



Rushmoor & Hart Supporting Families e-Newsletter – February 2022

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

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The next newsletter will be in March/April ahead of the Easter break. Anyone wanting to be added to the mailing list we have for the newsletter, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcgovern@rushmoor.gov.uk

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support

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

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

- Where to find help in your community
- Debt and money worries
- Mental health support
- Bereavement
- Practical help if you are self-isolating, such as collecting essential supplies

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

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

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

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor's website, <https://www.rushmoor.gov.uk/coronavirus>
There is a Nepalese language version of this information at
<https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

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

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

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



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

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

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

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

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

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

Hart into Employment is a supportive online community run by experienced careers advisers. The community aims to help Hart residents aged 18 and above who are out of work or at risk of redundancy. Job searching can feel like a lonely task, but Hart into Employment is here to help. If you know someone who is looking for work and would like a bit of support, please let them know about Hart into Employment.

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

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

North Hants Employment Skills Zone

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

The Community Pantry at Yateley Industries

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

Mental health and wellbeing support

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

Hampshire Children’s Services

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

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

WHAT’S ON IN RUSHMOOR & HART

West End Centre – Children’s Festival

48 Queens Road, Aldershot, GU11 3JD

With a brilliant programme during February half term for children and families, the Westy’s Children Festival has got you covered. Some highlights include children’s Bollywood Dance (24 February) and Create Your Own Story (22 February) workshops, plus inclusive and relaxed theatre gem [Messy](#) (24 February), which offers the perfect introduction to theatre, balancing family-friendly fun with valuable lessons for the developmental ages.

Head on over to westendcentre.co.uk to view the full programme.

Aldershot Military Museum – Half-term activities

Queen's Avenue, Aldershot, GU11 2LG

For the half term holiday, Aldershot Military Museum is open every day from 10:00-16:00 until Sunday 27th February.

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

MODEL MAYHEM

Wednesday 23 and Thursday 24 February, sessions across the day from 10:30-15:00

Paint and take home your own model soldier, with help from the British Model Soldier Society. As well as model painting, you can also enjoy watching and participating in tabletop historical wargames, demonstrated by Warlord Games. And the 2nd Queens Royal Regiment of Foot Napoleonic era reenactors will be on site, holding drills and performing firing sessions with period-accurate equipment. Pre-booking strongly advised for paint & take sessions. Suitable for ages 3+, children must be accompanied. £3 per make, museum admission applies. Please wear clothes that can get messy for painting activities. Wargaming and reenactor sessions are part of your standard museum admission ticket.

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Winter Reading Challenge at Hampshire Libraries.

It's time to get cosy with the children's Winter Reading Challenge at Hampshire Libraries! Who doesn't love sharing a bedtime story or listening to a great audiobook? It's what winters were made for.

Read or listen to four books and collect stickers along the way. It's the perfect way to improve reading skills and get a jump start at school. You can get books from the [library](#) or download them for free from the digital library.

The challenge runs until the 26th February. Sign up online, read your first book and then come to a library to pick up a collector card and your first sticker!

Find out more on the Kids' Zone of our website [Kids Zone | Hampshire County Council \(hants.gov.uk\)](#). We have lots of learning courses starting in Rushmoor and Hart libraries after half term. From Positive Parenting to Portrait Painting, Mindful Journaling to Menopause and Yoga, there's something for everyone! Browse our online shop - <https://bit.ly/3Bb3ffd> and search by library location to see which courses are running where and to book your place. Many of these courses are FREE for Hampshire residents.

And finally, there will be children's activities in some of our libraries during the half-term holidays, so remember to like/follow your local library on social media and keep up to date with their events and news.

Aldershot Pools – Holiday Opening Times

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

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

Runways End Outdoor Centre – Half-term activities

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

Half day adventures

During February half-term we will be running our 2.5 hour family sessions. Scale our climbing wall and shoot some arrows in our indoor archery range.

Only £18 per person. Book online here: [Runway's End - Half Day Adventures » Calshot Activities Centre \(bookinglive.com\)](#)

Camping Pods

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

Only £48 per night. Book online here: [Runway's End Outdoor Centre, Aldershot - Updated 2021 prices - Pitchup®](#)

Autism Friendly Fleet – Pop-Up Chill Zone at The Hub in Fleet

Autism Friendly Fleet will be running their **Pop-Up Chill Zone at The Hub in Fleet** during the half-term break. Visit between 10am-4pm on Tuesday 22nd and Wednesday 23rd February 2022. Open to all SEN children and adults. There will be professional sensory equipment kindly donated from www.sensorytoys.co.uk. Autism Friendly Fleet also provides Understanding Autism courses for businesses and organisations.

For more details about the Chill Zone and Courses, please visit www.autismfriendlyfleet.co.uk

Squirrels Holiday Fun Club

We are running our successful Holiday Fun Club during February Half Term 2022 from 21st – 25th February and also during Easter 11th – 14th April and 19th to 22nd April

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

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games and construction. Drinks and snacks including a light tea are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5 year olds must be dry in order to attend. **We are open 0800-1630.**

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

Pre-booking is essential. Please email office@squirreleducare.co.uk for booking and registration forms or call 01252 378 402 for more information. We look forward to welcoming your children to have some holiday fun with us!

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

Wednesday

St Andrews Aldershot Garrison Church, Queens Avenue, Aldershot

5.30-6.30 Beginners (5-teen)

£6 per session

Social distancing has been introduced throughout the lessons and pupils wash hands upon entering and leaving the dojo. There is more focus on learning and perfecting basics as it is not possible to run contact sessions with the current regulations in place. The club is following karate governing body regulations but still trying to ensure the students enjoy a blend of fitness, learning and perfecting moves.

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 07958630048

Aldershot Heritage Trails

The Aldershot Heritage Trails were officially launched in November, and provide an exciting new way for families to discover Aldershot's fascinating story and heritage.

There is a series of six trails exploring the civilian and military history of Aldershot since the Victorian era. With the ever-changing face of Aldershot, this project celebrates and commemorates over 160 years of the town's history from its humble beginnings as a small rural village to its current status. The trails focus on people, places, buildings, and events as we tell the story of Aldershot and its place in history as the 'Home of the British Army'.

The trails project includes:

Smartphone app: The best way to enjoy walking the Heritage Trails is with the trail's smartphone app. Using the app as you go along the routes of the trails, stories will automatically appear with audio commentaries, historic images and text. Along the Town Trail there are augmented reality and interactive features which help bring history to life in an informative and enjoyable way.

For your free personal tour guide download our app, which is available for both iOS and Android devices. Search for 'Aldershot Heritage Trails' in your app store.

Website: As an alternative to the phone app, visit our Trails website at <https://aldershot.placesandtrails.com/>. On the website are maps of the trails and details of all the places of interest with information on their history and historic images.

Booklet: A booklet including maps of the trails and lists of points of interest is available free of charge from selected outlets in the town, including the Princes Hall visitor information centre, Aldershot Library, Aldershot Military Museum, Alpine Snowsports ski centre, and Rushmoor Borough Council offices.

Signs: There is a series of totem signs around Aldershot to mark the start points of the trails, and at other selected sites of historic importance.

The six trails are:

Town Trail: Distance: 1.6 miles (2.6 km), duration: 3 hours. The Town Trail starts in Princes Gardens and explores historic sites in the town centre from the Victorian era and the early twentieth century.

Village Trail: Distance: 2.3 miles (3.7 km), duration: 2.5 hours. The Village Trail starts at the railway station and looks at the early history of Aldershot when it was a small rural village and its growth after the 1850s.

Wellington Trail: Distance: 2.6 miles (4.3 km), duration: 3 hours. The Wellington Trail starts at the great Wellington Statue and explores the south-west of the old Army camp and the west of the town.

Redan Trail: Distance: 2.8 miles (4.5 km), duration: 2.5 hours. The Redan Trail starts outside the Gallwey Road entrance to the Military Cemetery and covers the south-east area of the Army camp and parts of the eastern side of the civilian town.

Marlborough Trail: Distance: 3.7 miles (5.9 km), duration: 3 hours. The Marlborough Trail starts at the Aldershot Military Museum and explores the history of Aldershot Garrison, the 'Home of the British Army'.

Stanhope Trail: The Stanhope Trail covers the area of the former Stanhope Lines across the centre of the old Army camp, now the civilian Wellesley development. Please note that much of this area is under construction. At present only a small section of trail is open. On the website and in the booklet are details of the proposed route for the full trail when the land is open.

Wavell Campus Leisure

Wavell Leisure is a thriving part of the Wavell School and an important resource for the community. We provide a range of indoor and outdoor sports facilities as well as hosting evening classes and courses.

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

HANDS – FACE - SPACE

FACILITIES FOR HIRE

OPENING HOURS

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

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

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

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Thursday 5pm-10pm

Saturday 9am-6pm

Tuesday 5pm-10pm

Friday 5pm-8pm

Sunday 9am-6pm

Wednesday 5pm-10pm

All school holidays from 9am

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

PARTIES

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

HOLIDAY CAMPS AT WAVELL CAMPUS LEISURE 2021/2022

CM SPORTS FROM MON 14TH FEBRUARY – FRI 18TH FEBRUARY 2022 8AM – 4.30PM

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

COMMUNITY SUPPORT INFORMATION

Citizens Advice Rushmoor – Energy Help

With energy bills rising, some extra financial help has been made available for people struggling to pay. As part of a Hampshire wide initiative, Citizens Advice Rushmoor is able to issue energy vouchers to Hampshire residents in financial difficulties. To access that local help, call 01252 513051 or email via www.citizensadvicerrushmoor.org.uk

There are lots of ideas around for energy saving measures which can really work - like insulation, using heating effectively (thermostats, radiators etc), and only heating the water you need in the kettle. Things are changing quite quickly, so it's always worth checking if any grants are available to help pay for improvements.

More information to help with energy issues is on the Citizens Advice Consumer Helpline on 0808 223 1133; or for general advice 0808 2787912.

Citizens Advice Hart

Our advisers can help you across several areas such as: - Debt; Benefits; Housing; Employment; Family and personal matters; Taxes; Consumer and Immigration. Our offices are open in Fleet and Yateley for pre-booked appointments. We also visit outreach locations in the Hart area such as Café 46 in Yateley.

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

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

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

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

We offer our advice through face-to-face appointments, zoom meetings, email or telephone whichever is best for you.

We can be contacted by phone (01252 749 265) or via a referral form on our website [here](#).

National Adviceline

Tel: 0800 1448848 (freephone number)

Local Email

citizensadvice@hartcab.cabnet.org.uk

Citizens Advice Hart Admin Line: 01252 878435

Help to Claim Universal Credit advice service

Available 8am to 6pm, Monday to Friday through the free Help to Claim phone service.

Tel: 0800 1448 444

Hampshire Macmillan Service:

Benefits advice for people with cancer

Available Monday to Friday 9am – 4pm

Tel: 0344 847 7727

Email: macmillan.cahampshire@cabnet.org.uk

Forces Families project - advice and support service for serving armed forces and particularly their families.

Referral telephone 01252 749265 or online [Forces families project](#) or e-mail

joiningforces@hartcab.cabnet.org.uk

Consumer Helpline

Tel: 0800 3161 442

National Citizens Advice resources (updated daily)

<https://www.citizensadvice.org.uk/>

Community Grub Hub CIC

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

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

We are open: every Tuesday 10am to 4pm

Please signpost your families in need.

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

The Community Cupboard at the Vine Centre, Aldershot

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

Please get in touch if you need help – 01252 400 196
Opening hours: Monday – Wednesday 10am – 3pm.

FREE for anyone in the community. Just come along, no need to bring anything to donate.
Donate & Exchange: You're welcome to donate and exchange items if you're able. Bring things you have in excess and see if there is something you'd like in return.

www.thevinecentre.org.uk info@thevinecentre.org.uk

Church of the Good Shepherd – Food Support

Free Food Essentials – Fridays 10am-12noon

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

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

The Larder Foodbank

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

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

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

Domestic Abuse Support Club for Young Children (RADA)

A Domestic Abuse Support Club for Young Children - **Resilience against Domestic Abuse (RADA)** - is now running weekly on Mondays 4pm - 5.30pm and is going well with a group of 7, soon to be 8 children attending - providing strong emotional support for the complex needs of children and often the wider family, too.

The project has been incredibly well received by Children's Services and the parents that can see the damage that has been done.

RADA is a free session for children of junior school age, who have been witness to domestic abuse in the home. This project works on an early intervention model with an appreciation of the child's life situations. The project will offer children a safe, warm welcoming place, which offers them space, time, and freedom to:

- Have time out.
- Play and learn.
- Feel supported and understood.
- Have the opportunity to express themselves in a safe environment.

- Understand their environment and what they are witnessing.
- Develop strong & effective relationships with the Youth Work team who will be able to offer ongoing support.

This project actively seeks referrals from any supporting agencies and family members. Please download the referral form from our website Services | Fleet Phoenix, complete this and return it to Charlotte - charlotte.tickner@fleetphoenix.co.uk

For more any more information, please contact Charlotte or give our office a call 01252 812 308. Please keep an eye on our social media for more updates on this service and many others. (1) Fleet Phoenix | Facebook (2) Fleet Phoenix (@fleetphoenix11) • Instagram photos and videos

HEALTH INFORMATION

NHS Health Information

Worried about the health of your child?

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

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

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

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

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

Visit: [#Coping guides | Frimley Health and Care](#)

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

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

Hampshire Counselling services

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

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

These Hampshire wide counselling services allow young people an opportunity to talk to a trained person in confidence, about anything of worry or concern. Counsellors are trained to listen to young people's issues and worries without judgement and without telling them what to do. The services offer face to face, online and telephone and group sessions depending choice and need.

Sasha's Project is a not for profit organisation that was set up in memory of a local Hampshire resident. The project runs a drop in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 10pm-6am every Saturday night. It is a safe haven for young people aged 16-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

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

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

For more information visit www.facebook.com/sashasproject

Hampshire CAMHS

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

FREE online parenting courses for local families

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

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

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

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

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

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

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

Solent NHS Trust Sexual Health Services

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

Aldershot Centre for Health, Level 4

Young Persons Online Drop in – Pop-up C Clinic for under 18-year olds

Free, Confidential, Non-Judgemental

Every Tuesday 3pm-5pm

An online video drop-in service to talk to a sexual health team member.

Condoms and Get it on cards, Contraception Information, including how to get emergency contraception Chlamydia and other STI testing information.

Visit: www.letstalkaboutit.nhs.uk/video-c-clinic

Useful links:

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

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

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

Free NHS Sexuality training (LGBTQ+)

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

Rushmoor & Hart School Nursing Service

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

The Parent Chat Health service started on the 1st June and parents have been using this contact for advice and support. Text: **07507 332 417** 9:00am-4:30pm Monday to Thursday 9:00am-4:00 Friday. In addition to this our Duty phone line remains open for advice and support and general queries: **01252 335 655** or you can email us at randhsnteam@southernhealth.nhs.uk

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

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

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

Hart Voluntary Action Counselling Services - Mental Health support for Adults & Young People

121 Adult Counselling

'121 Adult Counselling offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement'

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

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

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

121 Youth Counselling

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

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

Sunshine and Showers

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

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

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

Family Therapy – New Service now open to referrals

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

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

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

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

Young Person's Safe Haven For young people aged 10-17 living in Farnham and North East Hampshire (covering areas including Aldershot, Farnborough, Fleet, and Yateley)

Safe Haven is a space for young people aged 10-17 who need support with their emotional wellbeing and mental health.

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Face-to-face support: Mondays and Thursdays 6:30-10pm

Drop-in group sessions this October: Mondays and Thursdays 6:30-8pm.

Shieling House, 30 Invincible Road, Farnborough, GU14 7QU

Telephone and virtual support: Wednesdays 5-8pm and Saturdays 10:30-1pm

To find out more, phone 02380 224 224 / 07918 259 361 or email enquiries@nolimitshelp.org.uk

The Source Young People's Charity

We are a Mental Health Charity offering Counselling and Mentoring to people aged 14 to 25. We are accepting referrals and these can come via self-referral, a parent or carer, schools, health care professionals and CAMHS. For further information, please get in touch with Elliot on 07518 020524 or Rachel on 07518 019425. Please leave a message if we are not available.

Fortify Services – Building better mental health

Fortify are an innovative company working with schools, councils, private businesses and individuals to build better mental health.

As a CIC all profits go back into the community to support young people with their wellbeing. Our work is with anyone over the age of 13 who wants to improve their mental health and wellbeing.

For more information please visit our website www.fortify-services.com

You can contact Steve or Tara on info@fortify-services.com

TalkPlus

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

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

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

Instagram @talkplus_nhs/
Facebook @talkplusiapt
Twitter @TalkPlusNHS

Talk Mental – Supporting Men’s mental health

Talk Mental is a support group/community for men to discuss mental health issues and/or experiences without any stigma.

If you’re feeling isolated, having a hard time or just want to meet a group of guys for a chat and a laugh, you’re welcome to join us for a weekly walk and talk.

We have suspended group walks till January and are currently doing donations for families in our group struggling this Christmas.

Email: info@talkmental.co.uk

Web: www.talkmental.co.uk

Facebook: [@TalkMental2020](https://www.facebook.com/TalkMental2020)

Instagram: [@talkmental2020](https://www.instagram.com/talkmental2020)

Mental Health – Local Support

[Supporting Mental Health in Surrey and Hampshire](#) is a Facebook page offering support and resources to those fighting mental health. The page has links to professional services that cover a range of mental and physical health needs and it also has its own support group.

[Anxiety Amongst Friends in Hampshire and Surrey](#) is a private non-professional Facebook support group for people struggling with their mental health who might not want to talk to loved ones or professionals. The group offers a safe, caring non-judgemental space where people can be listened to when needed, and access professional support if wanted.

Free Football for Mental Wellbeing

Every Thursday 1-2PM, Aldershot Lido, Guildford Rd, Aldershot, GU12 4BP (on the AstroTurf Pitches).

Fun, casual drop-in football session for people experiencing mental health problems. All abilities welcome! These sessions take place outdoors on the astro-turf pitches. This group is provided FREE by mental health charity Sport In Mind for the benefit of local people. Your local representative is Tom.

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

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

Face to face support in the community

Virtual classes

ShapeUp4Life app

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

Call 023 8218 0287 or Text 'ShapeUp' to 66777

Get Active Hampshire – Local Activity Finder: Invitation to find out more

We're excited to introduce Get Active Hampshire – a local activity finder to help you reach new participants!

If you're busy delivering sport and physical activity sessions, how can you make sure people know that they're happening? Join us for a one-hour Zoom session to find out! We'll reveal how Get Active Hampshire can make it easier for people to find your sessions and everything they might need to know to join in.

Join us for a one-hour Zoom to find out:

- What Get Active is and how you can get involved
- What people really want to know before joining your sessions
- How you can access professional marketing support for free
- How you can be part of a campaign to get more people active

For more information or to book your space please [click here](#).

Smokefree Hampshire

Smokefree Hampshire helped over 3600 people quit smoking last year and are here to help. The service is completely free, and the 12-week program can be in person or over the phone and consists of weekly support from friendly stop smoking specialist adviser who will provide any medications you need to help you quit, free of charge. Go Smokefree to feel healthier and save money.

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

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

Last School Leavers Open Events of the Year

- Farnborough College of Technology – Wednesday 2 March 2022, 4-7.30pm
- Aldershot College – Thursday 3 March 2022, 4-7.30pm

Students who would like to find out more about their options after school can register for an Open Event this March. These events are the last chance to take a look at the Farnborough College of Technology and Aldershot College campuses in person before the new academic year. An ideal opportunity for Year 11s who are undecided on their next steps and Year 10s starting to think about their options!

Register your place at www.farn-ct.ac.uk/events.

Farnborough College LOVES Technology

In this fast-paced world of technology and innovation, staff at Farnborough College of Technology have been recognised for staying top of their game through prestigious accolades and awards. Four members of teaching staff have achieved **Microsoft Innovative Educator (MIE) Expert** status; a title recognising their up-to-date training and use of technology to support learners' education.

Josh Sparkes (Lecturer in Media), Michael Cornwell (E-Learning Design Programme Manager), Sean Patterson (Lecturer in Catering and Hospitality) and James McKenna (Lecturer in Public Services) were proud to receive the MIE Expert recognition for their novel ways of integrating technology in the classroom, and continue to share their approaches with fellow teaching staff.

The College itself was also selected as one of just 10 colleges in the **Edtech Top 50** – a prestigious award that celebrates organisations shaping the use of education technology across the UK. Staff were commended for the way they used technology to support learners working remotely during the pandemic.

Celebrating National Apprenticeship Week

Farnborough College of Technology have been celebrating all the benefits of apprenticeships during this year's National Apprenticeship Week. Those interested in finding out more about apprenticeships can visit www.farn-ct.ac.uk/apprenticeships to explore their range of subjects and current vacancies.

Sixth Form College Farnborough – 2022 Applications

Applications to join the College in September 2022 are now closed.

There are some reserve places for entry in September 2022 for those students in exceptional circumstances, such as those from Armed Forces families or those who have recently moved into the area. These students should contact the College's Admissions team on admissions@farnborough.ac.uk, who will then review their circumstances and advise on whether they will be able to submit an application. You can find more detailed information on the College website, www.farnborough.ac.uk.

Mustard Seed Autism Trust – Training for School Staff

Mustard Seed are delivering workshops for school staff on the following topics:

- Sensory Processing and classroom strategies
- How to support development of fine motor skills and handwriting
- Understanding and supporting autistic children in the classroom
- Autism and Anxiety
- Supporting Communication

Please email info@mustardseedautism.co.uk for more information and costs

Inclusion Hampshire

Inclusion Hampshire are a specialist education provider supporting young people with mental health and additional learning needs who may struggle with mainstream school. Based across two sites, we have Inclusion Learning Centre for our Pre 16 learners in Chineham and Inclusion College for Post 16 learners in Hook.

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

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

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

We also have a number of tutor and teaching roles we will be advertising so please do look at the vacancies section of our website at www.inclusionhampshire.org.uk

Hart Community Safety – Drugs Bus offer to Hart schools and young people groups

Hart Community Safety commissioned a visit from the **Drugs Bus** in July 2021 which shared critical messaging with young people, parents and community members around the signs and risks of Child Criminal Exploitation (CCE) and substance misuse.

We will be looking to offer the same or a similar interactive experience this year **9th-25th May, 2022** and are already booked to attend some of the secondary schools, youth and scout groups across the district - if you would like to book a session for a group or club that you are involved in, please contact us at: communitysafety@hart.gov.uk

This offering **has some availability both during the days and in the evenings**. It would be relevant to sports or activity clubs or any community groups and **is not limited to young people** as it is key that adults are aware of the risks and signs of exploitation to help keep our young people safe.

Young People, Tobacco & Vaping: FREE Workshops for SLT, Teachers and Pastoral Staff

No Limits are providing FREE workshops for schools and colleges on behalf of Hampshire County Council to develop a 'whole settings' approach to smoking and vaping.

Workshops include:

- Training to help you embed smoking prevention within your educational setting
- Latest guidance on vaping and young people
- Engaging parents, staff and colleagues to create a smoke free environment
- Resources for lessons, peer education and policy development
- Participants will be provided with a toolkit of resources to promote a whole settings approach that can be modified according to need.

All training will be delivered online or face to face, working to Covid 19 guidance.

If you would like more information or to book a place on our multi-school online workshop on **Monday 14th March 2022**, (from 9 am to 12 pm), or to arrange a workshop for your school or college, please contact: lisa.brodie@nolimitshelp.org.uk

Free Substance Misuse Training for Teachers and pastoral staff

Want to know more about how you can support young people around drugs and alcohol? No Limits is running FREE half-day ZOOM sessions on Thursday 10th March and Friday 6th May 2022, both @ 9am.

What will the workshop provide?

- Increased awareness of prevalence and signs and symptoms of substance use.

- Availability of free resources on alcohol and drugs for use with young people
 - Examples of good practice (policy, curriculum, links to PSHE, support for young people)
- The training is for Senior Managers/PSHE/PDC leads and pastoral support in secondary schools including special schools and Education Centres.

Please contact lisa.brodie@nolimitshelp.org.uk to book your free place, discuss alternative dates, arrange a session F2F at your school instead or find out more.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Breakout Youth

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

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

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

We run confidential virtual youth groups for young people across Hampshire, and young people from Hart and Rushmoor are invited to join us

If you would like more information you can visit our website- breakoutyouth.org.uk, call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

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

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

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

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

The main focus of the clubs is on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young

carers as many enjoyable, educational and challenging activities as possible to help improve their confidence and self-esteem, develop new skills and cope with issues that affect their lives.

The objective of the YAC Group is to help the YACs get advice and information about education, careers, benefits, work, money/debt, housing, relationships and health, so they can make plans for their future and have the same opportunities as other young people. 1:1 support is also available.

We also have a young leader programme which gives members aged 14+ a chance to get involved in the mentoring of other young carers and play a part in running activities at our clubs.

We provide additional opportunities for members to attend trips and residentials with other young carers, including annual events such as the Young Carers Festival at YMCA Fairthorne Manor in Southampton.

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

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

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

To find out more, please contact Team Lead Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689.

Parkside (Aldershot & District Learning Disability) - Saturday Zone

Launched in May 2021, a fantastic opportunity for young people with a learning disability to have fun in a secure environment! Saturday Zone enjoys an array of activities, both on and when we can off-site we deliver activities to meet each child's needs in a social environment. This scheme is supported by Hampshire County Council Shortbreaks grant scheme. More info can be found <https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

Want to make friends and enjoy activities in and around the community? Then Saturday Zone could be for you! This club is for young people aged 8 –18 who want to have FUN, socialise and make friends! This club currently runs **alternate Saturdays 10am – 3pm. Cost £17.50 per session at our premises in Aldershot.**

To find out more contact Parkside 01252 313103 or email admin57@parksidealdershot.co.uk

Hampshire Parent Carer Network – Meetings and workshops

PARENT LED ENGAGEMENT

Parent Led Engagement Tues 15th March, 1-2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83483845448?pwd=RmdiVm9LRU5RWTVzZmdlZm04SIBhdz09>

Meeting ID: 834 8384 5448 Passcode: SEN1

GET TOGETHERS:

Hart and Rushmoor Get together - Thurs 3rd March 11-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/86781566413?pwd=K1QyRUhhNXVKZUdsRFA5VE1Nais5dz09>

Meeting ID: 867 8156 6413 Passcode: GT

Evening Get Together- Weds 9th March, 8-9pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88534300993?pwd=OHNwGhwYTkVUnR2L3U5UXZXMmR1Zz09>

Meeting ID: 885 3430 0993 Passcode: GT

Under 5's Get Together - Fri 18th March, 11-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84853663665?pwd=cm05c3pTODY5OUlQIBYN1NNak9RQT09>

Meeting ID: 848 5366 3665 Passcode: GT

FUTURE IN MIND:

Evening Future in mind session Thurs 17th Feb 8-9pm

Join Zoom Meeting

<https://us02web.zoom.us/j/84289393417?pwd=UDhRdXB3SjRTWnlRYnJocDF3Nm9uZz09>

Meeting ID: 842 8939 3417 Passcode: FIM

Hart and Rushmoor Future in Minds , Thurs 10th March 11-12pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88277196937?pwd=bjRBQytTNk85TEppZUhFK01kOVBXdz09>

Meeting ID: 882 7719 6937 Passcode: FIM

Evening Future in Minds- Thurs 10th March, 8-9pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88265786927?pwd=aG5sTEwyTlhMWIRHL2g1a3Q4Nkl5UT09>

Meeting ID: 882 6578 6927 Passcode: FIM

MEET THE SEN:

Meet the Special Educational needs Team - complaints procedure, Friday 18th Feb 1-2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/81236339522?pwd=UUpGV1J6OEFqaU1UZWt5V3ljQkjiUT09>

Meeting ID: 812 3633 9522 Passcode: HPCN

Meet the SEN , Fri 18th March 1-2pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88425430655?pwd=VnVvMzI4OEF5bzJZUGl6bnh6M0Vadz09>

Meeting ID: 884 2543 0655 Passcode: HPCN

Home-Start Hampshire

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

Due to high demand, we will not be accepting new referrals for Home-visiting until mid March 2022 but are accepting referrals for our groups. Please do download and complete our referral form after that point : <https://home-starthampshire.org.uk>
Please send completed referrals to familysupport@hshants.org.uk

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

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

Please email familysupport@hshants.org.uk to refer families to either of these groups.

If you have any questions, please call us on 0330 124 095.

Prospect Estate Big Local (PEBL) - News

PEBL Grants Pots

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

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

PEBL Skills Café

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

Currently by appointment only.

Every Wednesday 10am – 12.30pm

Email skillscafe@pebl.info or call 07340 017 342

Vision 4 Youth – Youth Clubs Update

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

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

A drop-in cafe aimed at age 11-25 year olds. Come along for signposting advice or just use the space as a chill out area, either with your mates or make new friends. Free snacks and drinks and no charge to come along either!

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

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

Sports Club - Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

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

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

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

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

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

For more information please contact office@vision4youth.org.uk, visit our website www.vision4youth.org.uk or find us on Facebook, Twitter or Instagram.

Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

Fleet Phoenix Youth Provision

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

Open Door

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

Please contact charlotte.tickner@fleetphoenix.co.uk or lucy@fleetphoenix.co.uk to discuss a referral.

Sexual Health Support

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

TNS - Term Time - Tuesdays 7pm - 9pm

Youth club for school year 8 up to and including year 11. TNS is a FREE youth club where you can come and meet friends, hang out and chill or learn new skills. Find out more about things and subjects that affect your life like: drugs and alcohol, sexual health and relationships, in a fun and supportive place. No pressure; just respect and fun. Alongside having fun and learning some new skills our team can offer you support and advice or just a listening ear.

TLC - Fortnightly - Thursdays 6pm - 7.30pm

TLC is a FREE junior youth club for up to and including school year 7. Come and have fun, be creative, laugh, play, and make new friends. We offer a fun, creative, and challenging programme of activities every week. You can come along, have some fun, learn something new and be stretched and challenged.

Chill and Chat - Weekly - Thursdays 8pm - 10pm

If you are year 11+ and just want somewhere to hang out, debate the world and chat with mates, feel free to pop in. The staff team will also be able to offer advice and information on any issues affecting your life.

SMART Music - Term Time - Tuesdays 4.30pm - 6.30pm

SMART Music offers FREE guitar and drum tuition giving young people an amazing opportunity to learn, develop, be creative and express themselves in a safe environment.

Jammin - Term Time - Wednesdays 7pm - 10pm

Jammin is a FREE band rehearsal space for young, up and coming bands. All young people need to come along with is enthusiasm; we can provide all the instruments and equipment you need to get you going.

Food Bank

The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. We are non-judgmental in our support and offer parcels of store cupboard food to help keep the food bills down. (Checks may be made if felt necessary)

If you need help or would like to make a professional referral, please contact Charlotte for more information (charlotte.tickner@fleetphoenix.co.uk)

For more information about Fleet Phoenix, please visit our website and if you'd like to keep up to date with news and events, like us our Facebook page.

Farnborough Rotary Club

Immediate Help

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

In either case we view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our funds come from the community.

We can also offer practical help, sometimes for individuals and sometimes for community activities.

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

Vocational Team – School and College Activities

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

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

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

We are delighted to announce Spring is approaching and the "Donkey Derby" will definitely take place this year. Full details will be advertised closer to the date, but we are all determined that this year's event will be a special one and that we will be blessed with good weather! More news will also be forthcoming about the celebrations we are planning to commemorate our Queen's Platinum Anniversary so watch this space.

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

Help Rotary!

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

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 18. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people. We are open and offering face-face scouting! To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

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

Beavers

Beaver Scouts are the youngest members aged between 5¾ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also have the opportunity to take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

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

Cubs

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

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

Scouts

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

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

Explorers

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

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

4th Cove Guides - spaces available for more girls

4th Cove Guides meet in Farnborough on Wednesday evenings term time and have places for girls aged 10 to 14 years to start after the Easter break. If you would like to know more please get in touch with Nicola by emailing: 4thCoveGuides@gmail.com

We run a friendly and fun unit that follows the Girlguiding programme with a very varied programme - including two residential each year (one being a camp and one indoors). We also have weekend outings, favourites include a Bournemouth beach day, BBQs, activity days and more!

Please get in touch either if you daughter is already 10, but we do keep a list of girls aged 9 ready for them to join at 10.

Maple Vue Nursery – Early Years Educator vacancy

We have the following exciting job opportunity available at **Maple Vue Nursery, Belle Vue Road, Aldershot. GU12 4RZ**

**Early Years Educator – Various Hours available – to be discussed at interview
All year round & Term time positions available**

Do you have:

- Level 3 Early Years qualification
- Experience of working with children aged 0-5
- Understanding of the EYFS
- Experience of working as part of a team
- 1st aid / Safeguarding training
- Knowledge of online learning journals?

If you think this may be the job for you and you would like more information, please contact us on 01252 343 772. Disclosure & Barring checks required. Please note, a Children’s Links application form will need to be completed

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

SKILLS, TRAINING, WORK

New scheme offers job support for young people

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

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

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

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

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

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

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

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

Traineeship Plus

Information for organisations referring young people

A traineeship can prepare young people for their future careers, helping them to move into further education, get ready for the world of work through work experience and improve their chances of getting an apprenticeship or other job. Whilst on programme, they will receive support with English, maths and ICT through engaging and interesting activities related to the workplace and they will also develop their employability skills and work towards an accredited employability qualification.

This programme is aimed at:

- Young adults aged 16-24 (posts GCSE's)
- 25 years old with ECHP
- Young people who do not hold any formal post 16 qualifications.
- Young people who already hold up to a level **3 qualification, (now eligible for this programme)**.
- Unemployed, or have little or no work experience, but are motivated to learn and undertake a work placement. (young adults who are not employed more than 16 hours a week)

Financial support:

Work placements are unpaid, but trainees maybe entitled to receive additional financial support subject to individual circumstances.

Applicants in receipt of Jobseeker’s Allowance or Universal Credit will continue to claim these benefits whilst attending the programme.

To find out more or to refer a young person to this programme please contact:

skills.participation@hants.gov.uk

FUNDING & GRANTS CURRENTLY AVAILABLE

Energise YOUth Funding – Open Now

Energise YOUth funding is available now for groups supporting 14-19-year-olds who are not regularly active. In particular, we want to support those who are vulnerable or facing disruption in their lives. We also want to support those who are underrepresented in sport, e.g. girls and young people with disabilities.

The link to our webpage is here: <https://www.energiseme.org/funding-support/finding-funding/energise-youth-funding/>

You can submit applications for £500 to £10,000. Applications MUST be received by midnight on Monday 28th February. Rushmoor is a priority area for Energise Me. Any group who might be interested but are put off by the tight timeline, or might want a chat first, feel free to contact Emma Dovener, Youth Project Manager, at emma.dovener@energiseme.org

Grants from Rushmoor Borough Council

Farnborough Airport Community Environmental Fund

This fund is open to all voluntary and community groups within a 3-mile radius of the centre of Farnborough Airport to apply for funding for an environmental project, this includes parts of Hart (see map on website). Applications are welcome from schools providing you can show wider community benefit. The fund has recently been topped up with £53,108, so there is £77,123 available for allocation!

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

Rushmoor Community Lottery

The Lottery is now into its fifth year and is continuing to raise funds for over 100 good causes. The total raised to date is over £137,000! All this goes directly to the good causes or via Community Fund grants. We’ll be opening the next round of grants in Spring. These grants are only available to good causes, so why not sign up to benefit from regular fund raising and the opportunity to bid for a grant too!

www.rushmoorlottery.co.uk

Other funding available

- [HCC Waste Preventions Community Grant Fund](#) – up to £5,000 available for projects which help reduce household waste with social and community benefits. Closing date: 18th February, 5pm.
- [Community Gardens Award](#) (not schools)

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

The next edition will be sent out in March / April

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