

# RUSHMOOR & HART LCP SUPPORTING FAMILIES BULLETIN

JULY 2025

Welcome to our 104<sup>th</sup> 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.

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The next Bulletin will be in October ahead of the Autumn term school break. 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.mcGovern@rushmoor.gov.uk](mailto:tony.mcGovern@rushmoor.gov.uk)

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## COST OF LIVING SUPPORT

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

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

Local 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 \(frimley-healthiertogether.nhs.uk\)](#)

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](#)

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## 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](#)

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

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



You can access the directory by scanning the QR Code.

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

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

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

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

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## WHAT'S ON IN RUSHMOOR & HART

### HAF details and Summer Activities for children, young people and families

We include here information about all the Holiday activity and food (HAF) provisions in Hart and Rushmoor over the Summer break. Please do share with colleagues.

**We will always advise that people check the information given directly with the provider.**



Summer 2025 District  
HAF Flyer - Hart.pdf



Summer 2025 District  
HAF Flyer - Rushmoor

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### Our Camps Holiday activities at Grange Junior School, Farnborough

The Camp is at Grange Community Junior School from the **28th July to 21st August** (Monday to Thursday ONLY) and is run by Our Camps.

To book, Online: [School Camps by Our Parks | School Camps](#)  
Email: [schoolcampinfo@ourparks.org.uk](mailto:schoolcampinfo@ourparks.org.uk) or telephone: 07306 297 789.

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### Holiday activities at Church Crookham Junior School

P4 Coaching will be delivering a series of multi-sport & games days at Church Crookham Junior School over the summer holidays.

The days are designed for boys and girls aged 5-11 of all abilities and experience.

For a full list of games and sports on offer, dates, times, prices and how to book, please refer to the link below:

<https://p4coaching.co.uk/holiday-camps-1>

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## **Squirrels Educare – Summer Holiday Club**

**\*\*Wednesday the 23rd of July to Wednesday the 13th of August – timings from 8am till 4.30pm\*\***

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire school 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 to include crafts, ceramics, park outings, cooking, tie dying & 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](mailto:office@squirreleducare.co.uk)

Tel: 07702 202921 or (01252) 403586

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

[www.facebook.co.uk/squirrelsholidayfunclub](https://www.facebook.co.uk/squirrelsholidayfunclub)

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## **Holiday activities from Rushmoor Borough Council**

### **Feel Good Fridays, Farnborough town centre**

This August, Farnborough town centre is serving up the sunshine with four Feel Good Fridays - a celebration of *family, fun, and feel-good vibes*, right in the heart of town!

Join us on Fridays for a fantastic free mix of family entertainment, and activities for all ages.

#### **Friday 1 August, 10am to 3pm**

- Jump, balance, hop and skip your way around The Landing's new pavement games (with Urban Canvas)
- Test your wiggling skills at hula hooping workshops & shows with Angie Mack

#### **Friday 8 August, 10am to 3pm**

- Join in with a wacky and wonderfully silly mini sports day (with Breas and Butter Theatre)
- Discover a feast of food fusion and storytelling in an immersive and comedy circus show 'Do what your mama told yah!' (with Just More Productions)

#### **Friday 15 August, 10am to 3pm**

- Step into the Bewonderment Machine – a magical pedal-powered adventure like no other (with Bird in the Hand Theatre)
- Jump onto a bike and pedal-power your way to a delicious smoothie (with Mov n Smooth)

#### **Friday 22 August, 10am to 3pm**

- Anyone for tennis? Britain's top miniature, outdoor, comedy tennis show returns! (with Fairly Famous Family)
- Pick up a crazy golf club and 'putt' your crazy golf skills to the test

From live family shows and workshops, to games and giggles - it's the perfect way to kick off the weekend. So grab your sunnies, gather your crew, and make *Feel Good Fridays* your family's favourite day of the week!

Outdoors at **The Landing, Queensmead, Farnborough Town Centre, GU14 7RT**

Friday 1, 8, 15 and 22 August, 10am to 3pm

Free, family-friendly fun - just drop in!

[www.rushmoor.gov.uk/feelgoodfridays](http://www.rushmoor.gov.uk/feelgoodfridays)

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### **Eco Explorers Club**

For shed-loads of free gardening, wildlife and storytelling fun, visit the monthly Eco Explorers club in Aldershot and Farnborough town centres. Explore, learn and discover new and exciting things about the planet in our free club!

You'll get to try some brilliant hands-on adventures and discover exciting ways to look after nature and the environment. There's interactive storytelling adventures, crafts and lots more fun to take part in each month.

Eco Explorers is a drop-in club, with no need to book. Free, family-friendly fun - just drop in!

Aldershot (Union Street)

- Saturday 2 August
- Saturday 6 September

Farnborough (The Landing, Queensmead)

- Sunday 3 August
- Sunday 7 September

[www.rushmoor.gov.uk/ecoexplorers](http://www.rushmoor.gov.uk/ecoexplorers)

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### **PlayFest! on Saturday 13<sup>th</sup> August, Princes Gardens, Aldershot**

PlayFest! is an amazing free action-packed day of fun hands-on play and games for all ages in Aldershot. There are oodles of free activities to look forward to in Princes Gardens on Saturday 30 August from 10am to 4pm. It's free!

Children can join a safari in a virtual reality experience, join a giant maypole dance, spray a street art mural, try crazy science experiments, visit the magical story corner, make forest-themed crafts, watch a bonkers balloon science show, play with some noisy toys, have a kickabout, climb inside a giant adventure cave, create a tasty snack, learn karate moves, engineer a K-NEX invention, play with contraptions, , join a ukulele jam and lots more! For toddlers, there's sensory games and a messy play station.

Workshops will also offer amazing opportunities for families to jump feet first into a world of pure creativity, make new friends and learn something new. Families will be able to take part in a mini-rave party, music, martial arts and dancing workshops.

Free, family-friendly fun - just drop in!

Activities are aimed at primary school ages in key stages one and two, but everyone is welcome to take part.

<https://www.rushmoor.gov.uk/playfest>

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### **Hart and Frogmore Leisure Centre Holiday activities**

**Emerald Avenue, Fleet GU51 5EE**

Phone: 01252 629 879

[www.everyoneactive.com](http://www.everyoneactive.com)

#### **Everyone is Family Sessions**

£2 activities running over the summer holidays including Soft play, badminton, table tennis, Active Antz, Bounce Sessions.

#### **Junior Pickleball Coached Course at Hart**

28<sup>th</sup> July– 1<sup>st</sup> August 1.5 hours per day 11:00 – 12:30 (8 – 11 years).

#### **Meet and Greet Soft Play Sessions at Hart**

Meet and Greet soft play sessions running from the 14<sup>th</sup> – 19<sup>th</sup> July for individuals starting reception following the summer holidays.

The sessions are as follows:

Wednesday 16<sup>th</sup> July

- 10:00 – 11:00 Elvetham Heath School
- 11:00 – 12:00 Fleet Infants

Friday 19<sup>th</sup> July

- 10:00 – 11:00 Dogmersfield School
- 11:00 – 12:00 Oakwood School
- 12:00 – 13:00 Hook Junior School

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### **Yateley Pool Holiday Family swimming sessions**

Yateleys Health & Fitness, School Lane, Yateley, GU46 6NW

01252 746 962

[reception@yateleys.com](mailto:reception@yateleys.com)

Yateleys Health and Fitness Pool will be open for Family swimming sessions every day 11.00am – 1.00pm at their pool on the Yateley School site in School Lane, no booking required.

[Swimming – Yateleys Health & Fitness](#)

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### **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/>

The Lido will be open 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.

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### **Jam Coding Summer Holiday Club – Tomlinscote Sports Centre**

[https://jamcoding.com/holiday\\_club](https://jamcoding.com/holiday_club)  
<https://www.facebook.com/JamCodingHampshireNW>

Jam Coding runs fun, inspirational holiday clubs across the UK. Our clubs combine digital activities, such as coding, animation and design, with creative offline activities such as arts, crafts, sports and puzzles. These activities, whether online or offline, have an underlying theme - healthy lifestyle. We encourage the young people we teach to advocate for their health with physical activity and nutrition education.

Summer Holiday Camp – August 2025

Venue: Tomlinscote Sports Centre, Frimley, Camberley GU16 8PY

Dates: August 4–7, 11–14, 18–21

Time: 9:30 AM – 3:30 PM

FREE FUNDED Booking Link: <https://eequ.org/.../jam-coding-and-computing-camp...>

PAID Booking Link: <https://portal.jamcoding.franscape.io/class-overview/4750>

We teach coding the fun way, with hands-on learning and offline activities to balance screen time.

We have places for both FREE (for children on Free School Meals) and PAID spots.

Help your child grow their digital skills and confidence!

Questions? Email: [hampshire.nw@jamcoding.co.uk](mailto:hampshire.nw@jamcoding.co.uk)

Learn more about our after-school clubs: [jamcoding.com/our-workshops](https://jamcoding.com/our-workshops)

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### **Diddy Dunkers Summer Holiday Basketball Camp**

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

#### **July**

- Monday 28<sup>th</sup> July 10am – 4pm
- Tuesday 29<sup>th</sup> July 10am – 4pm
- Wednesday 30<sup>th</sup> July 10am – 4pm

#### **August**

- Monday 18<sup>th</sup> August 10am – 4pm
- Tuesday 19<sup>th</sup> August 10am – 4pm
- Wednesday 20<sup>th</sup> August 10am – 4pm
- Thursday 21<sup>st</sup> August 10am – 4pm

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

**Advance booking essential**

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## Pirate Fun at Princes Mead Shopping Centre – Farnborough

**Ahoy there, adventurers!** Join us at **Princes Mead** from **23 July to 3 September** for a summer packed with **Pirate Fun** – and it's all **FREE!**

Little ones can get creative with our **building blocks zone**, perfect for building forts, or whatever their imagination dreams up. And for the ultimate adventure, climb aboard our **pirate ship** – it's a swashbuckling good time!

Set off on a thrilling **treasure trail** around the centre. Keep your eyes peeled – there's pirate treasure to be found! Strike your best pirate pose at our **themed selfie spot** and tag @PrincesMeadShoppingCentre to share the adventure.

With so much to discover, Princes Mead is the place to be this summer.

**Fun, free, and full of pirate magic – 23 July to 3 September!**

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## 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 is on in all Hampshire Libraries from Saturday 12<sup>th</sup> July – Saturday 13<sup>th</sup> September. Free to join!**

### Fleet Library

**Every Monday (excluding bank holidays) 10.30** – Story time

**Every Thursday 10am, 10.45 & 11.30**- Rhyme time

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

**Every Saturday all day** Construction club

### 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.

Summer Activities at Yateley Library Tuesday 22<sup>nd</sup> July to Tuesday 26<sup>th</sup> August

Craft Activities – Tuesdays 1pm-4pm on 22<sup>nd</sup> & 29<sup>th</sup> July; 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> August. Cost £1.

Activities will be available throughout the week, while stocks last.

### Farnborough Library

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

**Storytime** – Every Friday 10.30am – 11am

**Construction Club** – 2pm-4pm every Saturday



Weekly craft scheduled from 30<sup>th</sup> July – every Wednesday from 10am-12pm throughout the Summer Holidays. Cost of £1.

### Aldershot Library

**Rhymetime** – Every Tuesday 10am-10.30am (Over 1's) and 11am-11.30am (Under 1's). Every Friday 10.30am-11am

Our regular Rhymetime sessions for 0-2 year olds and their caregivers.

**Storytime** – Wednesday from 11am-11.30am. During term time these sessions are most suitable for children aged 2-5 years and their Caregivers.

**Construction Club** – 2pm-4pm every Saturday. Adults must stay and Children must be supervised throughout.

Summer Activities at Aldershot Library 19<sup>th</sup> July – 27<sup>th</sup> August

**Storytime & Craft** – Our regular storytime slot with a craft. Stories and Crafts most suitable for children aged 3-8 years. Younger and older children are welcome. Adults must stay. Free (funded by HAF). Wednesdays 23<sup>rd</sup> & 30<sup>th</sup> July; 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> August.

**Junk Jodie: BEE Insect-azing** Tuesday 12<sup>th</sup> August 2.00-3.00pm. Free\*

Booking is essential. Adults must stay

<https://shop.hants.gov.uk/products/junk-jodie-bee-insect-azing-aldershot-library-tuesday-12th-august-2025-2-00pm>

\*This event is prioritised for families receiving free school meals, supported by the Holiday Activities and Food (HAF) programme which provides support to families throughout school holiday periods. Drinks and Snacks included.

**Catch the Sun Crafternoon** Wednesday 27<sup>th</sup> August 2.30-3.45. Free\* Ages 6-11 years. Adults must stay. Suncatchers, Pebble Painting and Canvas Bags.

Places limited Book in Branch/via Facebook

\*This event is prioritised for families receiving free school meals, supported by the Holiday Activities and Food (HAF) programme which provides support to families throughout school holiday periods. Drinks and Snacks included.

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

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

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

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

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

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

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

Princes Hall, Princes Way, Aldershot, GU11 1NX

#### **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](#)

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### **Play In A Day**

Monday 28 July, 10am, Ages: 7-11 yrs  
Topic: Alice in Wonderland

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](#)

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### **Dance In A Day**

Wednesday 30 July, 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](#)

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### **Sweet and Sour**

Wednesday 27 August, 7.30pm

Get ready for an electrifying night of pop anthems, heartbreak hits, and fierce rival vibes at Sweet and Sour – the ultimate Olivia Rodrigo vs. Sabrina Carpenter tribute show! Featuring a powerhouse live band and dynamic dancers, this show brings every beat and lyric to life, immersing you in the stories, sass, and soul of two of pop's biggest sensations.

[Sweet and Sour - Princes Hall](#)

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## 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/](http://princeshall.com/visiting-us/theatre-tots/)

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## Summer events at Wellesley Woodlands

### **Wellesley Woodland Wildflower and Butterfly Walk**

Monday, July 28 · 1:30 - 3pm

Free but booking required at [Wellesley Woodland Wildflower and Butterfly Walk Tickets, Mon, Jul 28, 2025 at 1:30 PM | Eventbrite](#)

### **Wellesley Woodlands Health Walk - Claycart Carpark (nr Puckridge Barracks)**

Fri, 18 Jul 2025 10:00 - 11:00

No booking required

Claycart Car Park off Fleet Road just past the turning for Rushmoor Road.

What3words:///pools.leader.arrow

### **Wellesley Woodlands Bat Walk - Chalk Farm Lake**

Tuesday, August 19 · 8 - 9:15pm

Booking required. [Wellesley Woodlands Bat Walk - Chalk Farm Lake Tickets, Tue, Aug 19, 2025 at 8:00 PM | Eventbrite](#)

### **Wellesley Woodlands Health Walk - Wharf Plantation**

Fri, 25 July 10am – 11am

No booking required

Wharf Plantation Car Park, Laffan's Road, GU11 2HJ What3words:///field.vision.makes

### **Community Dog Show - All welcome**

Sat, 16 Aug 10am – 1pm

No booking required

Wellesley Woodlands – Wellington Statue field, Aldershot

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## **PAG Summer Picnic for families with special needs children and young people, 20<sup>th</sup> August**

Wednesday 20th August from 12 noon at Frimley Lodge Park.

Join us for some fun and games in the sun (hopefully!) at our annual PAG summer picnic for children and young people with additional needs and their families.

We'll be meeting on the field side of the cafe and the miniature train will be running rides 11am-1pm and 2pm-4pm for £1.50 each.

Bring a picnic and any outdoor games you would like to play with!  
 For any questions, please contact us [info@pagforspecialplay.co.uk](mailto:info@pagforspecialplay.co.uk)  
 We look forward to seeing you there!

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### Army Welfare Service Summer programme

Event	Date	Location	Time	Age	Cost
Youth volunteers Residential training	11 <sup>th</sup> -13 <sup>th</sup> July	Service Cotswold Centre Corsham	3 days	16+	£10.00
Warwick Castle	19 <sup>th</sup> July	Transport from Aldershot & Sandhurst	0830-1600	Families	£2.50
Muti activity Week	28 <sup>th</sup> -31 <sup>st</sup> July	Pirbright	1000-1500	8-12	£10
Junior Residential (Advertised separately)	28 <sup>th</sup> – 30 <sup>th</sup> July	Service Cotswold Centre	3 days	9-13	£30
Warhammer Tournament	2 <sup>nd</sup> August	Game Shop Aldershot High Street	1000-1700	ALL	TBC
Senior Residential Peak District	4 <sup>th</sup> -8 <sup>th</sup> August	Ravenstor YHA Peak District	5 days	14-18	£40
Creative arts event This is a drop in NO booking needed	5 <sup>th</sup> Aug	Maurice Toye House Aldershot	1000-1200	Families	£1

Event	Date	Location	Time	Age	Cost
Beale Wildlife Park Trip	6 <sup>th</sup> August	Coach pick up Aldershot and Church Crookham	0930-1630	Families	£2
Creative arts afternoon This is a drop in NO booking needed	7 <sup>th</sup> August	Wishstream Community Centre Sandhurst	1300-1500	Families	£1
London Trip	9 <sup>th</sup> August	Coach Pick up Aldershot & Sandhurst.	0900-1800	Families	£2
SEN Families Day	11 <sup>th</sup> August	Oakwood Climbing centre Wokingham	0945-1600	Families	FREE
Sewing Project	11 <sup>th</sup> -15 <sup>th</sup> August	Maurice Toye House Aldershot	0900-1400	8-12	£10
Babysitting Course	12 <sup>th</sup> - 15 <sup>th</sup> August	Church Crookham AWS WREC Youth Centre	0900-1600	14+	£20
Multi Activity Week Includes trip to Birdworld and a watersports day	18 <sup>th</sup> 22 <sup>nd</sup> August	Church Crookham and Sandhurst	0900-1600	8-12	£40
Brighton Trip	23 <sup>rd</sup> August	Pick up Aldershot & Sandhurst	0900-1700	Families	£2

Priority places will be given to service families households.

Contact Samena Mehmood Army Welfare Service Community Support Team, Community Development Worker

Mob: 07773 242 291 Email: [samena.arshad-mehmood100@mod.gov.uk](mailto:samena.arshad-mehmood100@mod.gov.uk)

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## Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

Looking to get outside, get active, and connect with nature this 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+)** - Summer canoe tour berry foraging and processing – Join us for a fun community bushcraft morning to celebrate the woodland in summer and learn new bushcraft skills. £20 per person. New session every season so keep your eyes on our website for updates.

**Guided canoe tours** – Take a leisurely paddle down the Basingstoke canal, enjoy the picturesque landscape and historic features pointed out by your instructor. Your instructor will also happily help you brush up on your paddle skills. Water-side refreshments provided. £28 per adult, £20 per child.

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

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

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## Fleet Phoenix Summer Projects in Hart

From July to September, Fleet Phoenix will be running **four** summer projects around the Hart District. With FREE BBQ, FREE inflatables, team games and more, it is a great place for young people to hang out over the summer.

**The Lea** – Held at the Lea Green, Larmer Close, Fleet. Mondays from 14<sup>th</sup> of July to 18<sup>th</sup> August. 6-7:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

**Hook** – Held at Hartlett's Park, Ravenscroft, Hook. Tuesday from 22<sup>nd</sup> of July to 26<sup>th</sup> of August. 4-5:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

**The Views** – Held at The Views, Fleet. Thursdays from 24<sup>th</sup> of July to the 28<sup>th</sup> of August. 6-8pm. This project is for under 18's (recommended minimum age of 14).

**Church Crookham** – Held at the green open space behind the Cookham Community Centre, Boyce Road, Church Crookham. Fridays from 25<sup>th</sup> of July to the 29<sup>th</sup> of August. 6-7:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

## **Lego Club**

**Wednesday 6th of August - 2pm - 3:30pm**

**Thursday 14th of August - 3pm - 4:30pm**

Lego Building Club is run by the team for young people aged 9+, who love to build Lego, whether this be following instructions to build sets or create your own design.

The project offers children a safe, warm and welcoming place to build Lego until their hearts are content.

All Lego sets are supplied, so do not bring your own as it may get mixed up and lost.

Snacks and drinks will be supplied.

This session/s are **NOT** drop in, you will need to email Lucy ([lucy@fleetphoenix.co.uk](mailto:lucy@fleetphoenix.co.uk)) to book your place.

Held at The Point Youth Centre in Fleet.

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## **Rushmoor Gymnastics Academy Summer fun sessions!**

Pool Road, Aldershot, GU11 3SN.

01252 320 888

July 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup>

Age 6-8 5:00pm-6:00pm

Age 9-12 6:00pm-8:00pm

£14 per 1hr session

£20 per 2hr session

**Book as many as you like online now at [www.rushgym.co.uk](http://www.rushgym.co.uk)**

## **Rushmoor Gymnastics Academy Recreational Camp**

Tuesday 12<sup>th</sup> to Thursday 14<sup>th</sup> August, 10:00am-2:00pm

Gymnasts aged 7-12

£90 for all 3 days

Camp will include gymnastics, fun, games, crafts and a short lunch break.

Open to members and non-members.

An opportunity for our members to continue learning and non-members to try out classes before the September term

Book now at: [www.rushgym.co.uk](http://www.rushgym.co.uk)

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## **Aldershot Town FC & Shots Foundation Summer Football Camps**

The Shots Foundation, along with Aldershot Town FC, are running two weeks of football camps in Aldershot and Hook **in the summer break**. All days run from 10am - 4pm. The camps are a mix of technical sessions from UEFA/FA qualified coaches and fun football games. This camp is for **children aged 4-11** (primary school ages), including those children who have just finished Year 6.

Each child who attends one of our camps will receive a **complimentary family ticket (max. 4 people) to an Aldershot Town FC home fixture** of their choosing in the 2025/26 season through our Mike Pusey Community Stand Scheme. There will also be opportunities to **see Aldershot Town FC players** and the coveted **FA Trophy** (subject to availability).

Monday 28<sup>th</sup> July to Friday 1<sup>st</sup> August - Hook Junior School (Hook, GU27 9NN)  
Tuesday 26<sup>th</sup> August to Friday 29<sup>th</sup> August - The Cambridge Primary School (Aldershot, GU11 2BS)

There are plenty of places available with full details, including the camp's terms and conditions, can be found by following links -

[Aldershot Summer Camp | Theshots Shots Foundation | Shop | Abler](#)  
[Hook Summer Camp | Theshots Shots Foundation | Shop | Abler](#)

For more information please contact [jamie.macallister@shotsfoundation.org](mailto:jamie.macallister@shotsfoundation.org)

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

#### **Tuesday**

St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30      Senior grades / adults 6.30-7.30

£6 per session – First lesson free!

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

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## **COMMUNITY SUPPORT INFORMATION**

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

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

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

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### **Community Grub Hub CIC**

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

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

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

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

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

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

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is part of the Hampshire County Council Pantry scheme and food is offered for a small charge 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](http://www.thevinecentre.org.uk) [info@thevinecentre.org.uk](mailto: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](mailto:Info@thevinecentre.org.uk)

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

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

[info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk). 01252 400196

### **Kids Summer Lunches**

We will be giving out kids lunch packs over the Summer Holidays. Packs include a week's worth of healthy lunches and snacks. Starting from Tuesday 29th July until Tuesday 26th August. Collection is once a week on a Tuesday, 1pm - 3pm. No need to book, those receiving HAF funding are not eligible for the packs.

Please get in touch if you require more information or support [info@thevinecentre.org.uk](mailto:info@thevinecentre.org.uk) 01252 400196.

### **Family Cooking Sessions 12th - 15th August, 10:30am - 12:30pm and 1:30 - 3:30pm.**

For four days of the summer holidays we will be delivering family cooking sessions. From 12th - 15th August we will have 2 sessions per day. A great activity to get your kids cooking in the kitchen!

Free of charge, and you keep what you cook. Take it home or eat together in our cafe. Must be booked in advance. Please get in touch with Carla - [carla.green@thevinecentre.org.uk](mailto:carla.green@thevinecentre.org.uk)

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## Church of the Good Shepherd – Food Support

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

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

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

### **The Larder Foodbank**

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker

Phone: 07845 175 158

Email: [community@goodshepherdchurch.org.uk](mailto:community@goodshepherdchurch.org.uk)

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## Farnborough Foodbank

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

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

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

Mobile: 07954 105 279 call or text please

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

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

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## Hart food and welfare provisions

**Hart Foodbank & Hart Community Pantry** help people that are in crisis within the boundaries of Hart.

There are four food banks across the district where clients can collect food parcels. They can also collect hygiene products and cleaning items for the home. The food banks are situated in: **Darby Green, Fleet, Odiham and Hook**.

**Please note that people cannot directly self-refer to Hart Foodbank.** They have to be referred by an agency such as a Housing Association, Citizens Advice, Job Centre, local schools, GP Surgeries, or Social Prescribers etc.

**The Hart Community Pantry** operates as a 'get more for less' scheme. For just **£5 per visit**, members receive goods of greater value, helping families and individuals budget more effectively through challenging times.

### **Foodbank Centre Opening Times (and donation points):**

- St Barnabas Church, Darby Green - Mondays and Thursdays 1.30pm-3.00pm
- Fleet Baptist Church - Mondays 1.30pm-3.00pm and Thursdays 11.00am-12.30pm
- Life Church, Centre, Hook - Mondays 11.30am-1.00pm and Thursdays 10.30am-12.00pm

- All Saints Church, Odiham at Deer Park View - Thursdays 1.30pm-3.00pm

*Please note: closed all other days and bank holidays*

**Supermarket Donation points (during store opening times) include:**

- Fleet: Waitrose; Morrison's Elvetham Heath; Sainsbury's High Street; Sainsbury's Church Crookham and Co-op Church Crookham
- Odiham: Co-op Odiham High Street
- Hartley Wintney: St John's Church

**New for 2025 - Hart Community Mobile Pantry**

The mobile pantry offers a full selection of **frozen, chilled, and ambient goods**, helping to meet diverse needs while reducing food waste and supporting healthier lifestyles.

- **Hook** - Thursdays, 10.30am-12.00pm at Life Church Centre, Hook, RG27 9DX

Coming soon to **Odiham** - Thursdays, 1.30pm to 3.00pm at All Saints Church.

website: [www.hart.foodbank.org.uk](http://www.hart.foodbank.org.uk)

email: [projectsmanager@hartfoodbank.org.uk](mailto:projectsmanager@hartfoodbank.org.uk)

telephone: 07926 806 256

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Other local food provisions in Hart are:

**Community Pantry at Yateley Industries** provides support to members. People can register and pay £5 per shop to receive at least £15 worth of fresh, frozen, and general foods. We are always looking for donations and they can be dropped off any time 9am – 4pm Mon – Fri. The pantry is open Tues, Wed & Fri 10am – 2pm. Tel 01252 872337 or Email: [alexs@yateleyindustries.net](mailto:alexs@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 between £2.50 and £5 (dependent on household size) for £10-£15 worth of food. Located at: St Barnabas Church, Brinns Lane, Darby Green, GU17 0BT Every Monday and Thursday between 1.30pm – 3pm

**Fleet Phoenix:** The Fleet Phoenix food store offers food & hygiene parcels to those families most in need. If you need help or would like to make a professional referral, please email: [info@fleetphoenix.co.uk](mailto:info@fleetphoenix.co.uk) or call: 01252 812 308 for more information. They also supply school uniform to families in need Services | Fleet Phoenix

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**Stop Domestic Abuse**

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

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

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk) Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting. If you would like any more information about our service, please do head over to our website: [www.stopdomesticabuse.uk](http://www.stopdomesticabuse.uk)

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### **Citizens Advice Rushmoor**

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

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

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

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- 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 - 0800 2787 912**
- **Online and webchat via [citizensadvice.org.uk](http://citizensadvice.org.uk)**
- **Help to Claim Universal Credit - 0800 1448 444**
- **Consumer Helpline - 0800 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 Sophia, 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](mailto: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 10<sup>th</sup> 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](mailto: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/>

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## **Citizens Advice Hart**

### **Work Out Your Money: A Pilot with Impact**

At Citizens Advice Hart, we recently delivered a pilot project of 14 'Work Out Your Money' workshops to 527 local young people, and the results have been truly inspiring. From Year 6 pupils learning the value of money for the first time, to Year 11s and Explorer Scouts getting to grips with payslips and tax. Led by our Community Training Lead, Marcia, each session was designed to make financial education accessible, hands on, and engaging. The students left the session equipped with important practical money skills they can apply in everyday life.

We're eager to build on the success of this pilot and reach even more young people across Hart, funding permitting. If you want to learn more about the project or about funding opportunities, please get in touch: [ceo@citizensadvicehart.org.uk](mailto:ceo@citizensadvicehart.org.uk). Registered Charity number: 1113777

### **Volunteer with our charity!**

By volunteering with us, you can make a real difference in our community. Our volunteers play a vital role in helping people access the information and advice they need to move forward with their lives. We are currently looking for a Chair, Board of Trustees, and an Events Volunteer, so if you're interested in learning more about what's involved, please get in touch!

<https://citizensadvicehart.org.uk/get-involved/volunteering/> Registered Charity number: 1113777

### **Citizens Advice Hart: we are a local, independent charity.**

People come to us for help with a range of issues, such as money, benefits, housing, work, or when facing a crisis. Our advisers will look into your situation and explain your options. We won't tell you what to do, but we'll support you so you can choose what's best for you and feel confident moving forward.

For advice and information, visit our website: [www.citizensadvicehart.org.uk](http://www.citizensadvicehart.org.uk)

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## 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](http://www.healthystart.nhs.uk)

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### Mental health and wellbeing

We all have mental health, just as we all have physical health. 1 in 6 young people aged 5 to 16 will suffer from poor mental health – it can affect anyone, but many young people feel they need to pretend nothing is wrong. No matter how difficult life can feel at times, there are free sources of support available.

The Frimley Healthier Together website has a section on children and young people's mental health. It provides information and links to sources of support some of which are online, some of them are face-to-face. Some of these sources are local – others are national. Visit: <https://frimley-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](#)

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

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

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**Hampshire Youth Access** Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton.

We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person's emotional wellbeing.

To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

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**Sasha's Project** is a not-for-profit organisation that was set up in memory of a local Hampshire resident.

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

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

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

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

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

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.

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### **Hampshire CAMHS**

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

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

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

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

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

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

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

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

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### **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](mailto:randhsnteam@southernhealth.nhs.uk)

School nursing can offer support and advice regarding the following:

- Emotional health
- Healthy lifestyle,
- Parenting advice: accident prevention, sleep and toilet training, behaviour management
- Supporting children and young people with complex or additional health needs
- Support for children and young people not in school in accessing health

Support and information about your local school nurse team is available from the Hampshire

Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

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### **Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services**

[WWW.LETSTALKABOUTIT.NHS.UK](http://WWW.LETSTALKABOUTIT.NHS.UK)

#### **Sexual Health Clinic**

Aldershot Centre for Health level 4 (ACfH)

Hospital Hill, Aldershot, GU11 1AY

#### **Opening times:**

MONDAY CLOSED

TUESDAY 08:00am-20:00pm\*\*\***Young Persons Walk In - 18's and under 15:00pm-17:00pm**

WEDNESDAY 08:00AM-20:00pm

THURSDAY CLOSED

FRIDAY 08:00AM-18:00PM

Condoms, Get It On (GIO) cards, Contraception, Emergency contraception, PrEP, HIV & STI testing and treatment.

Sign up to your own Personal Health Record  
<https://sol.myphr.online/>

**FREE Parents and Carers Webinar – All welcome**

[Event details :: Hampshire and Isle of Wight Healthcare Sexual Health](#)

To join our Sexual Health Network, please email your details including your name, organisation, job title, email and telephone number to [shpnetworks.directory@solent.nhs.uk](mailto:shpnetworks.directory@solent.nhs.uk)

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**Open Door Hook**

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

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

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

As a young person:

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

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

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**Fleet Phoenix – Anxiety Unwound**

Term Time, **Thursdays 4 - 5pm**

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

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



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

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

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### **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

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### **Fortify Mental Health & Wellbeing Services**

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

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

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

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

We are continuing to provide counselling, mentoring and behavioural 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.

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### **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 provides innovative 'FAST' therapy to people in need of one-off support such as colleagues working in the NHS and emergency services.

For more info, check out our website [www.talkplus.org.uk](http://www.talkplus.org.uk)

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

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

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

Any new dads who might be interested in our Group, please ask them to refer to TalkPlus: [www.talkplus.org.uk](http://www.talkplus.org.uk) and mention the dad's group on their referral.

**Next course running: 17<sup>th</sup> 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.

**Next Courses running 23<sup>rd</sup> July and 8<sup>th</sup> 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.

**Next course running 2<sup>nd</sup> October 2025**

**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 running: 7<sup>th</sup> August 2025.**

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

[www.talkplus.org.uk](http://www.talkplus.org.uk)

Or follow our social media for updates on when our next courses are running:

Facebook.com/talkplusiapt

Instagram/talkplus\_nhs

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

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

- Do you want to provide effective interventions to support them to develop strategies for resilience?

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

Contact me at: [c.martinez@acumist.education](mailto:c.martinez@acumist.education) Alternatively **07396 727 452** for a no obligation chat.

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### **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.

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## **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 250 schools a FREE Moon Landing Coding Adventure to be run remotely on a date of their choice between April 2025 and March 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](http://www.getwiththeprogram.org.uk/reach-for-the-sky)

Teachers, the delivery date is up to you, but if you're planning ahead for next term, this would be a great way to celebrate World Space Week in October (4th – 10th)! It's a fantastic way for children to join the biggest global celebration of space science and technology—right from their classroom!

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## The Sixth Form College Farnborough - Open Days for September 2026 entry

Our Open Days are taking place on Tuesday 30 September, Wednesday 1 and Thursday 2 October 2025 - these days are intended for the students (and their families) who would like to join the College in September 2026.

During our Open Days, you will be able to:  
Find out more about the subjects we offer;  
Hear from the College Principal;  
Discover the fantastic pastoral and wider support we provide  
Talk to staff and current students about student life;  
Explore the campus and discover our great facilities;  
...and much more!

All information including how to book tickets will be available on the College website from early September [www.farnborough.ac.uk](http://www.farnborough.ac.uk).

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## 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](mailto:info@fleetphoenix.co.uk)

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### **Celebrate Young Volunteers – Nominate Now for the Rushmoor Volunteer Awards 2025!**

Young people bring fresh energy, passion, and valuable insight to the organisations they support. Whether it is **helping to run youth clubs, taking part in social action projects, sharing skills, mentoring young peers, or supporting local charities**, their contributions are shaping stronger, more connected communities.

But it doesn't stop there. Many young volunteers are also quietly making a difference at home, **caring for family members or supporting siblings**, whilst juggling responsibilities such as school commitments. Their resilience, empathy and dedication deserve to be seen and celebrated.

That is why **Rushmoor Volunteer Awards include a special focus on young volunteers** – recognising the value of their commitment in our community. The awards are a powerful opportunity to say thank you and shine a light on the inspiring stories of young people who give their time freely to benefit others.

**We encourage all organisations working with children and young people (up to age 25) to nominate the young people they see giving their time in the community and at home.**

There is a growing army of young volunteers making a difference in our community, let them know they are valued!

Nominations can be submitted at

<https://rvs.aidecrm.co.uk/surveys/respond/FmNDHF4QoMsEn08V7l1FXiPM3mMew9iWSsAADapb>

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

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

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

This is a partnership project by Rushmoor Borough Council and The West End Centre – if you would like more info or promotional materials, please email [jamie.beaton@rushmoor.gov.uk](mailto:jamie.beaton@rushmoor.gov.uk)

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## **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](mailto:jo@the-lighthouse.info)

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## **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:** July 24<sup>th</sup> – August 25<sup>th</sup>, 2025

**Age:** 11 – 25 yrs

### **Summer Holiday Sessions:**

- Golf
- Bike Maintenance & Cycling
- Holiday wellbeing workshops: Cooking, Gardening & Creative Activities

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

### **Fundraising Events**

- The Re-Source Project
- Twilight Challenge 2025

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

For further information:

**Contact Ashree** at [ashree.green@thesourceforyou.co.uk](mailto:ashree.green@thesourceforyou.co.uk)

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

### **Counselling & Other programmes**

On-going weekly sessions include:

- 1 to 1 Counselling / Therapy
- Anxiety workshops (5-week blocks)
  - For further information **Contact Rachel / Gia** at [nolimits@thesourceforyou.co.uk](mailto:nolimits@thesourceforyou.co.uk)
- Practical Mentoring programme
  - Bike Maintenance (at Bikestart).

**Contact Yasmin** at [Yasmin.cunningham@thesourceforyou.co.uk](mailto:Yasmin.cunningham@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](http://www.thesourceforyou.co.uk)

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

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

**Summer Holiday Club** – During the school summer holidays we will run a youth club specially for 11-16 year olds, which will be free to those who qualify for free school meals (a #HAF project). If you do not qualify for HAF it is £15 per day all inclusive. Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details are available so please contact us for more information. The club will run 12-5pm Monday-Thursday, 4<sup>th</sup> to 28<sup>th</sup> August. Open to all abilities with lots of different things to try across the summer. Booking essential, please visit our website to book a place for each day that you'd like to attend <https://vision4youth.org.uk/haf/>

### **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](mailto:socialprescribing@vision4youth.org.uk) to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to – just come along for a chat and see how it goes.

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

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

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

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

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

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

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



**Blackwater Youth Club** - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT  
A youth club with pool, games, crafts and refreshments. Open to all aged 11-17. FREE!

**Thursday Club** - Thursdays 6:30-8pm at The Tythings Youth Suite, Yateley GU46 7RP  
A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

**Friday Night Club** - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP  
Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-17. FREE!

For more information about our services please contact [office@vision4youth.org.uk](mailto:office@vision4youth.org.uk), 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram. Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

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### **Breakout Youth**

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

We offer the following support:

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

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

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

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

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### **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, residential

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, we have a fantastic programme of activities lined up for our young carers, offering plenty of opportunities for fun, adventure and making memories. From a 5-day sailing voyage and action-packed watersports days at Horseshoe Lake Activity Centre, to kayaking along the Basingstoke Canal, a farm trip, and energetic swim sessions at Hart Leisure Centre in Fleet, there's plenty to enjoy. We've also got some exciting outings planned for our older members, including a fun-filled evening of bowling at Superbowl UK in Aldershot and a thrilling day at Thorpe Park, packed with world-class rollercoasters and rides – perfect chances to unwind, connect with friends and enjoy some well-deserved excitement. With something for every age group - from our juniors to our young adult carers - it's shaping up to be a summer to remember!

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

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### **Rushmoor Accessibility Action Group**

RAAG, Rushmoor Accessibility Action Group, is a group of local residents and organisations in Rushmoor, creating a more accessible and inclusive community: around Farnborough, Aldershot and surrounding areas. 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.

Recently we have supported the Lido with redesigning their pricing for 'lived experience' disabled customers, fed into the Fernhill Ward polling station consultation, advised Rushmoor Borough Council on the effects of welfare reform, Outlined areas of concern with devolution and Local Government Reorganisation to Hampshire County Council and attended workshops with the NHS App and services and with the Belong Network.

We are currently working to create more accessible town centres and local shops, feeding into the new Leisure Centre consultation and supporting local organisations with access enquiries.

Are you experiencing difficulties with access and inclusion? Is there something you wish was better? Please contact:

e- [raagforall@gmail.com](mailto:raagforall@gmail.com)

fb - <https://www.facebook.com/profile.php?id=100087817041708>

Insta - <https://www.instagram.com/raagforall?igsh=MXBrcDRxMzZkOG5oNA==>

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### **Home-Start Hampshire**

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

#### **SUPPORT FOR FAMILIES**

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

or phone: 0330 124 2095

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

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### **Hampshire Learning in Libraries / First Words Together**

What's on offer in your local area in the autumn term? Here are just a few of the huge new offer we have across Hart and Rushmoor in the new academic year:

- **Seated Exercise** at Aldershot Library on Mondays, 22 September to 1 December, 11:05am-12:05pm, FREE COURSE
- **Dance Fitness** at Farnborough Library on Thursdays, 25 September to 4 December, 10:00am-10:45am, FREE COURSE
- **Drawing for Beginners** at Yateley Library on Tuesdays, 23 September to 14 October, 10:00am-12:00pm, FREE COURSE
- **Senior Fitness** at Fleet Library on Tuesdays, 23 September to 2 December, 14:35pm-15:35pm, FREE COURSE
- **Positive Parenting** online on Mondays, 29 September to 20 October, 19:00pm-21:00pm, FREE COURSE
- **Raising Resilient Children** online on Mondays, 3 November to 1 December, 19:00pm-21:00pm, FREE COURSE

Find all these courses and more using the link below:

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

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

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

We look forward to welcoming you on a course soon!

### **First Words Together at Aldershot Library**

Are you worried about your toddler’s talking, listening or attention?

Would you like to help your toddler learn and become a confident talker?

If so, First Words Together may be for you! Enjoy exploring stories, rhymes and learning 5 top tips with your toddler on our FREE 5-week course at Aldershot Library. We will share ideas and activities that will support your child’s learning and development in everyday life – talking, singing rhymes, sharing books and playing together.

You can find out more and register your interest by visiting this

page <https://forms.office.com/e/rakKPZ3nxi>

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### **Hampshire Parent Carer Network**

Hampshire Parent Carer Network (HPCN) offers Parent and carers of children and young people aged 0-25 with a disability or any additional needs (diagnosed or not) the opportunity to tell the Local Authority, Health and other services, what life is really like.

As HPCN enter their final month of this academic year we have many sessions available :

16/07/2025, 10-12pm - Winchester Get Together, Badger Farm Community Centre, Winchester, SO22 4QBG

17/07/2025, 12-1pm- Lunchtime online Get Together - Join Zoom

Meeting: <https://us02web.zoom.us/j/83513320196?pwd=8717B1bvXw60fb68eI9kx7bDUkaR4X.1> Meeting ID: 835 1332 0196, Passcode: GT

18/07/2025, 10-12pm - Alresford Get Together, The Swan Hotel,11 West Street,Alresford,SO24 9AD

18/07/2025, 4-5pm - Executive Function with Ellie Ellie a lived experience trainer - sign up via ticket tailor : [Buy tickets – Hampshire Parent Carer Network](#)

We also have the PINS project (Partnership for Inclusion of Neurodiversity in schools) - Some primary settings have been invited to join a new Parent Participation initiative. If your school is on the list of schools who have signed up to this project, you’ll have the chance to join a safe, parent-only space

where you can speak openly and honestly about your child's experience at school , what's working, what's not, and what needs to change. HPCN will be inviting parents of the chosen schools to join a Parent Participation Group, a safe, parent-only space where you can speak openly about your child's education. You'll meet with other parents and carers to share honest feedback, concerns, and ideas. Your voice matters - The Parent Carer Forum will take your views directly to the school's leadership team to explore changes that can genuinely improve outcomes for young people. Spaces are limited, so if your school is selected, be sure to get involved early - Keep an eye out on our Social media for updates and school lists.

Linktree: <https://linktr.ee/hpcn.org.uk>

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### **Yateley Industries Jazz on the Green, 2<sup>nd</sup> August**

Yateley Industries Jazz on The Green Fundraiser

When: Saturday, August 2nd | 1:00 PM – 4:00 PM

Location: The Green at our Mill Lane premises, GU46 7TF

Take a break this summer and enjoy a relaxing afternoon of live jazz music by The Bridge Tones.

What to Expect:

- Live jazz performances in a beautiful outdoor setting
- Refreshments, cakes, and drinks available from our Community Café
- A friendly, welcoming atmosphere — all supporting a great local cause!

Bring a chair or a picnic blanket, invite your friends and family, and join us for a memorable community event.

Free to attend with a retiring collection.

All proceeds go to support Yateley Industries for the Disabled Charity.

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

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

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

or email [skip@3rdfarnboroughscoutgroup.org.uk](mailto:skip@3rdfarnboroughscoutgroup.org.uk)

#### **Squirrels**

Our Squirrels section opened in September 2022, and this new section is for children aged between 4 and 6. Squirrels can achieve anything they set their minds to – and they have lots of fun along the way. Our one-hour sessions will be a brilliant opportunity for young people to take their first step into being part of Scouts, and they'll help everyone get ready for the adventure of school too.

Sessions are packed with outdoors activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

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

### **Beavers**

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

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

### **Cubs**

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

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

### **Scouts**

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

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

### **Explorers**

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

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

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## **10<sup>th</sup> Farnborough Scout Group – Is your young person ready for a challenge?**

Scouting is an organisation that provides activities for young people through programmes which teach them skills for life through a range of age-appropriate activities preparing them for their future building knowledge, independence and resilience to help them face life's challenges.

10<sup>th</sup> Farnborough scout group, which uses facilities at Sam Cody School. hold weekly meetings for Beavers Cubs and Scouts in term time.

Young people, led by adults, are at the heart of each section's programmes having a significant say in what weekly programmes contain. The group offers a wide range of activities each year which can include: -

- Hikes
- Camps
- Residentials
- Crafts
- Introduction to First Aid and CPR
- Cooking on gas and fires
- Animal care
- Teamwork
- Safe use of tools
- Visits to Fire, Police and Ambulance service
- Problem solving
- Geocaching
- Climbing
- Archery
- and much more

If you have a young person who wants to know more about what scouting and is ready for a challenge, or to see what scouting can offer, then please contact us on:  
[scouts@10th-farnborough.co.uk](mailto:scouts@10th-farnborough.co.uk)

The weekly cost is around £4.50 with camps, residentials and some other activities being an additional cost.

There is always room for more adults to help with a variety of tasks including helping at weekly meeting, fundraising and other backroom tasks. If this is something that you would like to explore further, contact Mike Hughes, [mike.hughes@bvscouts.org.uk](mailto:mike.hughes@bvscouts.org.uk)

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## **Yateley & District Lions**

### **Cost Of Living Support**

Fuel and Energy – we have a Grant available to help with gas and electric bills (families are advised to contact Hart Citizen’s Advice who can send forms directly to us for those in our area and provide relevant advice and support). Alternatively, we can accept referrals from other professionals and agencies. Please email: [fuel@yateleylions.co.uk](mailto:fuel@yateleylions.co.uk)

### **Food, foodbanks and essentials**

We donate food and hygiene supplies to those in our local community/area. We accept referrals from other professionals ([welfare@yateleylions.co.uk](mailto:welfare@yateleylions.co.uk))

### **What’s On**

Yateley Fireworks Fiesta (Westfields School Yateley) Saturday 8<sup>th</sup> November

Yateley Christmas Market & switching on of lights (Church End Green Yateley) – Saturday 29<sup>th</sup> November

Community ‘Wine & Wisdom’ Quiz Night (Westfields School Yateley) – dates to be announced (October, December and February)

Free PSA Testing – date to be announced

Food and welfare provisions in Hart

Lions Clubs Community Store (Based in Fleet) – people cannot directly self-refer to the Community Store, referrals are accepted from agencies. Food, furniture, white goods, household, baby bank, clothing. More details on website ([www.communitystore.org.uk](http://www.communitystore.org.uk) – email [admin@communitystore.org.uk](mailto:admin@communitystore.org.uk))

### **Yateley & District Lions Club**

Fuel and Energy – we have a Grant available to help with gas and electric bills (families are advised to contact Hart Citizen’s Advice who can send forms directly to us for those in our area (or Fleet Lions for those in their area). Alternatively, we can accept referrals from other professionals as well as Hart Citizen’s Advice but will be recommending that individuals do look to them for support (email : [fuel@yateleylions.co.uk](mailto:fuel@yateleylions.co.uk))

Emergency food hamper and hygiene needs, for Yateley & immediate area, email: [welfare@yateleylions.co.uk](mailto:welfare@yateleylions.co.uk)

Refurbished Computers – joint project of local Lions Clubs – to apply (or donate laptops) email [it@fleetlions.org.uk](mailto:it@fleetlions.org.uk)

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## **The Hampshire and IOW Youth Commission Big Conversation survey 2025!**

The Youth Commission is a diverse group of young people aged 14 to 25, from across Hampshire and the IOW, who are the voice of young people. They gather and represent the views of young people at a number of local and National strategic level meetings, attend events, create youth led campaigns and projects and help to shape Policing in the area.

Each year they hold The Big Conversation Survey, and they present these recommendations to the Police and Crime Commissioner, The Constabulary and other partners, to support positive change for young people.

If you are aged 14 – 25, or are a parent, carer or someone who works with, or supports a young person in this age range, please do encourage your young people to give their views.

**You can take part in the Big Conversation 2025 here!**

<https://survey.alchemer.eu/s3/90844437/Youth-Commission-Big-Conversation-2025-copy>

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## **SKILLS & TRAINING**

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

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

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

Browse the courses and apply [www.hants.gov.uk/adult-learning](http://www.hants.gov.uk/adult-learning)

If you have any questions, email us at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk)

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## **FUNDING & GRANTS CURRENTLY AVAILABLE**

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

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

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



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

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

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**Supporting Communities Grant Scheme** – will be open in September and October for applications for up to £1,000 for projects supporting communities within Rushmoor. Details and the application form will be available in September at [Supporting Communities Grant - Rushmoor Borough Council](#).

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### **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/>.

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#### Other funding sources

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

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

**The next edition will be sent out in October**

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