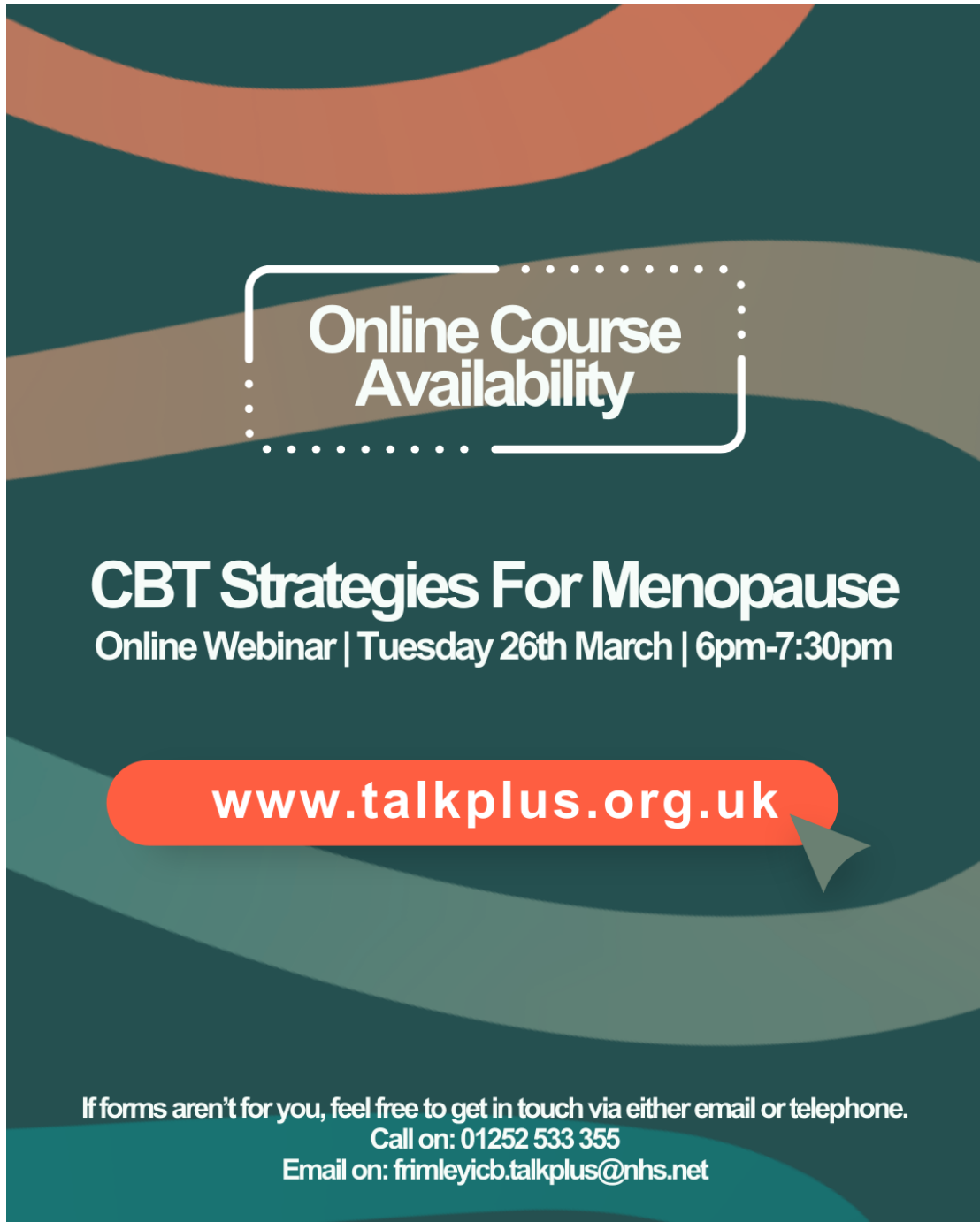


Community Messages – 1st March 2024

Talk Plus – Online Course

Talk Plus, is the local NHS Talking Therapies provider for people living in North East Hampshire and Farnham, NHS Talking Therapies for Anxiety & Depression - TalkPlus.

They are offering a free webinar on CBT Strategies for Menopause on the 26th March 2024 from 6-7:30 pm.



**Online Course
Availability**

CBT Strategies For Menopause
Online Webinar | Tuesday 26th March | 6pm-7:30pm

www.talkplus.org.uk

If forms aren't for you, feel free to get in touch via either email or telephone.
Call on: 01252 533 355
Email on: frimleyicb.talkplus@nhs.net

6th Farnborough Brownies

6th Farnborough Brownies meet on a Tuesday Evening at St. Marks Hall from 5.30pm to 7pm



'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'

Poonam



Brownies

6th Farnborough Brownies
St Mark's Hall, GU14 6QD

Girls have nonstop fun, learning and adventure

for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.



Girlguiding

Registered charity number: Exempted from registration

Join a local Brownies group [girlguiding.org.uk/joinus](https://www.girlguiding.org.uk/joinus)

SCL Active – Easter Holiday Club at South Farnborough Infant School

Please see attached an Easter holiday camp flyer for SCL's Active Nature Camp that will be taking place at South Farnborough Infant school over the Easter holidays. Also attached is a discount flyer, which will give you 10% off the bookings for the holiday camp.



The flyer features the SCL Active logo in the top left corner. The main title 'ACTIVE NATURE' is prominently displayed in large, colorful letters, with a sunflower icon to the left. Below the title, the dates 'TUES 2ND - FRI 12TH APR' are listed. The central text reads 'DISCOVER NATURE AND THE GREAT OUTDOORS!' followed by a QR code. Below this, a photograph shows three children (two boys and one girl) smiling and looking through binoculars. The text 'Exploring the wonders of nature, where curiosity blossoms and adventures unfold!' is positioned to the left of the photo. At the bottom, a dark blue box contains the text 'EASTER HOLIDAY CLUB AT South Farnborough Infant School, Queens Rd, Farnborough, GU14 6JU'. A purple footer bar at the very bottom contains the text 'HOLIDAY CLUBS FOR 4-12 YEAR OLDS | SCLACTIVE.CO.UK | 0345 644 5747'.

SCL ACTIVE

ACTIVE NATURE

TUES 2ND - FRI 12TH APR

DISCOVER NATURE AND THE GREAT OUTDOORS!

Exploring the *wonders of nature*, where *curiosity* blossoms and *adventures* unfold!

EASTER HOLIDAY CLUB AT
South Farnborough Infant School, Queens Rd,
Farnborough, GU14 6JU

HOLIDAY CLUBS FOR 4-12 YEAR OLDS | SCLACTIVE.CO.UK | 0345 644 5747



This flyer is a discount version of the one above. It features the same SCL Active logo, title 'ACTIVE NATURE', dates 'TUES 2ND - FRI 12TH APR', and QR code. The central photograph of the children is also present. The main text at the bottom reads 'THIS EASTER DISCOVER NATURE AND THE GREAT OUTDOORS!' followed by a light blue box containing '10% DISCOUNT USING CODE: LLHols10'. A purple footer bar at the bottom contains the text 'BOOKINGS AND MORE INFO SCLACTIVE.CO.UK | 0345 644 5747'.

SCL ACTIVE

ACTIVE NATURE

TUES 2ND - FRI 12TH APR

THIS EASTER DISCOVER NATURE AND THE GREAT OUTDOORS!

10% DISCOUNT USING CODE:
LLHols10

BOOKINGS AND MORE INFO SCLACTIVE.CO.UK | 0345 644 5747

Spotlight UK – Upcoming Events

Spotlight UK provide low cost and highly subsidised activities like swimming, bowling, laser tag, high score arcade for children and families and we want to be able to offer this to more families.

SPOTLIGHT UK

Registered charity 1129258

UPCOMING EVENTS



Spotlight UK are running subsidised activities such as trampolining, laser tag, bowling, soft play swimming and family days out.

We aim to boost confidence, self esteem and overall mental well-being.



CONTACT US AT LOUISA@SPOTLIGHTUK.ORG
TO BE ADDED TO OUR MAILING LIST

WEBSITE: WWW.SPOTLIGHTUK.ORG

Teacher Training Event – North Farnborough Infant School

GEORGE
ABBOT **SCITT**

SCITT
South Farnham
Outstanding Teacher Training



**Want to make a difference?
TEACH**

Local teacher training in this area and beyond

SOUTH FARNHAM SCITT
www.ssfscitt.org.uk
@ssfscitt | SSF SCITT
www.georgeabbottraining.co.uk
@GABBOT_SCITT

Would you like to train to teach in a school in your community?

Come along to an information event held at

North Farnborough Infant School (Rectory Road, Farnborough, GU14 8AJ)

on Wednesday 13th March 2024

This is a drop-in event, so come along anytime between 9am and 1pm to chat to Tracy from the SCITT team.

You'll find us at the main entrance of the school – we'd love to meet you!

For further information, please:

visit www.ssfscitt.org.uk ('how to apply')

or email scitt@sfet.org.uk