RUSHMOOR SUPPORTING FAMILIES BULLETIN

OCTOBER 2026

COST OF LIVING SUPPORT 2
WHAT'S ON IN RUSHMOOR & HART 3
Holiday clubs/activities 3
Activities for children with Special educational needs and disabilities 4
Activities at Hampshire Libraries 5
Princes Hall shows for children 6
Activities in the Town Centre 9
COMMUNITY SUPPORT INFORMATION 11
Rushmoor and Hart Foodbanks and Larders and Energy Support 11
Community Grub Hub CIC 11
The Community Cupboard at the Vine Centre, Aldershot 12
Farnborough Foodbank – How to get food support 12
Citizens Advice Rushmoor 13
HEALTH & WELLBEING INFORMATION 14
Get ready for winter 14
Healthy Start Scheme 15
Hampshire Healthy Steps 15
Solihull Approach online support for parents 15
Mental health and wellbeing 16
Children & Young People's Services Northeast Hampshire (CYPS NEH) 17
Mental Health Support at The Vine Centre 18
Rushmoor & Hart Community Public Health Nursing Service 18
Kind to Mind services 19
Smokefree Hampshire – Smoking and vaping resources and services 19
SKILLS & TRAINING 20

COST OF LIVING SUPPORT

Many families are worried about the cost-of-living increases and how these impact on managing day to day life, and there is lots of information available online to support people you're working with, typically covering Fuel and Energy; Food, Foodbanks and essentials; Help with money, bills and debt, finding work; Staying well and resilient; Warm and welcome spaces; and Housing needs and homelessness Local information especially is being added to all the time, so please share the links below with colleagues and families and go back to the information regularly to note any changes.

Local:
Cost of living help - Rushmoor Borough Council
Cost of living support hub | Hart District Council
Worried about cost of daily living: Frimley Healthier Together (frimley-healthiertogether.nhs.uk)

County:
Keep Warm Keep Well | Hampshire County Council (hants.gov.uk)
Money worries (connecttosupporthampshire.org.uk)

National:
Help for Households - Get government cost of living support
Get help with the cost of living - Citizens Advice

Worrying About Money – sources of support

Hampshire County Council have worked with the Independent Food Network (IFAN) and district councils to co-produce a new interactive resource to guide people to sources of support if they are experiencing financial hardship.

IFAN have produced an interactive resource which can be accessed via this link https://worryingaboutmoney.co.uk/rushmoor as well as a printable flyer which can be requested by emailing communitydevelopment@rushmoor.gov.uk

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 clubs/activities

Diddy Dunkers: Half-Term Holiday Basketball Camp

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

Tuesday 27 October 10am – 4pm
Thursday 29 October 10am – 4pm

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

Squirrels Educare – October Holiday Club

Monday the 26th of October to Friday the 30th of October – timings from 8.30am 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 potion making, slime factory, pumpkin activities, park outings, spooky t-shirt making & much more!

For further information or to make a booking please contact us on any of the below; e-mail address:
office@squirrelseducare.co.uk
Tel: 07702 202921 or (01252) 403586
www.squirrelseducare.co.uk
www.facebook.co.uk/squirrelsholidayfunclub

CM SPORTS OCTOBER HALF TERM HOLIDAY CLUB
MONDAY 26TH – FRIDAY 30TH MAY 2026 FROM 8AM – 4.30PM DAILY
For further information regarding costs and availability please email info@cm-sports.co.uk

Stopgap Dance Company - October Half-term dance club

Join Stopgap for three jam-packed days of movement, activities and fun!
Learn new dance skills, get creative crafting props, make new friends and share your experience with family inviting them to watch a sharing on the last day.
Everyone is welcome, no prior dance experience is needed.
This dance club is aimed at 7 - 11 year olds.

Dates: Monday 26 - Wednesday 28 October 2027
Venue: Alderwood Leisure Centre, Tongham Road, Aldershot, GU12 4AS
Times: 10.30am - 3.30pm
Cost: £90 for the 3 days (Earlybird fee £75 if booked before 18 September)

Interested or want to hear more, contact: admin@stopgapdance.com or call 01252 745 443

Stopgap Dance Company is driven by a diverse creative team who uses dance as a movement for change. Our mission is to create an inclusive world where diversity is not just accepted but pursued, a world where no one is limited by prejudice against Deaf, Disabled or neurodivergent people.

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Activities for children with Special educational needs and disabilities

Parents Action Group for Special Play: Half-term activity / PAG Panto

Spooktacular!

Halloween event for special needs children and young people.

Monday 26th October
2 – 4.10 p.m.
West End Centre, Aldershot
£8 per child, siblings welcome

Dress up in your best Halloween costumes!
1 hour of magic and games with Dan from Playhouse Parties.
1 hour of dance with Jackie from Duo Dance. Our regular tutor for MADD Musical Theatre Club.
Tutors are supported by our enthusiastic and experienced volunteers.

Grown-ups and scarers to stay with their young people throughout.
Tickets available via West End Centre box office
www.westendcentre.co.uk
01252 330040

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PAG Panto

There will be a special PAG performance of 'Sleeping Beauty' at The Princes Hall, Aldershot on **SUNDAY 6th December 2026 at 1.00p.m**.
This performance is specifically for special needs children/young people, their siblings and parents/carers.
The cost is only **£15** per ticket (max 6 per family).
Contact pagpanto25@gmail.com for a booking form. First come, first served!

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Autumn Activities Programme for children with hearing impairment

Chloe and Sophies Special Ears

Tuesday 20th October 9am to 5pm - Horseshoe Lake Activity Centre - Age 10 plus
Join us for a full day of instructor-led adventure workshops. You'll take part in four exciting 90-minute sessions, including Katakanu, Climbing, Kayaking, and Raft Building.

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Wednesday 21st October 10am to 12pm - Come and Celebrate our 16th Birthday for CSSEF
We are celebrating with cake and drinks for our families alongside our Teddy Bear Audiology Clinic and Decorate Your Hearing Aids/Cochlear Implants and BAHA's.

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Sunday 25th October 11am to 2pm - Halloween Party at Deaf Hub- The Kiln, Badshot Lea

Get ready for a spooktacular time at our Halloween Party at Deaf Hub with Halloween arts and crafts and lots of fun games including apple bobbing and many more. Fancy dress is encouraged, so come dressed in your favourite Halloween costume.

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Monday 26th October 10am to 11.30am or 2pm to 3.30pm - Pumpkin Carving - CSSEF Wellbeing Hub Aldershot - Age 5 plus

Join us for a spooky pumpkin carving session along with fun Halloween arts and crafts.

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Tuesday 27th October 11am - There's a Monster in Your Show BSL Interpreted Performance - Princes Hall Aldershot

Tom Fletcher's interactive adventures for big imaginations are leaping from page to stage.
A group of performers are preparing to start their show, but quickly discover they are not alone on stage. Little Monster wants to be part of the fun too! With an invitation to his friends, Dragon, Alien and Unicorn to join him, you can expect comedy and chaos as they help to create a magical show, learning about the joy of books and friendship along the way.

A high-energy 50-minute adventure featuring lively original music, this show is the perfect introduction to live theatre.

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Tuesday 27th October Time 2pm - High Score Arcade Bracknell

Join us for 90 minutes of arcade fun. Packed full of both modern and retro arcade games, High Score is a family-friendly free-play amusement centre with something for everyone. Race family and friends, challenge them to a basketball shootout, or get nostalgic on old favourites like Pac-Man.

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Thursday 29th October 10am - Jake's Playbarn and Mini Farm

Enjoy a day out where all the family gets involved enjoying the indoor playbarn, outdoor play areas & minifarm.

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If anyone would like to attend, please contact wishes@cssef.org for our Activity Programme form.

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Activities at Hampshire Libraries

Hampshire Libraries – Activities for children

Please check Find a library | Hampshire County Council (hants.gov.uk) for the opening hours for your nearest branch. Follow your library on Facebook and Instagram for all our updates and events. Children need to be accompanied by an adult for all our activities.

Fleet Library

Story time Every Monday (excluding bank holidays) 10.30am
Rhyme time Every Thursday 10am, 10.45am & 11.30am

Stay and Play Every Monday, Thursday and Friday (excluding bank holidays) 3.30pm-4.30pm
Construction club Every Saturday all day
Yateley Library

Every Monday (term time only) 3.15-4.30pm - After school Stay and Play
Every Tuesday – 10.30 - Storytime
Every Friday – 10.15 - Rhyme time followed by Stay and Play
Every Saturday – 10.00 to midday – Construction club.

Farnborough Library

Rhymetime – Every Monday 10am-10.30am, 10.45am-11.15am, every Thursday 2pm-2.30pm
Storytime – Every Friday 10.30am - 11am
Construction Club – 2pm-4pm every Saturday
Stay and Play – Every Friday, 11am-12pm

National Databank – Farnborough Library area now a site for the National Databank, providing free SIM cards to people in need. If this is something you or someone you know could benefit from, please come and see us in branch.

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.
New Parent Meet and Connect, every Friday 11.15-12.15 - Come and meet other new parents and discuss any questions you may have with others. No need to book, just come along.
Starting School...Ready, Steady, Go!, starting Friday 6th November -Starting School... Ready, Steady, Go! - Aldershot Library - Friday 6th – Hampshire County Council Shop The aim of this course is to equip parents and carers with the knowledge, strategies and practical tools needed to confidently support their child's transition into school. Please book on using the link provided.

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 - Hampshire County Council | Aldershot | Facebook
Farnborough - Farnborough Library - Hampshire County Council | Farnborough | Facebook
Fleet - Fleet Library - Hampshire County Council | Fleet | Facebook
Yateley - Yateley Library - Hampshire County Council| Yateley | Facebook

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Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

K-Pop Dance Heroes
Sunday 18 October 2026 3:00 PM

Sing and dance along with the K-POP DANCE HEROES as they take you on a musical adventure through the biggest K-Pop hits of all time.

K-POP DANCE HEROES features live vocalists and is filled with high energy, synchronized choreography and exceptional harmonies.

Come and join the K-POP PARTY!
K-Pop Dance Heroes - Princes Hall

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There's a Monster in Your Show
Monday 26 October 1pm & Tuesday 27 October 11am

Tom Fletcher's interactive adventures for big imaginations are leaping from page to stage, as the beloved 'Who's in Your Book?' series tours the UK in a brand-new musical show.

A group of performers are preparing to start their show, but quickly discover they are not alone on stage. Little Monster wants to be part of the fun too! With an invitation to his friends, Dragon, Alien and Unicorn to join him, you can expect comedy and chaos as they help to create a magical show, learning about the joy of books and friendship along the way.

A high-energy 50-minute adventure featuring lively original music, this show is the perfect introduction to live theatre.

Please note: The Tuesday 11am performance will be BSL interpreted on the right hand side of the stage.
There's a Monster in Your Show - Princes Hall

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Play In A Day
Tuesday 27 October 2026 10am – 4pm
Tickets: £28
Ages: 7-11 yrs

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

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

Children must be aged 7-11years to take part in this workshop.
Play In A Day - Princes Hall

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Taylormania The End Of An Era | The Final Tour
Thursday 29 October 7:30 PM

Featuring a phenomenal live band, incredible dancers and stunning replica costumes for every era, Taylormania brings the spectacle, energy and excitement of The Eras Tour and The Life of a Showgirl to life on stage.

This is Taylormania: The End of an Era. So grab your friendship bracelets, warm up your singing voice and join us as we dance through every era one last time.
Taylormania - Princes Hall

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Ministry of Science
Friday 30 October 2026 1:30 PM

Direct from London's West End. Over the last few years Science has led the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever!

Join our presenters as they dive deep into the world of science and look at how science shapes the modern world we live in with a few loud bangs along the way!

100% Educational. 200% Entertaining. 300% Explosive. 400% Fun.
Ministry of Science - Princes Hall

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My First Concert
Saturday 31 October 2:30 PM

Featuring Baby Shark, Pinkfong and The Zoomies

Get ready to sing, dance, laugh and cheer in 'My First Concert'. A magical live musical adventure for young children and their grown-ups!

Packed with favourite nursery rhymes, fun characters, audience interaction and big concert moments. My First Concert lets children become part of the show — clapping, singing, dancing and helping to save the village with music.

Perfect for ages 2–7, this heart-warming, high-energy experience shows how being kind, working together, and having fun can make the world a happier place.
My First Concert - Princes Hall

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Sleeping Beauty
Friday 4 December – Sunday 3 January

Experience the magic and excitement of another Aldershot professional pantomime.

This enchanting story tells of a beautiful young princess who, through an evil fairy's curse, is doomed to sleep for 100 years and can only be awakened by her true love's kiss.
As the kingdom falls into a deep slumber, a dashing prince, a silly sidekick or two, good fairies and a whole host of colourful characters must come together to break the spell and ensure that true love

conquers all!

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.
Sleeping Beauty - Princes Hall

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Activities in the Town Centre

Hallo-eco-ween Wizard School, Farnborough & Aldershot town centres

Saturday 24 October, Aldershot town centre, 10am to 3pm
Sunday 25 October, Farnborough town centre, 10am to 3pm

For lots of spooktacular, sustainable fun this October half-term, enrol at our Hallo-eco-ween Wizard School and enjoy a FREE spellbinding day out in our town centres!

Young witches and wizards will discover planet-friendly magic as they learn to fly a broomstick, encounter curious cauldrons, take part in a monster dance class, create a spooky recycled craft, get their hands dirty with magical gardening activities and seek out our frightful face painters.

What's on…

- Planet potions class - Visit the potions table to discover the concoctions lurking in our touchy-feely cauldrons. Beware! These bubbling brews are full of spooky eco-surprises!
- Broomstick flying class - Hop on our broomsticks and learn how to fly, while racing other witches and wizards around our obstacle course.
- Monster dance class - Learn some monster moves with Beetlejuice and his bonkers friends. They'll make you spin the wheel of chance, and we hope you're ready to have a dance!
- Herbology class - Discover your green-fingered powers with our Hallo-ECO-ween gardening activities. Plant, grow and learn how even the smallest witches and wizards can help nature thrive.
- Ghostly crafts class - Give old material a spooky new life by making your very own recycled ghost to take home. It's frightfully fun and helps to reduce waste too!
- Frightful face painters - Ever wanted to be a skeleton, a pumpkin or a black cat? Now's your chance. A small charge applies for face painting.

Don't forget to dress up in your favourite spooky costume!

Locations
Saturday 24 October, Union Yard, Union Street, Aldershot, GU11 1FU
Sunday 25 October, The Landing, Queensmead, Farnborough, GU14 7SJ

All activities take place between 10am and 3pm and will be running throughout the day. There's no need to book, just drop in! The event is free. A small charge applies for face painting.

www.rushmoor.gov.uk/halloween

Aldershot Christmas Cracker 2026

Saturday 14 November 2026, Noon to 5.30pm
Princes Gardens, Princes Way and Union Street, Aldershot

The town centre will be bursting with seasonal cheer, offering a sleigh-full of free family fun - from enchanting festive stalls and a magical grotto, to dazzling fireworks, sensational street performers and live entertainment across two stages.

Browse over 45 festive stalls filled with handmade crafts, seasonal goodies, delicious treats and local community groups - plus explore the delicious street food zone outside Princes Hall theatre, serving up mouthwatering global flavours to warm your winter appetite.

Don't miss the chance to meet Father Christmas in his grotto and step inside the giant snow globe - both completely free.

With over 100 local performers from brass bands, choirs, dance schools and buskers lighting up two stages, the town will be alive with the sounds of the season.

The grand finale begins at 5.10pm in Princes Gardens, with the magical countdown to the Christmas lights switch-on and a sparkling firework display to light up the night sky!

- Father Christmas's grotto - meet Santa in his grotto and share your Christmas wishes!
- Giant snow globe - step inside a magical snow globe — perfect for festive photos!
- Birds of prey - marvel at majestic owls and hawks up close
- Petting Farm - meet friendly farm animals in this mini festive farmyard
- Circus skills - try juggling, plate-spinning and more with Juggling Jake!
- Giant bubbles - watch huge shimmering bubbles float through the air
- Donkeys - say hello to gentle donkeys
- Lego building - build festive creations brick by brick
- Street theatre - roaming performers bring festive fun
- Kids' crafts - get creative with festive make-and-take Christmas crafts
- Fair rides* - whirl and twirl with classic fairground fun
- Face painting* - transform into a reindeer, elf or snowflake with a festive design!

** small charge applies*

The event is organised and funded by Rushmoor Borough Council with support from Aldershot Community Together and is proudly sponsored by Grainger.

For full details, visit www.rushmoor.gov.uk/christmascracker and follow Aldershot Town Centre on Facebook.

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Farnborough Frost Fair 2026

Saturday 21 November 2025, 10am to 3.30pm
Queensmead, Farnborough, Hampshire, GU14 7SB

Discover the town centre's biggest event of the year, bursting with festive free delights for the whole family. From magical moments to merry music, there's a sleigh-load of fun waiting…

- Meet Father Christmas in his cosy grotto
- Bounce around in the giant snow globe
- Watch giant bubbles float through the air
- Say hello to friendly donkeys and majestic birds of prey
- Try your hand at circus skills with Juggling Jake
- Be dazzled by festive street theatre performers bringing seasonal stories to life
- Build festive creations from bricks
- Get crafty in the free children's decoration tent
- Enjoy face painting with a touch of holiday sparkle
- Sing and bop along as over 100 performers from brass bands, choirs, and dance schools fill the air with music across two stages

Wander through a twinkling festive market along Queensmead, where over 45 stalls brim with seasonal treasures - from artisan food and drink to handcrafted jewellery and enchanting Christmas decorations. It's the perfect place to find those special gifts with a touch of sparkle.

Farnborough Frost Fair is the borough's largest free family Christmas event - a sparkling celebration of winter joy. Come along and soak up the frosty atmosphere, festive tunes, and seasonal smiles!

For full details, visit www.rushmoor.gov.uk/frostfair and follow Farnborough Town Centre on Facebook.

This FREE event is managed and funded by Rushmoor Borough Council.

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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

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Community Grub Hub CIC

Whether you are visiting to donate or receive support, all will receive a warm welcome from our friendly volunteer team. Any individuals or families in food poverty in the Rushmoor area can come to the store and shop for what they need from a range of food, household, and personal hygiene items. 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 £2 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 Info@communitygrubhub.org

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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. Opening hours: Monday, Wednesday and Thursday 10-12.

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

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Farnborough Foodbank – How to get food support

The Farnborough Foodbank is here to support anyone in need of emergency food. To access our help, you'll need a referral from a **registered referral partner**, such as:

- Citizens Advice
- GP or other healthcare professional
- School
- Church
- Support worker or local charity

Once a **food voucher** has been issued, clients can collect a food parcel from one of our **Client Outlets**:
Food Parcel Collection Points
📍 **St Peter's Church**
60 Church Avenue, Farnborough
🕑 **Tuesdays:** 2.00pm – 4.30pm
📍 **Christ Church**
Cove Road, Farnborough
🕐 **Wednesdays:** 12.00pm – 2.30pm
Contact Us
🌐 **Website:** www.farnborough.foodbank.org.uk
Office: 01252 331 668 *(Limited hours – Tuesday, Wednesday & Friday only)*
📱 **Mobile:** 07954 105 279 *(call or text)*
✉ **Email:** info@farnborough.foodbank.org.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 five days a week.

- Aldershot – Tuesday and Thursday, 9.30am to 12.30pm
- Farnborough – Monday, Wednesday and Friday, 9.30am to 12.30pm
- Nepali language drop-in, Aldershot – Friday, 9:30am to 12:30pm

Different ways of reaching us:

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

Crisis and Resilience Fund

The Crisis and Resilience Fund is a new government scheme that can provide one-off assistance to low-income households who are experiencing a financial shock, or who are at risk of falling into crisis. The fund is not a long-term top up to low income.

Clients may be eligible if they:

- Live full time in Hampshire
- Are experiencing a crisis, such as an inability to pay for essentials, a sudden essential expenditure or have a sudden loss of income.
- Have an immediate need following an unexpected event
- Have an adult in the household that is currently entitled to a means tested benefit OR
- Have a low household income (below £20,500 pa) after paying essential housing costs (rent, mortgage and Council Tax)
- Can evidence they do not have sufficient resources to resolve the immediate crisis without going without essentials, incurring unmanageable debt, or exacerbating financial harm.
- Have limited access to savings (less than £6,000).

Eligible clients can be referred or can self-refer through all our usual channels. Clients can also contact us by leaving a voicemail on 0808 175 3559 or by emailing crisis@citizensadvicerushmoor.org.uk

We will apply on behalf of clients and do not make the final decision on a client's application. There is no guarantee that it will be successful. Each client will be considered on a case-by-case basis and only one application per household is available. We can only apply on behalf of clients if they:

- have an appointment to confirm their eligibility
- provide sufficient evidence of the crisis, their household income, their savings and their identity
- agree to receive advice alongside an application.

If you are supporting someone in financial crisis who meets the eligibility criteria, please signpost or refer them to us, but manage their expectations of the likelihood of a successful application.

Volunteer with Citizens Advice Rushmoor

Join us to make a difference in your community!

We're looking for friendly, compassionate people to join our team as Volunteer Advisers and Welcome Team Volunteers. Whether you'd like to provide practical advice and support or be the welcoming face that helps people feel at ease when they visit us, we'll provide full training and ongoing support. Join us for our Advice First Aid session, giving you a taster of what you could be doing, followed by our volunteer information session on Wednesday 13 January 2027, 1.30pm–4.00pm, where you can find out more about the roles, the training available, and how you can get involved.

Contact volunteer@citizensadvicerushmoor.org.uk or call 01252 339576 for more information.

HEALTH & WELLBEING INFORMATION

Get ready for winter

Winter is a time when we start to see more cases of common respiratory viruses and tummy bugs. As temperatures start to cool, we'd like to remind everyone of the simple measures that can help keep everyone well, including frequent hand washing with soap and water, covering coughs and sneezes, and staying away from vulnerable settings (like hospitals or care settings) while experiencing symptoms. There is further advice on when to keep your child off school: Is my child too ill for school? - NHS. Information on taking care of your child's health is available here: Healthier Together

Vaccinations are a key way to stay healthy this winter – please do consider whether you or a family member could be eligible for any of the vaccinations on offer. Flu vaccinations for 2 to 3 year olds are provided at GP practices and participating pharmacies. Older children can get their flu vaccine at school or community clinics for those children who are home educated. Please make sure to complete school children's flu vaccination consent forms to enable the vaccination to go ahead. More information on all available vaccinations is available here Vaccinations - NHS. If you or your child has missed out on any vaccinations, get in touch with your healthcare provider to organise a catch up.

Although coughs and colds are common in winter, if your symptoms are worsening there are many services available to support you, including your GP practice, Pharmacy, and NHS 111. A persistent cough, together with weight loss and night sweats or fever, could be a sign of Tuberculosis (TB). Seek advice from your local GP practice if you or a loved one is experiencing these symptoms.

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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

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Hampshire Healthy Steps

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

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

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

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Solihull Approach online support for parents

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

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

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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. 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.

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Safe Haven NEHF, provided by No Limits, offers out-of-hours, open-access and one-to-one crisis support for young people aged 10-17 in North East Hampshire and Farnham (including Aldershot, Farnborough, Fleet and Yateley) who are experiencing difficulties with their mental health. Youth workers can provide support with issues affecting mental health and wellbeing, including self-harm, suicidal thoughts, low mood, self-esteem, anxiety, and accessing further support.
Safe Haven NEHF | Mental Health Crisis | No Limits

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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

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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

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Sasha's Project is a not-for-profit organisation set up in memory of a local Hampshire resident. The project runs a drop-in crisis centre at the Point Youth Centre, Harlington Way, Fleet, GU51 4BP. Open 8pm-6am every Saturday night. It is a safe haven for young people aged 13-25 who are experiencing a mental health crisis or suicidal ideation. It offers a caring, non-clinical environment and complete confidentiality.

The drop-in centre is also available to parents struggling to parent a child with poor mental health.
The Point Youth Centre, Harlington Way, Fleet GU51 4PB
Contact number to call (during opening hours only) 0774 111 7655
For more information visit www.facebook.com/sashasproject

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

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Children & Young People's Services Northeast Hampshire (CYPS NEH)

Urgent help
There is a free 24/7 mental health crisis line for children aged from six years, young people, and their families or carers who are in crisis.

Please call **0800 915 4644** to talk with a professional who will provide advice, support, and signposting to a range of community services. It's open all day and all night, seven days a week. Professionals can contact our Early Help team if they have a child or young person in crisis. The team can be contacted on **01252 335 600**, Monday – Friday 9am – 5pm.

We provide specialist NHS Child and Adolescent Mental Health Services (CAMHS) across North East Hampshire for children and young people aged 5-18 years old who are finding it hard to manage their emotional, psychological, and mental health.

We have a range of teams available depending on the child or young person's needs. These are made up of different clinical and professional staff who are trained and experienced in working with children, young people, their families, and carers. Our services are based in the community so support can be provided close to home.
North East Hampshire Child and Adolescent Mental Health Services : Surrey and Borders Partnership NHS Foundation Trust

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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/

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Mental Health Support at The Vine Centre

We offer 1-1 mental health, anger management, a women's group, and support for addiction. Our support is not time limited, we will work with you for as long as is needed to reach your goals. GASP is our Gambling, Alcohol, and Substance Misuse Programme. If you or anyone you know is struggling, please get in touch for more information. Email jasmine.yarnell@thevinecentre.org.uk to refer or to make an appointment.

Mental Health Drop in

Join us every Monday for our Mental Health Drop-In between 5pm–7pm for a safe, supportive space to get the help you need, when you need it.

Our drop-in sessions enable people to receive the right support at the right time, reducing the risk of issues escalating. Visit us at The Vine Centre, 33 Station Road, Aldershot, GU11 1BA.

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Rushmoor & Hart Community Public Health Nursing Service

Public Health nursing can offer **support and advice** regarding the following:

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

Support and information about your local public health nursing team is available from the Hampshire Healthy Families website https://www.hampshirehealthyfamilies.org.uk/

Referral Forms are now digital

For Parent/carer/professional's

Digital referral for the 5-19 Hampshire Community Public Health Nursing Service

Young Person Self-Referral

Young Person self-referral to the Community Public Health Nursing Service

ChatHealth texting service is 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.

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=rA6DehIke1g

Teens Talk Health Podcasts (Exam Stress, Summer Safety, Starting year 7 and Peer Pressure): https://youtube.com/playlist?list=PLTi4UC1v5J_ndqCNVTRsS3-61B8voOCw1&si=ol1rK4d7P45HPU9M

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Barriers to toothbrushing in children aged 0-5 years – Insight survey participation

The 0 – 19 Public Health Nursing Service (Hampshire and Isle of Wight Healthcare NHS Foundation Trust) have been asked by Hampshire County Council to determine the challenges and barriers to toothbrushing in children aged 0-5 years in Rushmoor area.

We would really appreciate it if you could share the link to our survey with parents that you work with to help us in this work Rushmoor Insights. Questionnaire for parents of children aged 0-5 – Fill in form

The insights from this will enable us to identify the needs of the local population when it comes to toothbrushing.

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Kind to Mind services

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

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

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

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Smokefree Hampshire – Smoking and vaping resources and services

Smokefree Hampshire has recently launched our brand-new website, where referrals can now be made directly for children and young people by teachers, GPs, parents, or other professionals.
We will be delivering our 12-week programme throughout the summer holidays, providing the perfect opportunity for young people to quit nicotine for good.
The programme offers age-appropriate Nicotine Replacement Therapy (NRT) alongside specialist behavioural support, helping young people build the skills and confidence to become smoke-free and nicotine-free.
Get in touch today!
Website: www.smokefreehampshire.co.uk

Email: cyp@smokefreehampshire.org.uk
Phone: 0800 772 3649
Text: QUIT to 80011

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SKILLS & TRAINING

Free ESOL courses

Farnborough College of Technology is offering FREE ESOL courses for eligible learners, from beginner (Entry 1) through to Level 2.

Courses can support the development of speaking and listening, reading and writing skills.

If you are interested in joining a course, please complete the expression-of-interest form by clicking here. The College will use the information provided to help identify suitable ESOL provision in Farnborough or Aldershot.

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Rushmoor Training Hub

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

All courses are uniquely live interactive webinars, allowing you to make a date to learn on a flexible basis, accessing webinars from the home or office.
For more information visit https://www.seedl.com/o/rushmoor

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