



Rushmoor & Hart Supporting Families e-Newsletter – March 2022

Welcome to our 84th edition! The aim of the Supporting Families e-Newsletters is to support all our organisations working to support Rushmoor and Hart children, young people and families. We will provide up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

Page 1	GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT
Page 4	WHAT'S ON IN RUSHMOOR & HART
Page 11	COMMUNITY SUPPORT INFORMATION
Page 13	HEALTH INFORMATION
Page 20	NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES
Page 21	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 29	SKILLS, TRAINING, WORK
Page 31	FUNDING & GRANTS CURRENTLY AVAILABLE

This newsletter has largely been put together by **Jacob Buck**, Community Support Assistant at Rushmoor Borough Council on a 6-month Kickstarter Scheme placement.

The next newsletter will be in May ahead of the half-term break. Anyone wanting to be added to the mailing list we have for the newsletter, both to receive any new editions and to get prompts for submitting articles, should contact jacob.buck@rushmoor.gov.uk or tony.mcgovern@rushmoor.gov.uk

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support

The Hampshire Coronavirus Support and Helpline remains open to help if Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating.

The helpline advisers will signpost you to information, advice and services to support you on a range of issues, including:

Where to find help in your community

Debt and money worries

Mental health support

Bereavement

Practical help if you are self-isolating, such as collecting essential supplies

The number to call remains **0333 370 4000** and lines are open from **9am to 6pm Monday to Saturday** and **9am to 4pm on Sundays and Bank Holidays**.

It is important to stay up to date with the current advice. **The latest COVID-19 information from the NHS** is available at: www.nhs.uk/coronavirus

The latest COVID information from government can be found at: <https://www.gov.uk/coronavirus>

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor's website, <https://www.rushmoor.gov.uk/coronavirus>

There is a Nepalese language version of this information at <https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

This page contains information for people who are or would like to volunteer during the Covid-19 situation - <https://www.rvs.org.uk/covid-19-general-information-index/covid-19-information-for-volunteers/>

It is also possible to register here to receive information on non-COVID-19 volunteering opportunities - <https://www.volunteernorthhants.org/volunteering/>

Update from HERE FOR HART (coordinated by Hart District Council)



We all need a bit of support or guidance from time to time, but it's not always easy to know who can help or where to begin.

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

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

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

Funds to help households with essentials: Hart District Council administers two funds to support households that are most in need in the district. The Local Welfare Provision Hardship Grant is a financial assistance scheme to help people who are in a crisis or emergency situation and where low level financial assistance would help prevent the crisis or emergency from escalating. The Household Support Fund can provide assistance to individuals that do not have sufficient resources to meet the immediate short-term needs of themselves or dependents. Eligibility criteria apply and more information can be found in our [Covid-19 information hub](#).

Employment and skills support: Here for Hart has supported the development of two employment initiatives to assist residents into work or training.

Hart into Employment is a supportive online community run by experienced careers advisers. The community aims to help Hart residents aged 18 and above who are out of work or at risk of redundancy.

Job searching can feel like a lonely task, but Hart into Employment is here to help.

If you know someone who is looking for work and would like a bit of support, please let them know about Hart into Employment.

Whether they are facing a specific challenge in their job search or would simply like to be part of a friendly group to build their confidence and help them stay motivated, find out how Hart into Employment can help: www.jobclubs.co.uk, email hart@jobclubs.co.uk, or telephone 01483 604580.

Hart into Employment offers weekly Zoom groups with trained careers advisors, online information and resources, and support to explore your options. Members say it improves their motivation and self-confidence and helps them feel more optimistic.

North Hants Employment Skills Zone

We have joined forces with Rushmoor and Basingstoke and Deane Councils to launch a new North Hants Youth Employment Skills Zone, providing dedicated employment support for 18–24-year-olds across the North Hampshire area. For more information on how this service can help visit www.esznorthhants.org.uk or email jobskills@hart.gov.uk.

The Community Pantry at Yateley Industries

Pay a £5 membership fee per shop to receive at least £15 worth of fresh, frozen and general foods. For information about how you can become a member Telephone 01252 872337 or Email info@yateleyindustries.net

Mental health and wellbeing support

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

Hampshire Children's Services

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

The separate 'Professionals line' also continues as normal. For single issue low level concerns the Family Support Service Level 2 request form should continue to be used.

WHAT'S ON IN RUSHMOOR & HART

Rushmoor Borough Council Easter Eggstravaganza

Hop down to our town centres this Easter school holiday for lots of free family fun.

You can enjoy two days of cracking free family fun at our Easter Eggstravaganza events in Aldershot town centre on Saturday 9 April and Queensmead in Farnborough on Sunday 10 April, between 10am and 3pm.

Discover the magical world of storytelling in our action-packed Easter egg hunt. You will meet Mrs Greenfingers, the white rabbit and friendly fox as they hunt down hidden eggs around the town centres. With puzzles to solve, trails to explore, and stories to discover, children will learn about healthy eating, growing vegetables, being kind to animals and making friends!

The hunts start at 10.15am, noon and 1.45pm each day. There's no need to book, just check in with the team when you arrive.

Then hop on over to meet some of your favourite animals at the petting farm, including fluffy sheep, goats, chickens, ducks, turkeys, guinea pigs and adorable bunny rabbits. You can also create some egg-cellent free arts and crafts to take home.

Locations

9 April – by KFC, Union Street, Aldershot, GU11 1ER

10 April – opposite Greggs, Queensmead, Farnborough, GU14 7SB

www.rushmoor.gov.uk/easterfun

Rushmoor Gymnastics Academy

Easter Playgym times:

Pay as you go play (no booking available) Age 5 and under only.

Monday 4th April-Friday 8th April, 9:30-10:30 and 10:45-11:45

Closed Monday 11th April- Friday 15th April

Tuesday 19th April-Friday 22nd April, 9:30-10:30 and 10:45-11:45

No Playgym Easter Monday 18th April

Recreational Gymnastics Camp

Gymnasts age 7-16

11th -14th April, 10:00am-1pm

Booking online at www.rushgym.co.uk

RGA Easter Camp for gymnast training 5hrs + a week.

Monday 11th April-Friday 15th April, 10:00am-5:00pm daily.

All information on the website www.rushgym.co.uk

You can also sign up to our classes for term time online at www.rushgym.co.uk

Aldershot Military Museum – Easter activities

Queen's Avenue, Aldershot, GU11 2LG

For the Surrey and Hampshire Easter holidays, Aldershot Military Museum will be open daily from 10:00-16:00 from Saturday 2nd to Sunday 24th April. Closed on Easter Sunday (17th April).

Aldershot Military Museum will be open on the early May Bank Holiday (2nd May) from 10:00-16:00.

Not to be missed during a visit to the museum is the action-packed World War II assault course (weather permitting!). Included in the museum's admission ticket, little soldiers can enjoy jumping, leaping, climbing and swinging on apparatus inspired by real assault courses used in training during World War II.

Free family activities (included in your museum admission)

FAMILY MOSAIC WORKSHOP

Saturday 9 April

13:00 – 14:00 & 14:30 – 15:30

Help us to create sparkling and colourful mosaic leaves that will be hung in the new Resilience Garden at Aldershot Military Museum.

Using glass tiles and cement adhesive you will be shown how to cut safely and apply tiles (no cutting required for children) to create beautiful large scale 3D mosaic leaves. Children will also have the opportunity to decorate a small birdbox to take home with them. Activities are suitable for ages 5+ and children must be accompanied and supervised by an adult. Please wear clothes suitable for painting activities.

To book, please email garden4resilience@gmail.com, confirming the session time you wish to book and how many children and adults are in your group. Places may also be available on the day, but this is not guaranteed. Standard museum admission applies. For military families taking part in the workshop, museum admission is free on 9 April! (Please show military ID).

PENGUIN PARADE!

Wednesdays 13 & 20 April

10:30 - 12:30 & 13:30 - 15:00

This Easter we're exploring penguins and eggs! Find out about the penguins of the Falkland Islands on our penguin trail, and join us to make your own hanging egg or penguin decoration. Drop in anytime between 10:30 - 12:30 and 13:30 - 15:00. Spaces allocated on a first-come, first-served basis. Ages 3+, children must be accompanied by an adult. Standard museum admission applies; donations welcome.

Website: <https://www.hampshireculture.org.uk/aldershot-military-museum>

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Squirrels Holiday Fun Club

Priory Park Pavilion, Priory Street, Farnborough, GU14 7HX

We are running our Easter Holiday Fun Club from Monday 11th – Thursday 14th April and Tuesday 19th April – Friday 22nd April. We are open 0800-1630.

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games and construction. Drinks and snacks including a light tea are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5 year olds must be dry in order to attend.

Session Time	Price for under 5's	Price 5-11yrs
8.00am - 8.30am	£5.00	£3.00
8.30am – 1.00pm	£22.50	£18.00
8.30am – 4.00pm	£35.00	£25.00
8.30am – 4.30pm	£37.50	£27.00
9.00am – 12.00pm	£17.00	N/A
9.00am – 12.30pm	£19.50	N/A
1.00pm – 4.00pm	£15.00	£12.00
1.00pm – 4.30pm	£17.50	£14.00
8.30am – 6.00pm	£45.00	£33.00

Pre-booking is essential via our website <https://www.squirreleducare.co.uk/holiday-fun-club/> or contact us on 01252 378402 or email office@squirreleducare.co.uk for more details.

Aldershot Pools – Holiday Opening Times

Aldershot Pools & Fitness Centre - Guildford Road, Aldershot, GU12 4BP

Aldershot Pools opening times for the holiday week and pool programme details can be found at <https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

Hart and Rushmoor Libraries Easter Events

Fleet Library

Singalong Sessions relaunching from Monday 11th April – NEW DATE AND TIME – Every Monday afternoon at 2:15pm

Singing is good for you; your health and mood can be enhanced through singing, and you can benefit even if you don't think you can sing. These relaxed sessions are for adults of all ages and will have popular songs from many eras. Free. Friendly. Fun. Just turn up!

Craft and Create relaunching from Wednesday 6th April – First and third Wednesday of the month morning 11am-12noon

Are you a knitter or is crochet more your thing? Perhaps you quill, or even quilt! Maybe drawing, doodling or design is your forte. Whatever it is that gets your creativity flowing, come and join like-

mindful crafters to share ideas, advice and friendship while working on whatever project you have on the go. Free. Friendly. Fun. Just turn up!

Easter Storytime Monday 11th April 10:30

Join us for a special Easter Storytime for families with pre-school and infant school aged children. Our regular Storytime for pre-schoolers and their families is every Monday morning at 10:30am.

Extra Easter Construction Club Tuesday 12th and 19th April 10am-12noon

In addition to our Saturday Construction club (2pm-4pm every Saturday), we will have two extra Easter holiday sessions! For the whole family - ages 0-99 - we have a variety of brick sizes to suit all abilities.

Perform Drama, Dance & Singing: Superheroes Workshop FREE Thursday 21st April 10am-10:30am or 10:45am-11:15am

Fly to Superhero School for an action-packed mission. Incorporating fun games, catchy songs and characterful improvisations. With singing, dancing, twirling and swooping, your child will discover their own special powers. This Easter holiday workshop is ideal for 4-8-year-olds. Booking essential: <https://www.eventbrite.co.uk/e/287858702127>

Easter Crafts:

Make a Bunny Bonnet

W/C 11th April - Monday 2.00pm-4:00pm and Wednesday 10:00am-12:00noon.

Make an Easter Egg Paper Craft

W/C 18th April, Wednesday and Friday 10:00am-12:00noon

Drop in any time to complete our Easter Egg Picture Trail

Farnborough Library

Monday 11th to Saturday 16th April

Easter Craft Session - Monday 11th at 11am Create and Decorate an Egg for Springtime

Spring Storytime – Tuesday 12th April 10.30 - 11.00am Our regular Storytime for pre-schoolers and their families

Extra Easter Construction Club Wednesday 13th April 2pm – 4pm

Saturday Construction Club will take place as usual 2pm – 4pm on Saturday 9th and 16th April

Rhymetime – Thursday 14th April 2pm Songs and Rhymes for babies and their carers

Drop in anytime to complete our Eggy Easter Trail or Springtime Colouring

Tuesday 19th – Saturday 23rd April

Spring Storytime Tuesday 19th 10.30 - 11.00 am for pre-schoolers and their families

Four in a Row Tournament Challenge Wednesday 20th 10am – 4.00pm

Put your gameplaying skills to the test with our Four in a Row championship event. Drop in and play against family, friends and other library visitors.

Rhymetime – Thursday 21st April 2pm Songs and Rhymes for babies and their carers

Extra Easter Construction Club Friday 22nd April 11am – 2pm

Saturday Construction Club will take place as usual 2pm – 4pm on Saturday 23rd April

Drop in anytime to complete our Eggy Easter Trail or Springtime Colouring

Fab Café available 9.30 - 3.30 Monday, Wednesday, Thursday, Friday (not Bank Holidays when Library is closed) and 9.30 - 12.30 Tuesday and Saturday

Aldershot Library

Rhymetime Tuesday 12th April, 10 – 10.30 am and 11 – 11.30 am

Songs and Rhymes for babies and their carers

Extra Easter Construction Club Tuesday 12th April 2 – 4 pm Tuesday 19th April 2 – 4 pm

Saturday Construction Club will take place as usual 2 pm – 4pm on Saturday 9th, 16th and 23rd April

Rhymetime Tuesday 19th April, 10 – 10.30 am and 11 – 11.30 am

Songs and Rhymes for babies and their carers

Spring Storytime Friday 20th April 10.00 - 10.30 am for pre-schoolers and their families

Drop in anytime to complete our Eggy Easter Trail or Springtime Colouring

Learning in Libraries

We have lots of new and exciting learning opportunities starting regularly, both in our libraries and online. Browse our online shop, searching by subject or location. All courses are bookable via hants.gov.uk/shop.

Remember to follow/like your local library via social media to keep up to date with all events, activities and learning in libraries.

Wavell Campus Leisure

Wavell 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 as well as hosting evening classes and courses.

WE ARE OPEN & OPERATING UNDER THE CURRENT COVID-19 GOVERNMENT GUIDELINES

HANDS – FACE - SPACE

FACILITIES FOR HIRE

OPENING HOURS

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

SPORTS HALL £40.60 PER HOUR - DANCE STUDIO £21 PER HOUR - THE WAVELL HALL £21 PER HOUR

COMMUNITY HALL £18 PER HOUR - CLASSROOM HIRE £9 PER HOUR – OUTDOOR NETBALL COURTS

£18 PER HOUR.

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Thursday 5pm-10pm

Saturday 9am-6pm

Tuesday 5pm-10pm

Friday 5pm-8pm

Sunday 9am-6pm

Wednesday 5pm-10pm

All school holidays from 9am

Weekend opening hours can change dependent on bookings. To double check please call 01252 317 603.

PARTIES

BOTH THE WAVELL HALL & COMMUNITY HALL ARE NOW FULLY BOOKED ON BOTH A SATURDAY & SUNDAY AND THE SPORTS HALL IS NOW ONLY AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON SATURDAYS - £40.60 PER HOUR

EASTER 2022 HOLIDAY CAMPS AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB FROM TUESDAY 19TH APRIL – FRIDAY 22ND APRIL 8AM – 4.30PM For further information please email info@cm-sports.co.uk

STAGECOACH EASTER WORKSHOP FROM MONDAY 11TH APRIL – THURSDAY 14TH APRIL 9.15AM – 3.45PM For further information please email farnborough@stagecoach.co.uk
ECLIPSE CHEERLEADING HOLIDAY CLUB THURSDAY 14TH APRIL – 8.30AM – 4.30PM For further information please email eclipse_allstars@yahoo.com

For further information or enquires regarding hire, please email Wavell.campus@wavell.hants.sch.uk check our website at www.wavellschoolorg.uk/leisure/homepage or call Wavell Campus Leisure on 01252 317603

St Peters Church

Easter on the lawn

An open-air service on Easter Sunday 17th April for the whole family. 10.30am on the lawn at the back of St Peter's Church. GU14 7AP

Summer holiday club 25-29th July 2022

A summer club open to all in school years R-6. £35 per child for the whole week, 10.15am-3.30pm daily. Lots of games, crafts, bible stories and of course, gunging! Sign up via the website

www.stpetersfarnborough.org.uk

60 Church Ave, Farnborough GU14 7AP – Phone 01252 513 111

Runway's End Outdoor Centre

Nestled in the tranquil woodlands of north Hampshire, between Farnborough and Aldershot, the site offers outdoor activities and a range of accommodation options, from traditional camping to heated camping pods, or the use of our fully equipped lodge house.

For Families:

Easter Holiday Activities

Half Day Adventures

2 hr 30 min | Ages 6+ | £18

Looking to entertain the family with some adventure? Look no further than our half day adventures. Scale the climbing tower and embrace your inner warrior with archery.

We provide all specialist equipment so all you'll need is a camera to capture some memories and a spirit of adventure!

[Book Now](#)

Guided Canoe Tours

2 hr tour | Ages 6 + | £28

Guided by our friendly staff, this is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a World War 2 pill box and local wildlife. The trip includes some light refreshments at a picturesque picnic spot.

The trip begins from Runway's End Outdoor Centre with a brief introduction from your guide. We will share some canoeing top tips before we set off.

We'll be paddling the stretch of water running under Claycart Bridge. Like its sister, Eelmoor Bridge further upstream, it's an Army-owned bridge designed by Captain Hopkins during the First World War. It has featured in lots of films, including 'Bridge of Spies'.

[Book Now](#)

Book a Stay

In the tranquil woodland beside the Basingstoke Canal, we offer quality, affordable accommodation both for families and large groups. Choose from our self-catered bunkhouse called Forge Lodge, our cosy camping pods or a camping pitch under the stars!

[Book Now](#)

For Schools:

Autumn/Winter Residentials Availability – [Enquire Now](#)

Nestled in a woodland setting between Aldershot and Farnborough, the centre boasts an impressive range of [adventure activities](#) on land and water. Stay residentially in Forge Lodge or our camping pods, with full and self-catering options available. It's also our first carbon neutral site and offers numerous learning opportunities about the environment, with a dedicated [eco programme](#) for students to enjoy.

Parents action group for special play – PAG

Regular Music, Dance and Drama clubs for children and young adults with additional needs and/or disabilities. Experienced tutors supported by volunteers ensure children and young adults can participate fully in these fun, social activities. For more information email info@pagforspecialplay.co.uk

Trial sessions available. Summer term begins week 25th April.

Music (over 10's) – Monday's 6.30-7.15pm and 7.15-8pm held at the Rock and Pop Foundation, Aldershot. Students can access a range of instruments – drums, guitars keyboards. £30 per half term

Young Performers – Tuesday 6-7pm at the West End Centre, Aldershot. A mix of drama and musical theatre tailored to the needs/interests of the group. £25 per half term

Dance – Thursdays under 8's 5.30-6pm £20 per half term, over 8's 6.10-7pm £25 per half term. Held at the West End Centre, Aldershot.

Kaizen Karate Academy – Times and Venues

NEW TERM – SPACES AVAILABLE ON WEDS ALDERSHOT QUEENS AVENUE CLASS

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30

Senior grades / adults 6.30-7.30

Wednesday

St Andrews Aldershot Garrison Church, Queens Avenue, Aldershot

5.30-6.30 Beginners (5-teen)

£6 per session

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

West End Centre

48 Queens Road, Aldershot, GU11 3JD

01252 330 040 – west.end.centre@hampshireculturaltrust.org.uk

Comedy

[Shazia Mirza](#) – 22nd April

Channel 4 National Comedy Awards-nominee Shazia Mirza is set to deliver an evening of top tier comedy in her latest show, Coconut; taking on the burning (and infectious) issues of our time, the night will be delivered with personality, poignancy and plenty of comedic relief.

Music

[Annabel Allum](#) – 9th April

At her most visceral, Annabel is a troubadour for the millennial age, with vitriolic explosions of ferociously grungy guitar and gut-wrenching honesty, deftly attuned to observations of what lies beyond her Lennon-framed lenses.

[Public Address – Spacedrive + The Byker Grove Gang + Support](#) – 16th April

The West End Centre has seen some absolute legends come through the doors, and everyone has to start somewhere. Our monthly local showcase welcomes up and coming artists, alongside some special guests.

Theatre

[Nothing Happens \(Twice\)](#) – 8th April

After an exciting few years making and touring shows all over the world, Mercè and Patricia have somehow lost momentum and hit rock bottom. They always knew that making theatre would be difficult, but when they have to dress up as flamingos in a shopping centre to make ends meet, they seriously consider giving up!

Classes & Workshops

Our summer season of [classes](#) has also just gone live! From stained glass to art and adult drama, visit [our website](#) to view the full programme.

COMMUNITY SUPPORT INFORMATION

Citizens Advice Hart

Our advisers can help you across several areas such as: -

Debt; Benefits; Housing; Employment; Family and personal matters; Taxes; Consumer and Immigration. Our Yateley office in Royal Oak Close closed on 1 April 2022 but we are delighted to say that our advisers will remain in the building with the Oakley Health Group mental health and wellbeing team to see local clients for pre-booked appointments only. We continue to see clients in our extended office space in the Civic Offices in Fleet. We also visit outreach locations in the Hart area such as Café 46 and the Yateley Community Pantry and other community venues.

Demand for our service is growing rapidly and we need more volunteers so we can help more people. If you are interested, please get in touch via our [website](#). We are seeking a [Treasurer Trustee](#) and wide variety of volunteer roles such as telephone assessors, advisers and fundraising.

One of our projects is The Forces Families Project, which offers free, confidential, independent and impartial advice, and support, to the military community in the North East Hampshire region. We advise on a range of issues such as housing, family relationships, benefits, debt, and immigration. We offer this advice to Serving personnel, their families and to veterans. We are a tri service project supporting the Army, Royal Navy and the RAF. We will look at your issues from a military perspective.

We also deliver financial capability training at Gibraltar Barracks and are working on extending the training to other areas and audiences.

We have started attending various outreach locations such as the Garrison Community Hub at Aldershot, every Tuesday morning along with coffee mornings at local schools and other venues in the North East Hampshire region.

We offer our advice through face-to-face appointments, Zoom meetings, email or telephone, whichever is best for you. We can be contacted by phone (01252 749 265) or via a referral form on our website [here](#).

National Adviceline

Tel: 0808 278 7864 (freephone number)

Hampshire Macmillan Service:

Benefits advice for people with cancer

Available Monday to Friday 9am – 4pm

Tel: 0344 847 7727

Email: macmillan.cahampshire@cabnet.org.uk

Citizens Advice Hart

citizensadvicehart.org.uk/

Local Email

citizensadvice@hartcab.cabnet.org.uk

Citizens Advice Hart Admin Line: 01252 878 435

Citizens Advice Rushmoor

Citizens Advice Rushmoor is reshaping its service to get people quickly to the help they need. We are making telephone our first point of contact, as that is most people's preference. That way, we can also make appointments by phone or in person with the right adviser to meet people's needs.

We are also working in partnership with other agencies so they can refer people in for help easily. More information is on our website www.citizensadvicerrushmoor.org.uk/home/contact-us - our main freephone Adviceline is **0808 2787 912** and our local reception number is **01252 513 051**.

Community Grub Hub CIC

Whether you are volunteering, donating, swapping or shopping, all will receive a warm welcome from the volunteers. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need. All we ask for is a few details to sign up to a loyalty card, so we can report back to our funders and donors how many people we have helped. The store is free to access but we do ask if visitors are able, that they make a small donation to help keep the project running.

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

We are open: every Tuesday 10am to 4pm

Please signpost your families in need.

For more information, please follow the project's [Facebook page](#) or email grubhub@rvs.org.uk

The Community Cupboard at the Vine Centre, Aldershot

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is FREE for anyone, especially families needing help with food.

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

Opening hours: Monday – Wednesday 10am – 3pm.

FREE for anyone in the community. Just come along, no need to bring anything to donate.

Donate & Exchange: You're welcome to donate and exchange items if you're able. Bring things you have in excess and see if there is something you'd like in return.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Church of the Good Shepherd – Food Support

Free Food Essentials – Fridays 10am-12noon

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

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

The Larder Foodbank

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

To receive a food parcel, you must be referred by a professional. This can be: Your Key Worker/Social Worker, your children's school, your GP surgery, Housing Association, Citizen's Advice, Rushmoor Borough Council, Christians Against Poverty (CAP). If they are happy to refer you, they will need to call the Larder Phone (07501 202546) and leave a message with your details. We can then deliver a food parcel to you.

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

Phone: 07845 175 158 Email: community@goodshepherdchurch.org.uk

HEALTH INFORMATION

NHS Health Information

Worried about the health of your child?

Worried about the health of your child? Unsure if you can stay home or need to seek healthcare support?

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

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

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

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

[Kooth Offers a Digital online counselling](#) and emotional well-being support service for young people in Hampshire. It is a free, safe, secure and anonymous means of accessing support for all emotional health and wellbeing needs providing users with access to a professional team of qualified counsellors. Kooth has a range of additional support features such as discussion boards, magazines and wellbeing activities, providing additional support with peer to peer and community support. All elements of the site are safe and secure and pre-moderated. Young people in Hampshire aged 11-25 have Free access to the service.

[No Limits Safe Haven](#) provides a safe space for children and young people aged 10-17. No Limits offers out of hours emotional and practical support with your mental health in a confidential, friendly and supportive environment. Currently providing an online, telephone and face-to-face service (by appointment only) in Farnborough.

Hampshire Counselling services

For young people aged 14-17 call: 02380 224 224 or visit: www.nolimitshelp.org.uk

For young people 5-17 Call: 02382 147 755 or visit: www.hampshireyouthaccess.org.uk

These Hampshire wide counselling services allow young people an opportunity to talk to a trained person in confidence, about anything of worry or concern. Counsellors are trained to listen to young

people's issues and worries without judgement and without telling them what to do. The services offer face to face, online and telephone and group sessions depending on choice and need.

Sasha's Project is a not for profit organisation that was set up in memory of a local Hampshire resident.

The project runs a drop in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 10pm-6am every Saturday night. It is a safe haven for young people aged 16-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

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

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing. If you are waiting to hear about your first appointment and things are getting worse or you are worried that you haven't heard, please phone 0300 304 0050 Monday to Friday 9am to 5pm. Outside of these hours, if you need urgent help please contact 111, where our Paediatric Mental Health Practitioners will be able to help you.

FREE online parenting courses for local families

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

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

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

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

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

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

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

Solent NHS Trust Sexual Health Services

Sexual Health Clinic Mon-Fri Aldershot Centre for Health level 4

Young Person Walk-In Clinic 18 years and under 15:00 - 17:00

Condoms and Get it on cards, Contraception Information, including how to get emergency contraception

Chlamydia and other STI testing information.

Useful links:

Relationships and Consent -- a free bitesize resource for organisations working with young people.

<https://www.letstalkaboutit.nhs.uk/media/1453/spotlight-on-guidance.pdf>

https://www.letstalkaboutit.nhs.uk/media/1456/spotlight_consent.pdf

Free NHS Sexuality training (LGBTQ+)

<https://www.letstalkaboutit.nhs.uk/network-training/sexuality-training/>

Sign up to your own Personal Health Record - [https://solenttrust-](https://solenttrust-my.sharepoint.com/:i:/g/personal/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g)

[my.sharepoint.com/:i:/g/personal/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g](https://solenttrust-my.sharepoint.com/:i:/g/personal/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElmsByzWj7dzaM6T8TZ0DnVX47g)

Rushmoor & Hart School Nursing Service

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

The Parent Chat Health service started on the 1st June and parents have been using this contact for advice and support. Text: **07507 332 417** 9:00am-4:30pm Monday to Thursday 9:00am-4:00 Friday.

In addition to this our Duty phone line remains open for advice and support and general queries:

01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing are following national guidance and are able to offer telephone advice/video conference calls regarding the following:

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

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

Hart Voluntary Action Counselling Services

121 Adult Counselling

121 Adult Counselling supports adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 20 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

Please complete the referral form on our website at

<https://www.hartvolaction.org.uk/counselling/121-adult-counselling/> The service is **free** to access.

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 20 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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

Sunshine and Showers

Sunshine and Showers offers Anxiety and Depression Support groups in Odiham. It is a chance to share with others your experience of anxiety and depression in a non-judgemental environment. Evening and daytime groups are available and each one lasts for an hour and a half. Groups are open to anyone struggling with anxiety or depression who want the support of others. All groups are run by a facilitator and a co-facilitator.

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

Family Therapy – New Service now open to referrals

Our new Family Therapy Service is offered to families who live in Hart and Rushmoor. We are now taking referrals into this service.

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

For further information please visit: <https://www.hartvolaction.org.uk/counselling/family-therapy/>

Young Person's Safe Haven Service in NE Hampshire and Farnham

The young person's Safe Haven in North East Hampshire and Farnham (covering areas including Aldershot, Farnborough, Fleet and Yateley) offers young people aged 10-17 access to out of hours emotional and practical support with their mental health, providing them with the tools and techniques to enable them to be as safe as possible and make positive changes.

Safe Haven NE Hants and Farnham is currently providing an online, telephone and face-to-face service (by appointment only). Youth Workers are available via phone or web chat:

Monday:

One to one support – 6:30-10pm (by appointment only)
Virtual and phone support – 6:30-10pm (by appointment only)

Wednesday:

Virtual and phone support – 5-8pm (by appointment only)

Thursday:

One to one support – 6:30-10pm (by appointment only)

Virtual and phone support – 6:30-10pm (by appointment only)

Saturday:

Web chat support – 10:30am-1pm

Contact details and address:

For phone support or to make an appointment for virtual, phone or face-to-face support, please phone: 07918259361

For web chat support: Please click the web chat button at the bottom right-hand side of the No Limits website.

Address: Shieling House, 30 Invincible Road, Farnborough, Hampshire, GU14 7QU

To find out more: Phone 02380 224 224 or email enquiries@nolimitshelp.org.uk.

TalkPlus

At TalkPlus, we know life can be challenging and overwhelming, often resulting in less time for yourself, a lack of sleep and time spent overthinking. We can help by giving you the tools to cope with the stress of day-to-day life. We offer free NHS talking therapies to anyone aged 16+ struggling with mild and moderate mental health difficulties such as stress, low mood and worry registered with an NHS GP in North East Hampshire and Farnham.

Whilst we are not a crisis service, like with physical health conditions it's good to seek advice sooner rather than later. For more severe and enduring difficulties it may be that another service is better suited to your needs. If in doubt about referring, you can discuss the best option with your GP.

For more info check out our website www.talkplus.org.uk/

Instagram @talkplus_nhs/

Facebook @talkplusiapt

Twitter @TalkPlusNHS

Sport In Mind

Sport in Mind is the UK's leading mental health sports charity working in partnership with the NHS in order to aid recovery, promote mental wellbeing, improve physical health, social isolation and empower people to move their lives forward in a positive direction.

Sport in Mind groups offer a wide range of sports and physical activities to suit everyone, regardless of age, gender, mobility, ethnicity sexual orientation or ability and open to anyone over 17 experiencing mental health problems as well as carers. All our groups are delivered in a safe, supportive, and fun environment and take place on the same day at the same time every week. We deliver lots of different activities, including walking, dance and movement, gardening, table tennis, football, yoga, Tai Chi, badminton plus more, we provide any equipment required too. The sessions are drop-in, so there is no need to book in advance or be referred. We also welcome you to bring a family member or friend along with you to join in for your first few sessions.

Sport in Mind have number of sessions in Hampshire, with plenty more on the way. Keep an eye out on our website and social media for all upcoming sessions.

For more information on our work, head to our website www.sportinmind.org – there you will be able to find information about which sessions are running, volunteer and fundraising opportunities, and about the exciting campaigns we have coming up! We can also be contacted via social media @sportinmind via email info@sportinmind.org or by phone on 07341 267 740.

No Limits - Smoking cessation workshops for professionals working with young people

What are we offering?

No Limits are providing, on behalf of Hampshire County Council, **FREE** workshops for schools, colleges and establishments working with young people to develop a 'whole settings' approach to smoking and vaping.

Workshops include:

Training to help you embed smoking prevention within your educational setting

Latest guidance on vaping and young people

Engaging parents, staff and colleagues to create a smoke free environment

Resources for sessions, peer education and policy development

Participants will be provided with a toolkit of resources to promote a whole settings approach that can be modified according to need.

All training will be delivered online or face to face, working to Covid 19 guidance. If you would like more information or to book a place on our multi-establishment online workshops or to arrange a workshop tailored to your establishment, please contact lisa.brodie@nolimitshelp.org.uk

No Limits - FREE substance misuse training for professionals working with young people

What will the workshop provide?

- Increased awareness of prevalence and signs and symptoms of substance use.
- Availability of free resources on alcohol and drugs for use with young people
- Examples of good practice (policy, curriculum, links to PSHE, support for young people)
- Who should attend?
- Professionals working with Young People including, Senior Managers/PSHE/PDC leads
pastoral support youth workers
- Please contact lisa.brodie@nolimitshelp.org.uk to book your free place on an open course or arrange a tailored session for your establishment.

Shape Up 4 Life Hampshire – Free support to lose weight and keep it off

Your evidence based programme to make healthy choices a sustainable habit.

Face to face support in the community / Virtual classes / ShapeUp4Life app

Visit our website here: www.shapeup4lifehampshire.co.uk

Call 023 8218 0287 or Text 'ShapeUp' to 66777

Smokefree Hampshire

Smokefree Hampshire helped over 3600 people quit smoking last year and are here to help.

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

Go Smokefree to feel healthier and save money.

Phone 01264 563039 for further information or text Quit to 66777.

Get Active Hampshire

A free solution to help you attract more people to your physical activity sessions
You're busy delivering brilliant sessions so participants can enjoy being active together. Let's make sure people know that they're happening!

Open Sessions is a free solution to help you attract more people to your physical activity and sport sessions.

- Create a free account at opensessions.io
- Add the physical activity and sport sessions that you run
- Your activities will be promoted, free of charge, on Get Active Hampshire and other major activity finders

Link to the recording of one of our workshops: <https://youtu.be/7hxoTa9CJ2g>

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

Discover T Levels – Online Information Evenings this April

Farnborough College of Technology are hosting a week of online T Level presentations this April, introducing these exciting new courses and the varied careers they can lead to. Taking place across four evenings, each presentation will focus on a different subject area - a great opportunity for students in Year 10 and 11 to explore their options!

Education, Health and Science – Monday 4 April, 6-6.30pm

Construction and Engineering – Tuesday 5 April, 6-6.30pm

Business and Accounting – Wednesday 6 April, 6-6.30pm

Digital (IT) – Thursday 7 April, 6-6.30pm

Find out more and register your place at www.farn-ct.ac.uk/events.

Celebrating National Careers Week

This National Careers Week, Farnborough College of Technology hosted a packed schedule of events as part of their ongoing career support for learners. This included a bustling careers fair attended by universities and local employers, talks led by industry professionals, and valuable employability skills workshops. The careers fair saw learners interacting with employers from over 40 companies and universities, providing a chance to find out about different industries and local opportunities.

To inspire learners about their future careers options, subject-specific industry talks were also delivered throughout the week. Motor Vehicle students were visited by McLaren Automotive, who brought along with one of their latest vehicle models. Performing Arts students found out about different pathways from company Koala Kids Parties and former student Chris Bawden, a self-employed voice-over artist. Engineering students were inspired by opportunities available with local employer BAE Systems.

Take a Quick Careers Quiz!

The College has launched a careers quiz to help learners think about what careers suit their interests and the opportunities that may await them in the future. Take the quiz now at

www.farn-ct.ac.uk/lmi

Court Moor School - Super Sonic Science Show

Friends of Court Moor School are hosting 2 Super Sonic Science Shows on 7th May at 2pm and 4pm to help fundraise for the refurbishment of the school's science labs. The shows will be an interactive spectacular consisting of back-to-back interactive experiments and demonstrations, designed to ignite a passion for science in all who attend.

Come and be amazed by the plethora of experiments covered by the Supersonic Science Professor, aka Mr Rabani from the Court Moor Science Department! Tickets are just £5 per person. Book tickets at www.ticketsource.co.uk/Courtmoorlabs

To hear about future events follow us on social media FB @CourtMoorLabs

Inclusion Hampshire

Inclusion Hampshire are a specialist education provider supporting young people with mental health and additional learning needs who may struggle with mainstream school.

Based across two sites, we have Inclusion Learning Centre for our Pre 16 learners in Chineham and Inclusion College for Post 16 learners in Hook.

Our approach combines a bespoke academic programme tailored to the learners' personal needs, with a focus on mental health and well-being.

We believe that every young person, no matter their additional need, background, experience or history has the right to feel heard, understood and validated.

We are going through a period of development and growth here at Inclusion and looking to recruit several new posts to support this – in particular we are looking for additional trustees with College administration and EFSA funding and submission experience. Please contact Emma Barnard at emma.barnard@inclusionhampshire.org.uk for more details.

For further details on the services we offer and to find more support links and resources on mental health and well-being then please visit www.inclusionhampshire.org.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Mustard Seed Autism Trust

We will be opening our waiting list to new referrals on **Monday 25th April at 9am**.

We take referrals for families with children with a diagnosis of autism, aged 3-11, living within 10 miles of Farnborough. Parents self-refer.

The referral process:

On Monday 25th April at 9am we will post information about how to receive a link for the referral form on our website and Facebook page.

The form needs to be completed on-line and submitted ASAP.

Please note, when we took on new referrals in September, we had 60 requests for support in the first 2 hours. We plan to take on 40 new families in April and anticipate the demand will again be very high.

Families who are not on our waiting list can still access the following support:
Weekly Advice Line – providing advice, recommendations, signposting
Social media daily posts with resources, ideas and recommendations.
Resources Hub on our website – all resources are free to download
To book a call on our Advice line please email office@mustardseedautism.co.uk

Breakout Youth

Breakout Youth offer a confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.

Young people who identify as LGBTQ+ or are unsure, often feel isolated and alone with their sexuality or gender identity. At Breakout Youth, you will find a group of likeminded young people and that you can socialise with safely.

There are trained youth workers to support you throughout the session. You'll also find help with those feelings of isolation or confusion.

We run a confidential virtual youth group for young people across Hampshire, and young people from Rushmoor and Hart are invited to join us. We also run a 'face to face' youth groups Across Hampshire- in Basingstoke, Andover, New Milton, Marchwood, Southampton and the IOW. Young people from Rushmoor and Hart are welcome to join attend these groups if they can travel to the venue.

If you would like more information or sign up for one of our groups, you can visit our website- www.breakoutyouth.org.uk , call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a project managed by Hart Voluntary Action - a local charity based in Fleet which supports the voluntary and community sector. We deliver a support service to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member who is ill, disabled, has a mental health condition or an addiction.

We run term-time young carers clubs at Mayfield Community Centre in Farnborough on the following nights:

Monday from 6.30-8.30pm for School Years 7-10 (i.e. 11-15 years) - Senior Group,
Tuesday from 5.30-7.30pm for School Years 3-6 (i.e. 7-11 years) - Junior Group,
Every other Thursday from 6.30-8.30pm for 16-25 year olds – Young Adult Carers (YAC) Group.

Transport is available for those young carers without access to a vehicle or where their home situation makes it difficult for parents to transport them. Attendance is free and there is no charge for any of the activities or refreshments provided.

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

The objective of the YAC Group is to help the YACs get advice and information about education, careers, benefits, work, money/debt, housing, relationships and health, so they can make plans for their future and have the same opportunities as other young people. 1:1 support is also available. We also have a young leader programme which gives members aged 14+ a chance to get involved in the mentoring of other young carers and play a part in running activities at our clubs. We provide additional opportunities for members to attend trips and residentials with other young carers, including annual events such as the Young Carers Festival at YMCA Fairthorne Manor in Southampton.

We have also recently started introducing specific activities at our Junior and Senior Young Carers Clubs (known as the Exploration Programme), aimed at exploring the young person's caring role, recognising the impacts caring can have on them and the challenges this brings, and teaching strategies to cope with certain situations. We have also introduced the new Carers Star resource developed by Triangle for young carers at all our clubs. This is an evidence-based outcomes tool designed to support and measure change in different areas of a young carer's life when working directly with others.

We are still accepting new referrals and undertaking Initial Needs Assessments either in school or within the family home.

We also have a Facebook page ([HartandRushmoorYC](#)) where we post details about any activities planned. We also share posts which we think may be useful to our young carers and their families, including information on local support groups.

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

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

Hampshire Parent Carer Network

Hampshire Sendias Workshop - Rights and practical suggestions for child in an incompatible setting
1st April, 1-2pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/84264148886?pwd=YS9mU0FKZ2hPWGIwZXFTWTcxZ3ROZz09>

Meeting ID: 842 6414 8886 Passcode: HPCN

Meet The Special Educational Needs Team Workshop , 29th April 11-12pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/89055520497?pwd=eFNWc3hvbHNSN3Z6NxlsdEVnQm9FQT09>

Meeting ID: 890 5552 0497 Passcode: SEN1

Get Togethers

Evening Get Together, 5th April, 8-9pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/88211134623?pwd=ZkJKP21YVHc4T0FZVW9XTThRa2RzQT09>

Meeting ID: 882 1113 4623 Passcode: GT

Hart and Rushmoor GT , 7th April, 11-12pm

Join Zoom Meeting:

<https://us02web.zoom.us/j/85905075271?pwd=ZkJK21YVHc4T0FZVW9XTHhRa2RzQT09>

Meeting ID: 859 0507 5271

Passcode: GT

Home-Start Hampshire

Our team of dedicated staff and volunteers in Rushmoor & Hart have now returned to providing face to face support for families in need and can offer help with many areas such as reducing isolation, parenting, establishing family routines and providing emotional support.

Due to high demand, we are currently only accepting referrals for our family and well-being groups. Please do download and complete our referral form after that point : <https://home-starthampshire.org.uk>

Please send completed referrals to familysupport@hshants.org.uk

We still have spaces available at our 'stay and play' family group at Elizabeth Hall in Hook which is open to families living in Hook, Odiham and Hartley Wintney.

We also have spaces at our Mental Health Well-being group running in Aldershot, which offers a safe space to gain support with parental well-being whilst giving opportunities for parents and children to socialise.

Please email familysupport@hshants.org.uk to refer families to either of these groups. If you have any questions, please call us on 0330 124 095.

Fleet Phoenix

Fleet Phoenix creates opportunities for early intervention with young people in Hart to break down barriers and empower the community to thrive. To deliver on this mission Fleet Phoenix coordinates music projects, youth clubs and mentoring projects as well as community outreach programmes to the young people of rural and urban Hart district.

Lego Building Club

During the Easter Holidays, we will be running a FREE Lego Building Club for ages 9+ at The Point Youth Centre in Fleet. This is being held on Thursday 14th and 21st of April 2022 between 12-4pm. First session is Lego set building and second session is a design and build competition.

All Lego is supplied, so please do not bring your own as this could get lost.

Snacks and drinks will be provided.

If you'd like to join, you need to book a place. So either email us (lucy@fleetphoenix.co.uk), call us on 01252 812 308 or message us through Facebook (www.facebook.com/fleetphoenix.co.uk)

FREE Second Hand Uniform Sale

During the Easter holidays, Fleet Phoenix are running a FREE second hand school uniform day. No one likes to have to buy uniform for the last term of the year and we still have items leftover from our last appeal. We want to help those who need the help with making ends meet and need more uniform without having to buy it.

There are two dates, these are:

Monday 11th April, 11-2pm at The Point Youth Centre.

Wednesday 13th April, 2-4pm at The Point Youth Centre.

PLEASE NOTE: This is just for people needing uniform, we are not accepting donations at present. Another post will be done at a later date for donations. This is on a first come, first serve basis and we won't be able to tell you what items we have in advance or hold any items.

Open Door

Open Door is a FREE confidential open access session (currently by appointment only) for young people aged 15-25 years old. The staff team offers support, advice, information, and guidance. Parent and family support is also available for those struggling to manage or just in need of some down to earth advice and support. We can advocate with other services, give parenting advice and guidance, housing support, debt and budgeting support, and advice and guidance for parents on any issues which are impacting on their child's life.

Please contact Charlotte (charlotte.tickner@fleetphoenix.co.uk) or Lucy (lucy@fleetphoenix.co.uk) to discuss a referral.

Sexual Health Support

Fleet Phoenix offers FREE pregnancy tests and condoms at any of our open sessions. We can also give advice and information on sexual health and relationships to any young person under 25. This is a FREE and confidential service. Just pop into ANY of our open sessions and ask for a chat.

Youth Clubs/Projects

Please check out our website (www.fleetphoenix.co.uk/services) for all of the information regarding our youth clubs/projects.

Our summer projects and our yearly scooter/BMX competition Scam Jam will be happening in July and August this year, so lots to look forward to. So, make sure you keep an eye on our social media pages.

Vision 4 Youth – Youth Clubs Update

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas. Vision 4 Youth run five different youth clubs each week (term time) to meet the different needs of all the young people in the community.

These are open as follows:

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. It's a chill out space for those who are feeling the pressures of life, or just fancy a quiet board game and a homemade cake. Professional signposting advice is also available if needed, or on the other side take it as a first step back out socially after a counselling session. Free snacks and drinks and no charge to come along either!

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.

Sports Club - Wednesdays 6-7pm at The Tythings Youth Suite, Yateley GU46 7RP

Boxercise, taught in a fun, active and non-competitive environment. No previous experience necessary just come along and give it a go! Aimed at 11-18 year olds. Suggested donation £1 to attend, no membership fees.

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). 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 other games. Play outside on the floodlit tennis courts or enjoy some free snacks and hot chocolate. Open to all aged 11-18. FREE!

For more information please contact office@vision4youth.org.uk, visit our website www.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.

Hart Voluntary Action

Activity for young children and parents/grandparents taking place in Hart's community venues

Hart Voluntary Action is developing an online community directory on behalf of Hart District Council. Here are just a few activities we have found out about during our research into what is currently going on in our community and church venues:

JUST LAUNCHED! Baby Bells – New & Future Parents Coffee Mornings. For chat, support and a safe space to ask questions for those expecting a baby or have a baby under 12 months. The sessions are held fortnightly – 11.00 - 12:30. Christ Church, Church Crookham GU52 6LH. £1 per session which includes refreshments Full details and dates can be found at <https://www.whatiwishidknown-postnatalsupport.com/> or email littlebellstoddlers@gmail.com

Breastfeeding Circle - Breastfeeding Circle is a safe space for pregnant and breastfeeding families to come together, support each other and socialise. Two Lactation Consultants run the meetings. Meets at Church on the Heath, Elvetham Heath, GU51 1HA on Tuesday mornings. Check their Facebook page <https://www.facebook.com/breastfeedingcircle>

Busy Bees Toddler Craft Group - Busy Bees is local pre-school children's craft group run by friendly volunteers (always looking for more!) on a drop- in basis. Sessions are themed each week including snack and a cup of tea/coffee and biscuit for the parent/carer. Admission: £4 (£2 for an extra child), babies: free. Fridays at the Elizabeth Hall, Hook, RG27 9HH, 9.45 - 11.15, term time only. E-mail busybeeshook@gmail.com <https://www.facebook.com/groups/877847525654168>

Home-Start – Family Support Group – Hook, Hartley Wintney & Odiham – the family group is safe and caring place for the whole family to play, learn, make friends and support each other. At the group you can speak in confidence to one of the trained staff or volunteers, or another parent. Please note this is a closed group open to Home-Start families who work with families with children 0-11 years. For information on how to attend please contact familysupport@hshants.org.uk or call 0330 1242095. Elizabeth Hall, Hook, RG27 9HH Wednesdays 10.00-11.45 weekly.

Rugger Rascals – rugby-themed classes for boys and girls from 18 months to 6 years of age. Classes on Sunday mornings at Zebon Copse Community Centre, Crookham Village, GU52 0ZE, 3 different sessions according to age between 9.00 and 11.30. Free taster sessions available. <https://sportyrascals.com/classes/>

Who Let the Dads Out? – Have Fun with Dad/Grandad for children 0-7 years -3rd Saturday of the month. £5.00 per family includes unlimited play, time to chat, breakfast roll, tea/coffee. 9.30 -11.30
St Peter's Church Yateley, GU46 7LR. E-mail david.jolly@stpetersyateley.org.uk
<https://www.stpetersyateley.org/children-and-youth-events>

If you would like to join Hart Voluntary Action at a launch event in May (date tbc) to learn more about the new Here for Hart Directory, contact Caroline Winchurch ceo@hartvolaction.org.uk

Prospect Estate Big Local (PEBL) - News

PEBL Grants Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents. Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).

Email pebl.coordinator@pebl.info or call 07879 384 014

PEBL Skills Café

PEBL's friendly team supports residents of the Prospect Estate to find employment. This includes general advice, sign posting, find fast fill jobs and online training links as well as specialist support and care packages from the Vine Centre at the Prospect Community Centre, (next to the Post Office). Currently by appointment only.

Every Wednesday 10am – 12.30pm

Email skillscafe@pebl.info or call 07340 017 342

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

We are planning to open a Squirrels section very soon; this new section is for children aged between 4 and 6. We are currently accepting children onto our waiting list ready to open this exciting new section. We require adult leaders too in order to open this section!

Beavers

Beaver Scouts are the youngest members 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 have the opportunity to 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

Farnborough Rotary Club

Farnborough Donkey Derby returns Sunday 29th May 2022

The Rotary Clubs of Farnborough and Rushmoor are delighted to announce that their famous Donkey Derby will return this year!

It will take place on **Sunday 29th May at King George V Playing Fields, Sycamore Road, Farnborough**. We will have the usual family entertainment including donkey races, stunt bikes, funfair, marching bands, music, competitions, refreshments and as many trade and charity stalls on offer as we used to have before Covid 19 got in the way. Please see our Website or Facebook for further announcements. <https://www.rotary-ribi.org/clubs/page.php?PgID=803649&ClubID=877>

Immediate Help

We have reasonable funds available both for general charitable purposes and for immediate COVID-19 needs. Just ask and we'll see if we can help. General charity requests will go through our regular procedures, ranking in terms of need, deciding whether we contribute and if so what amount. COVID-19 requests are assessed more quickly.

In either case we view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our funds come from the community. We can also offer practical help, sometimes for individuals and sometimes for community activities. For example in the last few weeks we have supported and donated towards the cost of a new PA system for "Tuesday @ Two", a weekly social club for Over 55s organised through Churches Together in Cove. And the £16,000 we collected at Christmas through the generosity of local residents has already been mostly given to deserving causes with a proportion being kept in reserve for needs arising during the year.

If you think you have a need contact us on 0300 772 7011 (local rates). Whoever answers will ensure the most appropriate person will call you back.

Vocational Team – School and College Activities

Activity in the team has steadily increased over the past two months despite schools and colleges still battling with the effects of Covid. Communication channels are lively and we have been delighted to be able to respond to several requests for help.

The next six weeks will be dominated by competition activity. This year's topics have generated much interest and a gratifying large volume of entries arrived by the 18th February – the closing date for both Young Writer and Young Artist.

The theme for Young Writer is "Environment" and we are confident a number of the students' essays and poems will clearly demonstrate their increasing concerns with endangered species and worldwide pollution. The topic for Young Artist is "Colours of Nature" which gives students the perfect platform to display their love of the vibrant world around us. Based upon the outstanding quality of entries in previous years our judges will again be faced with a daunting task when selecting winners in each age group. Out thanks go to them for their time and support.

Finally, our offer to help is, of course, ongoing so if you would appreciate the chance to discuss your own ideas, issues or concerns, please contact Mary Madine vocational@farnboroughrotary.co.uk at any time.

Help Rotary!

Rotary is fun. What we all give is our time. We're always open to people who'd like to join us. We're also open to those short of time but who are willing to pitch in and help on our events and so. Again, give us a call to find out more – 0300 772 7011 (local rates)

SKILLS, TRAINING, WORK

New scheme offers job support for young people

Young people in Rushmoor and Hart looking for help with employment and training can get support through a new website and fortnightly drop-in sessions.

Rushmoor Borough Council is working with Hart District Council and Basingstoke & Deane Borough Council to launch the North Hants Employment and Skills Zone, a dedicated service for young people aged 18 to 24.

As part of this service, a new website, www.esznorthhants.org.uk brings together a host of employment, skills, training and careers information to one place, to make it easier for young people to find out what support there is locally, including:

- Job search tools and local vacancies
- Information on training and work experience opportunities
- Career-focused events and activities
- Signposting to local wellbeing and finance support
- Business start-up advice
- Chat function hosted by careers professionals

Young people can also subscribe to the website for free access to careers toolkits, discussion forums and online training.

Alongside the new website, the councils will be offering in-person drop-in sessions every fortnight in Aldershot and Basingstoke, giving young people the chance to find out more about the help available, meet local employers and get support to help them move into employment.

Aldershot's local hub will be based at the Karuna Coffee in Wellington Street, Aldershot, every other Monday. The next sessions will be taking place today (Monday 31 January) and on Monday 14 February, when young people looking for support can drop in any time from 2pm until 4pm. Check the North Hants Employment Skills zone website for details of other sessions.

To find out more about the North Hants Employment and Skills Zone, go to www.esznorthhants.org.uk or email skills@rushmoor.gov.uk.

No Limits – Youth Worker vacancy

Youth Worker Lead – Mental Health

Safe Haven is a service for young people aged 10-17 across North East Hampshire & Farnham who are experiencing difficulties with their mental health and need access to out of hours emotional and practical support. The Lead Youth Worker will work with a team of youth workers and volunteers to enable access to safe haven services for young people in need of support with their mental health.

The service provides practical and emotional support for children and young people to help de-escalate crisis and equip them with coping skills through a range of therapeutic interventions and may be used as an alternative to admission to statutory services.

Working in both a virtual and physical capacity via appointment and drop-in sessions, up to 10pm at night, online webchat, telephone support and outreach preventative work delivering in educational establishments and community locations.

We are looking for someone who is committed to young people, reliable, thorough, organised, flexible, and able to use their initiative and work within policies and procedures. No Limits is committed to making a difference to the lives of the children and young people we work with, and as such you must show a willingness to demonstrate commitment to the values and behaviours which flow from the No Limits ethos. Safeguarding and promoting the welfare of children and young people is paramount.

We welcome, value and celebrate difference and diversity and we welcome applicants with lived experience and from diverse backgrounds. This position requires you to complete an enhanced DBS check and is subject to full references.

Hours: 16 hours per week, to include daytime work, occasional Saturday mornings, between 1 and 3 regular evenings per working week (currently set as Monday, Wednesday and Thursday evenings until 10pm at the latest).

Starting salary: SCP 11 £21,748 (pro rata based on 37 hours FTE), equating to £11.30 per hour

Annual leave: 28 days per annum annual leave plus bank holidays (pro rata)

Essential car user: Yes. Based in Farnborough with delivery across North East Hampshire.
Apply by: Emailing a completed application form to people@nolimitshelp.org.uk
Applications will be reviewed on a rolling basis and the first appointable candidate will be selected.

FUNDING & GRANTS CURRENTLY AVAILABLE

Grants from Rushmoor Borough Council

Farnborough Airport Community Environmental Fund

This fund is open to all voluntary and community groups within a 3-mile radius of the centre of Farnborough Airport to apply for funding for an environmental project, this includes parts of Hart (see map on website). The emphasis of this fund is on environmental projects with public access. There is £74,000 available for allocation!

Details and the online application form can be found at www.rushmoor.gov.uk/airportfund

Rushmoor Community Lottery

The Lottery is now into its fifth year and is continuing to raise funds for 126 good causes. The total raised to date is over £141,700! All this goes directly to the good causes or via Community Fund grants. We'll be opening the next round of grants in Spring. These grants are only available to good causes, so why not sign up to benefit from regular fund raising and the opportunity to bid for a grant too! www.rushmoorlottery.co.uk

Other funding available

[Hi-Speed Charity Partnerships 2022](#) – monthly grants of £100 for charities which operate within a ten-mile catchment area of their Ash Vale branch.

[My Funding Central](#) – a funding database available for organisations with a turnover below £1m. Free for organisations under £30k.

[Charity Excellence](#) – provides a free funding funder

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

The next edition will be sent out in May

Any contributions please to jacob.buck@rushmoor.gov.uk