

RUSHMOOR SUPPORTING FAMILIES BULLETIN

March 26

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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 lots of information available online to support people you're working with, typically covering Fuel and Energy; Food, Foodbanks and essentials; Help with money, bills and debt, finding work; Staying well and resilient; Warm and welcome spaces; and Housing needs and homelessness

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

Local:

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

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

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

County:

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

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

National:

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

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

LOCAL AUTHORITY INFORMATION & SUPPORT

Rushmoor Link community resources directory

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

To browse click [Rushmoor Link](#)

WHAT'S ON IN RUSHMOOR & HART

HAF Free holiday activities and meals for eligible children this half-term!

Children receiving benefits related free school meals can enjoy fun activities and healthy meals for free this Easter through Hampshire's Holiday Activities and Food (HAF) Programme!

Please see below for the HAF schemes running across Hart and Rushmoor over the school holiday.



HAF%20in%20Hart
%20&%20Rushmoor

Parents can also view these schemes via the following link for registration and bookings - [Holiday Activities and Food Programme \(HAF\) | Hampshire CTSH](#)

Aldershot Pools – Holiday opening

Guildford Road, Aldershot, GU12 4BP

For Aldershot Pools please refer to our website for the school holiday period.
<https://www.placesleisure.org/centres/aldershot-pools-fitness-centre/>

Squirrels Educare – Easter Holiday Club

****Monday the 30th of March to Friday the 10th of April – 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 Easter Egg Hunt, crafts, slime factory, Easter cooking, park visits & 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

Diddy Dunkers: Easter Holidays Basketball Camp

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

- Tuesday 7th April 10am – 4pm
- Wednesday 8th April 10am – 4pm
- Thursday 9th April 10am – 4pm

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

Rushmoor Gymnastics Academy Easter Camp

Pool Road, Aldershot, GU11 3SN 01252 320 888

Rushmoor Gymnastics Academy Recreational Easter Camp
Tuesday 7th - Thursday 9th April

4:30pm - 7:30pm
 Gymnasts age 7-12
 £65 for all 3 days

Camp will include gymnastics, fun, games, crafts and a short break.
 Open to members and non-members.

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

We also have a limited availability in our term time classes for children age 2-14
 Book now at: www.rushgym.co.uk

Church Crookham and extended creative projects

Programme	Ages	Cost	Location	Timings	spaces
Church Crookham					
Young Carers Residential 20 to 22 March	8 +	Fully Funded Invite only	Fairthorne Manor, YMCA, Southampton		15
Junior activity days 30.03.26 to 02.04.26	9 to 11 years	£40	Quetta Park	9.30am to 3.30pm	14
Easter Play and stay 7th April	Family	£1 per child	Maurice Toy House Aldershot	10-12.30	n/a
Easter Play and stay 9th April	Family	£1 per child	Quetta Park Community Hall	10 to 12.30	n/a
Trip to Portsmouth 4th April	Family	£2 pp	Aldershot Garrison Hub	9am to 5pm	Coach
Trip to London 9th April	Family	£2pp	Aldershot Garrison Hub	9am to 6pm	coach
Easter Arts and crafts 8th April	7 to 11 years	£2 per child	Jubilee Community Centre Pirbright	10am to 3pm	n/a

Contact

Samena Mehmood Army Welfare Service Community Support Team, Community Development Worker
 Mob: 07773 242 291
 Email: rc-aws-se-aldershot-csmailbox@mod.gov.uk

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.

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

Please check our Facebook page for free craft activities during the Easter holidays.

Aldershot Library

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

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

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

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

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

Please check our Facebook page for free craft activities during the Easter holidays.

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

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](#)

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Youth Theatre - Saturday mornings, term time

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

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

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

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

Theatre Tots

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

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

Each class is tailored to the developmental needs of different age groups, making sure your child has the best possible experience as they take their first steps into the world of theatre! Plus, parents and guardians remain in the class, making it a special bonding experience as you both enjoy the magic of performance together. Group sizes are kept to a maximum of 14 students.

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

The Very Hungry Caterpillar Show

1 April - 2 April

The Very Hungry Caterpillar Show has been dazzling audiences around the globe for over ten years, faithfully bringing Eric Carle's timeless classics to the stage.

Created by Jonathan Rockefeller, the critically acclaimed show features a menagerie of over 75 magical and larger-than-life puppets, including the star of the show –The Very Hungry Caterpillar. Alongside The Very Hungry Caterpillar, the show features three other Eric Carle stories. Audiences will enjoy Brown Bear, 10 Little Rubber Ducks and The Very Busy Spider. These beloved tales are brought to life by a captivating cast of storytellers, sweeping original music, and stunning puppetry.

[The Very Hungry Caterpillar Show - Princes Hall](#)

Tom Gates: EPIC Stage Show

Wednesday 08 April 12:30 PM

Based on the bestselling books by Liz Pichon, and brand new for 2025, Tom Gates EPIC Stage Show comes to our theatre bringing alive the illustrations and music that makes Tom Gates hugely popular around the world!

With catchy tunes and hilarious performances, this fantastic new stage show brings the best of the Brilliant World of Tom Gates into one live show!

[Tom Gates Epic Stage Show - Princes Hall](#)

KPOP Fantasy

Sunday 12 April 12:00 PM, 3:00 PM

K-POP Fantasy is a high-energy theatrical celebration of the global phenomenon that is K-POP. Blending electrifying choreography with outstanding live vocals, this immersive stage show brings the spectacle, precision, and passion of K-POP to life in a thrilling theatre experience.

Featuring powerful performances inspired by the biggest K-POP moments from music, TV, and film, the show delivers non-stop energy, bold visuals, and slick choreography from start to finish. Expect explosive dance routines, unforgettable musical moments, and a vibrant atmosphere that captures everything fans love about K-POP.

BSL interpreted performance at 12pm. For this performance the interpreter will be stood on the side of the stage. If you require use of the interpreter, please book seats on the right-hand side of the auditorium.

[K-POP Fantasy - Princes Hall](#)

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU11 2RE

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

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

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

- **Adult (16+)** Join us for a cosy, community bushcraft morning to celebrate the woodland in spring and learn new bushcraft skills. 11am-1pm, £20 per person. *New session every season so keep your eyes on our website for updates.*
- **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.
- **Canoe tours** – Join us for a tutored paddle down the historic Basingstoke canal, learning about its rich history and biodiversity from our instructors as you go. £28 per adult, £22 per child.

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

[Adventure activities at Runway's End | Things to do in Hampshire | Hampshire County Council](#)

Aldershot & Farnborough Easter Springtime Story Trail

This Easter holidays, follow the magical White Hare through Aldershot and Farnborough town centres and uncover his hidden springtime tale, one enchanted story tree at a time. Pick up your free trail leaflet, scan the QR codes, and watch the story come to life as you explore.

Ready for an Easter adventure?

The White Hare has hopped through the streets, leaving clues, chapters and surprises tucked into the trees. Collect each part of his magical tale, answer the fun questions on your leaflet, and head back to the trail hub to claim your Easter treat.

Share the magic!

Don't forget to share a photo of your favourite trail moment (no faces needed) using #SpringStoriesRushmoor for a chance to win a prize!

Trail dates

Saturday 28 March – Saturday 11 April

Where to start

Aldershot: Union Street & Union Yard

Leaflets + prizes from Kitschy Bits Boutique, Union Yard Makers Yard

Farnborough: Queensmead

Leaflets + prizes from Farnborough Library, Pinehurst Avenue

Plus! Free craft activity days

Kick off the trail with The White Hare's Crafty Corner — a fun weekend of free children's crafts, colouring and springtime creativity!

- Saturday 27 March – Union Street, Aldershot (by Starbucks)
- Sunday 28 March – Queensmead, Farnborough (by Halifax)

Find out more

Start your adventure: www.rushmoor.gov.uk/easter

Alpine Snowsports Aldershot

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

School Holidays

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

General Sessions

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

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

Victoria Day is back on Saturday 6 June and everyone is invited to take part!

Rushmoor BC are inviting everyone to take part in Victoria Day - Aldershot's flagship annual event. There are lots of exciting opportunities for volunteers, community groups, schools and businesses to get involved. Join the magical 'folklore and fairy tales' themed carnival parade, perform on the day, book a stall, take part in carnival workshops, join the planning group, marshal - or something else! If you'd like to take part, please follow the links below.

Take part in the parade

Everyone is invited to take part in the carnival parade, in groups or even on your own! At 11am, a grand procession of more than 1,000 people will create a fantastic atmosphere and we encourage you to embrace the 'animal' theme. Volunteers, community groups, marching bands and organisations from around Aldershot and Farnborough are encouraged to apply to take part.

The route is 0.5 miles long, starting at Princes Hall at 11am, travelling very slowly on foot and reaching the High Street Multi Storey Car Park around 12.15pm. Applications close on Monday 18 May.

Apply to perform

If you're a local choir, dance school, community band or music group, then why not apply for a spot on the bandstand or to perform in Union Street? [Applications close on Friday 6 March.](#)

Apply for a stall

Applications are open to book a stall in the lively markets on Union Street and in Princes Gardens. You could sell food, crafts and gifts, fundraise or just raise awareness of your community organisation. Over 15,000 visitors attend each year. Local businesses can book a table space in front of their stores, free of charge and five subsidised pitches are available to Rushmoor-based community groups.

Stallholder applications close on Friday 27 March, but may close sooner if we receive enough suitable applications.

Volunteer

On the day, our volunteers support the event with parade marshalling, stallholder arrival and helping with family activities. Our volunteers choose which elements of the event they would like to get involved in. If you would like to find out more or volunteer for helping on the day, please email Jenny Atherton, Events and Cultural Projects Manager via towncentreevents@rushmoor.gov.uk.

Carnival workshops

We will be holding community carnival costume workshops in Aldershot and everyone is invited! Please follow www.facebook.com/victoriaday for updates.

HOW TO APPLY

Find out more and apply to take part at: www.rushmoor.gov.uk/takepart

Parents Action Group for special play (PAG) - 'Every child has a right to play'

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

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

We have a new group for the Musical Theatre Club:

Under 8 years, 5.30 - 6 p.m., West End Centre, Aldershot

£25 per half term

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

9+ years, 6 - 7 p.m., West End Centre, Aldershot

£30 per half term

We have space in the younger Dance Club:

Under 8 years, 5.30 - 6 p.m., West End Centre, Aldershot

£25 per half term

We also have space in our 1st session of music:

8+ years, 6.30 - 7.15 p.m., Rock & Pop Foundation, Aldershot
£35 per half term

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

Watch this space for information about up and coming events www.pagforspecialplay.org.uk

Wavell Campus Leisure

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

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

CM SPORTS EASTER HOLIDAY CLUB

7TH – 11TH APRIL & 14TH – 17TH APRIL 2026

FROM 8.30AM – 4.30PM DAILY

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

CAMPUS OPENING HOURS:

Monday to Thursday: 5pm-10pm

Fridays: 5pm-8pm

Saturday & Sunday: 8.30am- 6pm

FACILITIES TO HIRE & HOURLY RATE

SPORTS HALL £38.50 PER HOUR

DANCE STUDIO £24 PER HOUR

THE WAVELL HALL £24 PER HOUR

COMMUNITY HALL £21 PER HOUR

CLASSROOMS £12 PER HOUR

OUTDOOR NETBALL COURTS £22 PER HOUR

DANCE STUDIO - IMPORTANT NEWS

Wavell Campus Leisure are pleased to announce that during the Autumn of 2025 we had a **new floor** installed. This is fabulous news for both the school and the surrounding Community, who make full use of this Studio Facility all year round.

CLUBS & CLASSES

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

New to Campus Leisure

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

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

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

CHILDRENS PARTIES

C BLOCK HALL AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY*, £30 PER HOUR
C BLOCK HALL AVAILABLE ALL DAY FOR HIRE FROM 8.30AM-6PM ON A SUNDAY*, £30 PER HOUR
WAVELL HALL AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY*, £40 PER HOUR THE
SPORTS HALL AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SATURDAY*, £50 PER HOUR
SPORTS HALL AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY*, £50 PER HOUR

***All subject to availability**

For further information or enquires regarding hire of our facilities;

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

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

Or call Wavell Campus Leisure on 01252 317 603

Invitation to get involved in Armed Forces Day National Event in June

Planning is well under way for the prestigious Armed Forces Day National Event 2026 which will proudly be held in Aldershot and Farnborough over the weekend of 27 and 28 June.

A full programme of events and activities is being organised by Rushmoor Borough Council, with support from the Military, including a schools day for invited local school children on Friday 26 June, the Armed Forces Day National Event on Saturday 27 June, featuring a military parade, arena displays, and music, and a Community Day on Sunday 28 June, in which residents can enjoy community activities, sport taster sessions and competitions.

Rushmoor Borough Council is also inviting volunteers, parade participants, entertainers, and stallholders to take part in and support the event by filling in the form on the council website: [Register your interest in our Armed Forces Day events - Rushmoor Borough Council](#)

Armed Forces Day National Event in Aldershot and Farnborough will honour the history and current service of the Armed Forces and offers a unique opportunity for everyone to enjoy a weekend of spectacular events and celebrations, bringing the community and Armed Forces together. The events will celebrate over 170 years of military heritage through displays, museum activities, and ceremonial traditions that connect visitors with Aldershot and Farnborough’s military past - Aldershot as the traditional home of the British Army and Farnborough as the birthplace of British military aviation.

Service personnel from the Royal Navy, Royal Marines, Army, and Royal Air Force will be showcasing the diverse mix of roles in the current Armed Forces, demonstrating equipment, and highlighting their contribution to national security. Visitors will be able to meet serving personnel, reservists, veterans, and military families during the weekend.

The programme of activities will also look to the future by inspiring young people through displays, activities, sports, and family events, while celebrating the diversity of the modern Armed Forces community.

Keep an eye on our [Armed Forces Day page](#) on our website, where you can fill in a form to register your interest in being involved.

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) or kaizenkaratefarnborough@gmail.com or Chief Instructor Bill Cross on 07958 630 048.

COMMUNITY SUPPORT INFORMATION

Rushmoor and Hart Foodbanks and Larders and Energy Support

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

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

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

Community Grub Hub CIC

Whether you are 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 £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 Info@communitygrubhub.org

The Community Cupboard at the Vine Centre, Aldershot

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

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

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

Opening hours: Monday, Wednesday and Thursday 10-2.

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

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)

Learn Barista Skills

Do you know someone looking to build confidence and learn new skills? The Vine Centre runs free barista training every Tuesday. It's a great way to meet people, gain experience, and maybe even open doors to work or volunteering.

 Contact us to book your training: 01252 400196

 <https://www.thevinecentre.org.uk/services-at-the-vine-centre>

 **Energy worries?** If you're struggling with bills, facing energy debt, or just want to understand your tariff better, we're here to help . We offer 1-to-1 confidential and non-judgmental support to:

- Review your energy usage and suggest savings
- Help with debt or missed payments
- Explore switching tariffs or suppliers
- Sign up eligible individuals to the Priority Services Register

 Call us on 01252 400196 or  email info@thevinecentre.org.uk to book a session. Funded with a special thanks to SGN!

Unwind at Therapeutic Art

Join our calm space to relax, explore different art materials, and express yourself freely — no experience needed. Sessions take place every Wednesday at 10am -12pm at The Vine Centre. The benefits of therapeutic and creative arts include:

- Improved self-esteem and confidence
- Reduced isolation
- Improved communication
- Alleviate anxiety, depression and stress

 email info@thevinecentre.org.uk to book a session.

Quiz Night

Grab your thinking caps and join our quiz night! Bring a team or join one for the evening – everyone is welcome. We will have our fantastic raffle to further fundraise for The Vine Centre, so bring your lucky streak along too.

Date: Friday 20th March. Time: 6.30-10pm. Cost: £10 per person. Nibbles are included.

Bookings available on our website: <https://www.thevinecentre.org.uk/fundraising-events-quiz-night>

Community Meal – Thursday 26th March

Join us for a warm meal and great company from 12:30–2:00pm. Everyone is welcome — come as you are. To book, email info@thevinecentre.org.uk

Afternoon Tea –Thursday 2nd April

Join our popular Afternoon Tea - either to buy for yourself or someone else deserving. Just £10 for a delicious afternoon tea with tea, sandwiches, scones and cake! A warm, welcoming afternoon

together from 1 – 2.30pm.

Bookings available on our website: <https://www.thevinecentre.org.uk/events-afternoon-tea>

Free Children's Lunches This Easter

We're providing free packed lunches for children during the school break — no referral, no booking, just come along. Everyone is welcome.

Tuesday 31st March – 1–3pm

Tuesday 7th April – 1–3pm

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

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
- 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

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.

Energy advice

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

- Energy and water efficiency at home
- Claiming extra benefits, discounts and grants, like the Winter Fuel Payment and the £294 Household Support Fund grant
- Dealing with debt
- Claiming extra support through the Priority Services Register
- Gas safety, including free carbon monoxide alarms and locking cooker valves
- Switching suppliers and finding cheaper tariffs
- Smart meters

If they would like to book an appointment, please direct them to our office drop-in sessions or our office number (see contact details above).

Alternatively, if you would like to arrange an energy advice group workshop or presentation for those you are supporting, please email us via switchedon@carushmoor.org.uk

Skills for Life

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

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

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

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

Volunteer with Citizens Advice Rushmoor

Mediation service

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

Volunteer mediators will support residents to resolve everyday conflicts, including neighbour disputes, family tensions and communication breakdowns. Full training and ongoing supervision are provided, and no prior mediation experience is required, you will be able to gain a professionally accredited qualification recognised by the Civil Mediation Council. If you are a good listener and want to support your local community, please get in touch via

volunteering@citizensadvicerrushmoor.org.uk to express your interest.

Volunteer Introduction Session

We will be holding our next Volunteer Introduction Session on Wednesday 15th April from 1:30pm to 4pm.

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

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

There will also be the chance to chat with our supervisor team to see if volunteering with us might be for you.

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

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

HIVE – Supporting the Service community

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

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

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

South East HIVE Hub

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

Tel: 03311 457 579

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

www.twitter.com/ArmyHIVEinfo

www.facebook.com/ArmyHIVE

www.instagram.com/ArmyHIVEinfo

www.ArmyHIVEinfo.blogspot.com

HEALTH & WELLBEING INFORMATION

Healthy Start Scheme

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

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

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

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

Hampshire Healthy Steps

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

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

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

Solihull Approach online support for parents

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

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

Neighbourhood Health Survey (closing 30 March)

The Neighbourhood Health Survey is part of work currently underway to shape the Neighbourhood Working approach across Hampshire, ensuring that the voices of local communities inform how health and care services are designed and delivered at a neighbourhood level. It is important that we hear from a wide range of people so that the insights gathered reflect the diverse experiences and needs of our communities.

Your support in circulating the survey through your professional networks, community groups, partner organisations and any relevant forums would be greatly appreciated.

The survey is open until 30 March, so any help in promoting it over the coming weeks will make a real difference in ensuring strong and meaningful community participation across your networks and communities.

<https://survey.ntropydata.co.uk/surveys/EK2026NeighH>

Mental health and wellbeing

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

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

Resources for children and young people include:

Little Blue Book on Sunshine: The #littlebluebooksofsunshine 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.

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](https://hampshireyouthaccess.org.uk) Counselling, advice and support for children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire, Portsmouth and Southampton.

We offer one to one and group support to children and young people, and advice and information to anyone concerned about a child or young person’s emotional wellbeing.

To make a referral, visit <https://hampshireyouthaccess.org.uk/referral-form/> or if you'd like to speak to us, call 02382 147755

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.

North-East Hampshire CAMHS

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](tel:08009154644) 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](tel:01252335600), 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](#)

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

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

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

Solent Mind's Self Harm Support Hub is a Peer Support Service available for parents, carers and families of children and young people who self-harm. The groups are available with both one to one

and group support available, led by those with lived experience. They also have a buddying scheme to link parents/carers with others who have had similar experiences for mutual support. To access support and for more information, please complete their referral form by visiting the Self Harm Support Hub website:

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

Rushmoor & Hart Community Public Health Nursing Service

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

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

Please see our new Digital Productions for young people:

Chathealth video: <https://www.youtube.com/watch?v=rA6DehIke1g>

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

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

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

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

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

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

Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services

WWW.LETSTALKABOUTIT.NHS.UK

Sexual Health Clinic

Aldershot Centre for Health level 4 (ACfH)

Hospital Hill, Aldershot, GU11 1AY

Opening times:

MONDAY CLOSED

TUESDAY 08:00am-20:00pm***Young Persons Walk In - 18's and under 15:00pm-17:00pm

WEDNESDAY 08:00AM-20-00pm

THURSDAY CLOSED

FRIDAY 08:00AM-18:00PM

Condoms, Get It On (GIO) cards, Contraception, Emergency contraception, PrEP, HIV & STI testing and treatment.

Sign up to your own Personal Health Record

<https://sol.myphr.online/>

To join our Sexual Health Network, please email your details including your name, organisation, job title, email and telephone number to shpnetworks.directory@solent.nhs.uk

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

Mustard Seed Autism Trust – Free resources

Want to understand more about **Autistic Burnout**? We have organised a workshop by [Viv Dawes Autistic Advocate](#) on Thursday 19th March at 7.30-9.30pm at Ash Grange Primary School.

Tickets are £15 per person:

<https://www.peoplesfundraising.com/event/autistic-burnout-workshop>

This event is suitable for parents and professionals.

Any questions please pop us an email:

office@mustardseedautism.co.uk

TalkPlus

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

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

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 starting 13th April 2026

CBT Strategies for Menopause Webinar: Gain valuable insights into navigating the peri-menopause and menopause journey, Learn how CBT can empower you and manage symptoms, reduce stress and foster a positive mindset during this time of change.

This is being run on **Tuesday 12th May 6pm - 7:30pm online.**

For further information 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/talkplusiapt

Instagram/talkplus_nhs

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

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.

Rushmoor Healthy Living – Health projects

Let's Be Smokefree Project

Are you a smoker, use a vape or another form of nicotine based product?
Would you like to quit or are you thinking of quitting but don't know where to start?
Here at RHL, we are running a programme to help those looking to quit using nicotine based products. We can guide you in the right direction, offer you support and help you with a Smokefree mentor.

You will have a 12 week programme to help you on your way to quitting for good. The programme includes 2 FREE quit aids and a 12 week gym pass.

Pop our friendly team an email: admin@rhl.org.uk or call 01252 957430 to get more information.

Thrive Tribe

Are you not exercising at all or for less than 30mins structured exercise? Do you live in Hampshire or are registered with a GP in Hampshire?

With Thrive Tribe we can offer you 12 weeks of FREE Exercise Classes: Move It or Lose It, Pilates, Yoga or Chair Pilates.

For more information, just email our friendly team: admin@rhl.org.uk or call 01252 957430.

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Inclusion Education Opens Inclusion School Aldershot

A new specialist school for young people aged 11–16 with an EHCP.

We are delighted to introduce **Inclusion School Aldershot**, a new independent specialist school supporting young people aged 11–16 with Social, Emotional and Mental Health (SEMH) needs who have an Education, Health and Care Plan (EHCP).

Located at historic Beaumont House in Aldershot, our school provides a calm, nurturing and structured environment where young people can feel safe, understood and ready to learn again.

Our Approach

At Inclusion School Aldershot, relationships are at the heart of everything we do. Our team works closely with families and professionals to create individualised learning pathways that support academic progress alongside emotional growth. We focus on rebuilding confidence, curiosity and connection helping young people rediscover a positive relationship with education.

Join Us at Our Open Evenings

These events are for parents and carers of **Year 5, 6, 7 and 8 learners** who would like to learn more about our specialist provision.

During the evening, you will:

- Enjoy a guided tour of our school site
- Meet members of our leadership and teaching team
- Learn more about our approach and what we offer through *The Inclusion Way*
- Have the opportunity to ask questions and explore whether our setting may be the right fit for your young person

Find Out More

To book a place at an open evening or arrange a conversation with our team: admissions@inclusioneducation.org.uk 01252 597488 www.isaldershot.org.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Everyone Active Leisure – Free memberships for children in care

Children in care and care experienced young people can get free Everyone Active memberships, (Hart Leisure Centre, Frogmore Leisure, Farnham Leisure Centre).

Cared for children (ages 0-15)

Access to the gym (ages 11-15 only), swimming pool (where applicable) and soft play (ages 0-10)

Care experienced young people (ages 16-25)

Access to the gym, group exercise classes and swimming pool (where applicable)

To be eligible for the membership customers **MUST** be referred by the Council Family Support Team.

Full details: [Cared for free membership - Everyone Active](#)

Youth Club at The West End Centre, Aldershot!

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

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

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

The Source Young People's Charity – Spring Programme

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

The Source has relocated. Please see details of the new address below.

Activity & Workshops Programme

Dates: From March 2026

Age: 11 – 17 yrs

Afterschool sessions:

- Bike Maintenance
- Games & Lego Club
- Golf

Easter holidays:

- Bike Maintenance
- Holiday cooking club
- Holiday wellbeing workshops

Fundraising events:

- Quiz Nights
- Mother's Day Zumba – March 21st
- Fundraising week - June 22nd to June 27th

For further information:

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

Visit our website at www.thesourceforyou.co.uk for further details.

Counselling & Other programmes

On-going weekly sessions include:

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

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

General contact details

Address: Park Community Hall, 258 Lower Farnham Rd, Aldershot GU11 3RB

Office phone number: 01252 333330

Website: www.thesourceforyou.co.uk

Vision 4 Youth – Youth Services

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

Youth Social Prescribing

A free 1:1 service for those aged 11-18. Typically across Hart and Rushmoor, adults are the focus for local GP surgeries when it comes to social prescribing, so this project allows young people access to this opportunity. Social prescription gives people a chance to seek help in finding out what matters to them, considering their health and wellbeing and preventing the need for long term mental

health care. Our Youth Social Prescriber connects young people to community groups and services that meet their emotional and social aspirations. The support is aimed at young people struggling with loneliness, isolation, long term health conditions, mental health needs, and those who have complex social needs that affect their wellbeing. Please contact socialprescribing@vision4youth.org.uk to find out more, referrals are taken from professionals, parents and the young people themselves. There is nothing compulsory to sign up to – just come along for a chat and see how it goes.

Term Time Youth Clubs:

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

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

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

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

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

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

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

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

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

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

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

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

For more information about our services please contact office@vision4youth.org.uk, 07423 336516, visit our website <https://vision4youth.org.uk> or find us on Facebook, Twitter or Instagram. Vision 4 Youth is a registered charity and always looking for more volunteers to help out, so if that is of interest feel free to get in touch.

Anxiety Unwound

Term Time, **Thursdays 4 - 5pm**

Anxiety Unwound is for young people of secondary school age suffering with anxiety. You will learn what anxiety is, coping strategies, how to manage it and overcome fears. We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an 8-week course. (New group starting in September).

Please download and complete the referral form which you can find on our website - <https://www.fleetphoenix.co.uk/anxiety-unwound>

Please contact Charlotte (charlotte.tickner@fleetphoenix.co.uk) if you have any questions/queries.

SMART Music

Weekly - Term Time, **Tuesdays 4.30pm - 6.30pm**

Our SMART Music sessions support young musicians aged 11-25 years old.

SMART Music offers FREE guitar and drum tuition, giving young people an amazing opportunity to learn, develop, be creative and express themselves in a safe environment.

Come along and meet the team, learn new skills, meet new people and have a go on some of the amazing equipment we have.

Pop in and have a chat with Louise to find out more during any open session.

TNS

Weekly - Term Time, **Tuesdays 7pm - 9pm**

TNS is a FREE youth club for school year 8 up to and including year 11 (Age 12+)

You can come and meet friends, hang out and chill or learn new skills. Find out more about things and subjects that affect your life like: drugs and alcohol, sexual health and relationships, in a fun and supportive place.

No pressure; just respect and fun.

Alongside having fun and learning some new skills our team can offer you support and advice or just a listening ear.

Hart & Rushmoor Young Carers

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

We deliver fortnightly, 2-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, alongside trips, residentials, school holiday activities and targeted programmes including Cook and Eat and Swimming. Older members can also access 1:1 support, Duke of Edinburgh's Award and Young Leader opportunities. Attendance is free, community transport is available, and there is no charge for food, drinks or activities.

Term-time clubs run on Tuesdays for Junior Groups (*ages 7-11, alternating between School Years 3-5 and 6*), Wednesdays for Senior Groups (*ages 11-15, alternating between School Years 7/8 and 9/10*), and alternate Thursdays for the Young Adult Carers Group (*School Years 11+*).

Our priority is ensuring young carers have fun, socialise with others in similar situations, and take a meaningful break from caring. Activities are designed to build confidence, develop skills and support wellbeing. Young carers help shape the service through regular feedback and the Young Carers Board, which meets monthly to influence decision making and future planning. Some young carers also volunteer with us, providing peer support and leadership.

Spring Term Update

As the spring term progresses, we continue to offer a range of activities and trips for young carers across Hart and Rushmoor, providing opportunities to relax, socialise and take a break from caring responsibilities.

From mid-March, club sessions will focus on seasonal activities as we approach the Easter break. Young carers will take part in Easter arts and crafts, followed by Easter parties during the week commencing 17th March, giving everyone the chance to celebrate the end of term together.

Alongside club sessions, we also offer trips that promote wellbeing and provide valuable respite. A Junior Group swimming trip on Sunday 22nd March will give younger members the chance to enjoy a fun and active outing together.

Over the Easter holiday, we have organised a programme of free trips and activities for young carers across different age groups:

- Tuesday 31st March: Day visit to the Gordon Brown Outdoor Education Centre in Rotherwick, near Hook, for up to 15 young carers from our School Years 9/10 Group.
- Wednesday 1st April: Guided tour of the Houses of Parliament and Tate Modern for up to 12 young carers from our School Years 9/10 Group, giving them the opportunity to explore both the UK Parliament and one of London's leading contemporary art galleries.
- Thursday 2nd April: Senior Group trip to Guildford Spectrum for a 90-minute ice skating session.
- Tuesday 7th April: Junior Group trip to The Challenge Centre in Farnborough for a one-hour Laser Run session.
- Wednesday 8th April: Junior Group trip to Home Farm at the Heckfield Estate, offering a nature-based experience where young carers can learn about farming and animals.
- Thursday 9th April: Young Adult Carers Group trip to Guildford Spectrum for a 90-minute ice skating session.
- Friday 10th April: Rocksteady music workshops at Mayfield Community Centre in Farnborough, with a morning session for the Junior Group and an afternoon session for our Senior and Young Adult Carers Groups.

All activities are free of charge, and community transport will be available to support young carers to attend.

We are currently finalising the programme for the summer term, working closely with young carers to shape the activities they would most like to take part in. The first half of the term will be packed with fun activities and opportunities for young carers to relax, socialise and build confidence.

Referrals and Contact

Young carers can be referred by family members, schools or colleges, and health or social care professionals, or they can self-refer.

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

Supporting Families in Our Community: Home-Start Hampshire

At Home-Start Hampshire, we believe that every parent deserves a bit of extra support during those early, challenging years. Being a parent can be overwhelming, and we are here to ensure no one has to do it alone.

What We Do

We provide a lifeline for families with at least one child under the age of 5. Our support is delivered in two main ways:

- **Home Visiting:** Our trained volunteers visit families in their own homes to provide tailored emotional and practical support.
- **Family Groups:** We run friendly, non-judgmental groups where parents can connect, share experiences, and build their confidence while children play.

Our Local Groups

We have a variety of sessions running across the area. Whether you are looking for wellbeing support or a chance to meet other local parents, you are very welcome:

Day	Group	Location	Time
Monday	Wellbeing Group	Aldershot Garrison Community Hub	10:00 – 11:30
Tuesday	Families Matter	North Town Community Base, Aldershot	10:00 – 11:30
Wednesday	Mums Matter	Elizabeth Hall, Hook	10:00 – 12:00
Wednesday	Families Matter	Oak Rooms, Farnborough Grange Infant School	<i>Starting 15th April</i>
Coming Soon	Families Matter	Church Crookham	<i>Launch date TBC</i>

Get Involved

- **Join a Group:** If you would like to attend one of our groups, please complete our Registration Form Here: [Home-Start Hampshire Group Referral Form](#)
- **Would like home-visiting support:** visit our website for more information home-starthampshire.org.uk
- **Become a Volunteer:** Could you offer a few hours a week to support a family in your community? If you wish to volunteer and help families who may be struggling, please follow our link here: [Home-Start Hampshire - Volunteer Enquiry Form](#)

Contact Us

Alternatively, if you have any questions or would like more information, please get in touch:

- **Website:** home-starthampshire.org.uk
- **Phone:** 0330 124 2095
- **Email:** info@hshants.org.uk

Launch from Step by Step - Free and Confidential Advice and Support for Young People

Launch is a free service from youth charity Step by Step. It offers one-to-one guidance and tailored support for young people on a range of issues, including:

- Housing and accommodation
- Wellbeing

- Mental health
- Getting into work or education
- Claiming benefits
- Sexual health
- Food parcels
- And more

Launch is open to any young person aged 11-25. They can refer themselves, or be referred by a parent or professional.

How to contact Launch:

- Call 01252 346 105
- Text 07520 649 977
- Email launch@stepbystep.org.uk

New Parent Meet and Connect in Hampshire Libraries

A welcoming session for new parents to build confidence, reduce isolation, and make connections. Please see here for a short video [Our New Parent Meet and Connect sessions are such a delight! 😊](#) Visit our webpage to see which libraries are delivering the New Parent Meet and Connect Programme. [Events in libraries | Leisure and culture | Hampshire County Council](#)

Benefits & Impact:

- **Improved Wellbeing:** Parents report feeling less isolated and more supported.
- **Stronger Networks:** Builds friendships and peer support that last beyond the session.
- **Better Access to Services:** Families are signposted to local resources, improving engagement with health and community support.

Community Hub Tea Room – Your New Local Social Space!

Looking for a cosy place to relax, chat, and enjoy a warm drink right in the heart of the community? The **Farnborough FC Community Hub Tea Room** is now open — and it’s the perfect spot for friendly faces, great conversation, and a welcoming atmosphere for all ages.

 **Opening Hours**

- **Monday – 10:00am to 2:00pm**
- **Tuesday - 10:00am to 2:00pm**
- **Wednesday - 10:00am to 2:00 pm**
- **Thursday – 10:00am to 2:00pm**

Whether you're popping in after a morning walk, looking for a comfortable space to meet friends, or simply want a quiet moment with a hot cup of tea, we're here for you.

 **A Space for Everyone**

The Community Hub Tea Room has been created to bring people together.

No bookings, no fuss — **just a warm welcome for absolutely everyone:**

- Local residents
- Families
- Anyone who loves a friendly chat and a good cuppa!

What You'll Find

- Freshly brewed tea and coffee
- Light refreshments
- A relaxed, friendly environment
- Space to sit, unwind, read, or catch up with neighbours
- A safe, inclusive hub at the heart of Farnborough FC's community work

Why Visit?

The Community Hub Tea Room isn't just a place to grab a drink — it's a space designed to strengthen community connections, reduce isolation, and offer a welcoming environment where everyone feels at home.

Whether you stay for five minutes or the full morning, the kettle is always on.

All Welcome – Come Join Us!

If you've not visited yet, we'd love to see you.

Bring a friend, bring the family, or simply bring yourself — the doors are open, and you'll be greeted with a smile.

Farnborough FC Community Hub Tea Room

 Open Monday to Thursday, 10–2 – **all welcome!**

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

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

To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Squirrels

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

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

Beavers

Beaver Scouts are aged between 5¾ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. Beavers also can take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

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

Cubs

For Cubs, excitement and adventure are key. Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school

term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

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

Scouts

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

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

Explorers

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

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

Parish of Cove – Weekly and seasonal activities

Bumps and Babies (Term Time)

- When: Mondays at Christ Church Cove Road from 1:30–3:00 pm
- Who: Newborns up to 24 months and their grown-ups
- What: A relaxed space to enjoy cake, a drink, and a friendly chat.

Little Fishes Toddler Group (Thursdays, Term Time)

Join us at St John's church hall (near Plough and Horses on St John's Road.)

Two sessions available:

- Session 1: 9:00–10:10 am
- Session 2: 10:20–11:30 am

Come along for playtime, refreshments, and conversation with other families.

Food Bank

- When: Wednesdays, 12:00–2:00 pm at Christ Church on Cove Road.
- Who: Anyone in need within our community

If you need support, please contact us at the Parish of Cove. We're here to help.

Holiday Club – August. Theme: Restoration Station

- Where: Christ Church on Cove Road
- 3rd, 4th and 5th August, 9:30 am–2:00 pm

Sign-ups available through the Parish of Cove. Signups opening the end of March.

Footprints Café

A warm welcome for anyone who'd like to drop in for cake, coffee, and company.

- Wednesdays: St John's Hall on St John's Road. From 2:00–4:00 pm
- Fridays: Christ Church Cove Road from 2:00–4:00 pm

Family Services

- Take place once a month at 10:30 am, on the first Sunday of the month, with additional special family services on Mothering Sunday, Easter, and Father's Day.

Farnborough Rotary Club - Donkey Derby, Monday 26th May

The **Farnborough Rotary Club** in cooperation with Rushmoor Rotary Club are once again holding our very popular annual Donkey Derby on **May 26th at the King George V Playing Fields in Farnborough**. There will be 6 races with a popular **Tote** organised for those wishing to experience the fun of placing a modest stake, there are 6 riders in each race so your young ones have an opportunity to ride a donkey in one of the races.

This is a really great family day out with a terrific Fair Ground and a large number of stalls providing a wide range of fun activities. There will also be a number of stalls showing the activities of local charities in the area. A wide variety of tempting catering facilities and on-site parking are also provided.

We do hope you can come and have a great time whilst supporting our fund raising activity for local charities, every penny made goes to a good cause.

Vacancy for Chair of Blackwater Valley District Scout's Trustee Board

Opportunity to Lead, Inspire, and Make a Meaningful Impact

Are you an experienced leader who's passionate about helping young people thrive? Do you enjoy supporting teams, strengthening governance, and guiding strategy? We're looking for a dedicated and motivated individual to serve as Chair of the District Scout Trustee Board.

About the Role

As Chair, you will:

- Provide leadership to the District Trustee Board, ensuring it operates effectively and in line with charity governance requirements
- Work closely with the District Lead Volunteer to support the growth and development of Scouting across the district
- Oversee strategic planning, risk management, compliance, and financial stewardship
- Facilitate productive meetings that empower trustees and support good decision-making
- Champion a positive, inclusive culture reflective of Scouting's values

What We're Looking For

You don't need prior Scouting experience — just enthusiasm and the right skills. We welcome applicants from diverse backgrounds. Ideal candidates will bring:

- Strong communication and organisational abilities
- Experience in governance, leadership, or strategic decision-making
- Confidence in chairing meetings and encouraging collaboration
- Commitment to transparency, fairness, and the safeguarding of young people

What You'll Gain

- A rewarding volunteer experience with real community impact
- The opportunity to influence the direction and success of the district
- Support, training, and a welcoming team

- The chance to develop skills that transfer to many professional and voluntary environments

Time Commitment

This flexible volunteer role typically requires a few hours per month, including attending bi monthly Trustee Board meetings and occasional district events.

How to Apply

If you're ready to help shape the future of Scouting and support an organisation that empowers young people with skills for life, we'd love to hear from you.

To express interest or request more information, please contact our district's recruitment lead or email andy.blake@bvscouts.org.uk .

Rushmoor Climate Community Monthly Updates

Rushmoor Climate Community is a forum that meets quarterly as an opportunity to hear updates from Rushmoor Borough Council about the work we are all doing to tackle climate change locally. You will be able to give us your views, and work with us on local initiatives and help us raise awareness of environmental issues.

As well as this we send out Monthly Updates which includes info such as:

- News from Rushmoor Borough Council – Stay informed on initiatives we are undertaking
- Community Contributions – Updates and resources shared by group members
- Local events and Volunteering – Opportunities to get involved and make a difference
- Grant Opportunities – Find out what funding is available, from home energy efficiency to community project support

If you would like to receive these updates and find out about future meetings, please Visit: [Our Rushmoor Climate Community group - Rushmoor Borough Council](#)

Join in Rushmoor's Great British Spring Clean with Rushmoor Binfluencers

The Great British Spring Clean is a national campaign that brings people together to care for their local environment. Last year's campaign was a huge success in Rushmoor. Across all 13 wards, volunteers collected 248 bags of litter, including a joint session with Farnborough Airport.

To make taking part easy and accessible, Rushmoor Binfluencers provide all equipment, carry out risk assessments, deliver safety briefings, have first aid available, and hold public liability insurance. This means organisations, families and individuals can get involved with confidence.

From 13 to 29 March, Rushmoor Binfluencers will be hosting organised litter picks across the borough. These sessions focus on known litter hot spots and are designed so that even giving just one hour can make a real difference. Dates, times and locations for each litter pick are listed below and will also be shared on the Rushmoor Binfluencers Facebook page.

Everyone is welcome. Individuals, families, schools, businesses and community groups can all get involved. Children are very welcome but must be accompanied by an adult.

- Each litter pick will be led by a trained Binfluencer

- Volunteers will receive a safety briefing before starting
- All equipment will be provided
- Volunteers will be asked to sign in and out for safety

Bespoke litter picks

In addition to the scheduled community events, Rushmoor Binfluencers can organise a limited number of bespoke litter picks for organisations. If you would like to arrange a session tailored to your group, please email: therushmoorbinfluencers@outlook.com

Saturday 14 March

- Empress – Old Leisure Centre car park, GU14 7LD ⌚ 11:00am–12:00noon

Sunday 15 March

- Rowhill – Meet outside Shiva Temple GU11 3JE ⌚ 2:00–3:00pm

Monday 16 March

- Fernhill – Pinewood Park play area GU14 9LE ⌚ 10:00–11:00am

Tuesday 17 March

- North Town – Lower Newport Road (by the pharmacy) GU12 4QB ⌚ 10:00–11:00am

Thursday 19 March

- Manor Park – East Station Road car park GU12 4JB ⌚ 1:00–2:00pm

Friday 20 March

- Knellwood – King George V Playing Fields car park GU14 6PQ ⌚ 1:30–2:30pm

Saturday 21 March

- Cherrywood – Water Lane Park GU14 8XQ ⌚ 11:00am–12:00noon

Sunday 22 March

- Aldershot Park – Aldershot Lido car park GU12 4BP ⌚ 2:00–3:00pm

Monday 23 March

- Cove & Southwood – Fowler Avenue, outside Tower Hill School GU14 0BW ⌚ 10:00–11:00am

Tuesday 24 March

- St John’s – Whetstone Road (by the shops) GU14 9SX ⌚ 12:00–1:00pm

Thursday 26 March

- West Heath – Blunden Hall, Blunden Road GU14 8QP ⌚ 1:00–2:00pm

Saturday 28 March

- Wellington – High Street multi-storey car park, Aldershot GU11 1SD ⌚ 11:00am–12:00noon

Sunday 29 March

- St Mark’s – Napier Gardens car park GU14 6EF ⌚ 12:30–1:30pm

◆ Followed by a Thank You Gathering ◆

- North Camp Methodist Church GU14 6EG ⌚ 2:00–3:30pm

SKILLS & TRAINING

Rushmoor Healthy Living – Emergency First Aid at Work Courses

Have you ever thought about what would happen in your workplace if someone was hurt or injured? RHL offers accredited First Aid qualifications that are used throughout commerce and industry in the UK to fulfil legal First Aid requirements.

For small businesses and individuals, we are offering a great offer on our Emergency First Aid at Work 6-hour courses for £95 per person.

Emergency First Aid at Work is designed to give you the knowledge and understanding required to react quickly and appropriately in emergency situations. It will help provide you with invaluable knowledge on how to deliver potentially life-saving skills. The course covers:

- Priorities of First Aid
- CPR Resuscitation
- AED
- Choking
- Bleeding & Burns
- Minor Injuries
- Recovery Position
- Unresponsive Casualties

Upcoming Course Dates:

Saturday 25th April 09:30 – 16:30 (full day)

Monday 6th & 13th July 18:00 – 21:00 (evening split)

Other course dates and more information are available online at [Rushmoor Healthy Living: RHL First Aid Courses](#)

This course will be delivered at the RHL Office in Aldershot (5 Alexandra Terrace, Alexandra Road, Aldershot, Hants, GU11 3HU. Please note that the location is not accessible for those with limited mobility.

To find out more, contact our friendly team: admin@rhl.org.uk or call 01252 957430

Citizens Advice Rushmoor – Advice First Aid training, 15th April

Advice First Aid with Citizens Advice Rushmoor – Wednesday 15th April 2026, 1:30-4pm

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

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

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

Hart Voluntary Action: Training Courses for Counsellors 2026-2027

Our Counselling Services team are pleased to be able to offer a range of courses for counsellors. All courses are currently open to applications.

Level 5 Diploma in Counselling Adolescents (online)

A course for counsellors who are qualified and would like to work with young people aged 11-18.

- Running from September 2026 online allowing for Counsellors from across the UK to attend.
- CPCAB accredited
- Cost: £1750 (there is an early bird offer of £1650 if you register by 1st June 2026). Payment can be made by instalments.

Level 6 Certificate in Therapeutic Counselling Supervision

A course for counsellors who are qualified and would like to work with other counsellors in a supervisory role.

- Running from September 2026 until May 2027 in Yateley, Hampshire.
- Session times – 9:00 – 16:00 during Hampshire term-time
- CPCAB accredited
- Cost: £1700 (there is an early bird offer of £1600 if t you register by 1st June 2026). Payment can be made by instalments.

NEW! Level 5 Diploma in Family Counselling (pending approval)

This course is for already qualified counsellors equipping them to work with families in a counselling setting.

- Running from September 2026 in Yateley, Hampshire
- Cost: £2000 (there is an early bird offer of £1900 if you register by 1st June 2026). Payment can be made by instalments.
- CPCAB accreditation pending approval

For more information about any of our courses please visit our Counsellor Training web-pages

<https://hartvolaction.org.uk/community-services/counselling/training-placements>

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>

Making Every Contact Count – Healthy Conversation

Yellow Brick Road Projects is offering this face to face opportunity to develop and reflect on your skills for working with people to change behaviour. Thank you to the NHS for funding this opportunity – we would be delighted to welcome you if you work in the local area or beyond and especially if you are working with children, young people and their families, including in education.

[MECC Training - Farnborough Tickets, Wed 29 Apr 2026 at 12:45 | Eventbrite](#)
