

RUSHMOOR & HART LCP SUPPORTING FAMILIES BULLETIN

MAY 2025

Welcome to our 103rd edition! The Supporting Families Bulletin aims to assist all our organisations working with Rushmoor and Hart children, young people and families. It provides up to date information from services plus helpful resources. Please share it, or relevant parts of it, with anyone you think will find it useful.

Page 1	COST OF LIVING SUPPORT
Page 2	LOCAL AUTHORITY INFORMATION & SUPPORT
Page 3	WHAT'S ON IN RUSHMOOR & HART
Page 12	COMMUNITY SUPPORT INFORMATION
Page 17	HEALTH & WELLBEING INFORMATION
Page 25	NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES
Page 25	NEWS FROM PARTNER ORGANISATIONS AND GROUPS
Page 35	SKILLS & TRAINING
Page 38	FUNDING & GRANTS CURRENTLY AVAILABLE

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

COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

[Get help with the cost of living - Citizens Advice](#)

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory



Rushmoor Link is 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](#)

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



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 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 or call the Duty Officer on 01252 774 239
Further information can be found at 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](#).

WHAT'S ON IN RUSHMOOR & HART

Aldershot Pools – Holiday opening and Lido 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/>

we are counting down the days till we open our fabulous Lido on **Saturday 24 May**.
An opening day, full of music and fun, will kick off our summer season next Saturday, thanks to The Friends of Aldershot Lido (FOAL) who will have an opening event at 12noon, followed by live music and a DJ to get the party started.

The Lido will be open every day of the May half-term holiday, followed by weekends in June and then every day in July and August.

We are also looking forward to another ulti-mutt dog weekend at the end of the season in September, when your furry best friends can join in the fun and enjoy a doggie-paddle.

Half-term holiday activities at Church Crookham Junior School

Church Crookham Junior School PE teacher & P4 Coaching owner, Mr. Scott, will be hosting a multi-sport & dodgeball day this May half term (Thursday 29th May).

The day is for boys and girls, of all abilities and experience, from years 1 - 6. The day will include sports such as dodgeball, bench ball, basketball, kwik cricket, scavenger hunts, obstacle course races, capture the flag, etc!

Girls Football & Multi-Sports Camp 🏆⚽

- Tuesday 27th & Wednesday 28th May

- Year 2 - Year 7 Children

Multi Sports & Dodgeball Day 🏀🏈👥

- Thursday 29th May

- Year 1 - Year 6 Children

- Church Crookham Junior School, Tweseldown Road, Fleet, GU52 8BW
- £30 1 Day. £57 2 Days.
- 10% Early Bird Discount If Registered & Paid Before 9th May 2025

Dodgeball Derby Day   

- Friday 30th May
- Year 1 - Year 6 Children
- Oakwood Infant School, Church Lane, Hartley Wintney, RG27 8DY
- £30 1 Day. £57 2 Days. £80 3 Days

With generous drop off and collection times and an early bird discount currently in place, further details can be found at: <https://p4coaching.co.uk/holiday-camps-1> and you can book places on this link.

Squirrels Educare – May Half-term Holiday Club

****Tuesday the 27th of May to Friday the 30th of May from 8.30am till 4.30pm****

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire half term holidays. We offer fun, exciting & varied activities, delivered by high quality staff. Half a day from £22.00 and full days from £33.00. Activities include ceramics, crafts, park outings, giant art & much more!

For further information or to make a booking please contact us on any of the below; e-mail address:

office@squirreleducare.co.uk

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

May Half-term at Princes Mead Shopping Centre – Farnborough

The garden has returned at the South West Tower—with picnic benches and a fun play area for the little ones to enjoy!

Make the most of it this half term and beyond, before it sets sail for summer with a brand-new pirate theme.

Diddy Dunkers Half-term Holiday Basketball Camp

Taking place at Frogmore Leisure Centre (GU46 6AG) for 7- to 15-year-olds (school years 3-10), £40 per day.

- Tuesday 27th May 10am – 4pm
- Thursday 29th May 10am – 4pm

More info and how to book can be found here www.diddydunkers.com/camps

Advance booking essential

Hampshire Libraries – Activities for children

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.

The Summer Reading Challenge begins Saturday 12th July.

Fleet Library

Story Time - every Monday (excluding bank holidays) 10.30

Rhyme Time - every Thursday 10am, 10.45 & 11.30

Stay and Play - every Monday, Thursday and Friday (excluding bank holidays) 3.30-4.30

Construction Club - every Saturday all day

Yateley Library

Every Monday (term time only) 3.15-4.30pm - After school Stay and Play

Every Tuesday – 10.30 - Storytime

Every Friday – 10.15 - Rhyme time followed by Stay and Play

Every Saturday – 10.00 to midday – Construction club.

There will be Half-term Craft Activities running from 2pm-4.30pm on Tuesday 27th May and Friday 30th May. Crafts cost £1 per child.

Farnborough Library

Rhymetime – Every Monday 10am-10.30am, 10.45am-11.15am, every Thursday 2pm-2.30pm

Storytime – Every Tuesday 10.30am - 11am

Construction Club – Every Saturday 2pm-4pm

Saturday 24th May – Elmer Day – come and make an Elmer ear headband, cost of £1.

Aldershot Library

Rhymetime – Every Tuesday 10am-10.30am and 11am-11.30am. Every Friday 10.30am-11am
Our regular Rhymetime sessions for 0-2 year olds and their caregivers.

Storytime – Wednesday from 11am-11.30am.

Construction Club – Every Saturday 2pm-4pm

Saturday 24th May – Elmer Day – join us for an Elmer Day themed craft, £1

For all activities in branch children must be accompanied by an adult and younger siblings are welcome.

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

Summer events at Wellesley Woodlands

Wellesley Woodlands Nature event, Aldershot

New FREE Tai Chi in the Woods – Wednesdays – 6pm

Evening Wildlife Walk – Wednesday 4th June 6.30pm – 8pm

Flowers & Butterflies Walk – Monday 28th July 1.30pm – 3pm

Bat Walk – Tuesday 19th August 8pm – 9.15pm

Bat Walk – Friday 29th August 7.45pm - 9pm

All events require booking on [Wellesley Woods Events - 17 Upcoming Activities and Tickets | Eventbrite](#)

Farnborough Rotary Club - Donkey Derby, 26th May

The Farnborough and Rushmore Rotary Clubs are holding their annual Donkey Darby at the King George V Playing Fields in Farnborough on the 26th May bank holiday Monday.

A total of six Donkey Races will be held with a proper Tote organised for each race and live commentary.

There will also be a whole host of fun stalls as well as many live displays including a dog show, as well as a wide choice of food stalls to keep you going through an action packed day.

This long running event has always proved very popular and draws people from a wide area.

Tickets are available in advance in Farnborough Town Centre on Saturday 24th May at £1.00 each, or on the day at the gate for £2.50 each or £1.00 for children (age 5 -16), under 5's are free..

Free on-site parking is available.

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Theatre Tots

Wednesdays – Term Time

A magical introduction to the world of theatre and performing arts, designed specifically for children aged 9 months to 4 years. With our expert leader Alicia; a trained dancer with a passion for working with young children, our fun-filled classes combine singing, dancing, and musical theatre to ignite your little one's imagination and help them grow in confidence, creativity, and coordination.

Each class is tailored to the developmental needs of different age groups, making sure your child has the best possible experience as they take their first steps into the world of theatre! Plus, parents and guardians remain in the class, making it a special bonding experience as you both enjoy the magic of performance together.

princeshall.com/visiting-us/theatre-tots/

Play In A Day – Snow White

Tuesday 27 May, 10am. Ages: 7-11 yrs

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

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

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

Dance In A Day

Wednesday 28 May, 10am. Ages: 7-11 yrs

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

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

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

Ministry of Science

Wednesday 28 May, 1.30pm

Direct from London's West End. Over the last few years Science has led the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever!

Join our presenters as they dive deep into the world of science and look at how science shapes the modern world we live in with a few loud bangs along the way!

Expect 20ft LIQUID NITROGEN clouds, exploding OXYGEN & HYDROGEN balloons, FIRE TORNADOS, HYDROGEN bottle rockets, ignited METHANE and even a self-built Hovercraft!

[Ministry of Science - Princes Hall](#)

Dinosaur Adventure Live

Friday 30 May, 2.00pm

Are you ready for a BRAND NEW ADVENTURE with DINOSAUR ADVENTURE LIVE?! When a satellite tasked with controlling the island's weather systems malfunctions, chaos erupts. The island's tropical climate spirals leading to one big JURASSIC STORM. If not stopped, it will erase all existence of the island... forever!

The mission: find the code hidden deep within the island, reboot the satellite and save the Dinosaurs before it's too late.

[Dinosaur Adventure Live - Princes Hall](#)

Horrible Histories

Friday 25 July, 1.30pm & 4.30pm

We all want to meet people from history! The trouble is everyone is dead! So, it's time to prepare for Horrible Histories live on stage with the acclaimed production of Gorgeous Georgians and Vile Victorians!

Are you ready to swing with a Georgian king? Does the Duke of Wellington get the boot? Would you stand and deliver to dastardly Dick Turpin? Can you help detectives find the headless man? Dare you dance the Tyburn jig? Will you be saved by Florence Nightingale? Find out what a baby farmer did and move to the groove with party Queen Victoria!

Don't miss this horrible history of Britain with the nasty bits left in!

[Horrible Histories - Princes Hall](#)

Victoria Day returns to Aldershot on Saturday 7th June

Victoria Day is back on Saturday 7 June from 10am to 4pm in Aldershot town centre. This year's theme is 'wonderful water' and we'll be having some sea-rious fun!

This year, the carnival parade will be bigger and more colourful than ever before, with spectacular costumes and puppets. The amazing 'Wonderful Water' carnival parade leaves Princes Hall at 11am, ending at the High Street Multi-storey car park. Aldershot's own Queen Victoria, Betty Bryce will be leading the procession of over 1,000 local people.

Visit Union Street, Wellington Street and Princes Gardens between 10am and 4pm for an ocean commotion of fun, free activities, fantastic craft and community stalls, live entertainment, fair rides, and delicious food and drink.

Head to Princes Gardens for live music, dance and workshops on the bandstand throughout the day, fishy themed make-and-take crafts, splash-tastic street theatre, a quiet storytelling area, fair rides and much more. Plus, don't miss our circus skills area and aerial performers alongside Princes Gardens Surgery and a small classic car display in Princes Way from 12.30pm.

Over on Union Street, there're watery stilt walkers, puppet performers, the Giant Bubble Man, face painters, hands-on creature encounters, Lego building and lots more live music and dance.

For more information, please visit www.rushmoor.gov.uk/victoriaday.

Take part in the Carnival procession

Ahoy me hearties! Local schools from around the area are invited to join Aldershot's fantastic 'Wonderful Water' themed carnival procession at Victoria Day on 7 June in Aldershot. We welcome groups of all ages from 2 to 102!

We are working with Shademakers UK again this year, who will be bringing their amazing costumes to the carnival. Our carnival is 'on foot'. And around 1,200 people take part each year, with over 50% being under 16.

In addition to these large-scale costumes, local groups are invited to borrow props (such as flags), decorations and smaller costumes for the parade (such as sashes, masks and hats) on the day.

If you would like to join the carnival, or have any questions, please apply via: www.rushmoor.gov.uk/victoriaday/takepart, or email towncentrevents@rushmoor.gov.uk.

Army Welfare Service programme

Programme	Ages	Cost	Location	Timings	Day
Church Crookham					
Youth Voice Ambassadors Project – peer led social activism with accreditation	11+	Free	Online fortnightly Aldershot and Church Crookham	6pm to 8pm	Mondays Term Time Only
Juniors Youth Club 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
Savi Seniors Youth Club IRL	11+	£ 1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	5.30pm to 7.30pm	Thursdays Term Time Only

Programme	Ages	Cost	Location	Timings	Day
Aldershot					
Play and Stay Group 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

Opportunity	Ages/Years	Cost	Location	Timings	Link to book
Taster Day at Royal Holloway University	School year 9 to 11	Free Transport & Lunch provided	Royal Holloway University	10 am to 3pm	AWS Royal Holloway Taster Day 29.05.25 (Page 1 of 10)
Emergency First Aid at Work	16+	Free	Quetta Park Community Hall, Fleet GU52 8TL	9.am to 4pm	Emergency First Aid course (Page 1 of 10)

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

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

Looking to get outside, get active, and connect with nature this Spring/summer? Runways End Outdoor Centre offers a range of adult only, family, and young person-oriented activities to keep you busy!

- **Woodland warriors** – An action-packed holiday camp with an environmental twist. Explore the abundance of nature and wildlife in our nearby forest with complementary adventurous activities like canoeing, climbing, abseiling, caving, and archery. Each day is themed to understand the environment from a new angle such as: natural history, climate and conservation, or shelter and survival.

Available for ages 7-11, drop off from 8.30-9.30 pick-up from 4.30-5.30, £200 for 5 days or £50 per day.

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving, to archery, to basic fire lighting! £22 per person for 2.5 hours of fun.
- **Adult (16+)** Spring beginner spoon carving and knife skills – Join us for a cosy, community bushcraft morning to celebrate the woodland in winter and learn new bushcraft skills. 11am-1pm, 7th June, £20 per person. *New session every season so keep your eyes on our website for updates.*

To book or find out more please email rwe@hants.gov.uk, call 01252 344421, or find details available on our website:

<https://www.hants.gov.uk/thingstodo/outdoorcentres/ourcentres/runwaysend>

Wavell Campus Leisure

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

Wavell Campus Leisure also offers a Holiday Club which is run by CM Sports every school holiday from 8-4.30pm.

CM SPORTS HOLIDAY CLUB

TUESDAY 27TH MAY – FRIDAY 30TH MAY 2025

FROM 8AM – 4.30PM DAILY

For further information regarding costs and availability please email info@cm-sports.co.uk

CAMPUS OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

FACILITIES TO HIRE & HOURLY RATE

SPORTS HALL £37.50 PER HOUR
DANCE STUDIO £23 PER HOUR
DRAMA STUDIO £12 PER HOUR
THE WAVELL HALL £23 PER HOUR
COMMUNITY HALL £20 PER HOUR – currently free from 8.30am-6pm*
CLASSROOMS £11 PER HOUR
ART ROOM £12.50 PER HOUR
OUTDOOR NETBALL COURTS £20 PER HOUR
INDOOR BADMINTON COURT £15 PER HOUR

CHILDRENS PARTIES

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY*	£26 / HOUR
THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 9AM-6PM ON A SUNDAY*	£26 / HOUR
THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY*	£36 / HOUR
THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SATURDAY*	£46 / HOUR
THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY*	£46 / HOUR

***All subject to availability**

CLUBS & CLASSES

Please check our website www.wavellschool.org.uk/leisure/homepage for all the clubs and classes running at Wavell Campus Leisure. You will find everything you need to know on the **'What's on Where Page'** and we currently accommodate and cater for many different classes and cultures. We have a vast choice of both educational and sporting classes to offer the community.

New to Campus Leisure

Easy Maths – Educational classes to help children improve their Maths – Saturdays 10-1pm
FCL – First Class Learning – Maths & English Tuition – Thursdays 5-6pm and Saturdays 10-12pm
GRNC – Greater Rushmoor Nepali Community - Education & Dance – Sundays 10-1pm & 11-12pm
GT Fitness – Karate – Thursdays & Fridays from 7-8pm

For further information or enquires regarding hire of our facilities;

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

Check out our website at www.wavellschool.org.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317603

Family Fun Day – Farnborough College of Technology, Saturday 21st June

10:30AM TO 2:30PM, Boundary Road, Farnborough, GU14 6SB

FREE FOR ALL AGES! FREE PARKING ON-SITE!

Hands-on Activities by College Staff Live Music | Circus Skills | Arts and Crafts Sport Challenges | Family Photoshoots | and much more!

Food and refreshments will be available for purchase.

Back by popular demand, we will be throwing open our doors on Saturday 21st June 2025 for a day of free fun for all ages. From face painting to arts and crafts, enjoy a great day out with the family. Join us at our Boundary Road campus, GU14 6SB, between 10.30am and 2.30pm. You can travel by foot, public transport or car (free parking on-site).

Free to register online at <https://tinyurl.com/familyfundayfarnborough> or simply join us on the day.

PAG Summer Picnic for families with special needs children and young people, 20th August

Fun in the Sun - hopefully!
Wednesday 20th August from 12 noon at Frimley Lodge Park - on the field side
Look out for the PAG flag
Bring your own picnic and any games you would like to play
Miniature train £1.50 per person, will run from 11.00-13.00 & 14.00-16.00
Just turn up!

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](#)

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](#), [website](#) or email communitygrubhub@outlook.com

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 of £5 to supplement a person's weekly shop.

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. If it is your first visit, please allow a little extra time to register with us.

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

Mental Health Support at The Vine Centre

We offer 1-1 mental health, anger management and addiction support. Our support is not time limited, we will work with you for as long as is needed to reach your goals. If you or anyone you know is struggling, please get in touch for more information. 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 drop-in 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.

info@thevinecentre.org.uk. 01252 400196

Free Blood Pressure Checks

Salus Medical team are coming to The Vine Centre to offer free blood pressure checks. Thursday 5th June 1 - 3pm. No need to book, just turn up.

Please get in touch if you require more information or support info@thevinecentre.org.uk 01252 400196.

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

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

Web: www.farnborough.foodbank.org.uk

Food and welfare provisions in Hart

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

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

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

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

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

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

Odiham Foodbank is open on Thursdays 1.30-3.00pm at All Saints Church Office, Ostlers Place, Deer Park View, Odiham, RG29 1JY. Tel: 07387 116947 or email: odihamfoodbank@gmail.com

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

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

Other local food provisions in Hart are:

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.

Tel 01252 872 337 or Email: 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 or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

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. It's 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.

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 Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting.

If you would like any more information about our service, please do head over to our website:

www.stopdomesticabuse.uk

Citizens Advice 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
- Arranging for you to have an appointment for more detailed help
- Referring you to a different organisation who could assist you better than we can
- Directing you to our Adviceline (see below) for a telephone appointment

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**
- **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 Friday from 9.30am 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.

‘Switched On’ energy advice

Citizens Advice Rushmoor have established a new callback service called ‘Switched On’, providing free advice to help people use energy safely and efficiently and save money at home.

These energy advice appointments can help you access schemes such as the Warm Home Discount and Priority Services Register, as well as benefit eligibility checks, money advice, and other crisis support such as food and fuel, if required.

To book an appointment, you can call free 0808 175 3559 and leave a voicemail, or you can email switchedon@carushmoor.org.uk. Leave your name, phone number and postcode and we will call you back to arrange an appointment.’

Volunteering with Citizens Advice Rushmoor

Our training groups run through the year and our next Volunteer Introduction Sessions will be on 10th September in Farnborough from 1:30 – 4:00. The session will give you a chance to meet our friendly supervisor team and have some hands on experience of using our systems and how we work. If you would like to find out more about volunteering with us please complete our [Volunteer information request form](#) or email volunteering@citizensadvicerrushmoor.org.uk. We are always looking for volunteers who might like to give advice, work on reception, be involved in fundraising or contribute to events.

Clayton Court

If you are supporting a resident of Clayton Court who is struggling to feed the family, we have food vouchers available. Please contact us on the numbers above.

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

HEALTH & WELLBEING INFORMATION

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

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-healthiertgether.nhs.uk/mental-health/your-local-mental-health-resource>

Resources for children and young people include:

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

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

kooth.com is the 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

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

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

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

Sasha’s Project is delighted to have launched its Telephone Support Service. This is available every evening between 9pm and midnight and is open to any young person (13-25yrs) who is struggling and who needs to talk to a training Listening Volunteer. The number to call is 07741 117665.

Hampshire CAMHS

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

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

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

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

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

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

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

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

Barnado's Hampshire Healthy Steps Programme

Hampshire Healthy Steps offers families with 2- to 12-year-olds, support through a 6- short 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. Six short sessions, parents don't need to come to all of them, the focus is oral health, sleep, physical exercise and eating.

We have venues/dates/times for courses 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](#)

if any organisations could offer us a venue for the programme, then please get in touch with elaine.penman@barnardos.org.uk – Barnardo's Community Development Worker.

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

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.

Please see our new Digital Productions for young people:

- **Chathealth video:** <https://www.youtube.com/watch?v=rA6Dehlke1g>
- **Exam Stress Podcast:** [School Nurse Podcast Episode 1 - Exam Stress](#)

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

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/>

Solent NHS Trust Sexual Health Services

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 College of Technology (FCoT)

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

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](#)

Hart Voluntary Action Counselling Services

At Hart Voluntary Action we have a range of counselling services to support all ages from 11+. For more information about any of our services and to make a referral visit our website at <https://www.hartvolaction.org.uk/counselling/>

Youth Counselling is a Counselling Service for young people aged 11-17 who live in Hart. It is a safe and confidential space where they can talk freely.

- Young people can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place after school on weekdays in Odiham, Fleet, Yateley, Hartley Wintney or online
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept referrals from young people, their parents (or guardians), schools, GP's CAMHS and other professionals.

Family Counselling is a service that gives families the chance to express and explore their feelings in a safe and non-judgmental environment.

- Families can have up to 6 Family Counselling sessions depending on the need of the family
- Sessions take place in Odiham
- Sessions will always be at the same time and place and with the same Counsellor each work
- Different family members may be required to attend different weeks depending on the needs of the family

Adult Counselling for anyone 18 and over offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement.

- You can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place either during the day or in the evenings on weekdays in Odiham, Fleet, Yateley or online
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept self-referrals and referrals from GP's and other professionals.

Walk and Talk is a service for adults who would prefer to have their counselling sessions in nature.

- You can have up to 10 Counselling sessions on a weekly basis free of charge
- Sessions take place on a Friday in Fleet
- Sessions will always be at the same time and place and with the same Counsellor each week
- Each Counselling session is 50 minutes long
- We accept self-referrals and referrals from GP's other professionals.

Sunshine and Showers are anxiety and depression support groups to allow adults who are struggling to come together to support each other.

- Groups can be up to 6 people
- Each group is run by a facilitator and a co-facilitator
- Sessions run every week for 50 weeks of the year
- Sessions last an hour and a half
- We have groups running in the afternoon on a Tuesday and on a Tuesday and Wednesday evening
- You can attend as long as you like but it is expected that you attend on a regular basis during this time

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 or by emailing at info@fortify-services.com

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 several schools. If you wish for more information, please don't hesitate to contact us.

TalkPlus

TalkPlus is a local NHS Talking Therapies service. 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

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 and mention the dad's group on their referral. Next 2 courses running: 4th June 2025 and 17th September 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.

Courses running June, July and September 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.

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.

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: June 2025.

For further information about all the courses we run and how to self-refer, please visit:

www.talkplus.org.uk

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 Alternatively ring me on **07396 727452** to have a no obligation chat.

Rushmoor Healthy Living's How are you today project

If you're 18-68yrs and have a Long Term Health Condition, this group's for you! With Weekly Online Coffee Mornings, Monthly Face to Face Hubs in Aldershot & Camberley, Monthly Online Expert Talks from an Occupational Therapist and a private Facebook Group, we support each other and try to get the best out of life. With lots of laughs and talking about anything and everything, we have different conditions but similar symptoms. Fibro, MS, Long Covid, etc, you name it, we've got it, and it's all FREE!! Email classes@rhl.org.uk for more info. We'd love to hear from you!!

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

Smokefree Hampshire – Smoking and vaping resources and services

[Smokefree Hampshire | Your Stop Smoking Service](#)

Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County, aged 12 years and over. 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).

[Smokefree Me | Health and social care | Hampshire County Council](#)

Resources to support to education settings with smoking and vaping education. There are several lesson plans, resources, a template smokefree policy and much more.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Nominate a school or youth group for a free Moon Landing Coding Adventure!

Thanks to funding from the UK Civil Aviation Authority and the Department for Transport, Get with the Program has funding to offer 200 schools a **FREE** Moon Landing Coding Adventure to be run remotely on a date of their choice between April 2025 and February 2026! This opportunity would usually cost each school £360!

Our fun Moon Landing Coding Adventure helps 5-8 year-olds (Years 1-3) learn practical coding skills and create algorithms to land a robot on the moon, while covering the computing curriculum, for **FREE!** The package includes:

- An exciting, streamed video assembly (30 mins)
- Engaging follow-on activities (45 mins each)
- A variety of practical teaching support resources

Do you know a primary/infant school or youth group/club that would like a **FREE** Moon Landing Coding Adventure? **Nominate them here:**

www.getwiththeprogram.org.uk/reach-for-the-sky

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Hart Youth Achievement Awards 2025 – Nominations requested!

After the success of The Hart Youth Achievement Awards over the last couple of years, Fleet Phoenix are excited to announce the 2025 Hart Youth Achievement Awards! These will once again celebrate the amazing work and successes of young people locally. We want to publicly recognise the talented, community focused and giving young people we have in the Hart district.

With the help of a range of community partners, we are here to remind the community, and the young people themselves, about all the positive attributes they contribute to our area.

This is where you come in. We are asking for all members of the community to nominate those

young people who need celebrating. The young people also must live or be educated in the Hart District.

Nominations are open until **26th of September**, so there's plenty of time to add to your nominations as the year continues. Our celebratory event will be in October.

Each category has an award for (except for group):

- Junior (school year 6 and under)
- Senior (school year 7 up to 25 years old)

The categories are:

Community Champion

Courage

Academic Achievement (NEW for 2025!)

Fundraising

Group Achievement

Sports and Arts

Volunteering

So now it's over to you. Think hard and nominate freely. We are excited about showcasing all their work in the area.

<https://us12.list-manage.com/survey?u=4f9a35e537abde611fe4de495&id=0afe73a0d2&attribution=false>

A Word document version is available from info@fleetphoenix.co.uk

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

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 and The West End Centre – if you would like more info or promotional materials, please email jamie.beaton@rushmoor.gov.uk

The Lighthouse at Andover Way, Aldershot is now open!

Exciting News! The Lighthouse at 8 Andover Way Aldershot is now open, offering a vibrant meeting space and warm welcome for the whole community.

Open times

- Tuesday 3- 5.00 p.m. for Free 16, a club for young people of secondary school age
- Wednesday 11.30 am - 1.00 pm Open to everyone for a spot of lunch, a chat and a catch up
- Thursday 3.30- 5.30 pm - time for families, tea cooked for the whole family, to make after school pick up more fun for everyone

No charge is made for the food or refreshments provided.

For more information – jo@the-lighthouse.info

The Source Young People's Charity – Summer Programme

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

Activity & Workshops Programme

Dates: May 27th – August 29th, 2025

Age: 11 – 25 yrs

Weekly sessions include:

- Golf
- Bike Maintenance
- Afterschool chill sessions

May Half Term:

- Golf
- Bike maintenance taster
- Holiday wellbeing workshops

Summer Holiday Sessions:

- Summer Golf course
- Summer Dance Course
- Summer Bike Maintenance/Cycling Course
- Holiday wellbeing workshops

*Sessions are **Inclusive, Relaxed and FREE**

Fundraising Events

- Quiz Nights
- Twilight Challenge 2025

**Volunteers needed for upcoming fundraising events. Please use the contact information below to get involved.*

For further information:

Contact Asharee at asharee.green@thesourceforyou.co.uk

General contact details

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

Office phone number 01252 333330

Website: www.thesourceforyou.co.uk

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 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 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.

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 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, 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.

Calling all Young Volunteers and Duke of Edinburgh Participants

Did you know volunteering can support young people to:

- Enhance your CV
- Evidence 'work experience'
- Develop skills
- Improve wellbeing
- Build friendships
- Complete their Duke of Edinburgh Awards

[Volunteer North Hants](#), a partnership of [Rushmoor Voluntary Services](#), [Hart Voluntary Action](#) and [Basingstoke Voluntary Action](#), are delighted to announce our new search function to enable you to find volunteering opportunities easily. Follow these simple steps:

1. Head to our website: <https://volunteernorthhants.org/>
2. Search with your postcode to discover what's available near you.
3. On the second page, the search box will change and enable you to select which age is appropriate.
4. Read more about the opportunities and apply for those that take your fancy.

We look forward to supporting you on your volunteering journey!

Youth Trends event including guest speaker on home education!

Tuesday 15th July 1:30 – 4:30

Eastleigh football club, SO50 9HT

Struggling to keep up with fast-moving youth trends? Curious about the rise in Elective Home Education? This is the event you didn't know you needed!

What's in it for you?

- Live insights from Charlotte Postle, HCC's Elective Home Education Coordinator
- Speed networking with youth professionals across Hampshire
- Free takeaway resources to use straight away

- Free parking + easy motorway & train access
- Unlimited tea and coffee

Investment: £49 or just £29 if you're paying for yourself

Check out this testimonial from Stella Thurston, Tenant Partnership Officer from Winchester City Council who attended the last event:

"Stacey's youth trends training was exceptional! The content was both highly informative and engaging, making it one of the most valuable sessions I've attended in a long time. I arrived feeling tired but left feeling invigorated, inspired, and equipped with new insights. Thank you for such a fantastic session!"

Spaces are limited! Contact Stacey Miller to secure your place!
07703670654 / info@staceymillerconsultancy.co.uk

Get the knowledge, contacts and confidence to stay ahead of the curve!

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

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

Inclusion Education specialist education charity

Inclusion Education are a specialist education charity supporting young people with mental health, additional learning needs and neurodiversity via our two key sites – Inclusion School for 11-16 year olds in Basingstoke and our post-16 provision, Inclusion College based in Hook.

We know there is a growing crisis facing the mental health and well-being of our young people – and we are developing our services to further support this need.

Inclusion EB8 is a new supportive employability hub offering the next steps into the workplace for young people over 18 with mental health conditions, neurodivergence or additional learning needs. The site offers employability skills, supported work experience placements and in-house work experience all designed to help young people get work ready and find employment. EB8 will also offer the support and expertise of job coaches and mental health support workers to encourage engagement and help prepare for the journey into work.

Project Iris – is a suicide prevention programme supporting young people from 11-25 experiencing suicidal ideation, thoughts and self-harm. The project combines sessions learning about and exploring mental health, developing strategies and scaffolding to support along with green therapies – such as horticulture and equine. It will also offer Peer Ambassador support from those with lived experience.

Lead by qualified mental health support workers, the 6-week project offers different age groups 2-hour sessions per week -project is designed

For more information please email us at ProjectIris@inclusioneducation.org.uk or visit our website at www.inclusioneducation.org.uk

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a Hart Voluntary Action (HVA) service offering support and respite 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 session where they help prepare a healthy meal from scratch for the whole group, and our Swimming Programme offering them regular swimming trips. 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 through feedback and a Young Carers Board, ensuring their needs are appropriately met.

This summer term is packed with lots of exciting opportunities for our young carers. Our regular groups will enjoy a variety of activities, including a game show and movie night, a Pride fashion show, and

Hawaiian themed summer parties. Thanks to a UKSPF grant from Rushmoor Borough Council, we are also offering swimming trips to Hart Leisure Centre for all groups. During the May half-term holiday, a small group of 8-10 young carers aged 13-17 will visit Heckfield Place and Home Farm for an inspiring day exploring careers in hospitality and agriculture. In late June, we are taking 25 young carers aged 13-15 to the annual Young Carers Festival at YMCA Fairthorne Manor - an unforgettable weekend of adventure sports, creative workshops and evening entertainment. Finally, our Silver Duke of Edinburgh's Award participants will complete their Assessed Expedition in the Isle of Purbeck in July, rounding off a dynamic and enriching term.

A young carer can be referred to the service by a member of their family, their school/college, or by a health/social care professional. They can also refer themselves. To find out more, please contact the Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689, or visit the HVA website to download a copy of the referral form.

Yateley Industries Summer Fete

Date: Saturday 21st June, 11am to 4pm

Venue: Yateley Industries, Mill Lane, Yateley GU46 7TF

This is a free event for all the community with family-friendly stalls, activities and entertainment.

The Life Project day service for young people with learning disabilities

About The Life Project

The Life Project is a day service specifically designed for young people with learning disabilities, providing a supportive and social environment where they can develop essential life skills, build friendships, and gain confidence in their independence.

Founded in 2016, The Life Project grew from a group known as "PIP Youth," who wanted a name that truly reflected their goals. Together, they chose the name "LIFE" to represent the core values of the project:

- Life Skills
- Independence
- Friendship
- Empowerment

How We Work

Every 4-6 weeks, we create a new programme focused on a specific life skill. Service users work together to achieve shared goals, with each individual also having a personalised learning plan tailored to their own targets. Activities are designed to make learning practical and enjoyable, with lots of time spent "out and about" as the group participates in community-based activities.

Our participants are actively involved in planning their activities and setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) targets. We also provide travel training in partnership with South Western Railways, giving real-world experience and confidence in independent travel.

Schedule & Costs

- **Operating Days:** Monday - Friday

- **Hours:** 9:30 am – 3:30 pm (operates 50 weeks per year)
- **Session costs:** dependent on the requested days
- **Session Contribution:** This is an additional cost of £4 per session to cover activity costs, fuel, etc.

This is a costed service, often funded by local social services. Parents are encouraged to start the funding process early, ideally before their young person finishes college. To find out the session costs for your preferred days please contact Parkside.

Monthly activity schedules are posted on our website: www.parksidealdershot.co.uk.

Joining the Life Project

Our referral process offers a meeting at Parkside to ascertain suitability of our offer. We will then ask for a referral form to be completed and once funding has been agreed with your local authority, we will offer a place subject to availability and places are offered on a first-come first-served basis once the funding has been agreed. This is not a requirement if you are self-funding.

For any questions, don't hesitate to contact us. Email: angie.morris@parksidealdershot.co.uk Tel: Angie Morris 01252 313103

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

We have limited capacity to offer weekly home visits by one of our volunteers to offer emotional and practical support tailored to your families' needs.

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

The **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 the groups or home visiting support for Military families can be made at www.home-starthampshire.org.uk or 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 , email: info@hshants.org.uk
or phone: 0330 124 2095
www.home-starthampshire.org.uk

Hampshire Learning in Libraries

What's on offer in your local area this term?

- **Watercolour for Beginners** course at Yateley Library on Tuesdays, 3 June to 24 June, 10:00-12:00, FREE COURSE
- **Dressmaking with Lareen** at Fleet & Farnborough Libraries, Tuesdays, Wednesdays and Thursdays, morning and afternoon options available, £82 for 5 weeks (12.5 hours of tuition)

[Learning in Libraries – tagged "Arts and crafts" – Hampshire County Council Shop](#)

- **Seated Exercise for Health and Wellbeing** course at Aldershot & Fleet Libraries, Mondays and Tuesdays, morning and afternoon options available, £33 for 5 weeks
- **Dance, Stretch & Tone** course at Farnborough Library, Thursdays, 5 June to 3 July, 10:00-11:00, £33 for 5 weeks

[Learning in Libraries – tagged "Fitness" – Hampshire County Council Shop](#)

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 \(hants.gov.uk\)](#)

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

learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.

We look forward to welcoming you on a course soon!

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

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

To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk

or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

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

Citizens Advice Hart - Tombola Donations requested!

We're gearing up for a busy summer of events, and our ever popular tombola will be making a return at each one! Tombolas are a fantastic way for us to raise much needed funds for our charity, and we need your help to make them a success.

If you have any new or unused items or bottles of drink you can donate, big or small, we'd be incredibly grateful. Every item helps! Please drop your donations off at our office in Fleet at your convenience. Thank you for your support!

SKILLS & TRAINING

Citizens Advice Hart Free Advice First Aid (AFA) training

Free, face to face, AFA (Advice First Aid) training courses at Hart District Council offices, Fleet on:
2nd July (9.30am to 12.30pm)

Please note this is not medical first aid training, but an opportunity to upskill volunteers working on the frontline to support vulnerable people in the community whom you realise might have a problem or they need help, but you are unsure what help you can signpost them to.

If you or any of your team would like to attend any of the above courses, please contact afa@citizensadvicehart.org.uk - **Please note, places are subject to availability.**

- The course is face to face training, 3 hours long, running from 9.30am to 12.30pm and is currently held at The Civic Offices, Fleet, Hampshire.
- Course audience is multi agency, as one aspect of the Advice First Aid programme we are keen to emphasise, is networking and the opportunity of meeting other frontline volunteers / staff from other organisations.
- We have run over 30 courses since, 2022, trained over 285 volunteers and currently have 50 Community AFA Partners, a list of our partners can be found [here](#) on our AFA website page.
- All training is free, and refreshments are provided.

If the above dates are not suitable, further ones are available later in the year, please contact Marcia at afa@citizensadvicehart.org.uk for details.

Aldershot Job Fair, 10th July

Thursday 10 July, 10am – 2pm, Union Street, Aldershot.

The Job Fair offers the chance for job seekers to meet local employers with vacancies to fill, along with advice available on training & skills opportunities, support, and apprenticeships.

More info at: www.rushmoor.gov.uk/jobfair

Hart Voluntary Action's Training Courses for Counsellors 2025-2026

Our Counselling Services team are pleased to be able to offer a range of courses for counsellors. All courses are currently open to applications.

Level 5 Diploma in Counselling Adolescents

A course for counsellors who are qualified and would like to work with young people aged 11-18.

- Running from November 2025 until July 2026 online allowing for Counsellors from across the UK to attend.
- Every Friday morning (9:00 until 13:00) during Hampshire term-time
- CPCAB accredited
- Cost: £1650 (there is an early bird offer of £1550 if the deposit is received by 1st August 2025). Payment can be made by instalments.

Level 6 Certificate in Therapeutic Counselling Supervision

A course for counsellors who are qualified and would like to work with other counsellors in a supervisory role.

- Running from September 2025 until May 2026 in Yateley, Hampshire.
- Every other Friday (9:00 – 16:00) during Hampshire term-time
- CPCAB accredited
- Cost: £1300 (there is an early bird offer of £1200 if the deposit is received by 1st June 2025). Payment can be made by instalments.

Introduction to Family Counselling

An introduction to the practice of family counselling allowing trainees to make an informed decision about embarking on family work and further training.

- Running from September 2025 until February 2026 in Yateley, Hampshire
- One Saturday (9:00 – 16:00) a month for 6 months
- Cost: £700 (there is an early bird offer of £600 if the deposit is received by 1st July 2025).
Payment can be made by instalments.

For more information about any of our courses please visit our

<https://hartvolaction.org.uk/community-services/counselling/training-placements>

New Directions service for unemployed young women

New Directions is a local project that helps unemployed young women (18-30) build a better future through FREE employability support and life skills development. The support is offered in and around Rushmoor, Hart and Camberley with a drop-in and workshop hub at the Aldershot Enterprise Centre in Aldershot.

The support we offer includes 1:1 guidance with hands-on employability support such as writing and updating CV's, drafting cover letters, applying online, and job interview practice. We also use the virtual reality platform Bodsypaps as a tool to prepare participants for a job interview.

Events Programme

All workshops are in person and include coffee/tea and/or lunch. Come and join us!

Thursday 22 May, 10.00-12.30 **Supermarket Savings**, BOGOF, 1/3 off, 2 for 3 etc. With so many offers it is not always easy to know what the best value is. Join us for money-saving tips. Attendees will receive a slow cooker to help reduce food costs and improve health.

Thursday 29 May, 11.00-12.00 **English conversational skills**—Join us to improve your English and build your confidence speaking in public in a relaxed and friendly environment. Meet other participants and discuss everyday life and work-related topics.

Thursday 5 June, 10.00-13.00 **Excel for beginners 1**, Introduction to spreadsheets: Creating tables, formatting cells, creating/using simple calculations. Small group with personalised tutoring – 6 places max

Thursday 12 June, 11.00-12.00 **English conversational skills**—Join us to improve your English and build your confidence speaking in public in a relaxed and friendly environment. Meet other participants and discuss everyday life and work-related topics.

Thursday 19 June, 10.00-13.00 **Excel for beginners 2**, Introduction to formatting and calculating in Excel. Manipulating table data using maths and in-built formulae. Small group with personalised tutoring – 6 places max

Bookings

Eligibility rules apply.

For bookings, our 1:1 employability support and additional courses – check out the events page on our website www.joinnewdirections.org/events or phone or text Angela on 07934 130666.

Where?

New Directions Hub @ Aldershot Enterprise Centre, 14-40 Victoria Road, Aldershot GU11 1TQ – close to the railway station and local job centre. There is a free car park at the back of the building to the building. We will meet you in reception.

To secure your place at our workshops, just let Angela or Henriette know that you would like to attend as there are limited spaces available. Lunch is provided at our lunchtime events, please let us know beforehand if you have any dietary requirements.

** based within a 10-mile radius of Aldershot? Talk to us about having your travel costs refunded.*

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

If you have any questions, email us at adult.learning@hants.gov.uk

Rushmoor Healthy Living – Beginners exercise for health & weight loss / First Aid Training

Join us to get moving and smiling with this fun, gentle cardio-based class designed for beginners wishing to either improve health or start their weight loss journey. With really easy to follow moves and plenty of options to choose from, we’ll support you to work at the level and pace that is right for you. To book a FREE trial session, or to find out more, contact our friendly team: classes@rhl.org.uk / 01252 957 430.

We offer high-quality, Level 3 Ofqual regulated, HSE-compliant First Aid Training through hands-on, face to face courses. RHL courses include Emergency First Aid at Work (EFAW) and are suitable for businesses, individuals, sports clubs and charities - to find out more, contact our friendly team: admin@rhl.org.uk / 01252 957430.

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](#)

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

Good causes who are signed up to the Rushmoor Community Lottery and have sold tickets can currently apply for a grant from the Community Fund.

You can apply for a grant of up to £1,000. The grant application window is open until **midday 9th June**. Details for applying are here: [Rushmoor Community Fund grant - Rushmoor Borough Council](#)

Armed Forces Education Trust – Grants for Service children in Education

If you have a child who is struggling in their education because of their parent’s service in the Armed Forces, then our Trust might be able to help with a grant. In particular we offer short term support to Service children with SEND whose support has been affected by mobility. Get in touch via <https://armedforceseducation.org/individual-grants/>.

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 \(peoplesfundraising.com\)](http://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: [The Movement Fund | 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. The next round of funding opens in July.

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](#)

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

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

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

The next edition will be sent out in July

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