



Rushmoor Supporting Families Bulletin

April 2025

Contents

COST OF LIVING SUPPORT	2
LOCAL AUTHORITY INFORMATION & SUPPORT	2
WHAT'S ON IN RUSHMOOR & HART.....	3
COMMUNITY SUPPORT INFORMATION	12
HEALTH & WELLBEING INFORMATION	16
SKILLS & TRAINING	23

COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

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

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory



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

To browse click [Rushmoor Link](#)

WHAT'S ON IN RUSHMOOR & HART

Holiday activities and food (HAF) programmes this Easter

You can now find the details of providers who are offering free places for eligible children over the holiday period. These are being provided through the DfE's Holiday Activity and Food Fund scheme.

For latest information and booking details, please check the Hampshire County Council Family Information Service Hub website:

<https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=XRITDNF8hhM>



Easter 2025 HAF
Booking Flyer - Rushm



Easter 2025 HAF
Booking Flyer - Hart.p

Squirrels Educare – Easter Holiday Club

****Monday 7th April to Thursday 17th April – timings from 8am till 4.30pm****

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire school holidays. We offer fun, exciting & varied activities, delivered by high quality staff. Half a day from £22.00 and full days from £33.00. Activities to include Easter crafts, making bird feeders, Easter egg hunt, baking, ceramics & much more!

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

office@squirreleducare.co.uk

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

Easter Egg Trail at Princes Mead Shopping Centre – Farnborough

Join us over the Easter Holidays for an Easter Egg trail around the Centre, ending with a maze in the South West Tower Garden between Saturday 5th April and Monday 21st April.

Plus free facepainting on Saturday 19th April between 11-4pm.

Diddy Dunkers Holiday Basketball Camp

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

- Tuesday 15th April 10am – 4pm
- Wednesday 16th April 12.30pm – 5.30pm

- Thursday 17th April 10am – 4pm

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

Advance booking essential

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/>

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Farnborough Rotary Club - Donkey Derby, 26th May

The **Farnborough Rotary Club** in cooperation with Rushmore Rotary Club are holding the annual Donkey Derby on **May 26th at the King George V Playing Fields in Farnborough**. There will be 6 races with a popular **Tote** organised for those wishing to experience the fun of placing a modest stake, a Fair ground and a large number stalls providing a wide range of fun activities. There will also be a number of stalls showing the activities of local charities in the area. A wide variety of tempting catering facilities and on-site parking are also provided.

This event has been running for a very long time and has built up a large number of enthusiastic supporters that come from far and wide each year to have a fun day out and the event is woven into the fabric of the local community.

The **Farnborough Rotary Club** support many organisations by providing volunteers to provide support and assistance to local schools, youth communities and other charitable organisations in the Farnborough area. If you would like to get involved in any of these valuable activities by volunteering to help with any of our fundraising events, please contact the club on 0300 772 7001.

Hampshire Libraries – Activities for children

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

Easter Activities – there will be a range of craft activities and events throughout the Easter Holidays, please check our Facebook page for more information.

Fleet Library

Story Time - every Monday (excluding bank holidays) 10.30

Rhyme Time - every Thursday 10am, 10.45 & 11.30

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

Construction Club - every Saturday all day

Yateley Library

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

Every Tuesday – 10.30 - Storytime

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

Every Saturday – 10.00 to midday – Construction club.

Farnborough Library

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

Storytime – Every Tuesday 10.30am - 11am

Construction Club – Every Saturday 2pm-4pm

A Tale Of Us – Tuesday 22nd April, 2.30pm - [A Tale of Us - Farnborough Library - Tuesday 22nd April 2025 - 2.30pm – Hampshire County Council Shop](#) For parents with children aged 0-18 months.

Terrie Chilvers: Snails of the Unexpected – Wednesday 9th April, 10.30am - [Terrie Chilvers: Snails of the Unexpected - Farnborough Library - Wedn – Hampshire County Council Shop](#) Suitable for children aged 4-9.

Aldershot Library

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

Storytime – Wednesday from 11am-11.30am.

Construction Club – Every Saturday 2pm-4pm

Terrie Chilvers: Snails of the Unexpected – Wednesday 9th April, 2pm - [Terrie Chilvers: Snails of the Unexpected - Aldershot Library - Wednes – Hampshire County Council Shop](#) Suitable for children aged 4-9.

For all activities in branch children must be accompanied by an adult and younger siblings are welcome. Events and regular Branch Opening Hours are 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](#)

Easter Holiday Event: Save the Hedgehogs! Thursday 17th April, 14.00-15.30

Hart's Community Garden, Edenbrook Country Park, Fleet

Learn how you can save the hedgehogs in your garden with Prickle Lodge Rescue. An interactive talk focusing on activities for children, such as a Footprint Trail and Making up an Emergency Box.

£5.00 per person. Children must be accompanied by an adult. Refreshments available. Booking link for this and other Hart's Community Garden events throughout the year <https://hartvolaction.org.uk/community-services/community-garden/events>
Parking available – access via Pale Lane, Winchfield RG27 8SP

Spring Events at Wellesley Woodlands

Guided Family Bat Walks

Tuesday 15th April 7.45-9pm AND Tuesday 22nd April 7.45-9pm

Guided Canal Wildlife Walk

Saturday 17th May 1.30-3pm

Guided Evening Woodland Walk

Wednesday 4th June 6.30-8pm

<https://www.eventbrite.co.uk/o/wellesley-woods-49836368573>

Rushmoor Easter Wonderland of Games

Wander into Wonderland this Easter for a FREE weekend of whimsical games, tea parties, egg hunts, hands-on crafts and more in Aldershot and Farnborough town centres on 12 and 13 April!

White rabbits, white rabbits, it must be Easter! Or maybe you're going mad as a Hatter! Join Rhubarb Theatre for a wonderland experience as you shrink into the gardens of the Queen of Hearts to find yourselves amongst her large lawn games.

Once there you might get knotted up in the Alice-themed twister, go crackers with the croquet, or become an egg-spert at the Easter races.

But watch out for court jokers, they visit bringing mayhem and madness as the White Rabbit, Mad Hatter and even the Queen herself parade the streets, of Farnborough and Aldershot.

Join in with the Easter trail and all the fun... or else... off with your head!

- Play ginormous garden games
- Join the Hatter's tea party
- Go on an enchanting Easter egg hunt (with free a prize)
- Snap yourself in the Wonderland selfie station
- Create a curious craft
- Watch wacky walkabout characters
- Plus... there's fantastical face painting (small charge applies)

Meet Alice, The Queen of Hearts, Hatter and the White Rabbit for an interactive event full of twists and turns! Don't be late for this very important date, featuring heaps of Easter fun and adventures.

No need to book – just turn up! Hop, hop hooray!

DATES & TIMES

- Saturday **12 April**, 10am to 3pm, Princes Gardens, Aldershot
- Sunday **13 April**, 10am to 3pm, Queensmead, Farnborough

COST is Free

www.rushmoor.gov.uk/easter

Aldershot Facebook event link - <https://www.facebook.com/events/2444973395840001>

Farnborough Facebook event link - <https://www.facebook.com/events/1262786821454246>

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Bing's Birthday

Tues 8th April, 4pm Wed 9th April, 10am

Tickets: £20 & £18 / Child £18 & £16 / Family (4) £73

Join Bing and his friends Sula, Pando, Coco, Amma, and, of course, Flop as they prepare for Bing's very special day. Full of new heartwarming moments and catchy new songs, all brought to life by first-class puppeteers, this 1 hour 10 mins show is perfect for families and little Bingsters who want to experience the delightful CBeebies series in a whole new way — live on stage!

[Bing's Birthday - Princes Hall](#)

Flowers And Friendship Bracelets

Wed 9th April, 7pm Thurs 10th April, 1pm

Tickets: £24.50 / Friends Plus & Friends Gold £22.50

Get ready for a dazzling explosion of Music, Dance, and Excitement as Flowers and Friendship Bracelets takes to the stage! Come and join us for the ultimate pop concert and celebrate the biggest hits from the hottest artistes of the moment.

Flowers and Friendship Bracelets creates unforgettable memories for children and families. This show is the Ultimate Concert Experience!

[Flowers And Friendship Bracelets - Princes Hall](#)

The Spice Girls Experience

Thurs 10th April, 8pm

Tickets: £35.50 / Friends Plus & Friends Gold £33.50

Fresh off the back of their stint as opening act for ADELE'S August 2024 Munich Residency, The Spice Girls Experience are super-excited to be touring the UK throughout 2025.

The girls have put together a very special theatre show with a fun party vibe. They'll be performing all your favourite Spice Girls hits with their superb backing band.

[The Spice Girls Experience - Princes Hall](#)

The Dinosaur That Pooped A Rock Show

Tues 15th April, 1.30pm & 4pm

Tickets: £18.50 / Child £17.50 / Family (4) £68

Brand New for 2025!

When Danny and Dino's favourite rock band are playing their last ever concert, they go on a quest to get the last two tickets. But with a villainous band manager lurking, nothing goes to plan. Will the band perform? Will Danny rock out? Or will Dino's rumbling tummy save the day?

[The Dinosaur That Pooped A Rock Show - Princes Hall](#)

Play In A Day

Tues 15th April, 10am

Tickets: £25 Ages: 7-11 yrs

Topic: The Jungle Book

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

Wed 16th April, 10am

Tickets: £25 Ages: 7-11 yrs

A must for all dance fans, and movers & shakers! Our expert leaders Justine and Sian will give you the opportunity to learn new dance moves and skills, meet new friends, build confidence and work on a number of short, choreographed pieces that will be performed to parents at the end of the day. With our professional dance tutors, the children will work on well-known dance moves and help devise their own choreography for individual and group performances, whilst building dance confidence and having fun!

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

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

NEW: Theatre Tots

Term starts Wednesday 23rd April 2025

Running Time: 30 mins

Tickets: £28 (Five Week Term, with one session for FREE)

Princes Hall Theatre Tots is a magical introduction to the world of theatre and performing arts, designed specifically for children aged 9 months to 4 years.

With our expert leader Alicia; a trained dancer with a passion for working with young children, our fun-filled classes combine singing, dancing, and musical theatre to ignite your little one's imagination and help them grow in confidence, creativity, and coordination.

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

Group sizes are kept to a maximum of 14 students.

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

Youth Theatre

Term starts Saturday 26th April 2025

Running Time: 90 mins

Tickets: £100

The Princes Hall's Youth Theatre has been running since 2003 and is open to all young people between the ages of 5 and 12- the only requirement is an enthusiasm for theatre!

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.

Our Youth Theatre leaders Rachel and Tom are very experienced actors and teachers, and have both appeared in many previous Princes Hall pantomimes. 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.

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

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

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

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

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

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving, to archery, to basic fire lighting! £22 per person for 2.5 hours of fun.
- **Adult (16+)** Spring beginner spoon carving and knife skills – Join us for a cosy, community bushcraft morning to celebrate the woodland in winter and learn new bushcraft skills. 11am-1pm, 10th May, £20 per person. *New session every season so keep your eyes on our website for updates.*

We can't wait to see you!

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

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

Wavell Campus Leisure

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

There is a Holiday Club which is run by CM Sports every school holiday from 8-4.30pm.

CM SPORTS EASTER HOLIDAY CLUB

MONDAY 7TH APRIL – FRIDAY 17TH APRIL 2025

FROM 8AM – 4.30PM DAILY

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

STAGECOACH EASTER WORKSHOP

MONDAY 7TH APRIL – THURSDAY 10TH APRIL 2025

For further information regarding costs and availability please email farnborough@stagecoach.co.uk

CAMPUS OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

FACILITIES TO HIRE & HOURLY RATE

SPORTS HALL £37.50 PER HOUR

DANCE STUDIO £23 PER HOUR

DRAMA STUDIO £12 PER HOUR

THE WAVELL HALL £23 PER HOUR

COMMUNITY HALL £20 PER HOUR – currently free from 8.30am-6pm*

CLASSROOMS £11 PER HOUR

ART ROOM £12.50 PER HOUR

OUTDOOR NETBALL COURTS £20 PER HOUR

INDOOR BADMINTON COURT £15 PER HOUR

CHILDRENS PARTIES

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY* £26 / HOUR

THE C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 9AM-6PM ON A SUNDAY* £26 / HOUR

THE WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* £36/ HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SATURDAY* £46 / HOUR

THE SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY* £46/ HOUR

***All subject to availability**

CLUBS & CLASSES

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

New to Campus Leisure

Easy Maths – Educational classes to help children improve their Maths – Saturdays 10-1pm

FCL – First Class Learning – Maths & English Tuition – Thursdays 5-6pm and Saturdays 10-12pm

GRNC – Greater Rushmoor Nepali Community - Education & Dance – Sundays 10-1pm & 11-12pm

GT Fitness – Karate – Thursdays & Fridays from 7-8pm

For further information or enquires regarding hire of our facilities;

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

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

Or call Wavell Campus Leisure on 01252 317603

Army Welfare Service programme

Programme	Ages	Cost	Location	Timings	Day
Church Crookham					
<u>Youth Voice Ambassadors Project</u> – peer led social activism with accreditation	11+	Free	Online fortnightly Aldershot and Church Crookham	6pm to 8pm	Mondays Term Time Only
<u>Juniors Youth Club</u> Play, and self-directed learning in safe space	8- 11 years	£1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	4pm to 5.30pm	Thursdays Term Time Only
<u>Savi Seniors Youth Club</u> IRL	11+	£ 1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	5.30pm to 7.30pm	Thursdays Term Time Only

Programme	Ages	Cost	Location	Timings	Day
Aldershot					
<u>Play and Stay Group</u> Reducing isolation and connecting communities	Parents with Toddlers	£1	Maurice Toys House, Middle Hill, Aldershot, GU11 1PL	10am to 11.30am	Tuesdays Term Time Only

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

Mob: 07773 242 291 Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk

VE Day 80th celebration and street parties

Rushmoor Borough Council is marking the 80th Anniversary of VE Day with a special celebration evening on **Thursday, 8 May in Manor Park, Aldershot.**

All are invited to our free open air community event, which gets under way at 8.45pm with music and readings leading up to the lighting of the beacon at 9.30 pm.

The event is one of hundreds taking place as the nation comes together to honour and pay tribute to the Second World War generation from across the UK and Commonwealth. VE Day Beacons and Lamp Lights of Peace will be lit at the same time across the country.

*Residents in Aldershot and Farnborough are being encouraged to hold street parties, BBQs and community get-togethers to mark this special anniversary on Bank Holiday Monday, 5 May.

You only need permission for an event if you need a road closure.

If this is the case, please fill in the form on our webpage at: www.rushmoor.gov.uk/streetparty and return to us as soon as you can.

The deadline for applications for VE Day applications is 25 April, as you will need to display a notice on the street for at least a week.

For more information on national events, please go to: www.ve-vjday80.gov.uk

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

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

The Community Cupboard at the Vine Centre, Aldershot

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

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

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

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

Opening hours: Monday, Wednesday and Thursday 10-2

There is no need for a referral, just come along.

www.thevinecentre.org.uk info@thevinecentre.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

Green Doctor Service – Energy advice

Green Doctors are a team of expert energy advisers, delivering effective energy advice via home visits and telephone consultations. For 18 years the Green Doctors have helped over 45,000 UK households save money, stay warm and improve energy efficiency at home. This includes damp and mould issues. It's a flagship national programme of the UK based community charity Groundwork. They accept both self-referrals and referrals from professionals.

Book your free consultation at

<https://groundwork.my.salesforce-sites.com/thamesvalleygreendoctors> or call 0300 365 3005.

Stop Domestic Abuse

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

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

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

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

www.stopdomesticabuse.uk

National Stalking Awareness week (April 21-25th), will focus on Healthcare providers spotting the signs of stalking to ensure early and effective support. As part of this we have some exciting events planned, including lunchtime sessions on 'What is Stalking?'

These sessions are only 30 minutes and will cover the following:

- What is Stalking?
- The impact on victims
- Provide guidance on best practice with identifying and responding
- How to sign post victims

The link to register for the sessions can found here (This is for professionals in Hampshire only):
[What is Stalking? Tickets, Multiple Dates | Eventbrite](#)

Please share with your teams and contacts, especially any contacts within the healthcare sector.

Citizens Advice Rushmoor

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

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

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

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

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

It alternates between Farnborough and Aldershot as detailed below:

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

Different ways of reaching us:

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

Nepali Drop-in

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

Community Grub Hub - Every Tuesday from 10am to 4pm

If you know a Rushmoor resident is struggling to afford their weekly food shop, please direct them to the Community Grub Hub where they can see our friendly adviser Joel, who will be happy to help.

‘Switched On’ energy advice

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

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

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

Volunteering with Citizens Advice Rushmoor

Our training groups run through the year and our next Volunteer Introduction Sessions will be on 7th May and 10th September in Farnborough from 1:30 – 4:00. The session will give you a chance to meet our friendly supervisor team and have some hands on experience of using our systems and how we work. If you would like to find out more about volunteering with us please complete our [Volunteer information request form](#) or email volunteering@citizensadvicerrushmoor.org.uk. We are always looking for volunteers who might like to give advice, work on reception, be involved in fundraising or contribute to events.

Clayton Court

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

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

HEALTH & WELLBEING INFORMATION

Healthy Start Scheme

The NHS Healthy Start scheme helps families and pregnant people on low incomes to get healthy food, milk and vitamins. You can use your prepaid card to buy:

- fresh, frozen or tinned fruit and vegetables
- plain cow’s milk – this can be pasteurised, sterilised, long-life or ultra-heat treated (UHT)
- fresh, dried or tinned pulses
- infant formula based on cow's milk – this should be suitable from birth

You can also collect free Healthy Start vitamins by showing your NHS Healthy Start card to the retailer. You do not need to pay for the vitamins and no money or details from your card should be taken.

You can use your NHS Healthy Start card in most places that sell the above products and accept Mastercard®, but you cannot use your card online. To find out more, check your eligibility and apply visit www.healthystart.nhs.uk

Mental health and wellbeing

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

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

No Limits Safe Haven - An out-of-hours drop-in and one-to-one crisis support for young people for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley) and experiencing difficulties with their mental health.

Drop-in sessions take place at Hale Community Centre, 130 Upper Hale Road, Farnham, GU9 0JH.

Sessions are in person, no need to book. For details of our open-access hours, visit our website.

You can also talk to a youth worker privately in a one-to-one session. These are by appointment only and can be accessed in-person, online or over the phone.

To book an appointment for a one-to-one: Call 07918 259 361

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

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

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

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

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

For more information visit www.facebook.com/sashasproject

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

Hampshire CAMHS

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

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

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

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

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

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

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

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

Mustard Seed Autism Trust

We will be opening our waiting list to new referrals on Wednesday 30th April at 8pm.

Referral criteria:

- autism diagnosis (or on the pathway)
- child aged 4-11 (school years Reception to Year 6)
- living within 10 miles of Farnborough (including all of Rushmoor and Hart)

For more information please see our regular updates on social media and on our website:

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

Aspens Autism Charity – Autism Central project

Aspens autism charity is rolling out an NHS funded project called Autism Central (<https://www.autismcentral.org.uk/>) across the South East. It's a free service (hurrah!) and we'd love for as many families as possible to access all the fab resources we have.

We can support families whether their child has a diagnosis of autism or not, many are still on the diagnosis pathway but just need some help in the interim. They can access support in the following ways:

Through the main Autism Central South East website here -

<https://www.autismcentral.org.uk/hubs/south-east-delivered-aspens>.

1:1 Appointments - can be booked using the online booking system here <https://autismcentralsoutheast.aspens.org.uk/bookings> which will put them in touch with one of the team. Or alternatively they can book a 1:1 session with Caroline Roope, the Hampshire Coordinator, who can give local advice and guidance, at caroline.roope@aspens.org.uk

Workshops and Events

Topics include Autism and ADHD, Meltdowns and Shutdowns, Neurodiversity, Autistic Traits and Difficulties attending Education – and lots more. Future topics will include early years, employability tips, benefits entitlements, looking at adult independence and overcoming barriers, wellbeing and puberty and autism. These can be viewed and booked here

<https://autismcentralsoutheast.aspens.org.uk/group-sessions/>.

There are also online weekly drop ins called Need To Talk (details here

<https://www.autismcentral.org.uk/hubs/south-east-delivered-aspens>) which are run by trained peer educators who can share ideas, techniques, and their knowledge of caring for an autistic child.

Barnado's Hampshire Healthy Steps Programme

Hampshire Healthy Steps offers families with 2- to 12-year-olds, support through a 6- short session group programme. The programme offers families support and advice on eating well, getting active, sleeping well, healthy teeth, my community, and more. All groups are designed to be fun and interactive and to encourage children to get involved. Six short sessions, parents don't need to come to all of them, the focus is oral health, sleep, physical exercise and eating.

We have venues/dates/times for courses and require some support in sharing this offer directly with families with children 2-12 years old.

We have made it even easier for families to sign up via our Eventbrite page. Here is a link to where the next scheduled courses will be running [Find a Family Programme Near You](#)

Families can book a ticket via this link

[Hampshire Healthy Steps Events - 21 Upcoming Activities and Tickets | Eventbrite](#)

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

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

Rushmoor & Hart School Nursing Service

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

The Parent ChatHealth service is available for advice and support for all parents with children aged 5-19 in Hampshire using this contact. Text: 07507 332 417 08:30-4.30pm Monday to Friday exc. bank holidays.

In addition to this our Duty phone line remains open for advice and support and general queries:

02382 311 550 or you can email us at randhsnteam@southernhealth.nhs.uk

School nursing can offer support and advice regarding the following:

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

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

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

TalkPlus

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

You can be seen for short term Counselling, Cognitive Behavioural Therapy (CBT), and Well-being support. As well as offering employment support, our experienced team provide innovative 'FAST' therapy to people in need of one-off support such as colleagues working in the NHS and emergency services.

For more info check out our website www.talkplus.org.uk
TalkPlus has several courses available, some due to start very soon, please share this information with your patients, colleagues and friends.

Dad's group:

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

Any new dads who might be interested in our Group, please ask them to refer to TalkPlus: www.talkplus.org.uk and mention the dad's group on their referral. Next 2 courses running: 4th June 2025 and September 2025

Knowing Me Knowing You Course:

A six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing space to have special time with your baby. This course is for new mothers with babies under the age of 12 months, living with a postcode within Hart and Rushmoor, Struggling with mild to moderate levels of low mood/anxiety.

Courses running April, June, July and September 2025

Move to Improve:

Helps people engage in by overcoming barriers and finding motivation in physical activity and exercise. The course's format is 5 consecutive weeks in a supportive group environment, followed by a group review session 8 weeks later, started Spring 2025.

Living Well Staying Well Course:

This course is designed for people who have a long-term health condition and want some support with managing their mood and anxiety around their physical health. The course is about understanding the link between physical health and emotional wellbeing. Course starting April 2025

Managing Low Mood and Anxiety:

The course runs over 4 weeks and with each module is an hour long. These are run either in person or online. The course is suitable for anybody who wants an introduction to CBT, to gain an understanding about general anxiety and depression, and is self-motivated to learn self-help techniques to better manage their mood. There are opportunities to ask questions and join in with group tasks, although it is not a forum to share their personal experiences. We encourage participants to have their cameras on if they are attending online. Patients can attend the managing low mood and anxiety course following a referral to TalkPlus and after discussion for suitability at their initial assessment. The course is suitable for people experiencing mild to more severe levels of depression or general anxiety.

Next course starts: April 2025.

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

www.talkplus.org.uk

ACUMIST EDUCATION - Mental Health and Wellbeing Support For Young People

- Are you worried about the mental health and wellbeing of a young person?

- Are they suffering from anxiety or depression?
- Are they are facing many challenging situations, and they don't have the skills to cope?
- Do you feel they are at risk of more severe mental health problems developing?
- Are they disengaged or lacking motivation?
- Do they present with challenging behaviour?
- Do you want to provide effective interventions to support them to develop strategies for resilience?

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

Contact me at: c.martinez@acumist.education Alternatively ring me on **07396 727452** to have a no obligation chat.

New 'Man Down' group in Fleet

Man Down UK is a non-profit organisation who provide informal peer-support talking groups all over the UK for men with mental health concerns. Together they want to end the stigma and reduce the number of male suicides. A new group has recently started in Fleet. It's free to attend – just turn up.

To attend: Location: Elvetham Heath Community Centre, The Key, Fleet GU51 1HA

Fortnightly on Thursday 7 - 9pm

Upcoming dates: Thursday April 3rd & 17th

To find out more, visit: www.mandown-cornwall.co.uk

Completely confidential and non-judgmental peer support in a male environment. Share or just listen – it's up to you. No pressure, no obligation.

Kind to Mind services

1:1 Talking Service

Kind To Mind offers 1:1 talking services for those wanting to improve their mental health. These sessions are delivered by a highly qualified and experienced facilitator and are designed from EU personal development programmes, and personal and clinical experience. To find out more, or read some testimonials, then please [click here](#).

School and Workplace Wellbeing Training

Kind To Mind is proud to be rolling out workshops and talks for schools in the UK aimed at equipping young people with mental health tools and strategies to support them in leading healthy lives and getting the most out of education. We also offer multiple workplace packages of trainings and 1:1 sessions to support teams with strategies for well-being management and safeguarding to individual techniques for managing workplace stress. We are passionate that every individual should feel happy and healthy in their place of education or work and are keen to support people in achieving this.

If you would like to know better ways to manage mental health, for yourself or others, then please [contact us here](#).
www.kindtomind.org

Rushmoor Healthy Living's How are you today project

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

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.

Hampshire's new Smoking Cessation service provider, Thrive Tribe, takes up from 1 April. The new generic email address is tt1.smokefreehampshire@nhs.net

SKILLS & TRAINING

Farnborough Job Fair at Princes Mead Shopping Centre

Thursday 15th May, 10am – 2pm
FREE to attend

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

Employers attending include HSBC, Hampshire Police, Go Henry, Home Instead, Nepbridge, Stagecoach, and more!

Full list of businesses attending here: <https://www.princesmead.co.uk/princes-mead-job-fair-2025/>

New Directions service for unemployed young women

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

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

Events Programme

All workshops are in person and include coffee/tea and/or lunch.

Come and join us!

When?

What?

Thursday, 10 April 11.00-12.00 **English conversational skills**—Join us to improve your English and build your confidence speaking in public in a relaxed and friendly environment. Meet other participants and discuss everyday life and work-related topics.

Thursday 24 April 10.00-13.00 **Excel for beginners 3**, for people with basic knowledge of Excel, practise your Excel skills with complicated calculations using maths and in-built formulae, small group – 6 places max

Thursday, 1 May 11.00-12.00 **English conversational skills**—Join us to improve your English and build your confidence speaking in public in a relaxed and friendly environment. Meet other participants and discuss everyday life and work-related topics.

Thursday 8 May 10.00-12.30 **Budget Basics** – Reduce your financial stress and anxiety by managing your finances more efficiently. Plan your expenses and save money! Receive a £10 voucher from Love2Shop!

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

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

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

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

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

Bookings

Eligibility rules apply.

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

Where?

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

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

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

Employment Support for Armed Forces & Families

Pinnacle deliver free employability, money management and business mentoring programmes which are free to SP, Veterans, Reservists and their Spouses / Partners and their families.

So whether you are looking to change your job or find yourself out of work, we can support you to get that next role via our employability programmes.

If you are someone looking to start a business, or maybe you are a Veteran or Spouse / Partner with an existing business looking for support to grow your income and profits, we have business mentoring programmes where experienced Business Mentors will support you all the way.

All our programmes are delivered online via TEAMS

Email: psv@pinnaclegroup.co.uk

All of what we do is provided free of charge and is funded by the Pinnacle Group Social Value programme

For Individuals and Families

- **Exploration** – Intended for those who are unsure as to what their “ Next Steps” in their job career should be. We will explore all options based on preference, skills, passion, interests and experience
- **Employability** – Creating or improving an CV, creating a cover letter to become competitive within the current job market. Providing knowledge of interviewing styles and interview tips. How to search, register, upload documents to the major job boards and increase visibility to employers. Building confidence, SMART job searching and ensuring job searching tools are best used for the job or career required.
- **Self- Employment** – Self-employment for some is a very daunting prospect. This offering is for those who wish to explore taking control of their own futures by becoming self-employed. We discuss the type of business structures, the requirements of dealing with HMRC and provide a fair balance of the risks of being self-employed
- **18 – 24 Career Support** – Primarily aimed at those aged between 18 and 24 years old who are currently not in Education, Employment or Training, this offering allows individuals to access support and guidance to increase confidence, recognition of aspiration and build for future personal and economic growth. Also open to those about to leave education looking for job support or who have aspirations of having their own business
- **Employability 50+** - For more experienced or mature individuals currently at a turning point in their working lives and perhaps are looking for a change in employment or perhaps start a small business
- **Lone Parent** – Providing support and understanding to a single parent who have additional barriers to work e.g. limitations around working hours, isolation, lack of self-confidence or limited childcare provision

- **Budgeting Matters** - A short programme of around 3 sessions where a Mentor works with families to support them understand and manage their household budget. Where necessary we will help them create a personal survival budget and help identify cost savings
- **Igniting Futures** – A programme aimed at young adults (18 – 24) brought up in a military family environment who would benefit from either employability support or have aspirations of being the next Richrd Branson!

Email: psv@pinnaclegroup.co.uk

Hampshire County Council - Free courses for adults

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

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

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

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

Rushmoor Healthy Living – Emergency first aid at work training

Self-employed or running a small business? Need First Aid Training? We run high quality Emergency First Aid at Work and Customised Courses to suit your needs that are subsidised by the National Lottery!

2025 courses, please see below:

- Saturday 24th May 9.30 - 4.30 pm
- Monday 6th & 13th October 9.30 – 1:00 pm

Just click on the link for more info:

[First Aid Training Courses for Aldershot, Farnborough and Fleet](#)
