

Community Messages – 4th July 2025

Farnham Youth Choir

A recruitment poster for the Farnham Youth Choir. The poster features a black background with a green border. At the top, there are stylized musical notes in white and blue on a grey staff. A pink diagonal banner in the top right corner reads "BURSARY FUNDED PLACES AVAILABLE". The main text is in white and blue, inviting people to join the choir. The Farnham Youth Choir logo is in pink and white. The poster also lists rehearsal dates and times, and provides contact information for registration.

**BURSARY FUNDED
PLACES AVAILABLE**

**JOIN YOUR LOCAL WORLD-
RENOWNED YOUTH CHOIR!**

fyc
FARNHAM
YOUTH CHOIR

TRAINING CHOIR: SCHOOL YEARS 2-4
JUNIOR CHOIR: SCHOOL YEARS 5-7

**Free open rehearsals: Wednesdays
9th July, 10th & 17th September
5.15pm Farnham Maltings**

**To register: fyc.org.uk/joinus
or email joinachoir@fyc.org.uk**



£6.50 per person

**Airhop Trampoline Park
Thursday 11th July
6-7pm**



6-7 Admiralty Way, Camberley GU15 3DT

EMAIL - activities@spotlightuk.org TO BOOK

BOOKINGS MUST BE MADE IN ADVANCED

www.spotlightuk.org Reg Charity 1129258

High Score Arcade Farnborough



Saturday 5th July

12.45-1.45pm, 1.45-2.45pm

2.45-3.45pm

The Meads Shopping Centre, Unit 29, Farnborough
GU14 7SL

Bookings must be confirmed in advance please email
louisa@spotlightuk.org

www.spotlightuk.org Reg Charity 1129258

Clip 'N' Climb - Camberley



Family Clip N Climb sessions for
over 6s.

Tuesday 8th July 5.30pm
£6.50 per person

To book please email
activities@spotlightuk.org

www.spotlightuk.org Reg Charity 1129258

£6 per person

Donutting Fun



Sunday 6th July-

12.30-1.30 1.45-2.45pm

Over 6s only

Alpine Snowsports, Gallwey Road,
Aldershot GU11 2DD

THIS IS AN EXCLUSIVE BOOKING FOR SPOTLIGHT UK
Bookings must be made in advance activities@spotlightuk.org
www.spotlightuk.org Reg Charity 1129258

Princes Hall, Aldershot – Summer Activities

SUMMER 2025 HOLIDAYS



Princes Hall
Theatre · Aldershot

Play
IN A DAY

Play In A Day

Monday 28th July 2025
7-11yrs £25

10am to 4pm



Topic: Alice In Wonderland

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

Dance
IN A DAY

Dance In A Day

Wednesday 30th July 2025
7-11yrs £25

10am to 4pm



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

HORRIBLE HISTORIES
LIVE ON STAGE!

GORGEOUS GEORGIANS & VILE VICTORIANS

Friday 25 July - 1.30pm & 4.30pm

BLISS LIVE

"FROM THE PRODUCERS OF 'TAYLOR MANIA'"

THE ULTIMATE TRIBUTE TO
OLIVIA RODRIGO & SABRINA CARPENTER

Sweet & SOUR

Wednesday 27 August - 7.30pm

01252 329155

www.princeshall.com

Hampshire Parent Carer Network



Understanding Self-Harm in Neurodivergent Individuals: A Presentation for Parent carers

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD
Join For a **free** online session on: **11th July 10am**

'A Safe Space for Parents'



Ellie's Journey: Overcoming Mental Health Challenges

Ellie, who received her diagnosis of autism and ADHD in adulthood, will share her personal story of triumph over years of mental health struggles, including self-harm and hospitalization.

What the Session Will Cover:

- The prevalence of self-harm among neurodivergent individuals
- The emotional realities behind this behaviour—approached without judgment
- Emphasizing understanding and support rather than “fixing” or “curing”
- Creating a safe, welcoming space for parent caregivers to engage, listen, and feel a sense of community



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>



Executive Functioning & the Neurodivergent Brain For Parent Carers | With Guest Speaker Ellie – Lived Experience Trainer Join Us For a **free** online session on: **18th July - 4pm**

In this session, Ellie will:
Break down what executive functioning really means in everyday life
Share real-life challenges and strategies from her own journey,
Offer compassionate insight into why it can be especially tough for neurodivergent young people,
Provide a safe, non-judgmental space for parent carers to talk, ask questions, and feel understood.



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>

July 2025

HAMPSHIRE
PARENT CARER
NETWORK



enabling voices to be heard



- **1st July , 12-1pm: Online Bridging the Gap -Autism with Ellie** - Book via Ticket tailor
- **3rd July , 10 -12pm: Fleet Get Together-** Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -
- **3rd July 7-8pm: Online Bridging the Gap -Breath work & Grounding Tools-** Book via Ticket tailor
- **9th July , 10am : Basingstoke Get Together** - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ - **with Healthwatch**
- **10th July , 10am :Alton Get Together** - Alton community Centre GU34 1HN - **with SENDIASS**
- **10th July , 7-8pm: Online Bridging the Gap -Mindfulness and Visualisation** - Book via Ticket tailor
- **11th July , 10-11am : Online Bridging the Gap - Understanding Self-harm with Ellie** - Book via Ticket tailor
- **16th July , 10-12pm: Winchester Get Together** - Badger Farm Community centre , SO22 4QB
- **17th July , 12-1pm :Online Lunchtime Get Together** - Zoom Meeting ID: 835 1332 0196, Passcode: GT
- **18th July 10-12pm: - Alresford** - The Swan Hotel, 11 West Street, SO24 9AD
- **18th July , 4-5pm: Bridging the Gap -Executive Functioning with Ellie** - Book via Ticket tailor
- **21st July , 12-1pm : - Bridging the Gap -Sunshine support - EHCP, Yearly reviews, Section 19** - Book via Ticket tailor

To book onto the Bridging the Gap sessions use our
Ticket Tailor link :

<https://www.tickettailor.com/events/hpcn>

Runways Outdoor Centre – Summer Holiday Activities



Hampshire
County Council

Outdoor Centres

WOODPLAND

Warriors

Nestled amongst stunning woodland scenery, this week-long programme combines an exploration of nature and wildlife with complementary adventurous activities like canoeing, climbing, abseiling, high ropes, and archery.

Available every school holiday.

BOTH DAY AND WEEK OPTIONS ARE AVAILABLE

With sessions built around the key tenets of exploration, adventure, conservation, and sharing in wild spaces – helping to foster a deep connection with nature and have great fun in the process!



BOOK NOW



hants.gov.uk/runwaysend



RUNWAY'S END
Outdoor Centre



Hampshire
County Council

Outdoor Centres

ADVENTURE ACTIVITIES

HALF DAY ADVENTURES

2 hr 30 min | Ages 6+



**BOOK
NOW**

Scale the climbing tower, embrace your inner warrior with archery, burn bright in fire lighting, become a sharpshooter in air-rifle shooting, and explore the passageways of our artificial cave system.

We provide all specialist equipment so all you'll need is a camera to capture some memories and a spirit of adventure!



GUIDED CANOE TOURS

2 hr 30 min tour | Ages 6 +



**BOOK
NOW**

This is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a World War 2 pill box, historic bridges, and local wildlife.

The trip also includes some light refreshments.



LOOKING TO BOOK ACTIVITIES FOR A GROUP?

We welcome groups of all ages to the centre and offer range of activities.

Email: rwe@hants.gov.uk

Tel: 01252 344421

hants.gov.uk/runwaysend

Aviator Hotel – Screen on the Lawn



**A UNIQUE OUTDOOR CINEMA EXPERIENCE
TO KEEP THE KIDS ENTERTAINED THIS SUMMER**



**Wicked (PG)
Saturday 26th July
3:00pm
Lawn tickets - £12.50**



**The Lion King (PG)
Sunday 27th July
2:00pm
Lawn tickets - £12.50**

BOOK TICKETS VIA THE WEBSITE

**AVIATORHAMPSHIRE.COM
FARNBOROUGH ROAD, HAMPSHIRE, GU14 6EL**

