

Supporting Families Bulletin

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COST OF LIVING SUPPORT

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

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

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

Local:

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

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

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

County:

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

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

National:

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

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

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory



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

To browse click [Rushmoor Link](#)

WHAT'S ON IN RUSHMOOR & HART

Holiday and Food Clubs

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

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



Summer 2025 District
HAF Flyer - Rushmoor

Squirrels Educare – Summer Holiday Club

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

Squirrels Educare welcome children from age 2.5 – 10 years old throughout the Hampshire school holidays. We offer fun, exciting & varied activities, delivered by high quality staff. Half a day from £22.00 and full days from £33.00. Activities to include crafts, ceramics, park outings, cooking, tie dying & much more!

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

office@squirreleducare.co.uk

Tel: 07702 202921 or (01252) 403586

www.squirreleducare.co.uk

www.facebook.co.uk/squirrelsholidayfunclub

Holiday activities from Rushmoor Borough Council

Feel Good Fridays, Farnborough town centre

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

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

Friday 1 August, 10am to 3pm

- Jump, balance, hop and skip your way around The Landing's new pavement games (with Urban Canvas)

- Test your wiggling skills at hula hooping workshops & shows with Angie Mack

Friday 8 August, 10am to 3pm

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

Friday 15 August, 10am to 3pm

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

Friday 22 August, 10am to 3pm

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

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

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

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

Free, family-friendly fun - just drop in!

www.rushmoor.gov.uk/feelgoodfridays

Eco Explorers Club

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

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

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

Aldershot (Union Street)

- Saturday 2 August
- Saturday 6 September

Farnborough (The Landing, Queensmead)

- Sunday 3 August
- Sunday 7 September

www.rushmoor.gov.uk/ecoexplorers

PlayFest! on Saturday 13th August, Princes Gardens, Aldershot

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

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

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

Free, family-friendly fun - just drop in!

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

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

Aldershot Pools – Holiday opening and Lido opening

Guildford Road, Aldershot, GU12 4BP

For Aldershot Pools please refer to our website for the school holiday period.

<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

The Lido will be open every day in July and August.

We are also looking forward to another ulti-mutt dog weekend at the end of the season in September, when your furry best friends can join in the fun and enjoy a doggie-paddle.

Jam Coding Summer Holiday Club – Tomlinscote Sports Centre

https://jamcoding.com/holiday_club

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

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

Summer Holiday Camp – August 2025

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

Dates: August 4–7, 11–14, 18–21

Time: 9:30 AM – 3:30 PM

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

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

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

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

Help your child grow their digital skills and confidence!

Questions? Email: hampshire.nw@jamcoding.co.uk

Learn more about our after-school clubs: jamcoding.com/our-workshops

Diddy Dunkers Summer Holiday Basketball Camp

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

July

- Monday 28th July 10am – 4pm
- Tuesday 29th July 10am – 4pm
- Wednesday 30th July 10am – 4pm

August

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

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

Advance booking essential

Pirate Fun at Princes Mead Shopping Centre – Farnborough

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

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

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

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

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

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Hampshire Libraries – Activities for children

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

The Summer Reading Challenge is on in all Hampshire Libraries from Saturday 12th July – Saturday 13th September. Free to join!

Farnborough Library

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

Storytime – Every Friday 10.30am – 11am

Construction Club – 2pm-4pm every Saturday

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

Aldershot Library

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

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

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

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

Summer Activities at Aldershot Library 19th July – 27th August

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

Junk Jodie: BEE Insect-azing Tuesday 12th August 2.00-3.00pm. Free*

Booking is essential. Adults must stay

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

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

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

Places limited Book in Branch/via Facebook

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

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

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

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

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

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

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

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Horrible Histories

Friday 25 July, 1.30pm & 4.30pm

We all want to meet people from history! The trouble is everyone is dead! So it's time to prepare for Horrible Histories live on stage with the acclaimed production of Gorgeous Georgians and Vile Victorians!

Are you ready to swing with a Georgian king? Does the Duke of Wellington get the boot? Would you stand and deliver to dastardly Dick Turpin? Can you help detectives find the headless man? Dare you dance the Tyburn jig? Will you be saved by Florence Nightingale? Find out what a baby farmer did and move to the groove with party Queen Victoria!

Don't miss this horrible history of Britain with the nasty bits left in!

[Horrible Histories - Princes Hall](#)

Play In A Day

Monday 28 July, 10am, Ages: 7-11 yrs

Topic: Alice in Wonderland

A must for all drama fans! Our expert leader Debi Rush will give you the opportunity to learn new theatrical skills, meet new friends, build confidence and work on a short play that will be performed to parents at the end of the day.

The children will work on a well-known story; acting out scenes and devising their own lines in small groups. The tutor will also encourage and direct the children to create fun characters that will be incorporated within the play.

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

Dance In A Day

Wednesday 30 July, 10am, Ages: 7-11 yrs

A must for all dance fans, and movers & shakers! Our expert leaders Justine and Sian will give you the opportunity to learn new dance moves and skills, meet new friends, build confidence and work on a number of short, choreographed pieces that will be performed to parents at the end of the day.

With our professional dance tutors, the children will work on well-known dance moves and help devise their own choreography for individual and group performances, whilst building dance confidence and having fun!

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

Sweet and Sour

Wednesday 27 August, 7.30pm

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

[Sweet and Sour - Princes Hall](#)

Theatre Tots

Wednesdays – Term Time

A magical introduction to the world of theatre and performing arts, designed specifically for children aged 9 months to 4 years. With our expert leader Alicia; a trained dancer with a passion for working with young children, our fun-filled classes combine singing, dancing, and musical theatre to ignite your little one's imagination and help them grow in confidence, creativity, and coordination.

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

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

Summer events at Wellesley Woodlands

Wellesley Woodland Wildflower and Butterfly Walk

Monday, July 28 · 1:30 - 3pm

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

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

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

No booking required

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

What3words:///pools.leader.arrow

Wellesley Woodlands Bat Walk - Chalk Farm Lake

Tuesday, August 19 · 8 - 9:15pm

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

Wellesley Woodlands Health Walk - Wharf Plantation

Fri, 25 July 10am – 11am

No booking required

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

Community Dog Show - All welcome

Sat, 16 Aug 10am – 1pm

No booking required

Wellesley Woodlands – Wellington Statue field, Aldershot

PAG Summer Picnic for families with special needs children and young people, 20th August

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

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

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

Bring a picnic and any outdoor games you would like to play with!

For any questions, please contact us info@pagforspecialplay.co.uk

We look forward to seeing you there!

Army Welfare Service Summer programme

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

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

Priority places will be given to service families households.

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

Mob: 07773 242 291 Email: samena.arshad-mehmood100@mod.gov.uk

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

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

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

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

Half day adventures – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving, to archery, to basic fire lighting! £22 per person for 2.5 hours of fun.

Adult (16+) - Summer canoe tour berry foraging and processing – Join us for a fun community bushcraft morning to celebrate the woodland in summer and learn new bushcraft skills. £20 per person. New session every season so keep your eyes on our website for updates.

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

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

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

Rushmoor Gymnastics Academy Summer fun sessions!

Pool Road, Aldershot, GU11 3SN.
01252 320 888

July 15th, 16th and 17th
Age 6-8 5:00pm-6:00pm
Age 9-12 6:00pm-8:00pm
£14 per 1hr session
£20 per 2hr session

Book as many as you like online now at www.rushgym.co.uk

Rushmoor Gymnastics Academy Recreational Camp

Tuesday 12th to Thursday 14th August, 10:00am-2:00pm

Gymnasts aged 7-12

£90 for all 3 days

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

Open to members and non-members.

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

Book now at: www.rushgym.co.uk

Aldershot Town FC & Shots Foundation Summer Football Camps

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

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

Monday 28th July to Friday 1st August - Hook Junior School (Hook, GU27 9NN)

Tuesday 26th August to Friday 29th August - The Cambridge Primary School (Aldershot, GU11 2BS)

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

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

For more information please contact jamie.macallister@shotsfoundation.org

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

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

The Community Cupboard at the Vine Centre, Aldershot

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

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

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

Opening hours: Monday, Wednesday and Thursday 10-2

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

www.thevinecentre.org.uk info@thevinecentre.org.uk

Mental Health Support at The Vine Centre

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

Switched On: Energy Support

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

info@thevinecentre.org.uk. 01252 400196

Kids Summer Lunches

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

Please get in touch if you require more information or support info@thevinecentre.org.uk 01252 400196.

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

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

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

Church of the Good Shepherd – Food Support

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

Free Food Essentials – Fridays 10am-12noon

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

The Larder Foodbank

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

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

For more information, please contact Abbie Edwards - Pioneer Community Worker
Phone: 07845 175 158 Email: community@goodshepherdchurch.org.uk

Farnborough Foodbank

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

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

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

Mobile: 07954 105 279 call or text please

Email: info@farnborough.foodbank.org.uk

Web: www.farnborough.foodbank.org.uk

Stop Domestic Abuse

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

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

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

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

www.stopdomesticabuse.uk

Citizens Advice Rushmoor

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

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

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

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

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

It alternates between Farnborough and Aldershot as detailed below:

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

Different ways of reaching us:

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

Nepali Drop-in

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

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

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

‘Switched On’ energy advice

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

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

To book an appointment, you can call free 0808 175 3559 and leave a voicemail, or you can email switchedon@carushmoor.org.uk. 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 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://citizensadviserushmoor.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-healthierttogether.nhs.uk/mental-health/your-local-mental-health-resource>

The Source Young People's Charity – Summer Programme

Supporting local young people with their wellbeing through 1-1 counselling, physical activity and wellbeing workshops.

Activity & Workshops Programme

Dates: July 24th – August 25th, 2025

Age: 11 – 25 yrs

Summer Holiday Sessions:

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

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

Fundraising Events

- The Re-Source Project
- Twilight Challenge 2025

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

For further information:

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

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

Counselling & Other programmes

On-going weekly sessions include:

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

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

General contact details

Address: The Source Young People's Charity, 2a Grosvenor Road, Aldershot GU11 1DP

Office phone number 01252 333330

Website: www.thesourceforyou.co.uk

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental health care. Our Youth Social Prescriber connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to – just come along for a chat and see how it goes.

Resources for children and young people include:

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

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

Visit: [#Coping guides | Frimley Health and Care](#)

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

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

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

[Sasha's Project](#) is a not-for-profit organisation 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/>

Rushmoor & Hart School Nursing Service

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

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

Please see our new Digital Productions for young people:

- **Chathealth video:** <https://www.youtube.com/watch?v=rA6Dehlke1g>
- **Exam Stress Podcast:** [School Nurse Podcast Episode 1 - Exam Stress](#)

In addition to this our Duty phone line remains open for advice and support and general queries: 02382 311 550 or you can email us at randhsnteam@southernhealth.nhs.uk

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/>

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

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

TalkPlus

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

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

For more info, check out our website www.talkplus.org.uk

TalkPlus has 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 course running: 17th September 2025

Knowing Me Knowing You Course:

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

Next Courses running 23rd July and 8th September 2025

Move to Improve:

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

Living Well Staying Well Course:

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

Next course running 2nd October 2025

Managing Low Mood and Anxiety:

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

Next course running: 7th August 2025.

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

www.talkplus.org.uk

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

Facebook.com/talkplusapt

Instagram/talkplus_nhs

ACUMIST EDUCATION - Mental Health and Wellbeing Support For Young People

- Are you worried about the mental health and wellbeing of a young person?
- Are they suffering from anxiety or depression?
- Are they 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 **07396 727 452** for a no obligation chat.

Smokefree Hampshire – Smoking and vaping resources and services**[Smokefree Hampshire | Your Stop Smoking Service](#)**

Smokefree Hampshire provide free stop smoking and stop vaping support to anyone living in the County, aged 12 years and over. Support includes:

- 12 weeks one to one consultation with a specialist adviser.

- Free nicotine replacement such as patches or gum.
- Free Medications where appropriate.
- A voucher for a free vape to use as part of our quit programme (Over 18s only).

[Smokefree Me | Health and social care | Hampshire County Council](#)

Resources to support to education settings with smoking and vaping education. There are several lesson plans, resources, a template smokefree policy and much more.

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LOCAL YOUTH CLUBS

Youth Club at The West End Centre, Aldershot!

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

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

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

The Lighthouse at Andover Way, Aldershot is now open!

Exciting News! The Lighthouse at 8 Andover Way Aldershot is now open, offering a vibrant meeting space and warm welcome for the whole community.

Open times

- Tuesday 3- 5.00 p.m. for Free 16, a club for young people of secondary school age
- Wednesday 11.30 am - 1.00 pm Open to everyone for a spot of lunch, a chat and a catch up
- Thursday 3.30- 5.30 pm - time for families, tea cooked for the whole family, to make after school pick up more fun for everyone

No charge is made for the food or refreshments provided.

For more information – jo@the-lighthouse.info

Term Time Youth Clubs:

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

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

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

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

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

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

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

A youth club with pool, games, crafts and refreshments. Open to all aged 11-17. FREE!

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

A traditional drop-in youth club with games, tuck shop and chill out space for those in school years 6, 7 & 8 (age 11-14). Play outside on the floodlit tennis courts as well. Suggested donation £1 to attend, no membership fees.

Friday Night Club - Fridays 7-9pm at The Tythings Youth Suite, Yateley GU46 7RP

Our flagship club that has been running for decades! Drop-in for a game of pool, table tennis or lots of other games. Enjoy some free snacks and hot chocolate. Open to all aged 11-17. FREE!

For more information about our services please contact office@vision4youth.org.uk, 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram.

Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

Breakout Youth

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

We offer the following support:

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

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

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

To find out more, please email breakout.training@breakoutyouth.org.uk

Hart & Rushmoor Young Carers

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

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

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

The main focus of all our activities is on the young carers having fun, meeting/socialising with others in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence and self-esteem, develop new skills and cope with issues that affect their lives.

The young carers are also involved in shaping the service through feedback and a Young Carers Board, ensuring their needs are appropriately met.

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

A young carer can be referred to the service by a member of their family, their school/college, or by a health/social care professional. They can also refer themselves. To find out more, please contact the Young Carers Service Manager Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689, or visit the HVA website to download a copy of the referral form.

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

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

Cubs

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

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

Scouts

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

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

Explorers

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

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

10th Farnborough Scout Group – Is your young person ready for a challenge?

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

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

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

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

If you have a young person who wants to know more about what scouting and is ready for a challenge, or to see what scouting can offer, then please contact us on:

scouts@10th-farnborough.co.uk

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

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

SKILLS & TRAINING

Hampshire County Council – Free courses for adults

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

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

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

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