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Rushmoor & Hart Supporting Families e-Newsletter – October 2021

The aim of our Supporting Families e-Newsletters is to support all our organisations working to support Rushmoor and Hart children, young people and families. We will provide up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

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

GOVERNMENT & LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support

The Hampshire Coronavirus Support and Helpline remains open to help if Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating.

The helpline advisers will signpost you to information, advice and services to support you on a range of issues, including:

- Where to find help locally
- Debt and money worries
- Mental health support
- Domestic abuse
- Bereavement
- Problems with drug and alcohol misuse
- Volunteering

The number to call remains **0333 370 4000** and lines are open from **9am to 5pm Monday to Friday and 10am to 3pm at weekends.**

It is important to stay up to date with the current advice. **The latest COVID-19 information from the NHS** is available at: www.nhs.uk/coronavirus

The latest COVID information from government can be found at: <https://www.gov.uk/coronavirus>

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor's website, <https://www.rushmoor.gov.uk/coronavirus>

There is a Nepalese language version of this information at

<https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

Due to the incredible response COVID-19 volunteers are not currently being recruited but you can check back here to monitor the situation - <https://www.rvs.org.uk/covid-19-general-information-index/covid-19-information-for-volunteers/>

However, it is possible to register here to receive information on non-COVID-19 volunteering opportunities as more become available - <https://www.volunteernorthhants.org/volunteering/>

Latest information and how you can get involved locally - HART

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 774420 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/housing-advice

Employment and skills support:

The Hart Employment and Skills Hub can offer tailored support for residents that includes:

- Careers advice
- Support to develop achievable job goals and career paths
- Searching for vacancies
- Job application advice
- Preparing for interviews including mock interviews
- Access to training and qualifications
- Confidence building
- Support to overcome barriers to securing employment

Whether you have recently left education, been long term unemployed or recently made redundant contact the team via jobskills@hart.gov.uk or telephone 01252 774 134 or visit

www.hart.gov.uk/employment-and-skills for more information

Hart into Employment is a supportive online community run by experienced careers advisers. The community aims to help Hart residents aged 18 and above who are out of work or at risk of redundancy.

Becoming a member could help to boost your confidence and help you stay motivated and will give you access to:

- Weekly group sessions on Zoom with skilled careers advisers
- Online information and resources to support your job search
- Assessment tools to help you recognise your skills and explore your career options
- A supportive community of people who are in a similar situation

To become a member of Hart into Employment, you will need online access. To find out more and register your interest please email hart@jobclubs.co.uk. A member of the team will be in touch for an informal chat.

Our mental health and wellbeing web page provides information about websites, Apps, helplines, and local services for children, young people and adults www.hart.gov.uk/mental-health-and-wellbeing.

Community Pantry:

Yateley Industries has launched a Community Pantry in Hart, with support from Hart District Council and St Edward. The pantry, located at Yateley Industries, Mill Lane in Yateley, is to help and encourage families that need some support to manage and budget through difficult times by providing food shopping at a reduced price. Shoppers will find a range of fresh, frozen and general foods. There is no referral necessary, and anyone can sign up for membership. Shoppers will pay £5 membership for each visit and will be able to choose a minimum of £15 worth of food. The Community Pantry is intended to complement and not duplicate Foodbank provision. Foodbanks provide emergency food provision for people in crisis, whereas community pantries can provide a step on for people who are getting back on their feet. For more information, please email info@yateleyindustries.net or call 01252 872337.

Keeping up to date: You can follow the Council on Facebook www.facebook.com/HartDistrictCouncil/ or Twitter <https://twitter.com/hartcouncil> for the latest updates on our services.

Hart has launched the Here for Hart Bulletin to keep community partners up to date with the latest activity from the Community Recovery programme in Hart and shine a light on community initiatives and services supporting local people. The Here for Hart bulletin is uploaded to <https://www.hart.gov.uk/communities> - the next edition will have a focus on children and young people.

Hampshire Children’s Services

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

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

Hampshire Children and Young People's Plan priorities consultation

Hampshire is renewing its Children and Young People's Plan in 2022. The plan is used to help transform the future of children and young people in Hampshire, supporting them to thrive and achieve their full potential.

To support us in developing the next edition of the Children and Young People's Plan, we want to know what matters most to you. Completing this survey will help us to understand the views of parents, carers, professionals, and other stakeholders, so that we can set priorities that reflect the needs of Hampshire's children and young people.

The survey asks about what you think is good about raising or working with children and young people in Hampshire, what you think is not so good, and areas where improvement should be prioritised.

Please complete your response by **midnight on Sunday 07 November 2021 at** [Children and Young People Plan priorities consultation 2021 \(researchfeedback.net\)](https://www.researchfeedback.net)

WHAT'S ON IN RUSHMOOR & HART

Princes Mead Centre

Christmas events will kick off on 27th November with our lights on entertainment and our grotto opens on Sunday 28th November to 19th December (Saturday and Sundays only, 11am to 3.30pm) FREE but bookings only.

All info can be found on www.princesmead.co.uk/whats-on

Hampshire Libraries – Autumn Activities

Hampshire Libraries in Rushmoor and Hart have lots going on this autumn!

Face to face baby Rhymetime and pre-school Storytime sessions have re-commenced. Pre-book at www.eventbrite.co.uk - search for event dates and times using the individual library name.

Construction Club has started up again at Aldershot, Farnborough and Fleet libraries every Saturday, 2-4 pm. Yateley library will start their Construction Club again on Saturday, 6th November 10.00 - 12.00 (and thereafter on the first Saturday of the month). Construction Club is free and there is no need to book, so bring the children and get building!

Finding it hard to fill your child's time, mind and tummy? Why not join Aldershot library's free, weekly 'Books and Brunch' click and collect service? Staff will choose up to 3 books for your child to borrow, based on their age and interests, and provide a brunch bag too when you come to collect the books. If you normally get free school meals or would just like a little more for your child, you can sign up by going into Aldershot library, by phone: 0300 555 1387, or email them for more information – aldershot.library@hants.gov.uk

There are lots of learning courses running both online and face to face in our libraries, many of which are free for Hampshire residents. Go to www.hants.gov.uk/shop to see what is coming up and to book or visit the Hampshire Learning in Libraries Facebook page.

We look forward to seeing you soon and be sure to follow us on social media where our news is updated regularly!

<https://www.facebook.com/fleetlibraryhants/>

<https://www.facebook.com/farnboroughlibrary>

<https://www.facebook.com/AldershotLibraryandLearningCentre>

<https://www.facebook.com/yateleylibrary>

Aldershot Military Museum

Queen's Avenue, Aldershot, GU11 2LG

Aldershot Military Museum is open Wednesday to Sunday 10-4.

Not to be missed during a visit to the museum is the action-packed World War II assault course (weather permitting!). Including in the museum's admission ticket, little soldiers can enjoy jumping, leaping, climbing and swinging on apparatus inspired by real assault courses used in training during World War II.

Website: <https://www.hampshireculture.org.uk/aldershot-military-museum>

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

West End Centre – Autumn Activities

48 Queens Road, Aldershot, GU11 3JD

More info here: <https://www.westendcentre.co.uk/whats-on/children-family-activities>

HAMPSHIRE CULTURAL TRUST ARTS OPEN EXHIBITION

Hampshire Cultural Trust are calling artists from all over Hampshire submit artwork to display alongside talent from across the county in the Hampshire Cultural Trust Arts Open Exhibition, hosted online and in venue at West End Centre in Aldershot, Ashcroft Arts Centre in Fareham and Forest Arts Centre in New Milton.

The open exhibition is a showcase of artwork from across the community, in all different sizes, mediums and subjects, from hobbyists or aspiring and professional artists of all ages, from children to adults - everyone is welcome to display up to two pieces in the upcoming exhibition which will run from Tuesday 16 November to Friday 17 December 2021.

The application deadline is **Monday 25 October 2021**. Application forms and more information about how to apply can be found here www.cultureoncall.com/2021artsopenexhibition/

Website: <https://www.westendcentre.co.uk/>

Facebook: @westendcentre

Twitter: @teamwesty

Instagram: @westendcentre

Wavell Campus Leisure

Wavell 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 as well as hosting evening classes and courses.

WE ARE OPEN & OPERATING UNDER THE CURRENT COVID-19 GOVERNMENT GUIDELINES

HANDS – FACE - SPACE

FACILITIES FOR HIRE

OPENING HOURS

Monday to Thursday 5pm-10pm – Fridays 5pm-8pm – Saturday & Sunday 8.30am – 6pm

SPORTS HALL £40.60 PER HOUR - DANCE STUDIO £21 PER HOUR - THE WAVELL HALL £21 PER HOUR

COMMUNITY HALL £18 PER HOUR - CLASSROOM HIRE £9 PER HOUR – OUTDOOR NETBALL COURTS £18 PER HOUR

PARTIES

BOTH THE WAVELL HALL & COMMUNITY HALL ARE NOW FULLY BOOKED ON BOTH A SATURDAY & SUNDAY AND THE SPORTS HALL IS NOW ONLY AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON SATURDAYS - £40.60 PER HOUR

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm

Friday 5pm-8pm

Tuesday 5pm-10pm

Saturday 9am-6pm

Wednesday 5pm-10pm

Sunday 9am-6pm

Thursday 5pm-10pm

All school holidays from 9am

Weekend opening hours can change dependent on bookings. To double check please call 01252 317 603.

OCTOBER 2021 HOLIDAY CAMP AT WAVELL CAMPUS LEISURE

CM SPORTS OCTOBER HALF TERM CLUB FROM MONDAY 25^T OCTOBER – FRIDAY 29TH OCTOBER 8AM – 4.30PM

For further information or enquires regarding hire, please email Wavell.campus@wavell.hants.sch.uk check our website at www.wavellschoolorg.uk/leisure/homepage or call Wavell Campus Leisure on 01252 317603

Soccer With The Shots

Want to play some footie on a Friday night - with or without your mates? Well now you can... Join us for a casual kickabout, fun activities and five-a-side fun! Beat the goalkeeper, Keep me ups, Dribbling challenges, Euro-style penalty shoot-outs.

Starts **Friday 5 November** No booking necessary Times: 12-14 years - 6 to 7pm & 15 years+ - 7 to 8pm Cost: £3 a session. For more information please email martin.sterio@rushmoor.gov.uk

We Can Do It! Discover new activities, parks and outdoor spaces in your local area

Rushmoor’s 'we can do it!' campaign wants to encourage everyone to get out and about in the local area to enjoy a wide range of activities and things to do.

This could range from visiting one of our lovely [parks and playgrounds](#), taking part in something from our [arts and events diary](#) or having fun with all the family trying to find historical sites in our [Aldershot heritage trails](#) . It doesn't matter if you are young or old, on your own, part of a couple, a family, or a group of friends - just dare to be different and try something new.

Take a look at the activities at [We Can Do It! - Rushmoor Borough Council](#) and take the plunge!

COMMUNITY SUPPORT INFORMATION

Citizens Advice Rushmoor

Citizens Advice is working hard to make sure we are still here for everyone who needs us. Although we are no longer running the old style “drop in” at our Farnborough or Aldershot offices, we have expanded our telephone and digital services, and can make appointments to see people in person where needed.

Our main **Adviceline is free** and you can talk to an adviser by calling 0808 2787 912
If you need help claiming **Universal Credit**, you can use our **free** 0800 1448 444 Help to Claim service
If you have problems with shopping or services, call 0808 223 1133 for our free **Consumer Helpline**
If you specifically want to speak to a **local** adviser call us on 01252 513 051
Or if you want to speak to someone in **Nepali**, call us on 01252 894 280
We can also give advice by email and web chat – see <https://citizensadvicrushmoor.org.uk/home/contact-us/>

We are working closely with our partners and local community organisations, to build understanding, and streamline referrals to support the most vulnerable.

Citizens Advice Hart

Our advisers can help you across several areas such as: -

•Debt •Welfare Benefits •Housing •Employment •Family and personal matters •Taxes •Consumer • Immigration and nationality.

If we can't help directly, we will normally be able to signpost you to the correct organisation. Our offices are open in Fleet and Yateley for pre-booked appointments.

We have a lot of exciting projects in the pipeline to help our clients and community so if you are interested in volunteering for us please get in touch via our [website](#). We are seeking a [Treasurer Trustee](#) and volunteer advisers along with paid roles such as a [Home Visit Adviser](#).

The **Forces Families Project** has been extended by a further 6 months and will continue to offer specialist advice and support to the military community in our area on a range of issues such as housing, family relationships, benefits and debt. This specific service looks at these issues from a military perspective and the impact of being part of a military community.

We are continuing to develop our **financial capability training** and extending the delivery to other locations.

We are now starting to attend various outreach locations such as the Garrison Community Hub at Aldershot, coffee mornings at local schools and other venues in the North East Hampshire region as they open up. (We also cover Portsmouth and the south coast)

We are also able to meet face to face by appointment in our local offices.

The Forces Families project can be contacted by phone (01252 749 265) or via a referral form on our website [here](#)

Adviceline

Tel: [0808 278 7864](tel:08082787864) (freephone number)

Email citizensadvice@hartcab.cabnet.org.uk

Help to Claim Universal Credit advice service

Available 8am to 6pm, Monday to Friday through the free Help to Claim phone service.

Tel: 0800 1448 444

Hampshire Macmillan Service:

Benefits advice for people with cancer

Available Monday to Friday 9am – 4pm

Tel: 0344 847 7727

Email: macmillan.cahampshire@cabnet.org.uk

Forces Families project - advice and support service for serving armed forces and particularly their families.

Referral telephone 01252 749265 or online [Forces families project](#) or e-mail

joiningforces@hartcab.cabnet.org.uk

Consumer Helpline

Tel: 0800 3161 442

National Citizens Advice resources (updated daily)

<https://www.citizensadvice.org.uk/>

Coronavirus Page

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Universal Credit - "Help to Claim" service (includes online chat)

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/>

The Community Cupboard at the Vine Centre, Aldershot

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

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

Opening hours: Monday – Wednesday 10am – 3pm.

FREE for anyone in the community. Just come along, no need to bring anything to donate.

Donate & Exchange: You're welcome to donate and exchange items if you're able. Bring things you have in excess and see if there is something you'd like in return.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Church of the Good Shepherd – Food Support

Free Food Essentials – Fridays 10am-12noon

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

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

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. This can be: Your Key Worker/Social Worker, your children's school, your GP surgery, Housing Association, Citizen's Advice, Rushmoor Borough Council, Christians Against Poverty (CAP). If they are happy to refer you, they will need to call the Larder Phone (07501 202546) 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

Domestic Abuse Support Club for Young Children (RADA)

Coming Soon is a new service from Fleet Phoenix. This will be weekly on **Mondays 4pm - 5.30pm.**

Resilience against Domestic Abuse (RADA) is a free session for children of junior school age, who have been witness to domestic abuse in the home.

This project works on an early intervention model with an appreciation of the child's life situations.

The project will offer children a safe, warm welcoming place, which offers them space, time, and freedom to:

- Have time out.
- Play and learn.
- Feel supported and understood.
- Have the opportunity to express themselves in a safe environment.
- Understand their environment and what they are witnessing.

- Develop strong & effective relationships with the Youth Work team who will be able to offer ongoing support.

This project actively seeks referrals from any supporting agencies and family members. Please download the referral form from our website [Services | Fleet Phoenix](#), complete this and return it to Charlotte - charlotte.tickner@fleetphoenix.co.uk

For more any more information, please contact Charlotte or give our office a call 01252 812 308.

Please keep an eye on our social media for more updates on this service and many others.

(1) [Fleet Phoenix | Facebook](#)

(2) [Fleet Phoenix \(@fleetphoenix11\) • Instagram photos and videos](#)

HEALTH INFORMATION

NHS Health Information

When to keep your child off school/nursery

It is common for children to return home from school with common colds and other ailments, but there is always a worry for parents and carers on whether to keep their child off school/nursery.

To help with this, Frimley Health and Care have produced a [flow chart](#) to help you decide whether to keep your child off school.

The [Frimley Healthier Together website](#) provides expert advice and support to parents and carers to help them manage a range of common childhood illnesses themselves and equally recognise when they need call their GP, 111 or visit the emergency department.

The site gives clear information for each symptom in a traffic system; red for the emergency department, amber for GP and green for self-care. This way parents and carers can be reassured they are taking appropriate action at home and know when they need more specialist help.

Visit - [NHS Frimley Healthier Together website](#)

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 Offers a Digital online counselling](#) and emotional well-being support service for young people in Hampshire. It is a free, safe, secure and anonymous means of accessing support for all emotional health and wellbeing needs providing users with access to a professional team of qualified counsellors. Kooth has a range of additional support features such as discussion boards, magazines and wellbeing activities, providing additional support with peer to peer and community support. All elements of the site are safe and secure and pre-moderated. Young people in Hampshire aged 11-25 have Free access to the service. [No Limits Safe Haven](#) provides a safe space for children and young people aged 10-17. No Limits offers out of hours emotional and practical support with your mental health in a confidential, friendly and supportive environment. Currently providing an online, telephone and face-to-face service (by appointment only) in Farnborough.

Hampshire Counselling services

For young people aged 14-17 call: 02380 224 224 or visit: www.nolimitshelp.org.uk

For young people 5-17 Call: 02382 147 755 or visit: www.hampshireyouthaccess.org.uk

These Hampshire wide counselling services allow young people an opportunity to talk to a trained person in confidence, about anything of worry or concern. Counsellors are trained to listen to young people's issues and worries without judgement and without telling them what to do. The services offer face to face, online and telephone and group sessions depending choice and need.

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 10pm-6am every Saturday night. It is a safe haven for young people aged 18-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

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 you 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.

Join the conversation: Digital First – Access to Primary Care

There are many examples of how digital technology is supporting people to stay well. These include online apps, wearable devices and video consultations with health professionals. Frimley Health and Care want to understand how easy it is for you to find and use these services. By sharing your experiences and views, you can help us to develop and improve these services where you live. It would also help us if you could share this survey with your friends, family, and colleagues. The more people who tell us what works and what the difficulties are, the better improvements we can make, ensuring services work for as many local people and communities as possible. The survey should take about 10 minutes to complete and includes some questions about you and your situation. This helps us better understand your feedback.

You can access the survey here: <https://mysay.is/Digitalfirst21>

FREE online parenting courses for local families

Bringing up children can be enjoyable and rewarding but it also has its challenges. At times like these, such as during the current pandemic, you can access 24/7 **FREE** access to NHS-backed, online parenting courses and guides, including top tips from childcare, education and NHS health experts.

These include advice on:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding Your Child Mental Health and Wellbeing and much more!

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND).

The guides are also available in different foreign languages inc. Polish, Urdu, Bulgarian and Arabic.

Sign up for free by following these easy steps:

1. Click here www.inourplace.co.uk. This takes you to the 'Our Place' website
2. Choose the 'Green Button' to apply the access code.
3. Apply code **PARENTING**
4. Create your account
5. Sign in and start learning!

Access to the guides is unlimited with no expiry date, so you can return as and when you need and want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.

Help Us Help You this winter

Ahead of winter it is really important that we all take care of ourselves and those around us. Over the winter months, checking-in on older neighbours and relatives, and those with heart or breathing (respiratory) problems is even more important. We want to help people to have the **skills, confidence** and support to **self-care** and to **stay well**. We have collated lots of helpful information about wellbeing apps and tips on looking after your physical and mental health. Take a look at <https://www.frimleyhealthandcare.org.uk/living-here/helping-you-to-stay-well/>

If you are feeling unwell however, the NHS is here for you. It is really important to know where to go for trusted advice. If your condition is not life threatening, you can use the online NHS111 service <https://111.nhs.uk/>, or visit your pharmacy.

If you cannot leave your home or do not have internet access, you can call 111. Make sure you are aware of the covid-19 symptoms, and get tested if you display any of them.

Your GP surgery continues to be open and same day appointments are available for those who have a condition that has not improved after seeking help from the pharmacy, to report urgent conditions that are not life threatening or to report a deteriorating chronic condition.

We are experiencing unprecedented demand throughout the NHS and by using the right service at the right time can really help to ensure you are seen in the quickest and safest manner.

Autism Spectrum Condition Support

There are services that offer support for young people, parents/carers and families in Hampshire with needs relating to Autistic Spectrum Condition. Service descriptions and how to refer details as follows:

The Hampshire County Council Wellbeing Support Service is commissioned by the NHS to provide much needed early intervention and support for parents of children with Social, Emotional and distressed behavioural needs related to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing.

Families identified as having difficulties such as the above can be referred to the Wellbeing Support Service who will work with parents to identify needs and recommend onward support where appropriate. By providing early, targeted support through a child-centred approach, the service aims to:

- Support parent(s) to enable children to self-manage and maintain good emotional wellbeing
- Reduce inappropriate diagnosis
- Support parent(s) to enable children to get the most from their education
- Promote a healthy home environment and improve family dynamics
- Promote inclusion in schools

Access to the service can be made via referrals through GPs, Paediatricians, and other health professionals. The service is aimed at children from **Year R through to Year 6**, regardless of their education status.

Autism Hampshire has been commissioned to deliver parent support workshops, and school staff training focusing on supporting children and young people with traits of Autism. The service provides insight, advice and support prior or during an assessment and diagnosis. Each session will explore a different aspect of a child's unique way of experiencing the world, and suggest practical ways in which their differences can be accommodated and supported.

Barnardo's Family Support provides evidenced based parenting programmes for parents and carers who have children aged 5-17 who:

- Have a diagnosed Autistic Spectrum Condition (ASC)
- Are experiencing mild-moderate conduct disorder
- Have behaviour that challenges
- Are teenagers displaying anti-social behaviour including child to parent violence

Parents and carers can self-enrol on to a parenting programme or can be referred by a health, education or early help professional. [Hampshire Specialist Parenting Support Service | Barnardo's](#)

Hampshire Parent Carer Network represents parents of children with special educational needs including learning disabilities, physical disabilities and complex care. The network works with the local authority and the NHS to improve services. HPCN run 'Futures In Mind' Programmes which support parents of children with needs such as anxiety, Autistic traits, low mood and distressed behaviour. The sessions are regularly attended by CAMHS clinicians who will offer support and advice.

<http://www.hpcn.org.uk/information/>

The Hampshire CAMHS website offers a wide range of information and resources to support children and young people, their families and professionals regarding social, emotional and mental health needs,

including Autistic Spectrum Condition [Autistic Spectrum Condition \(ASC\) – CAMHS \(hampshirecamhs.nhs.uk\)](#)

Solent NHS Trust Sexual Health Services

Young Person Walk-In Clinic 18 years and under* 15:00 - 17:00

Aldershot Centre for Health, Level 4

Young Persons Online Drop in – Pop-up C Clinic for under 18-year olds

Free, Confidential, Non-Judgemental

Every Tuesday 3pm-5pm

An online video drop-in service to talk to a sexual health team member.

Condoms and Get it on cards, Contraception Information, including how to get emergency contraception
Chlamydia and other STI testing information.

Visit: www.letstalkaboutit.nhs.uk/video-c-clinic

Rushmoor & Hart School Nursing Service

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

The Parent Chat Health service started on the 1st June and parents have been using this contact for advice and support. Text: **07507 332 417** 9:00am-4:30pm Monday to Thursday 9:00am-4:00 Friday.

In addition to this our Duty phone line remains open for advice and support and general queries: **01252 335 655** or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing are following national guidance and are able to offer telephone advice/video conference calls 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/>

Hart Voluntary Action Counselling Services - Mental Health support for Adults & Young People

121 Adult Counselling

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

121 Adult Counselling supports adults (18+ years), who are potentially at risk of suicide, or who are self-harming or considering self-harm. We are offering up to 20 one-to-one Counselling sessions on a weekly basis with the same counsellor each week. Each session will last for 50 minutes and will be at the same time and place each week.

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

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

121 Youth Counselling

Free Weekly Counselling Sessions for Young People aged 11-25. Sessions run on a weekly basis for up to 50 minutes each with the same Counsellor each week. We offer Counselling both face-to-face, from Odiham Cottage Hospital and online. We offer a young person up to 20 Counselling sessions with the same Counsellor each week. Being longer term means that a Young Person is able to explore more issues with their Counsellor and will potentially deal with the route of any problem rather than just the presenting issue.

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

Sunshine and Showers

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

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

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

Family Therapy – New Service being launched in November

In November we will be launching our new Family Therapy Service to families who live in Hart and Rushmoor. We will be taking referrals into this service from 15th November.

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

For further information please visit: <https://www.hartvolaction.org.uk/news/family-therapy-service/>

Young Person's Safe Haven Service in NE Hampshire and Farnham

Young Person's Safe Haven For young people aged 10-17 living in Farnham and North East Hampshire (covering areas including Aldershot, Farnborough, Fleet, and Yateley)

Safe Haven is a space for young people aged 10-17 who need support with their emotional wellbeing and mental health.

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Face-to-face support: Mondays and Thursdays 6:30-10pm
Drop-in group sessions this October: Mondays and Thursdays 6:30-8pm.
Shieling House, 30 Invincible Road, Farnborough, GU14 7QU
Telephone and virtual support: Wednesdays 5-8pm and Saturdays 10:30-1pm

To find out more, phone 02380 224 224 / 07918 259 361 or email enquiries@nolimitshelp.org.uk

TalkPlus

Here at TalkPlus, we know life can be challenging and overwhelming, often resulting in less time for yourself, a lack of sleep and time spent overthinking. We can help by giving you the tools to cope with the stress of day-to-day life. We offer free NHS talking therapies to anyone aged 16+ struggling with mild and moderate mental health difficulties such as stress, low mood and worry registered with an NHS GP in North East Hampshire and Farnham.

Whilst we are not a crisis service, like with physical health conditions it's good to seek advice sooner rather than later. For more severe and enduring difficulties it may be that another service is better suited to your needs. If in doubt about referring, you can discuss the best option with your GP.

Currently we have the following courses available:

Surviving & Thriving at Work starting on 21st October running for 4 weeks 18.00 -19.30

Managing Low Mood and Anxiety starting on Tues 26th Oct running for 4 weeks 17.45-18.45

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

Instagram @talkplus_nhs/

Facebook @talkplusiapt

Twitter @TalkPlusNHS

Sasha's Project

Are you a young person in crisis? Then you're welcome at Sasha's Project.

- Open to all young people age 16-25 years
- Every Saturday night from 10pm-6am
- No appointment needed, just turn up
- Safe place for those experiencing a mental health crisis or having thoughts of suicide
- Caring, confidential support if you are feeling anxious or depressed
- Contact number to call (during opening hours only) 0774 111 7655

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

For more information visit www.facebook.com/sashasproject

Talk Mental – Supporting Men's mental health

Talk Mental is a support group/community for men to discuss mental health issues and/or experiences without any stigma.

If you're feeling isolated, having a hard time or just want to meet a group of guys for a chat and a laugh, you're welcome to join us for a weekly walk and talk.

We meet on Sunday mornings at 10am.

Location - Wellington Statue, off Claycart Rd, Aldershot, GU11 1QB.

Email: info@talkmental.co.uk

Web: www.talkmental.co.uk
Facebook: [@TalkMental2020](https://www.facebook.com/TalkMental2020)
Instagram: [@talkmental2020](https://www.instagram.com/talkmental2020)

Mental Health – Local Support

[Supporting Mental Health in Surrey and Hampshire](#) is a Facebook page offering support and resources to those fighting mental health. The page has links to professional services that cover a range of mental and physical health needs and it also has its own support group.

[Anxiety Amongst Friends in Hampshire and Surrey](#) is a private non-professional Facebook support group for people struggling with their mental health who might not want to talk to loved ones or professionals. The group offers a safe, caring non-judgemental space where people can be listened to when needed, and access professional support if wanted.

Wellness Walks in Aldershot - Saturdays

Wellness walks at Tice's Meadow and Aldershot Park. **Every Saturday 1.30pm - 2.30pm.**
Free for adults who live in Rushmoor.

Come and join a free gentle mindfulness-based walk and experience the healing power of nature. Take time out, slow things down and find peace and relaxation in our natural surroundings.

To book your space, call Karen Tel: 07799 882 735.

Shape Up 4 Life Hampshire – Free support to lose weight and keep it off

Your evidence based programme to make healthy choices a sustainable habit.
Face to face support in the community
Virtual classes
ShapeUp4Life app
Visit our website here: www.shapeup4lifehampshire.co.uk
Text 'ShapeUp' to 66777

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

In-person Open Events - Registrations Open

Students who would like to find out more about their options after school can register for Farnborough College of Technology's in-person Open Event taking place this November.

This is a fantastic opportunity to explore the College's dynamic facilities, meet their experienced teachers and discover the types of subjects and courses available. You can also find out more about new T Level qualifications - a technical alternative to A Levels designed with employers to give students the skills that industry needs.

Visit www.farn-ct.ac.uk/events to find out more and register your place.

Students Face the Dragons in Entrepreneurship Competition

As part of the College's support for young entrepreneurs they launched a Dragons' Den-style Entrepreneurship Competition, searching for business-savvy students determined to take their ideas to the next level. As part of the competition, students pitched their business proposals to a panel of senior college managers, governors, and business and marketing lecturers.

Three businesses were chosen as winners, each receiving an investment from a £6500 prize fund. These were *Cockeye Media*, a recently launched media production company by media degree student Alex, *The Gallery Box*, a portable catering business run by catering students Euan, Kelsey, Nathaniel, Harrison, Harry and Jack, and *Burning Tree Studios*, a video game company run by game design students Adam, Matthew and Kyle.

Celebrations all Around on Results Day

Students receiving results for GCSE retakes, BTEC qualifications and A Levels celebrated fantastic achievements this summer, with many now progressing on to new courses and adventures.

A Levels student Amy studied psychology, sociology and criminology, and is celebrating her great results of A* A* A. She is now going on to study Sociology and Criminology at University Centre Farnborough.

BTEC Applied Science student Marcus achieved D* D* D*. He commented "I'm going to do an apprenticeship in mechanical engineering next year, and without these teachers I wouldn't have got these grades."

Mature student Steph completed GCSE Maths alongside an Access to Higher Education qualification, and with her new qualifications is now going on to study a degree in Midwifery: "I am speechless! Maths has never been my strong point so to have achieved the highest grade I could feels amazing. I can go to university now that I have my maths GCSE."

Sixth Form College Farnborough

Open Days 2021

We are delighted to announce that we are planning to hold our Open Days at the College campus this year so that prospective students (who will be starting College in September 2022) and their families can come along and meet us in person.

During the Open Days you will be able to:

- Talk to staff and current students about student life
- Find out more about the subjects we offer and meet the staff
- Explore the campus and discover our great facilities
- Meet our award winning Prospect Trust Careers Service Team and the fantastic team who provide Study Support.
- Discuss transport options and financial assistance.

We will be hosting our live event over three evenings - Tuesday 19, Wednesday 20 and Thursday 21 October 2021 and operating a ticketing system to ensure that we can manage the number of visitors to the site. We will be running two sessions each evening, 4:00pm - 6:00pm and 6:30pm - 8:30pm and there will be a limited number of tickets available per session.

For more information about our Open Days and to book your tickets, please visit our website, www.farnborough.ac.uk

Inclusion Hampshire – Specialist education provider

Inclusion Hampshire are a specialist education provider supporting young people with mental health and additional learning needs who may struggle with mainstream school. Based across two sites, we have Inclusion Learning Centre for our Pre 16 learners in Chineham and Inclusion College for Post 16 learners in Hook.

Our approach combines a bespoke academic programme tailored to the learner’s personal needs, with a focus on mental health and well-being. We believe that every young person, no matter their additional need, background, experience or history has the right to feel heard, understood and validated.

We are currently looking to recruit a number of new Trustees to support us throughout a period of growth and development. If you feel you may have the relevant experience to join the team then please do contact Emma.barnard@inclusionhampshire.org.uk to express interest and receive further details.

Mustard Seed Autism Trust – Training for School Staff

Mustard Seed Autism Trust are now able to provide training for school staff on autism-related topics, including:

- Supporting Autistic Children in the Classroom
- Anxiety and Autism
- Sensory Processing Difficulties
- Supporting Social Understanding
- Supporting Communication and Attention (early years)
- Setting up a Lego Therapy group (juniors)

We can run whole school twilights or workshops specifically for LSAs, teachers or SENCOs/ senior managers. We will be emailing primary schools a short survey where you can register interest. For more information and costings please email info@mustardseedautism.co.uk

FLEET SCHOOLS

The local charity - Autism Friendly Fleet - are offering all primary schools in Fleet the opportunity to access free autism training for staff. The training will be delivered by Mustard Seed Autism Trust. There are a range of different workshops available. There is the option to send just one or two members of staff or access whole school training. Workshops will be delivered either by an occupational therapist or specialist teacher.

This is a one off opportunity to access free training while there is funding available. All primary schools in Fleet have been emailed this information and a link to the survey. Please respond ASAP if you wish to access this free training. info@mustardseedautism.co.uk

The Community Matters Partnership Project (CMPP) – Speakers for Schools Programme

CMPP offers free online Speakers for Schools Programme that all schools and young children can access as a great FREE resource. CMPP speaks to inspirational people from local businesses to find out about their career journey and how they got to where they are today. This is a chance for students to listen to

real people who are shaping our world today and gain some great career advice which will help them plan for their future and help them with their career choices.

If you would like to find out more about CMPP or would like any further information please visit our website cmpp.org.uk or contact rachel@cmpp.org.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Breakout Youth

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

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

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

We run confidential virtual youth groups for young people across Hampshire, and young people from Hart and Rushmoor are invited to join us

If you would like more information you can visit our website- breakoutyouth.org.uk, call 023 8022 4224 or email us at hello@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a project managed by Hart Voluntary Action. We deliver a support service to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member who is ill, disabled, has a mental health condition or an addiction. We provide young carers clubs for School Years 3-6 (Junior Group), 7-10 (Senior Group) and Young Adult Carers (YACs) aged 16-25 years, as well as additional opportunities for members to attend trips and residentials. Wider family support is also available.

We received confirmation from VIVID that Mayfield Community Centre in Farnborough, where we used to meet up with our Junior Group before the pandemic, was re-opening from 13th September. We have therefore started up the Junior Club again at this venue this term. Further, due to the growing number of young carers attending the Senior and YACs Clubs (now up to 70), we have moved these groups over to Mayfield Community Centre too.

Club nights are the same as last term for the Junior and Senior Groups, i.e. Monday for the Senior Group (i.e. School Years 7-10) and Tuesday for the Junior Group (i.e. School Years 3-6), but we have extended the session length to 2 hours and increased the frequency that each young carer is able to attend to fortnightly as there are no longer any COVID-19 restrictions on group size. The main focus of the clubs will be on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim will be 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.

As discussed with the YACs last term, the frequency of their group will be decreasing to monthly, with the session taking place on the last Thursday of every month during term time. The sessions will include a workshop/talk, and time for the YACs to relax, chat with each other, or talk to one of the leaders. Our aim is to help the YACs get advice and information about education, careers, benefits, work, money/debt, housing, relationships and health, so they can make plans for their future and have the same opportunities as other young people. 1:1 support will also be available.

We are still accepting new referrals and undertaking Initial Needs Assessments in schools.

We also have a Facebook page (<https://www.facebook.com/HartandRushmoorYC/>) where we post details about any activities planned. We also share posts which we think may be useful to our young carers and their families, including information on local support groups.

To find out more, please contact Team Lead Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689.

Hampshire Parent Carer Network

Hart and Rushmoor Sessions

Hampshire Parent Carer Network run a range of sessions for parents and carers of children with additional needs and/or disabilities. You can find out more by signing up to our newsletter at: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Get Together

A friendly session where you can share strategies and experiences with other local families. A member of Hampshire SENDIASS is at every session to answer any questions you have. Sessions currently running on zoom and next is on Thursday 4th November at 11am. For codes and to find out more, email participation@hpcn.org.uk

Future in Mind

Do you care for a child or young person who struggles with their mental health/emotional wellbeing? Would you like to attend a CAMHS workshop to learn more? Then join our friendly Future in Mind session. The next date in Hart and Rushmoor is Thursday 11th November at 11am- again on zoom. For codes and to find out more, email participation@hpcn.org.uk

New- Under 5's Get Together!

If you or somebody you know has a child from birth to 5 then this group is for you. Diagnosed or undiagnosed, any area and any disability- a friendly and non-judgmental environment. We are hoping to have lots of useful speakers around early support but mostly want to provide an opportunity for you to feel supported during those early days. The sessions will be online to avoid a need to travel with small children. The next session will be on **Friday 15th October at 11am then Friday 19th November at 11am**. If you have any questions in the meantime contact participation@hpcn.org.uk

Home-Start Hampshire

Our team of dedicated staff and volunteers in Rushmoor & Hart have now returned to providing face to face support for families in need.

We are accepting new referrals, however due to high demand we are now operating a waiting list. Families will be provided with remote support whilst they are waiting. Our referral form can be

downloaded from our website (<https://home-starthampshire.org.uk>) Please send completed referrals to familysupport@hshants.org.uk

We have spaces at our 'stay and play' family group at Elizabeth Hall in Hook which is open to families living in Hook, Odiham and Hartley Wintney. The Mental Health Well-being group running in Aldershot offers a safe space to gain support with parental well-being whilst giving opportunities for parents and children to socialise. Spaces are available at this group.

Our wonderful volunteers have returned to offering home-visiting support and can support with many areas such as reducing isolation, parenting, routines and providing emotional support as well as practical help.

Please contact us using the details below if you would like any further information.

info@hshants.org.uk

www.home-starthampshire.org.uk

Tel: 0330 124 095

Barnardo's – Free Workshops and Courses for parents

- Five to Thrive – New baby
- Toddler Talk
- Healthy Eating and Activities
- School readiness
- Baby Talk
- Introduction to solids

Visit our website: www.hampshirehealthyfamilies.org.uk to discover more information, resources and to book your FREE workshop or course.

Email: HHF@barnados.org.uk Also on Facebook, Instagram and Twitter

Prospect Estate Big Local (PEBL) - News

PEBL Grants Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents. Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).

Email pebl.coordinator@pebl.info or call 07879 384 014

PEBL Skills Café

PEBL's friendly team supports residents of the Prospect Estate to find employment. This includes general advice, sign posting, find fast fill jobs and online training links as well as specialist support and care packages from the Vine Centre at the Prospect Community Centre, (next to the Post Office).

Currently by appointment only.

Every Wednesday 10am- 3.30pm

Email skillscafe@pebl.info or call 07340 017 342

The Community Matters Partnership Project (CMPP)

Are you looking for some help from corporate volunteers for a project you might have?

If you are a local school, charity or community group that is looking for support from corporate volunteers we may be able to help you. CMPP is a local charity that works with local businesses and the

community to find and source appropriate corporate volunteering projects and then matches them up with charities, schools or community groups.

You can apply for an individual virtual volunteer or a group or corporate volunteers to help out with a more hands on project by completing a form on a website:

<https://cmpp.org.uk/contact/communityactionday>

Vision 4 Youth – Youth Clubs Update

Vision 4 Youth provide youth clubs and services to 11-25 year olds in Yateley and the surrounding areas. Many of the youth projects they run were closed during the pandemic, however since September all of the facilities are open and running again as normal.

Vision 4 Youth run five different youth clubs each week (term time) to meet the different needs of all the young people in the community. These are open as follows:

First Steps Cafe - 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 signposting advice or have a chat about any worries or concerns you may have, find your path to wellbeing with your first step here. FREE!

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.

Sports Club - Wednesdays 7-8pm at The Tythings Youth Suite, Yateley GU46 7RP

A 'Circuits for Confidence' class to encourage a fun, active and non-competitive environment. No previous experience necessary just come along and give it a go! Aimed at 11-18 year olds. Suggested donation £1 to attend, no membership fees.

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). 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 other games. Play outside on the floodlit tennis courts or enjoy some free snacks and hot chocolate. Open to all aged 11-18. FREE!

For more information please contact office@vision4youth.org.uk, visit our website

www.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.

Kaizen Karate Academy - Karate Classes in Aldershot

Tuesday

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30

Senior grades / adults 6.30-7.30

Wednesday

St Andrews Aldershot Garrison Church, Queens Avenue, Aldershot

Children ages 6-12 5.30-6.30

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

Maple Vue Nursery – Early Years Educator vacancy

We have the following exciting job opportunity available at **Maple Vue Nursery, Belle Vue Road, Aldershot, GU12 4RZ**

Early Years Educator – Various Hours available

All year round & Term time positions available

Do you have:

- Level 3 Early Years qualification
- Experience of working with children aged 0-5
- Experience of working part of a team
- 1st aid training/ Safeguarding and food Hygiene
- Knowledge of tapestry
- Some knowledge of working with SEND children

If you think this may be the job for you and you would like more information, please contact us on 01252 343 772.

Disclosure & Barring checks required. Please note, a Children's Links application form will need to be completed.

To view the full job description or apply please visit our web page www.childrenlinks.org.uk

Farnborough Rotary Club

We are active and open for business. Our club has reasonable funds available both for general charitable purposes and for immediate COVID-19 needs. Just ask and we'll see if we can help. General charity requests will go through our regular procedures, ranking in terms of need, deciding whether we contribute and if so what amount. COVID-19 requests are assessed more quickly.

In either case we view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our funds come from the community.

We can also offer practical help, for example recently Rotary members have been helping out in delivering food parcels on behalf of Farnborough Food Bank to families and individuals in need in Farnborough and Aldershot. Similarly, 22 Rotary and Inner Wheel members supported the Rushmoor Voluntary Services initiative and manned the three day collection at The Hub for the Farnborough Afghan Family Appeal. This was met with an excellent public response with more than 200 donations of new and high quality clothing.

So, if you think you have a case contact us on 0300 772 7011 (local rates). Whoever answers will ensure the most appropriate person will call you back.

Vocational Group School/College Activities

Our regular activities are beginning to resume as Covid19 restrictions lift. For example, we have recently been into Ash Manor School to help with interview sessions.

Communication channels, several of which opened up as a result of our earlier letter offering help, have been maintained and expanded with regular contact by email and telephone of schools and colleges. We have been able to respond to varying requests for help however it has been the reaction to our Young Writer and Young Artist competitions that has been the most surprising.

We had been prepared for the number of entries to drop compared to previous years due to school closures and pupils in lockdown. In reality the number of participating schools increased and entries trebled! Young Writers generated a fascinating and often emotional array of essays and poems many of which described feelings generated by isolation from close family and friends. Young Artists produced vibrant paintings that showed their love of nature and their concerns about the environment and endangered species. The overall quality of the entries was outstanding, and we were delighted when 10-year-old Natasha of South Farnborough School won the district heat and Lily of the 6th Form College was awarded a special commendation. Our thanks must go to our judges who were given the daunting task of selecting the winners.

Our offer to help is continuing so if you would appreciate the chance to discuss your own ideas, issues or concerns, please contact Mary Madine vocational@farnboroughrotary.co.uk at any time.

Help Rotary!

Rotary is fun. What we all give is our time. We're always open to people who'd like to join us. We're also open to those short of time but who are willing to pitch in and help on our events and so. Again, give us a call to find out more – 0300 772 7011 (local rates).

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 14. 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

We are planning to open a Squirrels section very soon, this new section is for children aged between 4 and 6. We are currently accepting children onto our waiting list ready to open this exciting new section.

Beavers

Beaver Scouts are the youngest members aged between 5¾ 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 have the opportunity to 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

Rushmoor Cultural strategy consultation

Give your views in our cultural strategy consultation.

We are inviting the public to have their say on the development of a new ten-year cultural strategy for Rushmoor.

We would like to know what culture means to you and the things that you enjoy. It could be outdoor events, music, art, the cinema, visiting museums, football, or something else.

We are working with Arts Council England, creative consultancy, The Fifth Sector and other partners to develop the new strategy which will be in place until 2031. When complete, the strategy will encompass our town's diverse cultural landscape and will include the arts, creative industries, heritage and the public realm. This will also link into green spaces, tourism and events.

The consultation is open to individuals, communities and organisations across Aldershot and Farnborough to gather feedback and ideas.

Give your views on our [cultural strategy consultation](#), by Monday 8 November.

TRAINING AVAILABLE

Traineeship Plus

Information for organisations referring young people

A traineeship can prepare young people for their future careers, helping them to move into further education, get ready for the world of work through work experience and improve their chances of getting an apprenticeship or other job. Whilst on programme, they will receive support with English, maths and ICT through engaging and interesting activities related to the workplace and they will also develop their employability skills and work towards an accredited employability qualification.

This programme is aimed at:

- Young adults aged 16-24 (posts GCSE's)
- 25 years old with ECHP
- Young people who do not hold any formal post 16 qualifications.
- Young people who already hold up to a level **3 qualification, (now eligible for this programme)**.
- Unemployed, or have little or no work experience, but are motivated to learn and undertake a work placement. (young adults who are not employed more than 16 hours a week)

Financial support:

Work placements are unpaid, but trainees maybe entitled to receive additional financial support subject to individual circumstances.

Applicants in receipt of Jobseeker's Allowance or Universal Credit will continue to claim these benefits whilst attending the programme.

To find out more or to refer a young person to this programme please contact:
skills.participation@hants.gov.uk

Or the Traineeship Curriculum Co-ordinator: Rachel Carter
Rachel.carter2@hants.gov.uk
Mobile: 07701 020 612

FUNDING & GRANTS CURRENTLY AVAILABLE

Grants from Rushmoor Borough Council

Ward Grant Scheme

There is still funding available in most of the ward's 'pots'. If you would like to apply for funding, please contact your ward councillors in the first instance to check that they will support your project, then complete the application form which can be found at www.rushmoor.gov.uk/wardgrants together with full information about the grant scheme.

Farnborough Airport Community Environmental Fund

This fund is open to all voluntary and community groups within a 3-mile radius of the centre of Farnborough Airport to apply for funding for an environmental project, this includes parts of Hart (see map on website). There is currently £29,000 available for allocation. Details and the online application form can be found at www.rushmoor.gov.uk/airportfund

Rushmoor Community Lottery

Thanks to our fantastic supporters the lottery has now raised over £124,000 for local community groups.

We are currently running a campaign to help good causes increase their fund raising through the lottery. Good causes have the chance to win £500 if they can increase their supporters and ticket count by January. More details at www.rushmoorlottery.co.uk/news/win-500-to-boost-your-fundraising. This is for existing good causes and new causes which sign up.

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

The next edition will be sent out in December

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