



Rushmoor & Hart Supporting Families Bulletin – October 2023

Welcome to our 93rd edition! The Supporting Families e-Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

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

COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

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

GOVERNMENT AND LOCAL AUTHORITY INFORMATION & SUPPORT

Hampshire Children's Services

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

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

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

Here for Hart update (coordinated by Hart District Council)

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

You can access the directory by scanning the QR Code.



Looking for a Children's Sports Club?

The Here for Hart Directory has information about a wide range of local sports clubs for kids including gymnastics, football, hockey, cricket, basketball and swimming. It also has information about pre-schools in Hart, cadets, scouts, girl guides and army cadets. SO, if you want to keep your kids busy and active, it's a great place to start! www.hereforhartdirectory.org.uk > select 'Children, Young People & Families'

If you would like to place a link to your website, please email hereforhart@hart.gov.uk and we will send you the accompanying text and Here for Hart logo. Please note that you cannot use the link on your website without Hart District Council's agreement and the relevant text and logo.

Any feedback about the Directory, or suggestions or corrections should be emailed to info@hartvolaction.org.uk and marked 'directory'.

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

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

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 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

Hardship fund: We have limited funding to provide short-term help to households in need with food, energy and water bills and other related essentials. A proportion of the Household Support Fund will be used to support households with disabilities and children. To apply, please email hardship@hart.gov.uk with an outline of what exceptional housing-related crisis you are experiencing. If you are unable to email, you can also call 01252 774420 and leave a message with the team.

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](#).

Leo Docherty – Aldershot constituency MP

Leo Docherty MP represents the Aldershot constituency which includes the areas of Aldershot, Farnborough, Blackwater and Hawley and he is happy to help any constituent in need of assistance. Leo can be contacted by email at leo.docherty.mp@parliament.uk, telephone on 01252 377567 or letter to Leo Docherty MP, House of Commons, London, SW1A 0AA.

WHAT'S ON IN RUSHMOOR & HART

Family events in Hart

Hart District Council Countryside Team

Halloween Walk and Pumpkin Carving – Edenbrook Country Park, Fleet

Thursday 26 October and Friday 27 October, 5 - 7.30pm

Cost: £5.00 with pumpkin, £2.00 without pumpkin

Dress up in your best costumes and join us for a fun evening of carving pumpkins followed by a spooktacular walk where you can learn fun and interesting facts about this festival as we walk into the sunset - don't forget your torches so you don't get lost!

Pumpkins are included in the costs. There is a reduced price for adults who do not wish to carve a pumpkin but who must be attending with a child who is carving a pumpkin.

Suitable for wheelchairs and buggies – however a short stretch of the route is on a large gravel area. Not suitable for non-assistance dogs.

Book online: www.hart.gov.uk/form/join_the_halloween_walk_and_pump

Edenbrook Parkrun – free family event every Saturday

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you. The event takes place at **Edenbrook Country Park, Emerald Avenue, Fleet, GU51 5DW**. It's on every Saturday and starts at 9am.

It is free but please register before you first come along. You can do that here:

www.parkrun.org.uk/register/?eventName=edenbrookcountry

Fleet Christmas Festival - Wednesday 22nd November 2.00-9.00pm, Fleet High Street

Visit the Christmas Market with 120 stalls selling food, gifts and decorations. There will also be a fun fair, Santa's Grotto, singing and entertainment on the Gurkha Square stage as well as the Christmas Lights switch-on!

Yateley Christmas Market - Saturday 25th November 3.00-6.00pm, outside the Dog & Partridge pub, 105 Reading Road, Yateley, GU46 7LR

Festive fun for all ages! Includes stalls, entertainment and the Christmas lights switch-on.

Odiham Christmas Extravaganza - Sunday 26th November, Odiham High Street

Enjoy music, shopping, eating from a wide range of stalls and local shops.

Hartley Wintney Christmas Market - Thursday 7th December 4.00-8.00pm, Hartley Wintney High Street

Family events in Rushmoor

Halloween Spooktacular

For lots of freakishly good fun this October, head to our free Halloween Spooktacular events in Aldershot and Farnborough town centres!

The vampire vegetable nannies and their fang-tastic fruit & veggie babies are in town to celebrate Halloween! Visit the nannies for adventures at The Magic Shed, hunt hidden veggie vampire babies in a fangtastic trick or treat trail, create spooky potatoes at the creepy crafts station and seek out the frightful face painters. Beware! The Magic Shed is full of interactive surprises! Collect your trail, then get ready to ring the victory bells, collect awards and be enrolled in the Trick or Treat Hall of Fame.

Don't forget your costumes!

Locations

- Saturday 28 October, Wellington Street, Aldershot (by Costa Coffee)
- Saturday 29 October, Queensmead, Farnborough (opposite Greggs)

Times

- The Magic Shed and craft activities are open between 10am to 3pm.
- Trick or treat trail maps are available to collect from The Magic Shed on the day between 10.30am and 2pm. Prizes must be claimed by 2.30pm.

A small charge applies for face painting.
No need to book, just drop in!

Aldershot Christmas Cracker 2023

Start the countdown to Christmas at the magical Aldershot Christmas Lights Switch On from noon to 5.30pm on **Saturday 18 November**.

There's a stocking-full of festive fun taking place throughout the town centre, with lovely stalls, two stages and street entertainment for all the family!

The fun includes over 35 craft, food and community stalls, a nativity farm and donkeys, Juggling Jake, Lego brick building, birds of prey, free children's Christmas crafts, face painting, brass bands and a full line-up of live entertainment across two stages. Children can also meet Father Christmas in his grotto and bounce around in the giant snow globe for free. Over 100 performers from local brass bands, choir and dance schools will take to the stages to perform.

The highlight of the event will be the countdown to the Christmas lights switch-on, which will take place in Princes Gardens from 5.15pm, including a short firework display and a giant snow machine!

www.rushmoor.gov.uk/christmascracker

Farnborough Frost Fair 2023

Join us for a day that is bursting with festive fun! Farnborough Frost Fair will be sprinkling Christmas spirit over the town centre on **Saturday 25 November** between 10am and 3.30pm.

Find your Christmas presents in the festive market, with over 40 stalls along Queensmead, packed full of gorgeous gifts, from local food and drink to handmade jewellery and unique Christmas decorations.

Families can enjoy walkabout street theatre, have a go at circus skills with Juggling Jake, build a Christmas shape from bricks, meet beautiful birds of prey, feed the donkeys, enjoy making Christmas decorations in the free children's crafts tent, watch giant bubble creations, have their faces painted – and much more!

Children can also meet Father Christmas in his grotto and bounce around in the giant snow globe for free. Over 100 performers from brass bands, local choirs and dance schools will take to the stages to perform.

www.rushmoor.gov.uk/frostfair

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Ministry of Science

Monday 23 October, 1:30pm & 6:00pm

This year saw Science lead the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever! Join our presenters as they dive deep into the world of science and look at how science shapes the modern world we live in with a few loud bangs along the way!

They'll take an anarchic approach to science communication whilst looking at the scientists, engineers and inventors who have shaped the modern world that we live in whilst proving that each and every one of you have the ability to change our world for the better!

Expect 20ft LIQUID NITROGEN clouds, exploding OXYGEN & HYDROGEN balloons, FIRE TORNADOS, HYDROGEN bottle rockets, ignited METHANE and even a self-built Hovercraft! 100% Educational. 200% Entertaining. 300% Explosive. 400% Fun.

[Ministry of Science - Princes Hall](#)

All Star Super Slam Wrestling

Tuesday 24 October, 7:30pm

Super slam wrestling action returns to the Princes Hall with an explosive night of top-class wrestling action!

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

Come and enjoy the Big-Time atmosphere of super slam action and celebrate the companies 45+ year reign as Britain's longest and most recognised wrestling organisation in the country.

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

Dance In A Day

Wednesday 25 October, 10:00am, Ages: 6-10 yrs

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

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

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

Choir In A Day

Thursday 26th October, 10am-4pm, Ages: 7-11yrs

Train to be a singing sensation with our expert Abi Green (Meow from our 2021 pantomime Dick Whittington).

You will be guided you through various techniques to improve and maintain the quality of your voice and work on songs that will be performed to parents at the end of the day.

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

<https://www.princeshall.com/event/160001/choir-in-a-day>

Play In A Day

Friday 27 October (Aladdin), 10:00am, Ages: 7-11 yrs

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

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

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

Aladdin

Friday 8th December - Sunday 31st December

Experience the magic and excitement of another Aldershot professional pantomime.

Join our hero Aladdin on this glittering magic carpet ride along with Widow Twankey, the Genie, Spirit of the Ring and an evil sorceress. Aladdin has dreams of marrying the beautiful Princess Jasmine, but the law decrees only a Prince can marry a Princess. If only Aladdin could make his fortune, then all their dreams could come true

We work all year around to make sure that our panto is a truly magical production, with fabulous sets, stunning costumes, fantastic dancers, a great script and excellent songs and music. Our 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.

BSL integrated performances Tues 12th December at 7pm & Weds 20th December at 1pm.

www.princeshall.com/event/145401/aladdin

Hampshire Libraries – Half-term Holiday Activities

Hampshire Libraries will be open as usual during October half term – please check www.hants.gov.uk/librariesandarchives/library for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

Fleet Library

Spooky themed activities will also be available this half term at **Fleet Library**, alongside our regular Story Time and Rhyme Time offer.

Sat 21st & Sat 28th October – Stay & Play all day; Construction Club from 2pm – 4pm

Mon 23rd October – Spooky Story Time at 10:30am

Tues 24th October – Halloween craft from 2pm – 4pm

Thurs 26th October – Rhyme Time at 10:00am (toddlers); 10:45am (toddlers); and 11:30am (babies)

Fri 27th October - Halloween craft from 2pm – 4pm

Yateley Library

Saturday 21st - Construction Club 10.00am -12.00pm

Monday 23rd - Stay and Play 10.00am-2.00pm

Tuesday 24th - Autumn Storytime 10.00 and 11.00

Friday 27th - Spooky Rhymetime 10.15 - 10.45 **followed by Chatabout**

Saturday 28th - Construction Club 10.00 - 12.00

Our window is decorated for the Yateley Autumn house trail. Go to the 'Yateley house Trails' Facebook page to find the map showing everyone who is taking part.

Farnborough Library

Farnborough Library Half Term Activities

Monday 23rd October - Rhymetime 10.00am - 10.30am

Tuesday 24th October - Storytime 10.30am - 11.00am

(this is a normal Storytime session, Spooky Storytime will be on 31st October)

Thursday 26th October - Rhymetime 2.00pm - 2.30pm

Saturday 28th October - Bat Themed Craft from 10.00am

There will be a Halloween themed trail up all week.

Aldershot Library

Saturday 21st - Construction Club 2.00-4.00

Tuesday 24th - Rhymetime: Toddlers (Over 1's) 10.00am Babies (Under 1's) 11.00am

For Everyone's Enjoyment numbers will be limited. Please arrive by the start time.

Tuesday 24th - Board Games: for school aged children 3.30pm-4.30pm

Friday 27th - Storytime 10.00am followed by Chatabout

Friday 27th - Board Games: for school aged children - 3.30pm-4.30pm

Saturday 28th - Batty Craft - drop in 10.00am-2.00pm

Saturday 28th - Construction Club 2.00pm-4.00pm

Pop in anytime for our Spooky themed trail and Autumn Colouring

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

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

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

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

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

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

Squirrels Holiday Club

We are running our Holiday Fun Club from Monday 23rd October – Friday 27th October 2023

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

Squirrels Holiday Club offers a wide range of fun activities indoors and outside including crafts, games, and construction. This half term we will be having lots of Halloween fun. Drinks and snacks are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5-Year-Olds must be dry to attend.

We are open 0800-1630.

Pre-booking is essential. Please contact us on 07702 202921 or email office@squirrelseducare.co.uk for more details.

Aldershot Pools – Half-term opening

Guildford Road, Aldershot, GU12 4BP

Aldershot Pools will run their normal holiday timetable for half-term please refer to our website for details.

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

Aldershot Town FC & Shots Foundation Half-term Football Camp - Hook Junior School

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

The Shots Foundation, along with Aldershot Town FC, are running a summer football camp at Hook Junior School on **Thursday 26th October and Friday 27th October** from **10am until 3pm**. The camps will be a mix of technical sessions from FA qualified coaches and fun football games. This camp is for **children aged 4-11** with a maximum of 25 children-a-day; all activities will be age-appropriate. Prices are no more than £25-a-day, with both days available for £45. Attending the camp has great benefits, including a ***FREE* family ticket** (max 4) to the community stand for an Aldershot Town FC home fixture in the 2023/24 season!

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

Rushmoor Rose Bowl 2023, 21st & 22nd October

Rushmoor Gymnastics Academy, Pool Road, Aldershot, GU11 3SN.

Rushmoor Gymnastics Academy is hosting this International Gymnastics Event for the 42nd year. We have top gymnasts from the UK and South Africa attending and it promises to be a memorable occasion.

October 21st and 22nd 2023

To buy tickets please visit <https://www.gymdata.co.uk/events/tickets-buy.aspx?eid=2377>

We look forward to seeing you there.

Free Family Fun Activity – Runway’s End, Aldershot, 23rd October

Runway’s End, Aldershot, GU11 2RE

Monday, 23rd October 2023 10.00-13.00hrs

FREE family fun during half term including a range of different activities as shown:

- Spooky code cracker trail.
- Halloween patterns using symmetry and ratios.
- Halloween coordinates.
- Trees, trundles and tape measures.

Families must meet the eligibility criteria to receive a free family ticket



At least one adult in the party must NOT have a level 2 maths qualification. (e.g. Math GCSE at grade 4/C and above, or a Functional Skills Level 2 in maths). For more guidance, contact the Multiply team multiply@hants.gov.uk

**Refreshments are provided and a Top Trumps free gift per family.
BOOK NOW using the link below or the QR code:**

[Runway’s End Outdoor Centre - FREE Family Fun Activity \(23rd October 2023\) Tickets, Mon 23 Oct 2023 at 10:00 | Eventbrite](#)

Friends of Cambridge Primary School Firework Extravaganza 2023!

Cambridge Primary School, Queens Avenue, Aldershot, GU11 4AA

Monday 6th November 2023

Doors open @ 17:00

Firework Starts @ 18:00

Food & Drink Vendors On-Site

Pre-Show Entertainment

Glow Merch

Disabled Access

£2 a ticket and U3’s go free

Tickets to be booked via: <https://www.pta-events.com/fofc/>

The Source Young People's Charity – Autumn Activity / Workshop programme

Dates: 23rd to 27th October 2023

Age: 11 – 17's

Physical activity, relaxation, helping others, and learning new skills are all great ways to support wellbeing. Our Autumn Activity / Workshop programme is for 11 - 17 year olds who need a little wellbeing support over the holidays. All sessions are **free of charge** and each young person can sign up for 2 sessions.

Wellbeing workshops and activities include:

Bike Maintenance, My Plan 4 Tomorrow (Vision Boards), Photography, Board Games Bonanza, and Motivational Artwork.

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

<https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=1b5Dj3FZdUqn4t-D2q1MbHyPYmFGXghHhJkg97MhL4IUNEZYT0dCNUFUSTVNVUNFRUsxVVRTSEZaVS4u>

or go to www.thesourceforyou.co.uk and click on the Autumn Activity flyer.

Contact details:

Yasmin at Yasmin.cunningham@thesourceforyou.co.uk

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

www.thesourceforyou.co.uk / Phone: 01252 333 330

Fleet Phoenix – HYPE Club Night, 8th December

Friday 8th December 2023, 7-10pm: Court Moor School, Fleet

HYPE Club Night - [tickets available here](#)

£8 per person. Make sure you get your ticket/s in advance as it is presales ONLY!

HYPE Club Night is a safe clubbing environment for young people in school years 7, 8 and 9 to experience the buzz without the drugs and alcohol. **Young people from ALL schools are welcome to attend.**

We promote safe clubbing and having a great time with friends. There will be other fun activities like inflatables, quizzes, challenges and opportunities to winning some amazing prizes.

Drop off is in the main carpark. There will be signs displayed showing you the way.

Any profits made will go directly to Fleet Phoenix for us to continue the vital work we do in the community with young people and their families.

[HYPE Club Night | Fleet Phoenix](#)

Please feel free to [contact us](#) for more information.

Cove Parish activities

www.parishofcove.org.uk

Our first activity will be our Light Party on **31st of October 2023**. This will take place at **Christ Church, Cove Road, GU14 0EX**. We will have pizza, dancing, a craft and a lot of fun. The cost is £2.00 for one child. £3.50 for two children, and £5.00 for 3 children. As always if there is a problem with money, please check with the church office. Please sign up through the Website.

Every Monday, during term time, we have **Bumps and Babies**. This is for children under 18 months. It is a time for new mums to get together and have a chat. This takes place at Christ Church from 1:30 -3.00

On Wednesdays we have **Footprints Café**. This takes place at St John's Church. People come and have a cake and a tea or coffee. We also make paninis. This is free and it meets from 2.00-4.00 At the end of November, we will be again doing the **Christmas Journey** for all the Year 1 children in the Parish. This will take place over two days and the schools are really looking forward to it. There will also be a special viewing of the Christmas Journey for the community on Sunday 26th of November from 5.00-6.00 please sign up on our website.

We will also have **Light up Christmas for Children**. There will be two sessions of dance, story and a snack and craft. One session will take place from 3.00-4.00 and the second session will take place from 5.00-6.00

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 Garrison Church, Queens Avenue, Aldershot

5.30-6.30 Beginners (5-teen)

£6 per session – First lesson free!

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

Wavell Campus Leisure

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

FACILITIES FOR HIRE

OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

HIRE CHARGES

SPORTS HALL £42 PER HOUR - DANCE STUDIO £22.50 PER HOUR - THE WAVELL HALL £22.50 PER HOUR -COMMUNITY HALL £19.50 PER HOUR - CLASSROOMS £10.50 PER HOUR – OUTDOOR NETBALL COURTS £20.50 PER HOUR

CLUBS & CLASSES

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

CHILDRENS PARTIES

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY – HIRE PRICE IS £22.50 PER HOUR. THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY – HIRE PRICE IS £19.50 PER HOUR & THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM *3PM-6PM ON A SATURDAY & FROM *1PM – 6PM ON A SUNDAY – HIRE PRICE IS £42 PER HOUR *subject to availability

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Friday 5pm-8pm

Tuesday 5pm-10pm

Saturday 9am-6pm

Wednesday 5pm-10pm

Sunday 9am-6pm

Thursday 5pm-10pm

All school holidays from 9am

Weekend opening hours can change. To double check please call 01252 317603.

OCTOBER HALF TERM HOLIDAY CLUB AT WAVELL CAMPUS LEISURE

CM SPORTS HOLIDAY CLUB

MONDAY 23rd OCTOBER – FRIDAY 27TH OCTOBER 2023

FROM 8AM – 4.30PM DAILY

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

For further information or enquires regarding hire of our facilities;

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

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

Or call Wavell Campus Leisure on 01252 317603

COMMUNITY SUPPORT INFORMATION

Community Grub Hub CIC

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

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

We are open: every Tuesday 10am to 6pm

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

The Community Cupboard at the Vine Centre, Aldershot

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

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

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

Opening hours: Monday: 10am - 3pm Wednesday: 9am - 12pm Thursday: 9am - 4pm

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.

Kids Half Term Lunches

On Tuesday 24th October, families can access our Community Cupboard between 11am and 1pm to get children's lunch packs. A lunch pack will provide 5 days' worth of lunches (including snacks!) for any children that are in the household. No need to register, just turn up on the day.

For more information, please email info@thevinecentre.org.uk

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Farnborough Foodbank

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

Farnborough FoodBank's Client Outlet Christ Church Cove is now open on Wednesdays. The Client Outlet at Princes Hall Aldershot remains closed.

There will be No Access to Farnborough FoodBank Warehouse for clients. However, Organisations can continue to attend.

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Food and welfare provisions in Hart

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

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

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

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

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

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

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

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

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

Other local food provisions in Hart are:

Darby Green Mobile Community Larder:

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

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

Community Pantry at Yateley Industries provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. Tel 01252 872337 or Email alexs@yateleyindustries.net The Hart Community Pantry’s focus remains on people on low income or benefits.

Fleet Phoenix: The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: info@fleetphoenix.co.uk or call: 01252 812308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

Hampshire Libraries Warm & Welcome events

Hampshire Libraries are proud to be working with Connect4Communities this autumn/winter to support the local community with the cost of living. Come along to our Warm & Welcome events on the dates below for free advice and support from a number of local organisations, including Citizens Advice, Barnardos, Learning in Libraries and more. Find out more about what you are entitled to, how to get the best deals and local services that are available. Free refreshments will also be available!

Fleet Library – Mon 23rd October 10am – 12pm

Farnborough Library – Thurs 26th October 10am – 12pm

Stop Domestic Abuse

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

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

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is advice@stopdomesticabuse.uk Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting. If you would like any more information about our service, please do head over to our website: www.stopdomesticabuse.uk

Citizens Advice Hart

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

Help in the community

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

Please contact us on 01252 878435 or email outreach@citizensadvicehart.org.uk for further information. If you are looking for advice, please contact us [here](#).

We hold Outreach sessions where an adviser is available for questions at:

- Yateley: Yateley Pantry – every Tuesday morning
- Hartley Wintney: Mums and Bumps group at St John’s – 4th Monday of the month (morning)
- Hartley Wintney: Forget-Me-Not Café at St John’s – 2nd Tuesday of the month (afternoon)
- Odiham: The Bridewell Centre at The Book Exchange – 1st Thursday of the month from 6 July (afternoon)
- Hook: Community Centre Café – 1-3pm 4th Monday of the Month
- Hook: Young at Heart group (above the Community Café) – 3-4pm 4th Monday of the month
- Heckfield Friendship Group at Rosies Cafe in Holdshott Farm Heckfield – Thursday once a fortnight tbc

Our Outreach Project is kindly funded by a Hampshire County Council Local Solutions grant.

Advice First Aid

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

The [Advice First Aid \(AFA\)](#) programme is an opportunity to upskill volunteers and staff working on the frontline to support vulnerable people in the community. You may encounter people for a whole range of reasons in your role, and you might realise they have a problem or that they need help, but you don’t know what to do about it.

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

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

The training is completely free, will run monthly and takes place locally, in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227014).

Volunteering

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

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

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

Citizens Advice Rushmoor

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

How can we help you?

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

What happens when you contact us?

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

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

Different ways of reaching us:

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

£147 energy grants – Energy Advice Project

Households may be entitled to a one-off grant from the Household Support Fund worth up to £147 if they are struggling to pay their energy bills.

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

You can call the helpline on **0808 175 3559** during the following times:

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

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

You can find further information online on our website:

<https://citizensadvicehants.org.uk/energy/>

Hampshire County Council Strengthening Parental Relationships Programme

Strengthening Parental Relationships (SPR): Mediation, Couple Support and Family Counselling Service is open for referrals to multi agency professionals.

There is currently no waiting list.

What is Strengthening Parental Relationships?

Strengthening Parental Relationships (SPR) is Hampshire's Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship. Some level of arguing and conflict between parents is often a normal part of everyday life. However, there is strong evidence to show how inter-parental conflict that is frequent, intense and poorly resolved can have a significant negative impact on children's mental health and long-term life chances. You can find out more by attending a Q&A session, dates and times are available [here](#).

High Intensity offer: Mediation, Couple Support and Counselling

Hampshire County Council have procured a limited number of spaces for Mediation / Couple Support and Family Counselling. This service is for families who are experiencing harmful **parental conflict** and require high intensity, expert provision. This service is available to families from across Hampshire County Council area.

To increase the reach of this service to more families, **we are now accepting referrals for families from multi agency professionals.**

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

How do I refer?

1. To find out more about the Mediation, Couple Support and Counselling, visit [Information for practitioners](#) You can also contact the SPR team to discuss the service via: spr@hants.gov.uk
2. As with all Strengthening Parental Relationships interventions, this service is not appropriate when there is domestic abuse. We have adapted a tool from Cafcass to help distinguish between harmful parental conflict and domestic abuse, which we have called the "**Safety Net Discussion Tool**". Please use this tool or another evidence-based approach to screen for domestic abuse prior to discussing a possible referral. The Safety Net Discussion tool is available to download [here](#)
3. Once you have spoken to each parent / carer and **agreed*** to make a referral, share the [Privacy Notice for parents / carers](#) and complete the [online referral form](#) (please be aware, this is an updated version, so looks different to the form you may have completed previously).
4. The SPR team will contact you to discuss the potential referral.

5. If it is agreed that the referral is safe and appropriate, the SPR team will send contact information for the parents /carers to the service providers. For Mediation & Couple Support this is Mediation Now (trading as Family Solutions), for Family Counselling, this is Off The Record.
6. On receipt of the family contact information, the service providers will contact each parent / carer and arrange an initial assessment. Mediation is provided by Mediation Now, Couple Support is provided by Southampton family Trust and Family Counselling is provided by Off the Record and Hart Voluntary Action.

****Practitioners referring a family to the SPR Mediation, Couple Support or Family Counselling must follow their own organisations GDPR process. It is essential that both parents / carers agree with the referral and wish to access the service.***

The Universal offer

The universal offer is available for free to parents / carers in Hampshire. This includes digital resources provided by OnePlusOne. These are evidence-based courses are designed to help parents reflect on conflict in their relationship with their partner / co-parent. The courses use videos and animations that incorporate evidence-based techniques to promote behaviour change and help parents to argue in ways that are helpful rather than harmful. You can access the practitioner guide which has all the course content as well as further guidance, evidence and promotional items [here](#). The SPR toolkit has an area for [parents / carers](#) as well as a [practitioner SPR toolkit](#) providing practical tools and resources, to support Hampshire professionals identify and respond to children who have experienced, or are at risk of, harm related to parental conflict. The material is free to access and available to all practitioners from any agency/organisation working with unborn babies, children and their families across the Hampshire Local Authority area.

Safe4Me – Keep safe website

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

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

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

HEALTH & WELLBEING INFORMATION

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/>

Healthy Start Scheme



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

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

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

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

Get winter strong – get vaccinated

For some, flu and COVID-19 are unpleasant. But for many, particularly those with certain health conditions, older people and pregnant women, they can be very dangerous and even life-threatening.

Vaccines are our best protection against flu and COVID-19. Over the last few years, they have kept tens of thousands of people out of hospital and helped to save countless lives. In winter, flu and COVID-19 spread more easily as we spend more time indoors. Getting these vaccines ahead of winter are two of the most important things you can do to keep yourself and others around you safe and get 'winter strong'.

The flu vaccine is also offered to most children including all aged 2 and 3 years old and school aged children from reception to year 11, as well as those with underlying health conditions. The children's flu vaccine is usually given as a quick and painless spray up the nose.

Children should get the flu vaccine as soon as they can for their protection and to help stop the virus spreading to others. Children aged under 5 have one of the highest hospitalisation rates for flu. Last year, more than 6,000 under-5s in England were hospitalised by flu, and many more needed care in accident and emergency. The vaccine reduces a child's chance of needing hospital care by around two-thirds.

Book in with your GP if your child hasn't already been vaccinated as part of the schools' programme.

Mental health and wellbeing

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

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

Resources for children and young people include:

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

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

kooth.com is the largest provider to the NHS for digital mental health services and a BACP Accredited Service. Our youth and adolescent service is available for ages 11- 25 in Hampshire via self-referral. We have innovated in developing bespoke clinically validated measures around peer-to-peer interaction and our single session therapeutic model. This year's theme for #MHAW is 'anxiety', and we've put together lots of new community discussions and content on [Kooth](https://kooth.com) to support young people and young adults who may be struggling, starting on 15th May. There is a different forum discussion topic for each day of the week. Service users can take part for free and anonymously.

Kooth is running more webinars for professionals on key topics and how the platform supports young people. Find out more here: <https://linktr.ee/KoothEngagementTeam>
As always, the service remains available for all young people in Hampshire via kooth.com, no referral needed.

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

[Sasha's Project](#) is a not-for-profit organisation that was set up in memory of a local Hampshire resident.

The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 9pm - 6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

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

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

For more information visit www.facebook.com/sashasproject

[Hampshire CAMHS](#)

Hampshire CAMHS provide emotional wellbeing and mental health support for children and young people aged 6 to 18, registered with a GP in North East Hampshire. The Hampshire CAMHS website provides a safe, trustworthy and engaging platform for any young person, parent/carer or professional wanting to access high quality, accessible information, advice, guidance on emotional and mental health and wellbeing.

If you are waiting to hear about your first appointment and things are getting worse or are worried that you haven't heard, please phone **0300 304 0050 Monday to Friday 9am to 5pm**. Outside of these hours, if you need urgent help, please contact 111, where our Paediatric Mental Health Practitioners will be able to help you.

Solent Mind's Self-Harm Awareness online training sessions run for one hour and are delivered remotely via zoom. This training is for education providers of secondary school age children and young people (11 years and over), 6th form & further education and charities working directly with children and young people in this age range.

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

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

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

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

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

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/>

Frimley Healthier Together App

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

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

Complimentary to the [Frimley Healthier Together](#) website, the app can be downloaded from your app store of choice. <https://bit.ly/FHTApp>

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

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

Please do get in touch with any questions or requests you may have: Kirsty.north6@nhs.net or Zara.devine@nhs.net.

Frimley Health and Care invites you to share your views

Frimley Health and Care is launching its Online Community Panel and is recruiting now!

We know that working in partnership with patients, carers, families and local people brings a different perspective to our understanding and can challenge our view of how we think services are received and should be delivered in the future.

The Frimley Health and Care online panel is just one way that we are ensuring local people and communities are at the heart of our decision making around health and care services.

Those who choose to join, will receive regular newsletters, quick polls and surveys, and when they arise, the chance to join the conversation in other ways such as through focus groups.

The best bit - because the panel is online you can share your views at a time that suits you!

The online community panel is designed to help us gather local insight, test our assumptions and theories, and keep communities updated about health and care services in the Frimley area.

Emma Boswell, Director for Partnerships and Engagement said “It is essential to us that local people have an opportunity to shape our plans and provide their views and feedback in a way that suits them, so that staff working on transformation programmes understand what local people feel is important and where services can be improved.

We have refreshed our online community panel in response to feedback that local people want a way to get involved around their busy lives and commitments.”

The online panel is open to anyone over the age of 16 years who is registered with a GP practice within the Frimley geography.

Sign up today and share this opportunity with friends and family, visit <https://secure.membra.co.uk/Join/FrimleyPanel>

To read our privacy policies visit <https://www.frimleyhealthandcare.org.uk/onlinepanel>

Farnborough Cloth Nappy Library

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

Interested in finding out which type of cloth/reusable nappy will suit your baby? The Farnborough Cloth Nappy Library have a range of kits for new-borns, and birth to potty kits for parents to borrow and try before they buy. If you have borrowed a cloth nappy kit from the Library, then you will be able to get a discount on purchasing cloth nappies from a number of retailers (full list on the website).

Why choose cloth nappies?

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

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

You can also donate your cloth nappies to the Farnborough Cloth Nappy Library for future use.

To hire a kit, please register for an account on the website. Birth to Potty Kits can be hired for a 4-week period for the price of £10, plus a £50 refundable deposit. New-born kits can be hired for an 8-week period for the price of £20, plus a £50 refundable deposit.

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

Solent NHS Trust Sexual Health Services

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

Sexual Health Clinic

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

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

Sign up to your own Personal Health Record

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

Sexual Health Services run College Clinics (term time only)

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

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

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

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

F: @solentnhstrustsexualhealthservices

X/T: @LetsTalkHants

I: @LetsTalkHants

Rushmoor & Hart School Nursing Service

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

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

In addition to this our Duty phone line remains open for advice and support and general queries:

01252 335 655 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

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

Support and information about your local school nurse team is available from the Hampshire

Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

Autism Friendly Fleet

Our aim is to increase understanding of autism by working together with local businesses and organisations to help them become autism friendly.

Upcoming events

- Autism friendly gardening with Minding the Garden at Edenbrook in Fleet– half term session on **Wednesday 25th October** at 2.00pm to 3.30pm. Places are limited and booking is essential. [Click here for further information and to book.](#)

Go to our website www.autismfriendlyfleet.co.uk or [Facebook page](#) for further information.

- Basic autism understanding training for businesses and organisations held in Fleet. Next session on **Wednesday 15th November** at 12.30pm to 2.00pm. £10 per person. [Click here for further information and to book.](#)

Mustard Seed Autism Support – Recruiting Service Delivery Manager

www.mustardseedautism.co.uk

We are looking for an experienced, creative individual to join our warm and growing team. If you like a challenge and would love to support us in the next steps of our journey, this may be for you!

Service Delivery Manager

- Permanent, term-time only contract (40 weeks per year)
- 23 hours per week, with opportunities to develop the role over time
- Based in Odiham, Hampshire

Role

- To provide specialist support to autistic children and their parents.
- To lead our primary Siblings Support Group, one Saturday morning per month.
- To work alongside and support our Family Support Workers.
- To train and manage Mustard Seed's volunteers.
- To co-manage the day to day running of the charity alongside the Lead Occupational Therapist.
- To work with the Trustee board to implement our strategy and development plans.

Job specifications / Experience:

- Degree in teaching/healthcare/social care or similar
- Minimum of five years working with autistic children
- Experience of working with parents/carers
- Developing and delivering training
- Managing staff/volunteers
- Multi-agency liaison

For an application form, full job description and job specification, please contact:

sarah@mustardseedautism.co.uk / 0770 426 0199

Deadline for applications: **Friday 20th October**

PACE (Parent & Carer) Events 2023 – 30th October

Yateley School, School Lane, Yateley, GU46 6NW

A Free Health & wellbeing event for all parents, carers and Professionals who support or work with young people

What can I expect? PACE events consist of two main components:

1. A number of specialist workshops on young people's emotional health and wellbeing.
2. Information stands from local and national organisations

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

PLUS, Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic.

Book your workshop space at www.hampshirecamhs.nhs.uk/events

Fortify Mental Health & Wellbeing Services

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

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

Our trained staff have years of experience and qualifications that we can be flexible with whatever is troubling your teenager

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

Hart Voluntary Action Counselling Services

121 Adult Counselling

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

121 Adult Counselling supports adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 10 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

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

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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

Sunshine and Showers

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.

Rushmoor Wellness - Rushmoor Borough Council in partnership with SEEDL

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

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

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

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

TalkPlus

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

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

We offer a range courses and groups, some of which include:

Knowing Me, Knowing You: for the Post Natal period. (Ask your health visitor for a referral)

New Dad's course: for new Dads who are struggling with the pressures of fatherhood.

Managing Low Mood and Anxiety

Living Well Staying Well: A five-week course for people living with a long-term health condition.

Coping Well With Stress: A four-week online course (plus an additional work stress week) – *Starts September 2023*

TalkPlus also offers online programmes to help with a range of problems via Silvercloud, which you can have access to once you self-refer to TalkPlus.

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

Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus_nhs

No Limits Young Person's Safe Haven

The [No Limits young person's Safe Haven](#) in North East Hampshire and Farnham (covering areas including Aldershot, Farnborough, Fleet and Yateley) offers young people aged 10-17 access to out of hours emotional and practical support with their mental health, providing them with the tools and techniques to enable them to be as safe as possible and make positive changes.

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

CAMHS – Professionals Conference: Suicide prevention, 14th November

Tuesday 14th November 2023, Hope Church, Middle Brook Street, Winchester, S023 8DQ

£75 per person, includes refreshments, lunch and a resource pack

Hampshire Child and Adolescent Mental Health Services are running a face-to-face conference. This event is suitable for any professionals who work with young people, including teachers, youth workers, police, social workers and GPs.

Conference Agenda:

Let's Talk about Philip - A play written and performed by **Helen Wood and Gregor Hunt**

The performance focuses on the personal experience of losing a brother to suicide and the many issues that surround suicide.

Other Workshops include: Managing young people in crisis, self-harm, postvention, listening skills and creating a school suicide and self-harm prevention plan.

Keynote speaker: **Mike Palmer** (3 Dads Walking)

Book your place today at www.hampshirecamhs.nhs.uk/events

CAMHS Suicide Prevention Play: Let's Talk About Philip – 2nd November, West End Centre

Let's Talk About Philip is a play written and performed by Helen Wood and Gregor Hunt. The one-hour play shares the personal experience of losing a brother to suicide, and the many issues that surround suicide.

Hampshire CAMHS will be running several events across Hampshire where this play will be performed, followed up with workshops led by clinicians within CAMHS. This event is suitable for young people in years 10, 11 and sixth form. Spaces at the daytime performances are limited and are sold on a first-come, first-served basis. The morning performances are for students and the evening performances are suitable for the general public and professionals.

Tickets are **£3 per pupil or staff member**.

For more information and to book visit www.hampshirecamhs.nhs.uk/events

Evening performances can be booked directly with the venue, further information and the links can be found on the Hampshire CAMHS website at www.hampshirecamhs.nhs.uk

In the Rushmoor & Hart area, there are performances on 2nd November

West End Centre, Queens Road, Aldershot, GU11 3ED

10am Student viewing

8pm Professionals/public viewing

Hampshire County Council Suicide Prevention Training

Grassroots Suicide Prevention are delighted to offer a programme of Suicide First Aid training free to community sector organisations, with funding from Hampshire County Council.

Book your place or get in touch to arrange training specifically for your organisation:

Suicide First Aid – Lite

This course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive. SFA: Lite is easy to grasp for people of all skill levels and those with no prior knowledge of the subject.

Suicide First Aid: Understanding Suicide Intervention

The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. Recommended for anyone working closely with those at risk of suicide.

[Hampshire - Funded Training - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](http://prevent-suicide.org.uk)

Service of Reflection – For those impacted by suicide

Sasha's Project would like to invite you to a Service of Reflection for those impacted by suicide
Saturday 18th November, 2-4pm at Tylney Hall Hotel, Ridge Lane, Hook, RG27 9AZ

A non-religious service of reflection for all those whose lives have been touched by suicide. It will be a compassionate gathering with music and words, providing solace and strength in unity.

This is a free event. If you would like to attend, please email angela.forster@sashasproject.charity with the number of seats you require.

Rushmoor Healthy Living (RHL) - Community Engagement & Activity Health and Wellbeing

Be Healthy Be You

We're delighted to announce that we are offering FREE one-off Nutrition & Weight Loss Talks over the autumn to members of the public, organisations, schools, colleges and charities as part of our new National Lottery funded 'Be Healthy, Be You' project.

We have a variety of one-off talks to offer, from Healthy Eating, Effective Weight Loss, Sugar and Weight Loss to Moving More and many more.

We help to remove the barriers and change habits to help people eat more healthily and lose weight and keep it off!!

We would love you to join us for our sessions for members of the public, or we can come and visit your organisation – just contact rachael.austen-jones@rhl.org.uk for more details or to book.

We are also going to be running a Weight Loss Course from January, with friendly, positive face to face meetings weekly and no public weigh ins. If you'd like to register your interest, please email Rachael at the address above.

Our **How are You Today Project** supports working age people with long term health conditions, with free, friendly weekly online Coffee Mornings, Expert Talks and Face to Face Socials in Aldershot. If you'd like to find out more, please contact rachael.austen-jones@rhl.org.uk.

New Timetable

RHL have announced their new Autumn timetable <https://www.rhl.org.uk/timetable.php> this includes a fabulous new location for Legs, Bums and Tums Southwood Farnborough Monday 0915 - 1000am.

Want to learn more please email classes@rhl.org.uk or call 01252 957430.

Finally for those not wanting to venture outside at the moment we also have a new offer for Zoom classes too - Please quote AutumnZoom when calling or booking.

And remember unsure if a class is the right fit for you, ask for a FREE trial.

Walking for health in Rushmoor – Keeping fit and healthy

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

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

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

Specific Rushmoor walks can be found on the links below –

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

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

[Blackwater Valley Nature Walks](#)

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

Smokefree Hampshire

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

Go Smokefree to feel healthier and save money.

Phone 01264 563 039 for further information or text Quit to 66777.

[Contact Us | Smokefree Hampshire](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology and University Centre Farnborough

For those who are leaving school in 2024, we have our next school leavers open event where you can talk to lecturers, tour the facilities and pick up a prospectus.

Our next open events are:

Farnborough Campus

Wednesday 15 November 4-7.30 pm

Aldershot Campus, Construction courses only

Thursday 16 November 4-7.30 pm

Book your place on our website [www.farn-ct.ac.uk/events](#)

Latest News

Some of our budding art students took on the task of infusing some creativity into Frimley Park Hospital. The hospital approached our art department for a series of artworks showing what the NHS meant to them.

Read more on our website [www.farn-ct.ac.uk](#)

University Centre Farnborough

Considering a degree or returning to education? Then come and visit us at our next open event. Speak to Lecturers, experience the campus and find out if we are the right fit for you.

Events

Our next open events are:

Wednesday 15 November 2023 4-7.30 pm

Wednesday 7 February 2024 4-7.30 pm

Book your tickets on our website www.ucfarnborough.ac.uk/open-events

Latest News

Recent Graphic Design Graduate Lauren Philliban has had her final year project picked up by Olympia Publishing. We are so proud of Lauren and her children's book 'This is Our Island' which will be available to purchase next year, the exact date is to be confirmed.

The Sixth Form College Farnborough - Open Days 2023

Our Open Days are taking place on **Tuesday 17, Wednesday 18 and Thursday 19 October 2023** - these days are intended for the students (and the families of those students) who would like to join the College from September 2024.

During our Open Days, you will be able to:

- Find out more about the subjects we offer;
- Talk to staff and current students about student life;
- Explore the campus and discover our great facilities;
- Meet our award-winning Prospect Trust Careers Service Team and the fantastic team who provide study support;

...and much more!

For more information, please go to our website, www.farnborough.ac.uk

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

Calling all those who look after or work with children displaying challenging behaviours

Maintaining positive, nurturing relationships when children are displaying challenging behaviours, can be exhausting, stressful and overwhelming at times. As a Headteacher and school adviser who has a family that includes adopted children, I know these feelings all too well! However, through much research, training, trial and error, I have come to realise that the only way through is to use a trauma-aware, trauma informed approach. Through a trauma informed lens, I began to look beyond the behaviours, to explore the reasons behind them and support children to recognise, understand and manage their big emotions.

I can help you too! I train and support whole staff and individuals to understand the effects of trauma on development and give a wealth of strategies and on-going support for adults to successfully meet the needs of children in their care and help them thrive.

Contact me at: c.martinez@acumist.education or visit my website at: www.acumist.education to find out more. Alternatively ring me on **07396 727 452** to have a no obligation chat about what support I can offer you either as a child-centred organisation or a carer supporting children with challenging behaviours.

We've changed our name! Inclusion Hampshire becomes Inclusion Education.

From 1st September Inclusion Hampshire have changed our working name to Inclusion Education, reflecting an expansion of our focus and the services we are hoping to provide as a charity. As our CEO Cheryl Edwards stated, 'We've been operating as Inclusion Hampshire for over a decade - over that time cementing our reputation as experts in our field and one of the leading providers as social, emotional and mental health support for young people's education. It has also been a time for growth and development, culminating in the creation of our flagship independent school, Inclusion School and DfE registered college - the first of its kind in Hook.

We want to continue to grow as an organisation, and offer our services and expertise beyond our geographical location. We know that the need for mental health services - particularly around suicidal ideation and prevention has reached a crisis point - with young people needing more help than ever at a time when services are being squeezed or cut. We want to change this.

By re-branding our name we are signalling our commitment to the wider community that puts young people's mental health and well-being at the heart of education.'

We're currently exploring the areas in which we will develop Inclusion - and will continue to give updates on any programmes, systems and services that may be looking into. Whilst we continue to provide education support for young people with mental health and additional learning needs via our School and College, this new expansion is such an exciting time for us as an organisation and we're looking forward to what the future may bring.

Have a look at our website at www.inclusioneducation.org.uk for further information and links to accessing Inclusion School and Inclusion College.

Armed Forces Education Trust

We are a national, grant-giving charity that helps children whose education has been compromised or is at risk as a result of their parent's service in any of the UK Armed Forces. We do this via the following types of grants:

- Short-term support to children whose mobility has meant a delay in getting an EHCP
- Funding to schools with service children to help with transition, gaps in learning, dealing with deployment etc.
- Grants for school fees to children whose key-stage exams may be at risk due to their parent's service.
- Grants towards school fees for vulnerable children in boarding schools where the need is linked to service

We award grants of over £400k per annum. If you'd like to find out more, please visit our website and make contact from there. <https://armedforceseducation.org/>

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Vision 4 Youth – Youth Services

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

Five different youth clubs are held each week (term time) to meet the different needs of all the young people in the community, as follows:

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

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

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

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

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

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

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

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

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

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

Youth Social Prescribing

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

For more information about our services please contact office@vision4youth.org.uk, 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram.

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

Step by Step Launch Programme

What is Launch?

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

Who is eligible for support?

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

How to get in touch

Address: 36 Crimea Road, Aldershot, Hampshire, GU11 1UD

Email: launch@stepbystep.org.uk

Phone: 01252 346 105

Web: www.stepbystep.org.uk/launch

Instagram: https://www.instagram.com/launch_sbs/

Breakout Youth

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

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

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

We run a confidential virtual youth group (Breakout Online) for young people across Hampshire, and young people from Rushmoor and Hart are invited to join us. We also run a 'face to face' youth groups across Hampshire- in Basingstoke, Andover, New Milton, Marchwood, Southampton and the IOW. Young people from Rushmoor and Hart are welcome to join attend these groups if they can travel to the venue. If travelling to a 'face to face' group is a barrier to joining a group, then the Breakout Online virtual group is a perfect way to receive support without having to travel.

If you would like more information or sign up for one of our groups, you can visit our website- www.breakoutyouth.org.uk , call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

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

We currently run young carers clubs at Mayfield Community Centre in Farnborough on the following evenings during term time:

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

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

We run a varied programme of activities throughout the term, which is based on feedback from the young carers on what they would like to do. Each week there is a main activity, for example, cupcake challenge, tie dyeing t-shirts, quiz night etc. We also hold parties at Easter, Halloween and Christmas and have a Summer BBQ.

We are also delivering our new Young Carers Cook & Eat Programme to all five groups. The programme runs alongside our weekly young carers clubs, and provides an opportunity for four young carers to attend a 1-1.5-hour cooking session before club, during which they help prepare food for their whole group. The sessions help the young carers to learn and develop basic cooking skills with easy-to-follow recipes, whilst also socialising with other young carers of similar age. The focus is on having fun as well as helping increase the young carer's knowledge of food and nutrition, food hygiene and safe working practices. At the end of the cooking session, the young carers get to serve up and eat the food they have prepared together with their peers attending club. Any leftovers are initially offered to those young carers who prepared the food, and then to the whole group.

The Young Adult Carers Group is run slightly differently from the Junior and Senior Clubs. Their sessions include a workshop/talk, as well as time for the young adult carers to relax, chat with each other, or talk to one of the leaders. Our aim is to help them 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 with a leader to talk confidentially about issues relating to caring as well as any other concerns the young adult carer may have. We also have a young leader programme which gives the young adult carers a chance to get involved in the mentoring of other young carers and play a part in running activities at our Junior and Senior Young Carers Clubs.

Transport is available and attendance is free at all our young carers clubs, and there is no charge for any of the activities or refreshments provided. There is also a tuck shop which sells a variety of chocolate bars and sweets.

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

- Junior Group swimming trip to Hart Leisure Centre in Fleet on Sunday 22nd October,
- Combat Sports Workshops (*delivered by Turnstyle*) for young carers in our Senior and Young Adult Carers Groups on Monday 23rd and Wednesday 25th October.

We have just been awarded a Rushmoor Lottery Community Fund grant towards the cost of a Young Carers Duke of Edinburgh's Award Programme. We plan to start delivering the programme this term. Initially we propose to start on a small scale with around 7-14 young carers taking part at Bronze level. Hopefully these will then progress to Silver and eventually Gold. Dependent on funding, we would hope to expand our group and offer more places in subsequent years, and provide specialised support to young carers with special needs working towards awards.

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

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

PAG for Special Play

PAG organises and campaigns for better leisure and play opportunities for children and young people with disabilities. We aim to provide family orientated activities that enables siblings and other family members to join in together. Our committee members are all parents with children who have disabilities. We rely on volunteer support to enable our activities to happen, including fundraising.

Our activities include MADD Club, PAG Panto and Feb Festival. We also have PAG lunches, where all are welcome for a social whilst the young people are at school/college/daycare.

For more information or if you would like to go on our mailing list, please visit our website. You will receive up to date news of our events and activities two or three times per term. <https://www.pagforspecialplay.co.uk/>

MADD clubs

If your young person loves music, dance or drama, then come along to one of our MADD clubs run by superb tutors on a term-time evening in Aldershot.

- Music: Mondays
 - 6:30pm (8+yrs)
 - 7:15pm (14+yrs)
- Drama: Tuesdays 6pm
- Dance: Thursdays
 - 5.30pm (5-8yrs)
 - 6.15pm (8+yrs)

Watch our fantastic showreel on our Facebook page (*Parents Action Group*) or for more information and to sign up for a trial session, please contact us info@pagforspecialplay.co.uk

Pantomime

Join us for a special PAG relaxed performance of Aladdin at the Princes Hall in Aldershot on Sunday 10th December at 1pm. The cost is £13 per ticket and tickets are available for special needs children and their immediate family. Please contact us on info@pagforspecialplay.co.uk for more information and to request a booking form. Closing date is 30Nov2023.

Volunteering

We would love for more volunteers to join the PAG team!

There's something for everyone, from weekly after-school clubs to yearly events.

If you'd like to support the fun and have a few hours to help (or more!), please do get in touch info@pagforspecialplay.co.uk

The Vine Centre – Family support

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

Family Cooking Sessions

Every Wednesday 4:00 – 6:00 pm we are running Family Cooking Sessions. Get in the kitchen with your kids to learn how to cook healthy, purse friendly meals. A great after school activity - and no need to worry about dinner or mess at home!

To book or to find out more information please email frances.osang@thevinecentre.org.uk

#EatYourPumpkin

Between 23rd and 2nd November we will be running pumpkin themed sessions that focus around not wasting your Halloween pumpkin! Rather than carving our pumpkins we are going to be decorating them with paint, then giving information on how to cook them to help reduce the waste that we create from pumpkins every year.

Tuesday 24th October there will be pumpkin painting as well as pumpkin spiced lattes at our Culture Café. Families who are accessing the free lunch packs are welcome to join in. Contact carla.green@thevinecentre.org.uk to find out more.

Wednesday 25th October and Wednesday 1st November Family Cooking Sessions will focus on pumpkin-based recipes – we're looking at one sweet and one savoury dish! Contact frances.osang@thevinecentre.org.uk to find out more.

Home-Start Hampshire

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

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

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

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

WE NEED YOU!

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

Could you help a family in Rushmoor & Hart?

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

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

www.home-starthampshire.org.uk

Hampshire Learning in Libraries

We have lots of Hampshire Learning in Libraries courses starting after the October half term holiday!

We are offering a packed Learning in Libraries programme during the Autumn term in our Rushmoor and Hart libraries, as well as online, on a wide range of topics. Many of our courses are free for Hampshire residents.

Browse our online shop to find out more and to book your place – new courses are added to our schedule all the time, so it is worth checking back regularly: -

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

Alternatively, for more information, please email the Learning in Libraries team at learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.

We look forward to welcoming you on a course soon!

Home Library Service available from Hampshire Libraries

The Home Library Service is an invaluable resource for anyone in Hampshire who finds it difficult to access a library due to ill-health, disability, or caring responsibilities.

The service is free and can deliver a variety of library materials including books in standard and large print, audio books in various formats, jigsaw puzzles, specialist items such as interactive items from a [Reminiscence collection | Hampshire County Council](#), Pictures to Share books for those living with Dementia and more. Specially recruited volunteers are matched to customers in their own communities and visit their homes each month. View a short video about the service here: [Home Library Service promotional video](#)

If you or someone you know would benefit from receiving this service, you can enquire online at [Home library service | Hampshire County Council](#). You can also ask about the service at your local library or call 0300 555 1387. Once an enquiry form has been completed applicants can expect a phone call to discuss their needs and preferences. The service is truly tailored to the individual ensuring everyone has access to materials they will enjoy.

Hampshire Parent Carer Network

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

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

13/10/23- Under 5's online Get Together, 11-12pm
17/10/23 - Eastleigh Get Together, 10-12pm
18/10/23 - Rushmoor Future in Mind, 6.30-9.30pm - Viv Dawes Autistic Burnout
02/11/23 - Fleet Get Together, 10-12pm
09/11/23 - Eastleigh Future in Mind - 10.15am-12.15am Crisis, Self-harm and suicidal thoughts
10/11/23 - Under 5's Get together - 11-12pm
14/11/23 - Havant Future in mind - 10.15am-12.15am - Anxiety Overview
15/11/23 - Hampshire Parent Carer Network AGM - Aldershot - please see website and social media pages for updates
22/11/23 - Online Future in Mind 7-9pm - Bullies out
24/11/23 - Alresford Get Together, 10-12pm
29/11/23 - Evening Get Together, 8-9pm

Please bear in mind Future in mind sessions will need to be booked in advance: Use this link <https://linktr.ee/futureinmind>

For all of our sessions and website please use this link: <https://linktr.ee/hpcn.org.uk>

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

Barnado's Free Courses & Workshops for Parents - Family Food, Fun and Fitness

Family Food, Fun and Fitness – a Barnardos and Hampshire Healthy Families free workshop for an hour and a half at **Aldershot Library on Tuesday 24th October from 10-11.30am.**

This includes family mealtimes, sugar/snack swaps, recipe ideas, portion size, eating on a budget, the eat well plate and exercise with the family plus lots more information.

Parents can book a place on the website.

hampshirehealthyfamilies.org.uk

Hampshire Back to Basics Parenting Programme

Back to Basics is a community campaign based on the 5 ways of wellbeing. It started with a phase 'When a flower doesn't bloom you fix the environment in which it grows not the flower'.

The overall purpose of the project is to support Families to manage their wellbeing and mental health within the home, creating resilience and empowerment, reducing the referrals, and waiting

list times for those who require speciality services and for Parents to feel better equipped to support their children’s wellbeing in the home.

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

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

SKILLS & TRAINING

Breaking Barriers with Yateley Industries' New Job Coach Service!

We're delighted to introduce a game-changing initiative that's set to transform the way disabled people experience the workplace.

Yateley Industries is proud to have launched innovative Job Coach Service, a dedicated in-work support system funded through the DWPs Access to Work scheme. Covering Hart, Rushmoor and surrounding areas.

What Can You Expect?

Our Job Coach Service is all about the client. We can support with:

- Coaching & Mentoring: Personalised guidance to help you shine in your role.
- Advice & Support: Navigate workplace challenges with confidence and expertise.
- Liaison Services: Bridging the gap between you and your employer for a harmonious work environment.
- Equitable Adjustments: Suggesting changes that enhance your productivity, happiness and overall well-being.

Why Choose Yateley Industries?

As a community-focused organisation, we're committed to creating a workplace where EVERYONE thrives. Our Job Coach Service is your ticket to a fulfilling and empowering professional journey, unlocking potential and maximising impact.

Learn More Today!

Ready to embark on this exciting adventure? Discover how Yateley Industries is paving the way for inclusivity and success. Visit our website to learn more about the Job Coach Service:

www.yateleyindustries.net/employmentsupport

Get in Touch

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

Let's break barriers and create a workplace where EVERYONE's abilities are celebrated and honoured. Join us at Yateley Industries to make a difference – one success story at a time!

#JobCoachService #Empowerment #Inclusivity #YateleyIndustries

The North Hants Employment Skills Zone

The North Hants Employment Skills Zone has relaunched!

We now support job seekers of all ages with searching for a job, starting your own business, CV and interview help, and training and events that are available in your local area (Hart, Rushmoor, Basingstoke and Deane).

Check out the refreshed website: <https://esznorthhants.org.uk/>

FUNDING & GRANTS CURRENTLY AVAILABLE

Hart & Rushmoor Ukraine Support Fund

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

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

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

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

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

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

- Application form and Guidance is available from tony.mcGovern@rushmoor.gov.uk

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

Grants from Rushmoor Borough Council

Supporting Communities Grant Scheme – is open for applications for up to £1,000 for projects supporting communities within Rushmoor. The fund will operate in two rounds:

- Round 1 closes on 31st October
- Round 2 opens on 12th December and close on 12th February 2024

For details and the application form visit [Supporting Communities Grant - Rushmoor Borough Council](#).

Farnborough Airport community environmental Fund – grants available for projects which include an environmental improvement for the whole community to enjoy. The fund covers areas in Rushmoor and Hart. There is £36,888 available for allocation. Full details at [Farnborough airport community environmental fund grants - Rushmoor Borough Council](#)

Rushmoor Community Lottery

The Rushmoor Community Lottery has now raised **over £200,000** for the local community!

The lottery recently celebrated its sixth anniversary with good causes and announced the recipients of community fund grants. You can read about the event and which group won the £500 bonus [here](#) and find out who received a grant [here](#).

If your organisation is a good cause, now is a really good time to get promoting to new members and parents. You have lots of useful information and leaflets on your dashboard. If you need any help, please get in touch using the contact details on the website.

Not a good cause? Why not sign up and benefit from this great way to fundraise for your cause? Your supporters also benefit with the chance to win cash prizes every week and a monthly super draw prize. In October supporters could win a luxury theatre trip worth £1,500 (or you can take the cash!). To enter buy one or more tickets before Saturday 28th October.

For more information visit www.rushmoorlottery.co.uk

New Rushmoor fund – Wider Systems Approach to Obesity

As part of the Investing in Public Health Grant, Hampshire County Council has funding available for a pilot intervention to reduce obesity, in Rushmoor.

Rushmoor, has one of the highest prevalence of children and adults who are classed as overweight and obese. The causes of obesity are complex and multifactorial with significant implications for health and wellbeing as well as health inequalities. The various factors influencing obesity include socio/economic factors, environment, food systems, physical activity, and diets. These problems

cannot be resolved by a single agency and there is no single solution. Hence a whole systems approach is required to address obesity. The Whole Systems Approach to Obesity in Rushmoor aims to work with different stakeholders to have a greater impact and offer locally tailored interventions to address obesity.

WSA to Obesity funding is a one-off pilot funding, offered by Hampshire County Council, working collaboratively with Rushmoor Borough Council, to support partners working to address obesity in Rushmoor. In order to be successful, any interventions need to show how they would contribute towards reducing obesity and should be owned by the communities that will benefit from them.

Up to £5,000 for projects can be awarded, per organisation, to reduce obesity for residents, in Rushmoor. The Whole Systems Approach will bring together system partners to improve opportunity and choice for Rushmoor residents to help mitigate obesogenic environments.

For a funding form and more information please contact Georgia Loud - georgia.loud@hants.gov.uk.

Other funding sources

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

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

The Community Organisations Cost of Living Fund: This funding is for organisations that support people and communities in England under severe pressure because of the increased cost of living. To apply your organisation must already run critical services around at least one of the following:

- food and emergency supplies – like food and baby banks or the provision of hot meals, clothes or toiletries
- emergency shelter – like night shelters or other accommodation for people experiencing homelessness
- safe spaces – like domestic abuse services and youth services
- warmth – like warm rooms and spaces
- financial and housing advice – like giving people advice because of the increased cost of living.

Your organisation must also be facing increased demand for these critical services and increased costs of delivering these critical services. For details visit [The Community Organisations Cost of Living Fund | The National Lottery Community Fund \(tnlcommunityfund.org.uk\)](http://TheCommunityOrganisationsCostofLivingFund|TheNationalLotteryCommunityFund(tnlcommunityfund.org.uk))

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

Lloyds Bank Foundation: Funding for Deaf and Disabled People's organisations will launch this summer as part of their 2022-26 strategy, [Building a Better Future](http://BuildingaBetterFuture). Sign up [here](#) to receive an email notification once the programme is open.

Boshier-Hinton Foundation: The Boshier-Hinton Foundation exists to improve quality of life for people with disabilities, learning difficulties or sensory impairment and their families, by the

awarding of grants to organisations providing facilities and advocacy for children and adults with special educational or other needs. The maximum grant available is £2,000. Please [CLICK HERE](#) to find out more.

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

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

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

The next edition will be sent out in December

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