

RUSHMOOR SUPPORTING FAMILIES BULLETIN

JULY 2026

COST OF LIVING SUPPORT	2
Worrying About Money – sources of support	3
Rushmoor Link community resources directory.....	3
Rushmoor and Foodbanks and Larders and Energy Support.....	3
Community Grub Hub CIC.....	3
The Community Cupboard at the Vine Centre, Aldershot.....	3
Farnborough Foodbank – How to get food support.....	4
Supporting the Military Service community	4
The Hive	4
SSAFA Safe to Serve	5
Supporting the Wider Community.....	5
Citizens Advice Rushmoor.....	5
WHAT’S ON IN RUSHMOOR & HART	7
HAF (Holiday activity and food programmes) in Hart and Rushmoor this Summer	7
Grange Community Junior School Holiday Playscheme	8
Odiham School Holiday Playscheme.....	8
Diddy Dunkers: Summer Holidays Basketball Camp.....	8
Squirrels Educare – Summer Holiday Club.....	9
Fleet Phoenix Summer Projects.....	9
Vision 4 Youth – Summer Holiday Club	9
Hampshire Libraries – Activities for children.....	10
Feel Good Fridays Bring Free Family Fun to Farnborough.....	11
Princes Hall shows for children	11
Rushmoor Gymnastics Academy	12
PlayFest! – Free activities in Aldershot, 29 August.....	13
Runways End Outdoor Centre – Holiday activities for all.....	13
Aldershot Pools and Alpine Snowsports – Holiday opening.....	14
Royal Army Physical Training Corps Museum.....	14
Wavell Campus Leisure	14
Stopgap Dance Company - October Half-term dance club.....	16

Kaizen Karate Academy – Times and venues.....	16
Youth Club at The West End Centre, Aldershot!.....	16
HEALTH & WELLBEING INFORMATION	17
Healthy Start Scheme.....	17
Hampshire Healthy Steps.....	17
Mental health and wellbeing	17
Children & Young People’s Services Northeast Hampshire (CYPS NEH).....	18
Rushmoor & Hart Community Public Health Nursing Service	19
Hampshire and IOW Healthcare NHS Foundation Trust - Sexual Health Services.....	20
Parenting Support	22
Solihull Approach online support for parents.....	22
Mustard Seed Autism Trust – Free resources.....	22
TalkPlus	20
Smokefree Hampshire – Smoking and vaping resources and services.....	21
Rushmoor Healthy Living – Health projects.....	21
Other News	23
First Words Together at Aldershot Library	23
Everyone Active Leisure – Free memberships for children in care.....	23

COST OF LIVING SUPPORT

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 \(frimley-healthierttogether.nhs.uk\)](#)

County:

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

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

National:

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

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

Worrying About Money – sources of support

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

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

Rushmoor Link community resources directory

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

To browse click [Rushmoor Link](#)

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

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

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

www.thevinecentre.org.uk

info@thevinecentre.org.uk

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

Supporting the Military Service community

The Hive

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

SSAFA Safe to Serve

Safe To Serve is a dedicated support service funded by the Armed Forces Covenant Trust Fund. It is a confidential and independent Tri-Service support service, designed for women currently serving in HM Armed Forces who are experiencing or have experienced bullying, discrimination, harassment, sexual harassment, sexual assault/abuse.

The service is designed to break a culture of silence, provide compassionate advocacy, and ensure every servicewoman is believed, supported, and protected.

When you contact, you will receive help from a qualified, compassionate social worker offering confidential, one-to-one advice, practical and emotional support, and advocacy for servicewomen facing bullying, discrimination, harassment, or sexual harassment in the armed forces.

Reach out for support via phone, WhatsApp, or webchat, with a 'no-wrong-door' approach to referrals - making help easy to access wherever you are. The Service accepts self-referrals, or 3rd party referrals with consent.

Whatever support you need, or if you are not sure what this might be please reach out for support and guidance on:

Email: SafeToServe@ssafa-fhs.org.uk

Telephone: 0800 260 6722

WhatsApp: 020 3807 4400

Webform/Webchat: [Safe to Serve | SSAFA](#)

Supporting the Wider Community

Citizens Advice Rushmoor

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

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

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

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

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

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

Different ways of reaching us:

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

Crisis and Resilience Fund

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

Clients may be eligible if they:

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

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

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

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

WHAT'S ON IN RUSHMOOR & HART

HAF (Holiday activity and food programmes) in Hart and Rushmoor this Summer

Almost **4,000** children have already signed up for summer but there's still time for eligible families to book before HAF schemes begin on Thursday 23 July!

Children and young people who receive benefits-related free school meals can book up to **16 days** of schemes and enjoy a wide range of activities, make new friends, learn new skills, and receive healthy meals for free during the upcoming summer holidays.

Families in Rushmoor can visit the [Rushmoor HAF bookings webpage](#) to browse and book schemes. Families in Hart should visit [Hart HAF Booking Site](#). We encourage families to book as soon as possible so they can plan their summer activities and take advantage of the opportunities available in their local area.

More information about the HAF programme is available on the connect4communities website: [Hampshire Holiday Activities and Food \(HAF\) frequently asked questions | Hampshire County Council](#)



HAF Summer Flyers
2026 - Rushmoor.pdf



HAF Summer Flyers
2026 - Hart.pdf

HART - Hart HAF Booking Site		
Organisation name	Venue	Address
Core Kids Club Ltd	Elvetham Heath Primary School	The Key, Elvetham Heath, Fleet, GU51 1DP
KOOSA Kids Ltd	Hook Infant School	Church View, Hook, RG27 9NR
KOOSA Kids Ltd	Court Moor Secondary School	Spring Woods, Fleet, GU52 7RY
RMD Adventure Learning C.I.C	The Baker Hall (Odiham)	Buryfields, King Street, Odiham, Hook RG29 1NE
Soccer Coaching Limited trading as Ace Kids	Westfields Infant School	School Lane, Yateley GU46 6NN
Soccer Coaching Limited trading as Ace Kids	Velmead Junior School	Velmead Road, Fleet GU52 7LG
Vision 4 Youth	The Tythings	Reading Road, Yateley, GU46 7RP
RUSHMOOR - Rushmoor HAF Booking Site		
Organisation name	Venue	Address
CM Sports UK LTD	St Bernadettes Catholic Primary School	Tile Barn Close, Cove, Farnborough, GU14 8LS
CM Sports UK LTD	The Wavell School	Lynchford Road, Aldershot, Farnborough GU14 6BH
CM Sports UK LTD	Guillemont Junior School	Sandy Lane, Farnborough GU14 9ES
KOOSA Kids Ltd	Alderwood Infant School	Belle Vue Road, Aldershot, GU12 4RZ
MAGNA GROUPS ENTERPRISES LIMITED	The Cambridge Primary School	Queen's Avenue, Aldershot, GU11 4AA

Physical Development Ltd	Grange Community Junior School	Wren Way, Farnborough, GU14 8TA
Soccer Coaching Limited trading as Ace Kids	Parsonage Farm Infant School	Cherry Tree Close, Farnborough GU14 9TT
Soccer Coaching Limited trading as Ace Kids	South Farnborough Infant School	Queens Road, Farnborough GU14 6JU
Your Sports Education	Farnborough Hill School	Farnborough Hill, Farnborough GU14 8AT

Grange Community Junior School Holiday Playscheme

Wren Way, Farnborough, GU14 8TA
 3rd August 2026 - 27th August 2026
 09:00 - 15:00
 £30.00 per day (15% Sibling discount available)
 5 - 11 years old (Year 1 - Year 6)
 Book online at www.premier-education.com

Happy Kids. Sorted Summer.
 Active days, real friendships and expert coaches who make every session count.
 Eligible families can access free places through the HAF programme, including meals and activities

Odiham School Holiday Playscheme

RMD Adventure Learning C.I.C aims to support, encourage and inspire children, young people and families to believe in the power of change and to seize opportunities to work collaboratively to achieve their goals.

We are fortunate to have received funding to deliver summer holiday activities in Odiham, and we would be extremely grateful if you could help us circulate the details to local families and other support services. The programme is available to eligible children and young people who receive benefits-related Free School Meals, with a limited number of paid places also available.

⚠ Places are limited and demand is expected to be high, so make sure you register your interest today. Register your interest here: <https://eequ.org/book/odiham-summer-holiday-programme-with-rmd-adventure-learning-cic-28770>

Diddy Dunkers: Summer Holidays Basketball Camp

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

- 28, 29, 30 and 31st July 10am – 4pm
- 17, 18, 19 and 20th August 10am – 4pm

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

Advance booking essential

Squirrels Educare – Summer Holiday Club

****Thursday the 23rd of July to Friday the 28th of August – 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 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

Fleet Phoenix Summer Projects

From July to September, Fleet Phoenix will be running **four** summer projects around the Hart District. With FREE BBQ, FREE inflatables, team games and more, it is a great place for young people to hang out over the summer.

The Lea – Held at the Lea Green, Larmer Close, Fleet. Mondays from 20th of July to 24th August. 6-7:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

Hook – Held at Hartlett's Park, Ravenscroft, Hook. Tuesday from 21st of July to 25th of August. 4-5:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

The Views – Held at The Views, Fleet. Thursdays from 23rd of July to the 27th of August. 6-8pm. This project is for under 18's (recommended minimum age of 14).

Church Crookham – Held at the green open space behind the Cookham Community Centre, Boyce Road, Church Crookham. Fridays from 24th of July to the 28th of August. 6-7:30pm. This is a junior project for young people up to the age of 14 years old. Children under 8 must be accompanied by an adult.

<https://www.fleetphoenix.co.uk/summerprojects>

Vision 4 Youth – Summer Holiday Club

During the school summer holidays Vision 4 Youth in Yateley will run a youth club specially for 11-16 year olds, which will be free to those who qualify for free school meals (a #HAF project). If you do not qualify for HAF it is £16 per day all inclusive. Many different activities will be on offer including art, sports, cooking, use of the youth club games and a hot meal. Full itinerary details are available so please contact us for more information. The club will run 12-5pm Monday-Thursday, 27th July to 20th August. Open to all abilities with lots of different things to try across the summer. Booking essential, please visit our website to book a place for each day that you'd like to attend

<https://vision4youth.org.uk/haf/>

Hampshire Libraries – Activities for children

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

Summer Reading Challenge

The Summer Reading Challenge begins Saturday 11th July, and ends Saturday 12th September. Check out our Facebook pages or pop down to the library to find out more!

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

Please check our Facebook page for craft activities during the Summer Holidays.

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 the Summer Holidays.

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

Word Play Fun – Friday 31st July, 10am and 11am - Fun activities, games and challenges that celebrate the magic, power and sensations of the sound of words. Active tasks include word games, group work, playing with rhythm and rhyme, and limerick writing! Sessions are free but booking is required - [Word Play Fun with poet Vic Pickup - Farnborough Library - Friday 31st – Hampshire County Council Shop](#)

Please check our Facebook page for more activities during the Summer 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.

Please check our Facebook page for craft activities during the Summer Holidays.

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

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

Aldershot - [Aldershot Library - Hampshire County Council | Aldershot | Facebook](#)

Farnborough - [Farnborough Library - Hampshire County Council | Farnborough | Facebook](#)

Fleet - [Fleet Library - Hampshire County Council | Fleet | Facebook](#)

Yateley - [Yateley Library - Hampshire County Council | Yateley | Facebook](#)

Feel Good Fridays Bring Free Family Fun to Farnborough

This August, families can enjoy a fantastic programme of free activities at Feel Good Fridays at The Landing in Farnborough Town Centre.

Taking place on 7, 14, 21 and 28 August, the events will feature free Crazy Golf, interactive have-a-go sessions with local community and sports groups, and a variety of family-friendly activities designed to keep children active and entertained.

Special attractions include circus workshops and a trapeze rig on 14 August, while The Bubbles Man will bring giant bubbles and family fun on 28 August. Visitors can try morning yoga and they'll be children's dance sessions, with more activities being added throughout the month. Alongside the entertainment, families can browse a range of market stalls and discover local organisations offering opportunities to get involved in community life.

For the latest activity programme and attending groups, [What's on in Aldershot and Farnborough - Rushmoor Borough Council](#)

Princes Hall shows for children

Princes Hall, Princes Way, Aldershot, GU11 1NX

Play In A Day

Thursday 30th July 2026 10am – 4pm

Tickets: £24.50

Topic: The Greatest Showman

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

The children will work on a well-known story, acting out scenes and devising their own lines in small groups. The tutor will also encourage and direct the children to create fun characters that will be incorporated within the play. Children must be aged 7-11years to take part in this workshop.

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

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 14 - the only requirement is an enthusiasm for theatre!

Rachel and Tom, 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.

Members are expected to show commitment to the Youth Theatre and are required to sign a code of conduct. Regular attendance is a condition of membership.

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

[Rushmoor Gymnastics Academy](#)

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

Playgym

Strictly for children age 5 and under

We will be closing for the summer on Friday 10th July and will return on Monday 7th September
Monday-Friday

9:30-10:30 and 10:45-11:45

£3 per adult and £3 per child

Summer Fun Sessions

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

July 13th and 14th

Age 6-8 5:00pm-6:00pm

Age 9-12 6:00pm-8:00pm

£14 per 1hr session

£20 per 2hr session

Book as many as you like online now at:

www.rushgym.co.uk

Rushmoor Gymnastics Academy Recreational Summer Camp

Tuesday 11th-Thursday 13th August 10:00am-2:00pm

Gymnasts age 7-12

£90 for all 3 days

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

Open to members and non-members.

We also have a limited availability in our term time classes for children age 2-14

Book now at: www.rushgym.co.uk

PlayFest! – Free activities in Aldershot, 29 August

PlayFest! is an amazing action-packed day of fun hands-on play and games for all ages in Aldershot. There are oodles of free activities to look forward to throughout the town centre on Saturday 29 August from 10am to 4pm. It's free!

Go on a virtual reality safari, play with giant crazy contraptions, take part in wacky science experiments, pluck a ukulele, visit the magical story corner, create forest-themed crafts, watch a silly science show, make some music, climb inside a giant adventure cave, create a fruity snack, learn karate moves, engineer a K-NEX invention, discover our beehives and loads more! For toddlers, there's art, music and a messy play station.

Families can also take part in wonderful workshops under the bandstand. Jump feet first into a world of pure creativity, make new friends and learn something new – from karate to drumming, dancing to games.

All activities are free. Children must be accompanied at all times and activities are subject to change. Please check the signs on each activity station during your visit for timings.

For more information, please visit www.rushmoor.gov.uk/playfest.

USEFUL INFORMATION

- All activities are free, just drop in.
- Activities are aimed at primary school ages in key stages one and two, but everyone is welcome to take part.
- Children must be accompanied at all times and activities are subject to change.

Runways End Outdoor Centre – Holiday activities for all

Forge Lane, Aldershot, GU112RE

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

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

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

- **Half day adventures** – We have plenty of spaces left on our half day adventures, great for all the family, try something new from climbing to caving, to archery, to basic fire lighting! £22 per person for 2.5 hours of fun.
- **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 344 421, or find details available on our website:

[Runway's End Outdoor Centre | Things to do in Hampshire | Hampshire County Council](#)

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](#)

Royal Army Physical Training Corps Museum

The RAPTC Museum represents the history and tells the story of the Royal Army Physical Training Corps, from 1860 to the present day. Our gallery includes varied displays featuring medals, photographs, uniforms, weapons and equipment, along with a handling collection – combining aspects of both military history and sporting achievement of the corps.

Admittance to the museum is free, however visitors will need to bring an example of photo ID to gain entry to Fox Lines. If you would like to book a specific time slot for your visit this can be done by contacting the Curator at Jarrod.Steadman100@mod.gov.uk

The Museum is open Monday – Friday from 10am – 4pm.

Jarrod.Steadman100@mod.gov.uk

www.RAPTCMuseum.co.uk

Wavell Campus Leisure

Lynchford Road, Farnborough,
GU14 6BH

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.

CM SPORTS SUMMER HOLIDAY CLUB

23rd JULY – 28th AUGUST 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

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 – Educational Clases

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

FCL – First Class Learning – Educational classes Maths/English Tuition – Thur 5-6pm/Fri 6-7pm & Saturdays 10-12pm

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

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-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 317603

Stopgap Dance Company - October Half-term dance club

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

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

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

More about Stopgap

Stopgap Dance Company is driven by a diverse creative team who uses dance as a movement for change.

Our mission is to create an inclusive world where diversity is not just accepted but pursued, a world where no one is limited by prejudice against Deaf, Disabled or neurodivergent people.

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

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

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/>

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-healthierttogether.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](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.

[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.

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](#)

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

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

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

Referral Forms are now digital

For Parent/carer/professional's

[Digital referral for the 5-19 Hampshire Community Public Health Nursing Service](#)

Young Person Self-Referral

[Young Person self-referral to the Community Public Health Nursing Service](#)

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

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

Please see our new **Digital Productions** for young people:

Chathealth video: <https://www.youtube.com/watch?v=rA6Dehlke1g>

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

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

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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

TalkPlus

Supporting Family Wellbeing During the Summer with TalkPlus NHS Talking Therapies

For many families, the summer holidays are a time of fun, relaxation and making memories. However, they can also bring additional pressures, including juggling childcare, changes to routine, financial concerns, family tensions and the challenge of keeping everyone entertained. These demands can sometimes affect our wellbeing and increase feelings of stress, anxiety or low mood.

TalkPlus NHS Talking Therapies is here to support adults who may be struggling with stress, anxiety, worry or depression. The service offers a range of NHS therapies, self-help resources, courses and one-to-one support designed to help people develop practical tools to manage life's challenges and improve their emotional wellbeing.

Looking After Your Wellbeing This Summer

Some simple ways to support your mental wellbeing during the holidays include:

- Maintaining a regular daily routine where possible.
- Making time for self-care, even if it's just a few minutes each day.
- Getting outdoors and staying active.
- Setting realistic expectations and avoiding pressure to create a "perfect" summer.

- Talking openly with friends, family or a professional if you are feeling overwhelmed.

If stress, anxiety or low mood are starting to impact your daily life, seeking support early can make a real difference. NHS Talking Therapies can help people develop effective coping strategies and build resilience for the future.

Knowing You, Knowing Me Course

For new mums experiencing anxiety or low mood, TalkPlus offers the Knowing You, Knowing Me course, a six-week programme providing specialist support and practical strategies to improve emotional wellbeing.

Next course dates starting Monday 7 September 2026

How to Contact TalkPlus

If you would like support, TalkPlus can be contacted directly:

 Telephone: 01252 533 355

 Email: frimleyicb.talkplus@nhs.net

 Website: www.talkplus.org.uk

How to Self-Refer

Adults aged 16+ who are registered with a GP in the TalkPlus service area can refer themselves directly without needing to see their GP first. Simply complete the online self-referral form on the TalkPlus website: www.talkplus.org.uk/self-referral

This summer, remember that looking after your own wellbeing is just as important as looking after your family. If you're finding things difficult, TalkPlus is here to help.

Smokefree Hampshire – Smoking and vaping resources and services

Smokefree Hampshire has recently launched our brand-new website, where referrals can now be made directly for children and young people by teachers, GPs, parents, or other professionals. We will be delivering our 12-week programme throughout the summer holidays, providing the perfect opportunity for young people to quit nicotine for good.

The programme offers age-appropriate Nicotine Replacement Therapy (NRT) alongside specialist behavioural support, helping young people build the skills and confidence to become smoke-free and nicotine-free.

Get in touch today!

Website: www.smokefreehampshire.co.uk

Email: cyp@smokefreehampshire.org.uk

Phone: 0800 772 3649

Text: QUIT to 80011

Rushmoor Healthy Living – Health projects

Do you or do you have family/friends that live/work or are registered with a GP within the Hampshire area? If so, please do let us know as you/they may be eligible for our funded FREE 12 week course. We currently have places available on a selection of both face to face and online classes – please see below for more details and eligibility criteria:

Eligibility criteria for funded FREE places:

You must live/work or be registered with a GP within the Hampshire area.

You must be inactive and carry out less than 30 minutes of structured physical activity per week.

Online FREE courses available:

Online Keep Moving Keep Fit Monday 09:30 – 10:30

This is a fun, upbeat class that works to music, encouraging a gentle cardiovascular workout. It starts with an easy-to-follow aerobic routine to warm the body. This is followed by simple movements to increase your heart rate with a goal of improving your cardiovascular fitness. Towards the end of the class, we will include some exercises to improve your muscular strength and endurance, finished off with a relaxing stretch.

Online Chair Pilates Monday 10:30 – 11:15

Chair Pilates focuses on strengthening the core and increasing mobility. This class uses exercises to effectively target a variety of muscles, working in different positions using a chair. Exercises are performed slow and with control, concentrating on body alignment, the core and breathing.

Face to Face courses available:

Move It or Lose It Monday 13:30 – 14:30 Princes Hall, Aldershot

This is a fun, friendly class which includes a mixture of exercises to help improve your aerobic health, balance, strength and flexibility for greater independence and stamina. This class includes a warm-up followed by resistance bands, balance, and flexibility exercises. The session is mostly seated but uses some standing exercises for balance (chair support/seated exercises are offered)

Chair Pilates Tuesday 13:00 – 13:45 – Hawley & Blackwater Leisure Centre

Chair Pilates focuses on strengthening the core and increasing mobility. This class uses exercises to effectively target a variety of muscles, working in different positions using a chair. Exercises are performed slow and with control, concentrating on body alignment, the core and breathing.

If you would like any more information or would like to book a space on to one of the courses please send us an email classes@rhl.org.uk or call 01252 957 430.

Parenting Support

[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.

[Mustard Seed Autism Trust – Free resources](#)

Summer Holiday Resources

Mustard Seed Autism Trust is posting summer holiday resources on their social media (Facebook, Instagram, Blue Sky).

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 now creating 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 pop us an email at: info@mustardseedautism.co.uk

Other News

First Words Together at Aldershot Library

Are you worried about your toddler's talking, listening or attention?
Would you like to help your toddler learn and become a confident talker?

If so, First Words Together may be for you! Enjoy exploring stories, rhymes and learning 5 top tips with your toddler on our FREE 5-week course at Aldershot Library. We will share ideas and activities that will support your child's learning and development in everyday life – talking, singing rhymes, sharing books and playing together. Suitable for children up to 2 years of age.

You can find out more and register your interest by visiting this page <https://forms.office.com/e/rakKPZ3nxi>

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](#)

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: July 27th – August 26th, 2026

Age: 11 – 25 yrs

Summer Holiday Sessions:

- Golf
- Bike Maintenance
- Sewing & Crocheting
- Holiday wellbeing workshops: Cooking, Games & Creative Activities

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

Fundraising events:

- Quiz Nights
- Fundraising month – Sept/Oct

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

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, addiction or additional needs such as autism or ADHD.

We deliver fortnightly, two-hour evening club sessions during term time at Mayfield Community Centre in Farnborough, alongside trips, residentials, school holiday activities and targeted programmes including Cook & Eat and Swimming. Older members can also access one-to-one 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 Year 6*), Wednesdays for Senior Groups (*ages 11-15, alternating between School Years 7/8 and 9/10*), and alternate Thursdays for our Young Adult Carers Group (*School Year 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.

End of Summer Term Celebrations

As we approach the end of the summer term, we are looking forward to celebrating with our young carers during our annual Summer Parties, which will take place with each of our groups over the final two weeks of term.

The sessions will include a range of fun summer-themed games and activities, including limbo and a piñata, giving young carers the opportunity to relax, have fun and celebrate with friends before the school holidays begin.

Our young carers will also enjoy a traditional afternoon tea-style buffet featuring sandwiches, sausage rolls, pinwheels, vegetable sticks with dips, and freshly baked scones with jam and cream. As part of our Cook & Eat Programme, a small group of young carers attending each session will help prepare and serve the food, giving them the opportunity to develop practical cooking skills while contributing to the celebrations for their peers.

Summer Holiday Programme

Following consultation with our young carers, we have developed another varied programme of free activities throughout the summer holidays, providing opportunities for young carers to take a break from their caring responsibilities, improve their wellbeing and enjoy new experiences with other young carers.

This summer's programme includes outdoor activity days at the Gordon Brown Outdoor Education Centre and Horseshoe Lake Activity Centre, kayaking on the Basingstoke Canal, a Young Adult Carers paddle and BBQ evening, a bowling trip, a visit to Thorpe Park and attendance at the Hampshire Young Carers Alliance Celebration & Activity Day. Subject to final confirmation, we also hope to provide two swimming sessions for our Junior, Senior and Young Adult Carers groups.

Our summer holiday programme has been made possible through the generosity of our funders and community partners, whose continued support enables us to provide a wide range of high-quality activities and respite opportunities free of charge for local young carers.

We are also delighted that a group of our young carers will be attending the Pioneers of Tomorrow event at the Farnborough International Airshow, where they will have the opportunity to explore careers in science, technology, engineering and aviation, meet industry professionals and experience a range of interactive exhibits and activities.

One of the highlights of the summer will be a very special opportunity for a group of our young carers to perform live at the Rocksteady Foundation's annual conference at the University of Warwick. Hart & Rushmoor Young Carers has been specially selected as the only group invited to perform at this national event, where our young people will perform in front of around 600 delegates following a series of rehearsals during the summer holidays.

Referrals remain open throughout the summer holidays, and we would encourage schools and professionals to continue identifying and referring young carers. Whilst assessments will take place after the summer break, making a referral during the summer means we can make initial contact with families over the holidays and begin planning support for the new term.

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 Young Carers Service Manager Lindsay Graham at youngcarers@hartvolaction.org.uk or by phone on 07983 030689, or visit the [Hart Voluntary Action website](#) to download a referral form.

Calling all Young Volunteers and Duke of Edinburgh Participants!

Did you know volunteering can support young people to:

- Enhance your CV
- Evidence 'work experience'
- Develop skills
- Improve wellbeing
- Build friendships
- Complete your Duke of Edinburgh Awards
- And more!

Please use the link below to Volunteer North Hampshire volunteering opportunities with a specific function for opportunities for young people.

<https://volunteernorthhants.org/search/?postcode=GU11+4DG&keyword=>

Friday Music & Movement at Parkside

Parkside invites adults aged 18+ with learning disabilities to join our friendly Music & Movement session every Friday from 11.15am to 12.15pm.

Our sessions provide a fun and relaxed opportunity to enjoy music, gentle movement, build confidence and connect with others in a supportive environment. Activities are designed to encourage participation at a pace that suits each individual.

When: Every Friday, 11.15am – 12.15pm

Cost: £5 per person (pay on arrival)

Please note: Participants must attend with a **parent, carer or support worker** who is able to actively support them throughout the session and participate alongside them where needed. These sessions are not a drop-off service.

With our fully air-conditioned building, Parkside is also the perfect place to stay cool while enjoying a fun and social Friday morning.

About Parkside

Parkside is a local charity supporting adults with learning disabilities across Rushmoor and the surrounding areas. We offer a wide range of person-centred activities and opportunities that promote independence, wellbeing, friendships and community inclusion. Our programmes are shaped by the interests and choices of the people we support, helping individuals develop confidence, skills and meaningful connections within their community.

Venue:

Parkside

57 Guildford Road, Aldershot, GU12 4BP

Find out more:

 01252 313103

 www.parksidealdershot.co.uk

Cornerstone Learning CIC

Cornerstone Learning CIC provides bespoke early intervention for children with special educational needs, supporting their communication journey through bi-weekly play-based sessions. We offer group intervention and parent support to help children develop communication, play, and early social interaction skills in a fun, safe, and nurturing environment — using an individualised, naturalistic approach tailored to each child.

Summer Holiday Club

We're thrilled to announce our upcoming Summer Holiday Club, running across two weeks:

- Week 1: Monday 17th, Tuesday 18th and Thursday 20th August
- Week 2: Monday 24th, Tuesday 25th and Thursday 27th August

Please email us for more info:

info@cornerstonelearningcic.co.uk

Stay and Play

We will be running our final stay and play session of this term on Thursday 24th July from 10-11.30am.

Come and let your children play in a relaxed atmosphere, with our experienced staff to support them and provide advice. This month you can also find out more about our future plans and move to our own dedicated venue!

Sessions are for families with children aged 0-8 years old and their siblings.

£3.50 per family

Location: St John's Hall, St John's Road, Farnborough.

Booking is essential due to small group size! Please email us to book your space

Get in Touch

If you would like to find out more about our services, please contact us:

The Vine Centre activities

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

Mental Health Drop in

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

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



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 Yoga takes 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 Sports England funding to support our Free Chair Yoga. To join our Yoga, please email: info@thevinecentre.org.uk

Meeting Space to hire

Looking for a welcoming, affordable space for your next meeting, group workshop, or a therapy room?

Whatever your needs for room hire, such as planning a small community gathering, a workshop, or business meeting, our flexible spaces can be adapted to suit your needs.

Our hire options vary from small meeting rooms for therapy sessions, to our large space, which is used for yoga classes, as well as our Catering Kitchen.

Our room hire starts from a competitive £12 per hour.

By partnering with us for your event, you can benefit from:

- Disabled Access
- Kitchen Facilities
- Multiple Room Layouts

- Pre-order drinks from our Barista café, from only £1 a coffee

We're happy to discuss your requirements. To find out more information, please contact info@thevinecentre.org.uk

Crochet - Alternative Mondays at The Vine Centre

We are back with our friends from Crafting Smiles 編織微笑 Monday (20th July). Join us every 2 weeks on Mondays from 10:30am–12:00pm for a gentle, creative opening to your day. Our 1.5-hour session offers a peaceful space to slow down, reconnect with yourself, and enjoy the soothing rhythm of crochet.

Our friendly facilitators will be right there beside you, whether you're a complete beginner or a seasoned crocheter; everyone is welcome.

Models 4 Heroes - Alternative Mondays at The Vine Centre

We will be starting Models 4 Heroes sessions on alternate Mondays, from Monday 27th July taking place at 12-4pm. It is for military personnel, veterans and current and former emergency service people. This will be alternating weekly with our crochet group.

Cooking with Confidence

Cooking with Confidence sessions in our catering kitchen take place on Tuesdays. If you would like to book on to the next session, please contact carla.green@thevinecentre.org.uk for more information. These weekly sessions take place from 2pm-4pm, booking is required to secure your place.

Super Sports Day - Thursday 30th July

Picnic and games at Manor Park, Aldershot. Join in the sporting good fun! Look for The Vine Centre bunting near the skate park - we will meet at 11am. Please bring your own blanket. Please email info@thevinecentre.org.uk if you would like to include a team.

The Twilight Runway Challenge

We're proud to be taking part in the Twilight Runway Challenge 2026 on **Saturday 12th September 2026 from 4pm** at Blackbushe Airport — and we'd love you to join us. [Twilight Runway Challenge 2026 | Home](#)

Whether you choose the **3K, 5K or 10K**, you can walk, run, cycle, or roller skate your way around the track. It's a brilliant chance to come together, enjoy the event on the runway, and support The Vine Centre.

This will be our JustGiving link for the team: [Carla Green is fundraising for The Vine Centre](#)

Aldershot Cricket Club

Aldershot Cricket Club offers opportunities for people of all ages and abilities to get involved. Our thriving youth section welcomes players from Year 4 onwards, supported by ECB qualified coaches who work across all age groups.

We are currently operating a waiting list for our Youth Open section but are welcoming enquiries for both the Girls and Women Sections. We also welcome enquiries from volunteers to undertake coaching and support during our coaching sessions.

Youth Section enquiries: accyouthsection@outlook.com

General Aldershot Cricket enquiries: info@aldershotcricketclub.co.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](#)

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

Free family funday to celebrate Ukraine Independence Day, 24th August

Come join us for a FREE family fun day at St Peter's Church, Farnborough, on Monday 24 August, from 5-8pm, to celebrate Ukraine Independence Day. Lots of fun will be on offer, including experiencing the culture and flavours of Ukraine on a day that symbolises strength, unity, resilience and hope.

Ukraine Independence Day is a national day marking the anniversary of the country's declaration of independence from the Soviet Union in 1991.

The event is free, but you need to register to book your spot: [Ukraine Soul - Ukraine Independence Day Event - booking form – Fill out form](#) . Booking will close on 4th August.

For more information, please contact homesforukraine@rushmoor.gov.uk

Yateley Industries activities

Cops & Coffee – Community Café – Yateley Industries



Community Cafe, Yateley Industries, Mill Lane, Yateley GU6 7TF.



Wednesday 15th July

Our next Cops & Coffee session is on 15th July, held at our Community Café. Come along for a hot drink and a chance to chat with local PC Ben Blundell about any local issues.

For more information please contact: hub@yateleyindustries.org

Smoke Free Cessation Drop In



Community Cafe, Yateley Industries, Mill Lane, Yateley GU6 7TF.



Wednesday 15th July

If you're a smoker and have considered quitting, drop in for a judgement-free chat on how to stop smoking. We can help refer you on to Smoke Free Hampshire to a trained mentor.
For more information please contact: hub@yateleyindustries.org

Energy Confidence: Stay warm, save money, be energy smart

 **Community Pantry, Yateley Industries, Mill Lane, Yateley GU6 7TF.**

 **September – exact start date TBC**

From September we will be delivering Energy Confidence Drop In Clinics, open during our Pantry Opening Hours. With 1-1 face to face, telephone, virtual support or home visit support available – we can get you the support you need in the way that suits you best. Help available for any local resident looking for advice with energy debt, best tariffs, how to read your meter and understand your bills. We'll help you to reduce your energy outgoings and save money.
Launching in September – for more information get in touch: hub@yateleyindustries.org

Room Hire at Yateley Industries:

Whether you're planning a large gathering, a collaborative meeting, or a casual catch-up, we have the perfect space for hire for your next event. We can help with one-off events, such as birthday parties and workshops to regular events like fitness classes, team meetings or even hosting hobby groups!

Explore our selection of rooms for hire, including The Great Hall, Café Space, and the Aeonian Room (Meeting Room), each designed to cater to different needs and preferences.

Prices start from £10ph, with discounts available after 6 completed bookings.

To see live availability and book: [Hallmaster - Yateley Industries Community Hub Scheduler](#)

For more information please contact: hub@yateleyindustries.org

Farnborough Rotary Club - Donkey Derby

The **Farnborough Rotary Club** in cooperation with Rushmoor Rotary Club held our very popular annual Donkey Derby on May 26th at the King George V Playing Fields in Farnborough.
Unfortunately due to the extreme heat and always mindful of animal welfare we did not feel able to run the Donkeys. However we still had a good turnout and raised more funds for local causes.

Farnborough Rotary Club are always looking for people to volunteer to help out with our events and you can be assured of a warm welcome if make an offer to volunteer. Volunteering can be very rewarding, knowing that you are committing your time and effort to support good causes in our local area, including the Phyllis Tuckwell Hospice. If you are interested in volunteering please contact the club by email Melvyn@prismlighting.org or phone on 01276 501 158.

se to tony.mcGovern@rushmoor.gov.uk