

# RUSHMOOR & HART LCP SUPPORTING FAMILIES BULLETIN

FEBRUARY 2026

Welcome to our 107<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 **March** ahead of the Easter school break. 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 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; and 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 \(frimley-healthiertogether.nhs.uk\)](#)

*County:*

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

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

National:

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

[Get help with the cost of living - Citizens Advice](#)

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## LOCAL AUTHORITY INFORMATION & SUPPORT

### Rushmoor Link community resources directory

**Rushmoor Link** is 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](#)

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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.hereforharterdirectory.org.uk](http://www.hereforharterdirectory.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

### HAF Free holiday activities and meals for eligible children this half-term!

Children receiving benefits related free school meals can enjoy fun activities and healthy meals for free this half-term through Hampshire's Holiday Activities and Food (HAF) Programme!

Please see below for the HAF schemes running across Hart and Rushmoor over the February half-term school break.

Organisation name	District	Venue	Age Range
ActiveMe 360 CIC	Hart	Mayhill Junior School	4 to 12
CM Sports UK Ltd	Rushmoor	Wavell Secondary School	5-14
CM Sports UK Ltd	Rushmoor	Guillemont Junior School	5-14
Core Kids Club	Hart	Elvetham Heath Primary School	4 to 11
KOOSA Kids	Hart	Court Moor School	4 to 13
KOOSA Kids	Rushmoor	Alderwood Infant School	4 to 13
Premier Education	Rushmoor	Cove Junior School	5 to 11
SCL / Ace Kids	Hart	Westfields Infant School	4 to 11
SCL / Ace Kids	Hart	Velmead Junior School	4 to 11
SCL / Ace Kids	Rushmoor	Parsonage Farm Infant School	4 to 11
SCL / Ace Kids	Rushmoor	South Farnborough Infant School	4 to 11

Parents can also view these schemes via the following link for registration and bookings - [Holiday Activities and Food Programme \(HAF\) | Hampshire CTSH](#)

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### Aldershot Pools – Holiday opening

**Guildford Road, Aldershot, GU12 4BP**

For Aldershot Pools please refer to our website for the school holiday period.  
<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

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### Half-term fun at Princes Mead!

**Half-Term Family Fun at Princes Mead Shopping Centre, Farnborough**

From 10th February, the much-loved garden area returns, bringing with it soft play fun and a charming Valentines Love Jeep for little ones to enjoy.

Families are invited to enjoy this free entertainment throughout Half Term, including:

- **Free face painting** on Saturday 14th February, 11am–4pm
- **A free competition** to win a family ticket to *The Very Hungry Caterpillar Live* at Princes Hall Theatre, showing on Wednesday 1st April at 2pm

To enter, simply visit the garden area, complete an entry form and pop it into the competition box. No booking required — just come along and enjoy the fun.

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## Squirrels Educare – February Half Term Holiday Club

**\*\*Monday the 16<sup>th</sup> of February to Friday the 20<sup>th</sup> of February with options from 8.30am till 4.30pm\*\***

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire half term holidays. We offer fun, exciting & varied activities, delivered by high quality staff. Half a day from £22.00 and full days from £33.00. Activities to include cupid's archery & axe throwing, potion making, valentines craft & much more!

For further information or to make a booking please contact us on any of the below; e-mail address: [office@squirreleducare.co.uk](mailto:office@squirreleducare.co.uk)

Tel: 07702 202921 or (01252) 403586

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

[www.facebook.co.uk/squirrelsholidayfunclub](http://www.facebook.co.uk/squirrelsholidayfunclub)

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## Diddy Dunkers: Half-Term Basketball Camp

Taking place at Frogmore Leisure Centre (GU46 6AG) for 7- to 15-year-olds (school years 3-10), £40 per day.

- Tuesday 17<sup>th</sup> February 10am – 4pm
- Thursday 19<sup>th</sup> February 10am – 4pm

More info and how to book can be found here [www.diddydunkers.com/camps](http://www.diddydunkers.com/camps)

Advance booking essential

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## Church Crookham February half term and extended creative projects

Programme	Ages	Cost	Location	Timings	spaces
Taster Day <b>17th February – UCA:</b> Participants will be exploring <b>Visual Storytelling</b> and <b>Cyanotype Photography</b> .	Year 8+	Free for service households	Various pick ups and drop offs Church Crookham Aldershot Sandhurst	9 am to 4pm	14
Taster Day <b>18th February – RHUL:</b> Participants will be participating in <b>Psychology</b> and <b>Electronic Engineering</b> sessions.	Year 8+	Free for service households	Various pick ups and drop off Church Crookham Aldershot Sandhurst	9.30pm to 4pm	14
Creative Arts Day	10 to 14 years	£ 5 pp	The Wrec Youth Space, Church Crookham GU52 8TL	9.30 am to 3.30pm	20
Artworks Film project 16 <sup>th</sup> to 20 <sup>th</sup> February	13 to 18 years	FREE	Quetta Park Community Hall, Fleet GU52 8TL	10am to 4pm	20
Podcast Project Four Saturdays 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> March	13+	£10	Various pick ups Church Crookham Aldershot Sandhurst	9am to 4pm	14

SEN Together Open to all service families and civilians, whole families 10 <sup>th</sup> Feb, 24 <sup>th</sup> Feb		FREE	The Wrec Youth Space Quetta Park	17.00 to 19.00	n/a
Young Carers Residential 15 <sup>th</sup> Feb to 18 <sup>th</sup> Feb	Year 7 +	FREE Invitation only	Various pickups and drop off Church Crookham Aldershot Sandhurst		

**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)

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**Rushmoor Gymnastics Academy**

Pool Road, Aldershot, GU11 3SN  
01252 320 888

**We are extremely happy to announce that our founders, Colin and Bernie Wright were both awarded the MBE in the King’s New Year Honour’s List. As a club we couldn’t be prouder of their achievement.**

Half Term Playgym

Strictly for children age 5 and under

Pay on the door

Monday 16<sup>th</sup> February-Friday 20<sup>th</sup> February

9:30am-10:30am / 10:45am-11:45am

Rushmoor Gymnastics Academy Recreational Easter Camp

Tuesday 7<sup>th</sup> - Thursday 9<sup>th</sup> April

4:30pm-7:30pm

Gymnasts age 7-12

£65 for all 3 days

Camp will include gymnastics, fun, games, crafts and a short break.

Open to members and non-members.

An opportunity for our members to continue learning and non-members to try out classes before next term

We also have a limited availability in our term time classes for children age 2-14

Book now at: [www.rushgym.co.uk](http://www.rushgym.co.uk)

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## Half-Term Activities at Hart's Community Garden, Eden brook Country Park, Fleet

### **Family Fun at Hart's Community Garden**

**Tuesday 19 February – 14.30 – 16.00**

Come and join a fun half term activity for children and families - create a bug hotel, make a bird feeder and explore the garden with a scavenger hunt. Refreshments and materials included for children, adult refreshments will be available to purchase. All children to be accompanied by an adult. Cost £5 per child. To book please go to this link.

<https://hartvolaction.org.uk/community-services/community-garden/events>

### **Stargazing at Hart's Community Garden**

**Thursday 25 February – 19.00-21.00**

Do you look into the night sky and want to discover more about the stars and planets? Come and join Hart's Community Garden and the team from Cody Astronomical Society for an exciting and interactive evening of stargazing. The community garden is an ideal place from which to observe the moon, stars and planets in the night-time sky, with less light-pollution than surrounding areas. There will be amazing opportunities to use many different scopes, enabling you to get the best navigational experience of the sky. A variety of interesting talks will also be available with plenty of tips and advice on how best to stargaze at home. Please dress warmly and do bring a thermos flask and snacks if you wish. The cost of a ticket is £15.00. Children welcome!

<https://hartvolaction.org.uk/community-services/community-garden/events>

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## Hampshire Libraries – Activities for children

### Hampshire Libraries

Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](https://www.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**

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

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

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

**Construction club** Every Saturday all day

**Saturday Family Fun** Every Saturday 12–2pm Free drink and snack for children, funded by DWP Household Support Fund.

Check our Facebook page for free craft activities during February half term

### **Yateley Library**

**Every Monday (term time only) 3.15-4.30pm** - After school Stay and Play

**Every Tuesday – 10.30** - Storytime

**Every Friday – 10.15** - Rhyme time followed by Stay and Play

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

Please check our Facebook page for free craft activities during February half term and Easter holidays.

## **Farnborough Library**

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

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

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

**Stay and Play** – Every Friday, 11am-12pm

Please check our Facebook page for free craft activities during February half term and Easter holidays.

## **Aldershot Library**

**Rhymetime** – Every Tuesday 10am-10.30am (Over 1's) and 11am-11.30am (Under 1's). Every Friday 10.30am-11am

Our regular Rhymetime sessions for 0-2 year olds and their caregivers.

**Storytime** – Wednesday from 11am-11.30am. During term time these sessions are most suitable for children aged 2-5 years and their Caregivers.

**Construction Club** – 2pm-4pm every Saturday. Adults must stay and Children must be supervised throughout.

**Saturday Family Fun** – 10.30-11.30 every Saturday. Varied activities for family fun – board games, stories, art & craft. Drink and snack for children. Funded by DWP Household Support Fund.

Please check our Facebook page for free craft activities during February half term and Easter holidays.

All 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/whatson)

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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## **Princes Hall shows for children**

Princes Hall, Princes Way, Aldershot, GU11 1NX

### **Youth Theatre - Saturday mornings, term time**

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 13 - the only requirement is an enthusiasm for theatre!

Rachel, Tom and Sophie, the Youth Theatre Leaders are very experienced actors and teachers. They are aided by a Youth Theatre Assistant who are also present at every session. Each term has a set theme or project, and students work towards putting on a final presentation to family and friends. Group sizes are kept to a maximum of 18 students.

The Princes Hall's Youth Theatre is ideal for those who enjoy performing and want to learn more about acting. It is a great opportunity for those wishing to build their confidence in a relaxed and supportive environment.

[princeshall.com/misc-pages/youth-theatre/](https://princeshall.com/misc-pages/youth-theatre/)

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**Dinosaurs Live**

**Monday 16 February 1:30 PM**

For the first time since 1881, the home of dinosaurs, London’s Natural History Museum, is going on tour!

Ever since they were first identified in the 1800s, dinosaurs have sparked the imagination of kids and adults alike and for the first time ever, the world- renowned Natural History Museum has teamed up with Mark Thompson Productions to take you on a dinosaur adventure like no other.

Age guidance: 3+

[Dinosaurs Live - Princes Hall](#)

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**Play In A Day**

**Tuesday 17 February 10:00 AM**

Topic: Paddington

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.

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](#)

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**Dance In A Day**

**Wednesday 18 February 10:00 AM**

A must for all dance fans, and movers & shakers! Our expert leaders Justine and 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.

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 7-11years to take part in this workshop. [Dance In A Day - Princes Hall](#)

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**Taylormania**

**Friday 20 February 7:30 PM - TAYLOR SWIFT ERAS TRIBUTE CONCERT**

An award-winning extravaganza that plays tribute to one of the leading contemporary recording artists of our time. Katy Ellis a self-obsessed ‘Swiftie’ with an incredible live band and dancers promises to deliver the most authentic recreation of a Taylor Swift show you will ever see.

[Taylormania - Princes Hall](#)

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## **Parents Action Group for special play – Family Festival, 16<sup>th</sup> February**

PAG FAMILY FESTIVAL, Monday 16th February

West End Centre, 10.30 - 3 p.m.

This year's theme is THE WILD WEST! Fancy dress encouraged!

Watch this space for more information [www.pagforspecialplay.org.uk](http://www.pagforspecialplay.org.uk)

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## **The Vine Church Hart – Activities for children and young people**

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 - Yr 4**

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

Feb 13, Mar 20, Apr 17, May 8

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

Feb 6, Feb 27, Mar 13, Mar 27, Apr 17, May 1

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 term time

Fridays 7.30-9.30pm

Pool, table tennis, air hockey, 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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## **Alpine Snowsports Aldershot**

Alpine Snowsports Aldershot is the perfect place for unforgettable adventures on the slopes! Whether you're a beginner, seasoned pro, or a family looking for fun activities, the centre is owned by Rushmoor Borough Council and operated by Places Leisure and has everything you need for an action-packed day.

### **School Holidays**

- All day Holiday Ski and Snowboard Camps from beginner to advance £55 per day, discounted multi day passes available
- Daily Donut sessions from £11 per person, Discounted Family passes available.
- Recreational Practice

### General Sessions

- Weekly Junior Ski Club
- Weekly Ski Tips sessions for juniors and adults
- Ski and Tea sessions every Monday and Wednesday during term time
- Group or Private tuition for all levels
- Special discounts for schools and youth groups for lessons and donutting ideal for end of term celebrations
- Donutting, perfect for Parties

For more information visit <https://www.placesleisure.org/centres/alpine-snowsports-aldershot/>

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### **Adventure awaits at Runway's End Outdoor Centre**

Forge Lane, Aldershot, GU112RE

#### Half Day Adventures

2 hr 30 min | Ages 6+ | £22

Looking to entertain the family with some adventure? Look no further than our half day adventures.

Scale the climbing tower, embrace your inner warrior with archery, burn bright in firelighting, become a sharpshooter in air-rifle shooting, and explore the passageways of our artificial cave system.

#### Book Your Half Term Staycation

Spend your time in the tranquil woodland beside the Basingstoke Canal in a pod or kitted out yurt.

Yurt – from £120 per night (sleeps 6)

Pod – from £65 per night (sleeps 4)

To book or find out more please email [rwe@hants.gov.uk](mailto:rwe@hants.gov.uk), call 01252 344 421, or find details available on our website: <https://www.hants.gov.uk/thingstodo/runwaysend>

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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) or [kaizenkaratefarnborough@gmail.com](mailto:kaizenkaratefarnborough@gmail.com) or Chief Instructor Bill Cross on 07958 630 048.

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## COMMUNITY SUPPORT INFORMATION

### Rushmoor and Hart Foodbanks and Larders and Energy Support

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 visiting to donate or receive support, all will receive a warm welcome from our friendly volunteer team. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need from a range of food, household, and personal hygiene items. 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](#), [website](#) or email [Info@communitygrubhub.org](mailto:Info@communitygrubhub.org)

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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 of £5 to supplement a person's weekly shop.

Please get in touch if you need help – 01252 400 196 or [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk)

Opening hours: Monday, Wednesday and Thursday 10-2.

There is no need for a referral, just come along. If it is your first visit, please allow a little extra time to register with us.

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

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

#### **Mental Health Support at The Vine Centre**

We offer 1-1 mental health, anger management and addiction support. Our support is not time limited, we will work with you for as long as is needed to reach your goals. If you or anyone you know is struggling please get in touch for more information. [Info@thevinecentre.org.uk](mailto:Info@thevinecentre.org.uk)

#### **☕ Learn Barista Skills**

Do you know someone looking to build confidence and learn new skills? The Vine Centre runs free barista training every Tuesday. It's a great way to meet people, gain experience, and maybe even open doors to work or volunteering.

☎ Contact us to book your training: 01252 400196

🌐 <https://www.thevinecentre.org.uk/services-at-the-vine-centre>

💡 **Energy worries?** If you're struggling with bills, facing energy debt, or just want to understand your tariff better, we're here to help 🗨️. We offer 1-to-1 confidential and non-judgmental support to:

- Review your energy usage and suggest savings
- Help with debt or missed payments
- Explore switching tariffs or suppliers
- Sign up eligible individuals to the Priority Services Register

☎️ Call us on 01252 400196 or 📧 email [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk) to book a session. Funded with a special thanks to SGN!

### 🍎 **Pick up Half Term Children's Lunches on 17<sup>th</sup> February!**

We're providing free packed lunches for children to cover the school holiday. We'll also be hosting a fun pancake decorating session for Shrove Tuesday.

There will be five days' worth of lunches and snacks per child. You are welcome to have a free hot or cold drink in our café while you wait while these are being given out. 🍷

Everyone is welcome — no referral or booking required.

### **Unwind at Therapeutic Art**

Join our calm space to relax, explore different art materials, and express yourself freely — no experience needed. Sessions take place every Wednesday at 10am -12pm at The Vine Centre. The benefits of therapeutic and creative arts include:

- Improved self-esteem and confidence
- Reduced isolation
- Improved communication
- Alleviate anxiety, depression and stress

📧 email [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk) to book a session.

### **Quiz Night**

Grab your thinking caps and join our quiz night! Bring a team or join one for the evening – everyone is welcome. We will have our fantastic raffle to further fundraise for The Vine Centre, so bring your lucky streak along too.

Date: Friday 20th March, 6.30-10pm.

Cost: £10 per person. Nibbles are included.

Bookings available on our website: <https://www.thevinecentre.org.uk/>

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### **Farnborough Foodbank**

Farnborough Foodbank is 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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## Hart food and welfare provisions

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

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

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

### **Foodbank Centre Opening Times (and donation points):**

- St Barnabas Church, Darby Green - Mondays and Thursdays 1.30pm-3.00pm
- Fleet Baptist Church - Mondays 1.30pm-3.00pm and Thursdays 11.00am-12.30pm
- Life Church, Centre, Hook - Mondays 11.30am-1.00pm and Thursdays 10.30am-12.00pm
- All Saints Church, Odiham at Deer Park View - Thursdays 1.30pm-3.00pm

*Please note: closed all other days and bank holidays.*

### **Supermarket Donation points (during store opening times) include:**

- Fleet: Waitrose; Morrison's Elvetham Heath; Sainsbury's High Street; Sainsbury's Church Crookham and Co-op Church Crookham
- Odiham: Co-op Odiham High Street
- Hartley Wintney: St John's Church
- Many local churches also have donation points, please check our website for more information.

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

This includes a selection of fresh fruit and veg, frozen and chilled items as well as store cupboard items, to help with the creation of several meals through the week for your household  
Static Pantry Fleet – Monday 12:30pm-3:00pm and Thursday 11:00am-12:30pm located in the car park at Fleet Baptist Church 115 Clarence Road, GU51 3RS

### **Hart Community Mobile Pantry**

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

**Hook** - Thursdays, 10.30am-12.00pm at Life Church Centre, Hook, RG27 9DX

Anyone who lives in Hart District and needs some additional support can join the Hart Community Pantry and Mobile Pantry

Website: [www.hartfoodbank.org.uk](http://www.hartfoodbank.org.uk)

Email: [projectsmanager@hartfoodbank.org.uk](mailto:projectsmanager@hartfoodbank.org.uk) or [pantry@hartfoodbank.org.uk](mailto:pantry@hartfoodbank.org.uk)

Telephone: 07926 806256

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Other local food provisions in Hart are:

**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 872337 or Email: [alexs@yateleyindustries.net](mailto:alexs@yateleyindustries.net)

Yateley Industries' warm space programme is now open in the community hub from 9am – 3pm, Monday – Friday for people to use the hub and hopefully enjoy the Community Café.

**Darby Green Mobile** Community Larder is a community larder based on a membership scheme where you pay between £2.50 and £5 (dependent on household size) for £10-£15 worth of food. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday and Thursday between 1.30pm – 3pm

**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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### **Citizens Advice Rushmoor**

#### **Volunteer with Citizens Advice Rushmoor - Mediation service**

Citizens Advice Rushmoor is working with the North Hampshire Mediation Partnership providing free, confidential mediation support to residents across the Rushmoor area, helping people resolve conflict, rebuild communication and move forward positively. The service supports issues such as neighbour disputes, housing and homelessness concerns, and anti-social behaviour.

We are seeking volunteers from all backgrounds—no prior mediation experience is required, as full training and accreditation are provided. This is a great opportunity for people who enjoy listening, communicate calmly, want to develop new skills or explore mediation as a career, and have time to support their community. Volunteers gain full mediator training, ongoing support, and a professionally accredited qualification recognised by the Civil Mediation Council. To get involved in this exciting new initiative, please email [volunteering@citizensadvicrushmoor.org.uk](mailto:volunteering@citizensadvicrushmoor.org.uk) and help create calmer, stronger communities.

#### **Volunteer Introduction Session**

We will be holding our next Volunteer Introduction Session on Wednesday 15<sup>th</sup> April from 1:30 to 4:00 – at this session you can find out more about what we do, have a chance to see how you can use publicly available resources to help others and chat with our supervisor team to see if volunteering with us might be for you.

If you'd like to attend call 01252 339576 or email us at [volunteer@citizensadvicrushmoor.org.uk](mailto:volunteer@citizensadvicrushmoor.org.uk) to save a place or for more information.

You can also find out more about volunteering with us from our webpage: <https://citizensadvicrushmoor.org.uk/volunteering/>

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**Yateley Lions community support**

Fuel Poverty - Yateley & District Lions Club have Grants available, payable directly to suppliers for gas and electric, referrals via Social Prescribers, Hart Citizen's Advice and other professional organisations.

Hunger - Yateley & District Lions Club are supporting the local food banks and Yateley Community Pantry, but referrals are also being accepted from the local Social Prescriber and schools liaison for families and individuals for emergency food vouchers.

For further information, please email [welfare@yateleylions.co.uk](mailto:welfare@yateleylions.co.uk)

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PSA Testing Event for Yateley & District men over the age of 40, fully funded by Yateley & District Lions Club, being held on Saturday 18th April

Bank Holiday May Fayre on Monday 4th May

For further information, check out our Facebook page or email [enquiries@yateleylions.co.uk](mailto:enquiries@yateleylions.co.uk)

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**HIVE – Supporting the Service community**

On behalf of the Chain of Command, Army HIVE delivers information support for the whole military community on a wide variety of topics affecting your everyday Service and personal life, including relocation, accommodation, health and wellbeing, childcare and education, employment, finance, deployment, resettlement, and the local area.

The service is free and available wherever you are in the world. HIVE staff can research information on your behalf and are also able to provide confidential signposting to further sources of support. If you're considering overseas postings or already at post, the iHIVE (International HIVE) also provides location-specific guides and information.

If you're a Service Personnel, a partner or wider family member, veteran or MOD civilian, HIVE support is available face-to-face through a worldwide network of Information Centres and online.

South East HIVE Hub

Aldershot Garrison Community Hub, 1-3 Alanbrooke Road, GU11 2NX

Tel: 01252 355 110

Email: [RC-Pers-HIVE-SEHub-0Mailbox@mod.gov.uk](mailto:RC-Pers-HIVE-SEHub-0Mailbox@mod.gov.uk)

[www.twitter.com/ArmyHIVEinfo](https://www.twitter.com/ArmyHIVEinfo)

[www.facebook.com/ArmyHIVE](https://www.facebook.com/ArmyHIVE)

[www.instagram.com/ArmyHIVEinfo](https://www.instagram.com/ArmyHIVEinfo)

[www.ArmyHIVEinfo.blogspot.com](http://www.ArmyHIVEinfo.blogspot.com)

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## HEALTH & WELLBEING INFORMATION

### Healthy Start Scheme

The NHS Healthy Start scheme 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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### Hampshire Healthy Steps

Don't put your goals on pause until the new year! Hampshire Healthy Steps supports families with children aged 2-12 to set and achieve their own goals related to food, physical activity, sleep, oral health, and community connection. For example, cooking and eating together once a week, or making time for active play.

Friendly and non-judgmental Family Coaches get to know each family, and support them step-by-step to identify strengths, overcome challenges, and make healthy changes. Help is available online and in-person, in a group and one-to-one.

If you would like to refer a family or run a Hampshire Healthy Steps programme in your setting, go to: <https://www.hampshirehealthysteps.org.uk/>

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### Solihull Approach online support for parents

The Solihull Approach online courses for parents and professionals have now rebranded to "Togetherness". These pathways aim to equip people with lifelong skills that build emotional resilience and wellbeing. Helping to foster relationships and connections that transform how we communicate and interact with others.

The learning pathways support from pregnancy through to the teenage years helping parents learn about child development and build confidence in parenting. To access please visit [www.togetherness.co.uk](http://www.togetherness.co.uk) and log in with the access code FAMILY.

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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](#) 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](#)

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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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[Sasha's Project](#) is a not-for-profit organisation 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 8pm-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)

Sasha’s Project is delighted to have launched its Telephone Support Service. This is available every evening between 9pm and midnight and is open to any young person (13-25yrs) who is struggling and who needs to talk to a training Listening Volunteer. The number to call is 07741 117665.

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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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No Limits' Safe Haven offers out-of-hours open-access and one-to-one mental health crisis support for young people aged 10-17 in North East Hampshire & Farnham (including Aldershot, Farnborough, Fleet and Yateley).

Open-access support will take place on a Monday, where you can talk to a youth worker without needing to refer or let us know you're coming. There will also be one-to-ones on Mondays, as well as Thursdays, for you to talk to a youth worker in private.

### **Monday**

- Open-access support: 8:00 - 9:00pm
- One-to-ones: 6:30 - 8:00pm

### **Thursday**

- One-to-ones: 7:15 - 8:45pm

### **To book a one-to-one**

- Refer at [nolimitshelp.org.uk/get-support](https://nolimitshelp.org.uk/get-support)
- Email [safehaven@nolimitshelp.org.uk](mailto:safehaven@nolimitshelp.org.uk)
- Call 07918 259 361

### **Location**

Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH

Find out more: <https://nolimitshelp.org.uk/mental-health-and-wellbeing/safe-havens/>

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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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### **Rushmoor & Hart Community Public Health 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.

Please see our new Digital Productions for young people:

Chathealth video: <https://www.youtube.com/watch?v=rA6Dehlke1g>

Podcasts (Exam Stress, Summer Safety, Starting year 7 and Peer Pressure):

[https://youtube.com/playlist?list=PLTi4UC1v5J\\_ndqCNVTRsS3-61B8voOCw1&si=ol1rK4d7P45HPU9M](https://youtube.com/playlist?list=PLTi4UC1v5J_ndqCNVTRsS3-61B8voOCw1&si=ol1rK4d7P45HPU9M)

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 [HIOWH.publichealthnursinggrandh@nhs.net](mailto:HIOWH.publichealthnursinggrandh@nhs.net)

Public Health 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 public health nursing team is available from the Hampshire Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

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### **Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services**

[WWW.LETSTALKABOUTIT.NHS.UK](http://WWW.LETSTALKABOUTIT.NHS.UK)

**\*\*\*HIV TESTING WEEK 09-15 FEBRUARY\*\*\***

Local health organisations and community partners across Hampshire and the Isle of Wight are joining forces to promote HIV Testing Week 2026, an annual initiative aimed at raising awareness about HIV and encouraging regular testing. Taking place from 09 February to 15 February, this year's campaign emphasis is to encourage regular HIV testing across England to reduce the number of undiagnosed cases. The campaign will use the tagline "I Test", with a variety of sub-messages reflecting people's different motivations for testing.

Order a HIV & STI test online [www.letstalkaboutit.nhs.uk/phr](http://www.letstalkaboutit.nhs.uk/phr)

Book an appointment in a clinic: [www.letstalkaboutit.nhs.uk/clinic-finder-search/](http://www.letstalkaboutit.nhs.uk/clinic-finder-search/)

In addition free HIV tests are also available online at: [Free HIV Kits for testing at Home | Freetesting HIV](#)

## Sexual Health Clinic

Aldershot Centre for Health level 4 (ACfH)  
Hospital Hill, Aldershot, GU11 1AY

### Opening times:

MONDAY CLOSED  
TUESDAY 08:00am-20:00pm\*\*\*Young Persons Walk In - 18's and under 15:00pm-17:00pm  
WEDNESDAY 08:00AM-20-00pm  
THURSDAY CLOSED  
FRIDAY 08:00AM-18:00PM

Condoms, Get It On (GIO) cards, Contraception, Emergency contraception, PrEP, HIV & STI testing and treatment.

Sign up to your own Personal Health Record

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

### FREE Parents and Carers Webinar – All welcome

[Event details :: Hampshire and Isle of Wight Healthcare Sexual Health](#)

To join our Sexual Health Network, please email your details including your name, organisation, job title, email and telephone number to [shpnetworks.directory@solent.nhs.uk](mailto:shpnetworks.directory@solent.nhs.uk)

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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?
- 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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## Hart Voluntary Action Counselling Services

At Hart Voluntary Action we have a range of counselling services to support all ages from 11+. For more information about any of our services and to make a referral visit our website at <https://www.hartvolaction.org.uk/counselling/>

**Youth Counselling** is a Counselling Service for young people aged 11-17 who live in Hart. It is a safe and confidential space where they can talk freely.

- Young people can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place after school on weekdays in Odiham, Fleet, Yateley, Hartley Wintney or online
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept referrals from young people, their parents (or guardians), schools, GP's CAMHS and other professionals.

Family Counselling is a service that gives families the chance to express and explore their feelings in a safe and non-judgmental environment.

- Families can have up to 6 Family Counselling sessions depending on the need of the family
- Sessions take place in Odiham
- Sessions will always be at the same time and place and with the same Counsellor each work
- Different family members may be required to attend different weeks depending on the needs of the family

**Adult Counselling** for anyone 18 and over offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement.

- You can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place either during the day or in the evenings on weekdays in Odiham, Fleet, Yateley or online
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept self-referrals and referrals from GP's and other professionals.

Walk and Talk is a service for adults who would prefer to have their counselling sessions in nature.

- You can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place on a Friday in Fleet
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept self-referrals and referrals from GP's other professionals.

Sunshine and Showers are anxiety and depression support groups to allow adults who are struggling to come together to support each other.

- Groups can be up to 6 people
- Each group is run by a facilitator and a co-facilitator
- Sessions run every week for 50 weeks of the year
- Sessions last an hour and a half
- We have groups in the afternoon on a Tuesday and on a Tuesday and Wednesday evening
- You can attend as long as you like but it is expected that you attend on a regular basis during this time

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## Mustard Seed Autism Trust – Free resources

Want to understand more about **autistic burnout**? We have organised a workshop by [Viv Dawes](#) [Autistic Advocate](#) on Thursday 19th March at 7.30-9.30pm at Ash Grange Primary School.

Early Bird Tickets are now on sale - £12 per person:

<https://www.peoplesfundraising.com/event/autistic-burnout-workshop>

After the 15th February prices will be £15 per person.

This event is suitable for parents and professionals.

Any questions please pop us an email:

[office@mustardseedautism.co.uk](mailto:office@mustardseedautism.co.uk)

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## TalkPlus

TalkPlus is a local NHS Talking Therapies service. 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 provides innovative 'FAST' therapy to people in need of one-off support such as colleagues working in the NHS and emergency services.

### **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.

**Next Courses starting 24<sup>th</sup> February and 13<sup>th</sup> April 2026**

For further information and how to self-refer, please visit: [www.talkplus.org.uk](http://www.talkplus.org.uk)

Or follow our social media for updates on when our next courses are running:

Facebook.com/talkplusiapt

Instagram/talkplus\_nhs

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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 – Smoking and vaping resources and services**

#### [Smokefree Hampshire | Your Stop Smoking Service](#)

Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County, aged 12 years and over. Support includes:

- 12 weeks one to one consultation with a 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).

#### [Smokefree Me | Health and social care | Hampshire County Council](#)

Resources to support to education settings with smoking and vaping education. There are several lesson plans, resources, a template smokefree policy and much more.

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

### **Rushmoor Community in Bloom – Schools Competition 2026**

Entries for the Rushmoor Community in Bloom Schools Competition are opening soon! This much-loved local competition is a great way for children and young people to get creative, connect with nature, and take pride in their school or learning environment. Rushmoor Rotary are kindly sponsoring our 2026 competition.

Infant, Primary and Secondary schools, SEN schools and home-education groups can take part through a range of categories including Best School Garden, Most Unusual Planted Container. For those without a physical garden, you can still take part in our Design Your Own Garden category! Winners will be celebrated at our Schools Award event in July. This is a fun and accessible opportunity to support learning, wellbeing and environmental awareness across Rushmoor.

Key dates:

- Entries open: Monday 23<sup>rd</sup> February
- Entries close: Friday 5<sup>th</sup> June
- Schools Awards Event: Thursday 9<sup>th</sup> July

We look forward to receiving your entries! Find out more at <https://www.rvs.org.uk/rushmoor-community-in-bloom-schools-competition/>

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## **Nominate a school or youth group for a free Moon Landing Coding Adventure!**

### **Last chance to nominate a school or club for a free Moon Landing Coding Adventure!**

Thanks to funding from the UK Civil Aviation Authority and the Department for Transport, Get with the Program has funding to offer infant/primary schools a FREE Moon Landing Coding Adventure to be run remotely on a date of their choice **up until the end of March 2026!** This opportunity would usually cost each school £360!

**Our fun Moon Landing Coding Adventure helps 5-8 year-olds (Years 1-3) learn practical coding skills and create algorithms to land a robot on the moon, while covering the computing curriculum, for FREE!** The package includes:

- An exciting, streamed video assembly (30 mins)
- Engaging follow-on activities (45 mins each)
- A variety of practical teaching support resources

Do you know a primary/infant school or youth group/club that would like a FREE Moon Landing Coding Adventure? Nominate them here: [www.getwiththeprogram.org.uk/reach-for-the-sky](http://www.getwiththeprogram.org.uk/reach-for-the-sky)  
So far, more than 10,000 children, have taken part across the country, and here is some of their feedback -

*"I want to be a computer scientist so I can send rockets into space!"* (Child participant, Stockport)

*"The assembly captured the children's attention from the start. They were fully engaged with the Moon Landing Adventure video and showed real excitement, particularly during the launch and landing moments. The content sparked curiosity and led to thoughtful questions and discussions afterwards, showing how much the children enjoyed the experience."* (Computing Lead, Essex)

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## **Alex Baker MP Opens Newly Refurbished Restaurant at Frogmore Community College**

Frogmore Community College was delighted to welcome local MP Alex Baker today for the official opening of the school's newly refurbished restaurant, *The Hungry Scholar*.

Upon arrival, Ms. Baker was greeted by Laura Goulborn and Matthew Venton, Interim Co-Principals; John Winter, CEO of the Weydon Multi Academy Trust; and Gene Ashe, Chair of Governors. The leadership team guided Ms. Baker on a tour of the school, highlighting the extensive improvements made since joining the Trust and sharing their inspiring vision for the college's future development. The visit concluded at *The Hungry Scholar*, the college's new restaurant space. Ms. Baker was joined there by Hanshika Sathish, the student who won the school-wide competition to name the restaurant, along with her family. Also attending was the school's recently retired site manager, Joe Reed, who played a significant role in supporting the refurbishment works.

In a moment of celebration for the whole school community, Ms. Baker officially opened the restaurant by unveiling a commemorative plaque. The event marked an important milestone for Frogmore Community College as it continues to enhance its facilities and create inspiring spaces for students.

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## St. Michael's Junior School / Energise Me – Active uniform research

**Ever wondered about the impact of school uniforms on pupils' physical activity levels? One Aldershot Head Teacher and one researcher teamed up to find out...**

As teachers, you're always looking for ways to improve pupils learning environment and support their overall well-being. One innovative approach gaining traction is the introduction of **active uniforms for primary aged children** – a shift from traditional school uniform to comfortable, movement-friendly clothing that encourages physical activity throughout the school day.

At St Michael's CE Junior School in Aldershot, a bold decision to introduce active uniforms has sparked a shift in how students experience activity at school. Could active uniforms be a game-changer for your school too?

Supported by the University of Winchester and Energise Me they've been able to capture the benefits of introducing active uniforms and what they've learned along the way... find out more [www.energiseme.org/news/could-active-uniforms-be-the-key-to-positive-physical-activity-experiences-at-your-school/](http://www.energiseme.org/news/could-active-uniforms-be-the-key-to-positive-physical-activity-experiences-at-your-school/)

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### **Inclusion Education update**

Inclusion Education is a specialist education charity supporting young people with mental health, additional learning needs and the co-occurrence with neurodivergence via our range of settings and services.

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. Next month we will open our doors to our new school site – **Inclusion School Aldershot**. Based in the historical setting of Beaumont House, the unique provision offers our learners a truly unique space, with the traditional, historical setting juxtaposed with the nurturing and modern environment created inside.

Following a trauma informed and learner led approach, our provisions are committed to delivering high-quality education through creating safe, supportive spaces for personalised learning and diverse experiences, encouraging confidence, positive mental health, and independence for each learner and student to thrive and succeed.

Inclusion School Aldershot will be our second specialist school that supports young people with social, emotional and mental health needs (SEMH) aged between 11 and 16.

Please email [admissions@inclusioneducation.org.uk](mailto:admissions@inclusioneducation.org.uk) for further details.

**This provision will be the latest in our education settings which includes:**

**Inclusion School Basingstoke**, which supports 11-16 years old in a supportive, nurturing environment, putting well-being at the heart of education.

For older students **Inclusion College**, based in Hook helps young people up to 25 looking for their next steps, combining an education pathway based on their needs with life and employability skills and learning.

**Inclusion EB8** is a supportive employability hub offering the next steps into the work place for young people over 16 with mental health conditions, neurodivergence or additional learning needs.

The site offers 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.

**Project Iris** – is a mental health support and suicide prevention programme for young people from 11-25 experiencing loneliness, isolation, 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 outdoor arts and crafts and equine. It will also offer Peer Ambassador support from those with lived experience.

Led by qualified mental health support workers, the 6-week project offers different age groups 2-hour sessions per week. People can self-refer to the programme, and it is free to access. Please email [projectiris@inclusioneducation.org.uk](mailto:projectiris@inclusioneducation.org.uk) for a referral form or further information.

For more information on all our services and settings then please visit our website at [www.inclusioneducation.org.uk](http://www.inclusioneducation.org.uk)

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### **Farnborough Colleges Open events in February**

#### **ADULT AND HIGHER EDUCATION OPEN EVENTS**

**UNIVERSITY CENTRE FARNBOROUGH - THE HOME OF ACCELERATED DEGREES**

**WEDNESDAY 11 FEBRUARY, 4 – 7:30PM**

Sycamore Road, Farnborough, GU14 7AA

REGISTER ONLINE | [UCFARNBOROUGH.AC.UK](http://UCFARNBOROUGH.AC.UK)

#### **SCHOOL LEAVER OPEN EVENTS**

**FARNBOROUGH COLLEGE OF TECHNOLOGY - YEARS 10 & 11 OPEN EVENTS**

**WEDNESDAY 11 FEBRUARY, 4 – 7:30PM**

Sycamore Road, Farnborough, GU14 7AA

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

#### **ALDERSHOT CONSTRUCTION COLLEGE**

**YEARS 10 & 11 OPEN EVENTS**

**THURSDAY 12 FEBRUARY, 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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### **Design a Superhero with a Prosthetic Limb**

<https://www.bapo.com/design-a-prosthetic-limb-for-a-superhero/>

The British Association of Prosthetics and Orthotics, in collaboration with the Limbless Association, and LIMB-art, is launching “**Design a Superhero with a Prosthetic Limb**” for Key Stage 2 pupils across the UK .

This engaging project challenges students to design a prosthetic limb for a superhero, helping them explore engineering, design thinking, and the human impact of healthcare careers. Along the way, pupils also learn about the role of prosthetists and how science and creativity combine to change lives.

### Why get involved

- Links directly to STEM learning and the Gatsby Benchmarks
- Supports PSHE themes of inclusion, resilience, and positive representation of disability
- Offers a meaningful encounter with a real healthcare profession
- Flexible for classroom, club, or enrichment use

### Who can take part

All UK primary school pupils in Key Stage 2.

### Prizes

- The winning student or group will see their design turned into a real LIMB-art prosthetic cover.
- The winning school will receive a **£1,000 voucher** to spend on resources or student activities.
- The winning entry will also be featured in BAPO's national magazine and online platforms.

### Key dates

- Entries close: **29 May 2026**
- Winner announced by: **30 June 2026**

Entries are submitted by schools via a simple online form, and pupils can enter using drawings, models, or digital designs.

All competition materials, including lesson-friendly resources and full guidance, are available in the competition pack.

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## Recruitment & Retention in the Education and Childcare Sector

**Hampshire County Council** is proud to support the education and childcare sector through its **Building Brighter Futures Webinar Series**. These are designed to address recruitment and retention challenges by connecting employers with practical, funded solutions to grow and sustain their workforce. We offer impartial information, advice and guidance to help local employers navigate the evolving skills landscape.

Tailored for schools, nurseries, childminders, and other sector employers.

### **Building Brighter Futures: Tackling Childcare Recruitment & Retention Through Upskilling & Industry Exposure in Hampshire**

Sign up form - <https://forms.office.com/e/GXE3LY7ybi>

Trailer - [Trailer Building Brighter Futures: Tackling Childcare Recruitment & Retention Through Upskilling & Industry Exposure in Hampshire on Vimeo](#)

**Tuesday 10th March 2026 - 17:00 - 18:00 - Virtual on MS Teams.**

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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 and The West End Centre – if you would like more info or promotional materials, please email [jamie.beaton@rushmoor.gov.uk](mailto:jamie.beaton@rushmoor.gov.uk)

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### **The Source Young People’s Charity – Spring Programme**

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

**The Source has relocated. Please see details of the new address below.**

#### **Activity & Workshops Programme**

**Dates:** From February 2026

**Age:** 11 – 17 yrs

#### **Afterschool sessions:**

- Bike Maintenance
- Games & Lego Club

#### **February half term:**

- Bike Maintenance taster
- Café & Catch Up
- Pottery Painting

\*Sessions are **inclusive, relaxed and easy to book.**

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) for further details.

#### **Counselling & Other programmes**

On-going weekly sessions include:

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

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

#### **General contact details**

Address: Park Community Hall, 258 Lower Farnham Rd, Aldershot GU11 3RB

Office phone number: 01252 333330

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

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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 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.

### **Half Term – Special Opening**

On Wednesday 18<sup>th</sup> February we will be running a special afternoon at Frogmore Leisure Centre, Potley Hill Road, Yateley GU46 6AG. We have use of the sports hall and studio spaces where we can set up activities including table tennis, pickleball and basketball. The session runs 2-5pm, stay for the whole afternoon or just drop in. Completely free and no booking required – all aged 11-18 welcome!

### **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

A youth club with pool, games, crafts and refreshments. 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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## Hart & Rushmoor Young Carers

Hart & Rushmoor Young Carers is a service delivered by Hart Voluntary Action (HVA), offering emotional support and respite to young people aged 7-25 living in Hart and Rushmoor who care, unpaid, for a family member with a long-term or terminal illness, disability, mental health condition or addiction.

We deliver fortnightly, 2-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, alongside trips, residentials, school holiday activities and targeted programmes including Cook and Eat and Swimming. Older members can also access 1:1 support, Duke of Edinburgh's Award and Young Leader opportunities. Attendance is free, community transport is available, and there is no charge for food, drinks or activities.

Term-time clubs run on Tuesdays for Junior Groups (*ages 7-11, alternating between School Years 3-5 and 6*), Wednesdays for Senior Groups (*ages 11-15, alternating between School Years 7/8 and 9/10*), and alternate Thursdays for the Young Adult Carers Group (*School Years 11+*).

Our priority is ensuring young carers have fun, socialise with others in similar situations, and take a meaningful break from caring. Activities are designed to build confidence, develop skills and support wellbeing. Young carers help shape the service through regular feedback and the Young Carers Board, which meets monthly to influence decision making and future planning. Some young carers also volunteer with us, providing peer support and leadership.

### Spring Term Update

The spring term includes a varied programme of weekly club activities focused on wellbeing, confidence and practical skills. Sessions include cooking and healthy eating, creative arts and crafts, games and team challenges, first aid workshops, peer-support discussions and seasonal activities such as pancake parties and Easter sessions. Alongside weekly provision, young carers will take part in trips and off-site activities during February half term and through to Easter offering valuable respite.

During February half term, young carers in School Years 6-8 will attend an exclusive behind-the-scenes stadium tour at Aldershot Town Football Club, led by the club's all-time record goal-scorer. The visit includes access to areas not usually open to the public and the experience of walking out onto the pitch. A fully funded, two-night residential will also take place during February half term for up to 24 young carers aged 11-18 at Avon Tyrrell Outdoor Activity Centre in the New Forest, delivered by UK Youth. The residential will focus on outdoor learning, teamwork and confidence building in a supportive environment.

In addition, swimming trips are planned to support physical wellbeing and social connection, with sessions for the Senior and Young Adult Carers Groups on Sunday 15<sup>th</sup> February and for the Junior Group on Sunday 22<sup>nd</sup> March.

### Referrals and Contact

Young carers can be referred by family members, schools or colleges, and health or social care professionals, or they can self-refer.

To find out more, please contact the Young Carers Service Manager Lindsay Graham at [youngcarers@hartvolaction.org.uk](mailto:youngcarers@hartvolaction.org.uk) or by phone on 07983 030 689, or visit the [HVA website](#) to download a referral form.

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## **Home-Start Hampshire – New Family Support Group Launching in Aldershot**

🚪 Now Open: New Family Support Group in Aldershot!

Home-Start Hampshire (Rushmoor & Hart), in partnership with VIVID Homes, is thrilled to announce that our new family support group at the North Town Community Hub is now officially up and running!

This friendly, welcoming space is already helping local parents find their feet, share experiences, and grow together. Our goal is simple: to ensure no parent feels alone.

What the Group Offers:

Community Connections: Meet other local parents and build a lasting support network.

Wellbeing Support: Dedicated focus on both parent and child mental health.

Confidence Building: Practical tips and peer support to boost your parenting journey.

Family Fun: New activities every week to engage children and parents alike.

The Details:

When: Tuesdays, 10:00am – 11:30am

Where: North Town Community Hub, Aldershot

Who: Families with children aged 0–5 years (Attendance by referral)

Inquiries: Email [familysupport@hshants.org.uk](mailto:familysupport@hshants.org.uk)

☀️ Change a Life (Including Your Own) – Volunteer With Us!

Are you looking for a way to give back to the local community? We are looking for passionate volunteers to join our mission. Whether you prefer supporting families in a group setting, visiting a parent one-to-one at home, or helping us raise vital funds, your time makes a massive difference.

Why Volunteer with Home-Start?

"There is no better feeling than seeing a parent regain their confidence or a child smile because they feel supported. It's not just about giving back; it's about the friendships you make and the lives you touch."

Deeply Rewarding: Experience the joy of seeing a family thrive because of your encouragement.

Flexible: Give as much or as little time as you can.

Training Provided: We ensure you have all the tools and confidence you need to succeed.

Community Impact: Help build a stronger, more connected community.

Ready to start your journey? Contact Nikki at [nicola.bhela@hshants.org.uk](mailto:nicola.bhela@hshants.org.uk) or visit [www.home-starthampshire.org.uk](http://www.home-starthampshire.org.uk) to learn more.

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## **Launch from Step by Step - Free and Confidential Advice and Support for Young People**

Launch is a free service from youth charity Step by Step. It offers one-to-one guidance and tailored support for young people on a range of issues, including:

- Housing and accommodation
- Wellbeing
- Mental health
- Getting into work or education
- Claiming benefits
- Sexual health

- Food parcels
- And more

Launch is open to any young person aged 11-25. They can refer themselves, or be referred by a parent or professional.

**How to contact Launch:**

- Call 01252 346105
- Text 07520 649977
- Email [launch@stepbystep.org.uk](mailto:launch@stepbystep.org.uk)

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**RAAG, Reaching Accessibility Awareness Group**

RAAG’s next meeting will be held on Monday 16 March, from 6pm – 8pm at Rushmoor Borough Council Offices. If you are interested in coming along please let us know and you will be very welcome.

Our work advising NHS continues. We’ve been working locally with NHUC (National Health Urgent Care) and TalkPlus. Advising on the feel and accessibility of their websites. We’ve also worked with Rushmoor Borough Council to provide further accessibility information on some of the pages on their Website. We’re supporting the Methodist Church North Camp, with access audits and advice on their existing entrance and car park. The Church is home to many groups providing interests to both children and adults. We are also currently building a picture of where ‘lived experience’ disabled people who use Taxi’s struggle to be dropped off or picked up from. Within Farnborough, Aldershot and surrounding areas. Please do let us know if you have difficulties with locations that you need to go to?

Are you experiencing difficulties with access and inclusion? Is there something you wish was better? Please contact:

Email - [raagforall@gmail.com](mailto:raagforall@gmail.com)

Facebook - <https://www.facebook.com/profile.php?id=100087817041708>

Instagram - <https://www.instagram.com/raagforall?igsh=MXBrcDRxMzZkOG5oNA==>

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**Hampshire Learning in Libraries – Spring term / First Words Together**

What’s on offer in your local area in the New Year? Here are just a few of courses and workshops we have on offer across Hart and Rushmoor this term:

- **Digital Skills for ESOL Learners** at Aldershot Library on Wednesdays, 25 February to 25 March, 1pm-3pm, FREE COURSE  
BOOK HERE: [Digital Skills for English for Speaker of Other Languages Learners \(sh – Hampshire County Council Shop](#)
- **Raising Resilient Children** online on Mondays, 23 February to 23 March, 7.30pm-9pm, FREE COURSE  
BOOK HERE: [Raising Resilient Children - Online course - Monday 23rd February, 2nd – Hampshire County Council Shop](#)
- **Emergency First Aid**, at Farnborough Library on Saturday 7 March, 9.45am – 4.45pm, FREE COURSE, fee of £25 for certification if desired

## Workshops & Courses

- **Gentle Fitness** at Farnborough Library, Thursdays 26 February to 2 April (no session 12 March), 2.45pm-3.45pm  
BOOK HERE: [Gentle Fitness - Farnborough Library - Thursday 26th February, 5th, 19 – Hampshire County Council Shop](#)
- **Oil Pastels, Watercolour and Stencil with Jacky** at Fleet Library, Friday 27 February, 10am-12pm, £26  
BOOK HERE: [Oil Pastels, Watercolour and Stencil Workshop with Jacky - Fleet Libra – Hampshire County Council Shop](#)
- **Painting Animal Portraits in Watercolour** at Yateley Library, Saturday 7 March, 10am-1pm, £33  
BOOK HERE: [Painting Animal Portraits in Watercolour - Yateley Library - Saturday – Hampshire County Council Shop](#)
- **Wildflower Meadows Watercolour and Illustration** at Farnborough Library, Friday 27 March, 10am-12pm, £26  
BOOK HERE: [Wildflower Meadows Watercolour and Illustration workshop with Jacky - – Hampshire County Council Shop](#)

Find all these courses and more using the link below:

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

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

[learninginlibraries@hants.gov.uk](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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## First Words Together at Aldershot Library

Are you worried about your toddler's talking, listening or attention?

Would you like to help your toddler learn and become a confident talker?

If so, First Words Together may be for you! Enjoy exploring stories, rhymes and learning 5 top tips with your toddler on our FREE 5-week course at Aldershot Library. We will share ideas and activities that will support your child's learning and development in everyday life – talking, singing rhymes, sharing books and playing together. Suitable for children up to 2 years of age.

You can find out more and register your interest by visiting this

page <https://forms.office.com/e/rakKPZ3nxi>

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## New Parent Meet and Connect

A welcoming session for new parents to build confidence, reduce isolation, and make connections.

Please see here for a short video [Our New Parent Meet and Connect sessions are such a delight! 😊](#)

Visit our webpage to see which libraries are delivering the New Parent Meet and Connect

Programme. [Events in libraries | Leisure and culture | Hampshire County Council](#)

### **Benefits & Impact:**

- **Improved Wellbeing:** Parents report feeling less isolated and more supported.
- **Stronger Networks:** Builds friendships and peer support that last beyond the session.
- **Better Access to Services:** Families are signposted to local resources, improving engagement with health and community support.

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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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## Parish of Cove – Weekly and seasonal activities

### Bumps and Babies (Term Time)

- When: Mondays at Christ Church Cove Road from 1:30–3:00 pm
- Who: Newborns up to 24 months and their grown-ups
- What: A relaxed space to enjoy cake, a drink, and a friendly chat.

### Little Fishes Toddler Group (Thursdays, Term Time)

Join us at St John's church hall (near Plough and Horses on St John's Road.)

Two sessions available:

- Session 1: 9:00–10:10 am
- Session 2: 10:20–11:30 am

Come along for playtime, refreshments, and conversation with other families.

### Food Bank

- When: Wednesdays, 12:00–2:00 pm at Christ Church on Cove Road.
- Who: Anyone in need within our community

If you need support, please contact us at the Parish of Cove. We're here to help.

### Holiday Club – August. Theme: Restoration Station

- Where: Christ Church on Cove Road
- 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> August, 9:30 am–2:00 pm
- Cost: £6 per day or £16.50 for all three days

Sign-ups available through the Parish of Cove. Signups open Mid-March.

### Footprints Café

A warm welcome for anyone who'd like to drop in for cake, coffee, and company.

- Wednesdays: St John's Hall on St John's Road. From 2:00–4:00 pm
- Fridays: Christ Church Cove Road from 2:00–4:00 pm

### Family Services

- Take place once a month at 10:30 am, on the first Sunday of the month, with additional special family services on Mothering Sunday, Easter, and Father's Day.

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## Victoria Day is back on Saturday 6 June 2026 and everyone is invited to take part!

Rushmoor BC is inviting everyone to take part in Victoria Day - Aldershot's flagship annual event. There are lots of exciting opportunities for volunteers, community groups, schools and businesses to get involved. Join the magical 'folklore and fairy tales' themed carnival parade, perform on the day, book a stall, take part in carnival workshops, join the planning group, marshal - or something else! If you'd like to take part, please follow the links below.

Take part in the parade

Everyone is invited to take part in the carnival parade, in groups or even on your own! At 11am, a grand procession of more than 1,000 people will create a fantastic atmosphere, and we encourage you to embrace the 'animal' theme. Volunteers, community groups, marching bands and organisations from around Aldershot and Farnborough are encouraged to apply to take part.

The route is 0.5 miles long, starting at Princes Hall at 11am, travelling very slowly on foot and

reaching the High Street Multi Storey Car Park around 12.15pm. Applications close on Monday 18 May.

**Apply to perform**

If you're a local choir, dance school, community band or music group, then why not apply for a spot on the bandstand or to perform in Union Street? Applications close on Friday 6 March.

**Apply for a stall**

Applications are open to book a stall in the lively markets on Union Street and in Princes Gardens. You could sell food, crafts and gifts, fundraise or just raise awareness of your community organisation. Over 15,000 visitors attend each year. Local businesses can book a table space in front of their stores, free of charge and five subsidised pitches are available to Rushmoor-based community groups.

Stallholder applications close on Friday 27 March, but may close sooner if we receive enough suitable applications.

**Volunteer**

On the day, our volunteers support the event with parade marshalling, stallholder arrival and helping with family activities. Our volunteers choose which elements of the event they would like to get involved in. If you would like to find out more or volunteer for helping on the day, please email Jenny Atherton, Events and Cultural Projects Manager via [towncentrevents@rushmoor.gov.uk](mailto:towncentrevents@rushmoor.gov.uk).

**Carnival workshops**

We will be holding community carnival costume workshops in Aldershot, and everyone is invited! Please follow [www.facebook.com/victoriaday](https://www.facebook.com/victoriaday) for updates.

**HOW TO APPLY**

Find out more and apply to take part at: [www.rushmoor.gov.uk/takepart](http://www.rushmoor.gov.uk/takepart)

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**Farnborough Rotary Club**

Farnborough Rotary Club is pleased to announce that we collected just over £18,000 from our Christmas Collection, thanks to the generosity of Farnborough residents. All the money collected goes directly to a considerable number of local charities. This was only made possible by a large number of volunteers who braved some very unsociable weather conditions on some of the evenings, to whom we are very grateful.

Our volunteers do a wonderful job at each of our fundraising events, and this is a very good way for you to get involved in making a real difference to some of the disadvantaged families in the Farnborough area. If you would like to volunteer to help with any of our activities please contact the club via our website at <https://rotary-ribi.org/clubs/homepage.php?ClubID=877>

Our next event is the Donkey Darby to be held on the May bank holiday, look out for publicity for this near the date.

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## **Prom Project back for 2026!**

The charities Lighthouse Aldershot and Emmaus Road Aldershot are delighted to be bringing The Prom Project back for 2026!! We offer very low-cost loans of stunning prom dresses and suits to Year 11 pupils in our Community. The aim is to make going to The Prom affordable and enjoyable for everyone. Whilst it's aimed at families who might find this expense too much, we deliberately do not operate a referral system, so it is open to all.

The 2026 season will be our fourth year of running this project and we are looking forward to helping another group of local pupils enjoy Prom without breaking the bank and hopefully, in an environmentally responsible way. We have over 300 beautiful dresses and suits available for loan. We also have a selection of shoes and bags. All our outfits are donations from our community, many brand new. For quality purposes, every item is checked and freshly laundered before each loan. We may also be able to offer alterations to improve the fit.

The loan of an outfit is an initial £50 to the family, £30 will be refunded once the outfit is returned. We retain £20.00 to cover the cost of cleaning, repairing and storing the outfit.

How it works

Our first fitting event this year is **5-8 pm on Friday 27th February and 10 am – 2 pm Saturday 28th February** at The Park Centre, Church Lane East, Aldershot GU11 3ST.

Students will be able to browse and try on the outfits in a relaxed atmosphere.

To register interest in attending, simply book a free ticket and fill in a short form telling us a bit about the outfit required using this link

Friday

<https://emmausrd.churchsuite.com/events/tzba3uve>

Saturday

<https://emmausrd.churchsuite.com/events/qfmgic1q>

If you find an outfit you like at the event, pay the £50 fee (£30 will be refunded on return of the outfit) and take the outfit home with you - or if it needs alteration arrange a collection date.

Enjoy the Prom! Then, after the Prom we will arrange a date for the outfits to be returned, and we then will refund £30 of the fee.

Any questions email [jo.emett@the-lighthouse.info](mailto:jo.emett@the-lighthouse.info)

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## **Join in Rushmoor's Great British Spring Clean with Rushmoor Binfluencers**

The Great British Spring Clean is a national campaign that brings people together to care for their local environment. Last year's campaign was a huge success in Rushmoor. Across all 13 wards, volunteers collected 248 bags of litter, including a joint session with Farnborough Airport.

To make taking part easy and accessible, Rushmoor Binfluencers provide all equipment, carry out risk assessments, deliver safety briefings, have first aid available, and hold public liability insurance. This means organisations, families and individuals can get involved with confidence.

From 13 to 29 March, Rushmoor Binfluencers will be hosting organised litter picks across the borough. These sessions focus on known litter hot spots and are designed so that even giving just one hour can make a real difference. Dates, times and locations for each litter pick are listed below and will also be shared on the Rushmoor Binfluencers Facebook page.

Everyone is welcome. Individuals, families, schools, businesses and community groups can all get involved. Children are very welcome but must be accompanied by an adult.

- Each litter pick will be led by a trained Binfluencer
- Volunteers will receive a safety briefing before starting
- All equipment will be provided
- Volunteers will be asked to sign in and out for safety

### **Bespoke litter picks**

In addition to the scheduled community events, Rushmoor Binfluencers can organise a limited number of bespoke litter picks for organisations. If you would like to arrange a session tailored to your group, please email: [therushmoorbinfluencers@outlook.com](mailto:therushmoorbinfluencers@outlook.com)

### **Saturday 14 March**

📍 Empress – Old Leisure Centre car park, GU14 7LD 🕒 11:00am–12:00noon

### **Sunday 15 March**

📍 Rowhill – Meet outside Shiva Temple GU11 3JE 🕒 2:00–3:00pm

### **Monday 16 March**

📍 Fernhill – Pinewood Park play area GU14 9LE 🕒 10:00–11:00am

### **Tuesday 17 March**

📍 North Town – Lower Newport Road (by the pharmacy) GU12 4QB 🕒 10:00–11:00am

### **Thursday 19 March**

📍 Manor Park – East Station Road car park GU12 4JB 🕒 1:00–2:00pm

### **Friday 20 March**

📍 Knellwood – King George V Playing Fields car park GU14 6PQ 🕒 1:30–2:30pm

### **Saturday 21 March**

📍 Cherrywood – Water Lane Park GU14 8XQ 🕒 11:00am–12:00noon

### **Sunday 22 March**

📍 Aldershot Park – Aldershot Lido car park GU12 4BP 🕒 2:00–3:00pm

### **Monday 23 March**

📍 Cove & Southwood – Fowler Avenue, outside Tower Hill School GU14 0BW 🕒 10:00–11:00am

### **Tuesday 24 March**

📍 St John's – Whetstone Road (by the shops) GU14 9SX 🕒 12:00–1:00pm

### **Thursday 26 March**

📍 West Heath – Blunden Hall, Blunden Road GU14 8QP 🕒 1:00–2:00pm

### **Saturday 28 March**

📍 Wellington – High Street multi-storey car park, Aldershot GU11 1SD 🕒 11:00am–12:00noon

### **Sunday 29 March**

📍 St Mark's – Napier Gardens car park GU14 6EF 🕒 12:30–1:30pm

🌟 Followed by a Thank You Gathering 🌟

📍 North Camp Methodist Church GU14 6EG 🕒 2:00–3:30pm

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## Yateley Industries Spring Fair 2026


Yateley Industries, Mill Lane, Yateley, Hants GU46 7TF

<https://www.yateleyindustries.org/event-details/yateley-industries-spring-fair-2026>

Join us for our indoor Spring Fair on **Sunday 29th March** from **11am-3pm**

- FREE ENTRY
- Gift & Craft Stalls
- Food & Drink

Held across our **Great Hall and Factory**, the fair will feature a range of stalls from **local craft makers and businesses**. Our **Community Café** will be open throughout the day, serving a selection of hot and cold food.

 **Parking:** Limited parking is available on site, with overflow parking at **Yateley Manor School**, located opposite us on Reading Road.

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## SKILLS & TRAINING

### Citizens Advice Rushmoor – Advice First Aid training

#### **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 15<sup>th</sup> April **Time:** 1:30 PM - 3:30 PM **Location:** Citizens Advice Rushmoor Farnborough Office

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### Citizens Advice Hart – Advice First Aid training

#### **Book a place on the next Advice First Aid training session**

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

You'll learn how to navigate effectively through the information on the Citizens Advice website to

support people who cannot do so for themselves. You'll also learn how to recognise situations where more than advice first aid is needed and how to contact our service when needed.

**New dates for our training courses:**

**Wednesday 18th March 9:30-12:30**

Places are limited so book now via email: [afa@citizensadvicehart.org.uk](mailto:afa@citizensadvicehart.org.uk)

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### **Hart Voluntary Action: Training Courses for Counsellors 2026-2027**

Our Counselling Services team are pleased to be able to offer a range of courses for counsellors. All courses are currently open to applications.

#### Level 5 Diploma in Counselling Adolescents (online)

A course for counsellors who are qualified and would like to work with young people aged 11-18.

- Running from September 2026 online allowing for Counsellors from across the UK to attend.
- CPCAB accredited
- Cost: £1750 (there is an early bird offer of £1650 if you register by 1st June 2026). Payment can be made by instalments.

#### Level 6 Certificate in Therapeutic Counselling Supervision

A course for counsellors who are qualified and would like to work with other counsellors in a supervisory role.

- Running from September 2026 until May 2027 in Yateley, Hampshire.
- Session times – 9:00 – 16:00 during Hampshire term-time
- CPCAB accredited
- Cost: £1700 (there is an early bird offer of £1600 if you register by 1st June 2026). Payment can be made by instalments.

#### NEW! Level 5 Diploma in Family Counselling (pending approval)

This course is for already qualified counsellors equipping them to work with families in a counselling setting.

- Running from September 2026 in Yateley, Hampshire
- Cost: £2000 (there is an early bird offer of £1900 if you register by 1st June 2026). Payment can be made by instalments.
- CPCAB accreditation pending approval

For more information about any of our courses please visit our Counsellor Training web-pages

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

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### **Making Every Contact Count – Healthy Conversation**

Yellow Brick Road Projects is offering this face to face opportunity to develop and reflect on your skills for working with people to change behaviour. Thank you to the NHS for funding this opportunity – we would be delighted to welcome you if you work in the local area or beyond and especially if you are working with children, young people and their families, including in education.

[MECC Training - Farnborough Tickets, Wed 29 Apr 2026 at 12:45 | Eventbrite](#)

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## **Rushmoor Training Hub**

Local people can now access free, year-round access to unlimited courses on topics such as Office 365, Excel, Customer Service, etc. There are over 250 live courses to book at any one time, and new content is added constantly. These course are provided by Seedl, with funding from Rushmoor BC.

All courses are uniquely live interactive webinars, allowing you to make a date to learn on a flexible basis, accessing webinars from the home or office.

For more information visit <https://www.seedl.com/o/rushmoor>

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## **FUNDING & GRANTS CURRENTLY AVAILABLE**

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

**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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### **Armed Forces Education Trust – Grants for Service children in Education**

If you have a child who is struggling in their education because of their parent’s service in the Armed Forces, then our Trust might be able to help with a grant. In particular we offer short term support to Service children with SEND whose support has been affected by mobility. Get in touch via <https://armedforceseducation.org/individual-grants/>.

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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 March 2026**

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