



## **Rushmoor & Hart LCP Supporting Families Bulletin December 2024**

Welcome to our 100<sup>th</sup> edition! The Supporting Families Bulletin provides up to date information from services plus helpful resources.

**WITH ANOTHER BUSY YEAR COMING TO A CLOSE, I WISH A  
PEACEFUL CHRISTMAS AND A HAPPY AND HEALTHY 2025 TO  
EVERYONE**

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### **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:*

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

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

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

*County:*

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

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

*National:*

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

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

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## LOCAL AUTHORITY INFORMATION & SUPPORT

### Rushmoor Link community resources directory



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

To browse click [Rushmoor Link](#)

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### Here for Hart update (coordinated by Hart District Council)

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



You can access the directory by scanning the QR Code.

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

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

If you are facing homelessness or are currently homeless, please complete a housing advice form at <https://hart.homeconnections.org.uk/>; alternatively, you can email [dutyhomelessness@hart.gov.uk](mailto:dutyhomelessness@hart.gov.uk) or call the Duty Officer on 01252 774 239

Further information can be found at [www.hart.gov.uk/housing-advice](http://www.hart.gov.uk/housing-advice)

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

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## **WHAT'S ON IN RUSHMOOR & HART**

### **Holiday activity and food (HAF) provision in Hart and Rushmoor – December 2023**

A number of venues across Hart and Rushmoor are organising Holiday activity and food (HAF) schemes during the coming Christmas holiday. HAF schemes are free of charge to eligible families (primarily those qualifying for free school meals) and include a hot meal.

Details about all the schemes, their dates and times, can be viewed here: [Family Information and Services Hub | Service Listings](#)

To book a benefit-related FSM HAF place, you must first register with Hampshire County Council to receive a unique code that your activity provider will require when you book with them. Information about registering, and the link to the registration page, are available here: [Family Information and Services Hub | Holiday Activities and Food Programme](#)

- Most of the schemes take place within holiday playschemes offering paid spaces also.
- Some of the schemes are already very popular with few spaces left. There is no restriction regarding which HAF provision children can attend in relation to where they live or which school they normally attend. Children can also attend more than one HAF scheme.
- This information comes from the Hampshire FISH weblink, which is updating daily and should be checked in case of changes before making bookings.

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### **Princes Hall shows for children**

Princes Hall, Princes Way, Aldershot, GU11 1NX

**Beauty and the Beast**

**Now until Tuesday 31 December**

Experience the magic and excitement of another Aldershot professional pantomime. 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 performance - Monday 30th December at 1pm**

[Beauty and the Beast - Princes Hall](#)

**Youth Theatre**

5-12 years

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

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

Group sizes are kept to a maximum of 18 students.

**'Try It' Session**

If you're not sure about joining for a term, then why not ask about a 'Try it' first session? Give the Box Office a call on 01252 329155 and pay just £10 for one session to give it a go, before committing. If you decide to stay for the rest of the term (which we're sure you will) we'll then deduct the 'Try it' session payment from the term fee.

[princeshall.com/visiting-us/youth-theatre/](http://princeshall.com/visiting-us/youth-theatre/)

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**Army Welfare Service Spring programme**

**Army Welfare Service Spring Term programme**

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

Contact Samena Mehmood Army Welfare Service Community Support Team, Community Development Worker  
 Mob: 07773 242 291  
 Email: [rc-aws-se-aldershot-csmailbox@mod.gov.uk](mailto:rc-aws-se-aldershot-csmailbox@mod.gov.uk)

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

Email: [rc-aws-se-aldershot-csmailbox@mod.gov.uk](mailto:rc-aws-se-aldershot-csmailbox@mod.gov.uk)

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## Hampshire Libraries in the school holiday

### Hampshire Libraries December 2024

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

Our libraries are hosting a 'Coat Exchange', this winter. Exchange for a coat you no longer need, donate or just take one. Especially useful for any little ones who have just gone up a size.

#### Fleet Library

Stay and Play, Craft sessions and Construction Club available throughout the school holidays – drop in no need to book

**Mon 23rd December – Christmas Storytime** at 10.30am;

**Thurs 19th December – Rhyme Time** at 10:00am (toddlers); 10:45am (toddlers); and 11:30am (babies)

#### Yateley Library

**Throughout the Holidays** – Drop in for our Christmas craft, colouring and Christmas trail. Will you find all the pictures hidden around the library?

**Sat 21<sup>st</sup> 28<sup>th</sup> December and 4<sup>th</sup> January - Construction Club** 10.00am -12.00pm

**Mon 23<sup>rd</sup> and 30<sup>th</sup> December – Stay & Play with craft activities** 10.00am-2.00pm

**Tues 24<sup>th</sup> December – Christmas Special Storytime** 10.30-11.30 with free drinks and biscuits

**Fri 20<sup>th</sup> December – Christmas Rhyme Time** 10.15 - 10.45 **followed by Chatabout**

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

#### Farnborough Library

**Every Monday** – Rhymetime, 10am-10.30am, 10.45am-11.15am

**Monday 16<sup>th</sup> December** – 11.30am-2.30 - Dress-Up Gingerbread craft, 50p per family

**Tuesday 17<sup>th</sup> and 24<sup>th</sup> December** - Storytime 10.30am - 11.00am

**Wednesday 18<sup>th</sup> December** – FREE Christmas Reindeer tree decoration craft

**Thursday 19<sup>th</sup> December** – Twilight Storytime, 3.45pm-4.30pm - come along in your cosy pyjamas and listen to some Christmassy stories, followed by hot chocolate and a snack

**Friday 20<sup>th</sup> December** – Winter Wonderland Mystery Room, 10am-11am, 11.30am-12.30am - £2 per

child, booking is essential: [Winter Wonderland Mystery Room - Farnborough Library - Friday 20th Dec – Hampshire County Council Shop](#)

There will be a Christmas themed trail up in the Children’s library throughout the holiday, as well as Christmas themed crafts and colouring.

### **Aldershot Library**

Winter themed activities will be available at **Aldershot Library**, alongside our regular Rhyme Time offer.

Throughout December, Elf Chase is our Story of the Month – Can you find the elves hidden in the shelves?

**Saturday 21<sup>st</sup> & 28<sup>th</sup> December, and 4<sup>th</sup> January** – Construction Club from 2pm – 4pm

Suitable for 5-11 year olds, younger children also welcome. This is a family activity. Adults must stay throughout to supervise.

**Wednesday 18<sup>th</sup> December** – Festive Storytime 11am followed by a craft activity. Adults must stay. Free. Funded by Branch Donations.

**Wednesday 18<sup>th</sup> December** – Treats and Twilight Storytime 3.30-4.30pm. Free.

Festive Storytime suitable for children 4-9 years, younger children also welcome. Followed a warm drink and snacks. Adults must stay. Funded by HSG.

**Friday 20<sup>th</sup> and Tuesday 24<sup>th</sup> December – Christmas Rhymetime**

Songs and Rhymes with a Festive theme for babies and toddlers and their families/carers.

10:00am (toddlers) and 11:00am (babies)

**Friday 27<sup>th</sup> & Tuesday 31<sup>st</sup> December** - our usual Rhymetime sessions

Songs and Rhymes for babies and toddlers and their families/carers.

10:00am (toddlers) and 11:00am (babies)

**Saturday 4<sup>th</sup> January 2025** – Snowy Winter Craft 11am-12pm.

A wintery craft session suitable for children 4-9 years. Adults must stay. Free. Funded by HAF.

Events and regular Branch Opening Hours are listed on the library service website: [What's on in libraries | Hampshire County Council \(hants.gov.uk\)](#)

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

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

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

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

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

**\*\*Please check in branch or online for our Christmas and New Year opening hours\*\***

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### **Princes Mead Shopping Centre Farnborough – Santa’s Grotto**

Our Christmas Grotto is open with FREE visits to Santa every Saturday and Sunday up to and including Sunday 22nd December, between 11am-3.30pm. No booking required; a queuing system will be in place.

There will also be additional entertainment during Saturdays in the run up to Christmas. See our website and social media pages for more information.

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**Hart Leisure Centre – Bounce Christmas Party, 23<sup>rd</sup> December**

**Hart Leisure Centre, Emerald Avenue, Fleet, GU51 5EE. Tel. 01252 629 879**

Secure a space for our Bounce Christmas Party!  
Monday 23<sup>rd</sup> December, 11am – 12. Only £5 per person

Limited spaces. Book online at [Hart Leisure Centre | Gym, Swim & Outdoor Pitches | Everyone Active](#)

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**Diddy Dunkers: Christmas Holiday Basketball Camp**

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

- Monday 30<sup>th</sup> December 10am – 4pm
- Thursday 2<sup>nd</sup> January 10am – 4pm
- Friday 3<sup>rd</sup> January 10am – 4pm

More info and how to book can be found here [www.diddydunkers.com/camps](http://www.diddydunkers.com/camps)  
Advance booking essential

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**Aldershot Pools – Christmas opening**

**Guildford Road, Aldershot, GU12 4BP**

For Aldershot Pools please refer to our website for the school holiday period.  
<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

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**Spring Events at Wellesley Woodlands**

- Bird walk - Jan 25th 10.30-12pm
- Dawn chorus - Feb 15th 8-9.30am
- Signs of Spring - Mar 15th 2.30-4pm
- Bat walk - Apr 15th 7.45-9pm
- Bat walk - Apr 22nd 7.45-9pm
- Canal wildlife walk - May 17th 1.30-3pm

For more information check out [Wellesley Woods Events - 4 Upcoming Activities and Tickets | Eventbrite](#)

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

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

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

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## **Kaizen Karate Academy – Times and venues**

### **Tuesday**

St Augustine's Church Hall, North Lane, Aldershot  
Young beginners (5+) 5.30-6.30      Senior grades / adults 6.30-7.30

£6 per session – First lesson free!

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

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## **COMMUNITY SUPPORT INFORMATION**

### **Rushmoor and Hart Foodbanks and Larders and Energy Support**

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

[Food and food banks - Rushmoor Borough Council](#)  
[Help with food | Hart District Council](#)

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### **Community Grub Hub CIC**

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

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

We are open: every Tuesday 10am to 4pm.

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

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## **Church of the Good Shepherd – Food Support**

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

### **Free Food Essentials – Fridays 10am-12noon**

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

### **The Larder Foodbank**

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker  
Phone: 07845 175 158      Email: [community@goodshepherdchurch.org.uk](mailto:community@goodshepherdchurch.org.uk)

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## **The Community Cupboard at the Vine Centre, Aldershot**

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

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is part of the Hampshire County Council Pantry scheme and food is offered for a small charge to supplement a person's weekly shop. First visit is free.

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

There is no need for a referral, just come along.  
[www.thevinecentre.org.uk](http://www.thevinecentre.org.uk)      [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk)

### **Switched On: Energy Support**

Understanding energy and your bills can be confusing, but we are here to help make it a bit easier. Get advice and guidance all the week at The Vine Centre, and at a dedicated group every Friday. If you are eligible, we can help sign you up to the priority register too – this means that if there any power issues, you will be first in line to get your power back on.

### **Cosy Hub**

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

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## **Farnborough Foodbank**

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

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

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

Mobile: 07954 105 279 call or text please

Email: [info@farnborough.foodbank.org.uk](mailto:info@farnborough.foodbank.org.uk)

Web: [www.farnborough.foodbank.org.uk](http://www.farnborough.foodbank.org.uk)

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### **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](mailto:odihamfoodbank@gmail.com)

**Hart Foodbank also run a Kids Clothing Bank.** Contact Emma at: [emma@mabin.co.uk](mailto: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](mailto:FSSouthernCentral@fareshare.org.uk)

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#### **Other local food provisions in Hart are:**

**Community Pantry at Yateley Industries** provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. We are always looking for donations and they can be dropped off any time 9am – 4pm Mon – Fri. The pantry is open Tues, Wed & Fri 10am – 2pm. **Over Christmas, the Pantry will be closing on Friday 20<sup>th</sup> Dec and reopens on Friday 3<sup>rd</sup> January.**

Tel 01252 872 337 or Email: [Jeanp@yateleyindustries.net](mailto:Jeanp@yateleyindustries.net)

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

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

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

**Fleet Phoenix:** The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email:

[info@fleetphoenix.co.uk](mailto:info@fleetphoenix.co.uk) or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

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### **Places to eat and be with people on Christmas Day**

**The Alexandra Pub in Victoria Road, Farnborough** is open from 2 – 6pm on Christmas Day for free tea, coffee, hot chocolate, mince pies or turkey dinner. Everyone welcome, friends, families, people on their own, people that can't afford to feed themselves. Don't be on your own when you could be making friends at The Alex!

**Karuna Coffee House in Wellington Street, Aldershot**, will be open 10 – 12 noon Christmas morning with free mince pies!

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### **Green Doctor Service – Energy advice**

Green Doctors are a team of expert energy advisers, delivering effective energy advice via home visits and telephone consultations. For 18 years the Green Doctors have helped over 45,000 UK households save money, stay warm and improve energy efficiency at home. This includes damp and mould issues.

Green Doctors is a flagship national programme of the UK based community charity Groundwork. They accept both self-referrals and referrals from professionals.

Book your free consultation at <https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors> or call 0300 365 3005.

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### **Citizens Advice Rushmoor Energy Advice**

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

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

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

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### **Stop Domestic Abuse**

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

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

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is [advice@stopdomesticabuse.uk](mailto: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](http://www.stopdomesticabuse.uk)

- We sent out our first Newsletter in September, to all schools in Hart and Rushmoor.
- We will be offering a community holiday event within the Hart & Rushmoor area over the February Half-term and Easter holidays – date and venue to be confirmed.

**Upcoming free webinars & Training:**

- Thursday 12<sup>th</sup> December 2024 – Train to become a Domestic Abuse Ambassador in your community – Click on the below link to sign up.
- Wednesday 15<sup>th</sup> January 2024 – Train to become a Domestic Abuse Ambassador in your community

If you would like any more information about our service, please do head over to our website: [www.stopdomesticabuse.uk](http://www.stopdomesticabuse.uk)

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**Citizens Advice Rushmoor**

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

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

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

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

**Our Drop-in Service is open 5 days a week.**

It alternates between Farnborough and Aldershot as detailed below:

- Aldershot - Tuesday and Thursday 9.30am to 12.30pm
- Farnborough – Monday, Wednesday and Friday – 9.30am to 12.30pm

**Different ways of reaching us:**

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

### **Nepali Drop-in**

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

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

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

### **Debt Free Prospect**

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

### **Free Advice First Aid Training – Be A Helping Hand In Your Community**

Do you find yourself wanting to help friends, family, or even strangers facing challenges? Our Advice First Aid course can equip you with the skills and knowledge to be a supportive guide.

This free training will help you:

- **Identify common advice issues:** Learn to recognize signs of problems like debt, money management struggles, or housing difficulties.
- **Start Supportive Conversations:** Build confidence in approaching these topics and having open, helpful discussions.
- **Connect People with Resources:** Discover the wealth of local support available, including Citizens Advice Rushmoor and our expert advisors.
- **Find the Right Path Together:** Develop skills to navigate complex situations and collaborate with individuals to find the best solutions.

**Perfect for** Volunteers, Community Leaders and anyone who wants to be a better helper!

**Date:** Wednesday, 22<sup>nd</sup> January 2025 **Time:** 1:30 PM - 3:30 PM **Location:** Citizens Advice Rushmoor Farnborough Office

### **VOLUNTEERING**

Our training groups run 3 times per year in January, May and September. Our next **Introduction to Volunteering** event will be on 22 January 2025 at 1:30 as part of our Advice First Aid training course.

If you would like to find out more about it and about volunteering with us please complete our [Volunteer information request form](#) or email [volunteering@citizensadvicerrushmoor.org.uk](mailto:volunteering@citizensadvicerrushmoor.org.uk)

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

### **Clayton Court**

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

- Heaters
- Food Vouchers

Please contact us on the numbers above.

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

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## **The Legacy Project Rushmoor**

Yellow Brick Road Projects have been commissioned by the OPCC to deliver The Legacy Project in Rushmoor. The Legacy Project pairs young people aged 10 - 18 who are at risk of exploitation with Mentors who will support them to explore their options and find their seam of gold over 12 one to one sessions.

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

The nomination pathway is as follows:

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

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

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## **HEALTH & WELLBEING INFORMATION**

### **NHS Frimley: Change to urgent care – Frimley south**

On Tuesday, 26 November, the pilot Aldershot Urgent Care Centre service came to an end after nearly a year. NHS Frimley, North Hampshire Urgent Care and Frimley Health NHS Foundation Trust are working together to continue to provide urgent care service for the people of North East Hampshire, Surrey Heath and Farnham.

From Wednesday, 27 November, if you have a health concern and need to be seen urgently, contact your GP practice and let them know what the problem is. You can also contact NHS111 (either online via <https://111.nhs.uk> or by dialling 111 on your phone).

Your local pharmacy can support and advise you with a range of common health conditions. GP practices, NHS111 and pharmacy are open to people of all ages.

Children and young people, or their parents or carers, can also visit Frimley Healthier Together, an online resource with information and advice specifically designed for younger people. The information has been developed by doctors, working with parents, and uses a 'traffic light' system to advise you on what the best course of action is.

Your local GP practices are working hard to deliver even more appointments to support you over the coming months. Many hundreds of additional same-day appointments are being provided every week across North East Hampshire, Surrey Heath and Farnham.

If we all Make The Right Choice of health services, we can support the NHS to be more effective and that will help us all to get the treatment we need more quickly. You can find out more about what services are available here: [Which service do you need? | Frimley Health and Care](#)

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### **Get winter strong – get vaccinated**

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

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. During the 2022/2023 season, 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.

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### **Free Tea & Blood Pressure screening events – Aldershot PCN**

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

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

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

#### **Princes Hall, Princes Way, Aldershot, GU11 1NX**

10am - 12pm

Fri 24th Jan, Fri 21st Feb, Fri 21st Mar

#### **Cricket Club, Guildford Rd, Aldershot, GU12 4BP**

10am - 12pm

Mon 6th Jan, Mon 3<sup>rd</sup> Feb, Mon 3<sup>rd</sup> Mar

For more information, please contact:  
[salusmedical.aldershotpcn@nhs.net](mailto:salusmedical.aldershotpcn@nhs.net) 07483 095037

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## Healthy Start Scheme

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

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

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

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

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## 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](#)

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

Young people can find additional FREE support via registering at [kooth.com](http://kooth.com)

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[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

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

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

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

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

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

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

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

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

For more information visit [www.facebook.com/sashasproject](http://www.facebook.com/sashasproject)

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### [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.

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**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), 6<sup>th</sup> 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/>

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### **Frimley Maternity and Neonatal Voices Partnership (MNVP)**

Frimley Maternity and Neonatal Voices Partnership is a voice for those who use local maternity services. We collect feedback from women and their families from across the Frimley Trust area to review and contribute to the development of local maternity services.

We share feedback anonymously with the staff at the hospitals and with the LMNS (who fund the services), to see where improvements and changes can be made.

#### **All feedback that we receive is valuable.**

We are interested in all of a woman's maternity care – from the booking in appointment with a midwife to the handover to the health visiting team around day 10 after birth. Whether it be feedback on care within the hospital or feedback on breastfeeding support available to you after you are home or any other aspect of care, we want to hear from you.

If you have had a baby at Frimley Hospital in the last two years, we would love to hear about your experiences.

What was good about your experience of maternity care?  
What, if anything, wasn't good?  
What ideas do you have for improvement?

We appreciate any feedback that we receive but would particularly like to welcome feedback from army families and our Nepalese community.

Please email us at: [chair@frimleymvp.org.uk](mailto:chair@frimleymvp.org.uk)  
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### **Parent support at Hampshire Libraries**

Here are details of two groups in Hampshire Libraries:

**New Parents Meet and Connect** - These new sessions are perfect for new babies and first-time parents/carers in the early days. You will be supported to explore a range of sensory equipment with your baby and have a chance to connect with other new and first-time parents. These sessions are free, there is no need to book, but places are limited. To find your closest session please use the link:  
<https://www.hants.gov.uk/librariesandarchives/library/events#.Parent-support>

**First words together** - Babies communicate long before they start to talk, through gestures, showing and giving objects, pointing, and vocalising. Sharing books and interacting through books from when babies are very young supports communication and language development. If you would like support to build your confidence to support your baby's communication, please contact ChatHealth to request a place on the new First words together courses for parents and carers:  
<https://www.hampshirehealthyfamilies.org.uk/chathealth>

**In addition**, libraries in Hampshire offer other support and social activities for new parents and babies during their first twelve months and beyond. Find out how we can help your new family feel at home in the library:

- **Join the library** - Anyone who lives, works, or studies in Hampshire can join our library and it's free! We have lots of books and resources to support you as a parent as well as some fantastic books for children and it's never too early to start sharing books. You can join online or in your local library - find out more about the benefits of joining here.  
<https://www.hants.gov.uk/librariesandarchives/library/membership/jointhelibrary>
- **Baby stay and play** - Free and fun play session for babies up to 12 months old. These sessions offer a great chance to bond with your baby and make new friends. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Baby Rhymetime** -Join these sessions to learn action songs and rhymes with your own baby with other parents and carers. Some libraries run sessions just for babies under 12 months. Find your closest session here:

<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>

- **Storytime** -Learn how to share stories and make them special at our free storytime sessions for pre-school children. Find your closest session here:  
<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **When a book might help** - Sharing stories about situations can help put a child's make transitions and new experiences easier more understandable and easier to cope with. These story books can make it easier to explain new situations to small children.

Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/whenabookmighthelp>

- **Rhyme and story of the month** - Repeating the same rhymes and stories, with actions too, will help to build a connection with your new baby and support their own listening and communication too.

Each month our libraries share the same rhyme and story in our rhymetime and storytime sessions to help you and your baby become familiar with sharing rhymes and stories at home. Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone>

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### **Mustard Seed Autism Trust**

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

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

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

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## **Parent Education classes in Nepali and Urdu – Starting in January**

NHS Frimley Health Foundation Trust are launching a pilot for **Parent Education classes in Nepali & Urdu** in January 2025 and will be led by our own talented midwives.

Come along to this FREE 3 hour in-person class held on alternate months in **Aldershot** and Slough for anyone over 24 weeks pregnant who understands Urdu or Nepalese as their first language. We hope to promote social connections and engagement with local organisations.

We will cover topics including:

- when to call the hospital
- hormones in labour
- the stages of labour
- pain relief options
- informed consent
- requesting an interpreter
- induction of labour
- instrumental birth
- caesarean section birth
- infant feeding

Simply ask your midwife or doctor to refer you when you are over 20 weeks pregnant.

Any queries, please email: [fhft.maternitywebsite@nhs.net](mailto:fhft.maternitywebsite@nhs.net)

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## **Barnado's Hampshire Healthy Steps Programme – Courses starting in January**

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

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

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

Families can book a ticket via this link

[Hampshire Healthy Steps Events - 21 Upcoming Activities and Tickets | Eventbrite](#)

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

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## **Rushmoor & Hart School Nursing Service**

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

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

In addition to this our Duty phone line remains open for advice and support and general queries: 02382 311 550 or you can email us at [randhsnteam@southernhealth.nhs.uk](mailto: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/>

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## **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

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## **Andover Mind's Wellbeing Centre, Aldershot**

Andover Mind is a mental health charity helping anyone with or at risk of mental ill-health. We provide services right across Hampshire, with wellbeing centres in Andover, Basingstoke and Aldershot, and outreach in the community across the boroughs of Test Valley, Basingstoke and Deane and Hart and Rushmoor.

We are here to help *for free*, supporting you to manage your wellbeing and teaching you coping strategies to avoid crises.

Our wellbeing centre in Aldershot and outreach in Farnborough and Fleet offers wellbeing support to adults experiencing difficulties with their mental health. The support is delivered through limited to one sessions, along with a full timetable of groups and workshops. Our groups and workshops are created with different needs in mind, with the intention of having a group to suit everyone. Some are for those who want to share how they're feeling and get advice from others, others are for those who want to get out the house, distract themselves, be around people or learn coping skills. There is no pressure to share or talk in our groups, sometimes just turning up is a big enough step.

Our one to one support is provided by an allocated key worker who will work with you through limited sessions to focus on your mental health related concerns and together, set small, achievable goals to support you to cope.

Some of our free groups and workshops include:

Emotional Support and Recovery (Farnborough and Fleet)

Social chats in the community (Aldershot and Farnborough)

Meditation

Yoga

Board game therapy

Tai Chi

Quiz

Allotment group

Creative writing

Parents support group

Workshops: Decider Skills, Self Esteem, Managing Anxiety, Finding Confidence, Sleep, Stress management, Resilience,

Our timetable is available to registered service users and is sent out monthly via email, it is also available at reception in the Wellbeing Centre.

To access our services, you will need to be over 18 and complete a self-referral form at the Wellbeing Centre, by calling 01252 317481.

If you feel in crisis, you can attend our **Safe Haven**.

Safe Haven is an out of hours Crisis only Service open 365 days a year for people to walk in or by using our virtual platform 'Attend Anywhere' which is accessible through a link available on our website.

Aldershot Safe Haven opening times are:

Monday to Friday                      6pm to 11pm

Weekends/ Bank holidays    12.30pm to 6pm

When arriving (live or virtually) the Service User is assessed (triaged) and seen by the most appropriate person. Service users need to complete a self-referral (this can be completed over the telephone, online via our website or by walking into the Wellbeing Centre) and an assessment. Once these steps have been completed, service users will be able to access up to 6 one to one sessions and any of our groups and courses.

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## Open Door Hook

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

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

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

As a young person:

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

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

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## Fortify Mental Health & Wellbeing Services

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

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

Our trained staff have years of experience and qualifications which allows us to be flexible with whatever is troubling them.

To contact us you can visit our website at [www.fortify-services.com](http://www.fortify-services.com) or by emailing at [info@fortify-services.com](mailto:info@fortify-services.com)

So far this year:

Fortify successfully delivered their 'parenting on the front line', which was a free online programme to help and support parents with teenagers. Due to its success, we will be putting it on again and the information will be shared through all local schools and fellow professional agencies.

We have also started our drop-in service exclusive to Wavell school students. Wavell have been kind enough to lend us an area in their school where we can support their pupils outside of school hours with their emotions and behaviour. We are currently running our anxiety programme which will end

the week before half term and after half term we will be starting our anger management programme. All pupils attending Wavell school are welcome to attend.

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

Good news:

Fortify have had a new member join the team!!

Holly is the latest recruit to join Tara, Steve, Jean and Charlotte. Holly has been working with teenagers for over 5 years and has extensive knowledge with regards to trauma and healthy relationships.

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### **Hart Voluntary Action Counselling Services**

#### **Walk and Talk Counselling**

We have expanded our Counselling provision to offer a **Walk and Talk Counselling Service**.

The Service is for Adults aged 18+ in the Hart and Rushmoor Districts and is for people who struggle with anxiety, depression or other mental health concerns and would like to talk to someone.

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

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

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

#### **121 Adult Counselling**

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

121 Adult Counselling supports adults (18+ years), who are struggling with their mental health and would like some support. We are offering up to 10 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

Please complete the referral form on our website at

<https://www.hartvolaction.org.uk/counselling/121-adult-counselling/> The service is **free** to access.

#### **121 Youth Counselling**

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 10 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person 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 – Anxiety and Depression Support**

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

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

For further details please visit our website at

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

### **Family Counselling Service**

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

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

For further information and to complete a referral form please visit:

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

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## **ACUMIST EDUCATION - Mental Health and Wellbeing Support For Young People**

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

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

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

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**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.

For more info check out our website [www.talkplus.org.uk](http://www.talkplus.org.uk)  
Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus\_nhs

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

#### **Dad's group:**

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

Any new dads who might be interested in our Group, please ask them to refer to TalkPlus: [www.talkplus.org.uk](http://www.talkplus.org.uk) and mention the dad's group on their referral. Next 2 courses running: 5th February and then 4th June 2025

#### **Knowing Me Knowing you Course:**

A six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing space to have special time with your baby. This course is for new mothers with babies under the age of 12 months, Living with a postcode within Hart and Rushmoor, Struggling with mild to moderate levels of low mood/anxiety. Starts January 2025.

#### **Move to Improve:**

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

#### **Living Well Staying Well Course:**

This course is designed for people who have a long-term health condition and want some support with managing their mood and anxiety around their physical health. The course is about understanding the link between physical health and emotional wellbeing. The next one starts 14<sup>th</sup> January 2025 online.

#### **Managing Low Mood and Anxiety:**

The course runs over 4 weeks and with each module is an hour long. These are run either in person or online. The course is suitable for anybody who wants an introduction to CBT, to gain an understanding about general anxiety and depression, and is self-motivated to learn self-help techniques to better manage their mood. There are opportunities to ask questions and join in with group tasks, although it is not a forum to share their personal experiences. We encourage participants to have their cameras on if they are attending online. Patients can attend the managing low mood and anxiety course following a referral to TalkPlus and after discussion for suitability at

their initial assessment. The course is suitable for people experiencing mild to more severe levels of depression or general anxiety.

Next course starts: 8<sup>th</sup> January 2025. For further information about all the courses we run and how to self-refer, please visit: [www.talkplus.org.uk](http://www.talkplus.org.uk)

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### **Kind to Mind services**

#### **1:1 Talking Service**

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

#### **School and Workplace Wellbeing Training**

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

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

[www.kindtomind.org](http://www.kindtomind.org)

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### **Smokefree Hampshire**

Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County.

Support includes

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

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

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### **Rushmoor Healthy Living NEW Beginners Exercise for Weight Loss starting January!**

Perfect for beginners, this is an upbeat cardio-based class to get you moving and smiling, whilst working towards losing weight. The class will support you to increase your heart rate via different styles of exercise. Plenty of options will be given so that you can effectively work at the level that is right for you.

Thanks to National Lottery Funding, during Jan/Feb/Mar, we'll be offering FREE 30 minute add-on nutrition sessions to help you think about some dietary ideas that can help you to lose weight.

There'll be no public weigh ins and no calorie counting, just small simple sustainable changes that you can make for long-term health.

The nutrition sessions will take place straight after your class and will include a cuppa. Monday at 10am at Cove Bowling Club. To book or for any queries please contact our friendly team on [classes@rhl.org.uk](mailto:classes@rhl.org.uk).

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## **NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES**

### **Team Rubicon – Skateboard and Scooter training for schools**

Team Rubicon are the UK's leading provider of skateboard and scooter coaching to schools. Both sports offer an exciting new way to engage and inspire pupils - and are a great way to increase confidence and help develop healthy active lifestyles.

A professional instructor will travel to your school and bring all the equipment needed to provide fun and safe sessions for your classes. A full day can be divided into 6 x 45 minute sessions - and each session can be for a different group or class of up to 30 children.

Following Sky Browns bronze medal for skateboarding in the Olympics this Summer - and Jayden Sharman's gold medal for scootering at the World Championships - it's a great time to showcase and introduce these sports into your school. Bookings for 2025 are underway, so please contact them at [info@teamrubicon.co.uk](mailto:info@teamrubicon.co.uk) or on 01264 980 234.

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### **Rushmoor Healthy Living delivering free healthy eating workshops for Rushmoor schools**

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

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

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

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

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## **NEWS FROM PARTNER ORGANISATIONS AND GROUPS**

### **Rushmoor Accessibility Action Group**



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

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

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### **Youth Club at The West End Centre, Aldershot!**

Do you know young people aged 11-16 who want somewhere to hang out? A youth club is now open at The West End Centre, every Tuesday 5.30-8pm where local young people are welcome to come along to hang out, play games, get something to eat and tell us the kind of youth club they want so they have a voice in the project's future.

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

This is a partnership project by Rushmoor Borough Council, local young people's charity Step by Step, and The West End Centre – if you would like more info or promotional materials, please email [hannah.shuttler@rushmoor.gov.uk](mailto:hannah.shuttler@rushmoor.gov.uk)

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### **Fleet Phoenix / Anxiety Unwound**

#### **Anxiety Unwound - Term Time Thursdays 4 - 5pm**

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

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

Please download and complete the referral form which you can find on our website - <https://www.fleetphoenix.co.uk/anxiety-unwound>

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

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### **Vision 4 Youth – Youth Services**

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

#### **Youth Social Prescribing**

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the 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 Prescriber connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact [socialprescribing@vision4youth.org.uk](mailto: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.

#### **School Holiday Youth Club for ages 11-16**

Free places for those who qualify for Free School Meals, this youth club is a “HAF” project (Holiday Activities & Food). The club will be open for two days, Monday 23<sup>rd</sup> and Monday 30<sup>th</sup> December, 12-5pm. Each day includes a full hot meal as well as snacks, crafts, baking and free play of the youth club facilities. On the 23<sup>rd</sup> we’ll have a bit of a Christmas party with a dance lesson from Vibes with Aaliyah, and on the 30<sup>th</sup> we’ll be celebrating the New Year along with boxing coaching from G77 Fitness. If you don’t qualify for a free place, then the cost is £15 per day including all food. Booking essential – please visit our website to reserve your place asap <https://vision4youth.org.uk/haf/>

#### **Term Time Youth Clubs:**

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

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

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

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

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

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

**Blackwater Youth Club** - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT

Our new youth club with pool, games and refreshments. Come and see what it's like and make suggestions for what else we can include. Open to all aged 11-17. FREE!

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

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

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

Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-17. FREE!

For more information about our services please contact [office@vision4youth.org.uk](mailto: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.

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### **The Source Young People's Charity – Winter Programme**

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

#### **December 2024, Activity Workshops Programme**

**Dates:** Dec 11th to Dec 20th, 2024

**Age:** 11 – 17 yrs

Upcoming sessions include:

- The Source Christmas Grotto & Wrapping workshop
- Holiday Workshops: Christmas gift making workshop
- Dance Taster Session

**Additionally, bespoke sessions for neurodivergent Young People (12 to 19 yrs):**

- Golf lessons
- Multisport Session
- Bike Maintenance & Cycling Session

\*Sessions are **Relaxed, Optional and FREE**.

For further information:

**Contact Asharee** at [asharee.green@thesourceforyou.co.uk](mailto:asharee.green@thesourceforyou.co.uk)

**Visit our website** at [www.thesourceforyou.co.uk](http://www.thesourceforyou.co.uk) and **click** on the Workshops flyers for further details.

**On-going weekly programmes include:**

- 1 to 1 Counselling / Therapy
  - For further information **Contact Rachel / Gia** at [nolimits@thesourceforyou.co.uk](mailto:nolimits@thesourceforyou.co.uk)
- Practical Mentoring programme
  - Bike Maintenance (at Bikestart).

**Contact Yasmin** at [Yasmin@thesourceforyou.co.uk](mailto:Yasmin@thesourceforyou.co.uk)

**General contact details**

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

Office phone number 01252 333330

[www.thesourceforyou.co.uk](http://www.thesourceforyou.co.uk)

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**The Vine Church Hart**

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

**Kids’ Club for Yr R to Yr 4**

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

Jan 24, Feb 28, March 21

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

**Adventurers for Yr 5 & 6**

FORTNIGHTLY @Church Crookham Community Centre

Fridays 5.45-7.15pm

Jan 17, Jan 31, Feb 14, Feb 28, March 14, March 28

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

**FYG (Friday Youth Group) for Yr 7 & 13**

WEEKLY @Church Crookham Community Centre during termtime

Fridays 7.30-9.30pm

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

For more information look at our website <https://www.thevinechurch.org.uk/children-and-youth/>

or contact [janis.dolding@gmail.com](mailto:janis.dolding@gmail.com)

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

First event of 2025 - 15<sup>th</sup> FEBRUARY 11am - 1 pm

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

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

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

Book your free ticket using the link below:

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

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## **Breakout Youth**

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

We offer the following support:

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

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

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

To find out more, please email [breakout.training@breakoutyouth.org.uk](mailto:breakout.training@breakoutyouth.org.uk)

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## **Home-Start Hampshire**

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

### **SUPPORT FOR FAMILIES**

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

**GREAT NEWS!** We have secured a further 2 years of funding for our Maternal mental health group at Aldershot Garrison Community Hub. The group runs on a Monday from 10am – 11.30am and supports Mum's who are isolated and struggling with their mental health. Each week we cover a different topic such as anxiety, writing for well-being, self-care and the importance of exercise in managing your mental health.

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

Families can self-refer or via a professional such as Health visitor. Referrals for both groups or home visiting support for Military families can be made here: Referrals | Home-Start Hampshire or you can call 0330 124 2095 for more information.

## **WE NEED YOU!**

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

Could you help a family in Rushmoor & Hart?

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

[www.home-starthampshire.org.uk/volunteering](http://www.home-starthampshire.org.uk/volunteering) , email: [info@hshants.org.uk](mailto:info@hshants.org.uk)

or phone: 0330 124 2095

[www.home-starthampshire.org.uk](http://www.home-starthampshire.org.uk)

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### **Hart & Rushmoor Young Carers**

Hart and Rushmoor Young Carers is a Hart Voluntary Action (HVA) service offering emotional/social/peer support and practical help to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member with an illness or disability, mental health condition or addiction.

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

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

The main focus of all our activities is on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence and self-esteem, develop new skills and cope with issues that affect their lives.

The young carers are also involved in shaping the service to ensure their needs are appropriately met. Both group (Young Carers Board) and individual feedback is gathered to better understand their experiences, and what they would like to see added and/or changed. Some later volunteer as young adult carers which gives depth and continuity to the service.

We have the following activities planned in the lead up to Christmas:

- Christmas Parties for all our groups at Mayfield Community Centre in Farnborough,
- Trips for our Junior Group to Clip 'n Climb Camberley and The Anvil Theatre in Basingstoke to see the pantomime,
- Trip for Senior and Young Adult Carers Groups to Jump In Trampoline Park Camberley.

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](mailto:youngcarers@hartvolaction.org.uk) or phone on 07983 030 689 or visit the HVA website to download a copy of the referral form.

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

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

To find out more, visit: [www.childrenssociety.org.uk/information/young-people/well-being/services/nexus](http://www.childrenssociety.org.uk/information/young-people/well-being/services/nexus)

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### **Step by Step – Launch programme**

Aged 11-25 and looking for advice or support?

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

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

Call: 01252 346104

Text: 07520 649977

Email: [launch@stepbystep.org.uk](mailto:launch@stepbystep.org.uk)

Website: [stepbystep.org.uk/launch](http://stepbystep.org.uk/launch)

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### **Prospect Estate Big Local (PEBL) – News**

#### **PEBL Free Debt Advice**

Are you struggling with debt and need some advice? Citizens Advice Rushmoor working in collaboration with PEBL is offering Prospect estate residents support with FREE confidential Debt Advice.

You can call the helpline on **0808 175 3559** or email [pebl@carushmoor.co.uk](mailto:pebl@carushmoor.co.uk)

Leave your name, phone number and postcode and we will call you back to arrange an appointment.

#### **PEBL Knit and Natter**

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop.

Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

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**Mayor of Rushmoor’s Valentine’s Charity Dinner, 14<sup>th</sup> February**

The Mayor of Rushmoor is excited to announce a special fundraising Valentines Day dinner in support of her chosen charities.

We are seeking couples who are celebrating milestone wedding anniversaries between April 1, 2024, and March 31, 2025.

This event will take place in February on Valentine’s Day and venue to be confirmed. Couples will have the opportunity to win exciting prizes!

If you would like to participate, please contact us at [mayor@rushmoor.gov.uk](mailto:mayor@rushmoor.gov.uk)

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**Yateley Industries Charity Variety Show, Friday 7<sup>th</sup> March**

Join us for an uplifting evening of music, dance, and community spirit at Camberley Theatre on Friday 7th March.

Every ticket supports our mission, so don’t miss the chance to make a difference while experiencing an unforgettable night with performances from local musicians, bands, and dance schools.

All proceeds from this event will go to Yateley Industries for the Disabled Charity. Tickets are on sale at <https://www.camberleytheatre.co.uk/events/yateley-industries-variety-show>

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**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>

Please have a look at what we have coming up in Hart, Rushmoor and Basingstoke:

**18/12/2024** 7-8.30pm - Bridging the gap online mindfulness - Zoom Meeting ID: 894 3772 4863, Passcode: BTG

**08/01/2025**- 10-12pm - Basingstoke Get Together - Osbourne Room, The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4B

**09/01//2025**, 10am -12pm - Fleet Get Together - Fleet Town Football Club, Crookham Road Fleet Hampshire GU51 5FA

**23/01/2024**, 12-1pm - Lunchtime online Get Together - Zoom Meeting ID: 835 1332 0196 Passcode: GT - **SENDIASS attending**

**06/02//2025**, 10am -12pm - Fleet Get Together - Fleet Town Football Club, Crookham Road Fleet Hampshire GU51 5FA

**12/02/2025**- 10-12pm - Basingstoke Get Together - Osbourne Room, The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4B

**25/02/2024** - 8-9pm - Evening online Get Together - Meeting ID: 890 6612 2644 Passcode: GT

For any more information on our services email : [participation@hpcn.org.uk](mailto:participation@hpcn.org.uk) or use our Linktree: <https://linktr.ee/hpcn.org.uk>

For information on our projects please contact the projects direct email :

**Bridging the Gap** - Mental health transitions from child to adult services supporting ages 14-25 - [BTG@hpcn.org.uk](mailto:BTG@hpcn.org.uk)

**Future in Mind** - Supporting young people's mental health and those on the CAMHS waiting list - [FIM@hpcn.org.uk](mailto:FIM@hpcn.org.uk)

**(PINS)** - Partnership for Inclusion of Neurodiversity in Schools : [pins@hpcn.org.uk](mailto:pins@hpcn.org.uk)

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### **Hampshire Learning in Libraries**

The New Year will be here very soon, so why not try something new this Spring Term:

- Try out your sketching skills with our **free Drawing for Beginners** course at Yateley Library on Tuesdays, 14 January – 04 February, 10:00-12:00
- Maybe you're looking to introduce some exercise into your weekly routine? Sign up for our **free Seated Exercise for Health and Wellbeing** course at Aldershot Library on Mondays, 13 January – 24 March, 11:05-12:05

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

[Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://hants.gov.uk/learning-in-libraries)

Alternatively, for more information, please email the Learning in Libraries team at:

[learninginlibraries@hants.gov.uk](mailto:learninginlibraries@hants.gov.uk) or telephone us on: 02392 232 957.

We look forward to welcoming you on a course soon!

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### **Rushmoor Voluntary Services Child Health & Safety Day**

Rushmoor Voluntary Services are working with partner organisations to run a **Child Health and Safety Day** for year 4 pupils (Farnborough schools only for this year) in **June 2025**. The event links into the annual Child Safety Week and aims to help children build confidence and skills in recognising and managing the real risks to their own health and safety.

This is not a new event, but this year we plan to work with every junior and primary school in Farnborough and organisations supporting home schooled children. Previous events have involved up to 20 organisations, including police, fire, ambulance, road safety sessions, internet safety and gas safety. We have had suggestions for e-scooter safety, handling 'trouble' when you come across it (not getting involved in the fight) vaping and internet safety.

I am at the early stage of planning and would welcome thoughts on the points below.

What health and safety messages do you feel children need to hear?  
Are there key of areas of concern for children we could include in the day? Health includes healthy weights, dental care, smoking, vaping etc.  
Ideas or contacts for organisations to involve in the day.

If anyone would like to be involved in planning the day, I would welcome a conversation.

Please contact [debibe.whitcombe@rvs.org.uk](mailto:debibe.whitcombe@rvs.org.uk) to share your ideas and thoughts for the day.

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### **3<sup>rd</sup> Farnborough Scout Group – Squirrels, Beavers, Cubs, Scouts, and Explorers**

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

To find out more, please visit [www.3rdfarnboroughscoutgroup.org.uk](http://www.3rdfarnboroughscoutgroup.org.uk)  
or email [skip@3rdfarnboroughscoutgroup.org.uk](mailto:skip@3rdfarnboroughscoutgroup.org.uk)

#### **Squirrels**

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

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

#### **Beavers**

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

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

#### **Cubs**

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

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

#### **Scouts**

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

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

## **Explorers**

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

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

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## **St. Michael's Church, Aldershot – Regular activities**

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

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

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

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

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

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

First Sunday of each month at 10am: **FOMO Family Service**. Informal intergenerational service, we sit around tables and learn about the day's topic with board games or little dramas. Holy Communion. Prayer available. Refreshments after. All welcome, creche provided.

### **Special events:**

Sunday 15th December 6pm : Carol Service

Sunday 22nd December 10am: Christingle Service

Tuesday 24<sup>th</sup> December 4pm: Crib Service (dress up as your favourite Nativity character if you like), and 11:30pm Midnight Service

Wednesday 25<sup>th</sup> December 10am: Informal Christmas Day Service

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## **SKILLS & TRAINING**

### **Hampshire County Council - Free courses for adults**

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

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

Browse the courses and apply [www.hants.gov.uk/adult-learning](http://www.hants.gov.uk/adult-learning)  
If you have any questions, email us at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk)

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### **Multiply Project Free Beginner Excel Course**

**Farnborough Library, 24th January 2025, 10.30-12.30hrs**

Multiply is offering a free introductory course to Excel. This course is perfect for Excel beginners. Discover how this powerful tool can simplify your life, boost your productivity, and help you stay organised.

- You will learn basic Excel functions such as understanding cells, rows, columns, and basic formulas.
- Apply what you learn to manage your household finances.
- Discover easy ways to organise your data.

Eligibility: Adults aged 19+ without a Level 2/GCSE maths (grade 4/C) or maths Functional Skills Level 2. Adults may also be eligible if they can show a need to improve their numeracy skills.

Book your place now by completing the form using the link below or email [multiply@hants.gov.uk](mailto:multiply@hants.gov.uk)  
<https://forms.office.com/e/LjnfR5qfAr>

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### **Rushmoor Healthy Living – Emergency first aid at work training**

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

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

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

2025 courses, please see below:

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

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

To book:

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

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

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## **FUNDING & GRANTS CURRENTLY AVAILABLE**

### **Grants from Rushmoor Borough Council**

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

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**Rushmoor Community Lottery** – The Rushmoor Community Lottery has now raised **over £206,000** for the local community!

If your organisation is a good cause, why not sign up and benefit from this great way to fundraise for your cause? Your supporters also benefit with the chance to win cash prizes every week and a monthly super draw prize.

For more information visit [www.rushmoorlottery.co.uk](http://www.rushmoorlottery.co.uk).

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### **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.

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

- Application form and Guidance is available from [tony.mcGovern@rushmoor.gov.uk](mailto: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](mailto: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.

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Other funding sources

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

**Sport England Movement Fund**

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

For full details of eligibility and how to apply:

[Funding guidance | Sport England](#)

**SNG Thriving Communities Fund**

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

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

**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](#).

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

**The next edition will be sent out in February 2025**

**Any contributions please to [tony.mcgovern@rushmoor.gov.uk](mailto:tony.mcgovern@rushmoor.gov.uk)**