



## Rushmoor & Hart LCP Supporting Families Bulletin – October 2024

Welcome to our 99<sup>th</sup> edition! The Supporting Families Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it, or relevant parts of it, with anyone you think will find it useful.

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The next Bulletin will be in **December** ahead of the Christmas and New Year holiday. Anyone wanting to be added to the mailing list we have for the bulletin, both to receive any new editions and to get prompts for submitting articles, should contact [tony.mcqovern@rushmoor.gov.uk](mailto:tony.mcqovern@rushmoor.gov.uk)

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### 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 help - Rushmoor Borough Council](#)

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

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

County:

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

[Money worries \(connecttosupporthampshire.org.uk\)](http://connecttosupporthampshire.org.uk)

National:

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

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

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## **LOCAL AUTHORITY INFORMATION & SUPPORT**

### **Rushmoor Link community resources directory**



**Rushmoor Link** is now established as the place for you to discover what activities, groups and community services there are local to Rushmoor. It is a wide-ranging online directory with 21 different categories, including Children, Young People & Families, Mental Health & Wellbeing, Community Venues, Employment, Housing Support, Social & Leisure Activities and Money Matters. So, whether you are looking for support, to improve your health and wellbeing, socialise more, get active, learn something new or find a place to meet, Rushmoor Link is a good place to start.

To browse click [Rushmoor Link](#)

**Please consider linking to Rushmoor Link from your own website**

If you would like your not-for-profit organisation to be included, let us know [info@rvs.org.uk](mailto:info@rvs.org.uk)

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### **Here for Hart update (coordinated by Hart District Council)**

**Here for Hart Directory:** The Here for Hart Directory is a wide-ranging online directory of services available to 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](http://www.hereforhartdirectory.org.uk)

You can access the directory by scanning the QR Code.



**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.

**Housing support:** Our Housing team can be contacted through the usual channels for general housing information, advice and assistance by emailing [housing@hart.gov.uk](mailto:housing@hart.gov.uk) or by phone on 01252 774 420 Monday to Thursday 8.30am till 5pm and Friday 8.30am till 4.30pm.

If you are facing homelessness or are currently homeless, please complete a housing advice form at <https://hart.homeconnections.org.uk/>; alternatively, you can email [dutyhomelessness@hart.gov.uk](mailto:dutyhomelessness@hart.gov.uk) or call the Duty Officer on 01252 774 239

Further information can be found at [www.hart.gov.uk/housing-advice](http://www.hart.gov.uk/housing-advice)

**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](#).

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## **WHAT'S ON IN RUSHMOOR & HART**

### **Princes Hall shows for children**

Princes Hall, Princes Way, Aldershot, GU11 1NX

#### **Play In A Day**

**Tuesday 29 October, 10am-4pm, Ages: 7-11 yrs**

A must for all drama fans! Our expert leader Debi Rush will give you the opportunity to learn new theatrical skills, meet new friends, build confidence and work on a short play that will be performed to parents at the end of the day at 3.30pm.

The children will work on a well-known story; acting out scenes and devising their own lines in small groups. The tutor will also encourage and direct the children to create fun characters that will be incorporated within the play.

Children must be aged 7-11years to take part in this workshop.

[Play In A Day - Princes Hall](#)

#### **Dance In A Day**

**Wednesday 30 October, 10am-4pm, Ages: 6-10 yrs**

A must for all dance fans, and movers & shakers! Our expert leader Sian will give you the opportunity to learn new dance moves and skills, meet new friends, build confidence and work on a number of short, choreographed pieces that will be performed to parents at the end of the day at 3.30pm.

With our professional dance tutors, the children will work on well-known dance moves and help devise their own choreography for individual and group performances, whilst building dance confidence and having fun!

Children must be aged 6-10years to take part in this workshop.

[Dance In A Day - Princes Hall](#)

**Science Museum LIVE**

**Monday 28 October, 1.30pm & 6pm**

Join London's world-renowned Science Museum as they bring you this brand-new stage production aimed at igniting your curiosity, fuelling your imagination, and inspiring you in new and exciting ways.

Produced by Mark Thompson Productions in partnership with London's Science Museum this unmissable family show will ensure to capture the fascination of the whole family whilst learning something new and exciting too.

[Science Museum LIVE - Princes Hall](#)

**The Smartest Giant In Town**

**Wednesday 30 October 4pm**

**Thursday 31 October 10am & 1pm**

Based on the bestselling book by Julia Donaldson and Axel Scheffler. This heart-warming tale about friendship and helping those in need is brought to life in a musical, puppet-filled adventure, following on from Little Angel Theatre's bestselling adaptations of Julia Donaldson's picture books including The Singing Mermaid and The Everywhere Bear.

[The Smartest Giant In Town - Princes Hall](#)

**Beauty and the Beast**

**Friday 6 December – Tuesday 31 December**

Experience the magic and excitement of another Aldershot professional pantomime. We work all year around to make sure that our panto is a truly magical production, with fabulous sets, stunning costumes, fantastic dancers, a great script and excellent songs and music. Our wonderful cast, well-loved panto traditions and friendly atmosphere all go into making the Princes Hall pantomime an annual Christmas treat for all the family.

**BSL performances - Thursday 12th December at 7pm, Friday 13th December at 1.30pm and**

**Monday 30th December at 1pm**

**Relaxed performance - Thursday 12th December at 7pm**

[Beauty and the Beast - Princes Hall](#)

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### Army Welfare Service Autumn programme

Programme	Ages	Cost	Location	Timings	Day
<b>Church Crookham</b>					
<b>Youth Voice Ambassadors Project</b> – peer led social activism with accreditation	11+	Free	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	6pm to 8pm	Mondays Term Time Only
<b>Juniors Youth Club</b> Play, and self-directed learning in safe space	8- 11 years	£1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	4pm to 5.30pm	Thursdays Term Time Only
<b>Seniors Youth Club</b> Developing myself through informal learning in a safe space.	11+	£ 1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	5.30pm to 7.30pm	Thursdays Term Time Only
<b>Play and Stay Group</b> Reducing isolation and connecting communities.	Parents with Toddlers	£1	Quetta Park Community Hall, Fleet GU52 8TL	10am to 11.30am	Thursdays Term Time Only

Contact Samena Mehmood Army Welfare Service Community Support Team, Community Development Worker  
 Mob: 07773 242 291  
 Email: [rc-aws-se-aldershot-csmailbox@mod.gov.uk](mailto:rc-aws-se-aldershot-csmailbox@mod.gov.uk)

Programme	Ages	Cost	Location	Timings	spaces
<b>Aldershot</b>					
<b>Play and Stay Group</b> Reducing isolation and connecting communities.	Parents with Toddlers	£1	Maurice Toys House Middle Hill Aldershot, GU11 1PL	10am to 11.30am	Tuesdays Term Time Only
<b>Beginners Sewing Project</b>	8 to 11	£2	Maurice Toys House Middle Hill Aldershot, GU11 1PL	4pm to 5.30pm	Mondays

Contact Sunita Limbu Army Welfare Service Community Support Team, Gurkha Support Worker  
 Mob: 07773242309  
 Email: [rc-aws-se-aldershot-csmailbox@mod.gov.uk](mailto:rc-aws-se-aldershot-csmailbox@mod.gov.uk)

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#### **October Half Term Training for Youth Voice Project**

Open to Young People aged 11 +  
 Three days training on onsite with two additional offsite days.

Leadership skills development trip to Runways End on 30.10 and on completion of training, a trip to Fright Night Thorpe Park Cost £30 on 01.11.24 . Only open to young people enrolled on Youth Voice Training week.

Contact Samena Mehmood Mob: 07773 242 291

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## Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

Looking to get outside, get active, and connect with nature this Autumn? Runways End Outdoor Centre offers a range of **adult only, family, and young person-oriented activities** to keep you busy!

- **Woodland warriors** – An action-packed holiday camp with an environmental twist. Explore the abundance of nature and wildlife in our nearby forest with complementary adventurous activities like canoeing, climbing, abseiling, caving, and archery. Each day is themed to understand the environment from a new angle such as: natural history, climate and conservation, or shelter and survival.

*Available for ages 7-11, drop off from 8.30-9.30 pick-up from 4.30-5.30, £200 for 5 days or £50 per day.*

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving to archery or a mixture! *£22 per person for 2.5 hours of fun.*
- **Adult (16+) Autumn chestnut forage and outdoor cooking** – Join us for a cosy, community bushcraft morning to celebrate the fruits of autumn and learn new bushcraft skills. *11am-1pm, £20 per person.*

We can't wait to see you! To book or find out more please email [rwe@hants.gov.uk](mailto:rwe@hants.gov.uk), call 01252 344421, or find details available on our website:

<https://www.hants.gov.uk/thingstodo/outdoorcentres/ourcentres/runwaysend>

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## Hampshire Libraries in the school holiday

Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](#) 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**

**Every Monday (excluding bank holidays) 10.30** - Story time

**Every Thursday 10am, 10.45 & 11.30**- Rhyme time

**Every Monday, Thursday and Friday (excluding bank holidays) 3.30-4.30** Stay and Play

**Every Saturday all day** Construction club

**Tuesday 29 October 1-1.30pm** Perform presents - **Outer Space** a **free** drama, dance and singing workshop for 4–8-year-olds (children must be accompanied). Booking is essential via the library website - [Perform presents 'Outer Space - Fleet Library - Tuesday 29th October 2 – Hampshire County Council Shop \(hants.gov.uk\)](#)

**Tuesday 10<sup>th</sup> December – 10.30am-11.30am** - Little Robin Red Vest family theatre event, £3 per person. Booking via the library website - [Little Robin Red Vest - family theatre - Fleet Library - Tuesday 10th – Hampshire County Council Shop \(hants.gov.uk\)](#)

### **Yateley Library**

**Every Monday** (excluding bank holidays) - **3.15-4.30pm** - After school Stay and Play

**Every Monday – 10.00 to midday** - Adult Craft and Natter

**Every Tuesday – 10.30** - Storytime

**3<sup>rd</sup> Tuesday of the month – 10.00 to midday** - Adult Book club

**Every Friday – 10.15** - Rhyme time followed by Chat About till midday

**Every Saturday – 10.00 to midday** – Construction club.

**1<sup>st</sup> Saturday of the month – 10 to midday** – Collin's Xtra special construction club.

***Tuesday 22/10 & 29/10 - 10.30 to midday** - Special story time and craft activities*

***26/10 -- 2/11** - Special Halloween craft (during opening hours)*

***26/10 -- 2/11** - Halloween trail (during opening hours)*

### **Farnborough Library**

**Rhymetime** – Every Monday 10am-10.30am, 10.45am-11.15am, every Thursday 2pm-2.30pm

**Storytime** – Every Tuesday 10.30am - 11am

**Construction Club** – Every Saturday 2pm-4pm

**Wednesday 30<sup>th</sup> October – 10am-12pm** Children's craft activity – join us to make spooky Halloween mummies and fun animal themed bookmarks

**Thursday 31<sup>st</sup> October – 10am-11am, 11.30am-12.30pm** - Halloween Mystery Room, £2 per child, booking essential – Join us on the hunt for our magical library book that has been stolen by some naughty ghosts! There will be some walk-in spots available if you are unable to secure a pre-booked place, but please ensure you arrive early to be able to guarantee a spot.

**19<sup>th</sup> October – 4<sup>th</sup> November** – come and tell us what you've been reading! Help us fill in our chart and see if we can read 100 children's books in 2 weeks!

**Tuesday 10<sup>th</sup> December – 2.30pm-3.30pm** - Little Robin Red Vest family theatre event, £3 per person

### **Aldershot Library**

**Rhymetime** – Every Tuesday 10am-10.30am and 11am-11.30am. Every Friday 10.30am-11am  
Our regular Rhymetime sessions for 0-2 year olds and their caregivers.

**Storytime** – Every Wednesday from 11am-11.30am.

**Wednesday 30 October only – 11-11.30 Story Sack Storytime: Mog** – story time and craft session suitable for 3–7-year-olds. Adults must stay.

**Saturday 26<sup>th</sup> October 10.30-11.30 Pumpkin Craft** – Make a bouncy paper pumpkin. 50p per family.

**Saturday 2<sup>nd</sup> November 10.30-11.30 Divali Craft Activity** – 50p per family

**19<sup>th</sup> October-4<sup>th</sup> November – Celebrating 100 years of Hampshire Libraries** – Pop in for our regular events and tell us what you love most about our library for our Centenary display.

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

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](#)

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## **Squirrels Educare – Half-Term Playscheme / Christmas Raffle**

### **Halloween Half-Term Spooky Fun!**

Join us at Squirrels Educare in Farnborough from Monday the 28<sup>th</sup> October to Friday 1<sup>st</sup> November for lots of fun & spooky activities at our fabulous holiday club.

Activities to include potion making, magic tricks, slime factory, pumpkin activities, spooky t-shirt making, ghoulish games & lots of other freaky fun!

Halloween fancy dress, face paints & disco on Thursday the 31st October.

Please contact Squirrels Educare at [office@squirrelseducare.co.uk](mailto:office@squirrelseducare.co.uk) for booking forms

Squirrels Educare, Priory Street, Farnborough, Hampshire, GU14 7HX, [tel:07702 202 921](tel:07702202921)

### **Christmas Raffle Donations**

Squirrels Educare in Farnborough needs your help! We are looking for local companies and businesses to help support our preschool. This year we are fundraising to make adaptations to the setting, so it is more accessible, including ramps for the garden area. Donations of gifts, vouchers and/or services are all welcome. All business will then be advertised within our preschool community. Squirrels Educare, Priory Street, Farnborough, Hampshire, GU14 7HX, [tel:07702 202 921](tel:07702202921)  
Email: [office@squirrelseducare.co.uk](mailto:office@squirrelseducare.co.uk)

Any help would be greatly appreciated!

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### **Join Us for a Spooktacular Halloween at Princes Mead Shopping Centre!**

Get ready for a hauntingly good time at Princes Mead Shopping Centre in Farnborough! This Halloween, we're transforming our garden into a magical realm of spooky fun and ghoulish delights, and we want YOU to be part of the excitement!

**Thursday 31<sup>st</sup> October 11:00 AM - 4:00 PM**

**\*\*Free Face Painting\*\*** - Transform into your favourite Halloween character with our talented face painters, ready to bring your spooky visions to life!

**\*\*Spooky Selfie\*\*** - Strike a pose at our eerie selfie spot for the perfect Halloween photo. Don't forget to share your pics with #PrincesMeadHalloween!

**\*\*Scary Storytelling\*\*** - Gather 'round for chilling tales as our storytellers weave spooky stories at intervals throughout the day. Perfect for little goblins and grown-up ghouls alike!

**\*\*Halloween Garden\*\*** - Immerse yourself in the spirit of the season in our beautifully decorated Halloween Garden, the ideal setting for all our activities.

Bring your family and friends to enjoy a day filled with frightful fun, enchanting entertainment, and Halloween magic. Best of all, these activities are FREE! Mark your calendars, don your best costumes, and prepare for a Halloween celebration you won't want to miss!

For more details, visit [www.princesmead.co.uk](http://www.princesmead.co.uk) or follow us on social media. See you there... if you dare!

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## Rushmoor Borough Council – Events for children and families

### **Halloween Wizard School**

Sat 26 Oct, 10am to 3pm, Union Street, Aldershot  
Sun 27 Oct, 10am to 3pm, Queensmead, Farnborough

For lots of freakishly FREE fun this October half term, join our wander-ful Halloween Wizard School! Young witches and wizards will learn to fly a broomstick, encounter creepy cauldrons, craft a magical wand, cast mischievous spells, take part in a monster dance class, join in with spooky stories and seek out our frightful face painters! No need to boooooook, just turn up!

[www.rushmoor.gov.uk/halloween](http://www.rushmoor.gov.uk/halloween)

### **Aldershot Christmas Cracker**

Saturday 16 November, 12-5.30pm

There's a stocking-full of free festive fun taking place at the free Aldershot Christmas Cracker on Saturday 16 November, with festive gift and community stalls, a Christmas grotto, giant bubble man, street performers, a petting farm, donkeys, Juggling Jake, Lego brick building, birds of prey, free children's Christmas crafts, a giant snow globe, face painting, brass bands, and full line-up of live entertainment across two stages. Plus the Christmas Lights Switch-on and fireworks from 5pm!

[www.rushmoor.gov.uk/christmascracker](http://www.rushmoor.gov.uk/christmascracker).

### **Farnborough Frost Fair**

For a sleigh full of free festive fun, don't miss Farnborough Frost Fair in the town centre on Saturday 23 November! There're mischievous elves and a lairy fairy, gift and community stalls, a Christmas grotto, street theatre, festive donkeys, Juggling Jake, Lego brick building, birds of prey, children's Christmas crafts, a giant snow globe, face painting, brass bands, a full line-up of live entertainment across two stages and much more!

[www.rushmoor.gov.uk/frostfair](http://www.rushmoor.gov.uk/frostfair)

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## The Cambridge Primary School: Firework Extravaganza / Winter Wonderland

### **Firework Extravaganza 2024**

#### **Venue:**

The Cambridge Primary School, Queens Avenue, Wellesley, Aldershot, GU11 4AA

**Date:** Monday 4<sup>th</sup> November – gates open at 5pm, fireworks starting at 6pm.

- Food trucks
- Glow merch
- Drinks & confectionery stall
- Live Entertainment

**Tickets:** Ticket event - £3 per ticket – must be purchased online via: <https://www.pta-events.co.uk/fofc/index.cfm?event=event&eventId=84663>

Children under 12months are free entry

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### **Winter Wonderland 2024**

#### **Venue:**

The Cambridge Primary School, Queens Avenue, Wellesley, Aldershot, GU11 4AA

**Date:** Saturday 30<sup>th</sup> November 2024 @12.00pm – 06.00pm

- Ice rink - prepaid ticket required

- Grotto - prepaid ticket required (closes at 16:45)
- Craft stall
- Games stall
- Glow merch
- DJ
- Animals
- Christmas Light Show (fire & lasers too!)
- Small rides

**Tickets:** Ticket event - £3 per ticket – must be purchased online via: <https://www.pta-events.co.uk/fofc/index.cfm?event=event&eventId=83245>

Children under 12 months are free entry

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### **Events at Wellesley Woodlands**

Autumn Family Nature Walk – Sunday 3<sup>rd</sup> November 10am-11.30am Eventbrite tickets: [Wellesley Woodlands Family Autumn Nature Walk Tickets, Sun, Nov 3, 2024 at 10:00 AM | Eventbrite](#)

Family Fungi Walk – Saturday 9<sup>th</sup> November 10am-11.30am Eventbrite tickets: [Wellesley Woodland Family Fungi Walk Tickets, Sat, Nov 9, 2024 at 10:00 AM | Eventbrite](#)

Winter Tree Walk – Sunday 8<sup>th</sup> December 2pm-3.30pm Eventbrite tickets: [Wellesley Woodland Winter Tree Walk Tickets, Sun, Dec 8, 2024 at 2:00 PM | Eventbrite](#)

#### **Wellesley Woodlands Pumpkin Carving and Story Time**

**Pumpkin carving on Monument Field before joining a friendly forest spirit on a magical quest in search of a Witch!**

**Tue, 29 Oct 2024 16:30 - 18:00**

**Wellington Statue Car Park**

off Claycart Road Aldershot GU11 1QA

Booking required. To find out more please contact

[wellesleywoodlands@tcv.org.uk](mailto:wellesleywoodlands@tcv.org.uk)

#### **Christmas Wreath Making workshops at Wellesley Woodlands**

Booking required. To find out more please contact

[wellesleywoodlands@tcv.org.uk](mailto:wellesleywoodlands@tcv.org.uk)

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### **Vine Church, Odiham – Free Holiday Club**

The Vine Church, London Road, Odiham is running a free holiday club called RESTORATION STATION for Year R to Year 6.

**Mon 28 October - Wed 30 October 10.00-12.15**

There will be games, crafts, songs, drama, videos and Bible stories.

Booking is essential using this link.... [Book here](#)

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## **Aldershot Town FC & Shots Foundation October Half-Term Football Camps**

The Shots Foundation, along with Aldershot Town FC, are running four football camp days in Aldershot and Hook **in the week commencing October 28<sup>th</sup>** from **10am until 4pm** each day. The camps will be a mix of technical sessions from FA qualified coaches and fun football games. This camp is for **children aged 4-11** (primary school ages) with a maximum of 25 children-a-day; all activities will be age-appropriate. Prices are £30-a-day, or £55 for both.

Monday 28<sup>th</sup> October and Tuesday 29<sup>th</sup> October - The Cambridge Primary School (Aldershot, GU11 2BS)

Thursday 31st October and Friday 1<sup>st</sup> November - Hook Junior School (Hook, GU27 9NN)

There are plenty of places available with full details, including the camp's terms and conditions, can be found by following links -

[Aldershot Half-Term Camp | Theshots Shots Foundation | Shop | Abler](#)

[Hook Junior School Half-Term Camp | Theshots Shots Foundation | Shop | Abler](#)

For more information please contact [jamie.macallister@shotsfoundation.org](mailto:jamie.macallister@shotsfoundation.org)

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## **Parent's Action Group (PAG): Half-term activity and panto information**

### **Halloween Party Spooktacular!**

Join PAG for 2 hours of half term Halloween fun at the West End Centre in Aldershot.

There will be one hour of magic, games and silliness with Dan from [Playhouse Parties](#) plus one hour of dance with Jackie from MADD Dance club.

30th October 2024 | 2:00pm-4:15pm

£6 per child | Siblings welcome

West End Centre, Aldershot

Please book tickets directly via [www.westendcentre.co.uk](http://www.westendcentre.co.uk) | 01252 330 040

Please reach out to us with any questions – [info@pagforspecialplay.co.uk](mailto:info@pagforspecialplay.co.uk)

### **Beauty and the Beast relaxed performance pantomime**

Sunday 8th December | 1pm

Princes Hall, Aldershot

£15 per ticket

Please email [info@pagforspecialplay.co.uk](mailto:info@pagforspecialplay.co.uk) to receive a PAG panto booking form.

Closing date for tickets is 30<sup>th</sup> November | Tickets are on a first come first served basis.

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## **Wavell Campus Leisure**

Wavell Campus Leisure is a thriving part of the Wavell School and an important resource for the Community. We provide a range of indoor and outdoor sports facilities including a Dance Studio, Main Hall with a Stage, a fully equipped Sports Hall and 8 Floodlit Outdoor Netball Courts. We also have the facility to host evening classes and courses, in our Community Hall and Classrooms, which are available in abundance.

Wavell Campus Leisure also offers a Holiday Club which is run by CM Sports every school holiday from 8-4.30pm.

**CM SPORTS OCTOBER HALF TERM HOLIDAY CLUB**  
**MONDAY 28<sup>TH</sup> OCTOBER – FRIDAY 1<sup>ST</sup> NOVEMBER 2024**  
**FROM 8AM – 4.30PM DAILY**

For further information regarding costs and availability please email [info@cm-sports.co.uk](mailto:info@cm-sports.co.uk)

**CAMPUS OPENING HOURS:**

Monday to Thursday: 5pm-10pm  
Fridays: 5pm-8pm  
Saturday & Sunday: 8.30am- 6pm

**FACILITIES TO HIRE & HOURLY RATE**

SPORTS HALL £37.50 PER HOUR  
DANCE STUDIO £23 PER HOUR  
THE WAVELL HALL £23 PER HOUR  
COMMUNITY HALL £20 PER HOUR  
CLASSROOMS £11 PER HOUR  
OUTDOOR NETBALL COURTS £20 PER HOUR

**SPORTS HALL - IMPORTANT NEWS**

Wavell Campus Leisure are pleased to announce that during the Summer of 2024 we had a **new floor** installed. This is a project that Wavell Campus Leisure have been working on and raising funding for, for a very long time. Our Sports Hall now boasts a new multi-functional SSUK Pulastic Classic 110 sports floor, which replaced the old Granwood floor of 30 years! This is fabulous news for both the school and the Community, who make full use of this Sports Facility all year round.

**CLUBS & CLASSES**

Please check our website [www.wavellschool.org.uk/leisure/homepage](http://www.wavellschool.org.uk/leisure/homepage) for all the clubs and classes running at Wavell Campus Leisure. You will find everything you need to know on the **'What's on Where Page'** and we currently accommodate and cater for many different classes and cultures. We have a vast choice of both educational and sporting classes to offer the community.

**New to Campus Leisure**

**Easy Maths** – Educational classes to help children improve their Maths – Saturdays 10-1pm  
**FCL** – First Class Learning – Maths & English Tuition – Thursdays 5-6pm and Saturdays 10-12pm  
**GRNC** – Greater Rushmoor Nepali Community - Education & Dance – Sundays 10-12pm

**CHILDRENS PARTIES**

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY\* - HIRE PRICE IS £26 PER HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY\* - HIRE PRICE IS £36 PER HOUR THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SATURDAY\* - HIRE PRICE IS £46 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY\* - HIRE PRICE IS £46 PER HOUR

**\*All subject to availability**

For further information or enquires regarding hire of our facilities;  
Contact us at [Wavell.campus@wavell.hants.sch.uk](mailto:Wavell.campus@wavell.hants.sch.uk)  
Check out our website at [www.wavellschoolorg.uk/leisure/homepage](http://www.wavellschoolorg.uk/leisure/homepage)  
Or call Wavell Campus Leisure on 01252 317 603

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## Kaizen Karate Academy – Times and venues

### **Tuesday**

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30 Senior grades / adults 6.30-7.30

£6 per session – First lesson free!

If you are interested in your child attending, please contact [Nathan Barham](mailto:Nathan.Barham@kaizenkaratefarnborough.com) or [kaizenkaratefarnborough@gmail.com](mailto:kaizenkaratefarnborough@gmail.com) or Chief Instructor Bill Cross on 07958 630 048.

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## Multiply Programme – Free family events this Half-term

**Multiply** are offering some **FREE** family events during the October half term, combining fun numeracy activities with free entrance into some of Hampshire's attractions. The following events are open to everyone. Please either register your interest using the link provided <https://forms.office.com/e/GUrCFF028j> or email [multiply@hants.gov.uk](mailto:multiply@hants.gov.uk) to receive a copy of the flyer for the venue of your choice

29.10.24 Milestone Museum

30.10/24 Eastleigh Railway

01.11.24 Beaulieu National Motor Museum

The Multiply Marwell Zoo event is only available to families where at least one adult in the party does not have a level 2 maths qualification, (e.g. GCSE grade 4/C and above or a Level 2 Functional Skills qualification in maths). The day starts at the Marwell Hotel and in the afternoon, you will receive a free family ticket to go into Marwell Zoo

31.10.24 Marwell Zoo

Please either register your interest using the link provided <https://forms.office.com/e/66Gc21T8Pd> or email [multiply@hants.gov.uk](mailto:multiply@hants.gov.uk) to receive a copy of the Marwell Zoo flyer

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## COMMUNITY SUPPORT INFORMATION

### Rushmoor and Hart Foodbanks and Larders

What follows is the information we receive from provisions about their local services, but please check with the providers, or these weblinks, for the most up to date information, as it is regularly changing:

[Food and food banks - Rushmoor Borough Council](#)

[Help with food | Hart District Council](#)

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### Community Grub Hub CIC

Whether you are volunteering, donating, swapping or shopping, all will receive a warm welcome from the volunteers. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need. All we ask for is a few details to sign up to a loyalty card, so

we can report back to our funders and donors how many people we have helped. Suggested minimum donation of £1 to help keep the project running.

We are based at: **2a Windsor Way, Aldershot GU11 1JG**

We are open: every Tuesday 10am to 4pm.

Please signpost your families in need. For more information, please follow the project's [Facebook page](#) or email [communitygrubhub@outlook.com](mailto:communitygrubhub@outlook.com)

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### **Church of the Good Shepherd – Food Support**

**Church of the Good Shepherd, Sand Hill, Farnborough, GU14 8ER**

#### **Free Food Essentials – Fridays 10am-12noon**

The Church of the Good Shepherd is open once a month for anyone to collect a bag of free food essential items – No Questions Asked.

#### **The Larder Foodbank**

We deliver food parcels to families and individuals in need on **Monday, Wednesday and Friday afternoons**.

To receive a food parcel, you must be referred by a professional, e.g. Your Key Worker/Social Worker, children's school, GP surgery, etc. They will need to call the Larder Phone (07501 202 546) and leave a message with your details. We can then deliver a food parcel to you.

For more information, please contact Abbie Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: [community@goodshepherdchurch.org.uk](mailto:community@goodshepherdchurch.org.uk)

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### **The Community Cupboard at the Vine Centre, Aldershot**

**The Vine Centre, 33 Station Road, Aldershot, GU11 1BA**

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is part of the Hampshire County Council Pantry scheme and food is offered for a small charge to supplement a person's weekly shop. First visit is free.

Please get in touch if you need help – 01252 400 196

Opening hours: Monday, Wednesday and Thursday 10-2

There is no need for a referral, just come along.

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

[info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk)

#### **Kids Lunch Packs – Tuesday 29<sup>th</sup> October 1:30pm – 3:30pm**

For October Half term we are offering families in the area lunch packs for their children to help out with the continued rising living costs. Lunch packs will consist of 5 days' worth of lunches, fruit and snacks.

#### **Cosy Hub – Opening 1<sup>st</sup> November - Monday – Thursday 10am – 3pm, Friday 10am – 2pm.**

Our Cosy Hub is back for the winter months and now will be opening every day of the week. For anyone struggling with their utility bills (we can also support with that!) and heating their homes, pop in for a hot drink and a cup of soup. We've got games and crafts – but feel free to bring a book or your own entertainment if you aren't keen to join in with others.

**Eat Your Pumpkin - 2 weeks of activity – Tuesday 21<sup>st</sup> October – Thursday 31<sup>st</sup> October**

Discover different ways to decorate your Halloween pumpkin without making waste by carving it! We'll be painting and decorating them using alternative methods to carving. The following week we will be cooking with the pumpkins at Culture Café and sharing new recipes.

**Week 1**

Culture Café – Tuesday 22<sup>nd</sup> October – Pumpkin Decorating  
Silvers (over 65's) – Thursday 24<sup>th</sup> October – Pumpkin Decorating

**Week 2**

Culture Café – Tuesday 29<sup>th</sup> October – Cooking with the pumpkins  
Silvers (over 65's) – Thursday 31<sup>st</sup> October – Halloween Party

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**Farnborough Foodbank**

Farnborough Foodbank has a new hub based in Hamesmoor Road, Mytchett GU16 6JB between 10:00 - 12:00.

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays. There will be No Access to Farnborough FoodBank Warehouse for clients. However, Organisations can continue to attend.

01252 331 668 (Limited Hours Tue, Wed and Fri Only)

Mobile: 07954 105 279 call or text please

Email: [info@farnborough.foodbank.org.uk](mailto:info@farnborough.foodbank.org.uk)

Web: [www.farnborough.foodbank.org.uk](http://www.farnborough.foodbank.org.uk)

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**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](mailto:odihamfoodbank@gmail.com)

**Hart Foodbank also run a Kids Clothing Bank.** Contact Emma at: [emma@mabin.co.uk](mailto: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](mailto:FSSouthernCentral@fareshare.org.uk)

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**Other local food provisions in Hart are:**

**Darby Green Mobile Community Larder** 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 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. We are always looking for donations and they can be dropped off any time 9am – 4pm Mon – Fri. The pantry is open Tues, Wed & Fri 10am – 2pm.

Tel 01252 872 337 or Email: [Jeanp@yateleyindustries.net](mailto:Jeanp@yateleyindustries.net)

Yateley Industries and E.ON are holding an information session for Pantry Members and anyone in the community on **Tuesday 26th November**.

**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](mailto:info@fleetphoenix.co.uk) or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

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**Green Doctor Service – Energy advice**

Green Doctors are a team of expert energy advisers, delivering effective energy advice via home visits and telephone consultations. For 18 years the Green Doctors have helped over 45,000 UK households save money, stay warm and improve energy efficiency at home. This includes damp and mould issues.

Green Doctors is a flagship national programme of the UK based community charity Groundwork. They accept both self-referrals and referrals from professionals.

Book your free consultation at

<https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors> or call 0300 365 3005.

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**Hampshire Libraries – Warm & Welcome events**

Hampshire Libraries are proud to be working alongside Connect 2 Support Hampshire, to support our communities once again with the cost of living.

Join us at **Fleet Library** on **Friday 25 October** between 10am and 12noon for advice and support as we host our annual Warm & Welcome event. We will be welcoming a number of partner organisations dedicated to supporting local communities, including Citizens Advice Hart, Hart District Council, Andover Mind, Fleet Pantry, Hart Foodbank, Dementia Support Hampshire, Hampshire Home Library Service, and the Blue Lamp Trust. No need to book – just drop in!

**Farnborough Library's** Warm & Welcome event takes place on **Wednesday 23<sup>rd</sup> October** between 10am and 12noon.

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## **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](mailto: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](http://www.stopdomesticabuse.uk)

- We will be sending out our first Newsletter in September, to all schools in Hart and Rushmoor.
- We will be offering a community holiday event within the Hart & Rushmoor area over the Summer holidays – date and venue to be confirmed.

### **Upcoming free webinars:**

- 20<sup>th</sup> November - Post Separation Abuse – Using the Courts And Child Contact Arrangements at 19:00 - 20:30
- 27<sup>th</sup> November - An Introduction To Economic Abuse Workshop at 12.00 - 13.00
- 27<sup>th</sup> November - Impact of Domestic Abuse on Children and Young People at 13:30 - 15:00

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## **Citizens Advice Rushmoor**

At Citizens Advice Rushmoor, we provide free, independent, impartial, and confidential advice and information services to our local community. We're a local, independent charity governed by a voluntary Board of Trustees.

Our team of staff and volunteers are trained to help with things like benefits, debt and money, energy, employment, and many other issues. We tailor our help to meet your needs and agree the action that's right for you.

When you contact us, we will agree with you what sort of help you need. That might be:

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- Arrange for you to have a telephone appointment for more detailed help or in-person at our offices if appropriate
- Referring you to a different organisation who could assist you better than we can.

### **Our Drop-in Service is open 5 days a week.**

It alternates between Farnborough and Aldershot as detailed below:

- Aldershot - Tuesday and Thursday 9.30am to 12.30pm

- Farnborough – Monday, Wednesday and Friday – 9.30am to 12.30pm

**Different ways of reaching us:**

- **Freephone Adviceline - 0808 2787 912**
- **Online and webchat via [citizensadvice.org.uk](https://citizensadvice.org.uk)**
- **Help to Claim Universal Credit - 0800 1448 444**
- **Consumer Helpline - 0808 223 1133**
- **Nepali Language Adviceline - 01252 894 280 / ०१२५२८९४२८०**

**Nepali Drop-in**

We run a Nepali drop-in service in Aldershot Citizens Advice every Wednesday from 10.00am to 12.30pm. If you know someone whose first language is Nepali and who needs advice, please direct them to the drop-in.

**Community Grub Hub - Every Tuesday from 10am to 4pm**

If you know a Rushmoor resident is struggling to afford their weekly food shop, please direct them to the Community Grub Hub where they can see our friendly adviser Joel, who will be happy to help.

**Energy Advice**

Citizens Advice Rushmoor have established a new callback service providing free advice to help people save money and energy at home.

Support is also being offered to access schemes such as the Household Support Fund, Warm Home Discount and Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, fuel and clothing, if required.

You can call free 0808 175 3559 and leave a voicemail, or email [energy@carushmoor.org.uk](mailto:energy@carushmoor.org.uk) - leave your name, phone number and postcode and we will call you back to arrange an appointment.

**Debt Free Prospect**

Do you know someone living on Farnborough’s Prospect Estate who is struggling with debt? We have established a new service offering free, confidential advice on finding a way out of debt. They can call free **0808 175 3559** or email [pebl@carushmoor.org.uk](mailto:pebl@carushmoor.org.uk) - leaving their name, phone number and postcode and we will call them back to arrange an appointment.

**Free Advice First Aid Training – Be A Helping Hand In Your Community**

Do you find yourself wanting to help friends, family, or even strangers facing challenges? Our Advice First Aid course can equip you with the skills and knowledge to be a supportive guide.

This free training will help you:

- **Identify common advice issues:** Learn to recognize signs of problems like debt, money management struggles, or housing difficulties.
- **Start Supportive Conversations:** Build confidence in approaching these topics and having open, helpful discussions.
- **Connect People with Resources:** Discover the wealth of local support available, including Citizens Advice Rushmoor and our expert advisors.
- **Find the Right Path Together:** Develop skills to navigate complex situations and collaborate with individuals to find the best solutions.

**Perfect for:**

- Volunteers

- Community Leaders
- Anyone who wants to be a better helper!

**Date:** Wednesday, 22<sup>nd</sup> January 2025 **Time:** 1:30 PM - 3:30 PM **Location:** Citizens Advice Rushmoor Farnborough Office

**VOLUNTEERING**

Our training groups run 3 times per year in January, May and September. Our next **Introduction to Volunteering** event will be on 22 January 2025 at 1:30 as part of our Advice First Aid training course. If you would like to find out more about it and about volunteering with us please complete our [Volunteer information request form](#) or email [volunteering@citizensadvicrushmoor.org.uk](mailto:volunteering@citizensadvicrushmoor.org.uk) We are also looking for volunteers in Reception, Advice, Fundraising, Events. If you are interested, please get in touch via our [website](#) or email [volunteering@citizensadvicrushmoor.org.uk](mailto:volunteering@citizensadvicrushmoor.org.uk)

**Clayton Court**

If you are supporting a resident of Clayton Court who is struggling to keep warm and feed the family, we have help available:

- Heaters
- Vouchers for bedding and blankets
- Food Vouchers

Please contact us on the numbers above.

You can find further information online: <https://citizensadvicrushmoor.org.uk/>

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**HEALTH & WELLBEING INFORMATION**

**Get winter strong – get vaccinated**

For some, flu and COVID-19 are unpleasant. But for many, particularly those with certain health conditions, older people and pregnant women, they can be very dangerous and even life-threatening.

Vaccines are our best protection against flu and COVID-19. Over the last few years, they have kept tens of thousands of people out of hospital and helped to save countless lives. In winter, flu and COVID-19 spread more easily as we spend more time indoors. Getting these vaccines ahead of winter are two of the most important things you can do to keep yourself and others around you safe and get ‘winter strong’.

The flu vaccine is also offered to most children including all aged 2 and 3 years old and school aged children from reception to year 11, as well as those with underlying health conditions. The children’s flu vaccine is usually given as a quick and painless spray up the nose.

Children should get the flu vaccine as soon as they can for their protection and to help stop the virus spreading to others. Children aged under 5 have one of the highest hospitalisation rates for flu. During the 2022/2023 season, more than 6,000 under-5s in England were hospitalised by flu, and many more needed care in accident and emergency. The vaccine reduces a child’s chance of needing hospital care by around two-thirds.

Book in with your GP if your child hasn’t already been vaccinated as part of the schools’ programme.

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## Have you downloaded the NHS App yet?

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.

Download it now from your app store to order repeat prescriptions, view your health records and manage appointments. [Click here](#) to help you get started!

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## 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](http://www.healthystart.nhs.uk)

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## 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](#)

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[kooth.com](http://kooth.com) is the free safe, digital mental wellbeing support service for ages 11- 25 in Hampshire. With nearly 40% of Kooth users reporting stress & anxiety, 24% reporting suicidal ideation, and just under 20% reporting self-harm in Hampshire it's so important that we work together to raise awareness of the mental health support available in Rushmoor.

Young people can find additional FREE support via registering at [kooth.com](http://kooth.com)

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[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

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[No Limits Safe Haven](#) - An out-of-hours drop-in and one-to-one crisis support for young people for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley) and experiencing difficulties with their mental health.

Drop-in sessions take place at Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH. Sessions are in person, no need to book. For details of our open-access hours, visit our website. You can also talk to a youth worker privately in a one-to-one session. These are by appointment only and can be accessed in-person, online or over the phone.

**To book an appointment for a one-to-one:** Call 07918 259 361

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[Sasha's Project](#) is a not-for-profit organisation that was set up in memory of a local Hampshire resident.

The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 9pm - 6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

The drop-in centre is also available to parents struggling to parent a child with poor mental health.

**The Point Youth Centre, Harlington Way, Fleet GU51 4PB**

Contact number to call (during opening hours only) 0774 111 7655

For more information visit [www.facebook.com/sashasproject](http://www.facebook.com/sashasproject)

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### [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.

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**Solent Mind's Self-Harm Awareness** online training sessions run for one hour and are delivered remotely via zoom. This training is for education providers of secondary school age children and young people (11 years and over), 6<sup>th</sup> form & further education and charities working directly with children and young people in this age range.

Please visit their webpage to find out more and book your place:

<https://www.solentmind.org.uk/training/self-harm-awareness-training/>

**Solent Mind's Self Harm Support Hub** is a Peer Support Service available for parents, carers and families of children and young people who self-harm. The groups are available with both one to one and group support available, led by those with lived experience. They also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support.

To access support and for more information, please complete their referral form by visiting the Self Harm Support Hub website:

<https://www.solentmind.org.uk/support-for-you/our-services/self-harm-support-hub/>

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### **The Solihull Approach – FREE online parenting courses for local families**

Hampshire County Council has partnered with the Solihull Approach to provide **free, evidence-based online courses** with practical tips and advice to boost parent's and carer's confidence, help them navigate family life, and strengthen their relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you. Once registered, families receive unlimited access to the courses and can go back to them as their children grow. The interactive courses cover topics like:

- Understanding pregnancy, labour, birth and your baby (Antenatal)
- Understanding your baby (Postnatal)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's mental health and wellbeing
- Understanding your feelings (for teenagers only)

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

To register for parent courses, you will need a Hampshire postcode and complete these steps:

1. Visit <https://inourplace.co.uk/>
2. Select '**Apply Access Code**'
3. Enter the access code: **FAMILY**
4. Enter your information and select the relevant course

Further information can be found at: <https://www.hants.gov.uk/solihullapproach>

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### **Parent support at Hampshire Libraries**

Here are details of two new groups in Hampshire Libraries:

**New Parents Meet and Connect** - These new sessions are perfect for new babies and first-time parents/carers in the early days. You will be supported to explore a range of sensory equipment with your baby and have a chance to connect with other new and first-time parents. These sessions are free, there is no need to book, but places are limited. To find your closest session please use the link:

<https://www.hants.gov.uk/librariesandarchives/library/events#.Parent-support>

**First words together** - Babies communicate long before they start to talk, through gestures, showing and giving objects, pointing, and vocalising. Sharing books and interacting through books from when babies are very young supports communication and language development. If you would like support to build your confidence to support your baby's communication, please contact ChatHealth to request a place on the new First words together courses for parents and carers:

<https://www.hampshirehealthyfamilies.org.uk/chathealth>

**In addition**, libraries in Hampshire offer other support and social activities for new parents and babies during their first twelve months and beyond. Find out how we can help your new family feel at home in the library:

- **Join the library** - Anyone who lives, works, or studies in Hampshire to join our library and it's free! We have lots of books and resources to support you as a parent as well as some fantastic books for children and it's never too early to start sharing books. You can join online or in your local library - find out more about the benefits of joining here.  
<https://www.hants.gov.uk/librariesandarchives/library/membership/jointhelibrary>
- **Baby stay and play** - Free and fun play session for babies up to 12 months old. These sessions offer a great chance to bond with your baby and make new friends. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Baby Rhymetime** -Join these sessions to learn action songs and rhymes with your own baby with other parents and carers. Some libraries run sessions just for babies under 12 months. Find your closest session here:

<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>

- **Storytime** -Learn how to share stories and make them special at our free storytime sessions for pre-school children. Find your closest session here:  
<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **When a book might help** - Sharing stories about situations can help put a child's make transitions and new experiences easier more understandable and easier to cope with. These story books can make it easier to explain new situations to small children.

Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/whenabookmighthelp>

- **Rhyme and story of the month** - Repeating the same rhymes and stories, with actions too, will help to build a connection with your new baby and support their own listening and communication too.

Each month our libraries share the same rhyme and story in our rhymetime and storytime sessions to help you and your baby become familiar with sharing rhymes and stories at home. Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone>

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### **Barnado's / Hampshire Healthy Families – Healthy Heroes for Early Years settings**

If you work in an EY setting/childminders or work with families from 0-5 years of age, then Barnardo's and Hampshire Healthy Families can offer a free workshop to the children called Hampshire Healthy Heroes.

We can deliver this and encourage children to engage around health messages of oral health, physical health and emotional health and well-being. We use resources, stories and interactive activities to support these areas for children and parents. This is particularly suitable for children 3+ years although it can be adapted to suit the age of the group of children.

Using stories and activities we will enable engaging conversations with children. For example, how they can look after their teeth, why it is important to be active and most importantly how to take care of their feelings.

This will take approximately 30-45 minutes depending on the number of children there are. After the workshop we will supply you with the session plan and all the resources you need to run the workshop.

If you have any further questions or to book a date, then please e-mail [Elaine.penman@barnardos.org.uk](mailto:Elaine.penman@barnardos.org.uk) to book a Hampshire Heroes workshop.  
Elaine Penman – Barnardo’s Community Health Development Worker

We continually plan ahead for our schedule so if you book early, you will have more choice of days/times to fit in with you.

Please take a look at our website for more information.

**Hampshire Healthy Families:** [www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)

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### **Barnado’s Hampshire Healthy Steps Programme**

This is a universal offer for families in Hampshire with a child aged 2 -12 years. Barnado’s will be offering a 6-week programme and empower families to set their own goals, with a focus on physical activity, nutrition, well-being and healthy weights.

Families can self-refer, or you can make an enquiry with them. Leave a message on our dedicated telephone line – 08081 691 674.

Email – [healthysteps@barnardos.org.uk](mailto:healthysteps@barnardos.org.uk)

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### **Solent NHS Trust Sexual Health Services**

<https://www.letstalkaboutit.nhs.uk/>

Sexual Health Clinic

Mon-Fri Aldershot Centre for Health level 4 (ACfH)

Condoms, Get It On (GIO) cards, Contraception, Emergency contraception, Chlamydia and other STI testing.

Sign up to your own Personal Health Record

<https://sol.myphr.online/>

Sexual Health Services run College Clinics (term time only)

Farnborough 6th Form (F6thF) 11am-1pm

Farnborough College of Technology (FCoT) 1pm-3pm

Offering free and confidential advice, contraception, condoms and STI testing

### **Look out for our posts on social media – Free Training & Webinars**

F: @solentnhstrustsexualhealthservices

X/T: @LetsTalkHants

I: @LetsTalkHants

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## **Rushmoor & Hart School Nursing Service**

The ChatHealth texting service is still running 8.30am-4.30pm Monday to Friday (exc. bank holidays). This service is for 11–19-year-olds and is a confidential texting service. Text: 07507 332 160.

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: 02382 311 550 or you can email us at [randhsnteam@southernhealth.nhs.uk](mailto: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/>

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## **Andover Mind's Wellbeing Centre, Aldershot**

Andover Mind is a mental health charity helping anyone with or at risk of mental ill-health. We provide services right across Hampshire, with wellbeing centres in Andover, Basingstoke and Aldershot, and outreach in the community across the boroughs of Test Valley, Basingstoke and Deane and Hart and Rushmoor.

We are here to help *for free*, supporting you to manage your wellbeing and teaching you coping strategies to avoid crises.

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

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

Some of our free groups and workshops include:

- Emotional Support and Recovery (Farnborough and Fleet)
- Social chats in the community (Aldershot and Farnborough)
- Meditation
- Yoga
- Board game therapy
- Tai Chi

Quiz  
Allotment group  
Creative writing  
Parents support group  
Workshops: Decider Skills, Self Esteem, Managing Anxiety, Finding Confidence, Sleep, Stress management, Resilience,

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

To access our services, you will need to be over 18 and complete a self-referral form at the Wellbeing Centre, by calling 01252 317481.

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

Aldershot Safe Haven opening times are:  
Monday to Friday 6pm to 11pm  
Weekends/ Bank holidays 12.30pm to 6pm

When arriving (live or virtually) the Service User is assessed (triaged) and seen by the most appropriate person. Service users need to complete a self-referral (this can be completed over the telephone, online via our website or by walking into the Wellbeing Centre) and an assessment. Once these steps have been completed, service users will be able to access up to 6 one to one sessions and any of our groups and courses.

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### **Open Door Hook**

Fleet Phoenix Open Door sessions take place at **The Club Room, Hook Community Centre, Ravenscroft, Hook, RG27 9NN** every Friday from 3pm - 6pm by appointment only.

Open Door Hook is a FREE open access, one to one support session for young people aged 15-25 years old, living in the Hart district who need advice, support, information, guidance, mentoring or just a listening ear (currently by appointment only). This is a FREE and confidential service.

Parent and family support is also available for those struggling to manage or just in need of some down to earth advice and support.

We can advocate with other services, give parenting advice and guidance, housing support, debt and budgeting support, and advice and guidance for parents on any issues which are impacting on their child's life.

As a young person:

- Do you feel confused, upset, angry, concerned about things going on in your life?
- Need advice on your sexual or mental health?
- Are drugs and alcohol impacting on your life?
- Do you have problems at home or in school and feel like no one is listening?
- Do you need somewhere to live, or do you have problems where you live now?

- Do you need help to get a job, write a CV or support filling in a job application or just want to learn new skills?
- Have you been sent a form or letter you just don't understand?
- Are you in debt and just don't know how to start sorting it out?
- Are other services involved in your life and you need someone to make sure your voice is heard?
- OR do you just need a cup of tea and a chat?...anyone is welcome with any issue.

For more information, please visit our website [Youth Charity | Fleet Phoenix | Hampshire](#)

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### **Fortify Mental Health & Wellbeing Services**

Fortify Services are a support system for teens and young adults who are struggling with their emotions, anxiety, anger and self-esteem (to name a few). We work in a mentor role to help build their confidence and resilience to normal home and school life.

We offer face to face sessions either in the family home, at school or we can go for a walk or to a coffee shop. We spend the time talking through what they feel comfortable with and build a relationship that works best for them.

Our trained staff have years of experience and qualifications which allows us to be flexible with whatever is troubling them.

To contact us you can visit our website at [www.fortify-services.com](http://www.fortify-services.com) or by emailing at [info@fortify-services.com](mailto:info@fortify-services.com)

So far this year:

Fortify successful delivered their 'parenting on the front line', which was a free online programme to help and support parents with teenagers. Due to its success, we will be putting it on again and the information will be shared through all local schools and fellow professional agencies.

We have also started our drop-in service exclusive to Wavell school students. Wavell have been kind enough to lend us an area in their school where we can support their pupils outside of school hours with their emotions and behaviour. We are currently running our anxiety programme which will end the week before half term and after half term we will be starting our anger management programme. All pupils attending Wavell school are welcome to attend.

We are continuing to provide counselling, mentoring and behavioral support to secondary schools in Hart and Rushmoor. Our plumbing provision has been a hit in a number of schools. If you wish for more information, please don't hesitate to contact us.

Good news:

Fortify have had a new member join the team!!

Holly is the latest recruit to join Tara, Steve, Jean and Charlotte. Holly has been working with teenagers for over 5 years and has extensive knowledge with regards to trauma and healthy relationships.

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### **Hart Voluntary Action Counselling Services**

#### **Walk and Talk Counselling**

We have expanded our Counselling provision to offer a **Walk and Talk Counselling Service**.

The Service is for Adults aged 18+ in the Hart and Rushmoor Districts and is for people who struggle with anxiety, depression or other mental health concerns and would like to talk to someone.

Counselling sessions will take place in Edenbrook Country Park and are free of charge.

More information about the service and how to refer can be found here:  
<https://www.hartvolaction.org.uk/counselling/walk-and-talk-counselling/>

### **121 Adult Counselling**

'121 Adult Counselling offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement'

121 Adult Counselling supports adults (18+ years), who are struggling with their mental health and would like some support. We are offering up to 10 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

Sessions can take place face-to-face or via Zoom video calling. At present face-to-face sessions will take place at Odiham Cottage Hospital.

Please complete the referral form on our website at  
<https://www.hartvolaction.org.uk/counselling/121-adult-counselling/> The service is **free** to access.

### **121 Youth Counselling**

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

If you would like Counselling and you live in Hart, go to school in Hart or are registered with a Hart surgery, then please fill in the Referral Form on our website  
<https://www.hartvolaction.org.uk/counselling/youth-counselling/> Alternatively, please call 01252 815 652.

### **Sunshine and Showers – Anxiety and Depression Support**

Sunshine and Showers offers Anxiety and Depression Support groups in Odiham. It is a chance to share with others your experience of anxiety and depression in a non-judgemental environment.

Evening and daytime groups are available and each one lasts for an hour and a half. Groups are open to anyone struggling with anxiety or depression who want the support of others. All groups are run by a facilitator and a co-facilitator.

For further details please visit our website at  
<https://www.hartvolaction.org.uk/counselling/anxietydepression-support/> where you will find a referral form to our service or call 01252 815 652.

### **Family Counselling Service**

Our Family Counselling Service is offered to families who live in Hart and Rushmoor.

This is an opportunity for families to be supported by having family sessions together. A family will be offered group Family sessions for those members of the family who want to participate. Parents and Young People will also be offered individual Counselling or Play Therapy.

For further information and to complete a referral form please visit:

<https://www.hartvolaction.org.uk/family-counselling/>

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### **ACUMIST EDUCATION - Mental Health and Wellbeing Support For Young People**

- Are you worried about the mental health and wellbeing of a young person?
- Are they suffering from anxiety or depression?
  
- Are they are facing many challenging situations, and they don't have the skills to cope?
- Do you feel they are at risk of more severe mental health problems developing?
- Are they disengaged or lacking motivation?
- Do they present with challenging behaviour?
- Do you want to provide effective interventions to support them to develop strategies for resilience?

If any of the above concern you about a young person you know, **Coaching** can give the wellbeing and resilience strategies needed to empower them, improve their mental health and increase their coping strategies.

Contact me at: [c.martinez@acumist.education](mailto:c.martinez@acumist.education) Alternatively ring me on **07396 727452** to have a no obligation chat.

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### **TalkPlus**

TalkPlus is a local NHS Talking Therapies service, (previously known as the IAPT). We offer free talking therapy for people aged 16 and over who are registered with an NHS GP in Northeast Hampshire and Farnham. We help with a wide range of treatments for stress, low mood, Depression anxiety and insomnia.

You can be seen for short term Counselling, Cognitive Behavioural Therapy (CBT), and Well-being support. As well as offering employment support, our experienced team provide innovative 'FAST' therapy to people in need of one-off support such as colleagues working in the NHS and emergency services.

For more info check out our website [www.talkplus.org.uk](http://www.talkplus.org.uk)

Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus\_nhs

TalkPlus has several courses available, some due to start very soon, please share this information with your patients, colleagues and friends.

#### **Dad's group:**

Is aimed at first time dads, but also other experienced dads with children under the age of 2 years. See attached information and below for your patients and communities, please share.

If you are struggling with anxiety, stress, low mood, or other struggles due to the new addition to the family, this is the place for you! We aim to provide a supportive environment. It is a good space

for dads to ask questions, share tips, struggles and successes and to grow your support network. We welcome babies to the sessions, so childcare should not be an issue. Any patients living in the North East Hampshire and Farnham area who might be interested in our Dad's Group, please ask them to refer to TalkPlus: [www.talkplus.org.uk](http://www.talkplus.org.uk) and mention the dad's group on their referral.

**Knowing Me Knowing you Course:**

A six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing space to have special time with your baby. This course is for new mothers with babies under the age of 12 months, Living with a postcode within Hart and Rushmoor, Struggling with mild to moderate levels of low mood/anxiety.

**Menopause Webinar:**

Following the success of our last course, The Women's Health project are running another **CBT Strategies for Menopause Webinar** this is being run on **Monday 21st October 6-7:30 online**, to register email: [frimleyicb.talkplus@nhs.net](mailto:frimleyicb.talkplus@nhs.net) or call 01252 533 355.

**Move to Improve:**

Helps people engage in by overcoming barriers and finding motivation in physical activity and exercise. The course's format is 5 consecutive weeks in a supportive group environment, followed by a group review session 8 weeks later.

**Managing Low Mood and Anxiety:**

The course runs over 4 weeks and with each module is an hour long. These are run either in person or online. The course is suitable for anybody who wants an introduction to CBT, to gain an understanding about general anxiety and depression, and is self-motivated to learn self-help techniques to better manage their mood. There are opportunities to ask questions and join in with group tasks, although it is not a forum to share their personal experiences. We encourage participants to have their cameras on if they are attending online. Patients can attend the managing low mood and anxiety course following a referral to TalkPlus and after discussion for suitability at their initial assessment. The course is suitable for people experiencing mild to more severe levels of depression or general anxiety.

For further information about all the courses we run and how to self-refer, please visit:

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

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**Kind to Mind services**

**1:1 Talking Service**

Kind To Mind offers 1:1 talking services for those wanting to improve their mental health. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

**School and Workplace Wellbeing Training**

Kind To Mind is proud to be rolling out workshops and talks for schools in the UK aimed at equipping young people with mental health tools and strategies to support them in leading healthy lives and getting the most out of education. We also offer multiple workplace packages of trainings and 1:1 sessions to support teams with strategies for well-being management and safeguarding to individual techniques for managing workplace stress. We are passionate that every individual should feel

happy and healthy in their place of education or work and are keen to support people in achieving this.

If you would like to know better ways to manage mental health, for yourself or others, then please [contact us here](#).  
[www.kindtomind.org](http://www.kindtomind.org)

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### **Smokefree Hampshire**

"Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County.

Support includes

- 12 weeks one to one consultation with an specialist adviser.
- Free nicotine replacement such as patches or gum.
- Free Medications where appropriate.
- A voucher for a free vape to use as part of our quit programme (Over 18s only).

Text the words "I QUIT" to 66777 for your appointment and free quit kit."

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## **NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES**

### **Stanhope Primary School**

Stanhope Primary School will open as part of the Engage Enrich Excel Academies Trust, a Multi Academy Trust founded on effective school improvement and collaboration. As part of the Wellesley development, the school will integrate into the community, opening with one reception class in September 2025 and expanding annually. We aim to inspire children to dream and achieve their potential, fostering a cooperative partnership with families. Together, we'll shape a vibrant school community that values excellence and enjoyment. Our curriculum will celebrate Aldershot's local history and the diversity of our world.

Families joining us will help build our community from the outset, benefiting from a world-class learning environment. The school building completes in July 2025, promising one of the UK's finest educational facilities this year. Join Stanhope Primary School for a rewarding and inspiring journey ahead.

We look forward to working with our families, challenging the children and shaping a curriculum that enables all pupils to achieve their potential.

**Address:**

Stanhope Primary School, Masters Road, Wellesley, Aldershot, GU11 4GJ

Email: [info@stanhope.school](mailto:info@stanhope.school)

**Was your child born between 1<sup>st</sup> September 2020 and 31<sup>st</sup> August 2021?** Please register your interest in a school place via: <https://www.stanhope.school/form/?pid=8&form=16>

School building due to be completed in July 2025.

Opening in September 2025 with one Reception class.

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## **Bohunt Farnborough Celebrates Successful Open Evening with Record Attendance**

Earlier this month, Bohunt Farnborough hosted an unforgettable Open Evening that saw record numbers of attendees, showcasing the school's growing popularity and academic success.

The event provided an opportunity for prospective students and their families to experience first-hand the vibrant and nurturing learning environment and exceptional opportunities offered at Bohunt Farnborough.

The Open Evening featured a range of engaging activities, allowing families to talk with staff and current students. Families were treated to captivating science experiments, bushcraft, camping and climbing activities, and innovative displays across various subject areas. The school's commitment to providing a well-rounded education was evident throughout the event.

Headteacher Sarah Palmer addressed the attendees, highlighting Bohunt Farnborough's recent achievements:

"We are thrilled to share record GCSE results from this summer, demonstrating our commitment to academic excellence. This success is a testament to the hard work of our students and the dedication of our staff. We are delighted to see so many people here tonight, and look forward to welcoming more through our doors in the coming weeks for personal tours, to learn more about our wonderful school."

For those who missed the Open Evening, Bohunt Farnborough welcomes families to attend a tour in the coming weeks. If you are interested in learning more about the school, and experience the Bohunt Farnborough difference first hand, visit: [www.bohunftarnborough.com](http://www.bohunftarnborough.com)

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## **Exciting Opportunities for Schools at The Meads Shopping Centre!**

We are reaching out to invite your school to get involved in some exciting community projects happening at The Meads Shopping Centre in Farnborough! We have a couple of fantastic opportunities for your pupils to showcase their creativity and spread some festive cheer this year.

### **1. Remembrance Day Artwork Display**

We are offering your pupils the chance to participate in a special artwork display for Remembrance Day. Students are invited to design and create poppies that will be featured at The Meads Shopping Centre as part of a public display. Participating classes will also be invited to visit the centre to see their poppies proudly exhibited for the community to appreciate.

### **2. Christmas Carol Singing**

As we get closer to Christmas, we are also welcoming schools to visit the centre for some festive carol singing! This is a wonderful opportunity for students to share the holiday spirit and perform in front of local shoppers in a fun, family-friendly atmosphere.

In addition to these projects, The Meads Shopping Centre will be hosting a variety of family-friendly events throughout the season, including Halloween and Christmas-themed activities, so be sure to keep an eye out for more updates.



If your school would be interested in participating in either the Remembrance Day project or Christmas carol singing, please contact Eleanor at [eleanorj@shoppertainmentmanagement.co.uk](mailto:eleanorj@shoppertainmentmanagement.co.uk) or 07949 525313 for more details.

We look forward to working with your school to create something special for our community!

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The Meads and Rushmoor Borough Council have some exciting opportunities available for individuals in the children's entertainment industry, including face painters, henna tattoo artists, puppet show performers, authors, and more. If you're interested, please reach out to Mara for more information at [mara.makunura@rushmoor.gov.uk](mailto:mara.makunura@rushmoor.gov.uk).

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### **Smokefree Health Champions (A volunteer peer educator project for young people)**

**Smokefree Hampshire** and **No Limits** are working together with support from **Hampshire County Council** to raise awareness of dangers to young people's health, associated with smoking and vaping in schools and colleges.

**As part of a new 6-month pilot**, we are looking to introduce health champions across secondary schools and colleges to become peer educators by taking part in health promotion events delivered in the school by various organisations to improve young people's health. Students will be given essential training by Smokefree Hampshire and partners to raise awareness of the services available in their local area to support those in need. The primary aim is to increase their knowledge about young people's health issues so they can make informed decisions and are able to signpost them to school's wellbeing team or the specialist services working with your school to support young people.

#### **What school need to do?**

To take part in this pilot project, contact us so we can help promote the project in an assembly or by holding an event /talk with students who may want to join the competition and submit their entry in any format that highlights dangers of smoking and vaping to health.

#### **What students have to do?**

Prepare something for example, a piece of artwork/drawing, a poem, a song, a presentation, an article, a short TikTok, Snapchat, Instagram or YouTube style video or even a dance routine which highlights **the dangers of smoking and vaping** to young people's health.

There is no restriction on how you present your idea. The only criteria is the topic must be central to dangers of smoking and vaping

#### **Assessment of entries**

These entries will be assessed by specialist professionals in each format area your entries link to and the winners announced by the end of February. The award ceremony will take place end of March inviting participants, parents and their teachers to honour your hard work and to announce health champions for the participating schools.

If you are interested, please contact Smokefree Hampshire colleagues@

Email: [smokefree.hampshire@nhs.net](mailto:smokefree.hampshire@nhs.net)

Contact: 0800 772 3649

Mobile: 07827 326 816

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**Farnborough College of Technology**

[www.ucfarnborough.ac.uk](http://www.ucfarnborough.ac.uk)

**HIGHER EDUCATION OPEN EVENTS**

**UNIVERSITY CENTRE FARNBOROUGH**

THE HOME OF ACCELERATED DEGREES: UPCOMING OPEN EVENTS

**THURSDAY 7 NOVEMBER - THE BIG SPORT DEGREE OPEN EVENT: 4 – 6PM**

**THURSDAY 14 NOVEMBER - HUMANITIES AND SOCIAL SCIENCES DEGREE OPEN EVENT: 4 – 6PM**

**WEDNESDAY 20 NOVEMBER - ALL DEGREES OPEN EVENT: 4 – 7:30PM**

Boundary Road, Farnborough, GU14 6SB

REGISTER ONLINE [www.ucfarnborough.ac.uk](http://www.ucfarnborough.ac.uk)

**SCHOOL LEAVER OPEN EVENTS**

**FARNBOROUGH COLLEGE OF TECHNOLOGY**

YEARS 10 & 11 OPEN EVENTS

**WEDNESDAY 20 NOVEMBER: 4 – 7:30PM**

Boundary Road, Farnborough, GU14 6SB

REGISTER ONLINE | [FARN-CT.AC.UK](http://FARN-CT.AC.UK)

**ALDERSHOT CONSTRUCTION COLLEGE**

YEARS 10 & 11 OPEN EVENTS

**THURSDAY 21 NOVEMBER: 4 – 6:30PM**

Unit 2, Holder Road, Aldershot, GU12 4PQ

REGISTER ONLINE | [FARN-CT.AC.UK](http://FARN-CT.AC.UK)

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**RUSH! Creative Collective - Dance & Creative Arts platform for Rushmoor**

A year-long programme of dance and creative arts events will take place around Aldershot, Farnborough and North Camp, aiming to provide new artistic opportunities for all ages and experience, including mentoring, training and performance opportunities across dance, music, photography and film making.

We are looking for community groups, schools, professional artists and individuals who would like the opportunity to develop their creative skills and be part of these great collaborative events. These are fully inclusive opportunities for all members of the community of any age and experience.

Find out more at [www.rushcreativecollective.com](http://www.rushcreativecollective.com) for the full programme of events or email Lena at [rushcreativecollective@gmail.com](mailto:rushcreativecollective@gmail.com) for more info. Follow us on social media - Facebook/Instagram: rushcreativecollective

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## **Inclusion Education Projects – EB8 and Project Iris**

Inclusion Education are a specialist education charity supporting young people with mental health, additional learning needs and neurodiversity via our two key sites – Inclusion School and Inclusion College.

We know there is a growing crisis facing the mental health and well-being of our young people – and we are developing our services to further support this need. This year we have launched two new services – Inclusion EB8 and Project Iris.

**Inclusion EB8** is a new supportive employability hub offering the next steps into the workplace for young people over 18 with mental health conditions, neurodivergence or additional learning needs. The site will offer employability skills, supported work experience placements and in-house work experience all designed to help young people get work ready and find employment. EB8 will also offer the support and expertise of job coaches and mental health support workers to encourage engagement and help prepare for the journey into work.

Funded by the Government SPF and Hart District Council, the programme will also support Hart residents from 18-25 experiencing mental health challenges which are a barrier to employment. Our mental health support staff will work with them to access the service and find their personal next steps to employment. To find out more and refer to the service then please do email us at [EB8@inclusioncollege.org.uk](mailto:EB8@inclusioncollege.org.uk)

**Project Iris** – is a suicide prevention programme supporting young people from 11-25 experiencing suicidal ideation, thoughts and self-harm. The project combines sessions learning about and exploring mental health, developing strategies and scaffolding to support along with green therapies – such as horticulture and equine. It will also offer Peer Ambassador support from those with lived experience.

Lead by qualified mental health support workers, the 6-week project offers different age groups 2-hour sessions per week -project is designed

The service is free to access, and we are now taking referrals from schools, colleges, organisations and groups – or families can self-refer.

For more information please email us at [ProjectIris@inclusioneducation.org.uk](mailto:ProjectIris@inclusioneducation.org.uk) or visit our website at [www.inclusioneducation.org.uk](http://www.inclusioneducation.org.uk)

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## **NEWS FROM PARTNER ORGANISATIONS AND GROUPS**

### **Youth Club at The West End Centre, Aldershot!**

Do you know young people aged 11-16 who want somewhere to hang out? A youth club is now open at The West End Centre, every Tuesday 5.30-8pm where local young people are welcome to come along to hang out, play games, get something to eat and tell us the kind of youth club they want so they have a voice in the project's future.

A short membership form is needed for young people to attend – this can be filled out online here <https://forms.office.com/e/ZQq7v9T0qe> or when they come in-person.

This is a partnership project by Rushmoor Borough Council, local young people's charity Step by Step, and The West End Centre – if you would like more info or promotional materials, please email [hannah.shuttler@rushmoor.gov.uk](mailto:hannah.shuttler@rushmoor.gov.uk)

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## Fleet Phoenix Christmas Toy Appeal / Anxiety Unwound

### **Christmas Toy Appeal**

After the success of the last 4 years and last year where we gave out over 700 gifts to local young people, we are now launching our Christmas Toy Appeal for 2024.

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 from **Tuesday 29<sup>th</sup> of October until Friday 13<sup>th</sup> 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.

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 ([https://www.amazon.co.uk/hz/wishlist/l/3ST0EPEGUHQ7?ref=wl\\_share](https://www.amazon.co.uk/hz/wishlist/l/3ST0EPEGUHQ7?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](mailto: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.

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## **Anxiety Unwound**

Term Time **Thursdays 4 - 5pm**

Anxiety Unwound is for young people of secondary school age suffering with anxiety.

You will learn what anxiety is, coping strategies, how to manage it and overcome fears.

We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an 8-week course.

Please download and complete the referral form which you can find on our website -

<https://www.fleetphoenix.co.uk/anxiety-unwound>

Please contact Charlotte ([charlotte.tickner@fleetphoenix.co.uk](mailto:charlotte.tickner@fleetphoenix.co.uk)) if you have any questions/queries.

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## **Vision 4 Youth – Youth Services**

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas. Term time, we have Six different youth clubs each week to meet the different needs of all the young people in the community, and during the holidays we run a HAF youth club targeting those who qualify for free school meals.

### **Youth Social Prescribing**

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the main focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescriber connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact [socialprescribing@vision4youth.org.uk](mailto:socialprescribing@vision4youth.org.uk) to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to – just come along for a chat and see how it goes.

### **Term time youth clubs:**

**Youth Café** - Mondays 7:30-9pm at St Barnabas Church, Darby Green GU17 0BT

A drop-in cafe aimed at age 11-25 year olds. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

**Creative Club** - Tuesdays 6:30-8:30pm at The Tythings Youth Suite, Yateley GU46 7RP  
Arts, crafts and other activities for age 11-18 year olds. Try new things, learn new skills. Suggested donation £1 to attend, no membership fees.

**Blue Sky Club** – Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP  
A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact [office@vision4youth.org.uk](mailto:office@vision4youth.org.uk) to reserve a place.

**Blackwater Youth Club** - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT  
Our new youth club with pool, games and refreshments. Come and see what it's like and make suggestions for what else we can include. Open to all aged 11-17. FREE!

**Thursday Club** - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP  
A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

**Friday Night Club** - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP  
Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-17. FREE!

For more information about our services please contact [office@vision4youth.org.uk](mailto:office@vision4youth.org.uk), 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram. Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

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### **The Source Young People's Charity – Half-Term activities and Weekly Programme**

Supporting local young people with their wellbeing through 1-1 counselling, physical activity and wellbeing workshops.

#### **Oct Half – Term Activity Workshops Programme**

**Dates:** Oct 28th to Nov 1st, 2024

**Age:** 11 – 17 yrs

Upcoming sessions include:

- Holiday Workshops: Cooking, Origami, Games, Arts & Crafts, Golf & Bike maintenance/Cycling taster sessions

**Additionally, bespoke sessions for neurodivergent Young People (12 to 19 yrs):**

- Golf lessons
- Multisport Session
- Bike Maintenance & Cycling Session

\*Sessions are **Relaxed, Optional and FREE**.

For further information:

**Contact Asharee** at [asharee.green@thesourceforyou.co.uk](mailto:asharee.green@thesourceforyou.co.uk)

**Visit our website** at [www.thesourceforyou.co.uk](http://www.thesourceforyou.co.uk) and **click** on the Workshops flyers for further details.

**On-going weekly programmes include:**

- 1 to 1 Counselling / Therapy
  - For further information **Contact Rachel / Gia** at [nolimits@thesourceforyou.co.uk](mailto:nolimits@thesourceforyou.co.uk)
- Practical Mentoring programme
  - Bike Maintenance (at Bikestart).

**Contact Yasmin** at [Yasmin@thesourceforyou.co.uk](mailto:Yasmin@thesourceforyou.co.uk)

**General contact details**

The Source Young People’s Charity, 2a Grosvenor Road, Aldershot GU11 1DP

Office phone number 01252 333 330

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

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**The Vine Church Hart**

The Vine Church Hart runs three regular clubs for children and young people on a Friday during term time....

They are FREE & OPEN TO ALL, Just turn up....no need to book

**Kids’ Club for Yr R to Yr 4**

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

July 12, Sept 20, Oct 18, Nov 22, Dec 13

Games, songs, drama, Bible stories, small group work, competitions, prizes and crafts

**Adventurers for Yr 5 & 6**

FORTNIGHTLY @Church Crookham Community Centre

Fridays 5.45-7.15pm

July 12, Sept 13 & 27, Oct 11 & 25, Nov 15 & 29, Dec 13

Games, drama, Bible stories, videos, group discussions, quizzes, competitions, prizes and trips

**FYG (Friday Youth Group) for Yr 7 & 13**

WEEKLY @Church Crookham Community Centre during termtime

Fridays 7.30-9.30pm

Pool, table tennis, Nintendo switch, tuck shop, board games, table football, group games, cooking, recreational activities, group discussions, Bible teaching, chatting and trips.

For more information look at our website <https://www.thevinechurch.org.uk/children-and-youth/>

or contact [janis.dolding@gmail.com](mailto:janis.dolding@gmail.com)

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**Youth Trends Conference, 6<sup>th</sup> November - Stacey Miller (Consultancy)**

**More speakers announced for the Youth Trends Conference and early bird offer ending soon!**

Stacey Miller is organising a Youth Trends Conference on Wednesday 6 November at Eastleigh Football Club, SO50 9HT. It’s a 20 minute walk from the train station and next to the motorway AND there is free onsite parking! There will also be a marketplace for networking plus a VIP panel Q & A!

There are six guest speakers already confirmed!

Ahmad Jooma: 'SHOOK MAN - Why making fear visible allows young people to create positive futures.'

Gareth Cheesman, ACET UK - 'What are the future possibilities to consider in relationships and sex education? Is Artificial Intelligence taking over?'

Lucy Rachel - 'Navigating neurodiversity; a late diagnosed, lived experience.'

Stop Domestic Abuse - 'Stalking and young people.'

Erica Hills, Hampshire Constabulary - 'Safer streets and reducing knife crime'

Dawn Tracy, Y Services – 'Gender Identity Essentials: What You Need to Know'

Get in there quick to take advantage of the early bird offer of £89 valid until 19 July (£149 thereafter) and includes lunch and unlimited coffee/tea!

To book, email/call/visit website:

[info@staceymillerconsultancy.co.uk](mailto:info@staceymillerconsultancy.co.uk)

0770 367 0654

[www.staceymillerconsultancy.co.uk/youthtrendsconf2024](http://www.staceymillerconsultancy.co.uk/youthtrendsconf2024)

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### **Hampshire Fire & Rescue – Personal Development Programme for 16-25 year olds**

Hampshire and Isle of Wight Fire and Rescue Service are running a FREE personal development programme for 16-25 year olds at **Odiham Fire Station from 11th-15th November**. This programme will focus on building emotional resilience, improving communication skills, personal goal setting and embedding safety messages through practical activities on our drill yard. For more information please call 07918 887 577 or follow the below QR code to make a referral:



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### **Breakout Youth**

Breakout Youth is a support service for young people aged 11 to 25 who identify as lesbian, gay, bisexual, transgender, questioning, or are unsure of their sexuality or gender. We offer free, weekly youth groups across Hampshire, led by trained youth workers, giving young people a safe space to meet other likeminded young people.

We offer the following support:

- In-person groups: Weekly group sessions in Andover, Basingstoke, Marchwood, New Milton, Southampton, and the Isle of Wight.
- Virtual group: Weekly pan-Hampshire online group for those who may have barriers in attending an in-person group.



- 1:1 support: 6-8 sessions of 1:1 support for young people who might need support around LGBTQ+ issues/topics

If you would like more information about how to refer someone to one of our groups, please email us at [hello@breakoutyouth.org.uk](mailto:hello@breakoutyouth.org.uk)

Breakout Youth also deliver bespoke training sessions for organisations across Hampshire. If your organisation is interested in learning more about best practice in supporting LGBTQ+ young people, please reach out. We can cover a range of topics to meet your need.

To find out more, please email [breakout.training@breakoutyouth.org.uk](mailto:breakout.training@breakoutyouth.org.uk)

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### **Home-Start Hampshire**

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

#### **SUPPORT FOR FAMILIES**

For Military families, we can offer weekly home visits by one of our volunteers to offer emotional and practical support tailored to your families' needs.

**GREAT NEWS!** We have secured a further 2 years of funding for our Maternal mental health group at Aldershot Garrison Community Hub. The group 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.

**NEW! Mums Matter Group** at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and feeling overwhelmed or anxious. The group is a safe space for Mums with their babies and young children to seek support and make friends. The group runs on a Wednesday from 10am – 11.30am.

Families can self-refer or via a professional such as Health visitor. Referrals for both groups or home visiting support for Military families 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 Home-Visiting volunteers. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

For more information or to register your interest, please visit our website: [www.home-starthampshire.org.uk/volunteering](http://www.home-starthampshire.org.uk/volunteering) , email: [info@hshants.org.uk](mailto:info@hshants.org.uk) or phone: 0330 124 2095

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

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## Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a Hart Voluntary Action (HVA) service offering emotional/social/peer support and practical help 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.

We currently run group sessions at Mayfield Community Centre in Farnborough on the following evenings during term time:

- Tuesday from 5.30-7.30pm for School Yrs 3-5 one week and Yr 6 the alternate week (i.e. 7-11 years) – *Junior Group*,
- Wednesday from 6.30-8.30pm for School Yrs 7/8 one week and Yrs 9/10 the alternate week (i.e. 11-15 years) – *Senior Group*,
- Every other Thursday from 6.30-8.30pm for young adult carers aged 15-25 years - *YACs Group*.

Our older members also have access to 1:1 support, a Bronze Duke of Edinburgh's Award Group and a young leader programme which gives them a chance to get involved in running activities at our younger clubs.

The young carers are also able to participate in our Cook & Eat Programme, in which a small group of young carers attend a 1-1.5-hour cooking class before/during their session where they help prepare a healthy meal from scratch for the whole group of around 25-30 people.

We also provide additional opportunities for members to attend day trips and weekend residentials, and respite activities during the school holidays.

The main focus of all our activities is on the young carers having fun, meeting/socialising with others 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.

Community transport is available and attendance free, and there is no charge for any of the food, drinks or activities provided.

The young carers are involved in shaping the service to ensure their needs are appropriately met. Both group (Young Carers Board) and individual feedback is gathered to better understand their experiences, and what they would like to see added and/or changed. Some later volunteer as young adult carers which gives depth and continuity to the service.

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](mailto:youngcarers@hartvolaction.org.uk) or phone on 07983 030 689 or visit the HVA website to download a copy of the referral form.

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## **Children's Society 'Nexus' project in Hampshire – Young carers in armed forces families**

The new Nexus project aims to improve support, resources, and access to services for **young carers within armed forces families**. They are looking for young people 8-18 to join a new group that will meet up (online and in person) with the potential for incentives, residentials and excursions, as well as professionals for free training and networking.

To find out more, visit: [www.childrenssociety.org.uk/information/young-people/well-being/services/nexus](http://www.childrenssociety.org.uk/information/young-people/well-being/services/nexus)

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## **Step by Step**

### **Be the Hero**

We're inviting you to Be the Hero and take a stand against youth homelessness. Step by Step's supporters, hosts, volunteers and foster carers are all heroes, playing a part in transforming young people's lives and empowering the next generation of heroes!

We've already hit the road with Be the Hero our selfie frame at some exciting local events. If you ever spot us out and about make sure to join us in taking a stand against youth homelessness.

Check out our Be the Hero gallery here: <https://www.stepbystep.org.uk/get-involved/hero-gallery/>

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### **Could you foster?**

Step by Step Fostering support our foster carers every step of the way, offering comprehensive training, a dedicated support worker available 24/7 and a generous allowance that recognises the importance of the role.

There are currently 9,000 children in our area waiting for a safe stable home. Could you open your heart and home to one of these young people?

When you foster with us, you're helping even more young people than just those in your care. Any funds generated go back to youth homelessness charity Step by Step, helping to transform young lives in your community. You can find out more here: [www.stepbystepfostering.co.uk/](http://www.stepbystepfostering.co.uk/)

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## **Prospect Estate Big Local (PEBL) – News**

### **PEBL Free Debt Advice**

Are you struggling with debt and need some advice? Citizens Advice Rushmoor working in collaboration with PEBL is offering Prospect estate residents support with FREE confidential Debt Advice.

You can call the helpline on **0808 175 3559** or email [pebl@carushmoor.co.uk](mailto:pebl@carushmoor.co.uk)

Leave your name, phone number and postcode and we will call you back to arrange an appointment.

### **PEBL Grant Pots – LAST CHANCE**

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents.

Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded). **The closing date for Grant Pot applications is 31<sup>st</sup> October 2024.**  
Email [pebl.coordinator@pebl.info](mailto:pebl.coordinator@pebl.info) or call 07879 384 014

### **PEBL Knit and Natter**

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop. Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

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### **Hampshire Learning in Libraries**

As Christmas is fast approaching, why not get creative and book our free **Festive Floristry for Wellbeing** course, running at Yateley Library, Mondays, 11 November – 02 December 10:00 – 12:00. And not forgetting all our other fabulous adult tailored learning courses in the Hart & Rushmoor areas, which can be viewed via our online shop. Many of these courses are free for Hampshire residents. We will soon be planning our spring programme, so do check back regularly and see what is coming up:

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://hants.gov.uk/learning-in-libraries)

Alternatively, for more information, please email the Learning in Libraries team at:

[learninginlibraries@hants.gov.uk](mailto:learninginlibraries@hants.gov.uk) or telephone us on: 02392 232 957.

We look forward to welcoming you on a course soon!

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### **Rushmoor Voluntary Services: Volunteer Awards / Child Health & Safety Day**

#### **Nominations are open for the Rushmoor Volunteer Awards 2024**

Do you have volunteers supporting your organisation? Is there someone who goes above and beyond their role, or brings something special with their enthusiasm and commitment? This is your chance to recognise the hard work and dedication of individuals and groups in the Rushmoor Community. Nominate them for the Volunteer Recognition Awards 2024 and let their efforts shine. Every person nominated will receive a certificate and be invited to attend the Volunteer Awards evening in November. The Awards are hosted by Rushmoor Voluntary Services in partnership with Rushmoor Borough Council.

Nominations are open until **29th October**, so don't miss out on the opportunity to celebrate those who make a difference. Submit your nomination by visiting this link. <https://bit.ly/4edHrCq>

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#### **Child Health and Safety Day**

Rushmoor Voluntary Services are working with partner organisations to run a **Child Health and Safety Day** for year 4 pupils (Farnborough schools only for this year) in **June 2025**. The event links into the annual Child Safety Week and aims to help children build confidence and skills in recognising and managing the real risks to their own health and safety.

This is not a new event, but this year we plan to work with every junior and primary school in Farnborough and organisations supporting home schooled children. Previous events have involved

up to 20 organisations, including police, fire, ambulance, road safety sessions, internet safety and gas safety. We have had suggestions for e-scooter safety, handling 'trouble' when you come across it (not getting involved in the fight) vaping and internet safety.

I am at the early stage of planning and would welcome thoughts on the points below.

What health and safety messages do you feel children need to hear?

Are there key areas of concern for children we could include in the day? Health includes healthy weights, dental care, smoking, vaping etc.

Ideas or contacts for organisations to involve in the day.

If anyone would like to be involved in planning the day, I would welcome a conversation.

Please contact [debibe.whitcombe@rvs.org.uk](mailto:debibe.whitcombe@rvs.org.uk) to share your ideas and thoughts for the day.

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### **3<sup>rd</sup> Farnborough Scout Group – Squirrels, Beavers, Cubs, Scouts, and Explorers**

3<sup>rd</sup> Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 18. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people. We are open and offering face-face scouting!

To find out more, please visit [www.3rdfarnboroughscoutgroup.org.uk](http://www.3rdfarnboroughscoutgroup.org.uk)

or email [skip@3rdfarnboroughscoutgroup.org.uk](mailto:skip@3rdfarnboroughscoutgroup.org.uk)

#### **Squirrels**

Our Squirrels section opened in September 2022, and this new section is for children aged between 4 and 6. Squirrels can achieve anything they set their minds to – and they have lots of fun along the way. Our one-hour sessions will be a brilliant opportunity for young people to take their first step into being part of Scouts, and they'll help everyone get ready for the adventure of school too. Sessions are packed with outdoors activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

**Our regular meeting time for Squirrels is a Thursday evening 5pm – 6pm**

#### **Beavers**

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also can take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

**Our regular meeting time for Beavers is a Monday evening 5.30pm – 6:30pm**

#### **Cubs**

For Cubs, excitement and adventure are key. Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

**Our regular meeting time for Cubs is a Monday evening 6:45pm – 8:00pm**

### Scouts

For Scouts (aged 10½ - 14), outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as computer skills, problem solving, map reading, camp cooking, and first aid. Rock climbing, archery, rifle shooting, pot holing, raft racing, photography, and caving are just some of the things our Scouts get up to.

**Our regular meeting time for Scouts is a Thursday evening 7:00pm – 9:00pm**

### Explorers

Our Explorers are a go-getting group of young people aged 14 to 18, meeting weekly to try new things, make new friends, and conquer the small task of changing the world. Being an Explorer is all about discovering the world on your own terms and making the most of what you have, wherever and whoever you are.

**Our regular meeting time for Explorers is a Friday evening 7:30pm – 9:30pm**

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## St. Michael's Church, Aldershot – Regular activities

**Regular activities at St. Michael's Church** (120 Church Lane East, Aldershot, GU11 3SS) include:

Term-time Mondays 11am to 12:30pm: **PlaySense** - a Play group for children with special / additional needs, sensory toys and opportunity for parents to chat and support one another. Parents/carers are responsible for their children at all times. £1 per person. Tea, coffee, juice and biscuits available.

Term-time Tuesdays 9am to 11am: **Play Cafe** - Drop in with your babies and toddlers for informal play and a chat over a cuppa. Parents/carers are responsible for their children at all times. Adults and toddlers £1, babies 50p.

Wednesdays 10am: **Morning service** (traditional style) followed by tea, coffee and a **Reflection Group at 11am** primarily for seniors (we are currently looking at the book of Acts together).

Term-time Thursdays 8:30am to 10:30am: **Drop-In Cafe** - especially but not exclusively for parents from St. Michael's schools. Have tea, coffee, some baked goods and an opportunity to have a laugh and support one another. All welcome. No cost, donations only.

Every other Thursday 2pm - 4pm: **Woolgatherers** - a Knit and Natter group open to all who want to work on a craft project with new friends. All welcome. No cost. Please contact our secretary Jane at 01252 320 108 (Tuesdays to Friday mornings) to find out which week is 'on'.

Last Friday of each month at 10:30am: **ECO Cafe** - an opportunity to have a cuppa and put our heads together about all things large and small by which we can support our environment.

First Sunday of each month at 10am: **FOMO Family Service**. Informal intergenerational service, we sit around tables and learn about the day's topic with board games or little dramas. Holy Communion. Prayer available. Refreshments after. All welcome, creche provided.

### Special events:

Friday 1<sup>st</sup> November, 7 pm **All Souls Memorial Service** - an opportunity to remember those we have lost

Sunday 10<sup>th</sup> November 10am, **Remembrance Sunday**

Saturday 30<sup>th</sup> November 10am to 12pm, **Christmas Fair**

Sunday 15<sup>th</sup> December 6pm **Carol Service with military band**  
Tuesday 24<sup>th</sup> December 4pm **Crib Service**, 11:30pm **Midnight Service**

If you are interested in coming to an Alpha Course, join our bellringers, flower arranging team, choir or our children's and youth work, please contact our secretary Jane at 01252 320 108 or email [stmichaelsaldershot@btopenworld.com](mailto:stmichaelsaldershot@btopenworld.com).

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## **SKILLS & TRAINING**

### **New Directions Project Aldershot – Events programme**

All workshops for **young women between 18-30** between 11.00-13.00 and in person workshops include lunch, *unless* indicated otherwise. Some workshops are in person, others are online. Come and join us!

#### **When?**

#### **What?**

24 October 2024      [Well-being - Improve your food choices](#). Learn about managing an affordable healthy lifestyle: compare affordable food swaps, identify surprising sugar facts. Lunch is provided and attendees take home a **free slow cooker**.

7 November 2024      [Festive Finance made easy](#) – join our friendly team for a fun, practical workshop to help you start reducing the financial stress of the festive season. Lunch and a **gift voucher** is included for attendees.

14 November 2024      [Excel - Introduction to plotting graphs](#), 14 November, 11.00-13.00

21 November 2024      Online - [CV and cover letter writing](#). Looking for a job, let us have a look at your CV to make sure it stands out!

28 November 2024      Online - [Using Social Media to get that Job!](#) Learn how to use Social Media to your full advantage when job hunting. Tips, tricks and some good advice.

12 December 2024      [Get Festive - Make your own Christmas Wreath!](#) – get in the spirit, make your own festive wreath to take home.

Eligibility rules apply. For more information, our 1:1 employability support and additional courses – check out the events page on our website [www.joinnewdirections.org/events](http://www.joinnewdirections.org/events) or phone Angela on [07934 130666](tel:07934130666).

#### **Where?**

New Directions Hub @ Aldershot Enterprise Centre, 14-40 Victoria Road, Aldershot GU11 1TQ – close to the railway station and local job centre. There is a free car park next to the building (please register your number plate at reception when you arrive). We will meet you in reception.

To secure your place at our workshops, you can book via Eventbrite or just let Angela or Henriette know that you would like to attend as there are limited spaces available. Lunch is provided at our events, please let us know beforehand if you have any dietary requirements.

*\* based within a 10 mile radius of Aldershot? Talk to us about having your travel costs refunded.*

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## **Rushmoor Healthy Living – Emergency first aid at work training**

Are you self-employed or work for a small business?  
Do you need a First Aid training course that fits around the school run?

Local charity Rushmoor Healthy Living offer accredited 'Emergency First Aid at Work' training courses.

If a weekend suits you, we have a Saturday course running on 16th November (9.30am – 4.30pm) at the RHL Office in Aldershot. We are offering the course at the low cost of just £85.50 per booking for this bulletin's readers using the discount code 'Families bulletin 10%'.  
To take advantage of this offer please book by 3<sup>rd</sup> November 2024 (normal cost: £95).

**Alternatively, if you are interested in 2025 courses, please complete our booking form below in order to be notified once dates are released. We aim to offer at least one 'split' course over two days within school hours.**

For further information visit [Rushmoor Healthy Living: RHL: First Aid Courses](#) or email [classes@rhl.org.uk](mailto:classes@rhl.org.uk)

To book:  
<https://forms.office.com/e/YDyWfBYLcZ>  
AT QUESTION 6, PLEASE ENTER 'Families bulletin 10 %'

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## **Hart & Rushmoor Community Safety Team - Active bystander training**

Hart and Rushmoor Community Safety Teams are jointly offering retailers and licensed premises the opportunity to attend free Community in Motion active bystander training.

This training is designed to empower individuals to feel confident enough to intervene when they observe unacceptable behaviour being directed at others - in particular, in circumstances when that behaviour is not being challenged by others who may feel uncomfortable or unsure how to challenge this behaviour themselves with a particular focus on tackling sexual violence and domestic abuse.

It is not about being responsible for resolving serious conflicts or about placing yourself at risk, it is about having the ability to recognise and challenge those unacceptable behaviours when identified - and from there identify the best course of action to support someone in need, whether that be by diversion, providing sanctuary, simply connecting or signposting.

This training can also be provided for residents and community organisations at other times. To book a spot, contact: [communitysafety@hart.gov.uk](mailto:communitysafety@hart.gov.uk)

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## **FUNDING & GRANTS CURRENTLY AVAILABLE**

### **Hart District Council's Community Grants Scheme**

This scheme opens for applications from Hart based groups on 1<sup>st</sup> August and welcomes applications that focus on biodiversity and health & wellbeing. There are a range of grants available from £1,000 to £10,000 and charitable organisations, clubs and societies with a constitution e.g. playgroups and sports clubs and schools are all eligible to apply. The closing date for applications is 31<sup>st</sup> October.

Last year a lot of schools received grants for outdoor learning projects: [Community grant winners announced | Hart District Council](#)

For details of the grant and how to apply: [Community grants scheme | Hart District Council](#)

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### **Grants from Rushmoor Borough Council**

#### **Rushmoor BC – Pride in Place Grant Scheme**

The Pride in Place grant scheme is currently open! The application form and guidance notes are available here: [Grants for community organisations - Rushmoor Borough Council](#)

Grants of up to £5,000 are available for not-for-profit organisations, that have a project that increases pride in our local area and supports the community. This can include match-funding bids.

The Pride in Place priorities and themes are:

- Supporting community integration initiatives
- Improving access to physical and/or cultural activities
- Improving access to local amenities and green spaces
- Building capacity and capabilities of community groups

The types of project for this grant include:

- Visually enhancing areas by 'greening' (new trees, planting etc)
- Encouraging walking, cycling or other physical activities within communities
- Supporting arts, culture, and heritage activities to increase engagement and integration
- Any type of project that will increase pride in our local area and supports the community

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**Supporting Communities Grant Scheme – Closes on 31<sup>st</sup> October** for applications for up to £1,000 for projects supporting communities within Rushmoor.

Details and the application form will be available in September at [Supporting Communities Grant - Rushmoor Borough Council](#).

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**Farnborough Airport community environmental Fund** – grants available for projects which include an environmental improvement for the whole community to enjoy. The fund covers areas in Rushmoor and Hart. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

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**Rushmoor Community Lottery** – The Rushmoor Community Lottery has now raised **over £206,000** for the local community!

If your organisation is a good cause, why not sign up and benefit from this great way to fundraise for your cause? Your supporters also benefit with the chance to win cash prizes every week and a monthly super draw prize.

For more information visit [www.rushmoorlottery.co.uk](http://www.rushmoorlottery.co.uk).

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### **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.

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

- Application form and Guidance is available from [tony.mcGovern@rushmoor.gov.uk](mailto: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](mailto: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.

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### **Other funding sources**

**People’s Fundraising:** a one-stop shop for fundraising combining online donations, ticket sales, shops and auctions, membership, lotteries and more – all in one place. For further information, please visit [Welcome - Online fundraising with People's Fundraising \(peoplesfundraising.com\)](http://peoplesfundraising.com).

### **Sport England Movement Fund**

The Movement Fund offers crowdfunding pledges, grants up to £15,000 and resources to improve physical activity opportunities for the people and communities who need it the most. It is open to

sports clubs, charities, schools, Community Benefit Societies and not-for-profit companies. Funding can be used for a wide range of things from equipment, upgrading facilities, staff training and class costs.

For full details of eligibility and how to apply:

[Funding guidance | Sport England](#)

**SNG Thriving Communities Fund**

Grants from £1,000 up to £5,000 for initiatives and projects that actively support SNG communities across a broad range of themes, particularly those focusing on youth, health and well-being, ageing-well, social inclusion and isolation, environment & place, customer voice, employment support, food insecurity, digital inclusion and skills, money matters and debt advice.

To apply for this fund, you must be a local not-for-profit group, community organisation, or registered charity. For more details: [Thriving Communities Fund - Guidance notes | SNG](#)

**Boshier-Hinton Foundation:** The Boshier-Hinton Foundation exists to improve quality of life for people with disabilities, learning difficulties or sensory impairment and their families, by the awarding of grants to organisations providing facilities and advocacy for children and adults with special educational or other needs. The maximum grant available is £2,000. Please [CLICK HERE](#) to find out more.

**DWF Foundation:** One-off grants are available to registered charities in the UK for projects that enable communities to achieve their full potential by tackling specific issues, helping groups become more efficient and effective, and getting young people and those often excluded involved for the benefit of their community. Running costs and salaries will only be funded if they are part of a project application. Please [CLICK HERE](#) to find out more.

**Thomas Wall Trust:** Grants for registered charities which target people experiencing multiple deprivation or other groups demonstrably facing major hurdles to employment, especially women, people with physical, mental, or learning disabilities, refugees and asylum seekers. The Trust offer grants up to £5,000 to specific projects or core activities that develop these critical life skills for people from disadvantaged groups. For detail, visit [Grants for Registered Charities | Thomas Wall Trust](#).

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**Many thanks to all the people and organisations who contributed  
Information to this Bulletin**

**The next edition will be sent out in December**

**Any contributions please to [tony.mcGovern@rushmoor.gov.uk](mailto:tony.mcGovern@rushmoor.gov.uk)**