



Rushmoor & Hart Supporting Families e-Newsletter – May 2022

Welcome to our 85th 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.

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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 July ahead of the summer holidays. 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.mcqovern@rushmoor.gov.uk

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

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

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.

[Early help services in Hampshire | Children and Families | Hampshire County Council \(hants.gov.uk\)](#)

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](#).

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 relevant services to support you with a range of issues, including:

- Where to find help in your community
- Debt and money worries
- Mental health support
- Bereavement
- Practical help if you choose to self-isolate

The number to call remains **0333 370 4000** and lines are open from **8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm Friday**. The helpline is closed on weekends and Bank Holidays.

WHAT'S ON IN RUSHMOOR & HART

Aldershot Pools

Guildford Road, Aldershot, GU12 4BP

Aldershot Lido Opening for the 2022 Season on **Saturday 28th May 2022 @10.00am** for the half term week then every weekend in June and daily from the 1st of July through to 4th September.

Tickets will be available to purchase in advance* or pay on the gate (terms & conditions apply)

For more information see our website <https://www.placesleisure.org/centres/aldershot-lido/>

West End Centre

West End Centre, 48 Queens Road, Aldershot, GU11 3JD

01252 330 040

west.end.centre@hampshireculturaltrust.org.uk

This May half term, we're excited to host three workshops perfect for children and their families. 🌻
Including Mini Painters: Van Gogh, Creative Dance and Dance and Storytelling sessions, book now to ensure your place.

Dance and Storytelling (ages 3 and under)

Monday 30 May, 10.30am

Come and join 45 minutes of creativity, dance and storytelling with Commotion Dance! Under 3s and their grown-ups will enjoy 30 minutes of movement followed by 15 minutes of crafts and storytelling.

£3 each per adult, £3 per child (children must be accompanied by an adult). Siblings welcome!

Creative Dance (ages 4 and over)

Monday 30 May, 11.30am

Calling all children who love to dance and get creative! Join Commotion Dance for an hour of fun, movement and props, and create a dance with your grown-ups.

£3 each per adult, £3 per child (children must be accompanied by an adult). Siblings welcome!

Mini Painters: Van Gogh (ages 5 and over)

Tuesday 31 May, 10.30am

In this arty activity, children and parents are invited to explore the work of Vincent Van Gogh by recreating versions of one of his most famous works, Sunflowers, on canvas to take home.

£12 per child (tickets include one child and one carer, children must be accompanied by an adult).

Aldershot Military Museum – Activities in May and June 2022

Queen's Avenue, Aldershot, GU11 2LG

For the Surrey and Hampshire Half Term holidays, Aldershot Military Museum will be open daily from 10:00-16:00 from Saturday 28th May to Sunday 5th June.

As well as our World War II assault course, our new Resilience Garden is nearing completion and will be launched in June 2022! These are included in your annual museum admission ticket.

We're also planning to be at the Armed Forces Day Prom in the Park in Princes Gardens, Aldershot on Saturday 25th June, 14:30-18:00, we hope to see you there!

Free family activities (included in your museum admission)

MAKE A MEMENTO

Wednesday 1 June, 10:30 – 12:30 & 13:30 – 15:00

This half term is all about celebrating and making memories. Throughout half term, you can collect a bunting activity to decorate in the museum or at home. Join our family activity to make a wooden keyring or bag dangler to capture a special memory on. Drop in anytime between 10:30 - 12:30 and

13:30 - 15:00. Spaces allocated on a first-come, first-served basis. Ages 5+, 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

We are running our May half Term Fun Club from Monday 30th May – Wednesday 1st June 2022

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

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.

We are open 0800-1630

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.

Rushmoor Gymnastics Academy

Pool Road, Aldershot, GU11 3SN

We have a few spaces available in our pre-school classes, for information or to join please click on the link www.rushgym.co.uk

Jubilee Training

Open to Intermediate and recreational gymnasts, members and non-members.

30th, 31st May and 1st June. 3 days of training 4-7pm age 7-16 - £60

Book now at www.rushgym.co.uk

Playgym

There is no booking for Playgym, it is pay at the door £5 for 1 adult and 1 child and £3 for any extra children and £2 for extra adults.

During term time Playgym runs

Monday, Thursday and Friday 9:30-10:30 and 10:45-11:45

Tuesday and Wednesday 9:30-10:30 and 1:30-2:30

Half term Playgym from Monday 30th May - Wednesday 1st June, 9:30-10:30 and 10:45-11:45

We will be closed for the rest of the week due to the Jubilee Celebrations.

Rushmoor Borough Council What's on in Aldershot, Summer 2022

- Victoria Day – **Saturday 11th June** – 10am-4pm. The biggest event in Aldershot town centre! Free live music, family activities, fair rides and a Grand Parade at 11am.
- Armed Forces Day Prom in the Park – **Saturday 25th June** – 3:30-6pm. Grab your picnics and head to Princes Gardens for a free live concert, beer, food and stalls.
- Summer Saturday bandstand concerts – July to September – Noon-2:15pm. Enjoy free live music every Saturday afternoon in the Princes Gardens bandstand.
- Eco Explorers Club – **Saturday 2nd July** – 10am-2pm. Go wild at Eco Explorer, with lots of gardening and wildlife fun at this free club on Union Street.
- PlayFest! – **Saturday 30th July** – 10am-4pm. An action-packed day of fun, with free hands-on play and games for all ages in the town centre.
- Picnic and Pop festival – **Saturday 30th and Sunday 31st July** – Noon-10pm. Fantastic live music, children's activities, funfair, bar, and street food in Manor Park.
- Eco Explorers club – **Saturday 6th August** – 10am-2pm. Go Wild at Eco Explorers, with lots of gardening and wildlife fun at this free club on Union Street.
- Summer Saturdays – Summer Holidays – Saturdays throughout the summer holidays. Visit the town centre on Saturdays for fantastic free family fun this Summer.

For more information visit www.rushmoor.gov.uk/eventdiary

Fleet Library Free Fun Singing Drop-in

Fleet Library, 236 Fleet Road, Fleet, GU51 5BX.

Fleet Library Singalong: **Every Monday afternoon 2.15-3.15.**

Do you love to sing in the bath? This group is just as much fun but with your clothes on!

We are thrilled to be restarting our much loved all-in-together adult singing session.

From great beltters like Oklahoma to heartfelt anthems like These Boots Were Made For Walking and I Am Sailing we try to cater for all tastes and lung capacity.

Singing brings great health benefits to both mind and body

Come along for fun and a healthy workout in relaxed company.

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

Wavell Campus Leisure

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

CLUBS & CLASSES

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

PARTIES

BOTH THE WAVELL HALL & COMMUNITY HALL ARE NOW FULLY BOOKED ON BOTH A SATURDAY & SUNDAY THE SPORTS HALL IS NOW ONLY AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON SATURDAYS & 1PM – 6PM ON SUNDAYS. HIRE PRICE IS £40.60 PER HOUR

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Friday 5pm-8pm

Tuesday 5pm-10pm

Saturday 9am-6pm

Wednesday 5pm-10pm

Sunday 9am-6pm

Thursday 5pm-10pm

All school holidays from 9am

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

MAY HALF TERM 2022 HOLIDAY CAMP AT WAVELL CAMPUS LEISURE

CM SPORTS MAY HALF TERM FROM MONDAY 31ST MAY – 1ST JUNE 8AM – 4.30PM

For further information please email info@cm-sports.co.uk

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

Wavell Campus Leisure will be closed over the Jubilee Holiday on the 2nd & 3rd June 2022

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 advisors 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_kElImsByzWj7dzaM6T8TZ0DnVX47g)

[my.sharepoint.com/:i:/g/personal/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElImsByzWj7dzaM6T8TZ0DnVX47g](https://solenttrust-my.sharepoint.com/:i:/g/personal/kirsti_wooldridge_solent_nhs_uk/EXXywF0c1otluiFd_kElImsByzWj7dzaM6T8TZ0DnVX47g)

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 offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement.

121 Adult Counselling supports adults (18+ years), who are 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/>

Fortify Mental Health & Wellbeing Services

Fortify are a Farnborough based child and youth service, that work tirelessly around Hampshire and Surrey to help teenagers and young adults build resilience and mental wellness. We want parents and carers to know they're not alone in their struggles to help teens get through difficult years. We know that with the right support, we can get teens through anything. It's ok not to be ok.

Private mental health assessment doesn't have to be scary. We can help you to find out where and how to start feeling better. Take back control of your mental health and of your life.

[I WANT HELP](#)

We believe in supporting everyone in the local community, with emotional wellbeing and mental health. We know how important it is to identify emotional triggers as early as possible. We want to help young people avoid experiences that might lead them into high-risk situations, such as criminal gang affiliation or self-harming. Our bespoke sessions are tailor-made to the individual, or specifically designed for groups of people suffering with the similar problems.

These youth support services are for anyone over the age of 13 who wants to improve their life, their mental health and their wellbeing.

We work with schools, councils, private businesses and individuals, using **no judgement** therapy and counselling. Our self-exploration, self-love and self-esteem boosting techniques **really work** and time and again, we see young people transform into happy, confident, carefree individuals.

Youth Counselling Service

No judgement, one to one support from a qualified youth support worker. Our teen counsellor team can help anyone over the age of 13 who wants to gain a better understanding of themselves.

A completely confidential service which covers a whole range of areas such as anxiety, bereavement, anger management, low self-esteem, self-harming or stress (to name just a few).

Whatever your struggle, we want to help you find solutions and improve your mental health and wellness.

Mentoring Young People

Inspiring young people with our bespoke mentoring programme. Any young person aged between 13 and 24 can benefit from having a mentor that essentially 'has their back' as they work out where things have been heading in the wrong direction.

We recommend our mentoring service for young people who are struggling with

- How to communicate thoughts and feelings to the world
- Emotional wellbeing and mental health
- Having a lack of real direction and purpose
- Feeling like nobody understands them

Additional support is given via school or at home, to help learn different ways to communicate and respond.

Emotional Regulation Course

These courses are all to do with understanding and controlling your emotions.

We coach teens about how they can 'allow' the feeling, without being engulfed by it, as well as healthy responses to those feelings that are non-destructive.

Emotional development in adolescence is critical to teens health moving forwards into adulthood and learning these skills early is a key way to ensure better relationships.

Dialectical behaviour therapy (DBT)

DBT is a talking therapy related to cognitive behavioural therapy. It's specifically designed to help those who feel emotions very powerfully and often feel overwhelmed by their emotions.

With roots in Dialectical Behavioural therapy and Mindfulness, our sessions give you a better understanding of the links between a triggering event; the felt emotion, physical bodily reaction and acted out behaviour. This cycle can be interrupted and changed at any point.

The courses are delivered to young people and adults alike.

Life Skills for Teens

Our practical life skills for teens programme are aimed at secondary school pupils. We offer hands-on skills training in the plumbing, electrical and construction industries

Pupils can be enrolled onto a 6,12 or 18 week programme, where they will learn practical skills for life, whilst receiving training on the safe use of tools.

At the end of the programme, they will have gained not only functional practical skills, but an enhanced feeling of self-esteem and self-worth. Opens new avenues for future training and development.

Mindfulness for Teens

Fortify understand the importance of looking after your own wellbeing, which is why we offer our mindfulness for teens sessions. These sessions help young people notice signs of anxiety, anger, self-esteem or any negative emotion, learning to manage them before they take over.

Teens can learn how to identify where you hold tension in your body, and how to use the breath as a powerful tool to overcome feelings of anxiety and stress.

These simple tricks will help any young person dealing with day-to-day life, giving them back control of their minds and bodies.

Parenting Teens

We offer group meetings for those parenting teens who are struggling with how to interact with their child. Feel supported in a safe and confidential space, in which you can share your experiences and gain vital advice.

Guest speakers may attend sessions if this is welcomed.

No Limits Young People's Safe Haven

No Limits – Safe Haven NEHF Service Update!

The aim of Safe Haven is to provide young people of North East Hampshire & Farnham covering areas including Farnborough, Aldershot, fleet to name but a few, 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 to make positive changes.

For more details, please see our website: [Safe Havens - No Limits \(nolimitshelp.org.uk\)](http://Safe Havens - No Limits (nolimitshelp.org.uk))

Safe Haven for North East Hants & Farnham (NEHF) is currently based at **Shieling House, 30 Invincible Road, Farnborough, Hants, GU14 7QU** on **Monday 6:30-10PM** and **Thursday 6:30PM-10PM**.

In addition to face-to-face appointments, we are also offering an online webchat and text/phone service on a **Wednesday evening, from 5pm to 8pm** and **Saturday 10.30am - 1.00 pm**.

***Please note: Safe Haven NEHF runs as a crisis support service and as such, we do not hold young people for more than a couple of months. Our aim is to support them through their crisis, give them the appropriate tools and coping strategies to use and pathway them onto appropriate services/provisions e.g., youth clubs.**

Please use the following number to get support for yourself, or a friend/family member:

07918259361. This phone number is only on during the allocated service times (as above). If we are closed, please leave a voicemail & text OR alternatively email safehaven@nolimitshelp.org.uk.

Anxiety Among Friends

Anxiety Amongst Friends in Hampshire and Surrey is a private non-professional Facebook support group for people struggling with their mental health who might not want to talk to loved ones or professionals. The group offers a safe, caring non-judgemental space where people can be listened to when needed, and access professional support if wanted. Directory of services available and downloadable self-help books.

Link to the page:

<https://www.facebook.com/supportingmentalhealthinhampshireandsurrey/>

Email address for questions:

AnxietyAmongstFriends@outlook.com

Kind to Mind

Upcoming Events

[Anxiety Management Workshop \(Free/Donations Appreciate\)](#) – 29th June 10am – 11:30am – Online via Zoom

[Wellness in the Meadow 2022 \(Free Family Festival\)](#) – 17th September 10am – 9pm – Gostrey Meadow, Farnham

Mental Health Support

Kind To Mind is an organisation that uses donations to fund free mental health support for anyone who would like it. We offer workshops and [coaching \(group and 1:1\)](#) on topics such as anxiety management, mindfulness, personal development mindsets and self-esteem. All of these services are free due to those who generously donate. Due to high demand of our services, we also offer the opportunity for clients to pay privately for talks, workshops and coaching (see our [Services](#) page for details).

If you are looking for better ways to manage your mental health, get support or would get involved in our community, then please [contact us here](#).

www.kindtomind.org

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

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

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.

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.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

FREE Family Fun Day this June

Farnborough College of Technology's Family Fun Day is back! Taking place on Saturday 18 June 2022, 10.30am to 2.30pm, the College will be welcoming local families to their Boundary Road campus (GU14 6SB) for a day filled with free activities. With everything from face painting to go-karting, there will be something on offer for all ages. Food and refreshments will be available for purchase. Find out more and register for updates at www.farn-ct.ac.uk/events.

Adult Education and Degrees Open Event

Parents – could a new qualification be the next step in your career? Boosting your education could open doors to new industries or help you work towards a promotion. Find out about courses for adults at Farnborough College of Technology and degrees available at University Centre Farnborough by visiting their Open Event on Wednesday 22 June 2022, 4-7.30pm. Register now at www.farn-ct.ac.uk/events.

Farnborough Entrepreneurs Take on the Dragons

Five student-run businesses are set to receive an investment towards their ventures, as part of Farnborough College of Technology's recent Dragons' Den Entrepreneurship Competition. The business-leaders of tomorrow were challenged with pitching their ideas to a range of professionals throughout the competition, facing three accomplished 'dragons' in the finals to secure their win. Winning students included:

Milky Marketing – a digital marketing agency for small micro enterprises, run by business degree students Holly Hammond and Caitlin Morris.

Bolster – an app-based home device repair company, run by HND Computing student Mikya Wilkins.

eDrinkSupplies – an online energy drink sales business, run by Film and Broadcast degree student Daniel Bench.

CleanCatch – a range of sustainable personal hygiene products in the form of tablets for travel and domestic use, created by A Level student Will Fanthorpe.

The Gallery Buzz – a business brewing mead using locally-sourced ingredients at affordable prices, run by catering students Josephine Wright and Toby Parish.

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 our College site is moving to larger premises at the end of the month, meaning we'll be able to offer even more diverse programmes to a larger number of students.

The expansion of this and our pre 16 centre mean we have a number of different vacancies we're looking to fill.

Find out more details and all about us on our website at www.inclusionhampshire.org.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

FREE Play Resources Available

Following our recent giveaway day, Rushmoor Borough Council still have some second hand play resources left to rehome (includes board games, jigsaws, arts & crafts items). Items are free, but we are asking for a donation to the Mayors' charities (includes Phyllis Tuckwell). So far, we have raised over £400!

If you would like to see the list of items available, please email communitydevelopment@rushmoor.gov.uk and we will email the list to you from 24th May. The list will include details of what is available, how to reserve items and when then can be collected. Items will be available on a first-come, first-served basis. You will have until 29th May to reserve items.

Please note:

- Only one request per setting will be accepted, so please consult colleagues before completing the form
- The condition of items is unknown
- Items are taken on the understanding that sets may be incomplete, or parts broken and if necessary, it is up to the 'new' owner to dispose of any item safely
- The items have not been used for a few years and have been sitting in a lockup, so we would advise that they are cleaned and sterilised where possible before use

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 (Young Adult Carers) 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.

Hart Voluntary Action

Volunteering to support children, young people, parents and families in North Hampshire

A quick search of the Volunteer North Hampshire website will give you 101 opportunities to volunteer for community organisations and charities which support children, young people and their families across North Hampshire. From hands-on roles as helpers at parent/ toddler groups, or family support volunteers for Barnado's or Home-Start, to virtual support for Hampshire SENDIASS as a social media volunteer, to taking on those essential behind the scenes roles of Trustees and School Governors, there is a whole range of opportunities available to suit individual availability, skills and interests.

Why not take a look at the Volunteer North Hampshire website and get in contact with your local Volunteer Centre in Hart or Rushmoor for more support. <https://www.volunteernorthhants.org/>

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

Scam Jam

Scam Jam is a freestyle scooter and BMX contest held every year at The Views Skate Park in Fleet. This year it is being held on Saturday 2nd July 2022 (weather dependent).

This is open to young people of all ages and abilities. There are different events that you can enter and there are prizes for the top three in each category and ability group awarded by our wonderful judges.

Scam Jam was created to pay tribute to Alex Godbold, a young person we knew who sadly passed away in 2013. He loved spending time at the skate park on his BMX with his friends, so the event was set up to remember Alex and what he loved to do most.

We provide a FREE BBQ and other activities which can include FREE inflatables, outdoor games, t-shirt spray painting and more...

Registration is on the day and children under 16 need parental consent to take part. It is a great day for all involved. **Registration opens at 11am and the competition starts at midday.**

Summer Projects

Each summer, Fleet Phoenix runs our summer scam projects held at 3 different locations around Fleet.

The Lea (park off Larmer Close): Mondays 6.30pm - 8pm, 18th July to 22nd August

A junior version of The Views location for the local residents of The Lea area. This is for young people of any age up to 14, but parents MUST stay if the child is under 8 years old.

This project offers young people who are under 14 years the opportunity to engage and build healthy and respectful relationships with youth workers.

We offer FREE inflatables, team games, problem solving and youth issue related workshops and experiences. We have loads of fun, burn off loads of energy and learn some new skills. Sponsored by The Lions Club.

The Views (Fleet near The Point Youth Centre): Thursdays 6pm - 8pm, 28th July to 1st September

This project offers young people who are 13+ the opportunity to engage and build healthy and respectful relationships with youth workers.

We offer a FREE BBQ, FREE inflatables, team games, problem solving and youth issue related workshops and experiences.

We have loads of fun, burn off loads of energy and learn some new skills. Sponsored by The Lions Club

Zebon Copse (Zebon Copse Community Centre Field): Fridays 6pm – 8pm, 29th July to 2nd September

This project offers young people who are 13+ the opportunity to engage and build healthy and respectful relationships with youth workers.

We offer a FREE BBQ, FREE inflatables, team games, problem solving and youth issue related workshops and experiences. We have loads of fun, burn off loads of energy and learn some new skills.

Sponsored by Crookham Village Parish Council.

For more information, please visit our website www.fleetphoenix.co.uk or contact Lucy lucy@fleetphoenix.co.uk

Demands on our services has increased over the last 18 months or so and without the help of fundraising, we haven't been able to raise much need extra money.

So, this is where you wonderful people come in... we will be running two bottle tombolas in two weeks. Both great opportunities to raise funds but we need bottles.

Bottle donations – this can be anything from water, shampoo, oil, wine, squash, fabric conditioner, alcohol. If you are able to donate one bottle or a whole bag, that would be absolutely amazing and really appreciated.

All money raised goes directly back to the charity and let's continue our vital work with young people in the local community.

We would need to receive your donation no later than: **WEDNESDAY 1st June.**

Any donations can be dropped off at The Point in Fleet, we are there:

Tuesday and Friday 1:30 – 4:30pm and Wednesday 4 – 6:30pm

If these times do not work for you, please email us or DM us on social media and we can arrange another time or local collection 😊

Thank you in advance for your help and donations.

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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 café 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 home-made 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.

6th Form Club **NEW CLUB STARTING 8th JUNE!** - Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional drop-in youth club with games such as pool, table tennis & air hockey, also chill out space, hot drinks and snacks. Bring your books and study if you want to, or just meet up with mates. Open to those in Y12 & Y13 (or age 16-18 and at college).

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.

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Step By Step News

Launch – Our new advice and guidance service is open for referrals

Launch is able to offer information, advice and practical support on a range of issues affecting young people. You can refer a young person to Launch yourself or ask them to self-refer.

Who is eligible for support?

Any young person aged 11-25 living in Hampshire. Launch offers in-person or remote appointments depending on the young person's location. We are here to listen, offer guidance and provide practical support on a range of issues.

What does Launch provide support with?

The Launch team is comprised of professional support workers who not only offer advice but can also provide practical support. Issues covered include:

- Housing options and advice
- Sexual health
- Drugs and alcohol recovery
- Emotional wellbeing support
- Getting into work or education
- Access to shower and food parcels
- Computer/Internet access
- Applying for benefits

Launch is a new service from youth charity Step by Step, which supports over 1,500 young people each year. Launch can therefore refer young people to other Step by Step services, including Accommodation and Counselling.

How to get in touch

Email: launch@stepbystep.org.uk

Phone: 01252 346 105

Web: www.stepbystep.org.uk/launch

Counselling – Hampshire and Surrey

The counselling service is accepting new referrals for young people in Hampshire and Surrey. Young people can self-refer, or referrals can come from professionals or family members. For more information visit our website, <https://www.stepbystep.org.uk/young-people/mental-health/counselling/> or contact the team on 01252 346 120

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The Vine Centre

SHINE for 16-24 year olds on a Thurs eve 5-7pm where they can socialise and meet new people, learn computer skills and enjoy a coffee.

Therapeutic Art on a Wed 10-12 friendly relaxed group, just turn up, no artistic experience needed
Cooking with Confidence Thursday 10:30-12:30 learn how to cook easy meals on a budget and enjoy what you cook for lunch on the day. Plus, access to Level 2 food hygiene certificate and Barista training

Community Café is open Wed 10-1pm, free barista coffee, space to chat and also budgeting support if requested.

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

www.thevinecentre.org.uk

Contact information: 01252 400 196, Email: info@thevinecentre.org.uk

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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 skillsafe@pebl.info or call 07340 017 342

Hampshire Parent Carer's Network – May and June Workshops

May

Hampshire SENDIASS Workshop - Transitions- 16/05/22,11-12pm- joined by Tim Pattinson - to talk about Transitions

Join Zoom Meeting

<https://us02web.zoom.us/j/85108485913?pwd=bnFuN2xxRGducCtTRFdoYUhaMzBZUT09>

Meeting ID: 851 0848 5913 Passcode: HPCN

Parent Led Engagement- 17/05/22, 1-2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88438247089?pwd=dVFQMFFrM1JmVGZBUUdFcmxGa01Ndz09>

Meeting ID: 884 3824 7089 Passcode: HPCN

Meet the SEN Team - 27/05/22, 11-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84668655085?pwd=SXdmVm5laU1hRkFGTWxPREhpcFF2UT09>

Meeting ID: 846 6865 5085 Passcode: SEN1

June

Hampshire SENDIASS Workshop - Conflict resolution and positive working relationships - 13/06/22,11-12pm, joined by Gayle Moir

Join Zoom Meeting

<https://us02web.zoom.us/j/86776344966?pwd=dU1UV0dxbUwwOUhDUjNjVWVh1aDFTQT09>

Meeting ID: 867 7634 4966 Passcode: HPCN

Parent Led Engagement- 14/06/22, 1-2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/86908242301?pwd=MTZiOXIBTWxzdmVDRHdIWIA5YmVHZz09>

Meeting ID: 869 0824 2301 Passcode: HPCN

Future in Mind

Hart & Rushmoor Future in Mind - 12/05/22, 11-12

Join Zoom Meeting

<https://us02web.zoom.us/j/82155193475?pwd=MHJDZC9Sb2VRZXZhODk0WIBmN1VZZz09>

Meeting ID: 821 5519 3475 Passcode: FIM

GET TOGETHERS

Daytime Zoom Get Together- 06/06/22,11-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85712414402?pwd=WDJqOWdoTGROVEk3WUk3WHFQUk5PdZ09>

Meeting ID: 857 1241 4402 Passcode: GT

Hart & Rushmoor Get Together- 09/06/22, 11-12pm- joined by: Joanna Dixon from Healthwatch Hampshire

Join Zoom Meeting

<https://us02web.zoom.us/j/89857701480?pwd=Q240aDRWQWV4K2lGMVpVK3ovU29Rdz09>

Meeting ID: 898 5770 1480 Passcode: GT

Evening Get Together - 14/06/22,8-9pm

Join Zoom Meeting

<https://us02web.zoom.us/j/89040918063?pwd=U0c5NEMxM0IzMnRFalltTU9Pb3F5dz09>

Meeting ID: 890 4091 8063 Passcode: GT

Maple Vue Nursery – Early Years Educator vacancy

We have the following exciting job opportunities available at

Maple Vue Nursery, Belle Vue Road, Aldershot, GU12 4RZ

- **Early Years Practitioner 37 hours per week All year round**

Do you have:

- Level 3 Early Years qualification
 - Experience of working with children aged 0-5
 - Understanding of the EYFS
 - Experience of working as part of a team
 - 1st aid / Safeguarding training
 - Knowledge of online learning journals
-
- **Bank Staff – All Year round & Term Time positions available**

If you think this may be the job for you and you would like more information, please contact us on 01252 343 772.

Disclosure & Barring checks required. Please note, a Children's Links application form will need to be completed

To view the full job description or apply please visit our web page www.childrenlinks.org.uk

Farnborough Rotary Club

Donkey Derby – Sunday 29 May

It's back! A much loved Farnborough spring event for 50 years and more! Come along, enjoy the activities, browse the stalls, enjoy the donkey races All the fun of the fair!

Featuring:

- Extreme Mountain bike show
- Donkey Races
- Fun Fair
- Miller' Ark

.....and much more!

Sunday 29th May – Gates open at noon at King George V playing field, Sycamore Road

Children 5-16 years - £1 entry fee, Adults £2 entry fee

Immediate Help

We have funds ready for many charitable purposes. 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.

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 supporting the creation of a new Men's Shed group in West Farnborough. 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). We will then ensure the most appropriate person will call you back.

Vocational Team – School and College Activities

Activity in the team has steadily increased over the last six 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.

Our offer to help is, of course, ongoing so if you would appreciate the chance to discuss your own ideas, issues or concerns, for help, e.g., mock interviews, activity days, 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)

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

SKILLS, TRAINING, WORK

Rushmoor Voluntary Service – MiDAS Certificate Training

COURSES AVAILABLE

Tuesday June 7th - Accessible Refresher certificate MiDAS course (aimed at MiDAS drivers who need to renew their Accessible certificate). Please note if your accessible certificate expired more than three months ago (on the date of training) you would need to redo the full certificate course.

Tuesday June 21st - Standard certificate MiDAS course (aimed at first time MiDAS drivers).

Tuesday July 5th - Accessible certificate MiDAS course (aimed at first time MiDAS drivers who transport passengers with disabilities and in wheelchairs)

Tuesday July 19th - Standard Refresher certificate MiDAS course (aimed at MiDAS drivers who need to renew their Standard certificate). Please note if your standard certificate expired more than three months ago (on the date of training) you would need to redo the full certificate course.

To book a place please email: louise.plummer@rvs.org.uk and advise which date you would like.

The costs are as follows:

- Full Standard or Accessible course is £100 for RVS members and £120 for Non-Members.
- Standard or Accessible Refresher course is £80 for Members and £100 for Non-Members.

All courses are for one day (approx. 9am – 4pm) based at our offices in Farnborough (apart from May 24th), with theory in the morning and a practical driving assessment in the afternoon.

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 £69,000 available for allocation. Details and the online application form can be found at www.rushmoor.gov.uk/airportfund

Community grants and the Ward grant scheme

These funds will reopen in June and the [website](#) will be updated with details very soon.

Rushmoor Community Lottery

The next round of Community Fund grants is now open! Good causes who are selling tickets can apply for grants of up to £2,000. Full details are on the [Rushmoor Community Fund grant - Rushmoor Borough Council](#).

Not signed up as a good cause? There is still time to join the lottery, sell tickets and apply for a grant! Visit www.rushmoorlottery.co.uk/good-causes for information and how to sign up.

Other funding available

Kebur Community Projects - £3,000 worth of garden materials available for three ambitious local projects to transform their outdoor spaces for people and nature - [Community support and local projects \(kebur.co.uk\)](#). Apply by midnight on 10th June.

Armed Forces Covenant Fund: Force for Change programme – grants up to £10,000 for community projects that reduce isolation and promote integration; supporting post-Covid recovery in local Armed Forces communities affected by isolation - [Force for Change programme : \(covenantfund.org.uk\)](#). Apply by 30th May.

[Local School Nature Grants Scheme](#) - funded through the Postcode Local Trust and allows schools to apply for outdoor resources, and a two-hour training session. The scheme is looking for schools whose learners are aged 5+ and are passionate about making environmental improvements for the benefit of their pupils, staff and the community and who will make great use of the equipment and training supplied by this programme. Apply by 17th June.

[Screw Fix Foundation](#) – grants of up to £5,000 are available for projects that will fix, repair, maintain and improve the properties and community facilities of those in need by reason of financial hardship, sickness, disability, distress or other disadvantage throughout the UK. Apply by 10th August.

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

The next edition will be sent out in July

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