



www.rushmoorschoolsplus.org

Rushmoor & Hart Supporting Families e-Newsletter – February 2020

Welcome to the 72nd e-Newsletter. As ever, we ask for articles from many organisations working to support Rushmoor & Hart children, young people and families. We suggest you select the bits of information that are relevant to your own organisation and share these with the people you work with.

The newsletter comes out six times each year, just ahead of each school holiday. The next edition will be in late March ready for the Easter holiday and Bank Holidays.

Anyone wanting to be added to the mailing list we have for the newsletter, both to receive any new editions and to get prompts for submitting articles, should contact tony.mcgovern@rushmoor.gov.uk

WHAT'S ON IN RUSHMOOR & HART

Princes Hall

Princes Hall, Princes Way, Aldershot, GU11 1NX. Box office: 01252 329 155

Dance In A Day - Tuesday 18th February

10am – 4pm, Ages 6 - 10yrs, Tickets: £20

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

<https://www.princeshall.com/event/106201/dance-in-a-day>

Play In A Day – Mary Poppins - Thursday 20th February

10am – 4pm, Ages 7-11yrs, Tickets: £20

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.

<https://www.princeshall.com/event/105001/play-in-a-day>

VIBE – Under16's club night – Friday 28th February

7.30pm – 11pm, Ages 11 – 16yrs, Tickets: £10

VIBE club nights provide a great night out for 11-16 years olds in a safe and fun environment. With guest appearances, guest DJs, gaming lounge and much more! Make sure you're up to date with all the VIBE announcements by following us on Facebook and Instagram @VIBEaldershot

<https://www.princeshall.com/event/105801/vibe>

Junior Activities at Farnborough Leisure Centre and Aldershot Pools

Farnborough Leisure Centre

Westmead, Farnborough GU14 7LD. Telephone 01252 370 411. Website www.farnboroughleisurecentre.co.uk

Active Splash Inflatable Sessions

Join in the fun with our fantastic new pool inflatable sessions during the holidays, please call or visit our website for times.

Spaces are limited, pre-book to avoid disappointment!

Call 01252 370 411 to book or visit www.farnboroughleisurecentre.co.uk

Swim for £1 in the school holidays

For 16 years and under, swim for just £1 during Hampshire school holidays.

Visit the website for details.

Family Fun Splash Times

Family Fun Sessions with floats.

11.00am - 12.00noon on selected days during the holidays*.

Call 01252 370 411 or visit www.farnboroughleisurecentre.co.uk for fun session times.

Children Under 8 Swim FREE – one under 8 free with every full paying adult.

Trampoline Courses for all abilities

We have Beginners, Intermediate and Advanced Trampoline courses for 5-16 year olds (or 4yrs full time in school).

Classes on Monday, Tuesday and Fridays between 4-6pm.

Email jocannon@pfpleisure.org or call 01252 370 411 for more details or to book a taster session.

Gymnastics Courses

Saturday morning Gymnastics courses: Beginners 9.30am, Intermediate 10.30am, Boys 11.30am.

Classes are for 1 hour, 5-16 years (or 4yrs in full time school).

Email jocannon@pfpleisure.org or call 01252 370 411 for more details or to book a taster session.

Adventure Reef Soft Play

The soft play centre has an underwater theme. For children under 12 years. Under 5's area with a mini ball pond, wavy slide and soft toy fun. Over 5's area with wavy slides, ball ponds, twisty swings and rope climbs. Height restrictions apply. Socks must be worn and children under 8 must be supervised by an adult at all times.

Junior Gym

11–16 year olds can use the gym between 10.00-11.00am and 2.00-3.00pm every day* during Hampshire school holidays.

An induction session is required. Junior Gym session £5.00, Induction Session £18.50.

Crèche

The fully supervised crèche at Farnborough Leisure Centre is for children aged 8 weeks to 5 years 11 months while you use their facilities.

Please call 01252 370 411 or visit the website for the Centre's opening times or more information.

Holiday fun at Farnborough Bowl

Look out for Holiday Bowling Deals.

Call 01252 554 046 for more information or visit www.farnboroughbowl.co.uk

Free Swimming for the Disabled - funded by Rushmoor Borough Council

Every Sunday from 12 noon to 1:30pm at Farnborough Leisure Centre.

Swimmers are required to go to the reception desk to collect a swimming tag before going to the pool.

Accompanying helpers also have free entry.

Swimmers needing to use a hoist are required to contact the swimming pool in advance on 01252 370 411.

*Please visit www.farnboroughleisurecentre.co.uk or call 01252 370 411 for session times and opening times.

Aldershot Pools & Fitness Centre

Guildford Road, Aldershot GU12 4BP. Telephone 01252 323 482. Website www.aldershotpoolscomplex.co.uk

Swim for £1 in the school holidays

For 16 years and under, swim for just £1 during Hampshire school holidays. Visit the website for details.

Family Splash Times

Family Fun Sessions with floats.
3.00-4.00pm on selected days during the holidays*.
Call 01252 323 482 or visit the website for fun session times.

Junior Gym

11–16 year olds can use the gym between 10.00am - 2.00pm on Monday, Wednesday, Thursday and Saturdays during Hampshire school holidays*.
An induction session is required. Junior Gym session £5.00, Induction Session £18.50.

*Please visit www.aldershotpoolscomplex.co.uk or call 01252 323 482 for session times and full Christmas & New Year Holiday Opening Times.

Alpine Snowsports – Holiday Programme

Gallwey Road, Aldershot GU11 2DD

Website for dates and details of various Ski camp dates and holiday activities is

https://activenation.org.uk/oa_category/school-holiday-activities/?outdoorData=MTQxOTM Please call to pre-book on **01252 325 889**. Please bring long sleeves, long trousers and gloves & dress for the weather.

All day Activity Camp: £40 Come and try a variety of Snowsports activities throughout the day! Drop-off is 9.15am and activities start at 9.30am. Children can be collected and signed out from 4.30pm although supervision is available until 5pm. All levels of ability from beginner onwards can attend these camps. Please bring long sleeves, long trousers, gloves, a helmet if you have one & dress for the weather. A lunch deal (Hot-Dog or Pizza + cold drink & Ice lolly) can be added for an additional £5.50. Please reserve this at time of booking. Otherwise, please bring a packed lunch. The camp activities include Skiing, Snowboarding, X-Bobs & Donuts. **Tuesday 18th February**

Ski Levels 1, 2, 3 (8 - 16 year olds) £25 per level These 2-hour ski sessions are available at three different levels. Level 1 is aimed at complete beginners and will teach how to slide in a straight line, how to climb and will start to look at snowplough. Level 2 covers snowploughing and introduces the ski lift as well as developing better balance and control. Level 3 consolidates ploughing skills and develops linked snowplough turns. Please bring long sleeves, long trousers and gloves & dress for the weather. Complete all three levels and kids should be good enough to attend for recreational use.

Monday 17th, Wednesday 19th, Thursday 20th & Friday 21st February

- Ski Level 1 9.30 – 11.30am
- Ski Level 2 12.30 – 2.30pm
- Ski Level 3 3.00 – 5.00pm

Snowboard Levels 1, 2 & 3 (8 - 16 year olds) £25 per level

The Beginner Snowboard Levels are each two hours in duration and will teach the kids all the basic skills including straight running, steering, developing good posture and balance, heel and toe edge, changing direction, falling leaf and using the Ski Lift. Complete all three levels and kids should be good enough to attend for recreational use.

- S/B Level 1 - **Monday 17th**, 2.45 – 4.45pm
- S/B Level 2 - **Wednesday 19th**, 2.45 – 4.45pm
- S/B Level 3 - **Thursday 20th**, 2.45 – 4.45pm

To book call 01252 325 889 anytime 10.00am – 8.30pm Monday to Friday and 10.30am – 5.30pm on weekends.

Rushmoor Gymnastics Academy – Events coming up

www.rushgym.co.uk 01252 320 888

Open Gym bring a friend Saturday 8th February 5.30-7.30pm

Bring a friend to try gymnastics. After a group warm up take the time to choose your own apparatus and work with friends and coaches in an open gym environment. For ages 5+ £10 for an individual £15 for a current club member and a friend.

Half Term Sessions

Taster session Thursday 20th February Ages 5-7, 4-5pm Ages 8+, 5-6pm £10 an hr

Open Gym Friday 21st and Saturday 22nd February 5.30-7.30pm £12 per person

Easter Recreational Mini Camp

For ages 5+ years, 14th-17th April 9.30am-12.30pm.

9.30-10.45 gymnastics, 10.45-11.30 snacks and crafts, 11.30-12.30 gymnastics All levels welcome. Bring your own snacks and we provide the crafts. £25 a day or £90 for 4 days.

Shots Foundation Camp – February Half Term

Held at Alderwood Senior School, Tongham Road, Aldershot, GU12 4AS

17th February to 21st February, 10:00am to 3:00pm

Girls & Boys, ages 6 – 12 years, £15 per day

Bring your own kit, drink and lunch

Delivered by FA Coaches

Develop your football skills

To book please visit <https://www.theshots.co.uk> Foundation / Book Foundation Event

Aldershot Town FC – Free tickets for carers and their families, 21st March

We are delighted to invite all Carers, their cared for and their families to attend the Aldershot Town V Woking FC Football Match on **Saturday 21st March 2020 at 3pm.**

If you would like to attend, please call 01264 835 246 if you live in Hampshire or 0303 040 1234 if you live in Surrey for your free tickets.

Soldier! At the Aldershot Military Museum, February half-term

Queen's Avenue, Aldershot, GU11 2LG

Wednesday 19 and Thursday 20 February, 10.30am-12.30pm

Make and take activities £2 per child

In the lead up to the launch of Aldershot Military Museum's brand new assault course, join us and learn all about life as a soldier. Drop in for some family make-and-take activities, try on uniforms and handle some of our objects from the collection. Suitable for ages 3+, children must be accompanied by an adult.

Normal entry costs also apply, see our website for details: <https://www.hampshireculture.org.uk/aldershot-military-museum>

The Kite Academy Trust FREE Stay & Play

The Kite Academy Trust is pleased to offer **free stay and play sessions** at Fernhill Primary Academy. These are play sessions for preschool children of all ages. There will be lots of fun activities including duplo, messy play and other fun things to do.

This is a great opportunity to meet other families over a coffee and biscuit. Look forward to seeing you there. All sessions run from 1.30 to 3pm. The next sessions will be held on:

Monday, March 2nd
Monday, March 30th
Monday, May 4th
Monday, June 1st

Fernhill Primary Academy, Field Road, Farnborough GU14 9FX

Email the school office for further information - adminoffice@fernhill.kite.academy

PAG family festival 2020 - Around the world

West End Centre, Queens road, Aldershot, GU11 3JD Box office: 01252 330 040

Monday 17th February 10:00am – 3.30pm (with breaks - bring packed lunch)

BOOK IN ADVANCE! Dance, music, craft & storytelling For special needs children and their families

TAKE PART IN AN END OF DAY FINALE! £5 per head for the day (including adults). Book places for the whole family through West End Centre box office 01252 330 040

Vegetable Orchestra with SOCO Music Project

Make and play carrot flutes, broccoli whistles and other unusual instruments! Supported by our regular MADD Club Dance Volunteers.

Tribal Dance with Nicky

Experience dance from around the world and then create your own. Supported by regular MADD Club Dance volunteers.

Get Crafty with Steve

Create masks and props for the tribal dance. Supported by our regular MADD club volunteers.

Storyteller

Come and enjoy stories from around the world.

PAG's complimentary therapists and Face Painter FREE of charge throughout the day.

Finale of music and dance begins at 3pm - everyone takes part. A specially invited audience of 20 people will join us to watch.

CHILDREN REMAIN THE RESPONSIBILITY OF THEIR ADULTS AT ALL TIMES.

For more info call Heather on 07484 698 504

Parent Action Group for Special Play (PAG)

Weekly MADD clubs – term time only.

Music at Rock & pop foundation, Aldershot. Mondays 6.30-7.15pm & 7.15-8pm AGES 12+

Drama at Princes Hall, Aldershot. Tuesdays 5.45-6.45pm AGES 8 +

Dance at West End Centre, Aldershot. Thursdays 5-5.30pm & 5.45-6.45pm Ages 5+

To find out more contact us- info@pagforspecialplay.co.uk and www.pagforspecialplay.co.uk

Victoria Day applications are now open!

Victoria Day is a must-see annual event and the highlight of the Rushmoor's calendar, with more than 6,000 people visiting Aldershot across the day. This year, Victoria Day is on Saturday 13 June from 10am-4pm and we will be launching the new theme this week!

Over 900 people take part on the day – joining the parade, hosting a stall, performing in the town centre and bandstand - and lots of other activities.

You can take part by joining the grand parade, booking a free stall, performing on the bandstand or on Union Street – or anything else you'd like to do!

If you'd like to take part, please visit www.rushmoor.gov.uk/victoriaday and apply using the online form. The closing date for applications is Monday 13 April.

What's on at Wavell Campus Leisure

Lynchford Road, Farnborough, GU14 6BH

Monday

17.00 – 19.00 Eclipse Cheerleading
17.00 – 18.00 F'boro Phantoms BB
16.35 – 19.30 FAB Ballet
18.30 – 19.30 GKR Karate
19.00 – 21.45 Swing Dance Co
19.15 – 20.45 Yoga with Monika
20.00 – 21.30 Martial Arts Academy
20.00 – 22.00 WC Badminton Club

Tuesday

16.35 – 21.00 FAB Ballet
17.00 – 18.00 Curly Park Rangers
17.00 – 18.00 F'boro Phantoms BB
17.00 – 19.00 Eclipse Cheerleading
18.30 – 21.30 Yoga with June
19.00 – 21.00 Lace making with Anna
19.30 – 20.30 RHL Pilates
19.30 – 20.30 RiKaShake
20.30 – 22.00 Pound Workout

Wednesday

17.00 – 19.30 NEHASO Orchestra
17.00 – 18.15 NEHASO Choir
17.15 – 18.30 FAB Ballet
18.30 – 21.00 PMA Kickboxing
19.00 – 20.00 Evolution PT
19.00 – 20.00 Pilates with Lois
19.00 – 21.00 Wood Carvers

Wednesday continued...

20.00 – 22.00 BLW Church
19.30 – 20.30 Powerhoop
19.30 – 20.30 Bollybuzz

Thursday

18.00 - 19.00 RHL Pilates
19.00 – 21.00 Farnborough Art Club
19.30 – 21.30 Lisa's Lines
19.30 – 21.30 GKR Karate

Friday

16.35 – 20.00 FAB Ballet

Saturday

08.45 – 11.00 Rugby Tots
09.00 – 16.00 AAS Church
09.00 – 13.00 EasyMaths
09.30 – 13.00 Stagecoach
10.00 – 12.00 Motorcycle training
10.30 – 12.30 Badminton
11.00 – 17.00 FAB Ballet
15.15 – 18.00 Eclipse Cheerleading

Sunday

09.00 – 12.30 Sport4Kids
09.00 – 18.00 Eclipse Cheerleading
10.00 – 11.30 GKR Karate
10.00 – 13.00 BLW Church

With Facilities to hire for Events, Tournaments and Children's Parties and an onsite Fitness Suite for only £10 per month, Wavell Campus Leisure has lots to offer. We are here to serve our Community and are open 7 days a week. For further information, please contact us on 01252 317603 or go to our website at

Wavell.campus@wavell.hants.sch.uk

Fins Swimming Club – Easter Crash Courses

Fins Swimming Club - Easter Crash Courses 6th – 10th April 2020 & 14th – 17th April 2020 - Kings International College, Camberley

Open to everyone, including adults and those who do not currently swim with Fins Swimming Club. Gift Vouchers available – ideal gift idea for grandparents to give children!

Stroke Workshops (part of Teacher Training Course)

- For children of any age currently working towards Swim England Stages 4, 5, 6 & 7 +
- These hour-long Stroke Workshops are a master class covering all four strokes
- Each session is divided in to 2 x 30 minute sessions which are each run by a different Level 2 teacher
- There will be 8 swimmers to each lane for this workshop. Lessons run Monday to Thursday Week 1 of school holidays
- Each 1-hour Stroke Workshop costs just £2.00

One to One Lessons

- The course is open to everyone, including adults and those who do not currently swim with Fins Swimming Club
- All ages and abilities are welcome
- Courses run for both weeks during the school holidays
- Cost - £80 for 4 x half hour lessons

Group Lessons (part of Teacher Training Course)

- Lessons will be run by one of our Level 2 teachers and assisted by a teacher in training
- For children aged 4 years and above, from Duckling 3 up to and including Stage 4
- 5 x 30 minute lessons from Monday to Friday inclusive is £15!
- 5 x 60 minute lessons from Monday to Friday inclusive is £25!

www.FinsSwimmingClub.org

office@FinsSwimmingClub.org

Telephone - 07939 655 420

Squirrels – Easter Playscheme

Squirrels will be open for the Easter holidays **Monday 6th April - Thursday 9th April and Tuesday 14th April - Friday 17th April from 8.00am – 6.00pm**. If you need childcare, why not send them along to join in the fun and excitement with us.

Squirrels Holiday Fun Club is part of the Squirrels Educare Group, which has been offering quality Educare services for 20 years. Facilities include excellent pre-school and sessional and day care for children 2 years 9 months until they go to school.

- Open to children aged 4-11 year olds (plus 3 year old siblings)
- Mid-morning snack, light tea and drinks provided
- Variety of inside and outside activities

Squirrels Holiday Fun Club is at **Priory Park Pavilion, Priory Street, Farnborough GU14 7HX**

Available Times	Cost for Under 5s	Cost for 5 -11 yrs
8.00am - 8.30am	£5.00	£3.00
8.30am – 1.00pm	£22.50	£16.00
8.30am – 4.00pm	£35.00	£25.00
8.30am – 6.00pm	£45.00	£28.50
9.00am – 12.00pm	£15.00	N/A
9.00am – 12.30pm	£17.50	N/A
1.00pm – 4.00pm	£15.00	£12.00
1.00pm – 6.00pm	£25.00	£17.50

For further information or to book please email office@squirreleducare.co.uk or call 01252 378 402.

Hart & Rushmoor Libraries – Free regular activities

Aldershot Library

Baby Bounce and Rhyme Time - Tuesday 10.30-11am and 11.15 -11.45am

Toddler Time - Thursday 10.30-11am

Rhyme Time - Saturday 10.15-10.45am

Colouring Club - Thursday 3.30-4.30pm

Farnborough Library

Story Time - Tuesday 10.30-11am

Toddler Rhyme - Wednesday 10.30 -11am

Put a spring in your step and see what courses are on at **Fleet Library**. Visit the Library or browse our online shop www.hants.gov.uk/shop for more information on these and other courses/learning available.

Courses and events must be booked in advance, so to guarantee a place visit: www.hants.gov.uk/shop or call the booking line on 01252 612 709.

Children's Course:

Baby Sitting (aged 14+) Sat 14th March - Sat 21st March 2020

9.30 am – 2.30 pm £50.00

This course is aimed at students aged 14+. It is run over 2 consecutive Saturdays and both sessions must be attended to receive a certificate. The first session is delivered by a local registered child-minder and covers the health & safety issues that may be incurred during babysitting duties. The second session is delivered by a registered school nurse and covers basic first aid, including demonstrations using the resuscitation dummy. No previous knowledge/experience is required.

Adult Learning:

Family History for Beginners Wed 26th February – 25th March 2020

2.00 pm – 4.00 pm Free

This course is ideal for those who wish to begin the fascinating journey of discovering who their ancestors were, where they came from and what they did. This course is aimed at the absolute beginner and therefore no previous knowledge of family history research is required. You will need to bring a pencil and notebook and any details you have relating to the family members you are interested in researching. Dig out any documents and photographs you have relating to those people and bring them along, to help you start investigating your family history and to share with the group if you wish.

Computers for Beginners Thu 27th February – 26th March 2020

2.00 pm – 4.00 pm Free

Aimed at complete beginners, this free course will introduce learners to the Basics of Computers, Internet & Email.

Working Towards Zero Waste Sat 28th March 2020

9.30 am – 2.30 pm Free

Reducing our reliance on plastic and reducing the waste we produce is prominent in the media. This free course will help you understand how this can be put into action in real life AND save you money in the process. Filled with practical tips and ideas to address all areas of your life.

Regular Free Drop-in Activities – no need to book

Children's Story Time for Under 5s – Every Monday 2.00 - 2.30pm

Singing is Good for You – Every Tuesday afternoon 2.00 - 3.00pm; sing popular songs from across many eras

Baby Bounce and Rhyme Time for Under 2s – Every Thursday, 9.45 - 10.10am, 10.30 - 10.55 am, 11.15 - 11.40am

Children's Story and Craft Time for Children 3-7 Years – First Saturday of every month, 11.00 -11.45am

Construction Club for Parents and Children (4+yrs) – Every Saturday, 2.30 - 4.00pm.

Rushmoor parkrun and Junior parkrun

Rushmoor parkrun

Rushmoor parkrun is a FREE weekly 5km event for runners of all standards (you against the clock) which takes place every Saturday at 9am at Queen's Avenue, Aldershot, GU11 2JL.

Website: <http://www.parkrun.org.uk/rushmoor/>

Queen's Parade Junior parkrun

Queen's Parade junior parkrun is a FREE weekly 2km event for junior runners only (4-14 year olds). Runners of all standards (you against the clock). The run takes place every Sunday at 9am at Queens Avenue, Aldershot.

Website: <http://www.parkrun.org.uk/queensparade-juniors/>

NEWS FROM AND FOR RUSHMOOR & HART SCHOOLS & COLLEGES

Farnborough College of Technology

Upcoming Open Events

LAST SCHOOL LEAVERS OPEN EVENT OF THE YEAR

School Leavers looking to explore their options after school can visit the College for their final Open Event of the year. This event is the last opportunity for Year 11s to discover the College's range of courses, which includes A Levels, Apprenticeships, Vocational Courses, and brand-new T Level qualifications starting in September 2020. Visitors can discuss their options with tutors, view the college's dynamic facilities, find out about available support, and apply for courses starting in September.

Farnborough Open Event – Wednesday 26 February 2020, 4-7.30pm

Farnborough College of Technology, Boundary Road, Farnborough, GU14 6SB

Aldershot Open Event (For Construction Courses) – Wednesday 4 March 2020, 4-7.30pm

Aldershot Construction College, Holder Road, Aldershot, GU12 4PQ

Find out more and register your place at www.farn-ct.ac.uk/events, or simply arrive on the day. Visitors who register in advance will receive a mobile phone event guide, with a map of the College's campus and helpful information for the event.

Senior Coach for the Harlequins Rugby Team Inspires at Sport Symposium

Each year Farnborough College of Technology hosts a Sport Science Symposium for their students and those studying at other local colleges. This year's symposium involved a talk from guest speaker Adam Bishop, who is the Senior Strength and Conditioning Coach for the Harlequins Rugby Team. Adam delivered a talk on his work as the Harlequins team's coach, as well as his involvement in the World's Strongest Man competitions. He shared with students the story of his transition from rugby player to competitor, taking them through his training programme, lifestyle changes, and dietary intake. He also demonstrated a deadlift at the College's gym during his visit.

Student's Artwork Chosen for Display at Frimley Park Hospital

Graphic Design students at Farnborough College of Technology were approached by Emma Carr, Arts Manager for the Frimley Health Charity, with the opportunity to design a mural for Frimley Park Hospital. Students were tasked with designing digital illustrations and a vibrant landscape design created by student Lola was chosen as the winning design. Lola's work is now on display at the Frimley Park Hospital Stroke Recovery Department, to help uplift and improve the wellbeing of patients facing serious illnesses.



Support for Military Families in Rushmoor

Wavell School has secured funds from the Military Covenant – Families in Stress to provide Parent Support for military families in Rushmoor.

The Parent Support Team offer early intervention one to one support for families looking for advice around parenting strategies, behavior management, money management, family relationships, issues around education and supporting good mental health.

We also run parenting courses such as Triple P (Positive Parenting Programme) both Primary and Teen, Family Links Parenting Puzzle and Henry (Healthy Eating and Nutrition for the Young). We have also written and delivered bespoke 2-hour parent workshops such as ‘Supporting the Anxious Child’, ‘Supporting and Understanding Emotions – Anger’, Friendships and Problem Solving, half hour sessions such as The Top Ten Tips (Primary age) - Parenting in the 21st Century (Teen), and a 4-week programme supporting families in preparation for deployment.

If you are a military family in Rushmoor who feels they would benefit from the above service please contact Linda Parry – linda.parry@wavell.hants.sch.uk, telephone 07394 563 002 or Kate Wakeford – kate.wakeford@hants.sch.uk, 07395 795 353.

WHAT’S ON BEYOND RUSHMOOR

Bisley Bowmen Field Archery Company.

Situated at the National Shooting Centre in Bisley Camp.

Check out our website: bisleybowmen.co.uk Tel: 01483 224 653

We have 20 acres of beautiful woods with 40 Field Targets, practice and setting in Butts. A moving target and a horse saddle to shoot from. A large wooden gazebo to protect from the weather and modern clean toilets on site. We can teach young and old as complete beginners or accommodate experienced Archers. Our NFAS Coaches are fully DRB checked to teach children.

We can teach individually or in groups and can do children and adults birthday and other celebrations, either at our range or a suitable venue.

Anvil Arts

Shark in the Park

The Haymarket: Wed 8 Apr / 1pm / 3.30pm

This fin-tastic, family musical follows Timothy Pope (and his telescope!) on three exciting adventures... but wait, is that a shark, in the park?! From the creative team behind The Hairy Maclary Show - see all three of Nick Sharratt's Shark in the Park books Shark in the Park, Shark in the Dark and Shark in the Park on a Windy Day, live on stage! £15.50 (includes £3 booking fee), Suitable for: ages 2 and over, Running time: 55 minutes, no interval

The Wizard of Oz: Easter Panto

The Anvil: Thu 16 Apr / 2pm / 6pm

Starring Bobby Davro as Scarecrow

Join Kansas farm-girl Dorothy and her pet dog Totoon this magical adventure. Watch in amazement as they are picked up by a tornado and carried off to the magical Land of Oz. With help from their new friends the Munchkins, they to travel to the Emerald City where the great Wizard of Oz lives.

Packed with brilliant dance routines, well known pop songs, lots of audience participation and plenty of laughter for all the family!

£22.50. Over 65s, under 16s and f/t students £20.50 (includes £3 booking fee). Group bookings and Family tickets available.

The Amazing Bubble Man

The Haymarket: Sun 19 Apr / 2pm

Louis explores the breath-taking dynamics of bubbles, combining comedy and artistry with audience participation and enough spellbinding bubble tricks to keep everyone mesmerised. From square bubbles to rocket bubbles, tornado bubbles to flying saucer bubbles, The Amazing Bubble Man conjures shrieks of laughter and gasps of amazement from all ages.

£15. Under 16s £13 (includes £3 booking fee), Suitable for: all ages

Peppa Pig's Best Day Ever

The Anvil: 25 – 26 Apr / 1pm, Sat / 4pm, Sun / 10am

Peppa Pig is excited to be going on a day out with George, Mummy Pig and Daddy Pig - it's going to be her best day ever! Get ready for a road-trip full of adventures. From castles to caves, dragons to dinosaurs and ice creams to muddy puddles – there is something for all of the family and their friends to enjoy, including Miss Rabbit, Mr Bull, Suzy Sheep, Gerald Giraffe and more!

£20. Under 16s £18 (includes £3 booking fee)

Family tickets:

Buy 4 tickets (including 1 or 2 adults) for £72 (including booking fees)

Infant in Arms tickets available. Call the box office on 01256 844244 to book.

01256 844 244 | anvilarts.org.uk

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Family Support Service, Slice of FSS – 25th March

The Hart and Rushmoor Family Support Service presents, Slice of FSS. A new drop in session, where you can gain a better understanding about our courses, including new courses for 2020, ask questions about the free service and walk away with freebies. * Cake included! *

Wednesday 25th March 2020, Drop in anytime between 10:00am and 1.00pm

Rushmoor Borough Council. Council Offices, Farnborough Road, Farnborough, GU14 7JU.

Hart & Rushmoor Young Carers Support

Hart and Rushmoor Young Carers is a project managed by Hart Voluntary Action - a local charity based in Fleet which supports the voluntary and community sector. We provide support and respite for young carers aged 7-18 years and their families living in Hart and Rushmoor.

We run term-time young carers clubs on Monday at The Tythings in Yateley from 7-8.30pm for 13+ years and Wednesday at Mayfield Community Centre in Farnborough from 5-7pm for 7-12 years. Transport is available and attendance is free, and there is no charge for any of the activities or refreshments provided.

The main focus of the clubs is on the young carers having fun, meeting other young people who are in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence, develop new skills and cope with issues that affect their lives.

We run a varied programme of activities throughout the term, which is based on feedback from the young carers on what they would like to do. Each week there is a main activity, for example, cupcake challenge, tie dyeing t-shirts, quiz night etc. We also hold parties at Easter, Halloween and Christmas and have a Summer BBQ.

We have a young leader programme which gives members aged 14+ a chance to get involved in the mentoring of other young carers and play a part in running activities at our young carers clubs.

We provide additional opportunities for members to attend trips and residentials with other young carers, including annual events such as the Aldershot Town FC Carers Day and the Young Carers Festival at YMCA Fairthorne Manor in Southampton.

Wider support is also available to young carers' families, including monthly parent coffee mornings at Café 46 in Yateley. Transport is available and attendance is free.

To find out more, please contact Team Lead Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689.

Hampshire Parent Carer Network

Meet the SEN Team

Hampshire Parent Carer Network are pleased to share an opportunity to meet the local SEN team. There will be senior managers from the local authority's education, health and social care departments on hand to give presentations and answer your questions.

Friday 13th March, 10am-12pm at Cambridge Primary School, Queens Avenue, Aldershot GU11 4AA

Refreshments will be available. You don't need to book, but if you would like further information email participation@hpcn.org.uk

Hampshire Parent Carer Network Get Togethers

Hampshire Parent Carer Network run a Get Together for parents and carers of children with additional needs in Hart and Rushmoor. This is a friendly session which gives parents an opportunity to share their experiences.

Where: The Oak Rooms, Farnborough Grange Nursery and Community School, GU14 8HW

When: Thursday 5th March, Thursday 7th May, Thursday 4th June, Thursday 2nd July. All 10am-12pm.

To find out more, email participation@hpcn.org.uk

Hampshire Parent Carer Network Future in Mind Sessions

Do you care for a child or young person who struggles with their mental health? Is your child attending, or waiting to attend, CAMHS? Come along to our friendly Future in Mind sessions, an opportunity to speak with like-minded parents to share experiences, as well as regular speakers from the CAMHS service on topics like anxiety and sleep.

Where: The Cambridge Primary School, Queens Avenue, Aldershot GU11 4AA

When: Thursdays 13th February, 12th March, 23rd April, 14th May, 11th June, 9th July- all 10am-12pm

If you'd like to find out more, email participation@hpcn.org.uk

Early Help Hub Workshop

Following feedback from our popular Early Help Coordinator Workshops we have decided to develop these further into a two-hour Early Help Hub Workshop.

The workshops will include the following:

- A history of the Family Support Service
- How to access Early Help /Interagency Referral Forms (IARF)
- Advice on completing the Early Help Assessment
- Early Help Hub process
- Thresholds explained
- Acting as an Early Help Co-ordinator
- Where to go for support
- Level 2 service and how families can access this

The dates of the planned workshops are:

Date	Time	Venue
26 th February	4-6pm	Park Childrens Centre
16 th March	4-6pm	Turners Wood Childrens Centre
22 nd April	4-6pm	Park Childrens Centre
21 st May	4-6pm	Turners Wood Childrens Centre
16 th June	4-6pm	Park Childrens Centre

Booking is essential as spaces are limited. To book your place, please email Faye Powell, faye.powell@hants.gov.uk

Solent NHS Trust – Health & Wellbeing event, 28th February

Solent NHS Trust hosting a Health & Wellbeing event on Friday 28th Feb at the **West End Centre in Aldershot**. This is a family friendly event, and we particularly welcome members of our Black and Minority Ethnic Communities. The event will be attended by local organisations and support services in the Aldershot and Rushmoor area including:

- Health Checks
- Mind
- Aldershot Town FC
- Food & Drink
- Princes Trust
- Wellbeing Activities

The event is free to attend and runs from midday to 6.00pm.

Courses for parents in NE Hampshire - Spring term 2020

Time Out for Parents: Understanding and Helping your Child with AUTISM SPECTRUM DISORDER

A 4-session course for parents of children with ASD on Wednesday mornings starting 26th February

ALTON – Four Marks Primary School, Kitwood Road, GU34 5AS

February 26th, March 4th, 11th, 18th – 10.00am to 12.00 noon

To help cover costs, participants are invited to make a voluntary contribution of £12/parent

To book a place or for further details, email Gill Jacobs at gill.6ot@gmail.com

Home-Start Hampshire – New Family Support Group

Home-Start Hampshire are excited to be opening a new family support group in Hook, which is being funded by Odiham Cottage Hospital.

The group will be an expansion of the charity's existing service in the local community, which sees trained volunteers support families with children aged 0-11 years through challenging times. Places in the group will be available by referral only.

Rachel Lea-Wilson, Family Coordinator for Home-Start Hampshire in Rushmoor & Hart says:

"Working in Partnership with Odiham Cottage Hospital and the local Health visiting team we are very pleased to be able to further extend our support for families in the West Hart area. Our new group will provide a friendly, safe and non-judgmental place for parents and children to socialise and seek support."

If you're interested in volunteering for Home-Start Hampshire, including at this group, please get in touch with the Rushmoor & Hart office on 01252 398530 or email info@hshants.org.uk

Parkside Our Zone Club

57 Guildford Rd Aldershot, GU12 4BP
Tel 01252 313 103 www.parksidealdershot.co.uk

Our Zone

Want to make friends and enjoy activities in the community? Then Our Zone could be for you! This club is for young people aged 8 –18 who want to have some FUN! For parents it ensures that the club delivers a safe and supporting environment to develop skills. Various activities in the community, check our website for what happens!

www.parksidealdershot.co.uk

Alternate Saturdays 10am – 3pm, £16 per session

Call 01252 313 103 or email angie.morris@parksidealdershot.co.uk or lucy.bettridge@parksidealdershot.co.uk

Starburst Theatre Company

30 Grosvenor Road, Aldershot, Hants, GU11 3EB
www.sta-uk.net info@sta-uk.net

Do your children love to perform, singing around the house? Do they want to learn more?

- Starburst offer children's Saturday Classes in Musical theatre every Saturday 10am -1pm
- Every week Singing, Dance and Acting all centred around performance, stage craft skills and confidence.

- £20 per week paid ½ termly
- Our own dedicated and lovely studios in Aldershot
- Industry trained, funky and fresh teachers
- First class free - just turn up and try

Vision 4 Youth - Providing youth clubs and services to young people aged 11-25

The Tythings, Reading Road, Yateley, GU46 7RP

In addition to the three youth clubs we already run on Tuesday, Wednesday and Friday evenings, V4Y is pleased to announce a new youth club will be opening on Thursday evenings 6:30-8pm from January 2020. The new club will target the age range 10-13 (i.e. school years 6, 7 and 8) and activities will include pool table and other games, outdoor sports as well as craft activities and challenges.

We are also soon to be launching a new youth project in Darby Green on Monday evenings. This will be a youth café for those aged 16-25 to come along and unwind at the end of the day, chill out and make new friends over a board game or a listening ear. The café is expected to open mid-late January 2020.

For exact start dates or to find out more details please keep an eye on the website www.vision4youth.org.uk or email office@vision4youth.org.uk

Fleet Phoenix - What's On

The Point Youth Centre, Harlington Way, Fleet, GU51 4BP

Our projects have all been developed and designed in response to the needs of young people and the community. They are all staffed by qualified and trained Youth Workers who will be supporting, training and developing the skills of the community volunteers who wish to work with young people.

Smart Music is a music session supporting young musicians aged 11-25 years old. It offers FREE guitar and drum tuition giving young people an amazing opportunity to learn, develop and be creative. **Tuesdays from 4.30 – 6.30pm Term Time Only**

HYPElet is a FREE junior youth club project for 12-14 year olds. We are enabling young people to learn, develop and respond to change. Meet friends, engage in some activities, learn something new or be challenged to try something new. Come and have some fun! **Tuesdays from 7pm - 8:30pm. Term Time Only.**

Jammin is a FREE band rehearsal space for young, up and coming bands. We can provide all the instruments and equipment you need to get you going. You will be supported to help develop your musicianship skills, singing skills, song writing skills and band if that is what you need or just offer you a place to practice where you won't be told to turn it down! **Wednesdays from 7pm - 10pm. Term Time Only.**

Open Door is an open access, FREE drop in session for young people aged 15-25 years old. The staff team offers support, advice, information, guidance. **Tuesdays and Fridays from 1:30 – 4:30 pm and Wednesday 4pm - 6:30pm**

TLC is a FREE youth club for ages 7-14 years. It is held monthly throughout the year. We offer a creative and challenging programme where you can come along, have some fun, learn something new, be stretched and challenged and develop early life skills. **Monthly from 6pm - 7:30pm.**

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 14. To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or call Iain Roy on 07795 121 731.

Beavers

Beaver Scouts are the youngest members 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 have the opportunity to 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!

Beavers meet on a Monday evening at our Scout HQ on Sand Hill 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.

Cubs meet on a Monday evening at our Scout HQ on Sand Hill 6:30pm – 8:00pm

Scouts

For Scouts, 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 Scouts get up to. **Scouts meet on a Thursday evening at our Scout HQ on Sand Hill 7:00pm – 9:00pm**

We are also need more adult volunteers to keep the group growing and providing more and more adventures to young people.

1st Aldershot Scouts - Places for Scouts

Do you know any youngsters aged 10½ to 14 years who want to experience the outdoors and learn a variety of new and interesting Scouting Skills?

First Aldershot Scouts meet in North Town on a Friday evening and currently have spaces for boys and girls looking for an adventure.

We regularly run adventurous activities (including Archery and Rifle Shooting), teach survival skills (fire-lighting, carving), other Scouting activities (orienteeing, pioneering, first-aid, earning badges). We also regularly go camping and take part in competitions and other Scouting events.

Please contact us at firstaldershotscouts@gmail.com if you would like any more information on signing up.

The Community Matters Partnership Project (CMPP)

The Community Matters Partnership Project (CMPP) has launched its Business Ambassadors and Speakers into Schools and Colleges programmes, both of these projects will help support career programmes in schools and colleges as well as community projects.

Background

CMPP is a charity whose aim is to provide corporate volunteering to the community. Your school or community organisation can apply for a Business Ambassador, Speaker or a Community Action Day through the CMPP website www.CMPP.org.uk

CMPP Business Ambassadors

We have 47 partner companies and we are continually signing up new volunteers. You can request to have business ambassadors come to your school to support mock interview programmes, enterprise days, careers fairs and work related learning. We'll advertise your event in our monthly Business Ambassador Newsletter to ask for volunteers.

CMPP Speakers into School and Colleges

We have some amazing speakers from local businesses; from CEOs and entrepreneurial business owners to apprentices and new starters, across a diverse range of business types and industries and covering a wide range of subjects from business talks to inspirational stories. We will be launching a PDF showcasing all our speakers in January, but until then you can request a speaker by emailing jane.sheridan@cmpp.org.uk

Community Action Days

Need a team of volunteers to transform an area or your school or community space? Our businesses are always keen to come out and take part in projects from digging ponds or allotments to making over classrooms; painting, clearing and tidying! Apply for your project via the website using the Community Action Days form.

Twilight Runway Challenge, 20th June at Blackbushe Airport

We want to spread the word so we can get as many people from the local community signed up for the event. Every bit of money raised from this event goes straight back into the local community.

There is a mini Twilight event at 5pm which is a 1km run/cycle/scoot/walk for children - <https://cmpp.org.uk/events/show/9086>

The main Twilight Runway Challenge at 7pm which is a 3km, 5km or 10km run/cycle/scoot/walk - <https://cmpp.org.uk/events/show/9087>

This event is open to sponsorship as well, so please feel free to sign up and then fundraise for whoever you choose. It's a great way for CMPP to collaborate with local charities as CMPP will fundraise from ticket sale proceeds.

Yateley School Adult and Community Learning

Yateley School Adult & Community Learning, School Lane, Yateley, Hampshire GU46 6NW

T: 01252 877 190

E: info@adultandcommunity.co.uk

www.adultandcommunity.co.uk

We are an adult and community learning centre located on the campus of Yateley School, including Adult Education, Family Learning and Junior Learning. Spaces limited on all courses, advanced booking is essential.

Tap Dance for Seniors

Have some fun and you won't realise you are exercising

Weekdays 10.00am to 11am Cost: FREE

Venue: Yateley School

Fitness and Wellbeing for Seniors

Fun and informal exercise to inspiring popular chart music through the decades, films and musicals

Wednesday 3rd June for six Wednesdays, Time 2pm to 3pm Cost: FREE

Venue: Wellesley Community Rooms Aldershot

Emergency First Aid at Work

Learn lifesaving skills and boost your CV

Tuesday 31st March, 9.30am to 4.30pm Cost: FREE

Venue: Yateley School

ICT for Work

An introduction to computers covering basic computer functions, word processing package, safe access and use of the internet and email

Wednesday 4th March for five Wednesdays, 7pm to 9pm Cost: FREE

Venue: Yateley School

Yoga for Parent and Child 6yr+

Learn the practice of yoga and relaxation with your child. No experience required

Wednesday 10th June for five Wednesdays, Time 6.30pm-7.45pm Cost: FREE

Venue: Yateley School

Using Social Media for Job Search

Learn how to be safe and the right searches for job hunting

Tuesday 3rd March for four Tuesdays, Time 6.30pm-8.30pm Cost: FREE

Venue: Yateley School

Family First Aid Parent and Child 6+yrs

A fun way to learn the basics of First Aid with your child.

Saturday 18th and 25th April, both sessions must be attended to achieve the certificate

Time 9.30am to 12.30 pm Cost: FREE

Venue: Farnborough Library

Farnborough Rotary Club

Farnborough Rotary Club has an established and growing programme of events and activities for young people with business, vocational and cultural aspects.

Interview Practice and Business Skills: The business expertise that exists within the Club is being used within our local community, with members sharing their knowledge to help students understand the many challenges they face in the employment world. They have a wide range of people with both career and business skills, which they believe would help and encourage your young students.

In recent years, the Club has been successfully helping students of all ages in local schools with **Mock Interviews**, **Enterprise Challenges** and an **Aspiration Week**. These activities are aimed at all ages including primary schools. They can also help to organise **Skills Festivals** where groups can visit business related stalls and learn about a job, career or higher education opportunities.

Over the past few years, Farnborough Rotary Club has given around 550 hours of support to several local schools with mock interviews. Like the schools, they believe this is invaluable support to the students as they approach their first interviews. They remain committed to this service and would welcome further requests for help.

If you believe that your school could benefit, and you would like some help with these ideas, or any other business-related issues please contact Mary Madine who would be very happy to organise a visit by club members to discuss possibilities. This can be done at any time in the school year. However, please give as much notice as you can. Contact Mary Madine, mary.madine3@gmail.com, or 01252 544 665.

PEBL Update

PEBL Grants Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project which will benefit Prospect Estate residents. Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).
Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL Money Advice

Free confidential, individual advice in all areas of money management including banking, budgeting and claiming benefits for residents of the Prospect Estate. Every Wednesday 10am - 3.30pm at the Prospect Community Centre.
Email pebl@rushmoorcab.org.uk or call 07468 860 450

PEBL Skills Café

PEBL's friendly team welcomes Prospect Estate residents for a chat over coffee. Come along and identify your skills as well as develop new ones, write a perfect CV, make job applications, and prepare for interviews.
Just drop in...no appointment necessary. Every Wednesday 10am - 3.30pm at the Prospect Community Centre.
Email skillscafe@pebl.info or call 07340 017 342

PEBL's Knit, Natter and Games

All welcome. Free entry! Good company! Free tea and biscuits!
Come along and make new friends while knitting and nattering.
2nd and 4th Tuesdays from 2pm - 4pm at the Prospect Community Centre.
Email pebl.coordinator@gmail.com or call 07879 384 014

TRAINING AVAILABLE

Hampshire Futures Traineeship Plus – Starting across Hampshire

Health and Social Care, Construction (18+), Business Admin and more

Do you know a young person keen to get their first job, but who needs a helping hand?

Hampshire Futures' Traineeship Plus Programme is running again and applications are now open for the March Programme, which will start on the **9th March**.

Traineeship Plus helps young people who are keen to work but lack the skills and experience that employers are looking for. The programme gives them the opportunity to undertake a three month work placement in lots of different areas so their move into employment is not as daunting. At the same time, they gain support from dedicated tutors to improve their English and maths and attain an employability qualification.

Traineeships are available for young people aged 16 to 24 and for young people with Learning Difficulty Assessments or Education, Health and Care Plans up to academic age 25, qualified below level 3.

Many trainees have gone on to secure apprenticeship opportunities within Hampshire County Council, and Hampshire Futures aims to ensure the young people benefiting from the programme have suitable opportunities for progression before they complete the course.

Applicants must hold a minimum grade D or level 3 in GCSE English or maths (non GCSE qualifications are considered on an individual basis).

For more information, and to download an application form, visit www.hants.gov.uk/traineeships . Alternatively, email hyip@hants.gov.uk or phone 01962 846 193.

Supported Internships with Hampshire Futures

Would you like to increase your confidence and improve your self-esteem while meeting new people and gaining work experience? **Hampshire Futures Supported Internship could be for you.**

Supported internships are designed for young people who really want to move into employment. They aim to give young people their first experience of working with an employer equipping them with the skills they need for work to help them achieve sustainable paid employment.

This programme is aimed at young people aged 16 – 24 with an Educational Health Care Plan who want to work, but as yet, have not had the opportunity.

We have designed a flexible programme that aims to prepare young people for the world of work, developing and using appropriate behaviours for work and improving maths and English.

- The programme will run for 42 weeks across the school year. This includes 6 weeks leave allocation
- The first six weeks is a period of induction and workplace preparation developing employability skills, maths and English. Our aim is to empower learners to build confidence as individuals in the workplace
- The remainder of the programme will include one day studying and three days per week in a work placement supported by a specialist Job Coach. The work placement will give the learner the opportunity to behave as a responsible member of the workforce and be a valued member of staff. They will be initially supported by the job coach until they have developed the knowledge and skills to work independently.
- Learners will build their confidence to travel independently
- Learners will receive a bursary of £57.90 subject to personal circumstances plus a vulnerable bursary

Details can be found on our website with a downloadable application form – www.hants.gov.uk/yourfuture

You can also contact **Will Rogers** 0770 102 0461 - William.rogers@hants.gov.uk

Rushmoor Voluntary Services Training Opportunities

Rushmoor Voluntary Services moved to Rushmoor Borough Council offices on Friday, 9th August and is based on the first floor of the Council Offices.

'MiDAS Training' (Mini-Bus Driver Awareness Scheme)

Wednesday 11th March 2020	Full
Wednesday 22nd April 2020	Refresher
Wednesday 13th May 2020	Full

Venue: Civic Offices, Farnborough Road, Farnborough GU14 7JU

Costs: Full Courses:

RVS members: £60 (non-accessible) and £80 (accessible)
Non-members: £70 (non-accessible) and £90 (accessible)

Refresher Courses:

RVS members: £40 (non-accessible) and £60 (accessible)
Non-members: £45 (non-accessible) and £65 (accessible)

Accessible training enables the driver to use the tail lift and take wheelchair passengers. The Trainer will arrange a suitable date and time for the driving assessment. For more information, please contact Viv on 01252 398 453 or email: viv@rvs.org.uk

Accredited Food Hygiene

Accredited Food Hygiene Courses are available in Rushmoor. These are facilitated by Rushmoor Borough Council. The three-hour courses can be booked directly with Rushmoor Borough Council. Please use the link below to view available dates and a booking form. www.rushmoor.gov.uk/foodtraining

Venue: Rushmoor Borough Council Offices, Farnborough GU14 7JU

Trainer: Rushmoor Borough Council Environmental Health Department **Cost:** £50

The Food Safety in Catering Course is a level 2 equivalent certificated course for anyone working in a catering setting where food is prepared, cooked and handled.

The course is aimed at volunteers and people working with voluntary and community groups.

To book your place(s) please email: environmentalhealth@rushmoor.gov.uk

Inclusion Hampshire Training Courses

Please visit our website at www.inclusionhampshire.org.uk for full course descriptions, costings and to book your place or contact Paula at the office on **01256 760 800**

MARCH

Supporting Young People to Develop Healthy Relationships, Friday 6 March, 9.30am - 12.30pm - Old Basing Village Hall, Old Basing

Mentoring Young People - Wednesday 11 March, 9.30am-3.30pm, St Johns Church Hall, Hartley Wintney

Listening to Young People - Friday 13 March, 9.30am - 12.30pm, Civic Offices, Fleet

Coping with Stress - Tuesday 17 March, 12.30-3.30pm, Old Basing Village Hall, Old Basing

Achieving a Work/Life Balance -Thursday 19 March, 6.30-8.30pm, Dickson House, Hook

What's All this Anger About? - Friday 20 March, 9.30am - 12.30pm, Old Basing Village Hall, Old Basing

Where is the Love ? You and Your Young Person - Friday 27 March, 9.30am - 12.30pm, Old Basing Village Hall, Old Basing

APRIL

Understanding Gender & Sexuality Differences - Friday 24 April, 9.30am - 12.30pm, Civic Offices, Fleet

Supporting Yourself when Supporting others - Tuesday 28th April, 12.30-3.30pm, Civic Offices, Fleet

Supporting Children and Young People to Develop Identity - Wednesday 29 April, 5.30-7.30pm, The Clock Tower, Chineham

MAY

De-escalation Workshop - Friday 1 May, 9.30am - 12.30pm, Civic Offices, Fleet

Supporting the Emotional Health of Young People - Monday 4 May, 9.30am-3.30pm, Old Basing Village Hall, Old Basing

Parenting an Anxious Child - Tuesday 5 May, 10.00am-3.00pm, Old Basing Village Hall, Old Basing

Providing Emotional Well-being Support for Young People & Adults who have Special Educational Needs-
Monday 11 May, 9.30am-3.30pm, Civic Offices, Fleet

Developing Trust with Children & Young People, Wednesday 13 May, 5.30-7.30pm, The Clock Tower, Chineham

Achieving a Work/Life Balance - Thursday 14 May, 6.30-8.30pm, The Clock Tower, Chineham

Effects of Neglect & Abuse - Friday 15 May, 9.30am - 12.30pm, Civic Offices, Fleet

JUNE

Using Restorative Practice with Children & Young People - Wednesday 3 June, 5.30-7.30pm, The Clock Tower, Chineham

Mentoring Young People - Friday 12 June, 9.30am-3.30pm, Old Basing Village Hall, Old Basing

FUNDING & GRANTS CURRENTLY AVAILABLE

Rushmoor Borough Council grants

Ward grants – Each ward has £1,000 to distribute to community organisations within the ward. The funding can be used for a specific project or event but not towards the general running costs of the organisation. The project will need support from at least two of the three ward councillors. There is still some funding available for organisations working in the following wards: Cove and Southwood, Empress, Fernhill, Knellwood, Rowhill and St John’s. The deadline for applications is the end of March. For further information, please contact alison.nicholls@rushmoor.gov.uk

Farnborough airport community environmental fund – We have recently received top-up funding of £64,460 from Farnborough Airport: <https://www.rushmoor.gov.uk/airportfund>

Uniting Communities grants – For community projects which support cohesion and integration: <https://www.rushmoor.gov.uk/unitingcommunities>

Rushmoor Community Lottery

Become a good cause - Schools and community groups can sign up as a good cause for this weekly online lottery. Tickets cost just £1 and groups receive 50p from every ticket sold in support of their organisation. A further 10p goes into the Community Fund which will be opened to good causes to apply for a grant later in the year. It’s a simple registration process - <https://www.rushmoorlottery.co.uk/>.

Good Causes - If you already are a good cause, did you know that supporters can now enter as a syndicate on the lottery? <https://www.rushmoorlottery.co.uk/syndicates>.

All tickets bought before 21st March will be in with a chance to win one of five Fitbit and Google Nest Mini Bundles. Good luck!

Other grants

Hampshire County Council grants - <https://www.hants.gov.uk/community/grants>

- County Councillor grants (closes 28th February)
- Recreation and Heritage Community Fund 2019 to 2020
- Waste prevention community grant
- Talented young people in sport

Asda Foundation: Community Life Programme

Green token scheme with the community voting for community projects. For details visit

<https://www.asdafoundation.org>

Awards for All

Awards for All offers grants of between £300 and £10,000 for grassroots and community activity that aims to improve life for local people and neighbourhoods. <https://www.biglotteryfund.org.uk/global-content/programmes/england/awards-for-all-england>

Dickie Bird Foundation

The Dickie Bird Foundation offers grants with the aim of helping disadvantaged young people to participate in sport. **No deadlines.** For more information, please visit the website <http://thedickiebirdfoundation.co.uk>

The St. James's Place Foundation

The Foundation has a small grants programme for charities in the UK for helping young people with special needs or disadvantage. There are no deadlines. For more information on how to apply, please visit the website:

<http://www.sipfoundation.co.uk/apply-for-funding.aspx>

Ragdoll Foundation

The Foundation makes grants of up to £50,000 to organisations working with children and young people using the arts and creative media. The deadlines operate on a rolling basis.

<http://www.ragdollfoundation.org.uk/portfolio/grant-giving>

Foyle Foundation

The Foyle Foundation Small Grants Scheme is designed to support smaller charities working at grass roots level.

There are **no deadlines.** For more information, please visit the website: <http://www.foylefoundation.org.uk/small-grants-scheme>

Foyle Foundation Library Scheme

Accepts applications from state funded schools, with priority given to primary schools. For details visit

<http://www.foylefoundation.org.uk/how-to-apply/state-schools.php>

Percy Bilton Charity

The Percy Bilton Charity is a grant making trust assisting disadvantaged youth, and people with disabilities. There are two types of grant to apply for and **no deadlines.** For more information, please visit the website:

<http://www.percy-bilton-charity.org>

Ashworth Charitable Trust

Grants for charitable organisations undertaking general charitable projects funded up to £3,000. **No specified**

deadline. For more information, please visit the website: <http://www.ashworthtrust.org/funding.html>

Shanly Foundation

The Shanly Foundation has donated over £20 million to those in need of a helping hand, from youth clubs, schools and woodland projects to centres for adults with physical and learning disabilities. In particular, they welcome applicants that are helping to improve the welfare and quality of life of those that are disadvantaged within the community. They also support many local community events and festivals, scouts and girl guides, local schools, sports and social clubs. Full details of conditions and the application process are available at the Foundation website:

www.shanlyfoundation.com

Blue Spark

Blue Spark is a charity that supports the education and development of young people and children by providing grants for educational, sporting, cultural and other projects. For more information, please visit the website:

<http://bluesparkfoundation.org.uk/>

Alec Dickson Trust

The Alec Dickson Trust supports volunteering or community service projects in the UK only that are organised and run by people under 30 years old. For details visit <http://www.alecdicksontrust.org.uk/>

Persimmon Community Champions

Charity match programme gives donations of up to £1,000 to local UK groups and charities, which have already raised vital funds themselves. For details visit <http://www.persimmonhomes.com/charity/>

Wilkinsons Helping Hands Grants

Every Wilko store has a budget to give a little helping hand to local groups and community projects. You could get Wilko gift cards, products or volunteers to help with whatever you're doing for your community - whether it's a raffle prize to help with fund raising or tins of paint and extra helpers to do up a community centre. For details visit <http://corporate.wilko.com/stories/supporting.php>

**Many thanks to all the organisations who contribute
Information to this e-Newsletter**

www.rushmoorschoolsplus.org