

RUSHMOOR & HART LCP SUPPORTING FAMILIES BULLETIN

OCTOBER 2026

Welcome to our 111th edition! The Supporting Families Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it, or relevant parts of it, with anyone you think will find it useful.

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The next Bulletin will be in **December** ahead of the Christmas 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

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](#)

Worrying About Money – sources of support

Hampshire County Council have worked with the Independent Food Network (IFAN) and district councils to co-produce a new interactive resource to guide people to sources of support if they are experiencing financial hardship.

IFAN have produced an interactive resource which can be accessed via this link

<https://worryingaboutmoney.co.uk/rushmoor> as well as a printable flyer which can be requested by emailing communitydevelopment@rushmoor.gov.uk

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](#)

Here for Hart update (coordinated by Hart District Council)

👉 Explore hundreds of local free or low-cost services at www.hereforhartdirectory.org.uk

Please share the directory with your school communities - staff as well as families find this a valuable resource.

The Autumn Here for Hart bulletin is here!

This quarter's bulletin is packed with local events, opportunities, services and community news from across Hart. Highlights include:

- Emergency First Aid at Work training
- GP referrals and other opportunities at Hart Leisure Centre
- Local job opportunities with Age Concern and Citizen's Advice
- Suicide prevention resources and support services
- Free thermal imaging available this winter
- Free money advice and wellbeing support
- Open Residents' Survey

Plus other updates from local organisations, training opportunities, healthcare services, community groups and much more.

Read the bulletin:

<https://padlet.com/hereforhartteam/here-for-hart-bulletin-65574nb26nqc1sb5U>

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 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 or call the Duty Officer on 01252 774 239. Further information can be found at www.hart.gov.uk/housing-advice

WHAT'S ON IN RUSHMOOR & HART

Diddy Dunkers: Half-Term Holiday Basketball Camp

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

Tuesday 27 October 10am – 4pm

Thursday 29 October 10am – 4pm

More info and how to book can be found here www.diddydunkers.com/camps

Advance booking essential

Squirrels Educare – October Holiday Club

****Monday the 26th of October to Friday the 30th of October – timings from 8.30am till 4.30pm****
Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire school 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 potion making, slime factory, pumpkin activities, park outings, spooky t-shirt making & 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

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

Hampshire Libraries – Activities for children

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

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.

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

National Databank – Farnborough Library area now a site for the National Databank, providing free SIM cards to people in need. If this is something you or someone you know could benefit from, please come and see us in branch.

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.

New Parent Meet and Connect, every Friday 11.15-12.15 - Come and meet other new parents and discuss any questions you may have with others. No need to book, just come along.

Starting School...Ready, Steady, Go!, starting Friday 6th November - [Starting School... Ready, Steady, Go! - Aldershot Library - Friday 6th – Hampshire County Council Shop](#) The aim of this course is to equip parents and carers with the knowledge, strategies and practical tools needed to confidently support their child's transition into school. Please book on using the link provided.

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

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

Aldershot - [Aldershot Library - Hampshire County Council | Aldershot | Facebook](#)

Farnborough - [Farnborough Library - Hampshire County Council | Farnborough | Facebook](#)

Fleet - [Fleet Library - Hampshire County Council | Fleet | Facebook](#)

Yateley - [Yateley Library - Hampshire County Council | Yateley | Facebook](#)

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

K-Pop Dance Heroes

Sunday 18 October 2026 3:00 PM

Sing and dance along with the K-POP DANCE HEROES as they take you on a musical adventure through the biggest K-Pop hits of all time.

K-POP DANCE HEROES features live vocalists and is filled with high energy, synchronized choreography and exceptional harmonies.

Come and join the K-POP PARTY!

[K-Pop Dance Heroes - Princes Hall](#)

There's a Monster in Your Show

Monday 26 October 1pm & Tuesday 27 October 11am

Tom Fletcher's interactive adventures for big imaginations are leaping from page to stage, as the beloved 'Who's in Your Book?' series tours the UK in a brand-new musical show.

A group of performers are preparing to start their show, but quickly discover they are not alone on stage. Little Monster wants to be part of the fun too! With an invitation to his friends, Dragon, Alien and Unicorn to join him, you can expect comedy and chaos as they help to create a magical show, learning about the joy of books and friendship along the way.

A high-energy 50-minute adventure featuring lively original music, this show is the perfect introduction to live theatre.

Please note: The Tuesday 11am performance will be BSL interpreted on the right hand side of the stage.

[There's a Monster in Your Show - Princes Hall](#)

Play In A Day

Tuesday 27 October 2026 10am – 4pm

Tickets: £28

Ages: 7-11 yrs

Topic: Sleeping Beauty

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](#)

Taylormania The End Of An Era | The Final Tour

Thursday 29 October 7:30 PM

Featuring a phenomenal live band, incredible dancers and stunning replica costumes for every era, Taylormania brings the spectacle, energy and excitement of The Eras Tour and The Life of a Showgirl to life on stage.

This is Taylormania: The End of an Era. So grab your friendship bracelets, warm up your singing voice and join us as we dance through every era one last time.

[Taylormania - Princes Hall](#)

Ministry of Science

Friday 30 October 2026 1:30 PM

Direct from London's West End. Over the last few years Science has led the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever!

Join our presenters as they dive deep into the world of science and look at how science shapes the modern world we live in with a few loud bangs along the way!

100% Educational. 200% Entertaining. 300% Explosive. 400% Fun.

[Ministry of Science - Princes Hall](#)

My First Concert

Saturday 31 October 2:30 PM

Featuring Baby Shark, Pinkfong and The Zoomies

Get ready to sing, dance, laugh and cheer in 'My First Concert'. A magical live musical adventure for young children and their grown-ups!

Packed with favourite nursery rhymes, fun characters, audience interaction and big concert moments. My First Concert lets children become part of the show — clapping, singing, dancing and helping to save the village with music.

Perfect for ages 2–7, this heart-warming, high-energy experience shows how being kind, working together, and having fun can make the world a happier place.

[My First Concert - Princes Hall](#)

Sleeping Beauty

Friday 4 December – Sunday 3 January

Experience the magic and excitement of another Aldershot professional pantomime.

This enchanting story tells of a beautiful young princess who, through an evil fairy's curse, is doomed to sleep for 100 years and can only be awakened by her true love's kiss.

As the kingdom falls into a deep slumber, a dashing prince, a silly sidekick or two, good fairies and a whole host of colourful characters must come together to break the spell and ensure that true love conquers all!

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

[Sleeping Beauty - Princes Hall](#)

Hallo-eco-ween Wizard School, Farnborough & Aldershot town centres

Saturday 24 October, Aldershot town centre, 10am to 3pm

Sunday 25 October, Farnborough town centre, 10am to 3pm

For lots of spooktacular, sustainable fun this October half-term, enrol at our Hallo-eco-ween Wizard School and enjoy a FREE spellbinding day out in our town centres!

Young witches and wizards will discover planet-friendly magic as they learn to fly a broomstick, encounter curious cauldrons, take part in a monster dance class, create a spooky recycled craft, get their hands dirty with magical gardening activities and seek out our frightful face painters.

What's on...

- Planet potions class - Visit the potions table to discover the concoctions lurking in our touchy-feely cauldrons. Beware! These bubbling brews are full of spooky eco-surprises!
- Broomstick flying class - Hop on our broomsticks and learn how to fly, while racing other witches and wizards around our obstacle course.
- Monster dance class - Learn some monster moves with Beetlejuice and his bonkers friends. They'll make you spin the wheel of chance, and we hope you're ready to have a dance!
- Herbology class - Discover your green-fingered powers with our Hallo-ECO-ween gardening activities. Plant, grow and learn how even the smallest witches and wizards can help nature thrive.
- Ghostly crafts class - Give old material a spooky new life by making your very own recycled ghost to take home. It's frightfully fun and helps to reduce waste too!
- Frightful face painters - Ever wanted to be a skeleton, a pumpkin or a black cat? Now's your chance. A small charge applies for face painting.

Don't forget to dress up in your favourite spooky costume!

Locations

Saturday 24 October, Union Yard, Union Street, Aldershot, GU11 1FU

Sunday 25 October, The Landing, Queensmead, Farnborough, GU14 7SJ

All activities take place between 10am and 3pm and will be running throughout the day. There's no need to book, just drop in! The event is free. A small charge applies for face painting.

www.rushmoor.gov.uk/halloween

Aldershot Christmas Cracker 2026

Saturday 14 November 2026, Noon to 5.30pm
Princes Gardens, Princes Way and Union Street, Aldershot

The town centre will be bursting with seasonal cheer, offering a sleigh-full of free family fun - from enchanting festive stalls and a magical grotto, to dazzling fireworks, sensational street performers and live entertainment across two stages.

Browse over 45 festive stalls filled with handmade crafts, seasonal goodies, delicious treats and local community groups - plus explore the delicious street food zone outside Princes Hall theatre, serving up mouthwatering global flavours to warm your winter appetite.

Don't miss the chance to meet Father Christmas in his grotto and step inside the giant snow globe - both completely free.

With over 100 local performers from brass bands, choirs, dance schools and buskers lighting up two stages, the town will be alive with the sounds of the season.

The grand finale begins at 5.10pm in Princes Gardens, with the magical countdown to the Christmas lights switch-on and a sparkling firework display to light up the night sky!

- Father Christmas's grotto - meet Santa in his grotto and share your Christmas wishes!
- Giant snow globe - step inside a magical snow globe — perfect for festive photos!
- Birds of prey - marvel at majestic owls and hawks up close
- Petting Farm - meet friendly farm animals in this mini festive farmyard
- Circus skills - try juggling, plate-spinning and more with Juggling Jake!
- Giant bubbles - watch huge shimmering bubbles float through the air
- Donkeys - say hello to gentle donkeys
- Lego building - build festive creations brick by brick
- Street theatre - roaming performers bring festive fun
- Kids' crafts - get creative with festive make-and-take Christmas crafts
- Fair rides* - whirl and twirl with classic fairground fun
- Face painting* - transform into a reindeer, elf or snowflake with a festive design!

** small charge applies*

The event is organised and funded by Rushmoor Borough Council with support from Aldershot Community Together and is proudly sponsored by Grainger.

For full details, visit www.rushmoor.gov.uk/christmascracker and follow Aldershot Town Centre on Facebook.

Farnborough Frost Fair 2026

Saturday 21 November 2025, 10am to 3.30pm
Queensmead, Farnborough, Hampshire, GU14 7SB

Discover the town centre's biggest event of the year, bursting with festive free delights for the whole family. From magical moments to merry music, there's a sleigh-load of fun waiting...

- Meet Father Christmas in his cosy grotto
- Bounce around in the giant snow globe
- Watch giant bubbles float through the air
- Say hello to friendly donkeys and majestic birds of prey
- Try your hand at circus skills with Juggling Jake
- Be dazzled by festive street theatre performers bringing seasonal stories to life
- Build festive creations from bricks
- Get crafty in the free children's decoration tent
- Enjoy face painting with a touch of holiday sparkle
- Sing and bop along as over 100 performers from brass bands, choirs, and dance schools fill the air with music across two stages

Wander through a twinkling festive market along Queensmead, where over 45 stalls brim with seasonal treasures - from artisan food and drink to handcrafted jewellery and enchanting Christmas decorations. It's the perfect place to find those special gifts with a touch of sparkle.

Farnborough Frost Fair is the borough's largest free family Christmas event - a sparkling celebration of winter joy. Come along and soak up the frosty atmosphere, festive tunes, and seasonal smiles!

For full details, visit www.rushmoor.gov.uk/frostfair and follow Farnborough Town Centre on Facebook.

This FREE event is managed and funded by Rushmoor Borough Council.

Chloe's and Sophie's Special Ears Fund (CSSEF) Autumn Activities Programme

Tuesday 20th October 9am to 5pm - Horseshoe Lake Activity Centre - Age 10 plus

Join us for a full day of instructor-led adventure workshops. You'll take part in four exciting 90-minute sessions, including Katakanu, Climbing, Kayaking, and Raft Building.

Wednesday 21st October 10am to 12pm - Come and Celebrate our 16th Birthday for CSSEF

We are celebrating with cake and drinks for our families alongside our Teddy Bear Audiology Clinic and Decorate Your Hearing Aids/Cochlear Implants and BAHA's.

Sunday 25th October 11am to 2pm - Halloween Party at Deaf Hub- The Kiln, Badshot Lea

Get ready for a spooktacular time at our Halloween Party at Deaf Hub with Halloween arts and crafts and lots of fun games including apple bobbing and many more. Fancy dress is encouraged, so come dressed in your favourite Halloween costume.

Monday 26th October 10am to 11.30am or 2pm to 3.30pm - Pumpkin Carving - CSSEF Wellbeing Hub Aldershot - Age 5 plus

Join us for a spooky pumpkin carving session along with fun Halloween arts and crafts.

Tuesday 27th October 11am - There's a Monster in Your Show BSL Interpreted Performance - Princes Hall Aldershot

Tom Fletcher's interactive adventures for big imaginations are leaping from page to stage. A group of performers are preparing to start their show, but quickly discover they are not alone on stage. Little Monster wants to be part of the fun too! With an invitation to his friends, Dragon, Alien and Unicorn to join him, you can expect comedy and chaos as they help to create a magical show, learning about the joy of books and friendship along the way.

A high-energy 50-minute adventure featuring lively original music, this show is the perfect introduction to live theatre.

Tuesday 27th October Time 2pm - High Score Arcade Bracknell

Join us for 90 minutes of arcade fun. Packed full of both modern and retro arcade games, High Score is a family-friendly free-play amusement centre with something for everyone. Race family and friends, challenge them to a basketball shootout, or get nostalgic on old favourites like Pac-Man.

Thursday 29th October 10am - Jake's Playbarn and Mini Farm

Enjoy a day out where all the family gets involved enjoying the indoor playbarn, outdoor play areas & minifarm.

If anyone would like to attend, please contact wishes@cssef.org for our Activity Programme form.

Aldershot Pools and Alpine Snowsports – Holiday opening

Aldershot Pools and Fitness Centre: Guildford Road, Aldershot, GU12 4BP

Aldershot Pools and Fitness Centre changed operator from 1st April and is now being managed by Everyone Active. Please refer to our website for the school holiday period.

[Aldershot Pools & Fitness Centre - Everyone Active](#)

Alpine Snowsports Centre – Gallwey Road, Aldershot, GU11 2DD

Similarly, the Snowsports Centre is now operated by Everyone Active. Please refer to the website for details of all our activities. [Alpine Snowsports - Everyone Active](#)

Stopgap Dance Company - October Half-term dance club

Join Stopgap for three jam-packed days of movement, activities and fun!
Learn new dance skills, get creative crafting props, make new friends and share your experience with family inviting them to watch a sharing on the last day.
Everyone is welcome, no prior dance experience is needed.
This dance club is aimed at 7 - 11 year olds.

Dates: Monday 26 - Wednesday 28 October 2027
Venue: Alderwood Leisure Centre, Tongham Road, Aldershot, GU12 4AS
Times: 10.30am - 3.30pm
Cost: £90 for the 3 days (Earlybird fee £75 if booked before 18 September)

Interested or want to hear more, contact: admin@stopgapdance.com or call 01252 745 443

Stopgap Dance Company is driven by a diverse creative team who uses dance as a movement for change. Our mission is to create an inclusive world where diversity is not just accepted but pursued, a world where no one is limited by prejudice against Deaf, Disabled or neurodivergent people.

Halloween at Princes Mead Shopping Centre

Princes Mead Shopping Centre is set to bring family fun to October half term with Monsters & Makers!

The week begins with a spooktacular Makers Market on Saturday 24th October, packed with unique handmade gifts and spooky crafts.

Young visitors can take part in a monster trail throughout the week, hunting around the centre and collecting a prize on completion. Entry sheets can be collected from The Crafters Collective and taken back to the shop once finished.

The celebrations culminate on Saturday 31st October with FREE face painting 11am–4pm, giving little monsters the perfect Halloween look. Fun, creativity and prizes await.

Parents Action Group for Special Play: Half-term activity / PAG Panto

Spooktacular!

Halloween event for special needs children and young people.

Monday 26th October

2 – 4.10 p.m.

West End Centre, Aldershot
£8 per child, siblings welcome

Dress up in your best Halloween costumes!

1 hour of magic and games with Dan from Playhouse Parties.

1 hour of dance with Jackie from Duo Dance. Our regular tutor for MADD Musical Theatre Club.

Tutors are supported by our enthusiastic and experienced volunteers.

Grown-ups and scarers to stay with their young people throughout.

Tickets available via West End Centre box office

www.westendcentre.co.uk

01252 330040

PAG Panto

There will be a special PAG performance of 'Sleeping Beauty' at The Princes Hall, Aldershot on **SUNDAY 6th December 2026 at 1.00p.m.**

This performance is specifically for special needs children/young people, their siblings and parents/carers.

The cost is only **£15** per ticket (max 6 per family).

Contact pagpanto25@gmail.com for a booking form. First come, first served!

Wavell Campus Leisure

Lynchford Road, Farnborough,
GU14 6BH

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

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

CM SPORTS OCTOBER HALF TERM HOLIDAY CLUB

MONDAY 26TH – FRIDAY 30TH MAY 2026 FROM 8AM – 4.30PM DAILY

For further information regarding costs and availability please email info@cm-sports.co.uk

CAMPUS OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm Saturday & Sunday: 8.30am- 6pm

FACILITIES TO HIRE & HOURLY RATE

SPORTS HALL £38.50 PER HOUR

DANCE STUDIO £24 PER HOUR

THE WAVELL HALL £24 PER HOUR

COMMUNITY HALL £21 PER HOUR

CLASSROOMS £12 PER HOUR

OUTDOOR NETBALL COURTS £22 PER HOUR

C BLOCK HALL

Available for hire now from 2pm-6pm every Sunday

CLUBS & CLASSES

Please check our website www.wavellschool.org.uk/leisure/homepage for all the clubs and classes running at Wavell Campus Leisure. You will find everything you need to know on the **'What's on**

Where Page' and we currently accommodate and cater for many different classes and cultures. We have a vast choice of both educational and sporting classes to offer the community.

CHILDRENS PARTIES

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY* - HIRE PRICE IS £30 PER HOUR

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* - HIRE PRICE IS £30 PER HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* - HIRE PRICE IS £40 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* - HIRE PRICE IS £50 PER HOUR

***All subject to availability**

For further information or enquires regarding hire of our facilities, email

Wavell.campus@wavell.hants.sch.uk

Check out our website at www.wavellschoolorg.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317603

BIG ANNOUNCEMENT *** NEW 3G PITCH COMING TO WAVELL SCHOOL IN SUMMER**

2027 JOIN OUR CAMPAIGN TO HELP US RAISE **£200,000** – Help Build The Future & Leave Your Legacy

£50 - Single Brick 215 x 65mm

£150 - Double Brick 215 x 1440mm

£250 Triple Brick 215 x 215mm

Every brick purchased brings us one step closer to creating a fantastic new sporting facility for The Wavell School and our wider community.

Pitchin@wavell.hants.sch.uk (01252 331256)

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

Kaizen Karate Academy has a new children's class opening in North Lane (£6 for the session, 5 and upwards):

North Town Community Centre, Thursdays 6-7pm

£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 or Chief Instructor Bill Cross on 07958 630 048.

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](#)

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 £2 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

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. Opening hours: Monday, Wednesday and Thursday 10-12.

Please get in touch if you need help – 01252 400 196 or info@thevinecentre.org.uk

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

info@thevinecentre.org.uk

Farnborough Foodbank – How to get food support

The Farnborough Foodbank is here to support anyone in need of emergency food. To access our help, you'll need a referral from a **registered referral partner**, such as:

- Citizens Advice
- GP or other healthcare professional
- School
- Church
- Support worker or local charity

Once a **food voucher** has been issued, clients can collect a food parcel from one of our **Client Outlets**:

Food Parcel Collection Points

St Peter's Church

60 Church Avenue, Farnborough

 **Tuesdays:** 2.00pm – 4.30pm

Christ Church

Cove Road, Farnborough

 **Wednesdays:** 12.00pm – 2.30pm

Contact Us

 **Website:** www.farnborough.foodbank.org.uk

Office: 01252 331 668 (*Limited hours – Tuesday, Wednesday & Friday only*)

 **Mobile:** 07954 105 279 (*call or text*)

 **Email:** info@farnborough.foodbank.org.uk

Hart food and welfare provisions

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

There are three foodbanks 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, and Hook.**

Please note that we prefer people to be self-referred to us but they can also contact us directly to discuss receiving support. Referrals include; 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

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 Mobile Pantry operates as a 'get more for less' scheme. Thursday 10.30am – 12.00 at the Life Church, Hook.

Static Pantry Fleet – Monday 1:30pm-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 – Mondays 11.30am – 1.00pm, 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

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

Telephone: 07926 806 256

Important Note:

-Our Foodbank centres and donation points are open throughout the school summer holidays.

-We are closed on all Bank Holidays – (including the Warehouse).

Other local food provisions in Hart are:

Yateley Industries Community Pantry

Opening Hours: Tuesday, Wednesday and Friday 10am – 2pm

Our Pantry supports local residents just register and pay £6 per shop to receive at least £20 worth of fresh, frozen, and cupboard items. 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.

For more information please contact: 01252 872 337 | jean@yateleyindustries.org

Warm Space – Community Café - Yateley Industries

Opening Hours: Tuesday, Wednesday and Friday 10am – 1pm. Currently open when our Pantry is open.

Darby Green 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 Thursday between 12.00 – 2.00pm.

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email:

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

SSAFA Safe to Serve

Safe To Serve is a dedicated support service funded by the Armed Forces Covenant Trust Fund. It is a confidential and independent Tri-Service support service, designed for women currently serving in HM Armed Forces who are experiencing or have experienced bullying, discrimination, harassment, sexual harassment, sexual assault/abuse.

The service is designed to break a culture of silence, provide compassionate advocacy, and ensure every servicewoman is believed, supported, and protected.

When you contact, you will receive help from a qualified, compassionate social worker offering confidential, one-to-one advice, practical and emotional support, and advocacy for servicewomen facing bullying, discrimination, harassment, or sexual harassment in the armed forces.

Reach out for support via phone, WhatsApp, or webchat, with a 'no-wrong-door' approach to referrals - making help easy to access wherever you are. The Service accepts self-referrals, or 3rd party referrals with consent.

Whatever support you need, or if you are not sure what this might be please reach out for support and guidance on:

Email: SafeToServe@ssafa-fhs.org.uk

Telephone: 0800 260 6722

WhatsApp: 020 3807 4400

Webform/Webchat: [Safe to Serve | SSAFA](#)

Citizens Advice Rushmoor

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

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

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

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- Arranging for you to have an appointment for more detailed help
- Referring you to a different organisation who could assist you better than we can
- Directing you to our Adviceline (see below) for a telephone appointment

Our Drop-in Service is open five days a week.

- Aldershot – Tuesday and Thursday, 9.30am to 12.30pm
- Farnborough – Monday, Wednesday and Friday, 9.30am to 12.30pm
- Nepali language drop-in, Aldershot – Friday, 9:30am to 12:30pm

Different ways of reaching us:

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

Crisis and Resilience Fund

The Crisis and Resilience Fund is a new government scheme that can provide one-off assistance to low-income households who are experiencing a financial shock, or who are at risk of falling into crisis. The fund is not a long-term top up to low income.

Clients may be eligible if they:

- Live full time in Hampshire
- Are experiencing a crisis, such as an inability to pay for essentials, a sudden essential expenditure or have a sudden loss of income.
- Have an immediate need following an unexpected event

- Have an adult in the household that is currently entitled to a means tested benefit OR
- Have a low household income (below £20,500 pa) after paying essential housing costs (rent, mortgage and Council Tax)
- Can evidence they do not have sufficient resources to resolve the immediate crisis without going without essentials, incurring unmanageable debt, or exacerbating financial harm.
- Have limited access to savings (less than £6,000).

Eligible clients can be referred or can self-refer through all our usual channels. Clients can also contact us by leaving a voicemail on 0808 175 3559 or by emailing crisis@citizensadviserushmoor.org.uk

We will apply on behalf of clients and do not make the final decision on a client's application. There is no guarantee that it will be successful. Each client will be considered on a case-by-case basis and only one application per household is available. We can only apply on behalf of clients if they:

- have an appointment to confirm their eligibility
- provide sufficient evidence of the crisis, their household income, their savings and their identity
- agree to receive advice alongside an application.

If you are supporting someone in financial crisis who meets the eligibility criteria, please signpost or refer them to us, but manage their expectations of the likelihood of a successful application.

Volunteer with Citizens Advice Rushmoor

Join us to make a difference in your community!

We're looking for friendly, compassionate people to join our team as Volunteer Advisers and Welcome Team Volunteers. Whether you'd like to provide practical advice and support or be the welcoming face that helps people feel at ease when they visit us, we'll provide full training and ongoing support. Join us for our Advice First Aid session, giving you a taster of what you could be doing, followed by our volunteer information session on Wednesday 13 January 2027, 1.30pm–4.00pm, where you can find out more about the roles, the training available, and how you can get involved.

Contact volunteer@citizensadviserushmoor.org.uk or call 01252 339576 for more information.

Citizens Advice Hart

Worried about energy bills this winter? We can help.

As the weather turns colder and the heating goes on, many families are feeling the pressure of energy costs. If that's you, you're not alone and Citizens Advice Hart is here to help.

Our advisers help local families with all kinds of energy worries, including:

- Falling behind or struggling to pay energy bills
- Problems with your supplier or bills that don't look right
- Comparing suppliers and tariffs and help switching
- Prepayment, smart or faulty meters
- Damp and mould and keeping your home healthy for your family
- Simple ways to save energy and lower your bills
- Making a complaint if things go wrong

Our advice is free, confidential and impartial. Getting help early can make a real difference, so don't wait until things feel out of control.

Get in touch www.citizensadvicehart.org.uk

Gambling Harms

Citizens Advice Hart is part of the new South East Gambling Harms Partnership, where eight Citizens Advice organisations across Berkshire and North Hampshire are working together to raise awareness of gambling related harm and help prevent it.

Gambling harms don't just affect the person gambling. They can affect families, friends, finances, relationships and mental wellbeing, often long before anyone asks for help. Our aim is to start conversations early, so people can spot the signs and know where to turn before things reach crisis point.

As part of this service, we can offer free, friendly and non-judgemental sessions to talk about:

- Recognising the signs of gambling related harm
- How gambling can affect money, wellbeing and the people around us
- Ways to reduce the risk of harm
- Where to find help and support, for the person gambling and for those affected by someone else's gambling

If you would like to know more about gambling harms prevention and the help available, please get in touch. <https://citizensadvicehart.org.uk/contact/>

HEALTH & WELLBEING INFORMATION

Get ready for winter

Winter is a time when we start to see more cases of common respiratory viruses and tummy bugs. As temperatures start to cool, we'd like to remind everyone of the simple measures that can help keep everyone well, including frequent hand washing with soap and water, covering coughs and sneezes, and staying away from vulnerable settings (like hospitals or care settings) while experiencing symptoms. There is further advice on when to keep your child off school: [Is my child too ill for school? - NHS](#). Information on taking care of your child's health is available here: [Healthier Together](#)

Vaccinations are a key way to stay healthy this winter – please do consider whether you or a family member could be eligible for any of the vaccinations on offer. Flu vaccinations for 2 to 3 year olds are provided at GP practices and participating pharmacies. Older children can get their flu vaccine at school or community clinics for those children who are home educated. Please make sure to complete school children's flu vaccination consent forms to enable the vaccination to go ahead. More information on all available vaccinations is available here [Vaccinations - NHS](#). If you or your child has missed out on any vaccinations, get in touch with your healthcare provider to organise a catch up.

Although coughs and colds are common in winter, if your symptoms are worsening there are many services available to support you, including your GP practice, Pharmacy, and NHS 111. A persistent cough, together with weight loss and night sweats or fever, could be a sign of [Tuberculosis \(TB\)](#). Seek advice from your local GP practice if you or a loved one is experiencing these symptoms.

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

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/>

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 and log in with the access code FAMILY.

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. 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.

Safe Haven NEHF, provided by No Limits, offers out-of-hours, open-access and one-to-one crisis support for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley) who are experiencing difficulties with their mental health. Youth workers can provide support with issues affecting mental health and wellbeing, including self-harm, suicidal thoughts, low mood, self-esteem, anxiety, and accessing further support.

[Safe Haven NEHF | Mental Health Crisis | No Limits](#)

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

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

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

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.

Children & Young People's Services Northeast Hampshire (CYPS NEH)

Urgent help

There is a free 24/7 mental health crisis line for children aged from six years, young people, and their families or carers who are in crisis.

Please call [0800 915 4644](tel:08009154644) to talk with a professional who will provide advice, support, and signposting to a range of community services. It's open all day and all night, seven days a week. Professionals can contact our Early Help team if they have a child or young person in crisis. The team can be contacted on [01252 335 600](tel:01252335600), Monday – Friday 9am – 5pm.

We provide specialist NHS Child and Adolescent Mental Health Services (CAMHS) across North East Hampshire for children and young people aged 5-18 years old who are finding it hard to manage their emotional, psychological, and mental health.

We have a range of teams available depending on the child or young person's needs. These are made up of different clinical and professional staff who are trained and experienced in working with children, young people, their families, and carers. Our services are based in the community so support can be provided close to home.

[North East Hampshire Child and Adolescent Mental Health Services : Surrey and Borders Partnership NHS Foundation Trust](#)

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), 6th 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/>

Mental Health Support at The Vine Centre

We offer 1-1 mental health, anger management, a women's group, and support for addiction. Our support is not time limited, we will work with you for as long as is needed to reach your goals. GASP is our Gambling, Alcohol, and Substance Misuse Programme. If you or anyone you know is struggling, please get in touch for more information. Email jasmine.yarnell@thevinecentre.org.uk to refer or to make an appointment.

Mental Health Drop in

Join us every Monday for our Mental Health Drop-In between 5pm–7pm for a safe, supportive space to get the help you need, when you need it.

Our drop-in sessions enable people to receive the right support at the right time, reducing the risk of issues escalating. Visit us at The Vine Centre, 33 Station Road, Aldershot, GU11 1BA.

Rushmoor & Hart Community Public Health Nursing Service

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/>

Referral Forms are now digital

For Parent/carer/professional's

[Digital referral for the 5-19 Hampshire Community Public Health Nursing Service](#)

Young Person Self-Referral

[Young Person self-referral to the Community Public Health Nursing Service](#)

ChatHealth texting service is 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.

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>

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

https://youtube.com/playlist?list=PLTi4UC1v5J_ndqCNVTRsS3-61B8voOCw1&si=ol1rK4d7P45HPU9M

Barriers to toothbrushing in children aged 0-5 years – Insight survey participation

The 0 – 19 Public Health Nursing Service (Hampshire and Isle of Wight Healthcare NHS Foundation Trust) have been asked by Hampshire County Council to determine the challenges and barriers to toothbrushing in children aged 0-5 years in Rushmoor area.

We would really appreciate it if you could share the link to our survey with parents that you work with to help us in this work [Rushmoor Insights. Questionnaire for parents of children aged 0-5 – Fill in form](#)

The insights from this will enable us to identify the needs of the local population when it comes to toothbrushing.

Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services

WWW.LETSTALKABOUTIT.NHS.UK

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/>

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

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 running 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

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

Smokefree Hampshire – Smoking and vaping resources and services

Smokefree Hampshire has recently launched our brand-new website, where referrals can now be made directly for children and young people by teachers, GPs, parents, or other professionals.

We will be delivering our 12-week programme throughout the summer holidays, providing the perfect opportunity for young people to quit nicotine for good.
The programme offers age-appropriate Nicotine Replacement Therapy (NRT) alongside specialist behavioural support, helping young people build the skills and confidence to become smoke-free and nicotine-free.

Get in touch today!

Website: www.smokefreehampshire.co.uk

Email: cyp@smokefreehampshire.org.uk

Phone: 0800 772 3649

Text: QUIT to 80011

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Elective Home Education – Drop in sessions for parents

Hampshire County Council's **Elective Home Education** team are hosting Drop-in Sessions throughout 2026, the next one is in person:

- Thursday 19th November Andover Library 12.30pm – 2.30pm

Find out more about:

- Hampshire's approach to EHE
- Ideas and resources
- Local groups

To find out more and log in details please visit our website: [Elective home education | Education and learning | Hampshire County Council](#)

School Leaver Open Events: Farnborough College / Aldershot Construction College

FARNBOROUGH COLLEGE OF TECHNOLOGY

YEARS 10 & 11 OPEN EVENTS

TUESDAY 13 OCTOBER 4 – 7:30PM

WEDNESDAY 14 OCTOBER 4 – 7:30PM

WEDNESDAY 18 NOVEMBER 4 – 7:30PM

Boundary Road, Farnborough, GU14 6SB

REGISTER ONLINE: FARN-CT.AC.UK

ALDERSHOT CONSTRUCTION COLLEGE

YEARS 10 & 11 OPEN EVENTS

THURSDAY 15 OCTOBER 4 – 6:30PM

THURSDAY 19 NOVEMBER 4 – 6:30PM

Unit 2, Holder Road, Aldershot, GU12 4PQ

REGISTER ONLINE: FARN-CT.AC.UK

Adult & Higher Education Open Events

UNIVERSITY CENTRE FARNBOROUGH

QUALIFICATIONS THAT TAKE YOU FROM LEARNING TO EARNING

UPCOMING OPEN EVENTS

WEDNESDAY 18 NOVEMBER 4 – 7:30PM

Boundary Road, Farnborough, GU14 6SB

REGISTER ONLINE: UCFARNBOROUGH.AC.UK

Diwali Light It Up! – Basingstoke & Reading

Get ready for a spectacular celebration of Diwali as **Kala The Arts' Diwali Light It Up!** returns to Basingstoke on **23 October** and Reading on **24 October**.

The **free, family-friendly** parades will bring together **local schools, community groups, artists and performers**, creating a vibrant procession of light, music and culture.

Look out for **150+ illuminated lanterns** carried by school students, alongside **100 lotus flowers** representing the Hindu goddess Lakshmi. The parades will also feature **giant illuminated puppets**, professional dancers, **dhhol drummers** and an **LED-lit Bollywood brass band**.

In Basingstoke, the parade will feature giant mythological puppets including **Hanuman and Ravana**, as well as horses, the Green Man, African Queen and Sita's friends. **In Reading**, audiences can expect spectacular **19-foot illuminated puppets**, including Arora and the Peacock, alongside performances celebrating classical and folk dance traditions.

With schools, communities, local artists and performers coming together, Diwali Light It Up is a celebration for everyone.

Basingstoke – Friday 23 October | 6 PM at Willis Museum & Sainsbury Gallery

Reading – Saturday 24 October | 5 PM at Reading Town Hall Square

We'd like to invite all schools and communities from Rushmoor to attend this grand celebration!

For more information, visit: <https://kalathearts.co.uk/whats-on/diwali-light-it-up/>

Diwali Workshops for Schools

Would your school like to host a **Diwali workshop led by Kala The Arts**, either ahead of the festival or after half term? Workshop dates are available on: 19 October, 22 October, 4 November and 5 November.

To apply, please email office@kalathearts.co.uk by 16 October.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Everyone Active Leisure – Free memberships for children in care

Children in care and care experienced young people can get free Everyone Active memberships, (Hart Leisure Centre, Frogmore Leisure, Farnham Leisure Centre).

Cared for children (ages 0-15)

Access to the gym (ages 11-15 only), swimming pool (where applicable) and soft play (ages 0-10)

Care experienced young people (ages 16-25)

Access to the gym, group exercise classes and swimming pool (where applicable)

To be eligible for the membership customers MUST be referred by the Council Family Support Team.

Full details: [Cared for free membership - Everyone Active](#)

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 summer 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 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 28th October 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 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, 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.

Fleet Phoenix Information

Anxiety Unwound

Term Time, **Thursdays 4 - 5pm**

Anxiety Unwound is for young people of secondary school age suffering with anxiety. You will learn what anxiety is, coping strategies, how to manage it and overcome fears. We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an 8-week course.

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

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

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

SMART Music

Weekly - Term Time, **Tuesdays 4.30pm - 6.30pm**

Our SMART Music sessions support young musicians aged 11-25 years old. SMART Music offers FREE guitar and drum tuition, giving young people an amazing opportunity to learn, develop, be creative and express themselves in a safe environment. Come along and meet the team, learn new skills, meet new people and have a go on some of the amazing equipment we have. Pop in to chat with Louise to find out more during any open session.

TNS

Weekly - Term Time, **Tuesdays 7pm - 9pm**

TNS is a FREE youth club for school year 8 up to and including year 11 (Age 12+)

You can come and meet friends, hang out and chill or learn new skills. Find out more about things and subjects that affect your life like: drugs and alcohol, sexual health and relationships, in a fun and supportive place.

No pressure; just respect and fun.

Alongside having fun and learning some new skills our team can offer you support and advice or just a listening ear.

Chill and Chat

Weekly, **Thursdays 8pm - 10.30pm**

Chill and Chat is a FREE youth club for school year 11+.

If you want somewhere to hang out, debate the world, play games, cook or just chat with mates, feel free to pop in to the session.

The youth worker team will be able to offer advice and information on any issues affecting your life.

TLC

Fortnightly - Term Time, **Thursdays 6pm - 7.30pm**

TLC is a FREE junior youth club for children age 8 up to and including school year 7.

You can come and have fun, be creative, laugh, play, and make new friends.

We offer a fun, creative, and challenging programme of activities every week.

You can come along, have some fun, learn something new and be stretched and challenged.

Jammin

Term Time, **Wednesdays 7pm - 10pm**

Jammin is a FREE band rehearsal space for young, up and coming bands and artists.

All young people need to come along with is enthusiasm; we can provide all the instruments and equipment you need to get you going. Our staff team can support you develop your musicianship, singing, song writing skills and band development if that is what you need, or it can just offer you a place to practice where you won't be told to turn it down!

Pop in and have a chat with Louise to find out more during any open session.

Fireflies (Hook Juniors)

Term Time, **Fortnightly - Wednesdays 6pm – 7:30pm**

This is a FREE junior youth club for young people age 8, up to and including school year 7.

We offer a fun, creative and challenging programme of activities, where you play, laugh, make new friends and have lots of fun in a safe and support environment.

If you want to learn something new, be stretched and challenged, laugh lots and have loads of fun, then come along and see us.

Location: The Club Room, Hook Community Centre, Hook, RG27 9NN.

Sponsored by: Hook Parish Council.

Youth Club dates can be found on the website: www.fleetphoenix.co.uk/youth-clubs-hook

Hook Seniors (Young People to name)

Term Time, **Fortnightly - Wednesdays 7pm – 8:30pm**

This is a FREE youth club for school year 8 up to and including year 11.

You can come and meet friends, hang out and chill or learn new skills. Find out more about things and subjects that affect your life like: drugs and alcohol, sexual health and relationships, in a fun and supportive place. No pressure; just respect and fun.

Alongside having fun and learning some new skills our team can offer you support and advice or just a listening ear.

Location: The Club Room, Hook Community Centre, Hook, RG27 9NN.

Sponsored by: Hook Parish Council

Youth Club dates can be found on the website: www.fleetphoenix.co.uk/youth-clubs-hook

Parenting Circle

First Wednesday of each month (dates can be found on the website)

12pm - 2pm

Fleet Phoenix is delighted to be partnering with Hampshire County Council's Family Help Hub to offer a new support session for parents called Parenting Circle.

This is a FREE parent support session which will be run once a month for those parents who are facing challenges with their children.

We will be looking to help, support, advise make appropriate referrals, get you in contact with the right people in the right places to listen and we'll also supply CAKE!!

Parenting Circle will have supporting agencies invited to have guest sessions to deliver workshops, offer support and advice and to build relationships.

Come along and chat, don't chat, build connections, find support and people that get it, don't be alone, drink tea, drink coffee, eat cake, listen, rest, whatever you need as a parent to help make life a little easier.

All information on all clubs can be found here: www.fleetphoenix.co.uk/services

The Source Young People's Charity – Autumn Programme

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

The Source has relocated. General contact details:

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

Office phone number: 01252 333330

Website: www.thesourceforyou.co.uk

Activity & Workshops Programme

Dates: Monday 26th – Thursday 29th, October 2026

Age: 11 – 25 yrs

Autumn Holiday Sessions:

- Golf
- Bike Maintenance
- Sewing & Crocheting

- Holiday wellbeing workshops: Cooking, Games & Indoor Gardening

*Sessions are **Inclusive, Relaxed and FREE**

Fundraising Events:

- October Fundraising Month
- **Sewing Saturday** – Saturday, 3rd October
- **Quiz Night** – Friday, 23rd October

For further information:

Contact Asharee at asharee.green@thesourceforyou.co.uk

Visit our website at 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
- Practical Mentoring programme
 - Bike Maintenance (at Bikestart).

Contact Yasmin at Yasmin.cunningham@thesourceforyou.co.uk

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

Hart & Rushmoor Young Carers

Hart & Rushmoor Young Carers (HRYC) is a service delivered by Hart Voluntary Action, 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, addiction or additional needs such as autism or ADHD.

We deliver fortnightly, two-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, alongside trips, residentials, school holiday activities and targeted programmes including Cook & Eat and Swimming. Older members can also access one-to-one support and Young Leader opportunities. All our provision is free, with food and refreshments provided, and community transport is arranged where needed.

Term-time clubs run on Tuesdays for Junior Groups (ages 7-11, alternating between School Years 3-5 and Year 6), Wednesdays for Senior Groups (ages 11-15, alternating between School Years 7/8 and 9/10), and alternate Thursdays for our Young Adult Carers Group (School Year 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 our Young Carers Board. Some young carers also volunteer with us, providing peer support and leadership.

Autumn at Young Carers Clubs

Our Young Carers Clubs are now well underway for the autumn term, with another varied programme of activities taking us through to Christmas.

Our first few weeks have included Welcome Back sessions and a Funfair Fiesta, alongside a range of activities and visits and from local organisations. These include boxing and kickboxing with Turnstyle and a basic first aid workshop, as well as visits from Rushmoor Fire Station, Hampshire & Isle of Wight Constabulary, Rushmoor Borough Council and NHS Solent. These sessions give young carers opportunities to try new activities, learn useful skills, meet people from their local community and access information and support in a relaxed and familiar environment.

Ahead of the October half-term break, we will also be getting into the Halloween spirit with our Spooktacular Scare House, featuring Halloween-themed fun across our Junior, Senior and Young Adult Carers groups.

Following half-term, we will welcome young carers back with I'm a Young Carer Get Me Out of Here! - our take on the popular jungle challenge - followed later in November by The Craft Lab, where young carers will have the opportunity to get creative and try their hand at a range of different arts and crafts. Our Cook & Eat Programme also continues alongside Young Carers Club sessions, with small groups helping to prepare food for their peers. As well as being an enjoyable social activity, Cook & Eat gives young carers opportunities to develop practical cooking skills, confidence and independence.

Christmas at HRYC

There is plenty to look forward to as we head towards Christmas. Our traditional Christmas parties will take place across our Young Carers Clubs in December, with this year's celebrations taking the form of the HRYC Big Christmas Bash.

We are also planning a number of special end-of-term trips and experiences during the week commencing 14 December. Our Junior Young Carers will be heading to Alpine Snowsports in Aldershot for an evening of donutting, our Senior Young Carers will be visiting Jump In Camberley for trampolining and pizza, and our Young Adult Carers are planning a visit to Ballerz Clubhouse in Farnham for an evening of interactive activities and street food.

We then hope to round off our 2026 programme on Saturday 19 December with a Christmas pantomime trip to The Anvil Theatre in Basingstoke, bringing young carers from across our groups together for one final festive outing.

These activities provide much more than simply a fun day or evening out. For young carers who can spend significant amounts of their time thinking about or supporting someone at home, they provide valuable opportunities to take a break from their caring responsibilities, spend time with others who understand their circumstances and enjoy experiences they may not otherwise have the opportunity to access.

Referrals and Contact

Referrals to HRYC remain open, and we would encourage schools, colleges and health and social care professionals to continue identifying children and young people who may be taking on a caring role at home. Family members can also make a referral, and young carers can self-refer.

To find out more, please contact Young Carers Service Manager Lindsay Graham at youngcarers@hartvolaction.org.uk or by phone on 07983 030689, or visit the [Hart Voluntary Action website](#) to download a referral form.

The Vine Church Hart Youth Clubs

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

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

Kids' Club for Yr R to Yr 4

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

Oct 16, Nov 13, Dec 11

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

Oct 9 & 23, Nov 6 & 20, Dec 4

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

FYG (Friday Youth Group) for Yr 7 & 13

WEEKLY @Church Crookham Community Centre during termtime

Fridays 7.30-9.30pm

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

For more information look at our website <https://www.thevinechurch.org.uk/children-and-youth/> or contact janis.dolding@gmail.com

Farnborough Skate Park Street Art Project

Help transform Farnborough Skate Park

Y Plus Youth Services is running a youth-led street art project at Farnborough Skate Park, supported by Rushmoor Borough Council.

The project gives local young people aged 16–24 the opportunity to help design and transform the skate park through street art. You do not need to be an artist or attend every session – just bring your ideas and help create a space that reflects the local community.

Who can take part: Young people aged 16–24

Where: Farnborough Skate Park

Cost: Free

Register your interest

If you would like to get involved, register your interest using the form below.

[Y Plus Youth Services - Farnborough skate park project.](#)

The project is being delivered by **Y Plus Youth Services**, with support from **Rushmoor Borough Council**. The project was made possible thanks to over £2,700 funding from Police and Crime Commissioner, Donna Jones', Anti-Social Behaviour Fund

The Big Future National survey

The Children's Commissioner, Dame Rachel de Souza, has launched The Big Future, a national survey giving children and young people the opportunity to shape the future of childhood in England.

The survey asks young people about their experiences, the things they enjoy, what concerns them, and the changes they would like to see to make life better for children and young people. The findings will help inform future priorities and ensure young people's voices are heard at a national level.

The survey is open until 23 October and we would be grateful if you could help promote it through your networks, newsletters, websites, social media channels, youth groups, schools and colleges.

You can find out more and access the survey here: [latest survey - The Big Future](#)

The Vine Centre activities

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

The Vine Centre Community Pantry Harvest Appeal

The Vine Centre Community Pantry is working tirelessly to support those in crisis across North Hampshire and Surrey — but demand is rising fast.

Help us to keep food on our shelves and support running costs.

- £5 a month provides essential food for our shelves
- With £10 a month you can help feed a family
- A donation of £25 provides a basket of goods for those in need.

Donate today: <https://www.justgiving.com/charity/vdct>

Free Digital Support Sessions Step8Up

Friendly, practical support to help you to build confidence online at our Digital Skills sessions on Mondays 12-2pm - to assist with learning skills for CVs and employment covering topics. What we can cover:

- Improve your digital presence
- Create a basic website to help you get jobs and get yourself out there
- Microsoft 365 and Google Apps
- AI
- Programming and coding

Sessions will take place on Mondays 12-2pm. Topics will adapt based on audience needs and feedback. 📧 email info@thevinecentre.org.uk to book a free session.

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>

Unwind at Therapeutic Art

Join our calm space to relax, explore different art materials, and express yourself freely, no experience needed. Free 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 to book a session.

Gentle yoga, guided meditation, and breathwork

Our Free Chair Yoga takes place on Thursday mornings at The Vine Centre. No fancy gear needed, just a willingness to show up and breathe.

Perfect for beginners or anyone needing a moment of calm. We were awarded Sports England funding to support our Free Chair Yoga. To join our Yoga, please email: info@thevinecentre.org.uk

Meeting Space to hire

Looking for a welcoming, affordable space for your next meeting, group workshop, or a therapy room? Whatever your needs for room hire, such as planning a small community gathering, a workshop, or business meeting, our flexible spaces can be adapted to suit your needs.

Our hire options vary from small meeting rooms for therapy sessions, to our large space, which is used for yoga classes, as well as our Catering Kitchen.

Our room hire starts from a competitive £12 per hour. By partnering with us for your event, you can benefit from:

- Disabled Access
- Kitchen Facilities
- Multiple Room Layouts
- Pre-order drinks from our Barista café, from only £1 a coffee

We're happy to discuss your requirements. To find out more information, please contact info@thevinecentre.org.uk

Crochet - Mondays at The Vine Centre

Join us on Mondays from 10:30am–12:00pm for a gentle, creative opening to your day. Our 1.5-hour free session offers a peaceful space to slow down, reconnect with yourself, and enjoy the soothing rhythm of crochet.

Our friendly facilitators will be right there beside you, whether you're a complete beginner or a seasoned crocheter; everyone is welcome.

Models 4 Heroes - Alternative Mondays at The Vine Centre

We host Models 4 Heroes sessions on alternate Mondays, taking place from 12-4pm, the next sessions are the 5th and 19th October. Discover how scale model-making can support mental health through focus, confidence building, fine motor skills and positive wellbeing. It is for military personnel, veterans and current and former emergency service people. Call us for more information on 01252 400196.

Cooking with Confidence

Join Cooking with Confidence in our catering kitchen which takes place on Wednesdays. Try healthier favourite meals or try completely new dishes, supported by guidance on nutritious swaps and budget-friendly choices. All for free and enjoy your meal at the end! These weekly sessions take place from 2pm-4pm, booking is required to secure your place. If you would like to book on to the next session, please contact carla.green@thevinecentre.org.uk.

Festive Brush Party – Thursday 26th November, The Vine Centre

Come along on November 26th at 7pm for an evening of prosecco, painting, music and fun! All art materials included, along with 2 glasses of prosecco, nibbles and games.

Tickets are available from our website, limited availability. Visit:

<https://www.thevinecentre.org.uk/event-details/paint-and-prosecco>

Rushmoor Healthy Living – Free Exercise Opportunities & Subsidised First Aid Training

FREE 12-Week Exercise Courses

Do you live, work or are registered with a GP in Hampshire?

You may be eligible for a FREE funded 12-week exercise course with RHL.

We offer a variety of online and face-to-face classes, such as:

- Seated Exercise
- Pilates
- Chair Pilates
- Keep Moving Keep Fit

Eligibility for a funded space:

- You must live, work or be registered with a GP within Hampshire.
- You must currently be inactive and take part in less than 30 minutes of structured physical activity per week.

Our full class timetable can be found here:

[RHL Class Timetables & Prices](#)

FREE Low Sensory Yoga Course – Starting 14th October

We are pleased to offer a FREE 12-week Low Sensory Yoga course for participants who meet the eligibility criteria above.

Course starts: Wednesday 14th October 2026

Time: 6.30pm

Location: Online via Zoom

This class provides an opportunity to enjoy gentle yoga in a calm and supportive environment, with a focus on movement, breathing, relaxation and wellbeing.

NEW Chair Pilates Class

We have recently introduced a Chair Pilates class, taking place:

Thursdays at 2pm

Princes Hall, Aldershot

Chair Pilates focuses on improving strength, mobility, core stability and body alignment. Exercises are performed slowly and with control, using a chair to support a range of movements and positions.

Find out more: [Seated Exercise & Chair Pilates](#)

Subsidised Emergency First Aid at Work Training

Our next Emergency First Aid at Work course will take place on:

Monday 23rd & 30th November 2026

9.30am – 1pm (split day course)

RHL Office, Aldershot

While many providers charge approximately £200 for this qualification, our courses are subsidised by the National Lottery, meaning we can offer the qualification for just:

£95 per person

Places are available to individuals and organisations.

Book your place:

[Booking Form For RHL FIRST AID Training Sessions](#)

Find out more about our First Aid courses:

[First Aid Training Courses for Aldershot, Farnborough and Fleet](#)

Interested or Have Questions?

For more information, to enquire about future course dates, or to book a place, please contact us:

Email: classes@rhl.org.uk

Telephone: 01252 957 430

We look forward to hearing from you!

Supporting Family Wellbeing During October Half Term with TalkPlus Talking Therapies

For many families, the October half term is a welcome opportunity to spend time together, relax and enjoy a break from the usual routine. However, school holidays can also bring additional pressures, including balancing work and childcare, financial worries, family tensions, and the challenge of keeping children occupied as the weather changes.

These demands can sometimes affect our wellbeing and increase feelings of stress, anxiety or low mood.

TalkPlus NHS Talking Therapies is here to support people 16 and over who may be struggling with stress, anxiety, worry or depression. The service offers a range of NHS Talking Therapies, self-help resources, courses and one-to-one support designed to help people develop practical tools to manage life's challenges and improve their emotional wellbeing.

Looking After Your Wellbeing This Half Term

Some simple ways to support your mental wellbeing during the school break include:

Maintaining a regular routine where possible.

Taking time for self-care, even if it's only a few minutes each day.

Staying active with walks, outdoor activities or family outings.

Setting realistic expectations and avoiding pressure to keep everyone entertained all the time.

Reaching out to friends, family or professional support if you're feeling overwhelmed.

As we move towards the winter months, it's important to prioritise your wellbeing and seek support early if stress, anxiety or low mood are starting to affect your daily life. NHS Talking Therapies can help you develop practical coping strategies, build resilience and feel more confident managing life's challenges.

Men's Minds Webinar

Feeling stressed, unmotivated, low, restless, or struggling to sleep?

Men's Minds is a webinar designed for men and explores how NHS Talking Therapies can support mental wellbeing.

Date: 2nd November 2026

Time: 4:00pm to 5:00pm

No referral is required. To register, please email hiow.talkplus@nhs.net or call 01252 533355.

Knowing Me Knowing You Course

This six-week virtual course provides a supportive space for new mothers to explore anxiety, low mood, and wellbeing while spending dedicated time with their baby.

Suitable for:

- Mothers with babies under 12 months old
- Residents of Hart and Rushmoor
- Those experiencing mild to moderate anxiety or low mood

Upcoming start dates:

2nd November 2026

4th January 2027

Baby and Me Course

(For Farnham patients only)

Patients living outside Farnham may wish to enquire about our Knowing Me Knowing You course instead.

This eight-week course supports parents experiencing anxiety, low mood, wellbeing challenges, or feelings of isolation, while providing time to strengthen the bond with their baby in a safe and supportive environment.

Next course start date:

11th January 2027

We're also proud to be working in partnership with Smokefree Hampshire. Our therapists have been trained in Very Brief Advice (VBA) and can support patients living, working or studying in Hampshire on their smokefree journey.

Find out more about TalkPlus NHS Talking Therapies or refer yourself today:

 01252 533355

 www.talkplus.org.uk

Rushmoor Climate Community Monthly Updates

Rushmoor Climate Community is a forum that meets quarterly as an opportunity to hear updates from Rushmoor Borough Council about the work we are all doing to tackle climate change locally. You will be able to give us your views, and work with us on local initiatives and help us raise awareness of environmental issues.

As well as this we send out Monthly Updates which includes info such as:

- News from Rushmoor Borough Council – Stay informed on initiatives we are undertaking
- Community Contributions – Updates and resources shared by group members
- Local events and Volunteering – Opportunities to get involved and make a difference
- Grant Opportunities – Find out what funding is available, from home energy efficiency to community project support

If you would like to receive these updates and find out about future meetings, please Visit: [Our Rushmoor Climate Community group - Rushmoor Borough Council](#)

3rd Farnborough Scout Group – Squirrels, Beavers, Cubs, Scouts, and Explorers

3rd 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 or email 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

Yateley Industries activities

October Half Term Kid's Block Printing

Looking for a fun, hands-on activity for the kids during half term? Join us at Yateley Industries for our Kids Block Printing Workshop!

Your child will learn block printing techniques and make their very own custom creation to take home. They can choose to print onto paper, card, or a fabric piece (tea towel or zip bag), with options to buy extra items to print on if time allows.

 14 When: Thursday, 29th October

 Time: 10:00 AM – 11:30 AM

 Where: Yateley Industries Community Hub, Mill Lane, Yateley (GU46 7TF)

 Cost: £5 per child (includes all materials & kids' refreshments!)

 Age: 4+ (Adult supervision required)

Perfect for complete beginners or kids wanting to refresh their artistic skills!

 Spaces are limited, so book your spot today:

<https://bookwhen.com/yicomcommunityhubevents/e/ev-sfig7-20261029100000>

Race Across Yateley Event Village - supporting Yateley Industries for the Disabled and Harry's Hydrocephalus Awareness Trust

Race Across Yateley is a brand-new adventure through Yateley for solo runners and teams of up to four. You don't need to be taking part in the running event - just come along to the event village for a fun afternoon!

Entry to the event village is free, with entertainment and plenty going on for the whole family.

The club bar will be open and there will be a BBQ plus lots of family-friendly stalls selling crafts, treats and running fun activities.

There is even a mini challenge event for younger attendees!

 14 When: Sunday, 11th October,  Time: 2 PM – 5 PM

 Where: Yateley FC, Chandlers Ln, Yateley GU46 7SZ

 Website: <https://raceacrossyateley.co.uk/>

Get Bike confident!

Cycling is good for your mood, builds your strength, lets you explore the outdoors as well as being good for the environment.

Whether you're curious, cautious, or ready to commit, cycling is waiting for you.

Many people say they'd cycle more if they felt more confident or knew the best local routes. That's why we're offering free sessions to help you get started or build your skills.

So, what are you waiting for? Let's ride!

To sign up for a free Rushmoor family cycle ride or adult cycle ride, click on the link below and sign up via Eventbrite.

[Life's better by bike | Health and social care | Hampshire County Council](#)

Rushmoor Volunteer Recognition Awards

Do you know a young person (under 25) who gives their time to help others or make a difference in their community?

Nominations are now open for the Rushmoor Volunteer Recognition Awards, celebrating the people who give their time, skills and energy to support others across Rushmoor.

Whether they volunteer with a charity, community group, sports club or local organisation, help at community events, support others in their neighbourhood or simply see something that needs doing and get involved – their contribution matters.

Help get young volunteers the recognition they deserve. Young people can be nominated across any of the award categories, including:

- Art, Culture and Heritage
- Disability and Accessibility
- Environment
- Health and Wellbeing
- Sport and Recreation
- Community Champion
- Unsung Heroes

Nominate someone before 21st October: <https://www.rvs.org.uk/rushmoor-volunteer-recognition-awards/>

Trauma Informed Practice Across Hampshire Survey

As part of the work of **Hampshire County Council's Engage, Thrive and Achieve Board**, we are seeking input from across health, education and children's social care services to help us understand and strengthen trauma-informed practice across Hampshire.

We have developed a short survey to gather information about current approaches, identify areas of good practice, and highlight opportunities for further development across the children's system. Your views and experiences are invaluable in helping us build a shared understanding and inform future priorities.

Please take a few minutes to complete the survey using the link below:

[Trauma Informed Practice Across Hampshire \(FINAL\)](#)

The survey should take approximately **10 minutes** to complete. **One representative per service should complete the survey please.**

The findings will help the Engage, Thrive and Achieve Board to:

- Understand the current level of trauma-informed training across Hampshire.
- Identify examples of effective training to practice application.
- Understand where practice is supported by policies and frameworks
- Inform future system-wide planning, collaboration and improvement.

Thank you in advance for taking the time to contribute. Your feedback will play an important role in supporting our collective efforts to improve outcomes for children, young people and families across Hampshire.

Hampshire Achieves (Formerly Adult Learning in Libraries)

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

- **Emergency First Aid** at Farnborough Library, Friday 16 October, 9.45am-4.45pm, FREE (£25 certification if required)
BOOK HERE: [Emergency First Aid - Farnborough Library - Friday 16th October 2026 - - Hampshire County Council Shop](#)
- **Everyday Digital Skills: Using the NHS App** workshop at Aldershot Library, Monday 26 October, 9.45am-12.45pm, FREE
BOOK HERE: [Everyday Digital Skills Using the NHS App - Aldershot Library - Monday - Hampshire County Council Shop](#)
- **Safe Digital Transactions** workshop at Aldershot Library, Monday 2 November, 9.45am-12.45pm, FREE
BOOK HERE: [Safe Digital Transactions - Aldershot Library - Monday 2nd November 20 - Hampshire County Council Shop](#)
- **Starting School...Ready, Steady, Go!** At Aldershot Library, Fridays, 6 November – 4 December, 10.15am-11.15am, FREE
BOOK HERE: [Starting School... Ready, Steady, Go! - Aldershot Library - Friday 6th - Hampshire County Council Shop](#)
- **Opening Doors: CVs and Covering Letters** course at Aldershot Library, Mondays, 10am-12pm, 9 November – 23 November, FREE
BOOK HERE: [Opening Doors: CVs and Covering Letters - Aldershot Library - Monday 9 - Hampshire County Council Shop](#)
- **Paint Yourself Happy with Jacky** course at Farnborough Library, Fridays, 27 November – 18 December, 10am-12.30pm, FREE
BOOK HERE: [Paint Yourself Happy with Jacky - Farnborough Library - Friday 27th No - Hampshire County Council Shop](#)
- **Mobile Confidence: Apps and Emails** course at Aldershot Library, Mondays, 10am-12pm, 30 November – 14 December, FREE
BOOK HERE: [Mobile Confidence: Apps and E-mails - Aldershot Library - Monday 30th - Hampshire County Council Shop](#)
- **ESOL – Levels E0 – E3** available across Fleet, Farnborough and Aldershot Libraries, FREE
BOOK HERE: [ESOL \(English for Non English Speakers\) – Hampshire County Council Shop](#)

We also have a great range of self-funded workshops and courses, including fitness and art options. Check them out HERE: [Health and Wellbeing – Hampshire County Council Shop](#)

Find all these courses and more using the link below: [Hampshire Achieves Adult Learning & Skills – Hampshire County Council Shop](#). Alternatively, for more information, please email the Hampshire Achieves team at: adult.learning@hants.gov.uk or telephone us on 02392 232 957.

Read Easy Literary charity

Nearly 6% of adults in Rushmoor can either barely read, or cannot read at all. A local group of the literacy charity Read Easy helps these adults gain the reading skills they need to fulfil their potential. The group is looking for a new Coordinator and would also love to hear from anyone who wants to learn to read or is interested in becoming a coach.

Reading is a basic requirement of everyday life, and for many of us it is a skill we take for granted. Yet there are 2.4 million adults in England who struggle to read, including 5.9% of the adult population in Rushmoor (*Skills for Life Survey* – latest government figures).

Read Easy's dedicated and enthusiastic local volunteers provide reading coaching to help adults who want to learn this essential skill. Confidential, free, one-to-one coaching means that they can adapt to individual circumstances, and every reader can learn at their own pace.

The West Surrey and North East Hampshire Read Easy group is currently helping 22 adults learn to read, quite a few of whom are from Rushmoor. Readers come from a variety of backgrounds and range in age from their 20s to their 60s. On average, it will take a reader between nine months and two years to complete the program – it is a true commitment from both the reader and their coach, but absolutely worth it!

Learning to read as an adult can be daunting – but with the one-to-one dedicated and free support of Read Easy coaches, anyone can do it. Many new readers are not able to read Read Easy marketing materials, and rely on friends and family to tell them that this help is available. If you know someone who is currently unable to read and would like to learn, please talk to them about whether they would be interested in contacting us. Please get in touch with Dickon Hutchings on 07824 340 092 / wsnehnetworker@readeasy.org.uk.

If you are thinking about becoming a volunteer for Read Easy, now is the time! Our lovely Coordinators are now at full capacity, and we are struggling to take on any new readers as a result.

This is an absolutely vital role. Read Easy Coordinators meet and enrol adults who want to learn to read, and help to interview volunteer Reading Coaches. You would be responsible for pairing Coaches and Readers up and offering ongoing support throughout their reading journey, visiting reading sessions occasionally and maintaining support through regular calls with both Reader and Coach to check all is going well. This is the most time consuming of all our volunteer roles, but incredibly valuable and rewarding.

Please contact Ashley on 07874 020 009 (wsnehrecruiter@readeasy.org.uk) if you're interested in joining us!

Reaching Accessibility Awareness Group (RAAG)

RAAG's next meeting will be held on Wednesday 11 November from 6pm-8pm. At Rushmoor Borough Council Offices and on-line. Our specialist subject is accessibility and inclusion with all of the town centres within Rushmoor. Taking in: Aldershot, Farnborough and North Camp. Our last meeting was held on 16th September where we focused on the accessibility of the new build Frimley Park Hospital.

We are currently developing a RAAG website to share the work of RAAG, about to undertake access audits of NHUC (National Health Urgent Care services and are feeding 'lived experiences of the new green busses which Stagecoach are using within our area. We are also supporting Louise Jordan, a local Performer and Writer to bring 'lived experience' disabled people and their families together to share their stories of courage.

For further information. Please contact:

e- raagforall@gmail.com

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

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

Celebrating My Story! Free workshops

Are you interested in sharing your story with other people?
Do you like finding out about other people's stories?

Local Performer and Writer, Louise Jordan, will help you to put your story into words through this series of four workshops.

It takes place at The West End Centre, 48 Queens Road, Aldershot, GU11 3JD
These free workshops are all Wednesday mornings, between 10:30 and 12:30
6th January, 20th January, 27th January, & 10th February 2027

No experience of writing is needed: Tell it your way! Speak, write, draw, with sounds, actions, music or dance!

The activities will be short, gentle, and fun. There will be plenty of time to be: social and meet other's if you would like to.

These workshops will focus on the theme of courage

You will have the opportunity to share your perspective, listen to other people's experiences, to be heard and supported.

Write in your preferred language and format, You can use your chosen language if you choose to share your story in writing.

It would be great if you would attend all four workshops so that you can make friendships and create a final piece of work at the end. It would be wonderful if you were willing to share your story, and you would be supported.

To find out more about these workshops please e-mail Louise at music@louisejordan.co.uk

Stop Domestic Abuse (SDA) Free Training and Support for 'By and For' Organisations

As part of our Workforce Development and Innovation Service, we work alongside grassroots 'By and For' organisations across Hampshire to build confidence, skills and knowledge around domestic abuse.

We offer free training, advice and support to community groups, helping staff and volunteers recognise domestic abuse, have safe and supportive conversations, and signpost individuals to

appropriate services. We are committed to building collaborative relationships that value lived experience and ensure diverse community voices are reflected in training and service development.

If you are part of a group that would benefit from this free service, please contact us for more information on training@stopdomesticabuse.uk - If you know of any groups, that could benefit from this service, please let us know.

Hampshire Parent Carer Network

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

Please have a look at what HPCN have on from now until end Nov:

Get Togethers:

12/10/26 10–12pm: East Hants - Alton GT - Alton Community Centre, Amery St, Alton, GU34 1HN

14/10/26 — 10–12pm — Basingstoke GT — The Viables Craft Centre, 19 The Harrow Way, Basingstoke, RG22 4BJ

20/10/26 — 10–12pm — Eastleigh GT — Lakeside Cafe, Wide Ln, Eastleigh, SO50 5PE

3/11/26 — 10–12pm — Fareham & Gosport — TBC

5/11/26 — 10–12pm — Fleet GT — Fleet Town Football Club, Crookham Road, Fleet, GU51 5FA

11/11/26 — 10–12pm — Basingstoke GT — The Viables Craft Centre, 19 The Harrow Way, Basingstoke, RG22 4BJ

12/11/2026 — 12–1pm — Lunchtime GT — Zoom

SKILLS & TRAINING

Free ESOL courses

Farnborough College of Technology is offering FREE ESOL courses for eligible learners, from beginner (Entry 1) through to Level 2.

Courses can support the development of speaking and listening, reading and writing skills.

If you are interested in joining a course, please complete the expression-of-interest form by clicking [here](#). The College will use the information provided to help identify suitable ESOL provision in Farnborough or Aldershot.

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>

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](#)

Supporting Communities Grant Scheme – Applications for grants up to £1,000 for not-for-profit organisations, that work with our communities in Aldershot and Farnborough are now open, and will close on 31 October. The aim of this grant scheme is to provide flexible funding for your project that will make a difference to local people's lives. It is open to a wide variety of organisations that are active in our Rushmoor community that address at least one of these themes:

- Improving physical and mental health
- Helping with economic hardship
- Easing cost of living pressures
- Improving the sense of community belonging

Details and the very straightforward application form are at [Supporting Communities Grant - Rushmoor Borough Council](#)

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

The next edition will be sent out in October
Any contributions please to tony.mcGovern@rushmoor.gov.uk