



Rushmoor & Hart LCP Supporting Families Bulletin – March 2024

Welcome to our 96th edition! The Supporting Families Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it, or relevant parts of it, with anyone you think will find it useful.

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The next Bulletin will be in May ahead of the Summer half-term holiday. Anyone wanting to be added to the mailing list we have for the bulletin, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcqovern@rushmoor.gov.uk

COST OF LIVING SUPPORT

Many families are worried about the cost-of-living increases and how these impact on managing day to day life, and there is now lots of information available online to support people you're working with, typically covering:

- Fuel and Energy
- Food, Foodbanks and essentials
- Help with money, bills and debt, finding work
- Staying well and resilient
- Warm and welcome spaces
- Housing needs and homelessness

Local information especially is being added to all the time so please share the links below with colleagues and families and go back to the information regularly to note any changes.

Local:

[Cost of living help - Rushmoor Borough Council](#)

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

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

County:

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

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

National:

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

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

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 \(hants.gov.uk\)](#)

Rushmoor Link community resources directory



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

To browse click [Rushmoor Link](#)

Please consider linking to Rushmoor Link from your own website – a number of schools, GP Practices and community organisations have already done so.

If you would like your not-for-profit organisation to be included, let us know info@rvs.org.uk

Here for Hart update (coordinated by Hart District Council)

Here for Hart Directory: The Here for Hart Directory is a wide-ranging online directory of services available to local residents, groups, clubs and community services. The aim is for it to be the online destination for local help, support and information. There are 21 different categories, including Care & Support, Community Venues, Disabilities & Health Conditions, Employment, Housing Support, Social & Leisure Activities, Money Matters and Transport & Mobility - www.hereforhartdirectory.org.uk

You can access the directory by scanning the QR Code.



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

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 774 420 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

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](#).

Support for rough sleepers – StreetLink service

If you see someone sleeping rough, especially with the recent cold weather, you can help by reporting to <https://thestreetlink.org.uk> or call 01252 774239 (office hours) or 01252 774477 (out of hours).

StreetLink can be used by anyone in England and Wales to send an alert about someone who is sleeping or preparing to sleep rough.

Alerts are sent to outreach teams, who go out mostly at night to connect people sleeping rough to local support services.

StreetLink complements existing outreach work by alerting teams to people they haven't seen before.

Who should you tell us about?

StreetLink can only accept alerts for people who are sleeping rough or preparing to sleep rough and are over 18. If someone is under 18 years old, call 999. Please do not make an alert if the person is begging or engaging in anti-social behaviour if they are not rough sleeping.

Leo Docherty – Aldershot constituency MP

Leo Docherty MP represents the Aldershot constituency which includes the areas of Aldershot, Farnborough, Blackwater and Hawley and he is happy to help any constituent in need of

assistance. Leo can be contacted by email at leo.docherty.mp@parliament.uk, telephone on 01252 377567 or letter to Leo Docherty MP, House of Commons, London, SW1A 0AA.

WHAT'S ON IN RUSHMOOR & HART

Easter Holiday activity and food (HAF) programme

We have collated from the Hampshire FISH website all the available information about the Holiday activity and food (HAF) provision in Hart and Rushmoor during the coming Easter holiday.



Hart%20&%20Rushmoor%20Easter%20HAF

HAF schemes are free of charge to eligible families (primarily those qualifying for free school meals) and include a hot meal.

- Most of the schemes target primary age children but some are focused on secondary age children (see Teen Projects info below).
- Most of the schemes take place within playschemes offering paid spaces also.
- Some of the schemes are already very popular with few spaces left. There is no restriction regarding which HAF provision children can attend in relation to where they live or which school they normally attend. Children can also attend more than one HAF scheme.
- This information comes from the Hampshire FISH weblink, which should be checked in case of changes before making bookings –

[Family Information and Services Hub | Holiday Activities and Food Programme \(hants.gov.uk\)](http://hants.gov.uk)

CM Sports – Easter Activity Clubs

This Easter we are running our Activity clubs at Wavell School (April 2nd – 5th and 8th – 12th), Guillemont Junior School (April 2nd – 5th) and St Bernadette's Catholic Primary School (April 8th – 12th). Our courses are open to Girls and boys from age 5 - 14 (inclusive). The aim of our courses is for children to have a great time and make friends in a safe, structured but fun environment. Our activity childcare clubs are based around fun multisport games and team building challenges. To ensure a safe operation we have planned adaptations to each session and any equipment we use to cater for different ages and abilities.

The Activity club can include a choice of:

- Football •Uni Hoc •Softball •Nerf Games •Go-Karts •Basketball •Dodgeball •Badminton •Tennis
- RC Cars •Frisbee •Arts and Crafts •Benchball •Lego •Inflatables.

Where sports are mentioned, we may not play matches, but games based on the skills of a sport.

Our activity clubs run from **8:30am to 4:30pm**. No early and late drop off option.

A day at one of our clubs' costs from £24, each additional day will receive an automatic discount, the more you book the more you get off.

If your child is entitled to receive benefit related free school meals, then they may be entitled to join us for free childcare through some of our allocated HAF spaces. Bookings for both variations of our courses can be made via our online home @ www.cm-sports.co.uk

Our staff are:

- Qualified Paediatric First Aid
- FA and multiskills qualified
- DBS certificated
- Registered by Ofsted
- Child protection trained

Hampshire Teen Project – Calthorpe Park School, 2nd – 5th April

This Easter, Personal Best Education are running **Teen Projects** throughout Hampshire. Funded by Hampshire County Council through the Government’s Connect4Communities programme, the events are open to students aged 11-16 who are eligible under the Pupil Premium Scheme, and they are FREE to attend.

The projects run at locations throughout Hampshire, and we are pleased to announce that **Calthorpe Park School** is one of them: **Tuesday – Friday, 10:00-15:00**

Participants will have the opportunity to engage with a number of different activities and workshops whilst also receiving free hot lunches.

Bookings can be made using this link: <https://personalbesteducation.com/teens/teen-projects/>

The Source Young People’s Charity – Easter Activity Workshops programme

The Source Young People’s Charity, 2a Grosvenor Road, Aldershot GU11 1DP
www.thesourceforyou.co.uk / Phone: 01252 333 330

Dates: 2nd to 12th April

Age: 11 – 17’s

Learning new skills, physical activity, relaxation, making friends, and helping others are all great ways to support wellbeing. Our Easter Activity Workshops programme is for 11 to 17 year olds who need a little wellbeing support over the holidays.

All sessions are free of charge and each young person can sign up for 3 workshops.

Wellbeing workshops and activities include:

- Dance (at West End Centre)
- Bike Maintenance (at Bikestart)
- Lego Challenge (at The Source Hub)
- Board Games (at The Source Hub)
- Cookery (at The Source Hub).

For further details and to book a space, use the following link:

<https://forms.office.com/e/wjFMhHd0Zy>

Alternatively, go to www.thesourceforyou.co.uk and click on the Easter Activity Workshops flyer for further details. **Contact details:** Hannah at hannah.clifton@thesourceforyou.co.uk

Aldershot Town FC & Shots Foundation Summer Football Camp

Hook Junior School, Ravenscroft Road, Hook, GU27 9NN

The Shots Foundation, along with Aldershot Town FC, are running two football camp days at Hook Junior School on **Thursday 11th April and Friday 12th April** from **10am until 3pm**.

The camps will be a mix of technical sessions from FA qualified coaches and fun football games. This camp is for **children aged 4-11** (primary school ages) with a maximum of 25 children-a-day; all activities will be age-appropriate. Prices are £25-a-day, or £45 for both.

There are plenty of places available with full details, including the camp's terms and conditions, can be found by following the sign-up link - <https://www.participant.co.uk/register/HookJuniorEaster>

For more information please contact jamie.macallister@shotsfoundation.org

Aldershot and Farnborough – Easter Eggstravaganza

Families can enjoy two days of cracking free family fun at our Easter Eggstravaganza events. Hop on down to Aldershot town centre on Saturday 6 April and Farnborough town centre on Sunday 7 April between 10am and 3pm, for magical mini-Easter egg hunts in a magical pop-up allotment, Spring gardening, Easter hat making, face painting and an egg-citing visit to the Easter bunny's flower garden!

Pop-Up Allotment Easter Party

Join the Let's Grow Nannies in their Pop-Up Allotment for a bit of Spring gardening, childcare and a special Easter party! Journey inside the picket fencing and get stuck into the daily duties of feeding, bathing and caring for all their adorable baby fruits and vegetables. Enjoy a miniature Easter Egg hunt and help style the babies for their allotment Easter Parade!

Audiences are encouraged to befriend all manner of earthen toddlers, such as Peep the Cauliflower, who wants to dress up as a bunny; Darren the Honeydew Melon who wants to be an Easter Egg; Jolene the Sweetheart Cabbage who's practising to be a magician for the party and Hoola the Pineapple who wants to be an Easter Flower Fairy!

Easter Gardening Hat Workshop

Horticultural Haute Couture! Personalise a trilby-style gardening hat using all manner of colourful up-cycled fabrics, ribbon and materials! Customise your hat for Easter and enjoy wearing it throughout the Spring & Summer.

Visit the Easter bunny

Don your new hat and visit the Easter bunny in his Spring flower garden for a selfie.

Face painting

Our face painters will be creating colourful Easter designs (small cost).

Locations

Saturday 6 April, 10am-3pm - By Costa Coffee, Wellington Street, Aldershot, GU11 1EP

Sunday 7 April, 10am-3pm - Opposite Halifax, Queensmead, Farnborough, GU14 7SP

For more information, please visit: www.rushmoor.gov.uk/easter

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Play In A Day

Tuesday 09 April 2024, 10:00 AM – Fantastic Mr Fox

Tuesday 28 May 2024, 10:00 AM

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

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

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

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

Dance In A Day

Wednesday 10 April 2024, 10:00 AM

Wednesday 29 May 2024, 10:00 AM

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

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

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

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

Peppa Pig's Fun Day Out

3 April - 4 April

Tickets: £19 & £17 Child £17 & £15 Family (4) £68

Peppa Pig is back in her oinktastic brand new live show, Fun Day Out! Join Peppa, along with her family and friends as they go to the zoo and also the beach for a special party - it's going to be an

exciting and fun packed day. Prepare to sing and dance with colourful scarecrows, feed the penguins, build big sandcastles, and even swim in the sea! Packed full of songs, dance and muddy puddles, Peppa's Fun Day Out guarantees giggles and snorts for all Peppa fans, and a perfect introduction to theatre.

<https://www.princeshall.com/event/161401AMDNMJMCRHJHLVDBRLSHQRCNKCG/Peppa-Pig's-Fun-Day-Out>

Youth Theatre 5-7's – Saturdays, weekly, term time only

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 11 - the only requirement is an enthusiasm for theatre!

The Youth Theatre is ideal for those who enjoy performing and want to learn more about acting. It is a great opportunity for those wishing to build their confidence in a relaxed and supportive environment. Youth Theatre leader Tom is a very experienced actor and teacher and has starred in many Princes Hall pantomimes.

Each term has a set theme or project, and students work towards putting on a final presentation to family and friends.

'Try It' Session

If you're not sure about joining for a term, then why not ask about a 'Try it' first session? Give the Box Office a call on 01252 329155 and pay just £10 for one session to give it a go, before committing. If you decide to stay for the rest of the term (which we're sure you will) we'll then deduct the 'Try it' session payment from the term fee.

[Youth Theatre 5-7's - Princes Hall](#)

Fireman Sam

Thursday 30th May – 12pm & 3.30pm

Brand New for 2024 - The Big Camping Adventure!

Norman wants to go on an adventure to impress his friends, so when two famous animal explorers arrive in Pontypandy, he decides to follow them into the mountains. But when Norman discovers a rare red squirrel, one of the explorers decides to take the glory for themselves, leaving Norman stranded in a cave.

Now it's up to Fireman Sam to save the day and ensure everyone is safe on their camping adventure!

[Fireman Sam - Princes Hall](#)

Runway's End Outdoor Centre – Adventure Activities

Runway's End, Aldershot, GU11 2RE

Runway's End Outdoor Centre is located just off the A325 between Farnborough and Aldershot. Our centre offers outdoor activities for those adventurous at heart.

ACTIVITIES

Woodland Warriors

Runways End has partnered with the prestigious [John Muir award](#) to offer a holiday camp experience like no other this summer! Nestled amongst stunning woodland scenery, this week-long programme combines an exploration of nature and wildlife with complementary adventurous activities like canoeing, climbing, abseiling, high ropes, and archery.

Monday: Exploration and Adventure (Canoeing | Orienteering | Mapping)
Tuesday: Shelter and Survival (Fire lighting | Campfire (cooking) | Archery | Shelter building)
Wednesday: Natural History (Artificial caving | Nature art)
Thursday: Wild Safari (Nightline | Minibeasts | Climbing)
Friday: Climate and Conservation (Tall trees | Crate stack)

Ages 7 – 11 | Full days (9:30am to 4:30pm)
Single day = £50 each Week (Monday to Friday) = £200 (one whole day free!)
Find out more and book here: [Adventure activities at Runway's End | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/adventure-activities-at-runways-end)

Half Day Adventures

During the school holidays we will be running our 2 hour 30 min family sessions. Scale the climbing tower, embrace your inner warrior with archery, become a sharpshooter in air-rifle shooting, and explore the passageways of our artificial cave system.

Ages 6+ | Only £22 per person | Book online here: [Half Day Adventures \(cinolla.com\)](https://www.cinolla.com/half-day-adventures)

Canoe Tours

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 2 hour 30 min trip includes some light refreshments at a picturesque picnic spot.

Ages 6+ | From only £20 per person | Book online here: [Guided Canoe Tours \(cinolla.com\)](https://www.cinolla.com/guided-canoe-tours)

ACCOMMODATION

Camping Pods

We have availability for short stays in our fantastic camping pods. The pods sleep four persons and are kitted out with underfloor heating and charging points, making a comfortable stay whatever the weather!

Sleeps 4 | Only £81.80 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](https://www.pitchup.com/runways-end-outdoor-centre-aldershot)

Camping Pitches

Looking to get away from it all and create memories under canvas? Pitch your tent, get the campfire started and stargaze from your cosy woodland camp! Our site offers a tranquil setting with accessible, safe and secure camping facilities - the perfect escape for families, where parents can settle into the relaxing surroundings and little ones can enjoy nature's playground.

1 pitch – up to 6 persons | Only 44 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2023 prices - Pitchup®](https://www.pitchup.com/runways-end-outdoor-centre-aldershot)

NEW Mongolian Yurts

Enjoy the tranquillity of a woodland glamping retreat in one of our brand new Mongolian yurts. Sleeping six, they're a perfect option for friends, families and couples.

Sleeps up to 6 persons | £100 per night | Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2024 prices | Pitchup.com](https://www.pitchup.com/runways-end-outdoor-centre-aldershot)

Hampshire Libraries in the school holiday

Hampshire Libraries will be open over Easter, only closing for the Bank holidays. Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](#) for the opening hours for your nearest branch.

Follow your library on Facebook and Instagram for all our updates and events.

Children need to be accompanied by an adult for all our activities.

Fleet Library

Every Monday (excluding bank holidays) 10.30 - Story time

Every Thursday 10am, 10.45 & 11.30- Rhyme time

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

Every Saturday all day Construction club

Saturday 30th March 10-12 – Easter themed children’s craft

Tue 2 April 2-4 Spring themed children’s craft

Fri 5 April 2-4 Spring themed children’s craft

Yateley Library

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

Every Tuesday – 10.30 - Storytime

Every Friday – 10.15 - Rhyme time followed by stay and play

Every Saturday – 10.00 to midday – Construction club.

Monday 8th April 10.00-2pm – Join us for a special Easter Stay and Play with themed crafts and activities.

Farnborough Library

Every Monday 10-10.30 - Rhyme time

Every Tuesday 10.30-11, with a Spring themed Storytime on Tuesday 26th March

Wednesday 27th March – Spring themed children’s craft

Every Thursday 2-2.30 - Rhyme time

Saturday 30th March 10-12 – Easter themed children’s craft

Aldershot Library

Every Tuesday 10 – 10.30am & 11-11.30am - Rhyme time

Every Friday 10.30-11.00am (excluding bank holidays) - Story time

Every Saturday 2-4pm Construction club

Throughout the school Easter holidays – Children's Spring Trail

Tuesday 2 April 2-4pm Spring themed children’s craft

Wednesday 3 April 2-4pm Construction Club

Tuesday 9 April 2-4pm Spring themed children’s craft

Wednesday 10 April 2-4pm Construction Club

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

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

Aldershot - [Aldershot Library and Learning Centre | Aldershot | Facebook](#)

Farnborough - [Farnborough Library | Farnborough | Facebook](#)

Fleet - [Fleet Library & Learning Centre | Fleet | Facebook](#)

Yateley - [Yateley Library and Learning Centre | Yateley | Facebook](#)

Aldershot Pools – Holiday opening

Guildford Road, Aldershot, GU12 4BP

For Aldershot Pools please refer to our website for the school holiday period.

<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

Willow weaving at Yateley Industries, 11th April

Family workshop during Easter Holidays, £5 per child. Thursday 11th April, 10 – 11 and 11 – 12. To book please email hub@yateleyindustries.net

Wavell Campus Leisure

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

FACILITIES FOR HIRE

OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

HIRE CHARGES

SPORTS HALL £37 PER HOUR - DANCE STUDIO £22.50 PER HOUR - THE WAVELL HALL £22.30 PER HOUR COMMUNITY HALL £19.50 PER HOUR - CLASSROOMS £10.50 PER HOUR – OUTDOOR NETBALL COURTS £19 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**'

CHILDRENS PARTIES

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY – HIRE PRICE IS £25 PER HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY – HIRE PRICE IS £35 PER HOUR. THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY - HIRE PRICE IS £45 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY - HIRE PRICE IS £45 PER HOUR

All subject to availability

EASTER HOLIDAY CLUB AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB

TUESDAY 2ND APRIL – FRIDAY 12TH APRIL, FROM 8AM – 4.30PM DAILY

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

For further information or enquires regarding hire of our facilities;

Contact us at Wavell.campus@wavell.hants.sch.uk

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

Or call Wavell Campus Leisure on 01252 317 603

Victoria Day is back on Saturday 8 June, and everyone is invited to take part!

We are inviting everyone to take part in Victoria Day and there are lots of exciting opportunities for volunteers, community groups, schools and businesses to get involved.

You can join the 'animal' themed parade, perform on the day, book a stall, take part in carnival workshops, join the planning group, road marshal - or something else! If you'd like to get involved, please follow the links below.

Take part in the parade

Everyone is invited to take part in the carnival parade, in groups or even on your own! At 11am, a grand procession of more than 800 people will create a fantastic atmosphere and we encourage you to embrace the 'animal' theme. Volunteers, community groups, marching bands and organisations from around Aldershot and Farnborough are encouraged to apply to take part.

The route is shorter this year (0.5 miles), starting at Princes Hall at 11am and ending at the High Street Multi Storey Car Park around noon. For more information and to apply, visit: [Take part in Victoria Day 2024 - Rushmoor Borough Council](#).

Apply to perform

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

For more information and to apply, visit: [Take part in Victoria Day 2024 - Rushmoor Borough Council](#). Applications close on Sunday 7 April.

Apply for a stall

Applications are open to book a stall in the lively markets on Union Street and in Princes Gardens. You could sell food, crafts and gifts, fundraise or just raise awareness of your community organisation. Local businesses can book a table space in front of their stores, free of charge.

For more information and to apply, visit: www.rushmoor.gov.uk/takepart. Applications close as soon as we are full, and we expect spaces to book up quickly.

Carnival workshops

We will be shortly launching a community carnival club in Aldershot, and everyone is invited! Please watch www.facebook.com/victoriaday for updates.

COMMUNITY SUPPORT INFORMATION

The Vine Centre – Easter Holidays Kids’ Lunches

Each lunch pack provides 5 days of lunches and snacks.

Collection dates:

Wednesday 3rd April, 1 -3PM

Wednesday 10th April, 1 -3PM

Contact The Vine to find out more – info@thevinecentre.org.uk or Tel: 01252 400 196

www.thevinecentre.org.uk

Easter Holiday Free or £1 Kids’ Meals during Easter holidays – National

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024
moneysavingcentral.co.uk/kids-eat-free

ASDA
Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

TESCO
Kids eat free with a purchase of 60p+ from Mon 12th - Fri in Half Terms 2024

SAINSBURYS CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA
Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

COCONUT TREE
One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS
Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS
Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES
At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

IKEA
Kids get a meal from 95p daily from 11am

HUNGRY HORSE
Kids eat for £1 on Mondays

FUTURE INNS
Under 5s eat for free with any adult meal.

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Fleet Phoenix - Easter Pre-Loved School Uniform Distribution Day

On Tuesday **2nd of April between 11am - 1pm**, Fleet Phoenix will be opening our pre-loved school uniform distribution event at The Point Youth Centre in Fleet.

This is for families to pick up any school uniform they need to see them through until the end of the school year (this is just stock we currently have and on a first come first serve basis).

Please remember that this is just for COLLECTIONS (NO donations this time).

PLEASE NOTE: We will be releasing the days/times for donations and distribution days for during the summer holidays towards the end of the school year, so keep an eye out for that on our social media.

Rushmoor and Hart Foodbanks and Larders

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

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

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

Community Grub Hub CIC

Whether you are volunteering, donating, swapping or shopping, all will receive a warm welcome from the volunteers. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need. All we ask for is a few details to sign up to a loyalty card, so we can report back to our funders and donors how many people we have helped. Suggested minimum donation of £1 to help keep the project running.

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

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

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker
Phone: 07845 175 158 Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

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

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

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

Opening hours: Monday, Wednesday, Thursday and Friday 10am-1pm.

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.

The Cosy Hub at the Vine Centre is open on Tuesday, Wednesday & Thursday 10am - 4pm

It's getting colder and utilities bills are still expensive, so we are opening our doors for anyone who needs somewhere warm to go. Chat with friends, charge your phone, access support or read a magazine or book.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

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

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

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Food and welfare provisions in Hart

Hart Foodbank helps people that are in crisis within the boundaries of Hart.

There are four foodbanks across the district where clients can collect food parcels. Hart Foodbank can also supply hygiene products and cleaning items for the home. These foodbanks are situated in: Darby Green, Fleet, Odiham and Hook.

Please note that people cannot directly self-referral to the Hart Foodbank. Ideally, they will have been referred to Hart Foodbank by an agency such as a Housing Association, Citizens Advice, Job Centre Plus, local schools, GP Surgeries, or social prescribers etc.

Fleet Foodbank is located at Fleet Baptist Church, 115 Clarence Road, Fleet, GU51 3RS. It is open Mondays 1.30-3.00pm and Thursdays 11.00-12.30. This venue has a car park.

Darby Green Foodbank is located at St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday from 1.30-3.00pm and Thursday from, 1.30-3.00pm.

Hook Foodbank sessions are Mondays 12.00-1.30pm and Thursdays 10.30-12.00 at Life Church Hook, Elms Road, Hook, RG27 9DX.

Odiham Foodbank is open on Thursdays 1.30pm - 3pm at All Saints Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com

Hart Foodbank also run a Kids Clothing Bank. Contact Emma at: emma@mabin.co.uk to talk about your need for children's clothes, or to donate clothes, for 4 to 14 year olds.

For more information visit FareShare Larder: Here for Hart Directory and for a membership form please email: FSSouthernCentral@fareshare.org.uk

Other local food provisions in Hart are:

Darby Green Mobile Community Larder:

This is a community larder based on a membership scheme where you pay a maximum of £5/week to get food of significantly more value. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Thursday: Between 1pm – 2.30pm

Hook Mobile Community Larder for local residents. A small fee is payable depending on the size of your family (ID is required). For more information call 0784 919 8179. It is open on Thursday mornings between 10am - 11.00am. Address: Life Church Hook, Elms Road, Hook, RG27 9DX.

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or Email: jeanp@yateleyindustries.net

The Hart Community Pantry's focus is for local people who are struggling with the cost of living crisis, including those on low income or in receipt of benefits.

Events for Pantry Members (all free):

- **Energy and Budgeting Advice from The Vine Centre** – Wednesdays from 6th March – 8th May. 10am – 2pm. Also open for staff and residents. This can be drop in.
- **Paediatric First Aid** – Tuesday 26th March 10 – 1.30. For adults only. Needs to be booked. Please email jeanp@yateleyindustries.net
- **Circus Skills** – Wednesday 3rd April 10 – 1. For families. Please email jeanp@yateleyindustries.net

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

Stop Domestic Abuse

Stop Domestic Abuse charity is the commissioned provider of inclusive domestic abuse services for adults and children living in Hampshire and the coastal cities of Portsmouth and Southampton.

- We provide refuge and community-based support to adults, children and young people affected by domestic abuse in need of advice, support and information tailored to their level of risk and support needs.
- We support survivors to navigate the criminal justice system throughout all stages of their journey.
- We advocate for survivors ensuring their views and needs are heard and upheld.
- We deliver one-to-one and group work for adults, children and young people to help them understand domestic abuse and improve their safety.

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is advice@stopdomesticabuse.uk Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting.

If you would like any more information about our service, please do head over to our website:

www.stopdomesticabuse.uk

Rushmoor Accessibility Action Group (RAAG)

RAAG was established with the aim of enhancing accessibility for individuals with disabilities in the Rushmoor area. We are an open and free membership group for anyone who is passionate about raising awareness about disability. We meet once every three months collaborating with businesses, authorities, groups, and individuals etc.

If you're interested in joining RAAG, please email us at raagforall@gmail.com

Citizens Advice Hart

Citizens Advice Hart

Our advisers can help you across several areas such as debt, benefits, housing, employment, family and personal matters, consumer and immigration issues.

Help in the community

Citizens Advice Hart is aware that not everyone can travel to Fleet to get help. We are offering to give talks to any local groups followed up by individual confidential sessions to anyone who is not able to travel to Fleet. We cover the full range of advice offered by Citizens Advice which includes help with benefit applications, looking at debt solutions, advising on employment problems and consumer or family issues.

Please contact us on 01252 878 435 or email outreach@citizensadvicehart.org.uk for further information. If you are looking for advice, please contact us [here](#).

We hold Outreach sessions where an adviser is available for questions. Please check our website for further details and new venues.

[Outreach Project - Citizens Advice Hart](#)

Advice First Aid

We are running a successful project for charities and organisations to work in partnership with Citizens Advice Hart.

The Advice First Aid (AFA) programme is an opportunity to upskill volunteers and staff working on the frontline to support vulnerable people in the community. You may encounter people for a whole

range of reasons in your role, and you might realise they have a problem or that they need help, but you don't know what to do about it.

If so, we can help. This programme is exactly like 'first aid' – you identify the problem, provide some initial, basic help, but also know when, and how, to call in the experts when you need them. The program comprises three strands:

1. Training for frontline workers (volunteers or staff)
2. Easy referral opportunities to get those in need quick access to our advisers
3. Ongoing support for you in delivering advice first aid

The training is completely free, will run monthly and takes place locally, in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227 014).

Home and Well

We have a Home & Well adviser ready to provide support for anyone being discharged from hospital who might be considered vulnerable to ensure they get home to a safe place. Details on our website here <https://citizensadvicehart.org.uk/projects/home-well/>

Volunteering

We are looking for volunteers in Admin/Reception, Fundraising, Events and IT support. If you are interested, please get in touch via our [website](#).

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Office: 01252 878 435

Citizens Advice Hart Website for news, info and access to advice: www.citizensadvicehart.org.uk

Citizens Advice Rushmoor

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

Citizens Advice Rushmoor's services are free, confidential and open to everyone in the community. Our team of staff and volunteers are trained to help with things like benefits, debt and money, energy, employment, and many other issues. We tailor our help to meet your needs and agree the action that's right for you.

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

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

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

It alternates between Farnborough and Aldershot as detailed below

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

Different ways of reaching us:

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

Nepali Drop In

Our Nepali drop service is now running again – It is in Aldershot Citizens Advice every Wednesday from 10.00am to 12.30pm

Grub Hub - Every Tuesday from 10am to 4pm

If you are a Rushmoor Resident, you can pop along to the Grub Hub and see our friendly Adviser Joel who will be happy to help you.

Citizens Advice Rushmoor have established a new helpline providing free advice to help them save money and energy at home. Support is also being offered to access schemes such as the Warm Home Discount and the Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, clothing, and housing, if required. You can call the helpline on **0808 175 3559** during the following times:

- **Wednesdays – 10am to 1:30pm**
- **Thursdays – 10am to 1:30pm**

Alternatively, if you are unable to access the clinic during these hours, you can leave a voicemail or send an email to arrange a call-back from one of our advisers.

Volunteering

We are looking for volunteers in Admin/Reception, Advice, Fundraising, Events and IT support. If you are interested, please get in touch via our [website](#).

Clayton Court

If you are a resident of client court and struggling to keep warm and feed the family, we have help available

- Heaters
- Vouchers for bedding and blankets
- Food Vouchers

Contact us on the numbers above

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

Hampshire County Council Strengthening Parental Relationships Programme

Our Mediation / Couple Support & Family Counselling service is open to referrals from multi agency professionals

There is currently no waiting list.

Strengthening Parental Relationships (SPR) is Hampshire’s Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship.

This service is available FREE OF CHARGE for families who are experiencing **harmful parental conflict** and require high intensity, expert provision. This service is available to families from across Hampshire County Council area. To increase the reach of this service to more families, **we are now accepting referrals for families from multi agency professionals.**

This service is for families where the parents / carers are experiencing parental conflict that is frequent, intense and poorly resolved. They may have already tried the [Free online courses for parents/ carers experiencing relationship distress](#) although **this is not essential** for referral to the SPR Mediation, Couple Support and Family Counselling at this time.

For more information visit the [SPR Practitioner Toolkit](#) or contact the team: spr@hants.gov.uk

Safe4Me – Keep safe website

Are you a parent, guardian or carer of a child or young person? Do you work with children or young people? If the answer is ‘yes’, then please take time to check out our Safe4Me website that provides educators, service providers and parents with a whole host of information and resources on issues that affect young people to help educate, support and guide them to staying safe.

<https://www.safe4me.co.uk/>

The website is available to everyone so please do spread the word so that together we can all help keep our children and young people safe.

HEALTH & WELLBEING INFORMATION

People are urged to think of their health needs in the run up to the long Easter weekend (Friday, 29 March – Monday, 1 April) and to plan ahead – especially if they need medication.

Remember some pharmacies may be closed over the bank holiday weekend, so make sure repeat prescriptions for essential medicines are arranged in plenty of time to avoid running out. Details of local pharmacy opening times over the Bank Holiday can be found here: www.england.nhs.uk/south-east/our-work/pharmacy-opening-hours

If you do become unwell, it’s important to make the right choice from the range of options available, including treating the illness or injury yourself at home with a well-stocked medicine cabinet, seeing a pharmacist, contacting 111 by phone or online, or visiting a minor injury unit or urgent care centre. Information on all of the options open to you can be found here:

www.frimleyhealthandcare.org.uk/your-health/choose-the-right-service

For young people, or parents or carers of children, there’s the comprehensive Frimley Healthier Together website and app, which offers advice and support for wide-ranging situations. This can be found at: frimley-healthiertogether.nhs.uk

If you have concerns about your health now, please act immediately – don’t wait until the Bank Holiday weekend or afterwards, when many health services will be at their busiest.

Frimley Healthier Together App



Parents, carers, and young people can get now access concise NHS traffic light guidance on a range of childhood illnesses by downloading the Frimley Healthier Together App.

The app provides advice on what 'red flag' signs to look out for, where to seek help if required, what to do to keep a child comfortable and how long a child's symptoms are likely to last, with push notifications to the registered phone to prompt monitoring of the condition against Red and Amber symptoms.

Complementary to the [Frimley Healthier Together](https://www.frimley-healthier-together.nhs.uk) website, the app can be downloaded from your app store of choice. <https://bit.ly/FHTApp>

Help make managing children's health easier for families in your setting:

- Share our social media posts on your own social media channels / website to help your communities when they are faced with unwell children and young people. ([Facebook](#) and [Instagram](#))
- Utilise the pre prepared social media messaging and visuals we have provided on your own website, social media, or newsletters. Download them from our [resource centre](#).
- Ensure you share the availability of this resource with the teams in your setting so they know about the app, and they can mention it in face-to-face conversations with parents, carers and young people.
- Refer parents and carers to the [Frimley Healthier Together](https://www.frimley-healthier-together.nhs.uk) website for advice when their children are unwell or following a bump to the head in your setting, for example.

Have you downloaded the NHS App yet?

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

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

Healthy Start Scheme

Have you heard about the NHS Healthy Start scheme? It helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

- fresh, frozen or tinned fruit and vegetables
- plain cow's milk – this can be pasteurised, sterilised, long-life or ultra-heat treated (UHT)
- fresh, dried or tinned pulses
- infant formula based on cow's milk – this should be suitable from birth

You can also collect free Healthy Start vitamins by showing your NHS Healthy Start card to the retailer. You do not need to pay for the vitamins and no money or details from your card should be taken.

You can use your NHS Healthy Start card in most places that sell the above products and accept Mastercard®, but you cannot use your card online. To find out more, check your eligibility and apply visit www.healthystart.nhs.uk

150 words on measles

The number of young people catching measles has risen. Measles is an infection that spreads very easily and can cause serious complications in some people, such as meningitis or sepsis. Having the MMR vaccine is the best way to prevent it.

Measles symptoms include high fever, sore, red, watery eyes, coughing, aching and feeling generally unwell; a blotchy red brown rash usually appears after these initial symptoms.

If you think you or your child has measles, stay at home and phone your GP or NHS 111 for advice. Stay away from GP surgeries and A&E departments. Stay off nursery, school, or work for at least 4 days from when the rash first appears.

It's never too late to be vaccinated. Remember, you need two doses of the MMR vaccine to be fully protected against measles, mumps and rubella.

For more information visit: <https://www.nhs.uk/conditions/measles/>

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-healthiertgether.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.com](#) is the largest provider to the NHS for digital mental health services and a BACP Accredited Service. Our youth and adolescent service is available for ages 11- 25 in Hampshire via self-referral. Kooth provides 1:1 live, text- based support chats with our practitioners, pre-moderated forums and articles on general wellbeing. There's also journal and goal setting features as well as an optional 24/7 messaging service. Young people can anonymously sign up at [kooth.com](#).

[Hampshire Youth Access](#) Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton. We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person's emotional wellbeing. To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

[Sasha's Project](#) is a not-for-profit organisation that was set up in memory of a local Hampshire resident. The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 9pm - 6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

The 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 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.

Solent Mind's Self-Harm Awareness online training sessions run for one hour and are delivered remotely via zoom. This training is for education providers of secondary school age children and

young people (11 years and over), 6th form & further education and charities working directly with children and young people in this age range.

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

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

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

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

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

The Solihull Approach – FREE online parenting courses for local families

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

- Understanding pregnancy, labour, birth and your baby (Antenatal)
- Understanding your baby (Postnatal)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child/teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)

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

To register for parent courses, you will need to have a Hampshire postcode and complete the following steps:

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

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

Farnborough Cloth Nappy Library

Part of the UK Nappy Network and supported by Hampshire County Council, Farnborough Cloth Nappy Library is a not-for-profit venture run by parents for parents in Farnborough, Fleet, Aldershot, Farnham and the surrounding areas. What is a Nappy Library? In short, it's like a book library but for reusable nappies. All of their volunteers are parents who have experience in a number of different styles and brand of modern cloth nappies.

Interested in finding out which type of cloth/reusable nappy will suit your baby? The Farnborough Cloth Nappy Library have a range of kits for new-borns, and birth to potty kits for parents to borrow

and try before they buy. If you have borrowed a cloth nappy kit from the Library, then you will be able to get a discount on purchasing cloth nappies from a number of retailers (full list on the website).

Why choose cloth nappies?

- Better containment than disposables.
- Saves money.
- Better for the environment.
- More breathable, and less likely to cause nappy rash.

Farnborough Cloth Nappy Library volunteers are on hand to provide advice and guidance, as well as deliver cloth nappy kits to you at home, and there is more detailed information on the website in their FAQ section.

You can also donate your cloth nappies to the Farnborough Cloth Nappy Library for future use. To hire a kit, please register for an account on the website. Birth to Potty Kits can be hired for a 4-week period for the price of £10, plus a £50 refundable deposit. New-born kits can be hired for an 8-week period for the price of £20, plus a £50 refundable deposit.

<https://farnboroughnappylibrary.myturn.com/library/>

Frimley Maternity and Neonatal Voices Partnership (MNVP)

Frimley Maternity and Neonatal Voices Partnership is a voice for those who use local maternity services. We collect feedback from women and their families from across the Frimley Trust area to review and contribute to the development of local maternity services.

We share feedback anonymously with the staff at the hospitals and with the LMNS (who fund the services), to see where improvements and changes can be made.

All feedback that we receive is valuable.

We are interested in all of a woman's maternity care – from the booking in appointment with a midwife to the handover to the health visiting team around day 10 after birth. Whether it be feedback on care within the hospital or feedback on breastfeeding support available to you after you are home or any other aspect of care, we want to hear from you.

If you have had a baby at Frimley Hospital in the last two years, we would love to hear about your experiences.

What was good about your experience of maternity care?

What, if anything, wasn't good?

What ideas do you have for improvement?

We appreciate any feedback that we receive but would particularly like to welcome feedback from army families and our Nepalese community.

Please email us at: chair@frimleymvp.org.uk

Solent NHS Trust Sexual Health Services

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

Sexual Health Clinic

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

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

Sign up to your own Personal Health Record

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

Sexual Health Services run College Clinics (term time only)

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

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

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

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

F: @solentnhstrustsexualhealthservices

X/T: @LetsTalkHants

I: @LetsTalkHants

Rushmoor & Hart School Nursing Service

The ChatHealth 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 ChatHealth service is available for advice and support for all parents with children aged 5-19 in Hampshire using this contact. Text: 07507 332 417 08:30-4.30pm Monday to Friday exc. bank holidays.

In addition to this our Duty phone line remains open for advice and support and general queries: 01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

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

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

Mustard Seed Autism Support – New referrals

We will be opening our waiting list to new referrals on **Wednesday 17th April at midday**. Information about how to refer will be posted on our social media and website over the next few weeks. Please keep checking for updates.

Once we have received 50 new referrals we will close the waiting list. This tends to happen very fast, so please **save the date**.

Our sessions take place during the term time, in school hours, at our base in Odiham. Please ensure you can bring your child to sessions before making a referral.

Our referral criteria:

- diagnosis of autism (or in the process)
- aged 3-11
- living within 10 miles of Farnborough.

[Mustard Seed Autism Support | Mustard Seed Autism Support](#)

Fortify Mental Health & Wellbeing Services

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

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

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

To contact us you can visit our website at www.fortify-services.com or by emailing at info@fortify-services.com

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 struggling with their mental health and would like some support. We are offering up to 10 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

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

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to

explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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

Sunshine and Showers – Anxiety and Depression Support

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

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

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

Family Counselling Service - Referrals Open

Our Family Counselling 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/family-counselling/>

Rushmoor Wellness - Rushmoor Borough Council in partnership with SEEDL

Rushmoor Borough Council have launched their wellness hub, which offers everyone living within the Rushmoor area, free unlimited access to Mental Wellness Webinars and Guided Relaxations.

Residents can choose either 60-minute webinars or 20 minute 'micro' sessions to fit in with their schedules and can choose from a range of subjects including Sleep and Relaxation, Mindfulness, Mental Health First Aid and many more.

The webinars are uniquely all live interactive webinars, allowing residents to make a date to learn on a flexible basis, accessing webinars at a time to suit them. As the webinars are interactive users can communicate with the facilitator meaning they get the most out of their learning experience.

Residents can now sign up to the service for free. You can have a look at their courses [HERE](#)

Residents in Hart will be able to access the Wellness hub very soon!

TalkPlus

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

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

For more info check out our website www.talkplus.org.uk
Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus_nhs

FREE Suicide First Aid Training

The Hart & Rushmoor Local Children's Partnership is offering **FREE Suicide First Aid Training** (information below) for any organisations that work with young people aged 11-18 years (or up to 25 years for those with special additional needs). The workshops and training sessions are prioritised for:

- Local & voluntary community organisations and public sector youth workers including volunteers in Hart & Rushmoor
- People who have not had training in these topics previously

To reserve your place please either email Sharon.west@hartvolaction.org.uk or follow this booking link: <https://hva.aidecrm.co.uk/booking/training-events>

Dates & locations:

- **13th April 2024 at Parish of Fleet Community Centre, Church Road, Fleet**

No Limits Young Person's Safe Haven

The [No Limits 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 currently provides an online, telephone and face-to-face services. For details of our operating times, please visit the [No Limits website](#)

Walking for health in Rushmoor – Keeping fit and healthy

Walking is a great activity for local families to be involved in, whether it is a walk to the town centre, walking to school or finding an interesting walk from where you live to the local park, for example. There are some great places to explore in Rushmoor from Rowhill Nature Reserve, in Aldershot, to Southwood Country Park, in Farnborough – more details can be found [here](#).

It is easy and free and is a great way to improve your physical health and your mental wellbeing at the same time. By increasing your daily steps, you will start to lead to a healthier lifestyle.

Frimley Health and Care has compiled a [list](#) of lots of interesting walks to explore across the area.

Specific Rushmoor walks can be found on the links below –

[Healthy Walks – Rushmoor Voluntary Services \(rvs.org.uk\)](#)

[Aldershot and Farnborough heritage trails - Rushmoor Borough Council](#)

[Blackwater Valley Nature Walks](#)

[www.wellesleywoodlands.co.uk](#)

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 563 039 for further information or text Quit to 66777.

[Contact Us | Smokefree Hampshire](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Hampshire Young Poets Competition 2024

Winchester Poetry Festival and Hampshire Cultural Trust are working together to find the top young poets in Hampshire in the Hampshire Young Poets Competition 2024. This year's theme is **'Our world, our planet'** and young people from across Hampshire are asked to write a poem of no more than 14 lines on this theme. Whether it's a favourite place in the world to be or thoughts on climate change, we want to hear from young people across the county about what the words mean to them.

Entries are open to young people who live or study in Hampshire in three different age categories; 4-7, 8-11 and 12-16 years. The competition is free to enter and there will be National Book Token prizes for the winners, supported by Paris Smith, matched with P&G Wells book tokens for the schools of the winning entrants to spend on poetry books. The closing date for entries is midnight on **Wednesday 31 July 2024** and the poems will be judged by the new Hampshire Poet 2024 (to be announced in Spring)

For more information and further details on how to submit entries please

see: <https://www.winchesterpoetryfestival.org/young-poets-competition>

Emmaus Road Prom Project

The Prom Project offers the low cost loan of prom dresses and suits to Year 11 pupils in our Community. The aim is to make going to The Prom affordable and enjoyable for everyone. The 2024 season will be our second year of running this project and we are looking forward to helping another cohort of local pupils enjoy Prom without breaking the bank and in an environmentally responsible way. We have over 200 stunning dresses and suits available for loan. We also have a selection of shoes and bags. All our outfits are donations from our community, many brand new. For quality purposes, every item is checked and freshly laundered before each loan. We may also be able to offer alterations to improve the fit.

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

How it works – information for students

We will be holding fitting events on **27th April and 8th June at Park Hall, Lower Farnham Road, GU11 3RB**. Students will be able to browse and try on the outfits in a relaxed atmosphere.

To register interest in attending, simply book a free ticket and fill in a short form telling us a bit about the outfit required using this link (also on the flyer below and attached)

[The Prom Project – Emmaus Rd](#)

If you find an outfit you like at the event, pay the £50 fee (£30 will be refunded on return of the outfit) and take the outfit home with you - or if it needs alteration arrange a collection date. Enjoy the Prom! Then, after the Prom we will arrange a date for the outfits to be returned when we will refund £30 of the fee. Simple as that!!

Huckleberries Nurture Farm Open Days

Huckleberries invites you to an Open Day at Huckleberries Nurture Farm on either **Thursday, 25 April, 3.30 – 5pm** or **Thursday, 13 June, 3.30 to 5pm**.

Set on the outskirts of Elstead, Huckleberries offers a robust trauma informed programme aimed at primary aged children (years 1 to 6) who are struggling with their emotional and mental well-being. From Summer term we will be extending our provision across the week, offering more children the support they need through free and LA funded places.

Many children who work with us have suffered trauma or abuse, been in care or under child protection, or they may be neurodivergent and/ or failing to thrive in school. They may be:

- experiencing low self-esteem or self-worth,
- at risk of emotionally based school non-attendance
- on the periphery of friendship groups
- quiet or disruptive in class
- anxious or withdrawn/ perceived shy
- going through difficult family circumstances such as divorce or bereavement
- young carers
- camouflaging in school, resulting in a deterioration in their mental health or behaviour at home.

Whilst our focus is on helping children whose primary need is SEMH and who do not have additional funding or an EHCP in place, we also welcome children with additional needs who are able to access our learning and have an EHCP. Where a child has an EHCP we expect their Local Authority (or school) to fund their place as part of their care plan.

To register for the event, please go to www.huckleberries.co.uk/events/. If you would like further information please read our Admissions Policy, contact Beverley Cook on 07979 856 851 or have a look at our website.

contact me on the number below or have a look at our website.

beverleycook@huckleberries.co.uk

www.huckleberries.co.uk

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

University Centre Farnborough – Upcoming Open Events

UPCOMING OPEN EVENTS

23 APRIL @ 4:00 PM 5:30 PM Open Event: Game Design & Esports Degree

23 APRIL @ 4:00 PM 5:30 PM Open Event: Creative Arts

23 APRIL @ 4:00 PM 6:30 PM Open Event: Teacher Training

7 MAY @ 10:30 AM 12:00 PM Open Morning: Criminology, English, History, Psychology and Sociology Degrees

9 MAY @ 4:30 PM 6:00 PM Open Afternoon: Criminology, English, History, Psychology and Sociology Degrees

19 JUNE @ 4:00 PM 7:30 PM Open Event: All Subjects

REGISTER ONLINE

|

WWW.UCFARNBOROUGH.AC.UK

Inclusion Education – Specialist Education charity

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

As part of our growth and development of our charity arm, our Social Impact team are exploring new ways and opportunities to support young people and meet the growing need for inclusive and supportive education.

This April we are launching two new services:

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

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

We are now taking referrals from schools, colleges, organisations and groups – or families can self-refer.

For more information please email us at ProjectIris@inclusioneducation.org.uk or visit our website at www.inclusioneducation.org.uk

Inclusion EB8 is a new supportive employability hub offering the next steps into the workplace for young people over 16 with mental health conditions, neurodivergent or additional learning needs. The site will offer employability skills, supported work experience placements and in-house work experience all designed to help young people get work ready and find employment. EB8 will also offer the support and expertise of job coaches and mental health support workers to encourage engagement and help prepare for the journey into work.

This service is also available to Hart residents from 16- 25 who are experiencing mental health challenges which are presenting a barrier to work. To find out more and refer to the service then please do email us at EB8@inclusioncollege.org.uk

These are two really important projects that we think will make a real impact on the lives of young people. Please do share this information with your networks and contacts.

Acumist.Education – Trauma informed practice support for schools and organisations

Supporting schools, parents and child-centred organisations

If you have a child who is displaying particularly challenging behaviours, I am here to support you.

Whether you are a parent, school or other child-centred organisation, please get in touch to discuss how I can help you to successfully meet the needs of our children and keep this time of year as structured, calm and stress-free as possible. I can offer training, support, reflective conversations and direct work with children.

Contact me at: c.martinez@acumist.education or visit my website at: www.acumist.education to find out more about my bespoke offer for you. Alternatively ring me on **07396 727 452** to have a no obligation chat about what support I can offer you.

Kind to Mind – School and Workplace Wellbeing Training

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

1:1 Support

Kind To Mind offers 1:1 Personal Development programmes on topics such as anxiety management, mindfulness-informed perspectives and self-esteem. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

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

WOW – Walk to schools challenge

WOW is a pupil-led initiative where children self-report how they get to school every day using an interactive WOW travel tracker. If they travel sustainably (walk/wheel/cycle or scoot) once a week for a month they get rewarded with a lovely badge. It is simple to run and children love taking part. Each year, the collectable WOW badges are designed by pupils in the annual badge design competition. On average WOW schools see a 30% reduction in car journeys taken to the school gate and a 23% increase in walking rates.

For more information see [WOW - the walk to school challenge \(livingstreets.org.uk\)](http://livingstreets.org.uk)

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Vision 4 Youth – Youth Services

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas.

Six different youth clubs are held each week (term time) to meet the different needs of all the young people in the community, 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. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

Creative Club - Tuesdays 6:30-8:30pm at The Tythings Youth Suite, Yateley GU46 7RP

Arts, crafts and other activities for age 11-18 year olds. Try new things, learn new skills. Suggested donation £1 to attend, no membership fees.

Blue Sky Club – Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional youth club for 11-18 year olds who are neurodiverse, such as those on the autistic spectrum. Booking essential as attendance is restricted to help maintain a calm environment, contact office@vision4youth.org.uk to reserve a place.

Blackwater Youth Club (new!) - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT

Our new youth club with pool, games and refreshments. Come and see what it's like and make suggestions for what else we can include. Open to all aged 11-18. FREE!

Thursday Club - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

Friday Night Club - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP

Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-18. FREE!

Youth Social Prescribing

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

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

Stacey Miller (Consultancy)

Stacey has worked with charities and local authorities for 20 years and is an independent trainer specialising in youth wellbeing and substance misuse. Many LCP members attended the recent substance misuse training delivered by Stacey which had great reviews! Stacey is currently writing vaping training with the help of young people so watch this space! For more info, visit <https://www.staceymillerconsultancy.co.uk/training/>

SAVE THE DATE! After a great success with the Youth Trends Conference last year, I am organising another one!

Date: Wednesday 6 November, at Eastleigh Football Club.

Three topics confirmed so far on neurodiversity, emotional resilience and artificial intelligence in relationships! More information on the first wave of speakers and the early bird offer coming soon! Get in touch if you want to be involved or want more info!

07703 667 0654

www.staceymillerconsultancy.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 (Breakout Online) 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 travelling to a 'face to face' group is a barrier to joining a group, then the Breakout Online virtual group is a perfect way to receive support without having to travel.

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 service managed by Hart Voluntary Action (HVA). We offer emotional/social/peer support, practical help and respite care to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member with an illness or disability, mental health condition or addiction. Family support is also available, where appropriate.

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

- Monday from 6.30-8.30pm for School Year 7 one week and School Years 8-10 the alternate week (i.e. 11-15 years) – Senior Group,
- Tuesday from 5.30-7.30pm for School Years 3-5 one week and School Year 6 the alternate week (i.e. 7-11 years) – Junior Group,
- Every other Thursday from 6.30-8.30pm for young adult carers in School Years 11 and above (i.e. 15-25 years) - Young Adult Carers Group.

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

The young carers are also able to participate in our Cook & Eat Programme, in which a small group of young carers attend a 1-1.5-hour cooking class before their session where they help prepare a healthy meal from scratch for the whole group of around 20-25 young carers.

We also provide additional opportunities for members to attend day trips and weekend residentials, and respite activities during the school holidays. We have the following activities planned up until the May half-term holiday:

- Senior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 24th March,
- Rocksteady free music workshops at Mayfield Community Centre in Farnborough on Tuesday 2nd April,
- Easter holiday Cook & Eat sessions at The Club Room at Hook Community Centre on Tuesday 9th, Wednesday 10th and Thursday 11th April,
- Bronze Duke of Edinburgh's Award training expedition over the weekend of 20th/21st April.

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

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

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

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

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

Home-Start Hampshire

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

Our Maternal mental health group at Aldershot Garrison Community Hub runs on a Monday from 10am – 11.30am and supports Mum’s who are isolated and struggling with their mental health. Each week we cover a different topic such as anxiety, writing for well-being, self-care and the importance of exercise in managing your mental health.

Our family group at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and are facing family challenges. The group runs on a Wednesday from 10am – 11.30am.

Referrals for both groups can be made here: Referrals | Home-Start Hampshire or you can call 0330 124 2095 for more information.

WE NEED YOU!

At the heart of Home-Start Hampshire is our fantastic network of volunteers and as demand for support continues to increase, we are looking for additional volunteers. Flexible training options are available and full ongoing support is given by one of our staff members.

Could you help a family in Rushmoor & Hart?

For more information or to register your interest, please visit our website:

www.home-starthampshire.org.uk/volunteering , email: info@hshants.org.uk or phone: 0330 124 2095

www.home-starthampshire.org.uk

Parent support at Hampshire Libraries

Here are details of two new groups starting in Hampshire Libraries in April:

New Parents Meet and Connect - These new sessions are perfect for new babies and first-time parents/carers in the early days. You will be supported to explore a range of sensory equipment with your baby and have a chance to connect with other new and first-time parents. These sessions are free, there is no need to book, but places are limited. Sessions start in April, to find your closest session please use the link: <https://www.hants.gov.uk/librariesandarchives/library/events#.Parent-support>

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

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

- **Join the library** - Anyone who lives, works, or studies in Hampshire to join our library and it's free! We have lots of books and resources to support you as a parent as well as some fantastic books for children and it's never too early to start sharing books. You can join online or in your local library - find out more about the benefits of joining here. <https://www.hants.gov.uk/librariesandarchives/library/membership/jointhelibrary>
- **Baby stay and play** - Free and fun play session for babies up to 12 months old. These sessions offer a great chance to bond with your baby and make new friends. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Baby Rhymetime** -Join these sessions to learn action songs and rhymes with your own baby with other parents and carers. Some libraries run sessions just for babies under 12 months. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Storytime** -Learn how to share stories and make them special at our free storytime sessions for pre-school children. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **When a book might help** - Sharing stories about situations can help put a child's make transitions and new experiences easier more understandable and easier to cope with. These story books can make it easier to explain new situations to small children. Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/whenabookmighthelp>
- **Rhyme and story of the month** -Repeating the same rhymes and stories, with actions too, will help to build a connection with your new baby and support their own listening and communication too.

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

Hampshire Learning in Libraries

The Learning in Libraries summer programme is packed with lots of new courses, many of which are free for Hampshire residents, being funded by Hampshire Achieves.

Our courses are run in many of the Hampshire libraries and community spaces, as well as online, if you prefer to learn from the comfort of your own home.

Art courses include, our free Expressive Landscapes at Farnborough Library, starting on Saturday 04 May, 10:00 – 12:30 and runs for four weeks.

Parents/carers may like to attend our Paediatric First Aid course at Fleet Library, starting on Saturday, 01 June, 09:45 – 16.45, and the final session is on Saturday 08 June. This course is free, however, there is the option to obtain certification for £20.00.

For wellbeing, we have a Summer Floristry course running at Yateley Library, starting on Monday, 03 June, 10:00 – 12:00, with four weekly sessions, concluding on 24 June.

Online there is a Makaton Level 1 Signing course, starting on Monday 15 April, 18:30 -20:30 running for four weeks.

For these and to see all our courses, please peruse our online shop here: [Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://www.hants.gov.uk/learning-in-libraries) or phone our friendly Learning in Libraries team on 02392 232957. The online shop is updated regularly as and when new courses are scheduled, so it is worth browsing here on a regular basis. Alternatively, you can always pop into your local library and ask for more details on all our courses.

We hope to welcome you on a Hampshire Learning in Libraries course very soon and help you to unlock and realise your potential.

Helping adults learn to read - Local free coaching from Read Easy

5.9% of adults in Rushmoor and 4.9% of adults in Hart can either cannot read at all, or can barely read (*Skills for Life Survey, 2011 – latest government figures*).

Reading is a basic requirement of everyday life, and for many of us it is a skill we take for granted. Yet there are 2.4 million adults in England who struggle to read.

Established in 2011, [Read Easy UK](https://www.readeasyuk.com/) now has over 90 affiliated groups across England and 1,400 volunteers. Its newest group was set up twelve months ago, and covers West Surrey and North East Hampshire – including Rushmoor and Hart.

Our friendly trained Reading Coaches provide free, confidential, one-to-one coaching for adults who want to learn to read.

Kate Kemp is the leader of the group. She says: “People are surprised when they hear how many adults struggle with their reading, but there are lots of valid reasons why someone may need support. For example, they may have a learning difference such as dyslexia, autism or ADHD. Maybe

their need for extra support was not recognised or fulfilled at school, or maybe they are relearning after a brain injury.

“In some parts of England, up to 10% of working age adults would struggle to fill in a job application form, use a cash point, do the food shopping, or read a story to their children. Remarkably, they have often managed to keep their literacy struggles hidden from others.

“It is amazing how much confidence people can gain from improving their reading. People feel more confident doing everyday important tasks, such as going to the doctor or talking to teachers. They are able to fill in job application forms. They can read to their children. Having improved reading skills hugely increases their self-esteem, often improving their mental health. Reading gives them independence, reduces feelings of isolation, and empowers them to connect with the wider world.”

Read Easy West Surrey and NE Hampshire is currently looking for adults in Rushmoor and Hart who want to learn to read. A Reader and their Coach meet for half an hour at a time, twice a week, in an approved local reading venue. Online coaching is also possible.

The group is also looking for an organised and enthusiastic volunteer to join their management team as an Administrator.

If you know someone who might benefit from improving their reading skills, please get in touch with Dickon Hutchings on 07824 340 092 / wsnehnetworker@readeasy.org.uk . If you are interested in becoming a reading coach or our new Administrator, please contact Ashley Nuttall on wsnehrecruiter@readeasy.org.uk

Smile Project – Tackling health inequalities for children

Rushmoor Voluntary Services are pleased to announce the launch of our new Smile Project in partnership with NHS Frimley Health and Care ICS.

Our primary focus is on tackling health inequalities for children in deprived areas of Rushmoor, with a specific emphasis on looking after your teeth, healthy eating, and well-being.

Volunteers Needed

We are actively seeking the following volunteers:

- A group of Young Ambassadors (aged 14-25), who will play a crucial role in engaging with primary school aged children to promote essential health messages within the community.
- Mentors to support our Young Ambassadors through their training, preparation and delivery of the project.

To find out more about the project and the different roles, please visit https://www.rvs.org.uk/the_smile_project/.

Get Your School Involved

We are also keen to get in contact with local schools regarding any upcoming events/assemblies/PSHE lessons where our Young Ambassadors can promote the Smile Project.

Please email isobel.nicholson@rvs.org.uk if you are interested or have any questions.

Multiply Project – Easter Family events

2nd April – Marwell Hotel & Marwell Zoo, Thompson’s Lane, Colden Common, Winchester, SO21 1JY

The Multiply team are hosting a FREE family fun event at the Marwell Hotel and Marwell Zoo. The event begins at Marwell Hotel at 9.30- 12.30am. Come along and join in with some fun maths related activities including an Easter trail to win a chocolate egg. In the afternoon, you will receive tickets to Marwell Zoo valid for the rest of the day. Free parking is available.

Eligibility: Family tickets are based on 2 adults and 2 children. At least one adult in the party must NOT have a level 2 maths qualification (e.g. Math GCSE at grade 4/C and above, or a Functional Skills Level 2 in maths). A place will be confirmed when all adults **in the party have completed the Multiply course booking form.**

4th April 878AD, The Brooks Shopping Centre, Upper Level, Upper Brook St, Winchester SO23 8QY

The Multiply team are hosting a FREE family fun session with an Anglo-Saxon theme. Come along and join in with some maths related, interactive activities.

Eligibility: The event is free for families with children aged 6 and over. Unfortunately, we cannot accommodate babies. At least one of the adults attending must NOT hold a GCSE grade 4/C or above or a Level 2 maths qualification to be eligible.

9th April Alice Holt Forest, Bucks Horn Oak, Farnham, GU10 4LS

The Multiply team are hosting a FREE family fun session at Alice Holt Forest from 10.00 – 12.30. Come along and join in with some maths related activities including a forest trail to win a selection of eggs once you have completed some fun challenges. After the event, you are welcome to stay and explore the forest. Free parking is included.

Eligibility: This event is free for families but at least one adult in the party must NOT have a level 2 maths qualification (e.g. Math GCSE at grade 4/C and above, or a Functional Skills Level 2 in maths).

To register your interest for any of these events, please email multiply@hants.gov.uk

Hampshire Parent Carer Network

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

Membership - When you join as a member of HPCN, you can access our sessions, events and training opportunities. We send out a monthly newsletter: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

26/03/2024 - Evening Get Together - Join Zoom Meeting ID: 883 9734 1186 Passcode: GT

17/04/2024- Basingstoke Get Together -The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4B

22/04/2024 - Aldershot Get Together - TBC

24/04/2024 - Aldershot Future in Mind - New to Autism or on the pathway session with Clinical Psychologist

24/04/2024 - Alresford Get Together - The Swan Hotel, 11 West Street, Alresford, SO24 9AD

To book onto any Future in Mind sessions or to look at what HPCN can offer please use this link: <https://linktr.ee/hpcn.org.uk>

Social media - <https://www.facebook.com/HampshireParentCarerNetwork>. This page is updated regularly with lots of helpful info like consultations, session dates and more. we also run 8 local pages which you can join.

Hampshire Back to Basics Parenting Programme

Back to Basics is a community campaign based on the 5 ways of wellbeing. It started with a phase 'When a flower doesn't bloom you fix the environment in which it grows not the flower'. The overall purpose of the project is to support Families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting list times for those who require speciality services and for Parents to feel better equipped to support their children's wellbeing in the home.

This is not a new service, but an approach supported with tools and resources that enable consistent and at times challenging conversations that mean better outcomes for families. It is hoped that by encouraging reflections on the home environment first will give families the opportunity to try activities that are known to improve wellbeing before approaching and completing referrals for specialist referrals.

We have an online platform where all the back to basics resources can be found, at <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>

Prospect Estate Big Local (PEBL) – News

PEBL Free Debt Advice

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

You can call the helpline on **0808 175 3559** or email pebl@carushmoor.co.uk

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

PEBL Grant 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 Knit and Natter

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop.

Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

Blackwater Valley Scouts – Adult volunteers

It's not all shorts, big hats and dyb-dyb-dyb any longer but.....

- Have you ever been a scout?
- Do you want to give something back to your community?
- Could you help to deliver Scouting to our one thousand young people?
- Have you already got skills or want to learn new skills?
- Would you like to help today's young people become tomorrow's citizens.

Scouting is an organisation for young people 4 to 18 years of age, but it needs adults to lead them, guide them, make sure they are always safe and help them to gain the maximum from their time as members. Almost 1000 young people across Rushmoor enjoy scouting activities each week led by adults.

Aside from working directly with young people, there are many roles that don't involve a regular commitment, or working directly with young people, such as trustee, fundraiser, grass cutter, help with maintenance of HQ and more besides. For most of these roles you would be part of a team.

If you would like to help in any of our 15 scout groups across Cove, Farnborough, Aldershot or Ash Vale then please get in touch and we will help you find a role that fits the time you can give.

Drop us a line on info@bvscouts.org.uk or via our website <https://bvscouts.org.uk/> and someone will contact you and arrange to meet and work out what sort of role you want.

All our adult members must undergo an Enhanced Disclosure Check (DBS) and training dependent on the role undertaken.

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

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

To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

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

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

Beavers

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also 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

10th Farnborough Scout Group

10th Farnborough scout group is a strong scout group offering scouting for Beavers 6-8 years old, Cubs 8- 10 1/2 years old and Scouts 10 1/2 – 14 years old. We offer an exciting, fun and adventurous programme appropriate to the age group and follow a national award scheme which aims of develop confidence, self-reliance and resilience whilst gaining skills for life through its structured programmes, camps, visits and hikes among the many and various activities available.

All sections are open to new members and welcome interest from any young person. Trial sessions are always available at no cost.

All our meetings at a school, in the Cove area.

For more information or to arrange a visit please contact us, via the details below:

- Beavers meet on Tuesday contact clare_hills@sky.com
- Cubs meet on Wednesday contact joanhughes2007@gmail.com
- Scouts meet on Thursday contact scouts@10th-farnborough.co.uk

Cove Parish activities

We have added a brand-new service for families at 4.00pm on the 2nd and 4th Sundays of the Month. We will have puppets, craft activities and practical activities based on a theme. After the service we will have tea. Our service is called Fun @ 4. Look on the Parish of Cove website. [Cove Parish \(parishofcove.org.uk\)](http://parishofcove.org.uk)

We will be having an Easter Egg Hunt after the 10.30 service at Christ Church all children welcome.

Every Monday during term time we have Bumps and Babies. This is a time for mums to come together and have a cup of tea and a cake as well as chat together. Bumps and Babies welcome up to 18 months.

On Thursdays from 9:00 to 10:10 and from 10:20 to 11:30 we have our toddler group. The cost is £2.00. There is music and playtime as well as arts and crafts.

Hope Church / Emmaus Rd Church, Aldershot – Easter activities

Engage with the Easter Story on **Good Friday, 29th March** at Emmaus Rd Church, Church Lane East, 1pm to 4pm.

This event is an all age interactive event suitable for children through to elderly. Visitors can take time to quietly reflect at some or journey through all the prayer stations and engage with the story of Easter. This event is hosted by Emmaus Rd Church and Hope Church Aldershot.

Hope Church will also be doing a 10am Easter service on the 31st March at The Wellington Primary School on Alexandra Rd.

SKILLS & TRAINING

New Directions Project Aldershot – Job Fair, 18th April

- Do you need help finding a job?
- Does your CV need a makeover?
- Or maybe you are interested in starting your own business?

Then come and see us at the Princes Mead Job Fair on **18 April** in Farnborough!

Learn about our

- Range of events and workshops on money matters, budgeting, childcare options, careers advice, growing your confidence, writing your CV etc.
- Get 1 to 1 help from our friendly advisers
- Try our interactive Bodyswaps software – practice and improve job interviews.

Or if you want to get in touch now about the New Directions project visit:

Web: www.joinnewdirections.org

WhatsApp or phone: 07702 953 971

Future Training opportunity – Youth Work Practice – Level 2 or 3 with Farnborough College of Technology

Hart and Rushmoor Local Children’s Partnership are in discussion with Farnborough College of Technology (FCOT) about the delivery of two new training courses aimed at staff and volunteers who would like to obtain an accredited qualification in Youth Work Practice. Bursaries may be available via the National Youth Agency. If you or someone you know would be interested, please contact Sharon West sharon.west@hartvolaction.org.uk

Note that Level 2 can be offered to under 18s, and could be offered in a “Boot Camp” format for young people aged 14 -17 years or for adults.

FCOT are also looking for freelance tutors with direct youth work experience to teach sections of the Youth Work Practice courses, so if that is of interest, please do get in touch with Sharon West. See the National Youth Agency website for more detail about all levels of Youth Workforce training and bursary opportunities for 2024.

<https://www.nya.org.uk/youth-work-bursaries-2024/>

Rushmoor Healthy Living – Accredited First Aid courses

Local charity RHL is running accredited **Emergency First Aid at Work** and **Basic Life Support** courses at their office in Aldershot. Several upcoming courses are split over two mornings in order to cater for working parents needing to do school drop-offs/pick-ups! Further details can be found at www.rhl.org.uk

Courses are currently running special offers including **Emergency First Aid at Work** 6 hour course for just £95 per person.

Emergency First Aid at Work is designed to give you the knowledge and understanding required to react quickly and appropriately in emergency situations. It will help provide you with invaluable knowledge on how to deliver potentially life-saving skills. The course covers:

- Priorities of First Aid
- CPR Resuscitation
- AED
- Choking
- Bleeding & Burns
- Minor Injuries
- Recovery Position
- Seizures
- Unresponsive Casualties

Upcoming course dates:

Monday 22nd & 29th April 9.45am – 1.15pm (split course)

Saturday 15th June 9.30am – 5pm (full day course)

Monday 29th July & 5th Aug (split course) 9.45am – 1.15 pm

Course dates and more information are available online at: [Rushmoor Healthy Living: RHL: First Aid Courses](#)

The courses will be delivered at the RHL Office in Aldershot (5 Alexandra Terrace, Alexandra Road, Aldershot, Hampshire. GU11 3HU). Please note that this location is not accessible for those with limited mobility. We suggest booking at your earliest convenience as places are limited.

The booking form can be accessed at: <https://forms.office.com/e/YDyWfBYLcZ>

For any queries please do not hesitate to contact us admin@rhl.org.uk

Yateley Industries skills and training support

Yateley Industries for Disabled is a pan disability organisation, working and supporting people with physical disabilities, mental health conditions, learning disabilities and neurodiversity.

We are proud of our supported factory and the dedicated team who work with the staff to ensure they are fully supported and trained in their role, which is funded through the DWPs 'Access to Work Plus' scheme.

We offer an informal interview and tour of the factory, for anyone interested in looking to work at Yateley Industries for the Disabled.

The factory operates Monday – Friday from 9am until 4pm, with a one-hour lunch break. The office is open from 8.30am to 4pm, Monday to Friday. All disabled staff work 16hrs per week (over 2.5 days).

Yateley Industries for Disabled provides Supported Employment through a range of different ways including our Job Coach Service. As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives.

Ready to start your journey toward professional growth and empowerment? Reach out to us at jobcoach@yateleyindustries.net or give us a call at 01252 872337.

Volunteering Opportunities at Yateley Industries for the Disabled

We are always looking for new volunteers at Yateley Industries, we are currently looking for volunteers to support in our Community café (kitchen and waiting staff), a Green Space Coordinator, Community Pantry Stock Keeping Support and Ad Hoc community Pantry store freezer clean out. For any information about our volunteer opportunities please contact Yateley Industries on 01252 872 337.

SAVE THE DATE: Yateley Industries will be holding a Summer Fete on **Saturday 22nd June** between 2 & 5pm. This will be a fun afternoon for the community with lots of family-friendly activities, stalls and entertainment.

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart & Rushmoor Ukraine Support Fund

The Hart & Rushmoor Local Children's Partnership (LCP) is managing a Hampshire County Council fund to provide local access to funding to support Ukrainian individuals and families based in Hart and Rushmoor. Trusted referrers can apply for funded support on behalf of Ukrainian individuals, families or groups, if the spend does not duplicate services already in place through CVS organisations, schools, Hart / Rushmoor / Hampshire councils, etc.

Examples of the types of spend we will consider, specifically to support Ukrainian families and individuals are:

- Food vouchers – a one-off voucher that can be used in community pantries or supermarkets.
- Energy vouchers (if in own home). Direct financial support to pay gas, water and/or electricity bills. The value of any individual funding award will be dependent upon individual circumstances.
- Transport – bus passes or Community Transport services.
- ESOL programmes – support with second language of English.
- Community activity – Stay / Play sessions for toddlers, holiday activity programmes, youth provision (e.g., sports clubs, uniformed organisations), support groups for parents.
- Essential supplies – help with school uniform, white goods/appliances/furniture and furnishings in new home, laptop / tablet, etc. The value of any individual funding award will be dependent upon individual circumstances.
- Trauma Groups or therapeutic/mental health support, voluntary external companies to help with counselling particularly for teenagers.

Local consultation to assess current and changing needs, has helped us agree that we will give particular focus in Hart and Rushmoor to:

- Help into work – via language support, transport, driving lessons, limited childcare, etc.
- Ad hoc events, outings, workshops etc., organised locally – venue charges, transport, refreshments, etc.
- Additional school support not covered by grants directly to schools – study aids, tutoring, payment for school trips, etc.

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

- Application form and Guidance is available from tony.mcGovern@rushmoor.gov.uk
- Applications must come from referrers, not the individual or family. In the first instance, contact tony.mcGovern@rushmoor.gov.uk with your idea / suggestion – once the idea has been discussed the funding application form can be completed.
- No minimum or maximum spend will be set, with each application based on its merits, but we would anticipate a typical request of £100-250.

Grants from Rushmoor Borough Council

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

Rushmoor Community Lottery

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

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

For more information visit www.rushmoorlottery.co.uk.

Other funding sources

Funding for defibrillators (not schools): Applications are now open for the DHSC Community Automated External Defibrillator Fund at www.defibgrant.co.uk. The fund will operate as follows:

- a) 100 applications will be selected by DHSC to receive a fully funded AED - (funding is provided by DHSC and London Hearts)
- b) 1900 applications will receive partial DHSC and London Hearts funding for an AED - organisations will be required to provide their own match funding on c. £750.

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

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

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

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

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

The next edition will be sent out in May

Any contributions please to tony.mcGovern@rushmoor.gov.uk