



Supporting Families Bulletin December 2024

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COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

[Cost of living support - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

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

LOCAL AUTHORITY INFORMATION & SUPPORT

WHAT'S ON IN RUSHMOOR & HART

Holiday activity and food (HAF) provision in Hart and Rushmoor – December 2023

A number of venues across Hart and Rushmoor are organising Holiday activity and food (HAF) schemes during the coming Christmas holiday. HAF schemes are free of charge to eligible families (primarily those qualifying for free school meals) and include a hot meal.

Details about all the schemes, their dates and times, can be viewed here: [Family Information and Services Hub | Service Listings](#)

To book a benefit-related FSM HAF place, you must first register with Hampshire County Council to receive a unique code that your activity provider will require when you book with them. Information about registering, and the link to the registration page, are available here: [Family Information and Services Hub | Holiday Activities and Food Programme](#)

- Most of the schemes take place within holiday playschemes offering paid spaces also.
- Some of the schemes are already very popular with few spaces left. There is no restriction regarding which HAF provision children can attend in relation to where they live or which school they normally attend. Children can also attend more than one HAF scheme.
- This information comes from the Hampshire FISH weblink, which is updating daily and should be checked in case of changes before making bookings.

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Beauty and the Beast

Now until Tuesday 31 December

Experience the magic and excitement of another Aldershot professional pantomime. 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 performance - Monday 30th December at 1pm

[Beauty and the Beast - Princes Hall](#)

Youth Theatre

5-12 years

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. 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.

'Try It' Session

If you're not sure about joining for a term, then why not ask about a 'Try it' first session? Give the Box Office a call on 01252 329155 and pay just £10 for one session to give it a go, before committing. If you decide to stay for the rest of the term (which we're sure you will) we'll then deduct the 'Try it' session payment from the term fee.

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

Army Welfare Service Spring programme

Army Welfare Service Spring Term programme

Programme	Ages	Cost	Location	Timings	Day
Church Crookham					
Youth Voice Ambassadors Project – peer led social activism with accreditation	11+	Free	Online fortnightly Aldershot and Church Crookham	6pm to 8pm	Mondays Term Time Only Returns 13.01.25
Juniors Youth Club 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 Returns 25.01.25
Savi Seniors Youth Club IRL	11+	£ 1	Quetta Park Preschool Building, Church Crookham, GU52 8TJ	5.30pm to 7.30pm	Thursdays Term Time Only Returns 25.01.25

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

Programme	Ages	Cost	Location	Timings	Day
Aldershot					
Play and Stay Group 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 Returns 21.01.25

Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk

Hampshire Libraries in the school holiday

Hampshire Libraries December 2024

Hampshire Libraries will be open over the Christmas holidays, only closing for the Bank holidays. Please check [Find a library | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk) for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

Our libraries are hosting a 'Coat Exchange', this winter. Exchange for a coat you no longer need, donate or just take one. Especially useful for any little ones who have just gone up a size.

Fleet Library

Stay and Play, Craft sessions and Construction Club available throughout the school holidays – drop in no need to book

Mon 23rd December – Christmas Storytime at 10.30am;

Thurs 19th December – Rhyme Time at 10:00am (toddlers); 10:45am (toddlers); and 11:30am (babies)

Yateley Library

Throughout the Holidays – Drop in for our Christmas craft, colouring and Christmas trail. Will you find all the pictures hidden around the library?

Sat 21st 28th December and 4th January - Construction Club 10.00am -12.00pm

Mon 23rd and 30th December – Stay & Play with craft activities 10.00am-2.00pm

Tues 24th December – Christmas Special Storytime 10.30-11.30 with free drinks and biscuits

Fri 20th December – Christmas Rhyme Time 10.15 - 10.45 **followed by Chatabout**

Our window is decorated for the Yateley Christmas house trail. Go to the 'Yateley house Trails' Facebook page to find the map showing everyone who is taking part.

Farnborough Library

Every Monday – Rhymetime, 10am-10.30am, 10.45am-11.15am

Monday 16th December – 11.30am-2.30 - Dress-Up Gingerbread craft, 50p per family

Tuesday 17th and 24th December - Storytime 10.30am - 11.00am

Wednesday 18th December – FREE Christmas Reindeer tree decoration craft

Thursday 19th December – Twilight Storytime, 3.45pm-4.30pm - come along in your cosy pyjamas and listen to some Christmassy stories, followed by hot chocolate and a snack

Friday 20th December – Winter Wonderland Mystery Room, 10am-11am, 11.30am-12.30am - £2 per child, booking is essential: [Winter Wonderland Mystery Room - Farnborough Library - Friday 20th Dec – Hampshire County Council Shop](#)

There will be a Christmas themed trail up in the Children's library throughout the holiday, as well as Christmas themed crafts and colouring.

Aldershot Library

Winter themed activities will be available at **Aldershot Library**, alongside our regular Rhyme Time offer.

Throughout December, Elf Chase is our Story of the Month – Can you find the elves hidden in the shelves?

Saturday 21st & 28th December, and 4th January – Construction Club from 2pm – 4pm

Suitable for 5-11 year olds, younger children also welcome. This is a family activity. Adults must stay throughout to supervise.

Wednesday 18th December – Festive Storytime 11am followed by a craft activity. Adults must stay. Free. Funded by Branch Donations.

Wednesday 18th December – Treats and Twilight Storytime 3.30-4.30pm. Free.

Festive Storytime suitable for children 4-9 years, younger children also welcome. Followed a warm drink and snacks. Adults must stay. Funded by HSG.

Friday 20th and Tuesday 24th December – Christmas Rhymetime

Songs and Rhymes with a Festive theme for babies and toddlers and their families/carers.

10:00am (toddlers) and 11:00am (babies)

Friday 27th & Tuesday 31st December - our usual Rhymetime sessions

Songs and Rhymes for babies and toddlers and their families/carers.

10:00am (toddlers) and 11:00am (babies)

Saturday 4th January 2025 – Snowy Winter Craft 11am-12pm.

A wintery craft session suitable for children 4-9 years. Adults must stay. Free. Funded by HAF.

Events and regular Branch Opening Hours are listed on the library service website: [What's on in libraries | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/libraries)

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](#)

****Please check in branch or online for our Christmas and New Year opening hours****

Princes Mead Shopping Centre Farnborough – Santa's Grotto

Our Christmas Grotto is open with FREE visits to Santa every Saturday and Sunday up to and including Sunday 22nd December, between 11am-3.30pm. No booking required; a queuing system will be in place.

There will also be additional entertainment during Saturdays in the run up to Christmas. See our website and social media pages for more information.

Aldershot Pools – Christmas 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/>

Spring Events at Wellesley Woodlands

Bird walk - Jan 25th 10.30-12pm

Dawn chorus - Feb 15th 8-9.30am

Signs of Spring - Mar 15th 2.30-4pm

Bat walk - Apr 15th 7.45-9pm

Bat walk - Apr 22nd 7.45-9pm

Canal wildlife walk - May 17th 1.30-3pm

For more information check out [Wellesley Woods Events - 4 Upcoming Activities and Tickets | Eventbrite](#)

Parent's Action Group (PAG): February Family Festival

Parents Action Group for special play

February Family Festival: Time Travel

Monday 17th February 10.30 a.m. – 2.30 p.m.

West End Centre, Aldershot

A date for your diary! This event is for special needs children, young people and their families. An indoor festival full of music, dance and craft sessions, ending with a finale dance for all. Booking line will open in January. £5 per head adults and children. Contact PAG for more details

info@pagforspecialplay.co.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](#) 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](#) 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

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 to supplement a person's weekly shop. First visit is free.

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

Switched On: Energy Support

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

Cosy Hub

Our winter warm space, Cosy Hub, is open every day 10am – 3pm, until **31st March**.

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

Places to eat and be with people on Christmas Day

The Alexandra Pub in Victoria Road, Farnborough is open from 2 – 6pm on Christmas Day for free tea, coffee, hot chocolate, mince pies or turkey dinner. Everyone welcome, friends, families, people on their own, people that can't afford to feed themselves. Don't be on your own when you could be making friends at The Alex!

Karuna Coffee House in Wellington Street, Aldershot, will be open 10 – 12 noon Christmas morning with free mince pies!

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.

Green Doctors is 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.

Citizens Advice Rushmoor Energy Advice

Citizens Advice Rushmoor have established a new callback service providing free advice to help people save money and energy at home.

Support is also being offered to access schemes such as the Household Support Fund, Warm Home Discount and Priority Services Register, as well as benefit eligibility checks, debt advice, and other crisis support such as food, fuel and clothing, if required.

You can call free 0808 175 3559 and leave a voicemail, or email energy@carushmoor.org.uk - leave your name, phone number and postcode and we will call you back to arrange an appointment.

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

- We sent out our first Newsletter in September, to all schools in Hart and Rushmoor.
- We will be offering a community holiday event within the Hart & Rushmoor area over the February Half-term and Easter holidays – date and venue to be confirmed.

Upcoming free webinars & Training:

- Thursday 12th December 2024 – Train to become a Domestic Abuse Ambassador in your community – Click on the below link to sign up.
- Wednesday 15th January 2024 – Train to become a Domestic Abuse Ambassador in your community

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
- Arrange for you to have a telephone appointment for more detailed help or in-person at our offices if appropriate
- Referring you to a different organisation who could assist you better than we can.

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 Wednesday from 10.00am 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.

Debt Free Prospect

Do you know someone living on Farnborough's Prospect Estate who is struggling with debt? We have established a new service offering free, confidential advice on finding a way out of debt. They can call free **0808 175 3559** or email pebl@carushmoor.org.uk - leaving their name, phone number and postcode and we will call them back to arrange an appointment.

Free Advice First Aid Training – Be A Helping Hand In Your Community

Do you find yourself wanting to help friends, family, or even strangers facing challenges? Our Advice First Aid course can equip you with the skills and knowledge to be a supportive guide.

This free training will help you:

- **Identify common advice issues:** Learn to recognize signs of problems like debt, money management struggles, or housing difficulties.
- **Start Supportive Conversations:** Build confidence in approaching these topics and having open, helpful discussions.
- **Connect People with Resources:** Discover the wealth of local support available, including Citizens Advice Rushmoor and our expert advisors.
- **Find the Right Path Together:** Develop skills to navigate complex situations and collaborate with individuals to find the best solutions.

Perfect for Volunteers, Community Leaders and anyone who wants to be a better helper!

Date: Wednesday, 22nd January 2025 **Time:** 1:30 PM - 3:30 PM **Location:** Citizens Advice Rushmoor Farnborough Office

VOLUNTEERING

Our training groups run 3 times per year in January, May and September. Our next **Introduction to Volunteering** event will be on 22 January 2025 at 1:30 as part of our Advice First Aid training course. If you would like to find out more about it and about volunteering with us please complete our [Volunteer information request form](#) or email volunteering@citizensadvicerrushmoor.org.uk We are also looking for volunteers in Reception, Advice, Fundraising, Events. If you are interested, please get in touch via our [website](#) or email volunteering@citizensadvicerrushmoor.org.uk

Clayton Court

If you are supporting a resident of Clayton Court who is struggling to keep warm and feed the family, we have help available:

- Heaters
- Food Vouchers

Please contact us on the numbers above.

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

HEALTH & WELLBEING INFORMATION

NHS Frimley: Change to urgent care – Frimley south

On Tuesday, 26 November, the pilot Aldershot Urgent Care Centre service came to an end after nearly a year. NHS Frimley, North Hampshire Urgent Care and Frimley Health NHS Foundation Trust are working together to continue to provide urgent care service for the people of North East Hampshire, Surrey Heath and Farnham.

From Wednesday, 27 November, if you have a health concern and need to be seen urgently, contact your GP practice and let them know what the problem is. You can also contact NHS111 (either online via <https://111.nhs.uk> or by dialling 111 on your phone).

Your local pharmacy can support and advise you with a range of common health conditions. GP practices, NHS111 and pharmacy are open to people of all ages.

Children and young people, or their parents or carers, can also visit Frimley Healthier Together, an online resource with information and advice specifically designed for younger people. The

information has been developed by doctors, working with parents, and uses a 'traffic light' system to advise you on what the best course of action is.

Your local GP practices are working hard to deliver even more appointments to support you over the coming months. Many hundreds of additional same-day appointments are being provided every week across North East Hampshire, Surrey Heath and Farnham.

If we all Make The Right Choice of health services, we can support the NHS to be more effective and that will help us all to get the treatment we need more quickly. You can find out more about what services are available here: [Which service do you need? | Frimley Health and Care](#)

Get winter strong – get vaccinated

For some, flu is unpleasant. But for many, particularly those with certain health conditions, older people and pregnant women, they can be very dangerous and even life-threatening.

The flu vaccine is also offered to most children including all aged 2 and 3 years old and school aged children from reception to year 11, as well as those with underlying health conditions. The children's flu vaccine is usually given as a quick and painless spray up the nose.

Children should get the flu vaccine as soon as they can for their protection and to help stop the virus spreading to others. Children aged under 5 have one of the highest hospitalisation rates for flu. During the 2022/2023 season, more than 6,000 under-5s in England were hospitalised by flu, and many more needed care in accident and emergency. The vaccine reduces a child's chance of needing hospital care by around two-thirds.

Book in with your GP if your child hasn't already been vaccinated as part of the schools' programme.

Free Tea & Blood Pressure screening events – Aldershot PCN

Mini health check drop in for Aldershot residents and patients of Border Practice, Cambridge Practice, Princes Gardens Surgery, Wellington Practice. Mini health check not compulsory, there is also a cuppa and a chat with our volunteers available.

Mini health check offer: Blood Pressure screening, Atrial Fibrillation Screening, how to access online health, NHS App Digital Services Support, how to contact your practice, know where to go when you're unwell.

Support with referrals to: Social Prescribers, Mental Health Services, Community Health & Wellbeing, Rushmoor Voluntary Services, Citizens Advice Rushmoor, Rushmoor Healthy Living, Local Service Support, Housing, Local policing, Healthy Start Vouchers.

Princes Hall, Princes Way, Aldershot, GU11 1NX

10am - 12pm

Fri 24th Jan, Fri 21st Feb, Fri 21st Mar

Cricket Club, Guildford Rd, Aldershot, GU12 4BP

10am - 12pm

Mon 6th Jan, Mon 3rd Feb, Mon 3rd Mar

For more information, please contact:

salusmedical.aldershotpcn@nhs.net 07483 095037

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](http://hampshireyouthaccess.org.uk) 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](http://no-limits-safe-haven.org.uk) - 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](http://sashasproject.org.uk) 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 4BP

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

For more information visit www.facebook.com/sashasproject

[Hampshire CAMHS](http://hampshirecamhs.org.uk)

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/>

Parent support at Hampshire Libraries

Here are details of two groups in Hampshire Libraries:

New Parents Meet and Connect - These new sessions are perfect for new babies and first-time parents/carers in the early days. You will be supported to explore a range of sensory equipment with your baby and have a chance to connect with other new and first-time parents. These sessions are free, there is no need to book, but places are limited. To find your closest session please use the link: <https://www.hants.gov.uk/librariesandarchives/library/events#.Parent-support>

First words together - Babies communicate long before they start to talk, through gestures, showing and giving objects, pointing, and vocalising. Sharing books and interacting through books from when babies are very young supports communication and language development. If you would like support to build your confidence to support your baby's communication, please contact ChatHealth to request a place on the new First words together courses for parents and carers:

<https://www.hampshirehealthyfamilies.org.uk/chathealth>

In addition, libraries in Hampshire offer other support and social activities for new parents and babies during their first twelve months and beyond. Find out how we can help your new family feel at home in the library:

- **Join the library** - Anyone who lives, works, or studies in Hampshire can join our library and it's free! We have lots of books and resources to support you as a parent as well as some fantastic books for children and it's never too early to start sharing books. You can join online or in your local library - find out more about the benefits of joining here. <https://www.hants.gov.uk/librariesandarchives/library/membership/jointhelibrary>
- **Baby stay and play** - Free and fun play session for babies up to 12 months old. These sessions offer a great chance to bond with your baby and make new friends. Find your closest session here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>
- **Baby Rhymetime** -Join these sessions to learn action songs and rhymes with your own baby with other parents and carers. Some libraries run sessions just for babies under 12 months. Find your closest session here:

<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>

- **Storytime** -Learn how to share stories and make them special at our free storytime sessions for pre-school children. Find your closest session here:

<https://www.hants.gov.uk/librariesandarchives/library/kids-zone/events>

- **When a book might help** - Sharing stories about situations can help put a child's make transitions and new experiences easier more understandable and easier to cope with. These story books can make it easier to explain new situations to small children.

Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone/whenabookmighthelp>

- **Rhyme and story of the month** - Repeating the same rhymes and stories, with actions too, will help to build a connection with your new baby and support their own listening and communication too.

Each month our libraries share the same rhyme and story in our rhymetime and storytime sessions to help you and your baby become familiar with sharing rhymes and stories at home. Find out more here: <https://www.hants.gov.uk/librariesandarchives/library/kids-zone>

Mustard Seed Autism Trust

We are developing the Resources Hub on our website with tips from our Occupational Therapists, routine charts, communication boards, activities for autistic children, and well-being resources.

All are free to download:

<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

Parent Education classes in Nepali and Urdu – Starting in January

NHS Frimley Health Foundation Trust are launching a pilot for **Parent Education classes in Nepali & Urdu** in January 2025 and will be led by our own talented midwives.

Come along to this FREE 3 hour in-person class held on alternate months in **Aldershot** and Slough for anyone over 24 weeks pregnant who understands Urdu or Nepalese as their first language. We hope to promote social connections and engagement with local organisations.

We will cover topics including:

- when to call the hospital
- hormones in labour
- the stages of labour
- pain relief options
- informed consent
- requesting an interpreter
- induction of labour
- instrumental birth
- caesarean section birth
- infant feeding

Simply ask your midwife or doctor to refer you when you are over 20 weeks pregnant.

Any queries, please email: fhft.maternitywebsite@nhs.net

Barnado's Hampshire Healthy Steps Programme – Courses starting in January

Hampshire Healthy Steps offers families with 2- to 12-year-olds, support through a 6-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.

We have venues/dates/times for courses Scheduled from January 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](#)

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/>

Andover Mind's Wellbeing Centre, Aldershot

Andover Mind is a mental health charity helping anyone with or at risk of mental ill-health. We provide services right across Hampshire, with wellbeing centres in Andover, Basingstoke and Aldershot, and outreach in the community across the boroughs of Test Valley, Basingstoke and Deane and Hart and Rushmoor.

We are here to help *for free*, supporting you to manage your wellbeing and teaching you coping strategies to avoid crises.

Our wellbeing centre in Aldershot and outreach in Farnborough and Fleet offers wellbeing support to adults experiencing difficulties with their mental health. The support is delivered through limited to one sessions, along with a full timetable of groups and workshops. Our groups and workshops are created with different needs in mind, with the intention of having a group to suit everyone. Some are for those who want to share how they're feeling and get advice from others, others are for those who want to get out the house, distract themselves, be around people or learn coping skills. There is no pressure to share or talk in our groups, sometimes just turning up is a big enough step.

Our one to one support is provided by an allocated key worker who will work with you through limited sessions to focus on your mental health related concerns and together, set small, achievable goals to support you to cope.

Some of our free groups and workshops include:

- Emotional Support and Recovery (Farnborough and Fleet)
- Social chats in the community (Aldershot and Farnborough)
- Meditation
- Yoga
- Board game therapy
- Tai Chi
- Quiz
- Allotment group
- Creative writing
- Parents support group
- Workshops: Decider Skills, Self Esteem, Managing Anxiety, Finding Confidence, Sleep, Stress management, Resilience,

Our timetable is available to registered service users and is sent out monthly via email, it is also available at reception in the Wellbeing Centre.

To access our services, you will need to be over 18 and complete a self-referral form at the Wellbeing Centre, by calling 01252 317481.

If you feel in crisis, you can attend our **Safe Haven**.

Safe Haven is an out of hours Crisis only Service open 365 days a year for people to walk in or by using our virtual platform 'Attend Anywhere' which is accessible through a link available on our website.

Aldershot Safe Haven opening times are:

- Monday to Friday 6pm to 11pm
- Weekends/ Bank holidays 12.30pm to 6pm

When arriving (live or virtually) the Service User is assessed (triaged) and seen by the most appropriate person. Service users need to complete a self-referral (this can be completed over the telephone, online via our website or by walking into the Wellbeing Centre) and an assessment. Once these steps have been completed, service users will be able to access up to 6 one to one sessions and any of our groups and courses.

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](#)

Fortify Mental Health & Wellbeing Services

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

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

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

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

So far this year:

Fortify successful delivered their 'parenting on the front line', which was a free online programme to help and support parents with teenagers. Due to its success, we will be putting it on again and the information will be shared through all local schools and fellow professional agencies.

We have also started our drop-in service exclusive to Wavell school students. Wavell have been kind enough to lend us an area in their school where we can support their pupils outside of school hours with their emotions and behaviour. We are currently running our anxiety programme which will end the week before half term and after half term we will be starting our anger management programme. All pupils attending Wavell school are welcome to attend.

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 a number of schools. If you wish for more information, please don't hesitate to contact us.

Good news:

Fortify have had a new member join the team!!

Holly is the latest recruit to join Tara, Steve, Jean and Charlotte. Holly has been working with teenagers for over 5 years and has extensive knowledge with regards to trauma and healthy relationships.

TalkPlus

TalkPlus is a local NHS Talking Therapies service, (previously known as the IAPT). 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

Facebook.com/talkplusiapt | Twitter.com/TalkPlusNHS | Instagram/talkplus_nhs

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: 5th February and then 4th June 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. Starts January 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, starting 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. The next one starts 14th January 2025 online.

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: 8th January 2025. For further information about all the courses we run and how to self-refer, please visit: www.talkplus.org.uk

Smokefree Hampshire

Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County.

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).

Text the words "I QUIT" to 66777 for your appointment and free quit kit."

Rushmoor Healthy Living NEW Beginners Exercise for Weight Loss starting January!

Perfect for beginners, this is an upbeat cardio-based class to get you moving and smiling, whilst working towards losing weight. The class will support you to increase your heart rate via different

styles of exercise. Plenty of options will be given so that you can effectively work at the level that is right for you.

Thanks to National Lottery Funding, during Jan/Feb/Mar, we'll be offering FREE 30 minute add-on nutrition sessions to help you think about some dietary ideas that can help you to lose weight. There'll be no public weigh ins and no calorie counting, just small simple sustainable changes that you can make for long-term health.

The nutrition sessions will take place straight after your class and will include a cuppa. Monday at 10am at Cove Bowling Club. To book or for any queries please contact our friendly team on classes@rhl.org.uk.

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, local young people's charity Step by Step, and The West End Centre – if you would like more info or promotional materials, please email hannah.shuttler@rushmoor.gov.uk

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a Hart Voluntary Action (HVA) service offering emotional/social/peer support and practical help to anyone aged 7-25 years living in Hart and Rushmoor who cares, unpaid, for a family member with an illness or disability, mental health condition or addiction.

Young carers have access to fortnightly, 2-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, as well as additional opportunities to attend day trips, residentials and school holiday activities. They are also able to participate in our Cook & Eat Programme, in which 2-3 young carers attend a cooking class before their club session where they help prepare a healthy meal from scratch for the whole group. Older members also have access to 1:1 support, a Duke of Edinburgh's Award Group and young leader programme which gives them a chance to get involved in running activities at our younger clubs. Community transport is available for those young carers without access to a vehicle and attendance free, and there is no charge for any of the food, drinks or activities provided.

We hold term-time club sessions every Tuesday (*Junior Group for 7-11 years, alternating between School Years 3-5 and 6*) and Wednesday (*Senior Group for 11-15 years, alternating between School Years 7/8 and 9/10*), and every other Thursday (*Young Adult Carers Group for 15-25 years*).

The main focus of all our activities is on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give

the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence and self-esteem, develop new skills and cope with issues that affect their lives.

The young carers are also involved in shaping the service to ensure their needs are appropriately met. Both group (Young Carers Board) and individual feedback is gathered to better understand their experiences, and what they would like to see added and/or changed. Some later volunteer as young adult carers which gives depth and continuity to the service.

We have the following activities planned in the lead up to Christmas:

- Christmas Parties for all our groups at Mayfield Community Centre in Farnborough,
- Trips for our Junior Group to Clip 'n Climb Camberley and The Anvil Theatre in Basingstoke to see the pantomime,
- Trip for Senior and Young Adult Carers Groups to Jump In Trampoline Park Camberley.

A young carer can be referred to the service by a member of their family, their school or college, or by a health and social care professional. They can also refer themselves.

To find out more, please contact 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.

LOCAL ORGANISATIONS

Prospect Estate Big Local (PEBL) – News

PEBL Free Debt Advice

Are you struggling with debt and need some advice? Citizens Advice Rushmoor working in collaboration with PEBL is offering Prospect estate residents support with FREE confidential Debt Advice.

You can call the helpline on **0808 175 3559** or email pebl@carushmoor.co.uk

Leave your name, phone number and postcode and we will call you back to arrange an appointment.

PEBL Knit and Natter

PEBL's Knit and Natter sessions are held every 2nd and 4th Tuesday of the month from 2pm to 4pm at the Prospect Community Centre on Mayfield Road next to the Totland shop.

Refreshments, good company and good conversation all provided free of charge. Please feel free to come along.

Hampshire Parent Carer Network

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

Membership - When you join as a member of HPCN, you can access our sessions, events and training opportunities. We send out a monthly newsletter:<https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Please have a look at what we have coming up in Hart, Rushmoor and Basingstoke:

18/12/2024 7-8.30pm - Bridging the gap online mindfulness - Zoom Meeting ID: 894 3772 4863, Passcode: BTG

08/01/2025- 10-12pm - Basingstoke Get Together - Osbourne Room, The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4B

09/01//2025, 10am -12pm - Fleet Get Together - Fleet Town Football Club, Crookham Road Fleet Hampshire GU51 5FA

23/01/2024, 12-1pm - Lunchtime online Get Together - Zoom Meeting ID: 835 1332 0196 Passcode: GT - **SENDIASS attending**

06/02//2025, 10am -12pm - Fleet Get Together - Fleet Town Football Club, Crookham Road Fleet Hampshire GU51 5FA

12/02/2025- 10-12pm - Basingstoke Get Together - Osbourne Room, The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4B

25/02/2024 - 8-9pm - Evening online Get Together - Meeting ID: 890 6612 2644 Passcode: GT

For any more information on our services email : participation@hpcn.org.uk or use our Linktree: <https://linktr.ee/hpcn.org.uk>

For information on our projects please contact the projects direct email :

Bridging the Gap - Mental health transitions from child to adult services supporting ages 14-25 - BTG@hpcn.org.uk

Future in Mind - Supporting young people's mental health and those on the CAMHS waiting list - FIM@hpcn.org.uk

(PINS) - Partnership for Inclusion of Neurodiversity in Schools : pins@hpcn.org.uk

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

Eligibility: Adults aged 19+ without a Level 2/GCSE maths (grade 4/C) or maths Functional Skills Level 2. Adults may also be eligible if they can show a need to improve their numeracy skills.

Book your place now by completing the form using the link below or email multiply@hants.gov.uk
<https://forms.office.com/e/LjnfR5qfAr>
