a monthly newsletter: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

13/10/23- Under 5's online Get Together, 11-12pm
17/10/23 - Eastleigh Get Together, 10-12pm
18/10/23 - Rushmoor Future in Mind, 6.30-9.30pm - Viv Dawes Autistic Burnout
02/11/23 - Fleet Get Together, 10-12pm
09/11/23 - Eastleigh Future in Mind - 10.15am-12.15am Crisis, Self-harm and suicidal thoughts
10/11/23 - Under 5's Get together - 11-12pm
14/11/23 - Havant Future in mind - 10.15am-12.15am - Anxiety Overview
15/11/23 - Hampshire Parent Carer Network AGM - Aldershot - please see website and social media pages for updates
22/11/23 - Online Future in Mind 7-9pm - Bullies out
24/11/23 - Alresford Get Together, 10-12pm
29/11/23 - Evening Get Together, 8-9pm

Please bear in mind Future in mind sessions will need to be booked in advance: Use this link <https://linktr.ee/futureinmind>

For all of our sessions and website please use this link: <https://linktr.ee/hpcn.org.uk>

Social media - <https://www.facebook.com/HampshireParentCarerNetwork>. This page is updated regularly with lots of helpful info like consultations, session dates and more. we also run 8 local pages which you can join.

Barnado's Free Courses & Workshops for Parents - Family Food, Fun and Fitness

Family Food, Fun and Fitness – a Barnardos and Hampshire Healthy Families free workshop for an hour and a half at **Aldershot Library on Tuesday 24th October from 10-11.30am.**

This includes family mealtimes, sugar/snack swaps, recipe ideas, portion size, eating on a budget, the eat well plate and exercise with the family plus lots more information.

Parents can book a place on the website.

hampshirehealthyfamilies.org.uk

Hampshire Back to Basics Parenting Programme

Back to Basics is a community campaign based on the 5 ways of wellbeing. It started with a phase 'When a flower doesn't bloom you fix the environment in which it grows not the flower'.

The overall purpose of the project is to support Families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting list times for those who require speciality services and for Parents to feel better equipped to support their children's wellbeing in the home.

This is not a new service, but an approach supported with tools and resources that enable consistent and at times challenging conversations that mean better outcomes for families. It is hoped that by encouraging reflections on the home environment first will give families the opportunity to try activities that are known to improve wellbeing before approaching and completing referrals for specialist referrals.

We have an online platform where all the back to basics resources can be found, at <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

SKILLS & TRAINING

Breaking Barriers with Yateley Industries' New Job Coach Service!

We're delighted to introduce a game-changing initiative that's set to transform the way disabled people experience the workplace.

Yateley Industries is proud to have launched innovative Job Coach Service, a dedicated in-work support system funded through the DWP's Access to Work scheme. Covering Hart, Rushmoor and surrounding areas.

What Can You Expect?

Our Job Coach Service is all about the client. We can support with:

- Coaching & Mentoring: Personalised guidance to help you shine in your role.

- Advice & Support: Navigate workplace challenges with confidence and expertise.
- Liaison Services: Bridging the gap between you and your employer for a harmonious work environment.
- Equitable Adjustments: Suggesting changes that enhance your productivity, happiness and overall well-being.

Why Choose Yateley Industries?

As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives. Our Job Coach Service is your ticket to a fulfilling and empowering professional journey, unlocking potential and maximising impact.

Learn More Today!

Ready to embark on this exciting adventure? Discover how Yateley Industries is paving the way for inclusivity and success. Visit our website to learn more about the Job Coach Service:

www.yateleyindustries.net/employmentsupport

Get in Touch

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

Let's break barriers and create a workplace where EVERYONE's abilities are celebrated and honoured. Join us at Yateley Industries to make a difference – one success story at a time!

#JobCoachService #Empowerment #Inclusivity #YateleyIndustries

The North Hants Employment Skills Zone

The North Hants Employment Skills Zone has relaunched!

We now support job seekers of all ages with searching for a job, starting your own business, CV and interview help, and training and events that are available in your local area (Hart, Rushmoor, Basingstoke and Deane).

Check out the refreshed website: <https://esznorthhants.org.uk/>

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart & Rushmoor Ukraine Support Fund

The Hart & Rushmoor Local Children's Partnership (LCP) is managing a Hampshire County Council fund to provide local access to funding to support Ukrainian individuals and families based in Hart and Rushmoor. Trusted referrers can apply for funded support on behalf of Ukrainian individuals, families or groups, if the spend does not duplicate services already in place through CVS organisations, schools, Hart / Rushmoor / Hampshire councils, etc.

Examples of the types of spend we will consider, specifically to support Ukrainian families and individuals are:

- Food vouchers – a one-off voucher that can be used in community pantries or supermarkets.

- Energy vouchers (if in own home). Direct financial support to pay gas, water and/or electricity bills. The value of any individual funding award will be dependent upon individual circumstances.
- Transport – bus passes or Community Transport services.
- ESOL programmes – support with second language of English.
- Community activity – Stay / Play sessions for toddlers, holiday activity programmes, youth provision (e.g., sports clubs, uniformed organisations), support groups for parents.
- Essential supplies – help with school uniform, white goods/appliances/furniture and furnishings in new home, laptop / tablet, etc. The value of any individual funding award will be dependent upon individual circumstances.
- Trauma Groups or therapeutic/mental health support, voluntary external companies to help with counselling particularly for teenagers.

Local consultation to assess current and changing needs, has helped us agree that we will give particular focus in Hart and Rushmoor to:

- Help into work – via language support, transport, driving lessons, limited childcare, etc.
- Ad hoc events, outings, workshops etc., organised locally – venue charges, transport, refreshments, etc.
- Additional school support not covered by grants directly to schools – study aids, tutoring, payment for school trips, etc.

Please share with colleagues as appropriate. The key elements are:

- Application form and Guidance is available from tony.mcGovern@rushmoor.gov.uk
- Applications must come from referrers, not the individual or family. In the first instance, contact tony.mcGovern@rushmoor.gov.uk with your idea / suggestion – once the idea has been discussed the funding application form can be completed.
- No minimum or maximum spend will be set, with each application based on its merits, but we would anticipate a typical request of £100-250.