

RUSHMOOR & HART LCP SUPPORTING FAMILIES BULLETIN

DECEMBER 2025

Welcome to our 106th 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 February 2026 ahead of the Spring half-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.mcqovern@rushmoor.gov.uk

WITH ANOTHER BUSY YEAR COMING TO A CLOSE, I WISH A PEACEFUL BREAK AND A HAPPY AND HEALTHY 2026 TO EVERYONE WORKING WITH AND SUPPORTING CHILDREN, YOUNG PEOPLE AND FAMILIES IN RUSHMOOR AND HART.

THANK YOU FOR EVERYTHING THAT YOU DO!

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

[Money worries \(connecttosupporthampshire.org.uk\)](#)

National:

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

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

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory

Rushmoor Link is the place for you to discover what activities, groups and community services there are local to Rushmoor. It is a wide-ranging online directory with 21 different categories, including Children, Young People & Families, Mental Health & Wellbeing, Community Venues, Employment, Housing Support, Social & Leisure Activities and Money Matters. So, whether you are looking for support, to improve your health and wellbeing, socialise more, get active, learn something new or find a place to meet, Rushmoor Link is a good place to start.

To browse click [Rushmoor Link](#)

Here for Hart update (coordinated by Hart District Council)

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

You can access the directory by scanning the QR Code.



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

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

If you are facing homelessness or are currently homeless, please complete a housing advice form at <https://hart.homeconnections.org.uk/>; alternatively, you can email dutyhomelessness@hart.gov.uk

or call the Duty Officer on 01252 774 239. Further information can be found at www.hart.gov.uk/housing-advice

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

WHAT'S ON IN RUSHMOOR & HART

HAF Free holiday activities and meals for eligible children this winter!

Children in Reception to Year 11 receiving benefits related free school meals can enjoy fun activities and healthy meals for free this Christmas through Hampshire's Holiday Activities and Food (HAF) Programme!

Details of HAF free holiday activities for the Christmas break can be found here [Family Information and Services Hub | Holiday Activities and Food Programme](#) and in the flyers attached below.



Winter 2025 District
HAF Flyer - Hart.pdf



Winter 2025 District
HAF Flyer - Rushmoor

There will be some limited HAF schemes running in the February half-term. We will publish any details we receive details in the next Bulletin.

P4 Coaching Christmas Activity Club, Church Crookham Junior School

P4 Coaching Christmas Activity Club will be at Church Crookham Junior School, on 22nd and 23rd December. £30 per day, £57.50 for both days and an Xmas half day pick up before 12.30 for £20. Drop off 8.45-9.30 and collection 3.30-4.15

P4 Coaching Multi Sports Camp on 5th January at Church Crookham Junior School, £30 per day. Drop off 8.45-9.30 and collection 3.30-4.15.

Details are at www.p4coaching.co.uk/holiday-camps-1, info@p4coaching.co.uk and telephone number 07369 255 501.

Rushmoor Borough Council – Christmas events for families

North Town Carol Concert

Wednesday 10 December, 6.30 to 8pm, North Lane, North Town, Aldershot

Join us for a merry community sing a long in North Town on Wednesday 10 December from 6.30pm to 8pm. Everyone is welcome and all activities are free.

Families can also enjoy creating a free Christmas craft - and there's even the chance to meet Father Christmas in his grotto! Local shops will be donating refreshments to keep everyone warm and merry on the night.

The event takes place on near the Christmas tree on the corner of North Lane and Denmark Street at the new Vivid Community Base. This free community event is open to all, managed and funded by Rushmoor Borough Council and kindly sponsored by Vivid and YBC Services.

www.facebook.com/events/1631476431595764

www.rushmoor.gov.uk/eventsdiary

Carols in the Bandstand

Saturday 20 December, 5.30 to 6.30pm, Princes Gardens, Aldershot

Celebrate Christmas in harmony with the local community at Aldershot's free Carols in the Bandstand concert in Princes Gardens on Saturday 20 December from 5.30pm to 6.30pm.

Performers from local churches and community groups will be spreading Christmas cheer in a traditional evening of carols and seasonal sing-along songs. Christmas messages will be shared by representatives from local churches. There will also be free cake and hot drinks from Karuna Coffee House.

The event is coordinated by Aldershot Churches Together, with funding and support from Rushmoor Borough Council.

www.facebook.com/events/4212660029010386

www.rushmoor.gov.uk/eventsdiary

Aldershot Pools – Holiday 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/>

Christmas at Princes Mead!

Christmas at Princes Mead Shopping Centre, Farnborough

Every weekend up until Sunday 21st December, come and visit Santa's Grotto 11am – 1pm and 1.30pm – 3.30pm, it's free, no need to book, a queuing system is in place.

Also on Saturdays in the run up to Christmas we have entertainment for our shoppers.

Saturday 13th December

 Bubble Performer | 11am – 3.30pm

Be mesmerised by a magical bubble artist, stationed near the grotto, creating floating festive wonder for all ages. Plus, enjoy live performances by Helen Muggerridge, bringing nostalgic Christmas classics with a vintage twist.

Saturday 20th December

 Roller Skating Presents | 11am – 3.30pm

Watch out for two glowing, gift-wrapped roller skating presents gracefully gliding through the centre! With their oversized bows, twinkling lights, and surprise pirouettes, they're sure to delight little ones. Helen Mugeridge returns for a final day of beautiful live Christmas music.

Hampshire Libraries – Activities for children

Hampshire Libraries

Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](#) 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.

Fleet Library

Story time Every Monday (excluding bank holidays) 10.30am

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

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

Construction club Every Saturday all day

Saturday Family Fun Every Saturday 12noon –2pm

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.

Festive Crafts (£1) will be available throughout the school holiday during opening hours. Subject to availability.

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

Hot Chocolate Storytime – Friday 19th December, 3.30pm – come and join us for a bonus storytime complete with hot chocolate and a snack. Wear your cosiest pyjamas, bring a cuddly friend, and snuggle up with us for a fun session of stories before Christmas!

Craft Sessions – there will be various free and paid festive craft activities throughout the Christmas holidays – check our facebook for dates!

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.

Saturday Family Fun – 10.30-11.30 every Saturday. Varied activities for family fun – board games, stories, art & craft. Drink and snack for children. Funded by DWP Household Support Fund. Our December sessions will be festive themed.

HAF Gingerbread House Family Activity Session – Tuesday 23rd December 2pm-4pm.

Families eligible for HAF (Pupil Premium) are invited to register interest for our Gingerbread House making session. Each family will be provided with a Gingerbread House kit to make at the session.

Adults must stay. Light refreshments will be served. Register interest at aldershot.library@hants.gov.uk by 12.12.25. Places are very limited.

All 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](#)

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

**Jack and the Beanstalk
5 December - 4 January**

We work all year around to make sure that our panto is a truly magical production, with fabulous sets, stunning costumes, fantastic dancers, a great script and excellent songs and music. Our wonderful cast, well-loved panto traditions and friendly atmosphere all go into making the Princes Hall pantomime an annual Christmas treat for all the family.

BSL performances - Thursday 11th December at 7pm, Friday 12th December at 1.30pm and Friday 2nd January at 1pm

Relaxed performance - Thursday 11th December at 7pm and Saturday 3rd January at 1pm

[Jack and the Beanstalk - Princes Hall](#)

**Youth Theatre
Saturday mornings, term time**

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 13 - the only requirement is an enthusiasm for theatre!

Rachel, Tom and Sophie, the Youth Theatre Leaders are very experienced actors and teachers. They are aided by a Youth Theatre Assistant who are also present at every session. Each term has a set theme or project, and students work towards putting on a final presentation to family and friends. Group sizes are kept to a maximum of 18 students.

The Princes Hall's Youth Theatre is ideal for those who enjoy performing and want to learn more about acting. It is a great opportunity for those wishing to build their confidence in a relaxed and supportive environment.

Members are expected to show commitment to the Youth Theatre and are required to sign a code of conduct. Regular attendance is a condition of membership.

princeshall.com/misc-pages/youth-theatre/

Dinosaurs Live

Monday 16 February 2026 1:30 PM

For the first time since 1881, the home of dinosaurs, London's Natural History Museum, is going on tour!

Ever since they were first identified in the 1800s, dinosaurs have sparked the imagination of kids and adults alike and for the first time ever, the world-renowned Natural History Museum has teamed up with Mark Thompson Productions to take you on a dinosaur adventure like no other.

Age guidance: 3+

[Dinosaurs Live - Princes Hall](#)

Play In A Day

Tuesday 17 February 2026 10:00 AM

Topic: Paddington

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.

Children must be aged 7-11years to take part in this workshop.

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

Dance In A Day

Wednesday 18 February 2026 10:00 AM

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!

Children must be aged 7-11years to take part in this workshop.

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

Taylormania
Friday 20 February 2026 7:30 PM
TAYLOR SWIFT ERAS TRIBUTE CONCERT

An award-winning extravaganza that plays tribute to one of the leading contemporary recording artists of our time. Katy Ellis a self-obsessed 'Swiftie' with an incredible live band and dancers promises to deliver the most authentic recreation of a Taylor Swift show you will ever see.

[Taylormania - Princes Hall](#)

The Vine Church Hart – Activities for children and young people

The Vine Church Hart runs three regular clubs for children and young people on a Friday during term time....

They are FREE & OPEN TO ALL, Just turn up....no need to book

Kids' Club for Yr R - Yr 4

MONTHLY @Church Crookham Community Centre

Fridays 4.15-5.30pm

Dec 5, Jan 16, Feb 13

Games, songs, drama, Bible stories, small group work, competitions, prizes and crafts

Adventurers for Yr 5 & 6

FORTNIGHTLY @Church Crookham Community Centre

Fridays 5.45-7.15pm

Dec 5, Jan 9, Jan 23, Feb 6, Feb 27

Games, drama, Bible stories, videos, group discussions, quizzes, competitions, prizes and trips

FYG (Friday Youth Group) for Yr 7 - 13

WEEKLY @Church Crookham Community Centre during term time

Fridays 7.30-9.30pm

Pool, table tennis, air hockey, Nintendo switch, tuck shop, board games, table football, group games, cooking, recreational activities, group discussions, Bible teaching, chatting and trips.

For more information look at our website <https://www.thevinechurch.org.uk/children-and-youth/> or contact janis.dolding@gmail.com

Parents Action Group for special play – Spring term activities

MADD Music, Dance and Musical Theatre Club, for special needs children, young people and their siblings. Term time only.

We contract qualified, experienced tutors who are supported by enthusiastic, dedicated volunteers.

We have a new group for the Musical Theatre Club:
Under 8 years, 5.30 – 6pm, West End Centre, Aldershot
£25 per half term

We still have space in our older group for the Musical Theatre Club:

9+ years, 6 - 7 pm, West End Centre, Aldershot
£30 per half term

We have space in the younger Dance Club:
Under 8 years, 5.30 - 6 pm, West End Centre, Aldershot
£25 per half term

We also have space in our 1st session of music:
8+ years, 6.30 - 7.15 pm, Rock & Pop Foundation, Aldershot
£35 per half term

Contact info@pagforspecialplay.co.uk for more information or to register your interest.

PAG FAMILY FESTIVAL, Monday 16th February 2026
West End Centre, 10.30 - 3 p.m.

This year's theme is THE WILD WEST! Fancy dress encouraged!

Watch this space for more information www.pagforspecialplay.org.uk

Alpine Snowsports Aldershot

Alpine Snowsports Aldershot is the perfect place for unforgettable adventures on the slopes! Whether you're a beginner, seasoned pro, or a family looking for fun activities, the centre is owned by Rushmoor Borough Council and operated by Places Leisure and has everything you need for an action-packed day.

School Holidays

- All day Holiday Ski and Snowboard Camps from beginner to advance £55 per day, discounted multi day passes available
- Daily Donut sessions from £11 per person, Discounted Family passes available.
- Recreational Practice

General Sessions

- Weekly Junior Ski Club
- Weekly Ski Tips sessions for juniors and adults
- Ski and Tea sessions every Monday and Wednesday during term time
- Group or Private tuition for all levels
- Special discounts for schools and youth groups for lessons and donutting ideal for end of term celebrations
- Donutting, perfect for Parties

For more information visit <https://www.placesleisure.org/centres/alpine-snowsports-aldershot/>

Adventure awaits at Runway's End Outdoor Centre

Forge Lane, Aldershot, GU112RE

Community Campfire Skills

2 hours | Every other Wednesday Jan- April | Adults (18+) | £18 PAYG | £108 full bundle
Make real progress in your bushcraft skills whilst spending time with like-minded nature lovers around our cosy campfire.

Over the course of 8 evening sessions would NCFE qualified tutors will develop your skills in: Foraging and Identification, Fire lighting, Outdoor Cooking, Knife skills, Axe and saw work, Wood processing, Knots and cordage, Carving and whittling.

Also makes a fantastic Christmas gift for the outdoorsy person in your life!

Half Day Adventures

2 hr 30 min | Ages 6+ | £22
Looking to entertain the family with some adventure? Look no further than our half day adventures.

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

Book Your Half Term Staycation

Spend your time in the tranquil woodland beside the Basingstoke Canal in a pod or kitted out yurt.

Yurt – from £120 per night (sleeps 6)

Pod – from £65 per night (sleeps 4)

To book or find out more please email rwe@hants.gov.uk, call 01252 344421, or find details available on our website: <https://www.hants.gov.uk/thingstodo/runwaysend>

Aldershot Cricket Club – Free softball cricket taster sessions for Women and Girls

Sunday 11th and Sunday 18th January, 16:30 - 18:00, All Hallows School Sports Hall

All are welcome! No need to sign up to become a member, just come along for a fun introduction to cricket. Email Samantha Levey scoombi@hotmail.co.uk to register.

Wavell Campus Leisure

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

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

CM SPORTS OCTOBER CHRISTMAS HOLIDAY CLUB

MONDAY 22ND & TUESDAY 23RD DECEMBER 2025 – FRIDAY 2ND JANUARY 2026

FROM 8AM – 4.30PM DAILY

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

CAMPUS OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

CAMPUS LEISURE WILL CLOSE FOR CHIRSTMAS FROM THE 21ST DEC & REOPEN ON THE 2ND JAN

FACILITIES TO HIRE & HOURLY RATE

SPORTS HALL £38.50 PER HOUR

DANCE STUDIO £24 PER HOUR

THE WAVELL HALL £24 PER HOUR

COMMUNITY HALL £21 PER HOUR

CLASSROOMS £12 PER HOUR

OUTDOOR NETBALL COURTS £202 PER HOUR

CLUBS & CLASSES

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

New to Campus Leisure

GT KARATE – Tues/Thurs 7-8pm & Fri 6-7pm

SMOKE FREE HAMPSHIRE – Weds 5-7.30pm

BSL TRAINING Tue/Thu 7-9pm

CHILDRENS PARTIES (*All subject to availability)

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 9AM-6PM ON A SATURDAY* - £30 PER HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* - £40 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SATURDAY* - £50 PER HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY* - £50 PER HOUR

For further information or enquires regarding hire of our facilities:

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

Check out our website at www.wavellschoolorg.uk/leisure/homepage

Or call Wavell Campus Leisure on 01252 317 603

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 or Chief Instructor Bill Cross on 07958 630 048.

COMMUNITY SUPPORT INFORMATION

Rushmoor and Hart Foodbanks and Larders and Energy Support

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

[Food and food banks - Rushmoor Borough Council](#)

[Help with food | Hart District Council](#)

Community Grub Hub CIC

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

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

We are open: every Tuesday 10am to 4pm. **Please note the CGH will be open as usual on Tuesday 23rd December, but will be closed on Tuesday 30th December.**

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

The Community Cupboard at the Vine Centre, Aldershot

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

Food sharing to reduce food waste and tackle food poverty in our community. Our cupboard is part of the Hampshire County Council Pantry scheme and food is offered for a small charge of £5 to supplement a person's weekly shop.

Please get in touch if you need help – 01252 400 196 or info@thevinecentre.org.uk

Opening hours: Monday, Wednesday and Thursday 10-2

There is no need for a referral, just come along. If it is your first visit, please allow a little extra time to register with us.

www.thevinecentre.org.uk

info@thevinecentre.org.uk

Mental Health Support at The Vine Centre

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

Switched On: Energy Support

Understanding energy and your bills can be confusing, but we are here to help make it a bit easier. Get advice and guidance all 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. 01252 400196

Give the Gift of Good Food This Christmas

Looking for a present that's thoughtful, practical, and spreading the joy of cooking? Our **Less Waste, More Taste Cookbook** is here! Please order online: <https://www.thevinecentre.org.uk/cook-book-vine-centre>





- Packed with creative recipes that reduce food waste
- Teaching new ways to use everyday ingredients

We created a cook book with support from [Smart Living - Hampshire](#) which focuses on reducing food waste and teaching people different ways to use ingredients. The book features hints and tips on ways to save money and make the most of your ingredients at home!

All profits from the book sales will go back to our community cupboard and cookery sessions.

Vinemas Christmas Appeal

As the festive season approaches, we're reaching out to our community with a gentle ask. If you're able to help, we're collecting:

-  Cinema vouchers for families and teens
-  Toys to bring a smile
-  Chocolate treats for a bit of indulgence
-  Games for local families to enjoy together

Any monetary donations towards our overheads would also be greatly appreciated.

Your kindness helps make Christmas brighter for local families – thank you for considering lending a hand.

Our Upcoming Events

Thursday 11th December – Community Meals Christmas Special! (Over 18's)

It's our festive feast! Expect delicious food, holiday cheer, and a few surprises 🎅 ✨

🕒 12:30–2:00pm | 🎁 £1 for lunch and a drink.

Bring your appetite and your festive Christmas jumper!

SWITCHED ON @ THE CULTURE CAFÉ (OVER 18'S)

Tues 16th Dec – Christmas Quiz & Gift Giving

A festive end-of-year celebration with games, and gifts. We'll be there with bells on!

SILVERS SOCIAL CLUB (OVER 55'S)


Thursday 11th Dec – Christmas Quiz & Bingo

Prizes, laughs, and a bit of friendly competition. Eyes down, it's time to play!

 **Thursday 18th Dec – Christmas Party!**

Music, food, and festive fun to celebrate the season together. 🎵 🎁

Christmas Opening

 ✨ Our last day of opening before the festive period will be Tuesday 23rd December. We close on Christmas Eve, and we will look forward to seeing you when we open again on Monday 5th January.

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

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

Phone: 07845 175 158

Email: community@goodshepherdchurch.org.uk

Farnborough Foodbank

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

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

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

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 must be referred by an agency such as a Housing Association, Citizens Advice, Job Centre, local schools, GP Surgeries, or Social Prescribers etc.

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
- Many local churches also have donation points, please check our website for more information.
-

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.

This includes a selection of fresh fruit and veg, frozen and chilled items as well as store cupboard items, to help with the creation of several meals through the week for your household

Static Pantry Fleet – Monday 12:30pm-3:00pm and Thursday 11:00am-12:30pm located in the car park at Fleet Baptist Church 115 Clarence Road, GU51 3RS

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

Anyone who lives in Hart District and needs some additional support can join the Hart Community Pantry and Mobile Pantry

Website: www.hartfoodbank.org.uk

Email: projectsmanager@hartfoodbank.org.uk or pantry@hartfoodbank.org.uk

Telephone: 07926 806256

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

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

Stop Domestic Abuse

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

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

Our Advice Line is open Monday – Thursday 9.30am-5.30pm and Friday 9.30am-5pm. The number is 0330 0533 630 and email address is advice@stopdomesticabuse.uk Our Advice Line team are domestic abuse specialists, offering advice, support, safety planning and signposting.

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

Citizens Advice Rushmoor

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

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

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

- Giving you the information you need to solve your problem yourself
- Helping you to explore options to find the best way forward for you
- Arranging for you to have an appointment for more detailed help
- Referring you to a different organisation who could assist you better than we can
- Directing you to our Adviceline (see below) for a telephone appointment

Our Drop-in Service is open 5 days a week.

It alternates between Farnborough and Aldershot as detailed below:

- Aldershot – Tuesday and Thursday 9.30am to 12.30pm
- Farnborough – Monday, Wednesday and Friday – 9.30am to 12.30pm

Different ways of reaching us:

- **Freephone Adviceline - 0808 2787 912**
- **Online and webchat via citizensadvice.org.uk**
- **Help to Claim Universal Credit - 0800 1448 444**
- **Consumer Helpline - 0808 223 1133**
- **Nepali Language Adviceline - 01252 894 280 / ०१२५२८९४२८०**

Nepali Drop-in

We run a Nepali drop-in service in Aldershot Citizens Advice every Friday from 9.30am to 12.30pm. If you know someone whose first language is Nepali and who needs advice, please direct them to the drop-in.

Community Grub Hub - every Tuesday from 10am to 12:30pm

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 Geraint, who will be happy to help.

Energy advice

If you are supporting someone who is struggling to keep up with their gas and electricity costs, we can advise them on:

- Using energy and water more efficiently to save money
- Claiming extra benefits
- Claiming discounts and grants to help them pay for energy, like the Warm Home Discount, the Winter Fuel Payment and the £294 Household Support Fund grant
- Dealing with debt
- Claiming extra support through the Priority Services Register
- Carbon monoxide safety, alarms and locking cooker valves
- Switching suppliers and finding cheaper tariffs
- Smart meters
- Funding to improve the home's energy efficiency

If they would like to book an appointment, please direct them to our office drop-in sessions, our office number or our weekly drop-in at the Community Grub Hub (all details above). Alternatively, if you would like to arrange an energy advice group workshop or presentation for those you are supporting, please email us via switchedon@carushmoor.org.uk

Skills for Life

Skills for Life with Citizens Advice Rushmoor is a programme designed to help people develop the knowledge, skills, and confidence they need to navigate everyday challenges and make the most of their resources. Delivered through a mix of interactive workshops, community outreach, and one-to-one sessions, the programme covers a wide range of topics that matter to people's daily lives.

Participants learn how to recognise and avoid scams, make their homes safer, manage their money effectively, and use energy efficiently. Whether it's understanding credit options, budgeting for the first time, knowing how to shop around for better deals, or spotting unsafe products, Skills for Life offers practical, real-world guidance.

By focusing on skills development and awareness-raising, the programme enables people to take informed actions that improve financial security, wellbeing, and resilience.

If you would like to find out more, or to arrange a session for people you are supporting, please email us via skillsforlife@carushmoor.org.uk.

Volunteer with Citizens Advice Rushmoor

Mediation service

Citizens Advice Rushmoor is recruiting volunteers to join our new Mediation service.

Volunteer mediators will support residents to resolve everyday conflicts, including neighbour disputes, family tensions and communication breakdowns. Full training and ongoing supervision are provided, and no prior mediation experience is required. If you are a good listener and want to support their local community, please get in touch via volunteering@citizensadvicrushmoor.org.uk to express your interest.

Volunteer Introduction Session

We will be holding our next Volunteer Introduction Session on Wednesday 14th January at 1:30 to 4:00 – at this session you can find out more about what we do, have a chance to see how you can use publicly available resources to help others and chat with our supervisor team to see if volunteering with us might be for you.

If you'd like to attend call 01252 339576 or email us at volunteer@citizensadvicrushmoor.org.uk to save a place or for more information.

You can also find out more about volunteering with us from our webpage: <https://citizensadvicrushmoor.org.uk/volunteering/>

Citizens Advice Hart

Cost of living and Household Support vouchers

At Citizens Advice Hart, we understand that rising living costs are placing increasing pressure on households across our community. If you're struggling with essentials such as food, energy bills, or other basic costs, you may be eligible for support through the Household Support Fund.

The Household Support Fund provides vouchers to help residents cover essential expenses, helping to ease financial stress during difficult times.

Citizens Advice Hart can:

- Discuss your situation confidentially and provide guidance tailored to your needs
- Check your eligibility for Household Support Fund vouchers
- Refer you directly to the scheme if you qualify
- Offer practical advice on managing bills, budgeting, and accessing other forms of local support

Our team is here to help people understand their options and access the support available. To find out more please visit, www.citizensadvicehart.org.uk or call 01252 878435 Monday – Thursday 9.30-3.30.

Book a place on the next Advice First Aid training session

This free face to face training will give individuals and groups the skills to triage for advice, deliver initial guidance and refer to Citizens Advice when needed.

You'll learn how to navigate effectively through the information on the Citizens Advice website to support people who cannot do so for themselves. You'll also learn how to recognise situations where more than advice first aid is needed and how to contact our service when needed.

New dates for our training courses:

Wednesday 28th January 2026 9:30-12:30

Wednesday 18th March 2026 9:30-12:30

Places are limited so book now via email: afa@citizensadvicehart.org.uk

Our AFA training is funded by National Lottery.

Financial Resilience Service from Citizens Advice Hart

Our new Financial Resilience community advice service is designed to empower residents with the knowledge and skills they need to navigate financial challenges with confidence.

Our dedicated Community Team is delivering tailored information and skills sessions directly to community groups across Hart. These sessions are practical, engaging, and designed to reflect the unique needs of each group we work with. We can adapt our sessions to suit different audiences, ensuring the advice and support we provide is both useful and impactful. Our goal is simple: to help build stronger, more financially resilient communities.

If you're part of a community group and would like to learn more or book a session, [please get in touch](#), we'd love to work with you.

HIVE – Supporting the Service community

On behalf of the Chain of Command, Army HIVE delivers information support for the whole military community on a wide variety of topics affecting your everyday Service and personal life, including relocation, accommodation, health and wellbeing, childcare and education, employment, finance, deployment, resettlement, and the local area.

The service is free and available wherever you are in the world. HIVE staff can research information on your behalf and are also able to provide confidential signposting to further sources of support. If you're considering overseas postings or already at post, the iHIVE (International HIVE) also provides location-specific guides and information.

If you're a Service Personnel, a partner or wider family member, veteran or MOD civilian, HIVE support is available face-to-face through a worldwide network of Information Centres and also online.

South East HIVE Hub

Aldershot Garrison Community Hub, 1-3 Alanbrooke Road, GU11 2NX

Tel: 01252 355 110

Email: RC-Pers-HIVE-SEHub-0Mailbox@mod.gov.uk

www.twitter.com/ArmyHIVEinfo

www.facebook.com/ArmyHIVE

www.instagram.com/ArmyHIVEinfo

www.ArmyHIVEinfo.blogspot.com

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

Hampshire Healthy Steps

Don't put your goals on pause until the new year! Hampshire Healthy Steps supports families with children aged 2-12 to set and achieve their own goals related to food, physical activity, sleep, oral health, and community connection. For example, cooking and eating together once a week, or making time for active play.

Friendly and non-judgmental Family Coaches get to know each family, and support them step-by-step to identify strengths, overcome challenges, and make healthy changes. Help is available online and in-person, in a group and one-to-one.

If you would like to refer a family or run a Hampshire Healthy Steps programme in your setting, go to: <https://www.hampshirehealthysteps.org.uk/>

Solihull Approach online support for parents

The Solihull Approach online courses for parents and professionals have now rebranded to "Togetherness". These pathways aim to equip people with lifelong skills that build emotional resilience and wellbeing. Helping to foster relationships and connections that transform how we communicate and interact with others.

The learning pathways support from pregnancy through to the teenage years helping parents learn about child development and build confidence in parenting. To access please visit www.togetherness.co.uk and log in with the access code FAMILY.

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

Resources for children and young people include:

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

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

[kooth.com](#) is the free safe, digital mental wellbeing support service for ages 11- 25 in Hampshire. With nearly 40% of Kooth users reporting stress & anxiety, 24% reporting suicidal ideation, and just under 20% reporting self-harm in Hampshire it’s so important that we work together to raise awareness of the mental health support available in Rushmoor. Young people can find additional FREE support via registering at [kooth.com](#)

[Hampshire Youth Access](#) Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton. We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person’s emotional wellbeing. To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

[Sasha's Project](#) is a not-for-profit organisation 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 8pm-6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

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

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

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

For more information visit www.facebook.com/sashasproject

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

Hampshire CAMHS

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

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

No Limits' Safe Haven offers out-of-hours open-access and one-to-one mental health crisis support for young people aged 10-17 in North East Hampshire & Farnham (including Aldershot, Farnborough, Fleet and Yateley).

Open-access support will take place on a Monday, where you can talk to a youth worker without needing to refer or let us know you're coming. There will also be one-to-ones on Mondays, as well as Thursdays, for you to talk to a youth worker in private.

Monday

- Open-access support: 8:00 - 9:00pm
- One-to-ones: 6:30 - 8:00pm

Thursday

- One-to-ones: 7:15 - 8:45pm

To book a one-to-one

- Refer at nolimitshelp.org.uk/get-support
- Email safehaven@nolimitshelp.org.uk
- Call 07918 259 361

Location

Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH

Find out more: <https://nolimitshelp.org.uk/mental-health-and-wellbeing/safe-havens/>

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

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

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

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

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

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

Rushmoor & Hart Community Public Health 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>

Podcasts (Exam Stress, Summer Safety, Starting year 7 and Peer Pressure):

https://youtube.com/playlist?list=PLTi4UC1v5J_ndqCNVTRsS3-61B8voOCw1&si=ol1rK4d7P45HPU9M

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 HIOWH.publichealthnursinggrandh@nhs.net

Public Health 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 public health nursing team is available from the Hampshire Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services

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

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](#)

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) if you have any questions/queries.

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 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

Mustard Seed Autism Trust – Free resources

Mustard Seed Autism Trust has a hub of free resources on their website, including symbols for communication boards, daily routines and schedules, helpful tips from our occupational therapists, and well-being activities for young people.

All are free to download, print and use:

<https://mustardseedautism.co.uk/resources/>

If you have any specific resource needs please get in touch, we will be happy to help:

info@mustardseedautism.co.uk

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 allow us to be flexible with whatever is troubling them.

To contact us you can visit our website at www.fortify-services.com or by emailing at info@fortify-services.com

We are continuing to provide counselling, mentoring and behavioral support to secondary schools in Hart and Rushmoor. Our plumbing provision has been a hit in several schools. If you wish for more information, please don't hesitate to contact us.

TalkPlus

TalkPlus is a local NHS Talking Therapies service. We offer free talking therapy for people aged 16 and over who are registered with an NHS GP in Northeast Hampshire and Farnham. We help with a wide range of treatments for stress, low mood, Depression, anxiety and insomnia.

You can be seen for short-term Counselling, Cognitive Behavioural Therapy (CBT), and Well-being support. As well as offering employment support, our experienced team 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

TalkPlus has the following courses available. Please share this information with your patients, colleagues, and friends.

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 Monday 5th January 2026 at 09:30

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: Wednesday 14th January 2026 at 12:00

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

www.talkplus.org.uk

Or follow our social media for updates:

Facebook.com/talkplusiapt

Instagram/talkplus_nhs

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 facing challenging situations without the skills to cope?
- Are they disengaged or lacking motivation?
- Do they present challenging behaviours?
- Are they at risk of more severe mental health problems?
- Do you want 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 ability to cope.

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

New Guidance on THC Vapes, Ketamine and Nitazenes – Stacey Miller Consultancy

I want to highlight three worrying trends we’re currently seeing in the drug market which is the rise of nitazenes (a synthetic opioid stronger than fentanyl), contaminated THC vapes, and increased

harm linked to ketamine. I'm available to support your organisation with training for staff teams, talks for young people, or sessions for parents and carers. I am always on hand for advice!

Why are these issues important?

*Nitazenes which are powerful synthetic opioids have been detected in a range of other drugs, including counterfeit painkillers and powders, significantly increasing the risk of overdose and death.

*Ketamine has also been highlighted as a concern due to the rise in bladder and urinary tract damage linked to frequent or heavy use, as well as growing reports of dependence and contamination.

*There's also increasing evidence that products sold as "THC vapes" may not contain THC at all, but synthetic cannabinoids (like spice) or other harmful chemicals, some of which can cause unpredictable and dangerous effects. In fact, recent research states 1 in 6 vapes have synthetic cannabinoids AKA spice in them!

Recent alerts from the Office for Health Improvement and Disparities (OHID) and the Department of Health and Social Care (DHSC) have highlighted growing risks in the current drug market. Their new campaign, launched in October 2025 in partnership with Talk To Frank, warns young people about the dangers of ketamine use (including long-term bladder damage), counterfeit medicines, and THC vapes that may actually contain synthetic cannabinoids or nitazenes rather than cannabis. For more info, click:

<https://www.gov.uk/government/news/young-people-given-stark-warning-on-deadly-risks-of-taking-drugs>

You can search online for the OHID factsheets on THC vapes and ketamine and BBC IPlayer has some interesting documentaries on ketamine and THC vapes on their Drug Maps of Britain page.

Lastly, I've also recently updated my drug education postcards, which now include vapes, ketamine, and nicotine pouches (AKA snus) — another growing trend to be aware of. They're just 25p each. If you'd like to stock up or see the new designs, just drop me a message and I'll send over the details.

If you'd like any advice, resources, or a bespoke session for your team, young people, or parents, just shout. I'm always happy to help!

For more information, advice or guidance, contact Stacey Miller on 0770 367 0654 or info@staceymillerconsultancy.co.uk

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.

Be Active Hampshire – new physical activity service for adults

Be Active Hampshire is a new free evidence-based physical activity support service commissioned by Hampshire County Council and delivered by Thrive Tribe.

The service offers free 12-week physical activity interventions, aimed at supporting adults (18 plus), in Rushmoor, who are currently inactive (engaging in less than 30 minutes of physical activity per week). The programme focuses on helping people make lasting changes to their lifestyle.

Participants can self-refer and will receive one to one support. More details can be found at [Be Active Hampshire - Move your way to better health](#)

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Frank Rust Memorial Schools Garden Grant – Opening January 2026

The Frank Rust Memorial Schools Garden Grant will open for applications in January 2026. This funding opportunity supports Rushmoor schools to create or enhance garden spaces that help pupils learn outdoors, connect with nature, and grow their own produce.

Applications open: Thursday 1 January 2026

Deadline: Friday 6 February 2026

Projects may include:

- Creating new raised beds or planters
- Reviving existing garden or growing areas
- Growing fruit, vegetables or herbs for learning and cooking
- Developing sensory or wildlife-friendly spaces

The scheme is delivered by **Rushmoor Voluntary Services** in memory of Councillor Frank Rust, former Trustee, Mayor-elect, and a passionate advocate for community and environmental education.

Schools are encouraged to share this opportunity with staff interested in outdoor learning or gardening projects.

Further details can be found here:

<https://www.rvs.org.uk/frank-rust-grant/>

Work experience programme for aspiring game developers

Farnborough based company nDreams have launched a virtual work experience programme designed to give aspiring game developers the chance to explore what it's really like to work in a professional VR game studio.

This free, on-demand programme offers three different pathways: Art, Programming, and Design. You can try them all or focus on your favourite area to develop your skills and interests further.

It's open to everyone, but it's designed for anyone new to game development or just starting to explore this exciting field, giving you the foundational knowledge to take your first steps.

Part of the nDreams Academy, the programme includes:

- **Interactive challenges** to test your creativity and problem-solving skills
- **Expert insights** from the team behind our award-winning VR games
- **Tips and guidance** to help you start your journey into game development
- **A certificate of completion** to celebrate your achievement

It's your launch point into the world of game development and it's free, flexible, and fun!

<https://www.u-explore.com/page/ndreams-vwex>

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

Teachers, the delivery date is up to you, but if you're planning 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!

Stay Safe, Stay Informed: Community Safety Team Returns to Hart Schools

Hart District Council's **Community Safety Team** is excited to announce the return of the **Stay Safe** programme for the new academic year, in partnership with local secondary schools across Hart. Last year, the initiative reached **over 1,479 students**, delivering powerful sessions on key topics such as **anti-social behaviour, knife crime, healthy relationships**, and a standout **interactive drama performance** by Challenge Academy. The feedback was overwhelmingly positive, with students praising the sessions for being **informative, engaging, and empowering**.

Students shared how the discussions around **domestic abuse, mental health, and personal safety** helped them feel more confident and aware of the support available. Hearing directly from experts made a lasting impact, sparking meaningful conversations and reflection.

But it wasn't just the students who benefited, **parent sessions** held alongside the programme were a resounding success. With strong attendance and active participation, parents gained valuable insights into recognising signs of **Child Criminal Exploitation (CCE)** and **drug use** and learned practical ways to support their children. The interactive format encouraged open dialogue, making these sessions a vital extension of the student experience.

We have just completed our first session of this academic year at **Yateley School**, reaching **219 Year 8 Students**. We have received some excellent feedback:

"My daughter told me all about the day. Although she found the knife crime topic difficult, I know it was valuable. We found the parent session incredibly interesting and useful – we'd definitely recommend it to others."

This is just the beginning. We'll be visiting more schools across the district, continuing to deliver these essential messages and empower young people to make safe, informed choices.

Want to learn more or get involved?

Contact your child's secondary school or reach out to the Community Safety Team at:

communitysafety@hart.gov.uk

Together, we're making Hart a safer, more informed community.

Inclusion Education update

Inclusion Education is a specialist education charity supporting young people with mental health, additional learning needs and the co-occurrence with neurodivergence via our range of settings and services.

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

Inclusion School Basingstoke supports 11-16 years old in a supportive, nurturing environment which puts well-being at the heart of education.

For older students **Inclusion College**, based in Hook helps young people up to 25 looking for their next steps, combining an education pathway based on their needs with life and employability skills and learning.

Inclusion EB8 is a supportive employability hub offering the next steps into the work place for young people over 16 with mental health conditions, neurodivergence or additional learning needs. The site offers employability skills, supported work experience placements and in-house work experience all designed to help young people get work ready and find employment. EB8 will also offer the support and expertise of job coaches and mental health support workers to encourage engagement and help prepare for the journey into work.

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

Led by qualified mental health support workers, the 6-week project offers different age groups 2-hour sessions per week. People can self-refer onto the programme and it is free to access. Please email projectiris@inclusioneducation.org.uk for a referral form or further information.

In 2026 we will also be developing a new school setting – Inclusion School Aldershot. As with our other Inclusion School setting, this school will support young people from 11 -16 experiencing mental health and additional learning needs. The school will offer our Inclusion Way approach of child centred, trauma-informed education for 11-16 year olds in this new location. Once we are opened, referrals for this new school will need to come from Hampshire County Council/ Local Authority SEN officers. As with our other school and college – young people will need to have an EHCP. However, if you would like to express an interest then please contact us via our website.

For more information on all of our services and settings then please visit our website at www.inclusioneducation.org.uk

Hampshire Safeguarding Children Partnership – Elective home education Guide

Hampshire Safeguarding Children Partnership are pleased to announce that a new Practitioner Guide on the role of the [Elective Home Education Team](#) is now available on the HSCP website.

Elective home education is defined by the Department for Education as a choice by parents to provide education for their children at home or in some other way they desire, instead of sending them to school. Agencies have a duty to safeguard children, whether they are being educated within a school setting or are being electively home educated. There are many reasons why parents decide to home educate their children, and this can work well for many children. However, some children who are home educated will require the support of safeguarding agencies to safeguard and promote their welfare.

This new resource is designed to support professionals in safeguarding children who are electively home educated.

Farnborough Colleges Open events in February

ADULT AND HIGHER EDUCATION OPEN EVENTS

UNIVERSITY CENTRE FARNBOROUGH - THE HOME OF ACCELERATED DEGREES

WEDNESDAY 11 FEBRUARY 2026, 4 – 7:30PM

Sycamore Road, Farnborough, GU14 7AA

REGISTER ONLINE | UCFARNBOROUGH.AC.UK

SCHOOL LEAVER OPEN EVENTS

FARNBOROUGH COLLEGE OF TECHNOLOGY - YEARS 10 & 11 OPEN EVENTS

WEDNESDAY 11 FEBRUARY 2026, 4 – 7:30PM

Sycamore Road, Farnborough, GU14 7AA

REGISTER ONLINE | FARN-CT.AC.UK

ALDERSHOT CONSTRUCTION COLLEGE

YEARS 10 & 11 OPEN EVENTS

THURSDAY 12 FEBRUARY 2026, 4 – 6:30PM

Unit 2, Holder Road, Aldershot, GU12 4PQ

REGISTER ONLINE | FARN-CT.AC.UK

Recruitment & Retention in the Education and Childcare Sector

Hampshire County Council is proud to support the education and childcare sector through its **Building Brighter Futures Webinar Series**. These are designed to address recruitment and retention challenges by connecting employers with practical, funded solutions to grow and sustain their workforce. We offer impartial information, advice and guidance to help local employers navigate the evolving skills landscape.

Tailored for schools, nurseries, childminders, and other sector employers.

Building Brighter Futures: Tackling Childcare Recruitment & Retention Through Upskilling & Industry Exposure in Hampshire

Sign up form - <https://forms.office.com/e/GXE3LY7ybi>

Trailer - [Trailer Building Brighter Futures: Tackling Childcare Recruitment & Retention Through Upskilling & Industry Exposure in Hampshire on Vimeo](#)

Wednesday 21st January 2026 - 14:00 - 15:00 - Virtual on MS Teams.

Tuesday 10th March 2026 - 17:00 - 18:00 - Virtual on MS Teams.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Youth Club at The West End Centre, Aldershot!

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

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

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

The Source Young People's Charity – Winter Programme

Supporting local young people with their wellbeing through 1-1 counselling, physical activity and wellbeing workshops. **The Source will be moving in the New Year. Details to be confirmed as soon as possible. Please continue to use the contact details below for programme information.**

Christmas holiday sessions:

Dates: December 2025 Age: 11 – 17 yrs

- Christmas Pantomime
- Christmas Grotto

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

Fundraising Events

- The Re-Source Project
- The Source – Quiz Nights

**Volunteers (18+ yrs) needed for workshops and fundraising events. Please use the contact information below to get involved.*

For further information:

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

Visit our website at www.thesourceforyou.co.uk and **click** on the Workshop flyers.

Counselling & Other programmes

On-going weekly sessions include:

- 1 to 1 Counselling / Therapy
 - For further information **Contact Rachel** at nolimits@thesourceforyou.co.uk
- Practical Mentoring programme
 - Bike Maintenance (at Bikestart).

Contact Yasmin at Yasmin.cunningham@thesourceforyou.co.uk

General contact details

Office phone number 01252 333330

Website: www.thesourceforyou.co.uk

Vision 4 Youth – Youth Services

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

School Holiday Youth Club for ages 11-16 – free places available

Free places for those who qualify for Free School Meals, this youth club is a “HAF” project (Holiday Activities & Food). The club will be open for three days in the holidays, 22nd, 23rd and 29th December, 12-5pm. Each day includes a full hot meal as well as snacks, crafts, baking and free play of the youth club facilities. We have special visitors coming in to run sessions across the days, including Frogmore Dance School, a boxing session from G77 Fitness and a Minecraft coding workshop! If you don't qualify for a free place then the cost is £15 per day including all food. Booking essential – please visit our website to reserve your place asap <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 to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to – just come along for a chat and see how it goes.

Term Time Youth Clubs:

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

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

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

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

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

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

Blackwater Youth Club - Wednesdays 7-9pm at St Barnabas Church, Darby Green, GU17 0BT

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, 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.

Breakout Youth – LGBTQ+ Youth Support Service

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

Training Sessions:

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 us at** breakout.training@breakoutyouth.org.uk

Support for Schools:

We can offer a range of support to schools including (but not limited to!) delivering LGBTQ+ awareness assemblies, support with LGBTQ+ student groups, staff training, and LGBTQ+ peer ambassador schemes.

If you are interested in finding out more about how we could work together, please contact Doe Charles at doe.charles@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

Hart & Rushmoor Young Carers is a service delivered by Hart Voluntary Action (HVA), offering emotional support and respite to young people aged 7-25 living in Hart and Rushmoor who care, unpaid, for a family member with a long-term or terminal illness, disability, mental health condition or addiction.

We provide fortnightly, 2-hour evening club sessions during term-time at Mayfield Community Centre in Farnborough, alongside trips, residentials, school holiday activities and targeted programmes such as Cook & Eat and Swimming. Older members can access 1:1 support, the Duke of Edinburgh's Award and Young Leader opportunities. Community transport is available, attendance is free, and there is no charge for any 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 School Years 11+*).

Across all our work, the priority is ensuring that young carers have fun, socialise with others in similar situations, and take a much-needed break from caring. We offer a range of enjoyable, educational and challenging activities that build confidence, develop new skills and help young carers manage the issues affecting their lives.

Young carers play a central role in shaping our service. We gather feedback through individual conversations and our Young Carers Board, which meets monthly to influence decision making and future planning. Some young carers also volunteer with us, providing peer support and leadership.

Christmas Wellbeing & Respite Programme

Thanks to the generous support of our funders and partners, our Young Carers Christmas Wellbeing & Respite Programme will run over a three-week period from 1st to 20th December, providing young carers with a rich programme of celebration, activities and time away from caring responsibilities.

The programme will include five age-specific Christmas parties for young carers aged 7-25, held at Mayfield Community Centre, Farnborough during the weeks of 1st and 8th December. Each party will offer a warm, festive environment with food chosen by the young carers themselves, ranging from a traditional Christmas meal to pizza or a party buffet.

In addition to the parties, the young carers will enjoy a series of physical activity trips to provide energising respite. Junior members aged 7-11 will attend a one-hour indoor climbing session at Clip 'n Climb, Camberley on Tuesday 16th December. Senior and young adult carers aged 11-18 will take part in a one-hour trampolining session at Jump In Trampoline Park, Camberley on Wednesday 17th December, followed by pizza. Young adult carers aged 15-18 will then enjoy two games of bowling with a meal and soft drink at Superbowl UK, Aldershot on Thursday 18th December.

The programme will conclude with a whole-group festive theatre outing for young carers aged 7-18 to see the matinee performance of Aladdin at The Anvil Theatre on Saturday 20th December, including interval ice creams. To ensure accessibility for all, transport will be provided for every event through Yelabus minibus hire and the support of volunteer drivers.

This programme has been made possible thanks to the generous support of the Rushmoor Community Lottery Fund, Odiham & District Rotary Club, The Friends of Fleet Hospital, the Rotary Club of Farnborough, Fleet United Reformed Church and Waitrose in Fleet and Yateley.

In addition, we are delighted to confirm that the staff of Heckfield Place, Heckfield Estates, KVIK Management and Highfield Park have once again kindly agreed to donate wrapped Christmas gifts for all young carers in our Junior Group, adding a special and personal touch to their celebrations.

Looking Ahead to Spring Term

Spring term brings a full programme of exciting and confidence-building opportunities for young carers. Weekly club sessions will include cooking and healthy eating activities, creative arts and crafts, games and group challenges, confidence-building and wellbeing workshops, peer-support discussions, and practical life-skills sessions that support independence. Alongside this, young carers will enjoy a range of off-site trips across the term, offering new experiences and regular breaks from home life.

We are particularly pleased to confirm a fully funded, midweek residential for 24 young carers during the February half-term holiday at UK Youth's Avon Tyrrell Outdoor Activities Centre, delivered by UK Youth. Set in the heart of the New Forest, this residential will provide young carers with structured outdoor learning, teamwork activities and confidence-building challenges in a safe, supportive environment. Accommodation, meals and all on-site activities are fully funded, ensuring cost is not a barrier to participation.

Referrals and Contact

Young carers can be referred by a family member, school or college, health or social care professional, or they can refer themselves.

To find out more, please contact the Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689, or visit the [HVA website](#) to download a copy of the referral form.

Home-Start Hampshire – New Family Support Group Launching in Aldershot

Home-Start Hampshire in Rushmoor & Hart is excited to announce a new family support group starting Tuesday, 13th January at the North Town Community Hub, Aldershot in partnership with VIVID Homes.

This friendly group is designed to bring local parents together, helping to:

- Build connections within the community
- Support parents and children’s wellbeing
- Boost parenting confidence
- Explore fun, new activities for families

Details:

- When: Tuesdays, 10:00am – 11:30am (starting 13th January)
- Who: Families with children aged 0–11 years (attendance by referral only)
- Find out more: Email familysupport@hshants.org.uk

Get Involved – Volunteer with Us!

We’re looking for passionate volunteers to support families in groups, one-to-one at home, or help raise awareness and funds. If you have time to spare and want to make a difference locally, we’d love to hear from you!

Contact Nikki at nicola.bhela@hshants.org.uk or visit www.home-starthampshire.org.uk for more details.


Squirrels Educare – Pre-School

We’re proud to offer both Pre-School and Holiday Club sessions in a superb location on Priory Street, right beside a secure play park and open field, with the stunning Farnborough Abbey as our backdrop. Plus, we have a large free car park for easy drop-offs and pick-ups.

At Squirrels, we’re passionate about delivering high-quality early education. Our team of experienced, caring practitioners are dedicated to nurturing each child’s unique potential in a safe, supportive, and joyful environment.

 Open Monday to Friday, 8:30am – 4:00pm

 Welcoming children from age 2

 Flexible drop-off and pick-up times available

Please contact us to arrange a tour! Thank you, Jennifer Clay, Company Director & The Squirrels Team 🐿️

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

office@squirreleducare.co.uk

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

Rushmoor Blood Pressure Champions support local people to ‘know their numbers’

The Hampshire Blood Pressure Champions project hosted its latest training session on Tuesday 17th June for 31 brilliant volunteers from Rushmoor workplaces and VCSE organisations. The pilot, which is part of the Hampshire CVD Prevention programme aims to encourage community members to record their blood pressure by enabling staff, volunteers and community champions to have effective conversations about blood pressure and encourage their contacts to use a blood pressure monitor.

High blood pressure is a significant risk factor for health events such as Stroke and Heart Attack, with Cardiovascular Diseases (CVD) causing 1 in 4 deaths in England. The good news though is that 80% of CVD is preventable and the Hampshire Blood Pressure Champions training helps Hampshire residents act sooner to live healthy lives and prevent ill health.

Following the session, information resources as well as a small grant was made available to cover the cost of a validated blood pressure monitor which is being used by each organisation at venues, events and gatherings. So far, the Rushmoor based champions have supported over 300 people to record their blood pressure, and take an important step in preventing CVD.

Organisations involved in this pilot project include Carers Together, Farnborough & District Stroke and Aphasia Group, Places Leisure, Greater Rushmoor Nepali Community, Rushmoor Healthy Living, Rushmoor Muslim Association, The Shots Foundation, Yateley Community Pantry, Frimley Integrated Care Board and Hampshire County Council Public Health.

If you want to find out more about the programme please contact Craig.Alford@hants.gov.uk

RAAG, Reaching Accessibility Awareness Group

RAAG are a group of residents and organisations in Farnborough, Aldershot and nearby surrounding areas, creating a more accessible and inclusive community. 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.

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

e- raagforall@gmail.com

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

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

Hampshire Learning in Libraries – Spring term / First Words Together

What's on offer in your local area in the New Year? Here are just a few of the courses and workshops we have on offer across Hart and Rushmoor this term:

- **Introduction to Computers for Beginners** at Farnborough & Aldershot Libraries

FREE COURSE

- Farnborough Library – Tuesdays, 6 January to 10 February, 10am-12pm
- Aldershot Library – Fridays, 9 January to 13 February, 10am-12pm
- **Digital Skills for ESOL Learners** at Aldershot Library on Wednesdays, 14 January to 25 March, 10am-12pm, FREE COURSE
- **Expressive Watercolours for Beginners**, at Fleet Library on Wednesdays, 10am-12pm, 21 January to 25 February, FREE COURSE
- **Positive Parenting** online on Mondays, 12 January to 9 February, 7.30pm-9pm, FREE COURSE
- **Raising Resilient Children** online on Mondays, 23 February to 23 March, 7.30pm-9pm, FREE COURSE

Workshops & Courses

- **Senior Fitness with Rachael** at Yateley Library, Mondays, 12 January to 9 February, 1.30pm-2.30pm, £40
- **Gentle Fitness** at Farnborough Library, Thursdays, 15 January to 12 February, 1.30pm-2.30pm & 2.45pm-3.45pm, £40
- **Paint Like the Masters: Introducing Oil Glazes** at Yateley Library, 2 weeks, Saturday 24 January & Saturday 31 January, 10am-1pm, £60
- **Improve Your Portraits: Drawing the Features of the Face in Pencil** at Yateley Library, Saturday 7 February, 10am-1pm, £33

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 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. Suitable for children up to 2 years of age.

You can find out more and register your interest by visiting this page <https://forms.office.com/e/rakKPZ3nxi>

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

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

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

or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

Our Squirrels section opened in September 2022, and this new section is for children aged between 4 and 6. Squirrels can achieve anything they set their minds to – and they have lots of fun along the way. Our one-hour sessions will be a brilliant opportunity for young people to take their first step into being part of Scouts, and they’ll help everyone get ready for the adventure of school too. Sessions are packed with outdoors activities, fun, games, badges, laughter, and so much more to help our youngest members learn the skills they need for life.

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

Beavers

Beaver Scouts are aged between 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 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

Farnborough Rotary Club Christmas Float Collection

Farnborough Rotary Club is, once again, pleased to announce our Christmas Collection Campaign in support of local charitable causes. We will have our Christmas Float at the following sites on the specified dates from 10.00 am until 3.00 pm.

We will also be taking our Christmas Float, accompanied by Santa, around the streets of Farnborough and North Camp on 16 evenings, starting at 6.15 pm, one or two start a bit earlier but all the information regarding the 16 routes can be found on our website at <https://rotary-ribi.org/clubs/homepage.php?ClubID=877>

Our Christmas Float will also be at the following static locations from 10.00 am to 3.00pm on the specified dates:

- Waitrose, Frimley Friday 12th Dec
- Costco, Farnborough Saturday 13th and Saturday 20th Dec
- The Meadows, Sandhurst Sunday 14th and Sunday 21st Dec
- Queensmead, Farnborough Wednesday 17th and Wednesday 24th Dec
- Princesmead/ Asda Friday 19th Dec

Please come along to see our magical Christmas Float!

SKILLS & TRAINING

Advice First Aid with Citizens Advice Rushmoor – Wednesday 14th January 1:30-3:30

Want to help others but don't know where to start? At this free session you can learn from our expert advisers how to:

- Identify common advice topics
- Build confidence to have supportive conversations
- Discover local resources and organisations

The session is followed by a chance to find out about volunteering with Citizens Advice Rushmoor. We are a local charity run by volunteers, and we are always looking for people to join us! Phone 01252 339576 or email us at training@citizensadvicerrushmoor.org.uk to save a place.

Rushmoor Training Hub

Local people can now access free, year-round access to unlimited courses on topics such as Office 365, Excel, Customer Service, etc. There are over 250 live courses to book at any one time, and new content is added constantly. These course are provided by Seedl, with funding from Rushmoor BC.

All courses are uniquely live interactive webinars, allowing you to make a date to learn on a flexible basis, accessing webinars from the home or office.

For more information visit <https://www.seedl.com/o/rushmoor>

Hampshire County Council – Free courses for adults

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

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

Browse the courses and apply www.hants.gov.uk/adult-learning

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

Hampshire Futures, sourcing meaningful work experience for young people

Work Experience – How You Can Help

The Hampshire Futures WEX team supports young people by sourcing and managing meaningful work experience placements across our various work and learning programmes. These opportunities help learners develop employability skills and experience to prepare for future careers.

We are always looking to expand our network of employers.

If you know employers who could offer placements, please get in touch at wex.shared@hants.gov.uk.

Every connection helps us create more opportunities for young people.

FUNDING & GRANTS CURRENTLY AVAILABLE

Grants from Rushmoor Borough Council

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

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

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

For more information visit www.rushmoorlottery.co.uk

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/>.

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

The next edition will be sent out in February 2026

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