



www.rushmoorschoolsplus.org

e-Newsletter – December 2018

Welcome to the 65th Rushmoor Schools Plus e-Newsletter, with contributions from many organisations working to support local children, young people and families. As ever, we suggest you select the bits of information that are relevant to your own organisation and share these with the people you work with.

MERRY CHRISTMAS AND A HAPPY AND HEALTHY 2019 TO EVERYONE WORKING WITH AND SUPPORTING CHILDREN, PARENTS AND FAMILIES IN RUSHMOOR & HART

The next Rushmoor Schools Plus e-Newsletter will be available in the week beginning 6th February 2019. If you want anything included, please send information to Tony McGovern at tony.mcgovern@rushmoor.gov.uk

Rushmoor Schools Plus

Each month there are still about 7,000 unique visitors to our website www.rushmoorschoolsplus.org, indicating that our signposting service is the best you can find for what's on and for local and national information for children and families. Please signpost to it from your own communications, newsletters, websites, etc., so that collectively we can make sure that information reaches the audience it's intended for.

WHAT'S ON IN RUSHMOOR

Rushmoor Borough Council Christmas Events in Aldershot and Farnborough

15TH DECEMBER, 10am-3pm – ALDERSHOT NATIVITY LIVE!

Led by Aldershot Community Together volunteer group.

At 11am and 1pm, locations across Aldershot Town Centre will be transformed for a creative re-telling of the nativity story involving local volunteer actors and musicians. Follow Mary on her journey to Bethlehem and meet shepherds, innkeepers and wise men along the way! Visitors can sing along with brass bands and enjoy cosy hot drinks with the Karuna Coffee team throughout the day and we encourage dressing up!

19TH DECEMBER, 6.30-7.15pm – NORTH TOWN CAROL CONCERT

Get into the seasonal spirit in North Town this Christmas. There's sing-a-long carols with Cactus Brass, free hot drinks and mince pies, free children's crafts and a visit from Santa!

22ND DECEMBER, 5.30-7pm – CAROLS ON THE BANDSTAND

Local choirs and performers will be spreading Christmas cheer during Aldershot's magical Carols on the Bandstand concert, featuring a host of seasonal songs, free hot drinks and refreshments.

Alderwood Leisure Holiday Playscheme

Alderwood Leisure, Tongham Road, Aldershot, GU12 4AS

There is no Holiday Playscheme at Alderwood Leisure this December. Back to normal for the February half-term!
Email, alderwood.leisure@rushmoor.gov.uk, or telephone 01252 344 438 for more details.

Princes Hall

Princes Hall, Princes Way, Aldershot, GU11 1NX. Box office: 01252 329 155

Beauty and the Beast - An action packed pantomime that's fun for all the family Friday 7th to Monday 31st December 2018

Be our guest as we follow Belle, a beautiful young woman, and the Beast, a handsome prince who has been placed under an evil spell. If the Beast can learn to love and be loved in return, the spell will be broken and he will return to his true self. But time is running out...

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

<https://www.princeshall.com/event/59201/beauty-and-the-beast>

Junior Activities at Farnborough Leisure Centre and Aldershot Pools

Farnborough Leisure Centre

Westmead, Farnborough GU14 7LD. Telephone 01252 370411. Website www.farnboroughleisurecentre.co.uk.

Join in the fun with our **fantastic new pool inflatable sessions** during the Christmas holidays.
Sessions on Thursday 27th & Friday 28th December and Wednesday 2nd, Thursday 3rd & Friday 4th January from 2:30pm – 3:30pm.

Spaces are limited, pre-book to avoid disappointment!

Call 01252 370411 to book or visit www.farnboroughleisurecentre.co.uk

Swim for £1 in the school holidays

For 16 years and under, swim for just £1 during Hampshire school holidays.

Visit the website for details.

Family Fun Splash Times

Family Fun Sessions with floats.

11.00am–12.00pm and 2.00pm–3.00pm on selected days during the Christmas holidays*.

Call 01252 370411 or visit www.farnboroughleisurecentre.co.uk for fun session times.

Children Under 8 Swim FREE – one under 8 free with every full paying adult.

Adventure Reef Soft Play

The soft play centre has an underwater theme. For children under 12 years. Under 5's area with a mini ball pond, wavy slide and soft toy fun. Over 5's area with wavy slides, ball ponds, twisty swings and rope climbs. Height restrictions apply. Socks must be worn and children under 8 must be supervised by an adult at all times.

Junior Gym

11–16 year olds can use the gym between 10.00am– 11.00am and 2.00pm - 3.00pm every day* during Hampshire school holidays.

An induction session is required. Junior Gym session £5.00, Induction Session £17.00.

Crèche

The fully supervised crèche at Farnborough Leisure Centre is for children aged 8 weeks to 5 years 11 months while you use their facilities.

Please note the Crèche will be closed from Friday 21st December to Wednesday 2nd January.

Please call 01252 370411 or visit the website for the Centre's opening times or more information.

Holiday fun at Farnborough Bowl

Look out for Holiday Bowling Deals. Call 01252 554046 for more information or visit www.farnboroughbowl.co.uk

*Please visit www.farnboroughleisurecentre.co.uk or call 01252 370411 for Session times and full Holiday Opening Times. Farnborough Leisure Centre is closed on Christmas Day, Boxing Day & New Years Day

Aldershot Pools

Guildford Road, Aldershot GU12 4BP. Telephone 01252 323482. Website www.aldershotpoolscomplex.co.uk.

Swim for £1 in the school holidays

For 16 years and under, swim for just £1 during Hampshire school holidays.

Visit the website for details.

Family Splash Times

Family Fun Sessions with floats.

3.00pm-4.00pm on selected days during the Christmas Holidays*.

Call 01252 323482 or visit the website for fun session times.

Junior Gym

11–16 year olds can use the gym between 10.00am – 2.00pm on Monday, Wednesday, Thursday and Saturdays during Hampshire school holidays*.

An induction session is required. Junior Gym session £5.00, Induction Session £17.00.

*Please visit www.aldershotpoolscomplex.co.uk or call 01252 323 482 for Session times and full Holiday Opening Times. Aldershot Pools is closed on Christmas Day, Boxing Day and New Years Day

Free Swimming for the Disabled - funded by Rushmoor Borough Council

Every Sunday from 12 noon to 2.00pm at Farnborough Leisure Centre.

Swimmers are required to go to the reception desk to collect a swimming tag before going to the pool.

Accompanying helpers also have free entry.

Swimmers needing to use a hoist are required to contact the swimming pool in advance on 01252 370 411.

Alpine Snowsports – October 2018 Half Term Holiday Activities

Gallwey Road, Aldershot GU11 2DD. Website for dates and details of various Ski camp dates and holiday activities is <http://activenation.org.uk/venues/alpine-snowsports-centre-aldershot/school-holidays/>

Email bookings@alpinesnowsports.co.uk Please call to pre-book on **01252 325 889**.

We will be running a number of daytime **Ski** and **Snowboard** courses as well as one Adventure Fun day over the Christmas period. These courses are available to anyone 8 and over including adults. Each level is 90 minutes in duration. Advanced booking is required

Book **one** Level: Juniors (up to16) £24 / Adult £32

Book **all four** Levels: Junior (up to16) £86.25 / Adult £115

Ski Levels:

Level 1- Complete beginner

Level 2- Developing snow ploughing /use of ski lift

Level 3- Improving ploughing and intro to plough turns

Level 4- Improving plough turning

Snowboard Levels:

- Level 1- Complete beginner
- Level 2- Heel edge sideslip & use of lift
- Level 3- Toe edge sideslip
- Level 4- Heel and toe falling leaf

£40 – Adventure Fun day (8-16 years). 09.30 – 17.00 (drop off from 09.00), these camps are a full day of fun filled action! Throughout the day you will experience the thrill of Skiing, Snowboarding, X-Bobs Toboggans, Donutting and team games. For all abilities from beginner onwards, these camps are a great way to keep children active. Bring gloves and a packed lunch. **Thursday 3rd January 2019**

Practice Sessions Open every day so once you have the basics, come along and practice what you have learnt! Buy a 30-day pass for £31 juniors & £41 adults. This includes all the equipment and gives almost unlimited practice use of the slopes. Terms and conditions apply.

To book call **01252 325889** anytime 10.00am – 8.30pm Monday to Friday and 10.30am – 5.30pm on weekends.

Runway’s End Outdoor Centre Action Adventure days / Santa Scramble

1 Forge Lane, Aldershot, GU11 2RE

Santa Scramble

Enjoy an epic Christmas adventure at Runway’s End Outdoor Centre

Saturdays 8th and 15th December 2018 | 11am – 4.30pm (last entry 3.30pm)

Help! Santa needs you! Go on an epic adventure to save Christmas at Runway’s End Outdoor Centre. Complete each daring activity including climbing, archery and orienteering to win a letter of the secret word. Then, unscramble the letters to reveal the secret password, and unlock the door to Santa and his presents! Finish off with a visit to see Santa and receive a gift.

£14.95 per child (includes visit to see Santa and gift).

Advanced booking is essential. Suitable for children aged 6 to 12 years old. All children must be accompanied by an adult. To book, please visit www.hants.gov.uk/runwaysend

The Santa Scramble activity lasts approx. 1 hour. There will be free festive craft activities and the opportunity to purchase seasonal refreshments. Please therefore allow two hours for your visit.

Rushmoor Gymnastics Academy

Last session will be Friday 21st December 2018

Re-open Monday 7th January 2019

They are expecting Father Christmas to make a surprise visit some time before they close!

Regular times: MON-FRI 9:30-10:30am and 1:30-2:30pm

Strictly ages 5 and under only.

Royal Army Physical Training Corps (RAPTC) Museum

Visit the Army School of Physical Training to find out about the instructors who train the British Army to be fit to fight. See the uniforms, medals, trophies and equipment used by the Corps, with puzzles, trails and dressing up activities for kids.

Free entry, open Monday-Friday 10am-4pm.

Fox Lines, Queen’s Avenue, Aldershot, Hants, GU112LB.

01252 787852, Eli.Dawson103@mod.gov.uk

www.RAPTCMuseum.co.uk

West End Centre – Classes 2019

Workshop	Cost	Date	Start Time	End Time
Vision Board	£16.50	08/01/2019	7:00pm	09:30PM
Meditation	£5.00	19/01/2019	10:30am	12:30pm

Class	Cost	Start Date	End Date	Start Time	End Time
English for Speakers of Other Languages	Free	07/01/2019	01/04/2019	10:15AM	12:15PM
Improvers Ukulele	£60.00	07/01/2019	01/04/2019	6:30PM	8:00PM
Get Plucky	£74.00	07/01/2019	01/04/2019	8:00PM	10:00PM
Paint Your 'Art Out	£134.00	08/01/2019	02/04/2019	10:30AM	12:30PM
Choir £5 & £3 weekly price	£60.00	08/01/2019	02/04/2019	7:30PM	9:00PM
Adult Drama	£84.00	08/01/2019	02/04/2019	8:15PM	10:15PM
Pottery (Tues)	£156.00	08/01/2019	02/04/2019	7:00PM	9:30PM
Pottery (Thurs AM)	£144.00	10/01/2019	04/04/2019	10:30AM	12:30PM
Pottery (Thurs PM)	£144.00	10/01/2019	04/04/2019	7:00PM	9:00PM
<i>Pottery (Fri AM)</i>	<i>£144.00</i>	<i>11/01/2019</i>	<i>05/04/2019</i>	<i>10:30AM</i>	<i>12:30PM</i>
Stained Glass (Tues PM)	£157.00	08/01/2019	02/04/2019	7:00PM	9:00PM
Stained Glass (Wed AM)	£157.00	09/01/2019	03/04/2019	10:30AM	12:30PM
Basic Computer Skills	Free	11/01/2019	05/04/2019	9:30PM	11:30PM
Life Drawing	£134.00	10/01/2019	03/04/2019	7:00PM	9:00PM
Drawing Room	£134.00	10/01/2019	04/04/2019	10:00AM	12:00PM
Silver Jewellery (Thurs)	£150.00	10/01/2019	04/04/2019	7:15PM	9:15PM
Silver Jewellery (Fri)	£150.00	11/01/2019	05/04/2019	10:30AM	12:30PM
Youth Theatre (8-12)	£54.00	07/01/2019	01/04/2019	5:00PM	6:30PM
Youth Theatre (12-14)	£78.00	08/01/2019	02/04/2019	6:00PM	8:00PM
Youth Theatre (14-19)	£78.00	07/01/2019	01/04/2019	7:00PM	9:00PM
Beginners English for Nepali	Free	11/01/2019	05/04/2019	11:30AM	1:30PM
Crafty Culture	Free	07/01/2019	01/04/2019	1:00PM	3:00PM
Meditation	£5.00	16/02/2019	10:30am	12:30pm	
Meditation	£5.00	09/03/2019	10:30am	12:30pm	
Drink and Draw	£15.00	18/01/2019	7:00PM	9:00PM	
Drink and Draw	£15.00	15/02/2019	7:00PM	9:00PM	
Drink and Draw	£15.00	08/03/2019	7:00PM	9:00PM	
Drink and Draw	£15.00	29/03/2019	7:00PM	9:00PM	
Craftfulness-rekindling your creative self	£20.00	15/03/2019	7:00PM	10:00PM	
Intro to Stained Glass	£60.00	26/01/2019	10:30AM	4:30PM	
Intro to Pottery	£60.00	09/02/2019	10:30AM	4:30PM	
Fused Glass	£36.00	19/01/2019	10:30AM	1:30PM	
Silver	£70.00	12/01/2019	10:30AM	4:30PM	
Silver	£70.00	16/03/2019	10:30AM	4:30PM	
Modern Calligraphy	£26.00	26/01/2019	1:30AM	4:30PM	
Modern Calligraphy	£26.00	16/03/2019	10:30AM	01:30PM	
Japanese Calligraphy	£26.00	09/03/2019	01:30PM	4:30PM	
Mend. Patch	£35.00	02/02/2019	10:30AM	1:30PM	
Applique Shopping Bag	£35.00	23/03/2019	10:30AM	1:30PM	

Collage Workshop	£26.00	02/03/2019	10:30AM	1:30PM
Portrait Drawing Workshop	£26.00	09/02/2019	10:30AM	1:30PM
Beginners Ukulele	£42.00	02/02/2019 09/02/2019	10:30AM	12:30PM
Coffee Roasting	£60.00	26/01/2019	10:00AM	13:00PM
Barista Training	£65.00	16/02/2019	10:30AM	14:30PM
Home Brewing	£26.00	23/03/2019	10:30AM	12:30PM
Sewing Cafe	Free	11/01/2019	10:30AM	12:30PM
Sewing Cafe	Free	08/02/2019	10:30AM	12:30PM
Sewing Cafe	Free	01/03/2019	10:30AM	12:30PM
Sewing Cafe	Free	29/03/2019	10:30AM	12:30PM

West End Centre Family Workshops

Workshop	Cost	Date	Start Time	End Time
Family Pottery	£4.00	19/01/2019	10:30	12:30
Hula Hoop	£4.00	09/02/2019	10:30	11:30
Family Pottery	£4.00	23/03/2019	10:30	12:30

For more information or to book please visit <https://www.westendcentre.co.uk/> or alternatively call the box office on: 01252 408040

Crowdfunder – Karina Fraser

This coming Spring West End Centre staff member and Rushmoor artist Karina Fraser will be trekking her way round the Annapurna Circuit in Nepal - a strenuous 100+ miles at heights of 5500m.

To help her on her way she is asking for pledges of support to not only fund the journey, but to raise funds for art provision within the borough through local music charity **Forward 4 Wiz Trust** and Aldershot's legendary **West End Centre**. In return you will receive a very special artwork from the journey, bringing a little bit of Nepal into your living room. You can also join every step of her journey as she will be blogging the whole thing across her website and social media.

Join the journey www.crowdfunder.co.uk/Karina-Fraser

Fins Swimming Club – February Half Term Crash Courses

Kings International College, Camberley

One to One Swimming Lessons

Monday to Friday 5 x 30 minute lessons = £100
For all swimming levels including adults, children and babies

Group Intensive Lessons

Monday to Friday
For children in Ducklings 3 up to Stage 4 – age 4 and above
Low cost teacher training sessions 5 x 30 minutes – just £15! 5 x 1 hour – just £25!

Group Stroke Technique Lessons

Monday to Thursday
For swimming stages 4-7
Low cost teacher training sessions £5 per hour (2 X 30 minutes) – Buy 3 Get One Free!

www.FinsSwimmingClub.org

office@FinsSwimmingClub.org

Telephone - 07939 655 420

NEWS FROM AND FOR RUSHMOOR SCHOOLS & COLLEGES

Farnborough College of Technology

Upcoming Open Events

Visit an open event to discuss your options with tutors, explore the College's dynamic teaching facilities, find out about help with the costs of studying, and apply on the evening. Visitors to Open Events can preregister at www.farn-ct.ac.uk/events or simply arrive on the day.

Wednesday 27th February 2019, 4-7.30pm

Prospective students can visit Farnborough College of Technology to discover their wide range of:

- A Levels
- BTEC Technical Courses
- Vocational Courses
- Apprenticeships
- University Centre Farnborough Degrees

Farnborough College of Technology, Boundary Road, Farnborough GU14 6SB (free parking on-site)

Construction: Wednesday 6th March 2019, 4-7.30pm

Students interested in studying Bricklaying, Carpentry, Electrical Installation or Plumbing can visit Aldershot College. Aldershot College, 2 Holder Road, Aldershot, GU12 4PQ (free parking on-site)

Students Say YES to NCS

Around 300 students at Farnborough College of Technology took part in the exciting and challenging National Citizen Service (NCS) scheme this term. As part of the scheme, students visited the Ultimate Adventure Centre in North Devon, where they had a go at surfing, archery, raft building, 'The Ultimate Assault Course' and more. After the trip, students took part in a number of fundraising activities, from a Macmillan Coffee Morning to a sponsored weightlifting challenge. Over £1700 was raised for the charities Help for Heroes, Macmillan Cancer Support, and Children in Need. Students also gathered food and toiletry donations for Step by Step and the Farnborough Food Bank. To celebrate their hard work and achievements, students graduated at the Anvil Theatre, Basingstoke in November. As well as receiving their certificates, they looked back on all the fun activities they have been involved in, and opportunities available to them in the future.

Media Students Win Regional Filmmaking Award

Six talented media students from the College have received the award for 'Best Cinematography' in the 2018 College Filmmaking Challenge. The College Filmmaking Challenge is a competition for college students studying A Levels or a BTEC Level 3 course. The competition takes place during Southampton Film Week, where the winning entries are screened to viewers. For this year's competition, students were required to produce a short film based on the title "A Soft Touch". Each entry also had to include the dialogue "I thought it was for everyone". Level 3 Creative Media students, Lucas and Toby from Farnham, Shannon from Fleet, Emma from Bagshot, and Katie and Teodora from Farnborough, submitted a group entry to the competition and received the award for 'Best Cinematography'. Their winning entry, 'A Soft Touch – Featuring Travel' can be viewed at www.farn-ct.ac.uk.

Mustard Seed Autism Trust – Primary School Staff Workshop, 8th March 2019

Mustard Seed Autism Trust will be running a workshop for primary school staff on 'Autism and Anxiety' at Frimhurst Family House on Friday 8th March, from 12.30-2.30pm.

Please contact Mustard Seed Autism Trust for more details and booking form:

info@mustardseedautism.co.uk

CMPP – Give & Get Days

Is your school in need of a revamp? Need a helping hand with an overdue garden or classroom project? CMPP is here to help!

Apply for a G&G day today! Simple tell CMPP what you need and they will do their best to match you up with a company who have the skills to complete your project. Volunteer field teams will range from 5-25 employee volunteers (and can be both skilled and non-skilled, depending on the project in question).

If needed, CMPP are also able to offer £500 for resources or materials needed for your idea. All applications received will be emailed to the Partners of CMPP for consideration. They cannot guarantee that your project will be sourced but they will try to get you as much support as possible.

For more information please contact jgrant@cmpp.org.uk or to apply for a G&G day:

<http://cmpp.org.uk/contact/givegetday>

CMPP Support for Schools and Colleges

CMPP are always looking to support local schools and colleges with careers events and days. Please email Jenna Grant (jgrant@cmpp.org.uk) a list of your upcoming careers, events and talks (including dates, times and age range of students) if you would like any assistance organising for local businesses to come in and support your day.

For more information please contact jgrant@cmpp.org.uk or visit our website, www.cmpp.org.uk.

Serco Recycling Projects and Serco Commercial Services for Rushmoor Schools

In August 2017, Serco was appointed as Rushmoor Borough Council's Waste and Recycling Contractor.

Under the Partnership Serco have developed a whole programme of lessons, assemblies, hands-on experiments and interactive outdoor sessions available to pupils, as well as a whole range of Commercial Services for the school. They can tailor recycling information to your needs, often for Primary Schools (KS1 and KS2) they bring a recycling vehicle into the school playground, encouraging children to look around the vehicle and ask questions, which is highly effective. This is usually run alongside a Recycling Poster Competition.

Serco would like to visit schools in the borough at no cost to schools to discuss educational resources available and talk to you about the commercial services they can offer you.

They can provide:

- Waste and Recycling Collections
- Landscape Services (sports pitch maintenance, grass-cutting, line painting, horticulture and arboriculture)
- Play Area Services (redesign, refurbishment, design, construction, supply, installation, inspection and maintenance)
- Cleansing (sweeping, weed control, bin washing and pressure washing)

For **Educational Resources** - details are available from Robert Noble, Rushmoor Contract Manager, at robert.noble@serco.com

To discuss your **Commercial Service** requirements please contact Jim Meehan, Commercial Manager (Rushmoor), at james.meehan@serco.com

Serco can adapt the educational information and commercial services to the needs of individual schools, as well as uniformed organisations, youth groups, Residents associations, etc.

WHAT'S ON BEYOND RUSHMOOR

Anvil Arts Basingstoke

01256 844244 | www.anvilarts.org.uk

SNOW WHITE AND THE SEVEN DWARFS

13 Dec – 6 Jan | The Anvil

Join the Wicked Queen, handsome Prince, seven mischievous dwarfs, and of course, Snow White herself, for festive fun packed full of glittering costumes, sumptuous sets, catchy songs and heaps of audience participation.

£28, £27, £24, £19 (includes £2 booking fee). Over 65s £2 off, under 16s & f/t students £3 off.* Schools and Group rates available on selected performances. Concessions not available

22-27 Dec (except under 16s)

We also offer a relaxed performance (Wed 2 Jan, 4pm)

Visit anvilarts.org.uk/snow-white-rp to read more about what a relaxed performance means.

£10 (includes £2 booking fee). Infant in Arms ticket available (call 01256 844244 to book). Please contact the box office on 01256 844244 to book tickets for this relaxed performance.

ROOM ON THE BROOM – LIVE ON STAGE

7 – 10 Feb, 1.30pm

Fri, Sat & Sun 10.30am | The Haymarket

Join the witch and her cat on their mission to defeat the dragon in **Tall Stories'** magical, musical adaptation of the picture book by **Julia Donaldson** and **Axel Scheffler**. The witch and her cat are flying happily on their broomstick when they pick up a friendly dog, a beautiful green bird and a frantic frog. But this broomstick's not meant for five and – "CRACK" - it snaps in two... just as the hungry dragon appears!

Tickets: £14.50 (includes £2 booking fee). Group and school rates available.

Suitable for: ages 3 and over

BEN & HOLLY'S LITTLE KINGDOM: LIVE ON STAGE!

19 – 20 Feb, 4pm

Wed 10am & 1pm | The Anvil

Join Ben and Holly, and their friends on this exciting, enchanting and magical musical adventure packed full of games, songs and laughter. This beautiful story of elves, princesses and childhood innocence will delight all the family!

£18; Under 16s £16 (includes £2 booking fee)

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

You First North Hampshire Domestic Violence and Abuse Service

You First North Hampshire Domestic Violence and Abuse Service provides practical and emotional one to one support to children and young people ages 7 - 17 who are experiencing DVA in their homes and within their own relationships.

They also work in partnership with Operation Encompass and can provide free DVA awareness sessions to both Primary and Secondary school staff.

For more info or to make a referral contact the Single Point of Contact 0330 0165 112 option 3.

Wellesley Update

The latest issue of the Wellesley Times is available to view here: www.wellesleyhampshire.co.uk/about/downloads

The community on site is growing rapidly, with over 250 homes now occupied and new residents moving in regularly. CALA Homes and Barratt David Wilson Homes have both started work on their own phases, delivering their first houses and apartments in Spring 2019. The private rental homes delivered by Grainger Plc at Gunhill are nearly complete and pet-friendly, with the first residents and their four-legged friends expected to move in early next year. The next phase of the development will be the Cambridge Military Hospital, which will take several years to complete. For more information on the development and homes available, please visit: www.wellesleyhampshire.co.uk

The Fleet Beekeepers have a training apiary set up on site & produce fantastic [Wellesley](#) honey. You can pop in and buy some from the Smith Dorrien building on Queens Ave for a donation (recommended £5), all of which goes to local charities.

Festive Wreath Making in the Wellesley Woodlands

Weds 19 Dec, 10:30am - 1pm, FREE

Book tickets: <https://www.eventbrite.co.uk/e/wellesley-woodlands-wreath-event-tickets-52870327573?aff=ebdssbdestsearch>

Based at the Wellington Statue, just off Claycart Road, Aldershot. The Blackwater Valley Rangers are providing wreaths and all the material to weave with to create a fresh, vibrant wreath to hang on your door, just in time for Christmas.

If you have your own wreath you'd like to decorate, or materials you'd like to use, you're very welcome to bring them along. Please wrap up warm as we will be outside. Children welcome but if your child wishes to make their own wreath they will need their own ticket as a set number of wreaths are being provided this year as demand has increased. If your child would like to decorate a polystyrene ring instead of weaving, please email blackwater.valley@hants.gov.uk, so this can be provided. (These rings are easier for small children to do) Drop in any time during the event, no set time slots.

For any enquiries: Blackwater.valley@hants.gov.uk / 01252 331 353

Wellesley Community Rooms

Whether you are looking for a meeting room, somewhere to hold an art class or a hall for your child's birthday party, the Wellesley Community Rooms could be just what you're after. Based off of Maida Road (GU11 2FA) opposite the Garrison Garage.

Offering two meeting rooms and small hall (up to 80 people) for hire, we are open Monday to Saturday (and Sunday by special arrangement) 9am – 10pm. Hire fee is an hourly rate of £15 inc VAT, payable in advance. The Community Rooms has its own car park to the front of the building with 30 dedicated car parking spaces. For more information and to download a booking form, please visit:

www.wellesleyhampshire.co.uk/explore/community/communityrooms

Hart & Rushmoor Family Support Service

Spaces on Parenting Courses

Please see below for courses with spaces left. If you know of a parent/family that could benefit from any of these courses and would like to join us, please complete a referral form.

Family Links Parenting Puzzle @ Park CC

4 Week Course

12.30 – 2.30pm

Tuesdays Starts 22nd January – 12th February

Enrolment 15th January 12.30 – 1.30pm

Family Links Parenting Puzzle block of 4 workshops (need to attend all)

- 1: Understanding children's behaviour, Listening and communicating, Praise and encouragement
 - 2: Praise and guidance vs criticism, Child-led play and Positive moments
 - 3: Boundaries and parenting styles, Time Out to Calm Down, Dealing with stress and conflict
 - 4: Choices and consequences, Behaviour to ignore, Putting the puzzle together, Looking after ourselves
- Suitable for Parents with children aged 2 – 13 years.

Family Links Nurture Programme @Turners Wood

10 Week Course

9.30am - 11.30am

Fridays Starts 18th January - 29th March

(excluding 22nd February)

Enrolment 11th January 9.30 - 11.30am

Family Links Nurturing Programme 10 week course. <https://familylinks.org.uk/index>

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. Over the 10-week programme, you will look at lots of different topics, including:

- Understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves

Suitable for Parents with children aged 2 – 13 years

This group is all inclusive and would be suitable for parents with children who have low level SEN needs.

Routes for Resilience @ Turners Wood

4 Week Course

6.30 - 8.30pm

Tuesdays Starts 26th February – 19th March

Routes for Resilience Set of 4 workshops 2 hours each (all 4 workshops need to be attended)

The workshops aim to support parents who have low level mental health needs such as low mood, anxiety, isolated and emotional needs that may be a barrier to them parenting in a way that they want to. The workshops are based on WRAP (Wellness Recovery Action Plan), mindfulness and peer support. Parents gain an insight into their triggers, how to identify them and practical tools to support them to feel well and able to tackle the daily dilemmas that being a parent can sometimes bring.

Referrals MUST be signed by yourself and by the parent concerned.

Please send completed referrals to hartandrushmoor.earlyhelp@hants.gov.uk or post to Park Children's Centre, Park Primary School, Gloucester Road, Aldershot, GU11 3SL

Please note: there is no crèche facilities on any of these courses.

New and Improved - Early Help Hub Workshops

Following feedback from the popular Early Help Coordinator Workshops the Family Support Service have decided to develop these further into a two hour Early Help Hub Workshop.

The workshops will include the following:

- A history of the Family Support Service
- How to access Early Help /Interagency Referral Forms (IARF)
- Advice on completing the Early Help Assessment
- Early Help Hub process
- Thresholds explained
- Acting as an Early Help Co-ordinator
- Where to go for support
- Level 2 service and how families can access this

The dates of the planned workshops are:

- 25th February 4 - 6 pm at Park Childrens Centre
- 3rd April 4 - 6pm at Turners Wood Childrens Centre
- 13th May 4 - 6pm at Park Childrens Centre
- 24th June 4 - 6pm at Turners Wood Childrens Centre

Booking is essential as spaces are limited. To book your place, please email Faye Powell at faye.powell@hants.gov.uk

Rushmoor Borough Council - Your chance to shape Farnborough Civic Quarter

If you would like to play a part in helping to shape the new Civic Quarter in Farnborough now's the time to get involved. Rushmoor Borough Council is holding three public drop in events in January they'd like residents to come along to.

It'll be your chance to see plans of the site and share your view with architects GT3 about what works and what doesn't work for the Civic Quarter and the opportunities the area could offer in the future to create a new public heart in the town.

The Civic Quarter currently includes the Farnborough Community Centre, library, former police station, leisure centre, Westmead House and surface car parking.

The drop ins take place on:

Tuesday, 8 January – Princes Mead shopping centre, 10am to 2pm and Farnborough Leisure Centre, 4pm to 8pm.

Saturday, 12 January – Princes Mead shopping centre, 10am to 2pm.

You can stay as little or for as long as you like and drop in at any time. Residents who are unable to make either of the sessions can give their views at www.rushmoor.gov.uk/civicquarterviews

For more information, or if you have any enquiries please email communications@rushmoor.gov.uk

Rushmoor Citizens Advice – Energy Deals Support

Citizens Advice can save you thousands on your heating bills this winter. Citizens Advice Rushmoor offers free advice on the best energy deals around. Last year it saved clients £9, 741 on their energy bills.

Appointments are now available at its Aldershot and Farnborough offices until April 2019. Call 01252 333 618, 0770 903 6049, email: ebdx@citizensadvicerrushmoor.org.uk to arrange a time.

Rushmoor Citizens Advice – Digital Coaching Sessions

Rushmoor Citizens Advice are offering free Digital Coaching Sessions. If you need help applying for Universal Credit but are struggling to get to grips with all things digital – then Citizens Advice Rushmoor can help.

The aim of the sessions is to prepare people for the roll out of Universal Credit and applying for it online. The session will give people a basic grounding in computers, email accounts, mobile phones and search engines. This includes things like, using Google, opening & managing email accounts and using a mobile phone.

Find out more – Call Citizens Advice Rushmoor on 01252 333 618

Yateley School Community Learning - Spring term 2019 Free courses and workshops

Mindfulness for Families: adult and child 6yrs+

Wed 16th January for 4 Wednesdays
4pm-6pm Aldershot Museum

Getting to know your Tablet: Seniors 60+

Tutored support Mon 21st and 28th January
4.30-6.30pm at Wavell School

Getting to know your iPad: Seniors 60+

Tutored support Mon 4th and 11th March
4.30-6.30pm at Wavell School

Makaton for Beginners for adults 19+

Tutored support to help you learn this skill Sat 16th and 23rd March
09.00-15.30 Wavell School

Therapeutic Craft for adults 19+

Who would benefit from making crafts to aid relaxation and welfare
Tuesday 23rd April for 5 Mondays
10am -12noon Farnborough Venue

Family First Aid Parent and child 6yrs+

Who would benefit from learning this skill Sat 11th and 18th May
09.00-12.30 Wavell School

Family Craft Parent and Child 2yrs+

Create some fantastic craft alongside your child
Wed 6th March for 5 Wednesdays 09.30-11.30
Farnborough venue

Advanced booking is essential, spaces are limited

For full information and to book visit our website www.adultandcommunity.co.uk or call 01252 877 190. Email info@adultandcommunity.co.uk

The Source for You – BikeStart Service

Donate a bike
Purchase a bike
Get your bike serviced
Learn bike maintenance

For more information please visit www.bikestart.co.uk or call 07596 564 428 to arrange your visit
Browning Barracks, Alison's Road, Aldershot GU11 2BU

We are open from 10am – 6pm on Mondays and on Thursdays

BikeStart is a sustainable source of income for **The Source Young People's Charity**

PEBL Update

PEBL Grants Pots

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

Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL Internet Café

Are you a resident of the Prospect Estate? Then come along and enjoy free refreshments, advice, support and Wi-Fi. Develop new skills or just keep in touch with family and friends. Every Saturday 10am- 12pm at the Prospect Community Centre.

Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL Money Advice

Free confidential, individual advice in all areas of money management including banking, budgeting and claiming benefits for residents of the Prospect Estate. Every Wednesday 10am- 3.30pm at the Prospect Community Centre.

Email pebl@rushmoorcab.org.uk or call 07468 860 450

PEBL Skills Café

PEBL's friendly team welcomes Prospect Estate residents for a chat over coffee. Come along and identify your skills as well as develop new ones, write a perfect CV, make job applications, and prepare for interviews.

Just drop in...no appointment necessary. Every Wednesday 10am- 3.30pm at the Prospect Community Centre.

Email skillscafe@pebl.info or call 07340 017 342

PEBL's Knit, Natter and Games

All welcome. Free entry! Good company! Free tea and biscuits!

Come along and make new friends while knitting and nattering.

2nd and 4th Tuesdays from 2pm -4pm at the Prospect Community Centre.

Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL's After School Reading Club

Children aged 4 ½ to 11 from Cherrywood School come in and discuss/read books that PEBL provide. They have the opportunity to practice their reading and Parents can see how they can do this at home with their children.

Maureen Cole and Karen Bowman from PEBL read with up to 4 children each every Thursday.

Farnborough Rotary Club

Farnborough Rotary Club has an established and growing programme of events and activities for young people with business, vocational and cultural aspects.

Interview Practice and Business Skills: The business expertise that exists within the Club is being put to use within our local community, with members sharing their knowledge to help students understand the many challenges they face in the employment world. They have a wide range of people with both career and business skills, which they believe would help and encourage your young students.

In recent years, the Club has been successfully helping students of all ages in local schools with **Mock Interviews**, **Enterprise Challenges** and an **Aspiration Week**. These activities are aimed at all ages including primary schools. They can also help to organise **Skills Festivals** where groups can visit business related stalls and learn about a job, career or higher education opportunities.

Over the past few years, Farnborough Rotary Club has given around 550 hours of support to several local schools with mock interviews. Like the schools, they believe this is invaluable support to the students as they approach their first interviews. They remain committed to this service and would welcome further requests for help.

They are in the process of re-establishing an involvement with Ed2Biz (Education and Business Working Together) with the aim of supporting other learning activities for young people.

If you believe that your school could benefit, and you would like some help with these ideas or any other business related issues please contact Charlie Fraser-Fleming who would be very happy to organise a visit by club members to discuss possibilities. This can be done at any time in the school year. However, please give as much notice as you can. Contact Charlie Fraser-Fleming at charlie_ff@outlook.com 07714 322 352.

The 2017/2018 **Rotary Young Chef Competition** is now complete. If you are interested in taking part in next year's competition please contact Jan Bowen for further details at jan.bowen1331@gmail.com

TRAINING AVAILABLE

British Red Cross Everyday First Aid – courses for groups

The British Red Cross offer groups a two hour First Aid course to teach a few simple skills that could save someone's life. The cost is £60 for group sessions. They will come to your venue to deliver this course. For more information please contact: Becky Paton on 07590 445 388 or email: bpaton@redcross.org.uk

Rushmoor Voluntary Services Training Opportunities

Emergency First Aider at Work 2019

Wednesday, 13th March 2019

9.00am - 4.00pm, cost £60.00

Farnborough Community Centre, Meudon Avenue, Farnborough GU14 7LE

Emergency First Aider at work is regulated by HSE and effectively replaces the Appointed Person Course - Certification is valid for 3 years with HSE approval (No 38/04)

For more information and a booking form, please call 01252 540 162 or email: support@rvs.org.uk

'MiDAS Training' (Mini-Bus Driver Awareness Scheme)

Wednesday, 6th February 2019 Refresher (few spaces left)

Wednesday, 6th March 2019 Full

Wednesday, 3rd April 2019 Refresher

Costs: Full Courses:

RVS members: £60 (non accessible) and £80 (accessible)

Non members: £70 (non accessible) and £90 (accessible)

Refresher Courses:

RVS members: £40 (non accessible) and £60 (accessible)

Non members: £45 (non accessible) and £65 (accessible)

Accessible training enables the driver to use the tail lift and take wheelchair passengers. The Trainer will arrange a suitable date and time for the driving assessment. For more information, please contact Viv on 01252 540 162 or email: viv@rvs.org.uk

Accredited Food Hygiene

Accredited Food Hygiene Courses are available in Rushmoor. These are facilitated by Rushmoor Borough Council. The three-hour courses can be booked directly with Rushmoor Borough Council. Please use the link below to view available dates and a booking form. www.rushmoor.gov.uk/foodtraining

Venue: Rushmoor Borough Council Offices, Farnborough GU14 7JU

Trainer: Rushmoor Borough Council Environmental Health Department

Cost: £50

The Food Safety in Catering Course is a level 2 equivalent certificated course for anyone working in a catering setting where food is prepared, cooked and handled.

The course is aimed at volunteers and people working with voluntary and community groups.

To book your place(s) please email: environmentalhealth@rushmoor.gov.uk

FUNDING & GRANTS CURRENTLY AVAILABLE

Rushmoor Borough Council Grants

Grants recently awarded from Rushmoor Borough Council funds include:

- Cove Brook Greenway Group - £750 towards the cost of a defibrillator for the outside of Blunden Hall (Community grant)
- Southwood Infant School - £250 towards playtime equipment and resources (Ward Community grant)

- Samuel Cody School - £500 for a rockery in the school quad (Ward Community grant)
- Oak Farm Preschool - £49 for a Christmas tree for their carol concert (Ward Community grants)

Grants are available from the Farnborough airport and Uniting Communities funds. For more details and to apply online go to <http://www.rushmoor.gov.uk/grants>

The Community grant fund is now closed as all the funds have allocated. It will re-open in May 2019. For details of Ward Community grants, please contact communitydevelopment@rushmoor.gov.uk

Rushmoor Community Lottery

Rushmoor Community Lottery is a good way to raise funds for your group. For every £1 ticket bought in support of your group, you will receive 50p and a further 10p will go to the Community Fund.

For further information about the lottery email go to www.rushmoorlottery.co.uk. Also look for Rushmoor Community Lottery on Facebook and Twitter.

If you are stuck for Christmas gift ideas and would like to give something a bit different this year, gift vouchers starting at just £5 are now available through the Rushmoor Community Lottery. A gift voucher from the lottery gives your loved ones the chance to win a cash prize, while also helping to raise money for good causes across Rushmoor.

The gift vouchers start from just £5 and include your choice of colour and a personal message. To find out more, go to <https://www.rushmoorlottery.co.uk/gift>

Awards for All

Awards for All offers grants of between £300 and £10,000 for grassroots and community activity that aims to improve life for local people and neighbourhoods. <https://www.biglotteryfund.org.uk/global-content/programmes/england/awards-for-all-england>

Dickie Bird Foundation

The Dickie Bird Foundation offers grants with the aim of helping disadvantaged young people to participate in sport. **No deadlines.** For more information, please visit the website <http://thedickiebirdfoundation.co.uk>

Lloyds Bank Foundation

Lloyds Bank Foundation is accepting applications for its Enable programme to support people experiencing multiple disadvantage. Applications are invited on an ongoing basis. For more information, please visit the website: <http://www.lloydsbankfoundation.org.uk/our-programmes/>

The St. James's Place Foundation

The Foundation has a small grants programme for charities in the UK for helping young people with special needs or disadvantage. There are no deadlines. For more information on how to apply, please visit the website: <http://www.sjpfoundation.co.uk/apply-for-funding.aspx>

Ragdoll Foundation

The Foundation makes grants of up to £50,000 to organisations working with children and young people using the arts and creative media. The deadlines operate on a rolling basis. <http://www.ragdollfoundation.org.uk/portfolio/grant-giving>

Foyle Foundation

The Foyle Foundation Small Grants Scheme is designed to support smaller charities working at grass roots level. There are **no deadlines.** For more information, please visit the website: <http://www.foylefoundation.org.uk/small-grants-scheme>

Percy Bilton Charity

The Percy Bilton Charity is a grant making trust assisting disadvantaged youth, and people with disabilities. There are two types of grant to apply for and **no deadlines.** For more information, please visit the website: <http://www.percy-bilton-charity.org/percy-bilton-organisations>

Ashworth Charitable Trust

Grants for charitable organisations undertaking general charitable projects funded up to £5,000. **No specified deadline.** For more information, please visit the website: <http://www.ashworthtrust.org/funding.html>

Shanly Foundation

The Shanly Foundation has donated over £10 million to those in need of a helping hand, from youth clubs, schools and woodland projects to centres for adults with physical and learning disabilities. In particular, they welcome applicants that are helping to improve the welfare and quality of life of those that are disadvantaged within the community. They also support many local community events and festivals, scouts and girl guides, local schools, sports and social clubs. Full details of conditions and the application process are available at the Foundation website: www.shanlyfoundation.com

Blue Spark

Blue Spark is a charity that supports the education and development of young people and children by providing grants for educational, sporting, cultural and other projects. For more information, please visit the website: <http://bluesparkfoundation.org.uk/>

**Many thanks to all the organisations who contribute
Information to this e-Newsletter**

www.rushmoorschoolsplus.org
www.facebook.com/RushmoorSchoolsPlus