



Rushmoor & Hart LCP Supporting Families Bulletin February 2025

Welcome to our 101st 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.

Page 1	COST OF LIVING SUPPORT
Page 2	LOCAL AUTHORITY INFORMATION & SUPPORT
Page 3	WHAT'S ON IN RUSHMOOR & HART
Page 10	COMMUNITY SUPPORT INFORMATION
Page 17	HEALTH & WELLBEING INFORMATION
Page 27	NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES
Page 29	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 41	SKILLS & TRAINING
Page 45	FUNDING & GRANTS CURRENTLY AVAILABLE

The next Bulletin will be in April ahead of the Easter school 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.mcgovern@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 \(frimley-healthiertogether.nhs.uk\)](#)

County:

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

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

National:

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

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

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory



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

To browse click [Rushmoor Link](#)

Here for Hart update (coordinated by Hart District Council)

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

Housing support: Our Housing team can be contacted through the usual channels for general housing information, advice and assistance by emailing housing@hart.gov.uk or by phone on 01252 774 420 Monday to Thursday 8.30am till 5pm and Friday 8.30am till 4.30pm.

If you are facing homelessness or are currently homeless, please complete a housing advice form at <https://hart.homeconnections.org.uk/>; alternatively, you can email dutyhomelessness@hart.gov.uk or call the Duty Officer on 01252 774 239
Further information can be found at www.hart.gov.uk/housing-advice

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](#).

WHAT'S ON IN RUSHMOOR & HART

Squirrels Educare – February Half Term Holiday Club

****Monday the 17th of February to Friday the 21st of February from 8am till 4.30pm****

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire half term holidays. We offer fun, exciting & varied activities, delivered by high quality staff. Half a day from £20.00 and full days from £30.00. Activities to include cupids' archery & axe throwing, potion making, valentines craft & much more!

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

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

Hands-on Heritage Fun Day - Bringing History to life! Saturday 22nd February

10am-3pm, Saturday 22nd Feb, at Princes Mead Shopping Centre, Aldershot – FREE EVENT!

Come along to our fantastic family friendly event full of interactive activities, arts and crafts, historical dress-up and amazing artefacts.

You can chat with our wonderful local historians, maybe take a selfie with our special guest - Jackie Smith – the first female red devil!

It's going to be a fun-filled day celebrating the people, places and heritage of Rushmoor over the last 50 years – celebrating the past, inspiring the future!

Princes Mead Shopping Centre Farnborough – February half-term

Our garden is back in the South West Tower, complete with Loveseat for Valentine's selfies and a play area for the little ones. There will be free facepainting on **Saturday 15th February** from 11am – 4pm.

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Dance In A Day

Wednesday 19th February, 10am – 4pm. Ages: 7-11 yrs

Tickets: £25

A must for all dance fans, and movers & shakers! Our expert leaders Justine and Sian will give you the opportunity to learn new dance moves and skills, meet new friends, build confidence and work on several short, choreographed pieces that will be performed to parents at the end of the day. With our professional dance tutors, the children will work on well-known dance moves and help devise their own choreography for individual and group performances, whilst building dance confidence and having fun!

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

Notes for grown-ups:

The workshops provide a full day of activities for children from 10am to 4pm.

Please provide your child with a packed lunch and suitable snacks for the day.

Children should be dropped off by 10am for registration.

Parents are not permitted to stay during the workshop.

Please let us know of any allergies or medical conditions at the time of booking. Whilst not all conditions can be catered for, we will try to be as helpful as possible.

Presentations take place from 3.30pm.

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

All Star Super Slam Wrestling

Thursday 20th February, 7.30pm

Tickets: £17.50 / Child £12.50 / Family (4) £55

Super slam wrestling action returns to the Princes Hall with an explosive night of top class wrestling action! Special Appearance by WWE Legend GANGREL

Don't miss another action packed championship line up! Featuring top British titleholders who will face a host of international wrestlers, including stars from the USA, who promise to bring some American razzmatazz to Aldershot wrestling fans in this star studded bonanza.

[All Star Super Slam Wrestling - Princes Hall](#)

Youth Theatre

Saturdays in term-time, 5-12 years

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 12 - the only requirement is an enthusiasm for theatre!

The Princes Hall's Youth Theatre is ideal for those who enjoy performing and want to learn more about acting. It is a great opportunity for those wishing to build their confidence in a relaxed and supportive environment. Our Youth Theatre leaders Rachel and Tom are very experienced actors and teachers. Each term has a set theme or project, and students work towards putting on a final presentation to family and friends. Group sizes are kept to a maximum of 18 students.

'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.

princeshall.com/visiting-us/youth-theatre/

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

Looking to get outside, get active, and connect with nature this Autumn? Runways End Outdoor Centre offers a range of adult only, family, and young person-oriented activities to keep you busy!

- **Woodland warriors** – An action-packed holiday camp with an environmental twist. Explore the abundance of nature and wildlife in our nearby forest with complementary adventurous activities like canoeing, climbing, abseiling, caving, and archery. Each day is themed to understand the environment from a new angle such as: natural history, climate and conservation, or shelter and survival.

Available for ages 7-11, drop off from 8.30-9.30 pick-up from 4.30-5.30, £200 for 5 days or £50 per day.

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving, to archery, to basic fire lighting! £22 per person for 2.5 hours of fun.
- **Adult (16+)** Winter fire lighting and axe skills – Join us for a cosy, community bushcraft morning to celebrate the woodland in winter and learn new bushcraft skills. 11am-1pm, 9th February £20 per person. *New session every season so keep your eyes on our website for updates.*

We can't wait to see you!

To book or find out more please email rwe@hants.gov.uk, call 01252 344421, or find details available on our website:

<https://www.hants.gov.uk/thingstodo/outdoorcentres/ourcentres/runwaysend>

Diddy Dunkers: Half-term Holiday Basketball Camp

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

- Tuesday 18th February 10am – 4pm
- Thursday 20th February 10am – 4pm

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

Advance booking essential

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/>

Army Welfare Service Spring programme

Army Welfare Service Spring Term programme

Programme	Ages	Cost	Location	Timings	Day
Church Crookham <u>Youth Voice</u> <u>Ambassadors Project</u> – peer led social activism with accreditation	11+	Free	Online fortnightly Aldershot and Church Crookham	6pm to 8pm	Mondays Term Time Only Returns 13.01.25
<u>Juniors Youth Club</u> Play, and self-directed learning in safe space	8- 11 years	£1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	4pm to 5.30pm	Thursdays Term Time Only Returns 25.01.25
<u>Savi Seniors Youth Club</u> IRL	11+	£ 1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	5.30pm to 7.30pm	Thursdays Term Time Only Returns 25.01.25

Contact Samena Mehmood Army Welfare Service Community Support Team, Community

Development Worker

Mob: 07773 242 291

Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk

Programme	Ages	Cost	Location	Timings	Day
Aldershot <u>Play and Stay Group</u> Reducing isolation and connecting communities	Parents with Toddlers	£1	Maurice Toys House, Middle Hill, Aldershot, GU11 1PL	10am to 11.30am	Tuesdays Term Time Only Returns 21.01.25

Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk

Army Welfare Service Half-term Family trip to London, Wednesday 19th February

Pick-ups in Aldershot and Sandhurst

£2 per person, pay on the day

Booking essential: sarah.magee651@mod.gov.uk Tel: 07900 492512

Hampshire Libraries – Activities for children

Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk) for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

Fleet Library

Story Time - every Monday (excluding bank holidays) 10.30

Rhyme Time - every Thursday 10am, 10.45 & 11.30

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

Construction Club - every Saturday all day

Green and Thrifty Fortnight activities

Seed swap all week

Tue 18 February – **Make a Bird Feeder** 2-4pm

Fri 21 February – **Cress People plant pots** 10-12noon

Tue 25 February – **Recycled Collage** 3-4.30pm

Fri 28 February – **Recycled Picture Frames** 3-4.30pm

No booking required, just turn up

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.

Green and Thrifty Fortnight activities

Monday 17th February – 10.00am -12noon Owl Babies Recycling Collage

Friday 21st February – 1.30-4.00pm Bird Feeder Craft. Age 3 years and up

Monday 24th February – 3.00-4.30pm Bird Feeder Craft. Ages 3 years and up

Farnborough Library

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

Storytime – Every Tuesday 10.30am - 11am

Wednesday 19th February 10am – 12pm – FREE recycled friendship bracelet craft

Aldershot Library

Rhymetime – Every Tuesday 10am-10.30am and 11am-11.30am. Every Friday 10.30am-11am

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

Storytime – Wednesday from 11am-11.30am.

Green and Thrifty Fortnight activities

Saturday 15th February 10.00-11.00am - Bird Feeder Activity. Ages 4-11 years

Tuesday 18th February – Green Themed Rhymetimes at the usual times

Tuesday 18th February – 2.00-3.00pm Seed Planting Activity. Ages 4-11 years

Wednesday 19th February – 11.00-11.30am Green Themed Storytime. Ages 4-7 years.

For all activities in branch children must be accompanied by an adult and younger siblings are welcome. Events and regular Branch Opening Hours are listed on the library service website: [What's on in libraries | Hampshire County Council \(hants.gov.uk\)](https://www.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](#)

Parent's Action Group (PAG): February Family Festival

Parents Action Group for special play
February Family Festival: Time Travel
Monday 17th February 10.30 a.m. – 2.30 p.m.
West End Centre, Aldershot

A date for your diary! This event is for special needs children, young people and their families. An indoor festival full of music, dance and craft sessions, ending with a finale dance for all. Booking line will open in January. £5 per head adults and children. Contact PAG for more details

info@pagforspecialplay.co.uk

Spring Events at Wellesley Woodlands

Dawn Chorus Walk

Saturday 15th February 8– 9.30am

Signs of Spring Walk

Saturday 15th March 2.30-4pm

Guided Family Bat Walks

Tuesday 15th April 7.45-9pm AND Tuesday 22nd April 7.45-9pm

Guided Canal Wildlife Walk

Saturday 17th May 1.30-3pm

Guided Evening Woodland Walk

Wednesday 4th June 6.30-8pm

<https://www.eventbrite.co.uk/o/wellesley-woods-49836368573>

Rushmoor Easter Wonderland of Games

Wander into Wonderland this Easter for a FREE weekend of whimsical games, tea parties, egg hunts, hands-on crafts and more in Aldershot and Farnborough town centres on 12 and 13 April!

White rabbits, white rabbits, it must be Easter! Or maybe you're going mad as a Hatter! Join Rhubarb Theatre for a wonderland experience as you shrink into the gardens of the Queen of Hearts to find yourselves amongst her large lawn games.

Once there you might get knotted up in the Alice-themed twister, go crackers with the croquet, or become an egg-spert at the Easter races.

But watch out for court jokers, they visit bringing mayhem and madness as the White Rabbit, Mad Hatter and even the Queen herself parade the streets, of Farnborough and Aldershot.

Join in with the Easter trail and all the fun... or else... off with your head!

- Play ginormous garden games
- Join the Hatter's tea party
- Go on an enchanting Easter egg hunt (with free a prize)
- Snap yourself in the Wonderland selfie station
- Create a curious craft
- Watch wacky walkabout characters
- Plus... there's fantastical face painting (small charge applies)

Meet Alice, The Queen of Hearts, Hatter and the White Rabbit for an interactive event full of twists and turns! Don't be late for this very important date, featuring heaps of Easter fun and adventures.

No need to book – just turn up! Hop, hop hooray!

DATES & TIMES

- Saturday **12 April**, 10am to 3pm, Princes Gardens, Aldershot
- Sunday **13 April**, 10am to 3pm, Queensmead, Farnborough

COST is Free

www.rushmoor.gov.uk/easter

Aldershot Facebook event link - <https://www.facebook.com/events/2444973395840001>

Farnborough Facebook event link - <https://www.facebook.com/events/1262786821454246>

Kaizen Karate Academy – Times and venues

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30 Senior grades / adults 6.30-7.30

£6 per session – First lesson free!

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

COMMUNITY SUPPORT INFORMATION

Rushmoor and Hart Foodbanks and Larders and Energy Support

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

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

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

Community Grub Hub CIC

Whether you are 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](#), [website](#) or email communitygrubhub@outlook.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 part of the Hampshire County Council Pantry scheme and food is offered for a small charge to supplement a person's weekly shop. First visit is free.

Please get in touch if you need help – 01252 400 196
Opening hours: Monday, Wednesday and Thursday 10-2

There is no need for a referral, just come along.
www.thevinecentre.org.uk info@thevinecentre.org.uk

Switched On: Energy Café & Support

Pop in each week on a Friday 10am – 2pm to get support with your energy
Contact shanteisha.skipper@thevinecentre.org.uk or lyn.thatcher@thevinecentre.org.uk for more information or to book a 1-1 appointment for help with your energy bills.

Cooking Sessions

Every Wednesday 10am – 2pm, we have cookery sessions for adults. Learn how to cook basic meals, make the most of your money and avoid any food waste at home! Contact info@thevinecentre.org.uk

Comedy Night

Wednesday 19th March 7pm onwards
£15 per ticket
Raffle on the night.

Afternoon Tea

Thursday 27th March 1pm - 2.30pm
£10 per ticket. Buy one for yourself, or buy one to treat someone who may not be able to pay for it themselves.

Cosy Hub

Our winter warm space, Cosy Hub, is open every day 10am – 3pm, until **31st March**.

Farnborough Foodbank

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

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

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

Mobile: 07954 105 279 call or text please

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

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. We are always looking for donations and they can be dropped off any time 9am – 4pm Mon – Fri. The pantry is open Tues, Wed & Fri 10am – 2pm.

Tel 01252 872 337 or Email: Jeanp@yateleyindustries.net

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

Darby Green Mobile Community Larder is a community larder based on a membership scheme where you pay 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 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.

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

Green Doctor Service – Energy advice

Green Doctors are a team of expert energy advisers, delivering effective energy advice via home visits and telephone consultations. For 18 years the Green Doctors have helped over 45,000 UK households save money, stay warm and improve energy efficiency at home. This includes damp and mould issues. It's a flagship national programme of the UK based community charity Groundwork. They accept both self-referrals and referrals from professionals.

Book your free consultation at

<https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors> or call 0300 365 3005.

Citizens Advice Rushmoor Energy Advice

Citizens Advice Rushmoor have established a new callback service providing free advice to help people save money and energy at home.

Support is also being offered to access schemes such as the Household Support Fund, Warm Home Discount and Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, fuel and clothing, if required.

You can call free 0808 175 3559 and leave a voicemail, or email energy@carushmoor.org.uk - leave your name, phone number and postcode and we will call you back to arrange an appointment.

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 at 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

Citizens Advice Rushmoor

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

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

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

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- 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 - Tuesday 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

We run a Nepali drop-in service in Aldershot Citizens Advice every Wednesday from 10.00am to 12.30pm. If you know someone whose first language is Nepali and who needs advice, please direct them to the drop-in.

Community Grub Hub - Every Tuesday from 10am to 4pm

If you know a Rushmoor resident is struggling to afford their weekly food shop, please direct them to the Community Grub Hub where they can see our friendly adviser Joel, who will be happy to help.

Debt Free Prospect

Do you know someone living on Farnborough’s Prospect Estate who is struggling with debt? We have established a new service offering free, confidential advice on finding a way out of debt. They can call free **0808 175 3559** or email pebl@carushmoor.org.uk - leaving their name, phone number and postcode and we will call them back to arrange an appointment.

VOLUNTEERING

Our training groups run 3 times per year in January, May and September. If you would like to find out more about it and about volunteering with us please complete our [Volunteer information request form](#) or email volunteering@citizensadvicrushmoor.org.uk

We are also looking for volunteers in Reception, Advice, Fundraising, Events. If you are interested, please get in touch via our [website](#) or email volunteering@citizensadvicrushmoor.org.uk

Clayton Court

If you are supporting a resident of Clayton Court who is struggling to keep warm and feed the family, we have help available:

- Heaters
- Food Vouchers

Please contact us on the numbers above.

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

The Legacy Project Rushmoor

Yellow Brick Road Projects have been commissioned by the OPCC to deliver The Legacy Project in Rushmoor. The Legacy Project pairs young people aged 10 - 18 who are at risk of exploitation with

Mentors who will support them to explore their options and find their seam of gold over 12 one to one sessions.

Yellow Brick Road Projects successfully launched The Legacy Project in Andover in 2020. Since then we have gone on to work with young people across Test Valley and in Winchester. Our experienced Mentors are qualified at Level 3 and above with a range of skills which they use to engage with young people in sessions which may take place in school or the community.

The nomination pathway is as follows:

- Anyone working with a young person who they believe would benefit from having a Mentor should attend the nominations meeting. At this meeting the young people will be discussed, and a suggestion put forward for a line of support for each one. This could be The Legacy Project but could also be another service for example Youth Justice Service or local youth provision. Please contact david.lipscombe@rushmoor.gov.uk for upcoming meeting dates.
- If it is decided that The Legacy Project is the best fit for the young person, the professional presenting them will be asked to complete a nomination form with the young person [Yellow Brick Road Projects Nomination Form](#)
- The nomination will come through to The Legacy Project Lead who will arrange an initial engagement session and subsequently match the young person to Mentor.

For more information please contact Yellow Brick Road Projects on 01264 360 589.

FREE Community In Motion training to de-escalate safely

Learn to de-escalate safely with Community Safety's **FREE** Community In Motion training!

Community in Motion is designed to empower individuals to feel confident enough to intervene when they observe unacceptable behaviour being directed at others - in particular, in circumstances when that behaviour is not being challenged by others who may feel uncomfortable or unsure how to challenge this behaviour themselves with a particular focus on tackling sexual violence and domestic abuse.

It is not about being responsible for resolving serious conflicts or about placing yourself at risk, it is about having the ability to recognise and challenge those unacceptable behaviours when identified - and from there identify the best course of action to support someone in need, whether that be by diversion, providing sanctuary, simply connecting or signposting.

By the end of the training, participants will be able to:

- Discuss the extent of gender-based violence in England and Wales
- Discuss the role of bystanders in the prevention of abuse
- Identify a range of tools that can be used to safely support/challenge others
- Describe ways to support individuals who may disclose abuse

Dates for up and coming sessions are as follows:

Monday 24th February 2025 at 1830 (Hart Civic Offices)

Thursday 20th March 2025 at 1830 (Rushmoor Borough Council Offices)

If you would like to attend one of these sessions, please contact communitysafety@hart.gov.uk with which session you will be attending and how many people.

Rushmoor Borough Council Community safety survey

Rushmoor BC are now running their annual community safety survey to find out how safe you feel in our towns. It's also an opportunity for you to let us know if you have any issues that you are currently facing and if we can help.

The survey runs until midnight on **Friday, 28 February**.

Please visit our community safety survey page to give us your thoughts at:

<https://www.surveymonkey.com/r/RBCSAFE2025>

West Surrey and North East Hampshire Read Easy group

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

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

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

The West Surrey and North East Hampshire Read Easy group is currently helping 19 adults learn to read, several of whom are from Rushmoor. Readers come from a variety of backgrounds and range in age from 20 to 69. On average, it will take a reader between nine months and two years to complete the program – it is a true commitment from both the reader and their coach, but absolutely worth it!

One of the group's current learners was diagnosed with dyslexia at school and left unable to read. He said when he started that he wanted to become independent, get a job and "make something of himself". He's now on reading manual 4 (out of five) and having a great time reading the "Horrible Histories" series with his coach.

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

We are also looking to recruit a new Team Leader to our Management Team. The group is well established with a strong management team. Several of their 19 readers are on their final reading manual, and we expect several graduates from the program this year. It's an exciting time for us!

The Team Leader role is hugely important. This volunteer position will appeal to people who are motivated not only by our mission to help adults in our community learn to read, but by managing a

team of diverse volunteers and being a passionate spokesperson for our local group. If you are interested in finding out more about the role, or you are interested in becoming a reading coach, please contact Ashley Nuttall on 07874 020 009 / wsnehrecruiter@readeasy.org.uk.

HEALTH & WELLBEING INFORMATION

Free Tea & Blood Pressure screening events – Aldershot PCN

Mini health check drop in for Aldershot residents and patients of Border Practice, Cambridge Practice, Princes Gardens Surgery, Wellington Practice. Mini health check not compulsory, there is also a cuppa and a chat with our volunteers available.

Mini health check offer: Blood Pressure screening, Atrial Fibrillation Screening, how to access online health, NHS App Digital Services Support, how to contact your practice, know where to go when you're unwell.

Support with referrals to: Social Prescribers, Mental Health Services, Community Health & Wellbeing, Rushmoor Voluntary Services, Citizens Advice Rushmoor, Rushmoor Healthy Living, Local Service Support, Housing, Local policing, Healthy Start Vouchers.

Princes Hall, Princes Way, Aldershot, GU11 1NX

10am - 12pm: Fri 21st Feb, Fri 21st Mar

Cricket Club, Guildford Rd, Aldershot, GU12 4BP

10am - 12pm, Mon 3rd Mar

For more information, please contact:

salusmedical.aldershotpcn@nhs.net 07483 095037

Healthy Start Scheme

The NHS Healthy Start scheme helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

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

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

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

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

kooth.com is the free safe, digital mental wellbeing support service for ages 11- 25 in Hampshire. With nearly 40% of Kooth users reporting stress & anxiety, 24% reporting suicidal ideation, and just under 20% reporting self-harm in Hampshire it's so important that we work together to raise awareness of the mental health support available in Rushmoor.

Young people can find additional FREE support via registering at kooth.com

[Hampshire Youth Access](https://hampshireyouthaccess.org.uk) 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

[No Limits Safe Haven](#) - An out-of-hours drop-in and one-to-one crisis support for young people for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley) and experiencing difficulties with their mental health.

Drop-in sessions take place at Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH. Sessions are in person, no need to book. For details of our open-access hours, visit our website. You can also talk to a youth worker privately in a one-to-one session. These are by appointment only and can be accessed in-person, online or over the phone.

To book an appointment for a one-to-one: Call 07918 259 361

[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 drop-in centre is also available to parents struggling to parent a child with poor mental health.

The Point Youth Centre, Harlington Way, Fleet GU51 4PB

Contact number to call (during opening hours only) 0774 111 7655

For more information visit www.facebook.com/sashasproject

[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/>

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 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

Mustard Seed Autism Trust

We are developing the Resources Hub on our website with tips from our Occupational Therapists, routine charts, communication boards, activities for autistic children, and well-being resources. All are free to download:

<https://mustardseedautism.co.uk/resources/>

If you have any specific resource needs please get in touch, we will be happy to help:
info@mustardseedautism.co.uk

Aspens Autism Charity – Autism Central project

Aspens autism charity are rolling out an NHS funded project called Autism Central (<https://www.autismcentral.org.uk/>) across the South East. It’s a free service (hurrah!) and we’d love for as many families as possible to access all the fab resources we have.

We can support families whether their child has a diagnosis of autism or not, many are still on the diagnosis pathway but just need some help in the interim. They can access support in the following ways:

Through the main Autism Central South East website here -

<https://www.autismcentral.org.uk/hubs/south-east-delivered-aspens>.

1:1 Appointments - can be booked using the online booking system here <https://autismcentralsoutheast.aspens.org.uk/bookings> which will put them in touch with one of the team. Or alternatively they can book a 1:1 session with Caroline Roope, the Hampshire Coordinator, who can give local advice and guidance, at caroline.roope@aspens.org.uk

Workshops and Events

Topics include Autism and ADHD, Meltdowns and Shutdowns, Neurodiversity, Autistic Traits and Difficulties attending Education – and lots more. Future topics will include early years, employability tips, benefits entitlements, looking at adult independence and overcoming barriers, wellbeing and

puberty and autism. These can be viewed and booked here
<https://autismcentralsoutheast.aspens.org.uk/group-sessions/>.

There are also online weekly drop ins called Need To Talk (details here
<https://www.autismcentral.org.uk/hubs/south-east-delivered-aspens>) which are run by trained peer educators who can share ideas, techniques, and their knowledge of caring for an autistic child.

Barnado's Hampshire Healthy Steps Programme

Hampshire Healthy Steps offers families with 2- to 12-year-olds, support through a 6-session group programme. The programme offers families support and advice on eating well, getting active, sleeping well, healthy teeth, my community, and more. All groups are designed to be fun and interactive and to encourage children to get involved.

We have venues/dates/times for courses Scheduled from January and require some support in sharing this offer directly with families with children 2-12 years old.

We have made it even easier for families to sign up via our Eventbrite page. Here is a link to where the next scheduled courses will be running [Find a Family Programme Near You](#)

Families can book a ticket via this link
[Hampshire Healthy Steps Events - 21 Upcoming Activities and Tickets | Eventbrite](#)

Hampshire Healthy Steps is very keen that professionals help spread the message about this programme. Please contact Charlotte.Kitley@hants.gov.uk for information about promotional messaging via email and social media.

Rushmoor & Hart School Nursing Service

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

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

In addition to this our Duty phone line remains open for advice and support and general queries: 02382 311 550 or you can email us at 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/>

Solent NHS Trust Sexual Health Services

HIV Testing Week 10-16th February 2025

Hampshire and Isle of Wight Healthcare NHS Foundation Trust (HIOW) Sexual Health and HIV Service (SHHS) are supporting the National annual campaign.

<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 College of Technology (FCoT)

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

Fleet Phoenix / Anxiety Unwound

Anxiety Unwound - Term Time Thursdays 4 - 5pm

Anxiety Unwound is for young people of secondary school age suffering with anxiety. You will learn what anxiety is, coping strategies, how to manage it and overcome fears.

We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an 8-week course.

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

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

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

Open Door Hook

Fleet Phoenix Open Door sessions take place at **The Club Room, Hook Community Centre, Ravenscroft, Hook, RG27 9NN** every Friday from 3pm - 6pm by appointment only.

Open Door Hook is a FREE open access, one to one support session for young people aged 15-25 years old, living in the Hart district who need advice, support, information, guidance, mentoring or just a listening ear (currently by appointment only). This is a FREE and confidential service.

Parent and family support is also available for those struggling to manage or just in need of some down to earth advice and support. We can advocate with other services, give parenting advice and guidance, housing support, debt and budgeting support, and advice and guidance for parents on any issues which are impacting on their child's life.

As a young person:

- Do you feel confused, upset, angry, concerned about things going on in your life?
- Need advice on your sexual or mental health?
- Are drugs and alcohol impacting on your life?
- Do you have problems at home or in school and feel like no one is listening?
- Do you need somewhere to live, or do you have problems where you live now?
- Do you need help to get a job, write a CV or support filling in a job application or just want to learn new skills?
- Have you been sent a form or letter you just don't understand?
- Are you in debt and just don't know how to start sorting it out?
- Are other services involved in your life and you need someone to make sure your voice is heard?
- OR do you just need a cup of tea and a chat?...anyone is welcome with any issue.

For more information, please visit our website [Youth Charity | Fleet Phoenix | Hampshire](#)

Hart Voluntary Action Counselling Services

Walk and Talk Counselling

We have expanded our Counselling provision to offer a **Walk and Talk Counselling Service**. The Service is for Adults aged 18+ in the Hart and Rushmoor Districts and is for people who struggle with anxiety, depression or other mental health concerns and would like to talk to someone.

Counselling sessions will take place in Edenbrook Country Park and are free of charge.

More information about the service and how to refer can be found here:

<https://www.hartvolaction.org.uk/counselling/walk-and-talk-counselling/>

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 can 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

Our Family Counselling Service is offered to families who live in Hart and Rushmoor.

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 and to complete a referral form please visit:

<https://www.hartvolaction.org.uk/family-counselling/>

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

Our drop-in service is exclusive to Wavell School students. Wavell have been kind enough to lend us an area in their school where we can support their pupils outside of school hours with their emotions and behaviour. We are currently running our stress programme which will end the week before half term and after half term we will be starting our communication programme, which is being supported by RBC. All pupils attending Wavell school are welcome to attend.

We are continuing to provide counselling, mentoring and behavioral support to secondary schools in Hart and Rushmoor. Our plumbing provision has been a hit in a number of schools. If you wish for more information, please don't hesitate to contact us.

TalkPlus

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

You can be seen for short term Counselling, Cognitive Behavioural Therapy (CBT), and Well-being support. As well as offering employment support, our experienced team 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

TalkPlus has several courses available, some due to start very soon, please share this information with your patients, colleagues and friends.

Dad's group:

Is with new dads in mind, but also other experienced dads with children under the age of 2 years. If you are struggling with anxiety, stress, low mood, or other struggles due to the new addition to the family, this is the place for you! We aim to provide a supportive environment. It is a good space for dads to ask questions, share tips, struggles and successes and to grow your support network. We welcome babies to the sessions, so childcare should not be an issue.

Any new dads who might be interested in our Group, please ask them to refer to TalkPlus: www.talkplus.org.uk and mention the dad's group on their referral. Next 2 courses running: 4th June 2025 and September 2025

Knowing Me Knowing you Course:

A six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing space to have special time with your baby. This course is for new mothers with babies under the age of 12 months, Living with a postcode within Hart and Rushmoor, Struggling with mild to moderate levels of low mood/anxiety.

Starting March 2025

Move to Improve:

Helps people engage in by overcoming barriers and finding motivation in physical activity and exercise. The course's format is 5 consecutive weeks in a supportive group environment, followed by a group review session 8 weeks later, starting Spring 2025.

Living Well Staying Well Course:

This course is designed for people who have a long-term health condition and want some support with managing their mood and anxiety around their physical health. The course is about understanding the link between physical health and emotional wellbeing.

Managing Low Mood and Anxiety:

The course runs over 4 weeks and with each module is an hour long. These are run either in person or online. The course is suitable for anybody who wants an introduction to CBT, to gain an understanding about general anxiety and depression, and is self-motivated to learn self-help

techniques to better manage their mood. There are opportunities to ask questions and join in with group tasks, although it is not a forum to share their personal experiences. We encourage participants to have their cameras on if they are attending online. Patients can attend the managing low mood and anxiety course following a referral to TalkPlus and after discussion for suitability at their initial assessment. The course is suitable for people experiencing mild to more severe levels of depression or general anxiety.

Next course starts: March 2025.

For further information about all the courses we run and how to self-refer, please visit:

www.talkplus.org.uk

ACUMIST EDUCATION - Mental Health and Wellbeing Support For Young People

- Are you worried about the mental health and wellbeing of a young person?
- Are they suffering from anxiety or depression?
- Are they are facing many challenging situations, and they don't have the skills to cope?
- Do you feel they are at risk of more severe mental health problems developing?
- Are they disengaged or lacking motivation?
- Do they present with challenging behaviour?
- Do you want to provide effective interventions to support them to develop strategies for resilience?

If any of the above concern you about a young person you know, **Coaching** can give the wellbeing and resilience strategies needed to empower them, improve their mental health and increase their coping strategies.

Contact me at: c.martinez@acumist.education Alternatively ring me on **07396 727452** to have a no obligation chat.

New 'Man Down' group in Fleet

Man Down UK is a non-profit organisation who provide informal peer-support talking groups all over the UK for men with mental health concerns. Together they want to end the stigma and reduce the number of male suicides. A new group has recently started in Fleet. It's free to attend – just turn up.

To attend: Location: Elvetham Heath Community Centre, The Key, Fleet GU51 1HA

Fortnightly on Thursday 7 - 9pm

Upcoming dates: Thursday February 20th, Thursday March 6th & 20th, Thursday April 3rd & 17th

To find out more, visit: www.mandown-cornwall.co.uk

Completely confidential and non-judgmental peer support in a male environment. Share or just listen – it's up to you. No pressure, no obligation.

Kind to Mind services

1:1 Talking Service

Kind To Mind offers 1:1 talking services for those wanting to improve their mental health. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

School and Workplace Wellbeing Training

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

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

www.kindtomind.org

Smokefree Hampshire – Smoking and vaping resources and services

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

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

Support includes

- 12 weeks one to one consultation with a specialist adviser.
- Free nicotine replacement such as patches or gum.
- Free Medications where appropriate.
- A voucher for a free vape to use as part of our quit programme (Over 18s only).

Text the words "I QUIT" to 66777 for your appointment and free quit kit."

[No Limits Events - 1 Upcoming Activities and Tickets | Eventbrite](#)

No Limits offer smoking and vaping prevention sessions for education settings, and other professionals working with young people. Please see the link to their Eventbrite page to keep an eye out for upcoming dates.

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

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

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

FREE Creative Arts and Dance projects in schools

RUSH Creative Collective, an Arts Council England funded initiative, are offering **FREE** performance and training opportunities for school and college students in dance, choreography, photography, film making and more. Projects funded to run March to May 2025.

To find out more please email Lena at rushcreativecollective@gmail.com

www.rushcreativecollective.com

Kala the Arts – Training and participation offer to Rushmoor schools

Holi Festival of colours workshops for schoolteachers and staff in South Asian Dance, theatre and visual arts for Primary Schools in Farnborough and Aldershot.

Kala The Arts is an Arts in education charity and a professional dance organisation based at Basingstoke College of Technology. working in the Borough of Rushmoor for the last 5 years. We are a national portfolio organisation of Arts Council England.

Currently Kala The Arts are offering all Infant, Junior and Primary head teachers in Rushmoor an opportunity for a free Holi festival twilight session South Asian Dance Theatre workshop.

The Twilight session is planned for **Thursday 27th February** 4.15/4.30-5.30 pm, and the venue will be museum's community room in Aldershot or community Centre. After the session, the schools will get a pack of plant based Holi colours, a CD music and instructions to activities and selected stories on Holi festival and visual arts sheets. Schools will be also given information sheets on Arts awards in case they are interested.

Kala The Arts has already led successful twilight sessions in Aldershot on Diwali light it up for teachers and assistants in 2023.

Please let us know by the 13th of February and we will book you a space with our artist leads. If you have any access needs, please inform us.

These are some of the areas we are working in and offering to schools: Summer and Autumn Term 2025 (deadline is 28th February 2025).

1. A Free workshop in South Asian Dance Theatre or visual arts – offered to one class of 30 -35 children open to year group 3 – 6. (This can be after school, in school time or part of Assembly). The workshop dates are 18th – 22nd May, or 2nd-5th June.
2. A Free open audition 18th- 22nd May for gifted and talented children year group 3 – 6 and then offering an opportunity to perform at Victoria Day Aldershot in June or with Kala The Arts International dance event. The Choreographers will train these children in school with suitable times as to the school and the company. They can also enrol for Arts Award courses like explorer. There is no cost involved.
3. A performance by the professional company in school assembly, book week or at events, but there is a cost associated for this. Dates are 10th -14th March, 5th – 15th May, and 24th – 26th June, and Autumn Term 6th October – 6th November excluding half term.

Please let us know if your school is interested by 28th February. If there are any further questions our contact number is 07725 838 419.

Rushmoor Healthy Living delivering free healthy eating workshops for Rushmoor schools

Statistics from Public Health Hampshire show that 24.8% of children are overweight or obese by reception age and 40.7% of children are overweight or obese by year 6. In fact, these levels are still rising and are a national problem.

Rushmoor Health Living has been awarded a small-scale grant to help this ongoing issue and have been delivering healthy eating sessions to uniformed groups locally, and now have a few slots available for schools in Rushmoor.

The sessions aim to cover several key healthy eating messages, in an interactive and fun way and can be adapted to cover any age group. The goal is to make healthy eating fun and accessible, encouraging the audience to feel confident in their choices and to start building lifelong habits.

I would be delighted to discuss availability for Spring 2025 with local schools. Contact - DJ Ghale, Project Officer, Rushmoor Healthy Living, Email: djghale@rhl.org.uk, Mobile: 07566712597.

Armed Forces Education Trust – Grants for Service children in Education

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

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Rushmoor Accessibility Action Group



RAAG, Rushmoor Accessibility Action Group, is a local group made up of local people in Rushmoor, creating a more accessible and inclusive: Farnborough, Aldershot and surrounding areas. We meet four times a year at Rushmoor Borough Council Offices and stay in touch with each other throughout the year. We: provide advice and awareness to individuals and organisations. We strive to make living, working, travelling, socialising and using local services more accessible and inclusive for everyone. We work closely with organisations including: Rushmoor Borough Council, Hampshire County Council, South West Trains, Great Western Trains and Stage Coach.

Our members are people with ‘lived experience’ disability. We are made up of: people living with disabilities, (children, young people and adults), relatives of people living with a disability, community groups and supporting organisations. If you are experiencing access and inclusion problems, or you are an individual or organisation who would like to help us in our work. Please contact: Sarahjane by e-mailing raagforall@gmail.com

Youth Club at The West End Centre, Aldershot!

Do you know young people aged 11-16 who want somewhere to hang out? A youth club is now open at The West End Centre, every Tuesday 5.30-8pm where local young people are welcome to

come along to hang out, play games, get something to eat and tell us the kind of youth club they want so they have a voice in the project's future.

A short membership form is needed for young people to attend – this can be filled out online here <https://forms.office.com/e/ZQq7v9T0qe> or when they come in-person.

This is a partnership project by Rushmoor Borough Council and The West End Centre – if you would like more info or promotional materials, please email jamie.beaton@rushmoor.gov.uk

The Source Young People's Charity – Winter Programme

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

Activity & Workshops Programme

Dates: Ongoing from Feb 2025

Age: 11 – 17 yrs

Weekly sessions for:

- Multisport sessions
- Bike Maintenance sessions
- Golf Sessions

February half – term sessions:

- Golf 'taster'
- Bike Maintenance 'taster'
- Dance 'taster'
- The 'Make + Share' wellbeing workshop

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

For further information:

Contact Ashree at ashree.green@thesourceforyou.co.uk

Visit our website at www.thesourceforyou.co.uk and **click** on the Workshops flyers for further details.

Counselling & Other programmes

On-going weekly sessions include:

- 1 to 1 Counselling / Therapy
- Anxiety workshops (5-week blocks)
 - For further information **Contact Rachel / Gia** at nolimits@thesourceforyou.co.uk
- Practical Mentoring programme
 - Bike Maintenance (at Bikestart).

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

General contact details

Address: The Source Young People's Charity, 2a Grosvenor Road, Aldershot GU11 1DP

Office phone number 01252 333330

Website: www.thesourceforyou.co.uk

The Prom Project - Making Year 11 Proms accessible for everyone.

First event of 2025 - 15th FEBRUARY 11am - 1 pm

We have a wonderful selection of great quality dresses and suits available to be borrowed for your prom!

If you find something you like, you'll be asked to pay a £50 deposit. Please bring a credit or debit card to make the payment. Outfits can then be returned to us after your prom when you will receive £30 of your deposit back, with the remaining £20 being used for cleaning and any repairs needed.

@Park Hall 258 Lower Farnham Road, Aldershot, GU11 3RB

Book your free ticket using the link below:

<https://emmausrd.churchsuite.com/events/zwg9it73>

Vision 4 Youth – Youth Services

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas. Term time, we have Six different youth clubs each week to meet the different needs of all the young people in the community, and during the holidays we run a HAF youth club targeting those who qualify for free school meals.

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescriber connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk 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.

Term Time Youth Clubs:

Youth Café - Mondays 7:30-9pm at St Barnabas Church, Darby Green GU17 0BT

A drop-in cafe aimed at age 11-25 year olds. Come along for support, advice or just use the space as a chill out area. Free snacks and optional activities such as board games.

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

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

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

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

Blackwater Youth Club - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT
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 11-17. FREE!

Thursday Club - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP
A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

Friday Night Club - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP
Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-17. FREE!

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

The Vine Church Hart

The Vine Church Hart runs three regular clubs for children and young people on a Friday during term time....
They are FREE & OPEN TO ALL, Just turn up....no need to book

Kids' Club for Yr R to Yr 4

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

Feb 28, March 21

Games, songs, drama, Bible stories, small group work, competitions, prizes and crafts

Adventurers for Yr 5 & 6

FORTNIGHTLY @Church Crookham Community Centre

Fridays 5.45-7.15pm

Feb 28, March 14, March 28

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

FYG (Friday Youth Group) for Yr 7 & 13

WEEKLY @Church Crookham Community Centre during termtime

Fridays 7.30-9.30pm

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

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

Police & Crime Commissioner's Youth Commission are recruiting new members!

The Hampshire & IOW Office of The Police & Crime Commissioner's Youth Commission are recruiting for new members! **APPLICATIONS NOW OPEN** - *Closing 28th February*

The Youth Commission is a diverse group of young people aged 14 to 25, from across Hampshire and the IOW, who represent the voice of young people on police and crime matters. They gather and represent the views of young people at a number of local and national strategic level meetings, attend events, create youth led campaigns and projects and help to shape policing in the area. Each year they hold The Big Conversation Survey, and they present these recommendations to the Police and Crime Commissioner, The Constabulary and other partners, to support positive change for young people.

[Youth Commission Recruitment. - Google Drive](#)

Please follow this link above, where you will find:

- The Youth Commission Report
- The Youth Commission Promotional video
- Recruitment posts for social media
- Recruitment poster

The link for the online application form is here: <https://survey.alchemer.eu/s3/90467325/Youth-Commission-member-application-2025>

This is a fantastic opportunity for young people to be heard.

Breakout Youth

Breakout Youth is a support service for young people aged 11 to 25 who identify as lesbian, gay, bisexual, transgender, questioning, or are unsure of their sexuality or gender. We offer free, weekly youth groups across Hampshire, led by trained youth workers, giving young people a safe space to meet other likeminded young people.

We offer the following support:

- In-person groups: Weekly group sessions in Andover, Basingstoke, Marchwood, New Milton, Southampton, and the Isle of Wight.
- Virtual group: Weekly pan-Hampshire online group for those who may have barriers in attending an in-person group.
- 1:1 support: 6-8 sessions of 1:1 support for young people who might need support around LGBTQ+ issues/topics

If you would like more information about how to refer someone to one of our groups, please email us at hello@breakoutyouth.org.uk

Breakout Youth also deliver bespoke training sessions for organisations across Hampshire. If your organisation is interested in learning more about best practice in supporting LGBTQ+ young people, please reach out. We can cover a range of topics to meet your need.

To find out more, please email breakout.training@breakoutyouth.org.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.

We know there is a growing crisis facing the mental health and well-being of our young people – and we are developing our services to further support this need. Last year we launched two new services Inclusion EB8 and Project Iris- Growing Hope, our suicide prevention programme.

Inclusion EB8 is a supportive employability hub offering the next steps into the workplace for young people over 18 with mental health conditions, neurodivergence 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.

Funded by the Government SPF and Hart District Council, the programme will also support Hart residents from 18-25 experiencing mental health challenges which are a barrier to employment. Our mental health support staff will work with them to access the service and find their personal next steps to employment. To find out more and refer to the service then please do email us at EB8@inclusioncollege.org.uk

Project Iris – is a suicide prevention programme supporting young people from 11-25 experiencing loneliness and isolation, suicidal ideation, thoughts and self-harm. The project combines sessions learning about and exploring mental health, developing strategies and scaffolding to support along with green therapies – such as 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 at either Basingstoke Mencap Greenfingers site or Equine support at Danny's Place.

The service is free to access, and we are now taking referrals from schools, colleges, GPs, 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

Children's Society 'Nexus' project in Hampshire – Young carers in armed forces families

The new Nexus project aims to improve support, resources, and access to services for **young carers within armed forces families**. They are looking for young people 8-18 to join a new group that will meet up (online and in person) with the potential for incentives, residentials and excursions, as well as professionals for free training and networking.

To find out more, visit: www.childrensociety.org.uk/information/young-people/well-being/services/nexus

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a Hart Voluntary Action (HVA) service offering support and respite 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.

Young carers have access to fortnightly, 2-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, as well as additional opportunities to attend day trips, residentials and school holiday activities. They are also able to participate in our Cook & Eat Programme, in which 2-3 young carers attend a cooking session where they help prepare a healthy meal from scratch for the whole group, and our Swimming Programme offering them regular swimming trips. Older members also have access to 1:1 support, a Duke of Edinburgh's Award Group and young leader programme which gives them a chance to get involved in running activities at our younger clubs. Community transport is available for those young carers without access to a vehicle and attendance free, and there is no charge for any of the food, drinks or activities provided.

We hold term-time club sessions every Tuesday (*Junior Group for 7-11 years, alternating between School Years 3-5 and 6*) and Wednesday (*Senior Group for 11-15 years, alternating between School Years 7/8 and 9/10*), and every other Thursday (*Young Adult Carers Group for 15-25 years*).

The 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 and self-esteem, develop new skills and cope with issues that affect their lives.

The young carers are also involved in shaping the service through feedback and a Young Carers Board, ensuring their needs are appropriately met.

We have a number of activities planned for the spring term, including internet safety workshops, karaoke and music challenges, pancake parties, making slime, and Easter parties for all our groups. [Rocksteady Foundation](#) have also very kindly agreed to deliver a free music workshop at our Junior School Years 3-5 Group session on 25th February.

In addition, thanks to a UKSPF grant from Rushmoor Borough Council we will be undertaking swimming trips with each of our groups to Hart Leisure Centre in Fleet. We are also delighted to say that we have been awarded a fully funded, 2-night residential for up to 24 young carers aged 11-18 years at UK Youth's [Avon Tyrrell Outdoor Activity Centre](#) in the New Forest in the February half term holiday. We are offering this trip to our Senior School Years 7/8 Group.

A young carer can be referred to the service by a member of their family, their school/college, or by a health/social care professional. They can also refer themselves. To find out more, please contact the Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689 or visit the HVA website to download a copy of the referral form.

Home-Start Hampshire

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

SUPPORT FOR FAMILIES

For Military families, we can offer weekly home visits by one of our volunteers to offer emotional and practical support tailored to your families’ needs.

GREAT NEWS! We have secured a further 2 years of funding for our Maternal mental health group at Aldershot Garrison Community Hub. The group 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 manging your mental health.

NEW! Mums Matter Group at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and feeling overwhelmed or anxious. The group is a safe space for Mums with their babies and young children to seek support and make friends. The group runs on a Wednesday from 10am – 11.30am.

Families can self-refer or via a professional such as Health visitor. Referrals for both groups or home visiting support for Military families 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 Home-Visiting 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

Step by Step – Launch programme

Aged 11-25 and looking for advice or support?

Launch is a free and confidential advice and wellbeing service from youth charity Step by Step. It can help on a range of issues, including housing, getting into work or education, accessing benefits, sexual health, substance misuse, food parcels, and wellbeing & mental health.

Whether you’re facing big challenges or day-to-day issues, we’re here to help. We offer face-to-face, telephone and online appointments.

Call: 01252 346104
Text: 07520 649977
Email: launch@stepbystep.org.uk
Website: stepbystep.org.uk/launch

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 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.


Yateley Industries Charity Variety Show, Friday 7th March


Join us for an uplifting evening of music, dance, and community spirit on Friday 7th March at our Variety Show supporting Yateley Industries for the Disabled.

We are hosting our Charity Variety Show at 7.30pm on Friday 7th March at Camberley Theatre, Knoll Road, Camberley, Surrey, GU15 3SY. Featuring performances from local talent it promises to be a fantastic evening!


 4 In A Bar - Sax Quartet

 Bruno Santino - opera and show songs

 Chance to Dance CIC - Disability Dance Group

 Manor Rocks - rock and pop classics

 Vox Choir - transforming lives through the magic of music

 Tickets cost £17.50 with a £2 discount for groups of 10 or more and are on sale via the Camberley Theatre website at <https://www.camberleytheatre.co.uk/events/yateley-industries-variety-show>

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>

Bridging the Gap Project - A project set out to support parent carers and young people with Mental Health transitions from child to adult services (ages 14-25 years).

Online sessions

7th Feb , 7-8pm - Mindfulness and meditation skills with a mental health mindfulness practitioner

11th Feb, 11.30am-1pm - IPSEA - maintaining and ceasing EHC plans post 16 , Decision making, Mental Capacity in Education,
 13th Feb, 7-8pm - Mindfulness and wellbeing with a mental health mindfulness practitioner
 24th Feb, 1-2pm - Sexual health , Solent Trust- Sexual Health Practitioner Post 16 - All Sexual Health concerns from Children to Adult and services available with Q&A
 25th Feb, 1-2pm - Information session with Sunshine support - Sunshine Support, 10 points you need to know about a EHCP and Q&A's with Sign posting for resources inc. Deputyship seminar
 26th Feb, 1-2pm - Information sessions with KOOTH - ith KOOTH - MH concerns and sign posting for young people where and how to get help with their MH during transitions
 27th Feb, 6-7pm - Send Employability- Post 16 Options .with a Hampshire County council Professional
 28th Feb, 7-8pm - Mindfulness and wellbeing with a mental health mindfulness practitioner
 All sessions can be booked here : <https://www.tickettailor.com/events/hpcn>

Get Togethers - Informal parent carer sessions , these are for parent carers of any disability diagnosed or undiagnosed , a chance to share experiences, discuss local issues and services and share a cuppa with other parent carers . Our facilitator will collate any information and prevalent topics to feed back to services .

6th Feb, 10am-12pm - **Fleet** - Fleet Town Football Club, Crookham Road Fleet Hampshire GU51 5FA

11th Feb, 10am-12pm - **Eastleigh** - St Francis Hall, Nightingale Avenue SO50 9JH

12th Feb, 10am-12pm - **Basingstoke** - The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ

25th Feb, 8-9pm - **Evening online** - zoom meeting ID: 890 6612 2644, Passcode: GT

28th Feb, 10am-12pm - **Alresford** - The Swan Hotel, 11 West Street, SO24 9AD - **SENDIASS**

attending to offer 1:1 advice and support

***No booking required for Get Togethers just turn up ***

Future in Mind project - Focusing on supporting parent carers to help promote positive mental health 0-25 years , whether the young person has a diagnosis or are on the waiting list with CAMHS.

13th Feb, 11-1 - **A session with Viv Dawes** (a number of books, including two books about autistic burnout.) - This workshop will focus on understanding and supporting your autistic child or teen in a neuro-affirming way. - Face to face session at : Hanger Farm Arts Centre, Aikman Ln, Totton, SO40 8FT

this session can be booked here : <https://www.tickettailor.com/events/hpcn>

Hampshire Learning in Libraries

Looking for something new to learn or do this spring?

Unlock Your Creativity Through Art at Yateley Library – Tuesdays, 25 February – 18 March, 10:00-12:00, FREE COURSE [Unlock Your Creativity Through Art - Yateley Library - Tuesday 25th Fe – Hampshire County Council Shop](#)

More Sewing for Happiness online – Wednesdays, 26 February – 26 March, 18:30-20:30, FREE COURSE [More Sewing for Happiness - Online course - Wednesday 26th February, 5 – Hampshire County Council Shop](#)

For parents and carers:

Thriving Together in the Early Years online – Mondays, 24 February – 31 March, 19:00-21:00, FREE COURSE [Thriving Together in the Early Years - Online course - Monday 24th Feb – Hampshire County Council Shop](#)

Introduction to Pediatric First Aid online – Mondays, 10 March – 31 March, 18:45-21:25, FREE COURSE [Introduction to Paediatric First Aid - Online course - Monday 10th, 17 – Hampshire County Council Shop](#)

And not forgetting all our other fabulous adult tailored learning courses in the Hart & Rushmoor areas, which can be viewed via our online shop. Many of these courses are free for Hampshire residents. We're always adding new courses and workshops, so do check back regularly and see what is coming up:

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

Alternatively, for more information, please email the Learning in Libraries team at: learninginlibraries@hants.gov.uk or telephone us on: 02392 232 957. We look forward to welcoming you on a course soon!

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

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

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

Squirrels

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

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

Beavers

Beaver Scouts are aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also can take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

Our regular meeting time for Beavers is a Monday evening 5.30pm – 6:30pm

Cubs

For Cubs, excitement and adventure are key. Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

Our regular meeting time for Cubs is a Monday evening 6:45pm – 8:00pm

Scouts

For Scouts (aged 10½ - 14), outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as computer skills, problem solving, map reading, camp cooking, and first aid. Rock climbing, archery, rifle shooting, pot holing, raft racing, photography, and caving are just some of the things our Scouts get up to.

Our regular meeting time for Scouts is a Thursday evening 7:00pm – 9:00pm

Explorers

Our Explorers are a go-getting group of young people aged 14 to 18, meeting weekly to try new things, make new friends, and conquer the small task of changing the world. Being an Explorer is all about discovering the world on your own terms and making the most of what you have, wherever and whoever you are.

Our regular meeting time for Explorers is a Friday evening 7:30pm – 9:30pm

St. Michael's Church, Aldershot – Regular activities

Regular activities at St. Michael's Church (120 Church Lane East, Aldershot, GU11 3SS) include:

Term-time Mondays 11am to 12:30pm: **PlaySense** - a Play group for children with special / additional needs, sensory toys and opportunity for parents to chat and support one another. Parents/carers are responsible for their children at all times. £1 per person. Tea, coffee, juice and biscuits available.

Term-time Tuesdays 9am to 11am: **Play Cafe** - Drop in with your babies and toddlers for informal play and a chat over a cuppa. Parents/carers are responsible for their children at all times. Adults and toddlers £1, babies 50p.

Wednesdays 10am: **Morning service** (traditional style) followed by tea, coffee and a Reflection Group at 11am primarily for seniors (we are currently looking at the book of Acts together).

Term-time Thursdays 8:30am to 12:00pm: **Drop-In Cafe and Warm Bank** - especially but not exclusively for parents from St. Michael's schools. Have tea, coffee, some baked goods and an opportunity to have a laugh and support one another. All welcome. No cost, donations only.

Every other Thursday 2pm - 4pm: **Woolgatherers** - a Knit and Natter group open to all who want to work on a craft project with new friends. All welcome. No cost. Please contact our secretary Jane at 01252 320 108 (Tuesdays to Friday mornings) to find out which week is 'on'.

Farnborough Rotary Club - Donkey Derby, 26th May

The **Farnborough Rotary Club** in cooperation with Rushmore Rotary Club are holding the annual Donkey Derby on **May 26th at the King George V Playing Fields in Farnborough**. There will be 6 races with a popular **Tote** organised for those wishing to experience the fun of placing a modest stake, a Fair ground and a large number stalls providing a wide range of fun activities. There will also be a number of stalls showing the activities of local charities in the area. A wide variety of tempting catering facilities and on-site parking are also provided.

This event has been running for a very long time and has built up a large number of enthusiastic supporters that come from far and wide each year to have a fun day out and the event is woven into the fabric of the local community.

The **Farnborough Rotary Club** support many organisations by providing volunteers to provide support and assistance to local schools, youth communities and other charitable organisations in the Farnborough area. If you would like to get involved in any of these valuable activities by volunteering to help with any of our fundraising events, please contact the club on 0300 772 7001.

SKILLS & TRAINING

All About Apprenticeships – Free Webinars for Parents/Carers

Fri 14th Feb, 5 – 6 pm

Book here: <https://all-about-apprenticeships.eventbrite.co.uk>

What exactly IS an apprenticeship? What are the different levels? How do you apply for one? How much can you earn? What are employers looking for in an ideal applicant?

Designed for parents/guardians, this virtual event will cover all there is to know about apprenticeships, cutting through the jargon and making it all simple and easy to understand.

Join Jack Hodgkins from Hampshire County Council's skills and employment team as he covers all the basics, from eligibility right through to how to apply. Jack will also guide you through a live application so you can better understand the process from beginning to end.

You will be able to ask questions and receive advice on how best to support your child.

Register now and secure your spot!

Employment Support for Armed Forces & Families

Pinnacle deliver free employability, money management and business mentoring programmes which are free to SP, Veterans, Reservists and their Spouses / Partners and their families.

So whether you are looking to change your job or find yourself out of work, we can support you to get that next role via our employability programmes.

If you are someone looking to start a business, or maybe you are a Veteran or Spouse / Partner with an existing business looking for support to grow your income and profits, we have business mentoring programmes where experienced Business Mentors will support you all the way.

All our programmes are delivered online via TEAMS

Email: psv@pinnaclegroup.co.uk

All of what we do is provided free of charge and is funded by the Pinnacle Group Social Value programme

For Individuals and Families

- **Exploration** – Intended for those who are unsure as to what their “ Next Steps” in their job career should be. We will explore all options based on preference, skills, passion, interests and experience
- **Employability** – Creating or improving an CV, creating a cover letter to become competitive within the current job market. Providing knowledge of interviewing styles and interview tips. How to search, register, upload documents to the major job boards and increase visibility to

employers. Building confidence, SMART job searching and ensuring job searching tools are best used for the job or career required.

- **Self- Employment** – Self-employment for some is a very daunting prospect. This offering is for those who wish to explore taking control of their own futures by becoming self-employed. We discuss the type of business structures, the requirements of dealing with HMRC and provide a fair balance of the risks of being self-employed
- **18 – 24 Career Support** – Primarily aimed at those aged between 18 and 24 years old who are currently not in Education, Employment or Training, this offering allows individuals to access support and guidance to increase confidence, recognition of aspiration and build for future personal and economic growth. Also open to those about to leave education looking for job support or who have aspirations of having their own business
- **Employability 50+** - For more experienced or mature individuals currently at a turning point in their working lives and perhaps are looking for a change in employment or perhaps start a small business
- **Lone Parent** – Providing support and understanding to a single parent who have additional barriers to work e.g. limitations around working hours, isolation, lack of self-confidence or limited childcare provision
- **Budgeting Matters** - A short programme of around 3 sessions where a Mentor works with families to support them understand and manage their household budget. Where necessary we will help them create a personal survival budget and help identify cost savings
- **Igniting Futures** – A programme aimed at young adults (18 – 24) brought up in a military family environment who would benefit from either employability support or have aspirations of being the next Richrd Branson!

Email: psv@pinnaclegroup.co.uk

Film Industry Skills Bootcamp – Runners

Ever dreamed of working in the film industry? This is your chance!

This free Skills Bootcamp runs over two weeks, delivered face-to-face at Farnborough International Studios. Led by industry experts, the training provides comprehensive knowledge and practical skills essential for becoming an effective runner in the screen industries.

Key topics include on-set etiquette, communication, health & safety, different equipment and kit on a production, legislation and regulation, sustainability, copyright, clearances and much more.

This immersive training is designed to prepare participants for the dynamic world of screen production, offering valuable insights into one of the most in-demand roles in the industry and support into employment at the end of the course.

- **Dates:** 3rd March - 14th March 2025
- **Location:** Farnborough International Studios - GU14 6FD
- **Apply Now:** <https://bit.ly/3Wrbtfd>
- **Cost:** FREE (Fully funded by UK Government)
- **Closing date for applications:** 17th Feb

Hampshire County Council - Free courses for adults

If you're looking to gain new skills or qualifications, improve your English, develop your skills to find work, increase your confidence, or improve your wellbeing, we have a course for you

Hampshire County Council's Adult Tailored Learning offers a range of courses both online and in-person, across the county. These courses are FREE if you meet the eligibility criteria. This includes residency status, being age 19 and over, being unemployed or earn below the earnings threshold.

Browse the courses and apply www.hants.gov.uk/adult-learning
If you have any questions, email us at adult.learning@hants.gov.uk

New Directions – support for unemployed young women

New Directions is a local project that helps unemployed young women (18-30) build a better future through FREE employability support and life skills development. The support is offered in and around Rushmoor, Hart and Camberley with a drop-in and workshop hub at the Aldershot Enterprise Centre in Aldershot.

The support we offer includes 1:1 guidance with hands-on employability support such as writing and updating CV's, drafting cover letters, applying online, and job interview practice. The 1:1 support includes a needs analysis and the development of an action plan. We also use the virtual reality platform Bodyswaps as a tool to prepare participants for a job interview. Our workshop programme is below:

Events Programme

All workshops for young women between 18-30, are in person and include coffee/tea and/or lunch and a raffle. Prizes include a money voucher or seasonal gift. Come and join us!

When?	What?
Thursday 13 February	10.00-11.00, Mindfulness , session 2, <i>Self-Compassion</i> – Managing emotions and overcoming negative self-talk 11.00-13.00, Self-employment , something for you?
Thursday 27 February	11.00-13.00 Nutrition and well-being , Learn about managing an affordable healthy lifestyle: compare affordable food swaps, identify surprising sugar facts.
Thursday 6 March	10.00-11.00: Mindfulness , session 3, <i>Staying Present</i> – Mindfulness in daily tasks and communication.
Thursday 20 March	10.00-11.00: Mindfulness , session 4, <i>Building Resilience</i> – Gratitude, intentions, and long-term tools. 11.00-13.00 Using Social Media to get that Job! Learn how to use Social Media to your full advantage when job hunting. Tips, tricks and some good advice

Bookings

Eligibility rules apply.

For bookings, our 1:1 employability support and additional courses – check out the events page on our website www.joinnewdirections.org/events or phone or text Angela on 07934 130666.

Where?

New Directions Hub @ Aldershot Enterprise Centre, 14-40 Victoria Road, Aldershot GU11 1TQ – close to the railway station and local job centre. There is a free car park at the back of the building to the building (please register your number plate at reception when you arrive). We will meet you in reception.

To secure your place at our workshops, you can book via Eventbrite or just let Angela or Henriette know that you would like to attend as there are limited spaces available. Lunch is provided at our events, please let us know beforehand if you have any dietary requirements.

** based within a 10-mile radius of Aldershot? Talk to us about having your travel costs refunded.*

Rushmoor Healthy Living – Emergency first aid at work training

Are you self-employed or work for a small business?
Do you need a First Aid training course that fits around the school run?

Local charity Rushmoor Healthy Living offer accredited ‘Emergency First Aid at Work’ training courses.

We are offering the course at the low cost of just £85.50 per booking for this bulletin’s readers using the discount code ‘Families bulletin 10%’.

2025 courses, please see below:

- Monday 3rd March 9.30 - 4.30 pm
- Saturday 24th May 9.30 - 4.30 pm
- Monday 6th & 13th October 9.30 – 1:00 pm

For further information visit [Rushmoor Healthy Living: RHL: First Aid Courses](https://www.rushmoorhealthy.org.uk/classes) or email classes@rhl.org.uk

To book:

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

AT QUESTION 6, PLEASE ENTER ‘Families bulletin 10 %’

British Sign Language course

British Sign Language course starting at the CSSEF Wellbeing Hub in Aldershot in Feb 2025.

Aldershot - British Sign Language Level 1 - Thursdays 7-9pm - STARTS 27th February 2025, ends October 2025

To book your space or for further details, please click [Level 1 Award in British Sign Language | Sign for Thoughts | Established 2007 | BSL Training in the South East, South West and London](#)

FUNDING & GRANTS CURRENTLY AVAILABLE

Grants from Rushmoor Borough Council

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

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

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).

Sport England Movement Fund

The Movement Fund offers crowdfunding pledges, grants up to £15,000 and resources to improve physical activity opportunities for the people and communities who need it the most. It is open to sports clubs, charities, schools, Community Benefit Societies and not-for-profit companies. Funding can be used for a wide range of things from equipment, upgrading facilities, staff training and class costs.

For full details of eligibility and how to apply:

[Funding guidance | Sport England](#)

SNG Thriving Communities Fund

Grants from £1,000 up to £5,000 for initiatives and projects that actively support SNG communities across a broad range of themes, particularly those focusing on youth, health and well-being, ageing-well, social inclusion and isolation, environment & place, customer voice, employment support, food insecurity, digital inclusion and skills, money matters and debt advice.

To apply for this fund, you must be a local not-for-profit group, community organisation, or registered charity. For more details: [Thriving Communities Fund - Guidance notes | SNG](#)

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 April

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