

RUSHMOOR

SUPPORTING FAMILIES BULLETIN

MAY 2026

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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 \(frimley-healthiertogether.nhs.uk\)](http://frimley-healthiertogether.nhs.uk)

County:

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

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

National:

[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

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.

Aldershot Pools and Alpine Snowsports – Holiday opening

Aldershot Pools and Fitness Centre: Guildford Road, Aldershot, GU12 4BP

Aldershot Pools and Fitness Centre changed operator from 1st April and is now being managed by Everyone Active. Please refer to our website for the school holiday period.

[Aldershot Pools & Fitness Centre - Everyone Active](#)

Alpine Snowsports Centre – Gallwey Road, Aldershot, GU11 2DD

Similarly, the Snowsports Centre is now operated by Everyone Active. Please refer to the website for details of all our activities. [Alpine Snowsports - Everyone Active](#)

Squirrels Educare – May Holiday Club

****Tuesday the 26th of May to Friday the 29th of May – 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 planting, variety of crafts, cooking, sports, 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: Half-term 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 26th May 10am – 4pm
- Thursday 28th May 10am – 4pm

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

Advance booking essential

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.

Coming Soon!

Hampshire Libraries will be hosting School Readiness 2026 sessions for school starters entering Reception in September 2026. Look out for more information about the sessions organised for your school.

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

Saturday Family Fun Every Saturday 12–2pm

Check our Facebook page for craft activities during May half term

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.

Please check our Facebook page for craft activities during May half term

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

Wednesday 27th May – 10am-12pm, children’s craft activity, £1 - please check Facebook closer to the time for more details

Please check our Facebook page for more activities during May half term

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.

Please check our Facebook page for craft activities during May half term

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/libraries)

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](https://www.facebook.com/AldershotLibrary)

Farnborough - [Farnborough Library - Hampshire County Council | Farnborough | Facebook](https://www.facebook.com/FarnboroughLibrary)

Fleet - [Fleet Library - Hampshire County Council | Fleet | Facebook](https://www.facebook.com/FleetLibrary)

Yateley - [Yateley Library - Hampshire County Council | Yateley | Facebook](https://www.facebook.com/YateleyLibrary)

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Fun For Little Ones

Wednesday 27th May 12pm

Fun for Little Ones Live is the UK’s only tribute show of its kind, bursting with lively sing-alongs and engaging songs, LIVE ON-STAGE Ms Rachel Tribute & her dancing friends, puppets, characters, and colourful on-screen animations and magical screen content with Monty & Friends.

[Fun for Little Ones - Princes Hall](#)

Play In A Day

Thursday 28th May 10am – 4pm

Topic: The Little Mermaid

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](#)

Flowers And Friendship Bracelets

Friday 29th May 6pm

Come and join us for the ultimate pop concert and celebrate the biggest hits from the hottest artistes of the moment.

Let's 'Shake it Off' to our very own Taylor Swift; sing along to 'Flowers' with Miley Cyrus; dust off all our best dance moves and HOT TO GO! With Chappell Roan and not forgetting the unstoppable Sabrina Carpenter performing all her top hits such as 'Espresso'. Watch the girls delight the audience in this incredible concert with a huge pop party to finish the show.

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

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/

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

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

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

Squirrels

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

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

Beavers

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

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

Cubs

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

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

Scouts

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

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

Explorers

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

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

Aldershot Cricket Club

Aldershot Cricket Club offers opportunities for people of all ages and abilities to get involved in this great sport. We field five senior men's teams, one senior women's team, and a midweek side. Our thriving youth section welcomes players from Year 4 onwards, supported by qualified coaches who work across all age groups, including senior players.

For younger players we run an All Stars programme (age 5-8) and a Dynamos Programme (8-11). We provide cricket sessions in local state schools and host the annual Aldershot Schools Cricket League and Kwik Cricket Festival. We are currently operating a waiting list for our Youth Open section but are welcoming enquiries for both the Girls and Women Sections.

All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development. The programme is designed

to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

Every child that registers will receive a personalised t-shirt, bat, ball and backpack.
Booking and more information available here: <https://www.ecb.co.uk/play/all-stars>

Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport! Dynamos is all about fun and provides children with a more social offer, focusing on developing the fundamental skills required to play cricket.

We know how important it is to look like the heroes of the game, so every child who registers will receive their very own Dynamos Cricket t-shirt, personalised with their name and number.
Booking and more information available here: <https://tinyurl.com/ywf3dn5v>

Youth Section enquiries: accyouthsection@outlook.com
General Aldershot Cricket enquiries: info@aldershotcricketclub.co.uk

Rushmoor Green Fringe Festival, 16th-31st May

Events going on all around the borough, positively connecting communities with their surrounding green spaces through sustainable travel and participation.

Activities for all ages | Music | Painting | Crafts | Performances | Guided Walks | Work Parties

General Webpage: [Green Fringe Festival – Rushmoor Voluntary Services](#)
Events page: [Green Fringe Events – Rushmoor Voluntary Services](#)

Wellesley Woodland activities in May and June

Here at Wellesley Woodlands, The Conservation Volunteers bring our experience, knowledge and collective connections together, enabling people to connect with Nature in a variety of ways. There are so many ways to engage and volunteer with us, helping make great things happen locally. Why not pop along and meet us at a Health Walk or local event and have a chat. You can find more information on the Wellesley Woodlands website, on Facebook and on Eventbrite.

- Wednesday 6th May 6 to 7pm Tai Chi at Wellington Statue Monument Field
- Friday 8th May 10 to 11am Health Walk at Chalk Farm Lake
- Tuesday 12th May 6.30 to 7.30pm Evening Health Walk at Wharf Plantation
- Wednesday 13th May 6 to 7pm Tai Chi at Wellington Statue Monument Field
- Friday 15th May 10 to 11am Health Walk at Claycart
- Saturday 16th May 1.30 to 3pm Brimstones Canal Wildlife Walk at Claycart
- Tuesday 19th May 6.30 to 7.30pm Evening Health Walk at Wellington Statue Monument
- Tuesday 19th May 6.30 to 7.30pm Evening Health Walk at Chalk Farm Lake
- Wednesday 20th May 6 to 7pm Tai Chi at Wellington Statue Monument Field
- Friday 22nd May 10 to 11am Health Walk at Wharf Plantation
- Friday 29th May 10 to 11am Health Walk 5th week special, see Eventbrite

- Sunday 31st May Green Fringe Festival – Tai Chi taster session from 11 to 12, followed by a Community Picnic with some sample nature-based craft activities and games. (bring your own food, chairs etc)
- Saturday 6th June, come and find us at Victoria Day where we will be offering a nature-based craft activity and information about Wellesley Woodlands from our stall.

For more information about all these activities go to <https://wellesleywoodlands.co.uk/>

Runways End Outdoor Centre – Half-term adventures for all

Forge Lane, Aldershot, GU11 2RE

Half Day Adventures

2 hr 30 min | Ages 6+ | £23

Scale the climbing tower, embrace your inner warrior with archery, burn bright in firelighting, become a sharpshooter in air-rifle shooting, and explore the passageways of our artificial cave system.

Find out more and book: [Adventure activities at Runway's End | Things to do in Hampshire | Hampshire County Council](#)

Guided Canoe Tours

2 hr 30 min | Ages 6+ | From £20

Guided by our friendly staff, this is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a World War 2 pill box and local wildlife. The trip includes some light refreshments at a picturesque picnic spot.

Find out more and book: [Adventure activities at Runway's End | Things to do in Hampshire | Hampshire County Council](#)

Book Your Half Term Yurt Staycation

Minimum 2 night stay | £150 per night | Sleeps up to 6

Escape the city and enjoy a yurt retreat with family or friends at Runway's End - a peaceful woodland hideaway just an hour from London and set beside the tranquil Basingstoke Canal.

Find out more and book: [Yurts | Things to do in Hampshire | Hampshire County Council](#)

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**.

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, at towncentrevents@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

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: [Invitation to get involved in Armed Forces Day National Event in June - 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 on our website, [Armed Forces Day National Event 2026 - Rushmoor Borough Council](#) where you can fill in a form to register your interest in being involved.

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!

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 MAY HALF TERM HOLIDAY CLUB

MONDAY 26TH MAY – FRIDAY 29TH MAY 2026 FROM 8AM – 4.30PM DAILY

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

CAMPUS OPENING HOURS:

CLOSED ON BANK HOLIDAY MONDAY 25TH MAY 2026

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

FACILITY HIRE - IMPORTANT NEWS

SPORTS HALL

Upcoming long term session hire becoming available soon;

Available from July 2026 - from 5pm-7pm on both a Wednesday and a Friday evening

Available for hire now from 1pm-6pm on a Sunday afternoon

C BLOCK HALL

Available for hire now from 8.30am-6pm every Sunday

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.

COMING SOON TO CAMPUS LEISURE IN JUNE 2026 – KJ SPORT STARS – SPORT FOR ALL

CHILDRENS PARTIES

C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 3PM-6PM ON A SATURDAY* - £30 PER HOUR

C BLOCK HALL IS AVAILABLE FOR PARTY HIRE FROM 9AM-6PM ON A SUNDAY* - £30 PER HOUR

WAVELL HALL IS AVAILABLE FOR PARTY HIRE FROM 2PM-6PM ON A SUNDAY* - £40 PER HOUR THE
SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-3PM ON A SATURDAY* - £50 PER HOUR
SPORTS HALL IS AVAILABLE FOR PARTY HIRE FROM 1PM-6PM ON A SUNDAY* - £50 PER HOUR
***All subject to availability**

For further information regarding hire of facilities contact wavell.campus@wavell.hants.sch.uk
Check out our website at www.wavellschoolorg.uk/leisure/homepage
Or call Wavell Campus Leisure on 01252 317603

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

Kaizen Karate Academy has a new children's class opening in North Lane (£6 for the session, 5 and upwards):

North Town Community Centre, Thursdays 6-7pm

£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.

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

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

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.

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 £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

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 10-12.



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

 **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!

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 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.

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.

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-healthiertgether.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.

kooth.com is the free safe, digital mental wellbeing support service for ages 11- 25 in Hampshire. With nearly 40% of Kooth users reporting stress & anxiety, 24% reporting suicidal ideation, and just under 20% reporting self-harm in Hampshire it's so important that we work together to raise awareness of the mental health support available in Rushmoor. Young people can find additional FREE support via registering at kooth.com

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

Sasha's Project is a not-for-profit organisation 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.

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](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 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

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/>

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

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/>

Mustard Seed Autism Trust – Free resources

Resources Hub

Mustard Seed Autism Trust has a hub of free resources on their website, including symbols for communication boards, daily routines and schedules, helpful tips from our occupational therapists, and well-being activities for young people. We are also starting to create dual language resources.

All are free to download, print and use:

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

If you have any specific resource needs please get in touch, we will be happy to help:

info@mustardseedautism.co.uk

Newsletters

If you would like to keep up to date with our news, activities, and fundraising events please sign up for our termly newsletter via our website here:

<https://mustardseedautism.co.uk/> or email: info@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 1st June and 7th September

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

Smokefree Hampshire – Smoking and vaping resources and services

At Smokefree Hampshire, we're here to support young people and their families every step of the way towards creating healthier, nicotine-free homes. Whether it's quitting smoking, vaping, or using nicotine pouches, we offer a wide range of practical tools, guidance, and encouragement to help make that change feel achievable. We also understand that every journey is individual, especially for those facing mental health challenges. That is why we provide tailored, specialist support to ensure no one must do it alone.

Thinking about making the change? There's no better time to start. Take that first step today:

Text QUIT to 80011

Call 0800 772 3649

or **Visit** smokefreehampshire.co.uk

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.

The Source Young People's Charity – Summer Programme

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

The Source has relocated. General contact details:

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

Office phone number: 01252 333330

Website: www.thesourceforyou.co.uk

Activity & Workshops Programme

Dates: May 26th – May 28th 2026

Age: 11 + yrs

Afterschool sessions:

- Bike Maintenance
- Games & Lego Club
- Sewing & Fibre crafts
- Golf

May half term:

- Bike Maintenance
- Golf
- Fibre crafts (Taster Event)
- Make, Do & Mend
- Crochet Session

Fundraising events:

- Quiz Nights
- 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

Supporting Families in Our Community: Home-Start Hampshire

Home-Start Hampshire provides essential support to families during the vital early years. Whether you are feeling isolated, overwhelmed, or just need a supportive community, our doors (and hearts) are open.

Our Core Services:

- **Tailored Support:** One-to-one home visiting from our dedicated volunteers.
- **Community Groups:** Weekly sessions focused on wellbeing, connection, and play.

Weekly Schedule:

- **Mondays:** Wellbeing Group (Aldershot Garrison) | 10:00 – 11:30
- **Tuesdays:** Families Matter (North Town, Aldershot) | 10:00 – 11:30
- **Wednesdays:** Mums Matter (Hook) | 10:00 – 11:30
- **Wednesdays:** Families Matter (Farnborough Grange) | 10:00 – 11:30
- **Coming Soon:** New group launching in Church Crookham!

To join a group: [Home-Start Hampshire Group Referral Form](#)

Connect with Us: If you are a parent looking for support or an individual interested in volunteering, please visit our website at home-starthampshire.org.uk or call us on **0330 124 2095**.

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

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

The Vine Centre activities

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

Mental Health support


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. Email jasmine.yarnell@thevinecentre.org.uk to refer or to make an appointment.

New Mental Health Drop in

We're excited to launch our new Mental Health Drop-In. Join us every Friday between 10am–12pm 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.

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>

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.

Gentle yoga, guided meditation, and breathwork

Our Free Chair and Mat Yoga take place on Tuesday mornings at The Vine Centre. No fancy gear needed, just a willingness to show up and breathe. Perfect for beginners or anyone needing a moment of calm. We were awarded National Lottery funding to our Free Chair and Mat Yoga. To join our Mat Yoga, please email: info@thevinecentre.org.uk

Community Meal – Thursday 21st May

Join us for a warm meal and great company, from 12:00 - 13:30 pm. Everyone is welcome - come as you are. To book, email info@thevinecentre.org.uk.

Comedy Night – Thursday 4th June

We are hosting a fundraising comedy night at the Spice Merchant, Crookham Village, for a night of belly laughs, a Thai supper, and big-hearted fundraising! By joining us for **Comedy Night**, you're helping fund real change while enjoying a brilliant lineup of comedians. The Vine Centre provides essential support to those facing homelessness, hardship, and isolation.

- 📍 The Spice Merchant, The Street, Crookham Village, Fleet, United Kingdom, GU51 5SJ.
 - 🕒 Doors 7pm.
 - 🎫 Tickets: £30 — Your ticket includes an incredible authentic Thai supper. All profits to go to The Vine Centre's amazing work!
- Grab your seats today: [The Vine Centre](#)

Cooking with Confidence

Cooking with Confidence is back! If you would like to book on to the next session, please contact carla.green@thevinecentre.org.uk for more information. These weekly sessions will begin on Friday 5th June, from 11am-1pm, booking is required to secure your place.

Sports Day

Thursday 30th July
Picnic and games at Manor Park, Aldershot join in the sporting good fun!

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.

Wellbeing Parent Hub

Every Monday in term time, 1pm-2.30pm
@ The Lighthouse, 8 Andover Way, Aldershot. GU11 3RJ

A safe, creative space for parents and carers of children with additional needs to connect, unwind and exhale. The first week of every month we welcome a special guest to offer gentle guidance, support and helpful signposting in relation to their expertise.

Our guest speakers this term:

11th May - Nikki Fletcher (Growing Hope, Farnham)

8th June - Mustard Seed Autism Trust

6th July - Jazz Crowne (Trauma Therapist)

For further information please email rachel.setterfield@emmausrd.com
