



www.rushmoorschoolsplus.org

Rushmoor & Hart Supporting Families e-Newsletter – July 2021

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

The next newsletter will be in October ahead of the Autumn half-term. Anyone wanting to be added to the mailing list we have for the newsletter, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcgovern@rushmoor.gov.uk

GOVERNMENT & LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support

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

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

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

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

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

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

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor's website, <https://www.rushmoor.gov.uk/coronavirus>
There is a Nepalese language version of this information at <https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

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

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

Latest information and how you can get involved locally - HART

Housing support: Our Housing team can be contacted through the usual channels for information, advice and assistance to help resolve housing or homelessness issues. Email housing@hart.gov.uk or by phone 01252 774 239 Monday to Thursday 8.30 till 5pm and Friday 8.30 till 4.30. Further information can be found at www.hart.gov.uk/housing-advice

Employment and skills support:

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

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

Whether you have recently left education, been long term unemployed or recently made redundant contact the team via jobskills@hart.gov.uk or telephone 01252 774 134 or visit www.hart.gov.uk/employment-and-skills for more information

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

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

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

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

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

Our 'Your Way Forward' web page brings together links to information and support on a range of issues from money worries to mental health and housing www.hart.gov.uk/yourwayforward

Community Pantry:

Yateley Industries has launched a Community Pantry in Hart, with support from Hart District Council and St Edward. The pantry, located at Yateley Industries, Mill Lane in Yateley, is to help and encourage

families that need some support to manage and budget through difficult times by providing food shopping at a reduced price. Shoppers will find a range of fresh, frozen and general foods. There is no referral necessary, and anyone can sign up for membership. Shoppers will pay £5 membership for each visit and will be able to choose a minimum of £15 worth of food. The pantry is open Tuesdays, Wednesdays and Fridays, 10am until 2pm. The Community Pantry is intended to complement and not duplicate Foodbank provision. Foodbanks provide emergency food provision for people in crisis, whereas community pantries can provide a step on for people who are getting back on their feet. For more information, please email info@yateleyindustries.net or call 01252 87233.

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

Funding available to support children and families participating in Summer Holiday Activities and Food schemes this summer

Summer schemes that provide food and activities to low income children are gearing up for delivery, thanks to Hampshire County Council's [connect4communities](#) programme. Funding for the scheme is from the Department for Education's Holiday Activity and Food (HAF) initiative, which was set up so local authorities could offer healthy food and enriching activities to children eligible for free school meals during the 2021 school holidays.

Hampshire's vision is that the Hampshire Holiday Activity and Food Programme will provide high quality opportunities for children, young people, carers/parents that enable all who attend to have good experiences that offer enriched, social engagement, with food. In addition to delivering these experiences, providers are expected to ensure that families can receive advice, guidance and support over the holiday periods of Summer and Christmas.

We want to commission a rich and diverse array of signposting support, advice and guidance for the children and families who participate in HAF schemes.

Applications for signposting funding are invited from organisations from the private, voluntary and public sectors that respond to local need, and we are open to support being delivered in a variety of ways.

The total amount of funding available for local signposting activities over the Summer is £50k. The maximum grant available is £4,500.

Examples of the types of support that we could fund with the connect4communities Signposting Grant include, but are not limited to:

- Face to face awareness and advice sessions, including the costs of staff/volunteers, preparation time, materials and travel costs.
- Virtual delivery of awareness and advice sessions, including any recording/filming costs as well as the costs outlined above.
- Display, print and digital resources for sharing with HAF participants and their families.
- Other ways to share information, raise awareness and provide initial support and guidance.

Support and advice partners can find out what schemes are being delivered over the Summer by searching: [Holiday Activities and Food Programme - Summer Holiday Provision | Family Information and Services Hub \(hants.gov.uk\)](#).

Grant applications are now open. Organisations that plan to provide an activities and food scheme with free places during this time should visit the connect4communities.org website to apply for funding by 25 July 2021.

Hampshire Children's Services

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

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

WHAT'S ON IN RUSHMOOR & HART

Aldershot Lido open for the Summer

The Lido is **open 1000-1800 daily until Sunday 5 September**, we have reduced the capacity at the moment to 1500 per day. Of these 750 tickets can be prebooked on the internet only up to 0900 on the day of your visit, via a link on the Lido page - [Aldershot Lido | Aldershot – Places Leisure](#). The remaining tickets are then available on the gate.

The cost is £8 per adult and £5 per Junior / Senior. Military £5.00

There are only 2 family ticket options this year 1 Adult + 2 Children £13 or 2 adults and 2 Children £19

Things to stress are that ALL UNDER 8's MUST be accompanied in the water at all times and will NOT be permitted to use the Flumes.

The flumes and diving board will open subject to conditions.

Catering is available on site but operated independently.

Aldershot Town Centre Super Summer Saturdays!

Six spectacular Saturdays of fun and free adventures are coming to Aldershot town centre this summer. Encounter giant slugs, cook up a feast for trolls, visit a magical bee colony, become a vegetable nanny... and even try sheep hurling!

Flock! with *Swish Boing* & **The Allotment** with *Plunge Boom*

Sat 24 Jul, various times, Princes Gardens, Aldershot

Free interactive outdoor shows

A sheep herding show like no other! Our dynamic countryside duo will need your help to secure the prize and take the winner's rosette home. Can you help to navigate the silly sheep back into their pen? Shows at: 11-11.45am, 1-1.45pm and 3-3.45pm.

Meanwhile, over at The Allotment, the vegetable nannies invite you to join them for a bit of gardening and childcare. Come and get stuck into the daily duties of feeding, bathing and caring for the cute and funny baby fruits and vegetables. Shows at: 10-10.45am, midday-12.45pm and 2-2.45pm

The Troll's Kitchen with Plunge Boom

Sat 31 Jul, 11am-midday and 1.30-2.30pm, by Costa Coffee on Union Street, Aldershot
Free interactive outdoor shows

A hungry troll has been sighted and the chefs have been summoned! Forage for ingredients before preparing a meal of repugnant stews, rancid cupcakes, putrid smoothies, and mangy salads. Ready, steady, cook!

Under the Sea pavement art with Urban Canvas, Alice in Wonderland with Boxtree Productions & Eco Explorers Club

Sat 7 Aug, Union Street activities, 10.30am-2.30pm, Princes Gardens shows, 1pm and 4.30pm

Be a pavement artist for the day on Union Street, trying the art of street screeving - just like Bert in Mary Poppins! Watch as the giant sea creatures grow and help to create some crazy underwater critters on the street.

Our monthly Eco Explorers Club will be alongside the pavement art activity. This month we'll be exploring bees and pollinators and making pompom bees, while discovering exciting ways to look after nature and the environment. Sessions take place at 10:30am, 11:30am, 1pm and 2pm.

In Princes Gardens, join Alice as she travels to a wonderful world of caterpillars, cards and tea parties. With toe-tapping songs, colourful characters and hilarious comedy we invite audiences to enjoy Lewis Carroll's classic tale outdoors this summer! Shows at 1pm and 4.30pm.

SEED with Pif Paf Theatre

Sat 14 Aug, 11.30-12.15am and 1.30-2.15pm, by Costa Coffee on Wellington Street, Aldershot
Free interactive outdoor shows

Wilford is planting trees where he shouldn't, living in his shed and on the run from his past and his arch-enemies – giant slugs - who are out to get him for his seeds! Expect captivating puppetry, giant inflatables, and live music.

BEES! The Colony with Artizani

Sat 21 Aug, 10.30am-midday and 1-2.30pm, by KFC on Union Street, Aldershot
Free, interactive hands-on fun

Meet the beekeepers and wander their magical hives. From a honey-perfumed bee colony to a telescopic hive soaring into the air, each hive has a surprising twist, which challenges, charms and confounds expectations!

What the Tortoise Taught Us with the Flying Buttresses

Sat 28 Aug, between 10.30am-2.30pm, Union Street and Wellington Street, Aldershot
Free, walkabout entertainment

Meet Zelva, the incredible, animatronic, giant tortoise. Zelva's beautiful shell becomes a magical stage, as she and her loyal companion recreate their favourite adventures together using miniature props and puppets. You can also create your own clay tortoise to take home.

Activities are weather dependent and subject to change. Please check ahead for changes to locations, times and dates. No pre-booking is required but track and trace information may be requested.

Visit the website for activity and show times. www.rushmoor.gov.uk/summersaturdays

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

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

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

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

Walk This Way trail at Edenbrook Country Park

Hart District Council and Hampshire Child and Adolescent Mental Health Service (CAMHS) have come together to create a short wellbeing trail at Edenbrook Country Park in Fleet.

Find the signs and try the activities as you go round. Then see how different you feel by the end of the trail. Connecting with nature can improve your mood and help you feel more relaxed.

Take some time to enjoy the moment and the environment around you. Download the trail map and a simple guide to things you might notice on your walk on the Edenbrook Country Park web page www.hart.gov.uk/edenbrook-country-park. The entrance and car park for Edenbrook Country Park are located next to the Hart Leisure Centre at the end of The Brambles, Fleet.

Find more ideas for ways to connect with nature and information about wellbeing support at www.hart.gov.uk/mental-health-and-wellbeing. You can also find lots of helpful information, advice and some guided mindfulness videos on the Hampshire CAMHS website <https://hampshirecamhs.nhs.uk>.

Everyone Active Hart Leisure Centre

Enjoy a great big summer of sport and activities here at your local leisure centre and discover exciting activities such as super sports, fit factor, thrive time and much more! Book your space now at our [Fit For Sport](#) summer camp via www.fitforsport.co.uk. These Ofsted-approved Holiday Camps are designed to entertain children from 5 to 12 years olds.

Hampshire Libraries – 2021 Summer Reading Challenge

This year's Summer Reading Challenge theme is 'Wild World Heroes'. To deliver it The Reading Agency has teamed up with the World Wildlife Fund to encourage children across the country to engage in fun reading activity focused on environmental issues.

Hampshire children, aged between 4 and 11, can sign up now for free online (<https://www.hants.gov.uk/librariesandarchives/kids-zone>) or in their local library to read any six books of their choice, and in any format they like, before Saturday 18 September. They can choose fiction and non-fiction titles and enjoy them at home, on the move, or whilst away on holiday thanks to a great variety of audiobook, e-book and paperback loan options.

Throughout the challenge, library staff and volunteers will help children of all reading abilities as they progress. Children who sign-up for the challenge will receive a poster, stickers after each book read, and a special medal once they cross the finish line.

Remember that Hampshire Libraries continue to offer a wide variety of free adult online learning courses for Hampshire residents aged 19+. To see what is coming up and for more information/to book please visit:- [Online learning :: Hampshire libraries learning... \(hants.gov.uk\)](https://www.hants.gov.uk/online-learning)

There is also lots of information and activities on your local libraries' social media pages: -

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

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

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

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

Aldershot Military Museum

Queen's Avenue, Aldershot, GU11 2LG

Aldershot Military Museum is open daily 10-4 from 12th July – 5th September.

We will be running free family activities in our covered outdoor space by the assault course accompanied by a trail changing each fortnight. On Wednesdays 5th and 12th August, create your own nature inspired clay tile. On Thursdays 18th, 25th and Tuesday 31st August, try your hand with stencils inspired by the markings on our vehicles. Capacity is limited to time slots at 10:30; 11:00; 11:30 and 12:00. Children must be accompanied. Recommended for ages 3+. Donations welcome.

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

Facebook: @AldershotMilitaryMuseum

Twitter: @AldershotMuseum

Instagram: Aldershot_military_museum

Rushmoor Gymnastics Academy

Pool Road, Aldershot, GU11 3SN.

Phone: 01252 320 888 www.rushgym.co.uk

TOKYO DREAMS RECREATIONAL CAMP

Run by Olympian and Cirque du Soleil performer Claire Wright. Claire's passion is to bring gymnastics to all and provide a fun learning experience alongside high-level technical coaching.

WEEK 1

Tuesday 27th- Friday 30th July: £95 for 4 days

WEEK 2

Tuesday 3rd- Friday 6th August: £95 for 4 days

Option of booking for £25 a day, 9:30am-12:30pm. For ages 6+.

9:30-10:45 Gymnastics

10:45-11:30 Crafts, games and Olympics viewing.

Also, time for snacks (bring your own).

11:30-12:30 gymnastics.

Chances to win medals and train like a champion.

Book online at www.rushgym.co.uk or call us on 01252 320 888

We start back to our usual class schedule on **Monday 13th September**.
 Bookings for current members already being taken, bookings for new members will be open on 31st July.

Playgym for under 5's will be running until Friday July 23rd. Under the current Covid guidelines we can only allow 30 adults in the building. We are no longer taking bookings, however we advertise daily how many spaces we have left for each session on our website and social media.

We hope to be able to allow more participants when we re-open the sessions in September.

Times:

Monday 9:30-10:30 and 1:30-2:30

Tuesday 9:30-10:30

Wednesday 1:30-2:30

Thursday 9:30-10:30 and 1:30-2:30

Friday 9:30-10:30 and 1:30-2:30

Instagram [@rushmoorgymnastics](#)

Facebook Rushmoor Gymnastics Academy

Website www.rushgym.co.uk

Soccer @6.30 – Cove School Farnborough

Soccer at 6.30.....Teenagers, are you looking for a kick about and some fun? No commitment, no tie-in or membership needed just turn up and enjoy some organised football. Thursday evenings 6.30pm at Cove Secondary School (rear entrance) – it's just £1 to play. More info here www.shootacademy.co.uk

Squirrels Holiday Fun Club

Priory Park Pavilion, Priory Street, Farnborough, GU14 7HX

We are running our Holiday Fun Club from 26th – 30th July and from 2nd – 6th August. We are open 0800-1800.

Squirrels Holiday Fun Club offers a wide range of fun activities indoors and outside including crafts, games and construction. Drinks and snacks including a light tea are provided. Please bring a packed lunch if you are staying between 1200 and 1230. Under 5 year olds must be dry in order to attend.

Session Time	Price for under 5's	Price 5-11yrs
8.00am - 8.30am	£5.00	£3.00
8.30am – 1.00pm	£22.50	£18.00
8.30am – 4.00pm	£35.00	£25.00
8.30am – 4.30pm	£37.50	£27.00
9.00am – 12.00pm	£17.00	N/A
9.00am – 12.30pm	£19.50	N/A
1.00pm – 4.00pm	£15.00	£12.00
1.00pm – 4.30pm	£17.50	£14.00
4.30pm – 6.00pm	£10.00	£8.00

Pre-booking is essential via our website <https://www.squirreleducare.co.uk/holiday-fun-club/> or contact us on 01252 378 402 or email office@squirreleducare.co.uk for more details.

Bisley Bowmen – Indoor sessions at Wavell School

EVENING CLASSES INDOORS AT THE WAVELL SCHOOL, Lynchford Road, Farnborough GU14 6BH
BEGINNERS AND MORE EXPERIENCED ARCHERS ARE ALL VERY WELCOME.
ALL AGES ABOVE 7 YEARS ARE WELCOME.

Nock the arrow, draw the bow, feel the tension, sight the target, release the arrow, see it fly, hear it make its mark.

COURSE INCLUDES A ***“History of Archery”*** DEMONSTRATING:

LONG BOWS, MODERN CROSSBOWS, MEDIEVAL CROSSBOW, OLYMPIC RECURVE, NATIVE AMERICAN, CHINESE, MONGOL, COMPOUNDBOWS and PISTOL CROSSBOWS.WITH WOODEN METAL AND COMPOSITE ARROWS.FLETCHED IN VARIOUS STYLES WITH MOST TYPES OF BROADHEAD.YOUR CHANCE TO HANDLE THEM ALL.WITH CHAIN MAIL TO TRY ON AND FEEL THE WEIGHT OF A BROADSWORD.

DATES OF SESSIONS: FROM FRIDAY 2nd OCTOBER 8 weeks

COURSE FEES :8 weeks for £60.00, 4 weeks for £35.00. PAID ON FIRST NIGHT. Or pay by the week for £10.00 per session.

BISLEY BOWMEN, 11 Willow Drive, Ripley. GU23 6LF. Tel/Fax:**01483 224653**.

www.bisleybowmen.co.uk info@bisleybowmen.co.uk

Wavell Campus Leisure

Wavell Leisure is a thriving part of the Wavell School and an important resource for the community. We provide a range of indoor and outdoor sports facilities as well as hosting evening classes and courses.

**WE ARE OPEN & OPERATING UNDER THE CURRENT COVID-19 GOVERNMENT GUIDELINES
HANDS – FACE - SPACE**

FACILITIES FOR HIRE

SPORTS HALL £40.10 PER HOUR - DANCE STUDIO £20.50 PER HOUR - THE WAVELL HALL £20.50 PER HOUR
COMMUNITY HALL £17.50 PER HOUR - CLASSROOM HIRE £8.50 PER HOUR – OUTDOOR NETBALL COURTS £17.50 PER HOUR

WAVELL GYM MEMBERSHIP – ONLY £10 PER MONTH

OPENING TIMES

Monday 5pm-9pm, Tuesday 5pm-10pm, Wednesday 5pm-10pm, Thursday 5pm-10pm, Friday 5pm-8pm
Saturday 9am-6pm, Sunday 9am-6pm

All school holidays from 9am

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

SUMMER HOLIDAY CAMPS AT WAVELL CAMPUS LEISURE

CM SPORTS SUMMER CAMP MONDAY 26TH JULY – FRIDAY 27TH AUGUST 2021 8AM – 4.30PM
STAGECOACH SUMMER WORKSHOP MONDAY 2ND AUGUST – FRIDAY 6TH AUGUST 2021 9.30 – 3.45PM
FAB SUMMER SCHOOL MONDAY 16TH AUGUST – THURSDAY 19TH AUGUST 2021 10AM – 3PM
CHILDRENS PARTIES & LARGE EVENTS **REMAIN SUSPENDED** DUE TO THE COVID-19 PANDEMIC

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

Saturday Zone at Parkside Aldershot

Launched in May 2021, a fantastic opportunity for young people with a Learning Disability to have fun in a secure environment! Saturday Zone enjoys an array of activities, both on and when we can off-site, we deliver activities to meet each child's needs in a social environment.

This club is for young people aged 8 –18 who want to have FUN, Socialise and Make Friends!

This club runs alternate Saturdays 10am – 3pm

@ Parkside, Guildford Road, Aldershot, GU12 4BP

Each week everyone brings a pack lunch unless otherwise stated.

For parents it ensures that the club delivers a safe and supporting environment to develop skills. Parental contribution £17.50 per session (invoiced in advance). The club runs throughout the Summer Holidays!

To find out more contact the Deputy Manager: Angie Morris Tel: 01252 313 103 or

Email: angie.morris@parksidedaldershot.co.uk

COMMUNITY SUPPORT INFORMATION

Citizens Advice Rushmoor - Recent News

Citizens Advice Rushmoor is working to improve access to our service, with improved telephone and online help. As part of our work to overcome barriers to help for Nepali speaking people, we are offering a simple and limited option for organisations to directly book a 30-minute call back from one of our Nepali language advisers. This way, while the person is with you, you will be able to give them an appointment for follow-up help there and then, using a web form you can complete in seconds. The aim is to provide partners a direct way to "signpost plus" new issues to us, using this link:

<https://outlook.office365.com/owa/calendar/CitizensAdviceAldershot@citizensadvicerrushmoor.org.uk/bookings/s/y6hzw4kP70-IYiq8Qb8p2A2>

This pilot will run for three months and if successful could be expanded to include English language, specialist and Face to Face services.

Our referral form for general or more complex cases where you have more information is also on our website – for anyone who has problems getting through to us, or needs more detailed help: see <https://citizensadvicerrushmoor.org.uk/referral/>

We also welcome feedback via our survey form, as we rebuild our services for everyone for the future – tell us what you think! [Citizens Advice Rushmoor Feedback Survey](#)

If you need help with the above, or are experiencing problems with any of our systems please contact info@citizensadvicerrushmoor.org.uk

Citizens Advice Hart

We welcomed a new Chief Officer to CA Hart in May this year – Sam Mabbott. Please see her entry on [our website](#) to learn bit more about her.

We are delighted to say that both our Fleet and Yateley offices are open again for pre-booked appointments. How we look after you when you are here has changed to ensure we remain Covid secure. For what to expect when you visit our offices for appointments please see the document on our website [visiting us during the pandemic](#)

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

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

If we can't help directly, we will normally be able to signpost you to the correct organisation.

We are beginning to welcome back our volunteers who have not been able to volunteer from home. We are excited to see them all as we open the offices in line with government guidelines. We have a lot of exciting projects in the pipeline to help our clients and community so if you are interested in volunteering for us please get in touch via our website.

The Joining Forces for Families project has had a bit of a makeover during the pandemic – it is now called the [Forces Families Project](#) to better reflect the aims of the project in working with military families. Whilst we have been closed to face to face services the team have developed a financial capability training module which we have been delivering via video conferencing to new recruits at Gibraltar Barracks. To provide this training we have been joined by Marcia who has a background in training delivery. Further development into areas more akin to families and then those whose time in the military is ending is under discussion.

We are continuing to run a remote service available via telephone and email -

www.citizensadvicehart.org.uk

Adviceline

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

Email citizensadvice@hartcab.cabnet.org.uk

Help to Claim Universal Credit advice service

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

Tel: 0800 1448 444

Hampshire Macmillan Service:

Benefits advice for people with cancer

Available Monday to Friday 9am – 4pm

Tel:0344 847 7727

Email: macmillan.cahampshire@cabnet.org

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

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

joiningforces@hartcab.cabnet.org.uk

Consumer Helpline

Tel: 0800 3161 442

National Citizens Advice resources (updated daily)

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

Coronavirus Page

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

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

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

Domestic Abuse Forum – Children and Young People Subgroup

Professionals Networking Meeting for those working with children and young people affected by domestic abuse

For more information or to be included on the distribution list, please contact Sarah Kemp, Community Safety Officer for Rushmoor: sarah.kemp@rushmoor.gov.uk or Caroline Anamoah, Community Safety Officer for Hart: Caroline.Anamoah@hart.gov.uk

Held over Teams the next meeting dates are:

Tuesday 27th July 2021, 12 pm – 1 pm

Tuesday 26th October 2021, 12 pm – 1 pm

NHS 111 Mental Health Triage Service

Are you or someone you know experiencing a crisis and need urgent mental health support?

The NHS 111 mental health triage service provides advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.

The mental health triage team has a wide range of skills, including on the phone brief psychological support and has access to key services and organisations that can offer mental health support to people in their time of need. NHS 111 has a team of mental health professionals ready and waiting to speak to you. And no matter what your concern or issue, whether it's low mood, anxiety, depression or an established mental health problem, NHS 111 is there to ensure that you get that support.

The service can also be used by GPs and other healthcare professionals, the emergency services, mental health charities, and any other organisations that come into contact with people experiencing a mental health crisis.

Public Health Consultation

Hampshire County Councils Public Health Services would like to hear your views on proposed changes

This consultation outlines proposals that could enable Hampshire County Councils Public Health Services to re-focus its ring-fenced budget and deliver savings in the following four service areas:

- **Substance Misuse treatment**
- **Stop Smoking**
- **Sexual Health**
- **0-19 Public Health Nursing, which includes health visiting and school nursing**

It also seeks to understand the potential impacts of the proposed options and invites other suggestions on how savings could be made, to help inform its final approach.

You can find out more and have your say on these proposals by visiting hants.gov.uk/public-health-consultation

You can also call **0379 779 8102**. **The consultation will close on Monday 9th August 2021.**

NHS Frimley Healthier Together website for parents and carers of children from 0-18

When children become ill it can be difficult for their parents and carers to always know the best way to care for them, particularly if they are very young and can't tell you exactly what is wrong.

The NHS Frimley Healthier Together website is here to support parents and carers to help them manage a range of common childhood illnesses themselves. The site provides information to help them recognise what might be wrong, what to do to help their children whilst at home, and where to go for more help if they do need to see a healthcare professional.

The website has been designed by local and national paediatric experts and based on trusted national guidelines to support parents and carers at a time when they often face the predicament of managing minor illness in their children. When to seek medical advice? When to try over the counter or home remedies? Do they need antibiotics?

The site gives “red flags” of worrying features that need urgent medical review. This way parents and carers can be reassured they are taking appropriate action at home and know when they need more specialist help.

By having all the information in one place and where people know the information has come from trusted health professionals and local service providers, Healthier Together can help parents feel more comfortable to make the right decisions about what to do next for their child’s care.

The website also provides:

- Website translation in over 75 languages, including English.
- The ability to SMS text message specific pages to families and friends instantly.
- A user-friendly mobile version with the same accessibility and navigation.

The website is an excellent starting place for parents and carers who are worried about the health and wellbeing of their child. The website is divided into sections for parents/carers, mental health and wellbeing, and a young people’s section. Topics covered include newborns and babies under 3 months, feeding your baby, keeping your child fit and well, should you send your child to nursery or school, young people’s mental and emotional wellbeing and Covid-19. The website also links to the Frimley Health Maternity website, which covers the stages of pregnancy, from the planning stage, through the pregnancy itself, to labour and birth and then advice to new mothers on how they can care for their babies and themselves.

For more information, visit the Healthier together website: <https://frimley-healthiertogether.nhs.uk/>

Solent NHS Trust Sexual Health Services

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

Free, Confidential, Non-Judgemental

Every Monday 11am-1pm and every Tuesday 3pm-5pm

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

Condoms and Get it on cards

Contraception Information, including how to get emergency contraception

Chlamydia and other STI testing information.

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

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

In-person Open Events - Registrations Now Open

Students who would like to find out more about their options after school can now register for Farnborough College of Technology's in-person Open Events, taking place this October and November. This is a fantastic opportunity to explore the College's dynamic facilities, meet their experienced teachers and discover the types of subjects and courses available. You can also find out more about new T Level qualifications - a technical alternative to A Levels designed with employers to give students the skills that industry needs.

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

GCSE Results Advice Sessions

The College will be hosting a number of Advice Sessions this August for school leavers receiving their GCSE results. Whether results are better than expected or come with a few surprises, their friendly teachers will be available to discuss available options and help students to find the best route for their goals. Register your place now at www.farn-ct.ac.uk/events.

Sweet Victory for Former Patisserie Student

Caitlin Kemp-Powell, a former Patisserie and Confectionery student at Farnborough College of Technology, was named the Young Pastry Chef of the Year by the Master Chefs of Great Britain. Caitlin wowed competition judges with her winning dessert – a white chocolate bavarois with lemon puree, crisp lemon sponge, and dill and pickled cucumber, served in a white chocolate shell.

For winning the competition, Caitlin received the David Lyell Scholarship trophy, a glass trophy from the Master Chefs of Great Britain, an engraved silver salver, a cash prize, and a Chefi knife case roll.

View a Virtual Gallery of Creative Wonders

Final year photography students at University Centre Farnborough, based at Farnborough College of Technology, have created an interactive platform to showcase the works they have created this year. Take a walk through a range of photographic styles, with movement and sound for an immersive gallery experience! View their virtual gallery by visiting www.ucf-ba-photography.co.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Autism Friendly Fleet – Covid-19 Recovery survey

If you are autistic and live in the Hart or Rushmoor area, please fill in our Covid-19 Recovery short survey. We want to know your views on challenges you have encountered due to Covid-19, and what you think would help you access the local community in the future.

We will feed your responses back to the Here for Hart Covid-19 recovery group. Parents or carers are welcome to take part on behalf of their autistic person.

<https://docs.google.com/.../1FAIpQLSc4Mnc0mTZcuD.../viewform>

Webpage: www.autismfriendlyfleet.co.uk Facebook.com/AutismFriendlyFleet

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

121 Adult Counselling

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

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

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

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

121 Youth Counselling

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

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

Sunshine and Showers

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

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

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

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

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

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

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

- Enable you to make positive changes

Face-to-face support: Mondays and Thursdays 6:30-10pm: Shieling House 30 Invincible Road
 Farnborough Hampshire GU14 7QU
 To find out more, phone 02380 224 224 / 07918 259 361 or email enquiries@nolimitshelp.org.uk

Park Church Community Food Larder - part of the Grub Hub network

The Food Larder at Park Church aims to provide an accessible food larder for the whole community which allows people to donate small amounts of food easily and where people who need food can access it at any time without the need for a referral or to wait for the foodbank to be open. This, like the Little Free Library outside Park Church, is a way of providing both an outlet for people to help and a way to receive that help which is non-judgemental and equitable.

The Larder is located outside Park Church on Church Lane East, Aldershot. In an easily identifiable red telephone box. It's in the church car park so easily accessible without the need for the Church to be open or the area to be "staffed".

This Food Larder is the first of what is hoped will be a network of community food larders and fridges which aim to alleviate food poverty and reduce food waste.

The food will be regularly checked to ensure it is in date and that the quality of the packaging is good. The phone box will be open 8 am to 8 pm and then locked at night to avoid potential problems with the contents of the box being misused.

We hope it will be a real help to families who need a little extra to get through the week, especially over the school holidays.



Church of the Good Shepherd – ‘No Questions Asked’ Bags

"During the Summer Holidays, the Church of the Good Shepherd will be providing ‘No Questions Asked Bags’, containing **food essential items** available for local families and individuals who turn up to collect them. **FOR FREE - no questions asked.**

When: Tuesday and Friday Mornings during the Summer Holidays (27/7, 29/7, 3/8, 6/8, 10/8, 13/8, 17/8, 20/8, 24/8, 27/8, 31/8)

10:00am – 12noon at the Church of the Good Shepherd, Sand Hill, GU14 8ER

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

Email: community@goodshepherdchurch.org.uk Phone: 07845 175 158

Hart & Rushmoor Young Carers

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

We are pleased to say that we are permitted to run young carers clubs during COVID-19 lockdowns as young carers are classed as vulnerable young people. However, given that the young carers attending our clubs are from a number of different schools, we have decided to keep the young carers in consistent bubbles of around 15 week to week to avoid unnecessary mixing. This means that we have had to split the 100 young carers registered with the project up into sub-groups and have them alternate weeks, so everyone gets to attend at least once every 3 weeks. All the necessary social distancing, hygiene and other COVID-secure measures are applied.

Unfortunately, Mayfield Community Centre in Farnborough where we usually meet up with our Junior Group is currently closed. As such, we have had to find an alternative venue for this group and have been holding weekly sessions after school on Tuesday at Crookham Street Social Club in Crookham Village. Fortunately, Yateley Town Council have agreed to us continuing to use the Youth Rooms at The Tythings in Yateley for our Senior and Young Adult Carers Groups and we've been holding weekly sessions there on Monday night.

We are continuing to offer 121 support by phone, email or in the case of young adult carers face-to-face. We are still accepting new referrals and have been undertaking Initial Needs Assessments in schools.

We are running a summer holiday activities programme, which will include club sessions for all three groups on Monday 26th and Tuesday 27th July, day trips for the Junior and Senior Groups the following week to local watersports centres and a bowling trip for the Young Adult Carers towards the end of the summer holiday.

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

And finally, please don't forget you can support Hart and Rushmoor Young Carers by becoming a Co-op member at <https://membership.coop.co.uk/causes/52961> and selecting us as your local cause. It's quick and easy to do and only costs £1. Every time you shop at the Co-op, you earn 2p back for every £1 you spend on Co-op branded products, which then goes to Hart and Rushmoor Young Carers as your chosen charity.

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

The Source Young People's Charity

The Source Young People's Charity is an inclusive local Christian charity based in Aldershot. We support and empower Young People aged 14-25 years, living in Aldershot and the neighbouring towns to transform their lives through our Personalised Programmes of 1-1 and group support. We particularly focus on building self-esteem, resilience, and emotional intelligence. We celebrate diversity, and our doors are always open to anyone regardless of faith or background.

Due to the corona virus pandemic we are now also offering our support online and over the phone.

Your Personalised Programme:

- Will include 1-1 support with a qualified Counsellor or a Volunteer Mentor
- Will be online or over the phone (whilst lockdown measures are in place)
- Will be typically for 8 weekly sessions - each weekly session will be about an hour

Outcomes we typically see Young People achieve include:

- Gaining understanding of their importance and value
- Developing hope for their future
- Building their aspirations
- Improving their decision-making skills
- Setting life goals and working towards them
- Learning tools to communicate more effectively with friends and family
- Healthier lifestyles including taking up hobbies
- Less stress and anxiety

To register your interest please call us 01252 333 330; email info@thesourceforyou.co.uk or register via the contact form on our website www.thesourceforyou.co.uk and one of our Qualified Counsellors will then contact you to see if a Personalised 1-1 Programme is right for you.

Fleet Phoenix Youth Provision – New website

Fleet Phoenix will be celebrating our 10th Birthday in September this year and as an organisation we have come a long way. We have over 1,000 young people memberships and run hundreds of clinic/club/project sessions each year plus the other services we offer.

A huge part of this is due to the continued support of our wonderful community and also the hard work and dedication of our staff and volunteers.

In recognition of this milestone, we are thrilled to share with you our new fresh logo and [website](#).

Inclusion Hampshire – July 2021

We are a specialist education provider supporting young people with mental health and additional learning needs across our two sites – Inclusion Learning Centre, our pre-16 provision in Chineham and Inclusion College our post-16 centre in Hook.

After a challenging year we are so proud of the amazing way our learners and staff have responded. Despite all the difficulties we were able to continue supporting our young people and even extended our College provision with a move to a new site in Hook (celebrated with our official launch in July.) This means we can provide more activities and facilities for our learners as well as offering additional places to help support local young people.

We have also recently launched our Inclusion News – a monthly newsletter with all the latest news and updates from all things Inclusion, as well as information on mental health issues, campaigns, training and support available in the local area. If you'd like to join our mailing list or learn more about us, then please visit www.inclusionhampshire.org.uk

Hampshire Parent Carer Network

Hart and Rushmoor Sessions

Hampshire Parent Carer Network run a range of sessions for parents and carers of children with additional needs and/or disabilities. You can find out more by signing up to our newsletter at:

<https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Get Together

A friendly session where you can share strategies and experiences with other local families. A member of Hampshire SENDIASS is at every session to answer any questions you have. Sessions currently running on zoom and next is on Thursday 16th September at 11am. For codes and to find out more, email

participation@hpcn.org.uk

Future in Mind

Do you care for a child or young person who struggles with their mental health/emotional wellbeing?

Would you like to attend a CAMHS workshop to learn more? Then join our friendly Future in Mind

session. The next date in Hart and Rushmoor is 9th September at 11am- again on zoom. For codes and to find out more, email participation@hpcn.org.uk

New - Under 5's Get Together!

If you or somebody you know has a child from birth to 5 then this group is for you. Diagnosed or undiagnosed, any area and any disability- a friendly and non judgmental environment We are hoping to have lots of useful speakers around early support but mostly want to provide an opportunity for you to feel supported during those early days.

The sessions will be online to avoid a need to travel with small children. The first session will be on **Friday 17th September at 11am**. If you have any questions in the meantime contact participation@hpcn.org.uk.

Tots Talking – Parenting Programme

Starting in September at various locations across the county, Tots Talking is an 8-week targeted program developed with parents for parents of two-year-olds who are at risk of language delay. This program supports parents who would like to find out more about how to support their child's communication development. The aim is to encourage parents to talk more to their two-year-olds so that their children will talk more, leading them to be ready to do well at nursery and school. It does this by encouraging parents to use more contingent language behaviours, such as following the child's lead, and using commentary on activities rather than asking questions and giving instructions.

Each session is an hour long and includes:

- Talk time (information and ideas focused on communication and parent child interaction)
- Craft activities creating a range of fun activities that can support children's communication at home.

A child can still attend even if they have been referred to Solent NHS Children's Therapy Service.

All Tots Talking requests are to be made via a Level 2 request form, emailed to the Tots Talking inbox -

TotsTalking.requests@hants.gov.uk – if you need a copy of the form please email

hartandrushmoor.earlyhelp@hants.gov.uk

Mustard Seed Autism Trust

Mustard Seed Autism Trust will be taking new referrals at the end of the summer/early autumn – please check our Facebook page and website for the announcement.

In the meantime, our Advice Line runs every Wednesday afternoon. Any local families can access this to receive advice, resources, recommendations and signposting. To book a call please email:

office@mustardseedautism.co.uk

We also now have a Resource Hub on our website – all resources are free to download and we will add new ones every month. <https://www.mustardseedautism.co.uk/resources>

Home-Start Hampshire

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

We are accepting new referrals, however due to high demand we are now operating a waiting list. Families will be provided with remote support during this time. Our referral form can be downloaded from our website (<https://home-starhampshire.org.uk>) Please send completed referrals to familysupport@hshants.org.uk

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

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

All families currently being supported by Home-Start in the area have been offered the chance to join the Home-Start staff for a 'play in the park' session over the school holidays.

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

info@hshants.org.uk

www.home-starhampshire.org.uk

Tel: 0330 124 095

Maple Vue Nursery – Early Years Educator vacancy

We have the following exciting job opportunity available at

Maple Vue Nursery, Belle Vue Road, Aldershot, GU12 4RZ

Early Years Educator – Various Hours available

All year round & Term time positions available

Do you have:

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

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

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

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

Blunden Road recreation ground and play area – New Playground

Work will soon begin on the new playground. Go to [Blunden Road recreation ground and play area - Rushmoor Borough Council](#) for plans of the playground design, which features top quality facilities for our young people to enjoy. The playground should be completed later this year. Blunden Road, Farnborough, GU14 8QP.

UKHarvest and Hampshire Waste Prevention - FREE Cookery Course on Zoom

In partnership with Hampshire Waste Prevention, these FREE Cookery Courses have been created to support Hampshire families with basic cookery skills and to help them to make healthier food choices even on a budget.

There is no live cooking but, we introduce a recipe each week and a cook-a-long video for them to follow in their own time. Each week we review their cooking and share experiences, food swaps, photos of their creations and what went well or changes that can be made.

Topics include: Minimising Food Waste, Planning Shopping, Healthy Eating on a Budget and Nutrition.

You can also book through our website;
[UKHarvest Cookery Course](#) JULY COURSE
[UKHarvest Cookery Course](#) SEPT COURSE

Here is a link to a referral form for support workers to use:

<https://www.ukharvest.org.uk/aw-referral-form>

Rushmoor Voluntary Services – Transport support services

Rushmoor Voluntary Services can support individuals, families and groups with transport options. Our services are constantly being reviewed to work within current Covid-guidelines.

Dial-a-ride is available for anyone within the Rushmoor district with a mobility or sensory impairment or who finds it difficult to use the bus service. A carer or supporter can accompany you.

For the parishes of Fleet and Church Crookham, if you find it difficult to use an ordinary bus service or the bus stop is too far away/no service available, then our Fleet Link service can help you, as long as you don't have access to a car.

For details of the timetables and to register for either Fleet Link or Dial-a-ride call us on 01252 398 451.

We also have a fleet of minibuses all available to book for outings for care home/sheltered housing residents, schools, lunch clubs and youth groups. As restrictions lift, regarding social distancing we hope to be busy supporting these outings. Email transport@rvs.org.uk or contact 01252 398451.

Twilight Runway Challenge 2021 Cleared For Take Off!

The popular Twilight Runway Challenge returns on **Saturday 11th September**, encouraging people of all ages to get active whilst helping to raise money for a charitable cause in the community. Participants can run, walk, cycle, scoot or skateboard along 3km, 5km or 10km of the airstrip of Blackbushe Airport, taking part for fun or raising funds for their chosen local charity.

This annual sporting event is organised by CMPP (Community Matters Partnership Project) and attracts a wide variety of participants, from people looking to get fit, beating a personal best, taking part in fancy dress or having fun with friends, family or colleagues.

Tracy Jarvis (Founder of CMPP) states "CMPP is all about community and collaboration, and our Twilight Runway Challenge embodies this. We are proud that this flagship fundraising event helps to raise vital funds for charities across Surrey and Hampshire."

The event is fortunate to have a diverse array of charity partners, including The Vine Centre in Aldershot. Mary Webb (Business Development Coordinator) from the charity reveals "It's fantastic to have something fun to look forward to that our supporters can get involved in as well as helping to raise awareness for our work in the local community."

To find out more and enter visit www.twilightchallenge.co.uk/

Farnborough Rotary Club

Immediate help

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

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

We can also offer practical help, for example recently Rotary members have been helping out in delivering food parcels on behalf of Farnborough Food Bank to families and individuals in need in Farnborough and Aldershot.

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

Vocational Group School/College Activities

Unsurprisingly many of our regular activities have continued to be incapacitated by Covid19 restrictions. Nevertheless, there have been some significant achievements. Communication channels, several of which opened up as a result of our earlier letter offering help, have been maintained and expanded with regular contact by email and telephone of schools and colleges. We have been able to respond to varying requests for help however it has been the reaction to our Young Writer and Young Artist competitions that has been the most surprising.

We had been prepared for the number of entries to drop compared to previous years due to school closures and pupils in lockdown. In reality the number of participating schools increased, and entries

trebled! Young Writers generated a fascinating and often emotional array of essays and poems many of which described feelings generated by isolation from close family and friends. Young Artists produced vibrant paintings that showed their love of nature and their concerns about the environment and endangered species. The overall quality of the entries was outstanding, and we were delighted when 10-year-old Natasha of South Farnborough School won the district heat and Lily of the 6th Form College was awarded a special commendation.

Now, as we enter the new Rotary Year and with restrictions lifting, we are looking forward to re-starting many of our regular activities and exploring new ways to extend our support. Our offer to help is continuing so if you would appreciate the chance to discuss your own ideas, issues or concerns, please contact Mary Madine vocational@farnboroughrotary.co.uk at any time.

Help Rotary!

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

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 14. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people. We are open and offering face-face scouting! To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Beavers

Beaver Scouts are the youngest members aged between 5¾ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also have the opportunity to take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

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

Cubs

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

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

Scouts

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

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

2nd Cove Sea Scouts - 60th Birthday Celebration

Sixty years ago, the Group started at Southwood and today we operate Beavers, Cubs and Scouts from our HQ at Blunden Hall.

It's great that we are still here providing a much needed service of scouting activities for all young people aged 6 – 14. Over 70 young people a week join us. The demand for scouting for young people has never been so high.

We are looking for adult volunteers to join our sections as leaders. Fancy joining the adventure and help us celebrate another 60 years?

Please get in touch, we would love to hear from you! joinus@2ndcoveseascouts.org.uk or 01252 756 310

Blackwater Valley Scouts – Volunteering opportunities

We all want young people to have the chance to dream big, give it a go, and build skills for life. But it's not just the young people who benefit from Scouts.

Volunteering is good for boosting your wellbeing, developing CV-friendly skills, making friends and building memories. Whether you want to support young people or if you're more comfortable planning an adventure from the side lines, we've got space for you.

Currently we have over 40 opportunities across Farnborough, Aldershot, Ash and Ash Vale for adults to make scouting happen from drink makers to administrators to trustees to leaders. There is a job to fit everyone and the time they have to offer.

Contact:

P:07789 490 918 or E: mike.hughes@bvscouts.org.uk

TRAINING AVAILABLE

Rushmoor Voluntary Services – First Aid at Work Training

RVS are running First Aid at Work courses with provider MCG Training <https://www.mcgtraining.co.uk/>:

Emergency First Aid Qualification: First Aider

Date: 8th September 2021

Time: 9.30 – 16.30

Venue: Council Chamber, Civic Offices, Farnborough Road, GU14 7JU

Cost: RVS members £60 per delegate, Non-members £80 per delegate

First Aid at Work 3-day course Qualification: Senior First Aider at Work

Date: 4, 6 and 8 October

Time: 9.30 – 16.30

Venue: Civic Offices, Farnborough Road, GU14 7JU

Cost: RVS members £140 per delegate, Non-members £160 per delegate

For more information or to book a space, contact Debbie VTeamAdmin@rvs.org.uk

FUNDING & GRANTS CURRENTLY AVAILABLE

Rushmoor Borough Council – Information regarding funding

Ward Grant Scheme

The Ward Grant Scheme has reopened for applications. Each ward has £3,000 to award to voluntary and community groups in their ward for one-off projects, equipment or resources that benefit the local community.

This year we've introduced some criteria which link to council priorities.

Community Grants

This is another pot of money where not-for-profit groups in Rushmoor can apply for up to £1,500 for events or equipment.

Farnborough Airport Community Environmental Fund

This fund is open to all voluntary and community groups within a 3-mile radius of the centre of Farnborough Airport to apply for funding for an environmental project (see map on website). There is currently £45,500 available for allocation.

Details of the grants, guidance and online application forms can be found at

www.rushmoor.gov.uk/grants

Rushmoor Community Lottery

We're almost at our fourth anniversary! At the beginning of July, the Lottery had raised over £133,663, with 120 good causes on board. There are 652 players who have won over 4,000 prizes – including 2x £2,000 winners and 38x £250 winners – and the Community Fund has awarded 28 grants.

The Lottery is an easy way to raise extra funds as a number of our groups have found over the last year or so, when it was one of the few ways groups could fundraise during the pandemic. Since March 2020, 19 new good causes signed up, some of which are doing well, including St Michael's Junior School who joined in September and have already raised over £1,300!

The top earning good cause is Farnborough Rugby Club which has raised over £8,000 since the launch.

For more information about getting started as a good cause, please view this video:

<https://www.rushmoorlottery.co.uk/good-causes/getting-started>

Let us help you through this challenging time and into the future, with very little effort from yourselves! Interested? Apply now: <https://www.rushmoorlottery.co.uk/good-causes/apply>

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

The next edition will be sent out in October

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