

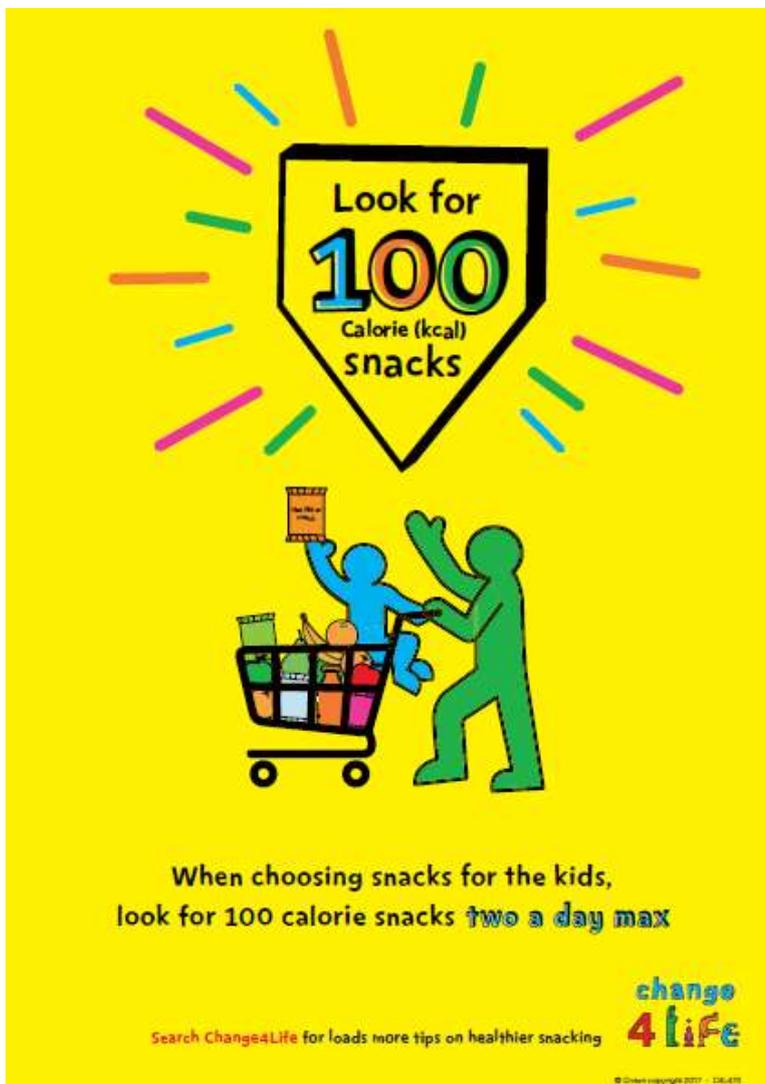


Local Children's Partnership

## Newsletter for Hart Families: Spring 2018

A regular newsletter for families in Hart, packed full of information about activities, support and campaigns

### Health and Wellbeing



Change4Life is here to help your family be healthier and happier. Find out more about what's really in the food your family eats.

Download the new and improved Food Scanner app to make choosing healthier options easier. Plus join Change4Life to get money-off vouchers for healthier snacks! Search Change4Life.



Get 12  
weeks for

*free*

Weight Watchers and Hampshire County Council  
are working together and are delighted to invite  
you to join Weight Watchers



To find out if you qualify for FREE, use the checklist below

I have a Body Mass Index (BMI) of 30+ (If you don't know, we can help)

I am 18 or above

CALL NOW to complete the next step

**0345 602 7068**

Quoting WWS095 / Magazine



You can also register online at  
[www.weightwatchers.com/uk/hampshire](http://www.weightwatchers.com/uk/hampshire)

## Support for parents



All courses are led by trained facilitators and held at St John's Church Centre, Hartley Wintney

### Time Out for Parents: The Teenage Years

A seven-session course for parents of 11-16 year olds on Monday evenings starting 14<sup>th</sup> May 2018, 7.30 for 7.45pm – coffee from 7.30pm

Topics covered will include: Why it's tough being a teenager, parenting styles – assertive parenting, house rules and family meetings, body language, listening, empathy, choosing your battles and more.

Book by email to [ken@parenting.org.uk](mailto:ken@parenting.org.uk) giving a contact phone number or telephone 01252 843803

### Time Out for Parents: Dads

A five-session course especially for dads of younger children and teenagers on Thursday evenings starting 10<sup>th</sup> May 2018, 7.45pm to 9.45pm – sign in and coffee from 7.30pm

**Who is the course for?** Coping dads, Desperate dads, Step dads, Distant dads, Expectant dads, Out-of-their-depth dads, Ordinary dads, Keen to be better dads!

**Workshop 1: What are dads for? Workshop 2: Dad – the manager Workshop 3: Dad – the coach Workshop 4: Dad – the trainer Workshop 5: Dad – the team player**

Book by email including a mobile number to [ken@parenting.org.uk](mailto:ken@parenting.org.uk) or telephone 01252 843803

### Time Out for Parents: The Early Years

A six-session course for parents of 0-4 year olds on Wednesdays 10am – 12noon starting 25<sup>th</sup> April 2018 – coffee from 9.45am

Limited places may be available for the crèche

Session 1: Expectations and realities of parenting; Session 2: Children's needs; Session 3: Play and listening; Session 4: Parenting styles and boundaries; Session 5: Discipline and safety; Session 6: The wider family

Book by email to [claire.parker@stjohnshw.org.uk](mailto:claire.parker@stjohnshw.org.uk) or telephone 01252 842215 – ext'n 25

There is no charge for attending these courses. Participants are invited to make a voluntary contribution to cover the costs and we suggest £25 per parent. This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.

*Positive Parenting* is part of **Care for the Family**, a registered charity (number 1066905)

Positive Parenting courses are designed for parents of all faiths and none

Courses at St John's are open to all as part of the church's service to the community



## **Training courses for parents and carers**

### **Connecting With Your Teen**

Being a parent is one of the hardest jobs in the world at the best of times. When children reach their teenage years, connecting can become very different from how it was in earlier years. Communication forms the basis of relationship which can sometimes be a strain on the whole family during this time.

This interactive workshop looks at exploring ways of reaching your young person so that you both feel heard and understood. We will look at ways of finding common ground and enhancing listening skills.

Tuesday April 10th, 18:00–20:30

Saturday April 14th, 10:00–12:30

### **What's All This Anger About?**

Anger and aggressive confrontations can be the most difficult situations to deal with. It may seem like your teenager is angry all of the time or they may just have an outburst now and again. It may not feel like it but this is all very normal! This workshop looks beyond the face of anger and explores what is going on within the angry young person.

We will look at the process of anger, how this affects us and what strategies we can use in times of crisis that are helpful. By the end of this workshop you will have learnt effective de-escalation techniques and developed your understanding to give you confidence in the future.

Thursday April 12th, 18:00–20:30

Saturday April 14th, 13:00–15:30

*For information and booking visit [www.inclusionhampshire.org.uk/courses-for-parents/](http://www.inclusionhampshire.org.uk/courses-for-parents/)*



# BRAAIN

Be Ready ADHD ASD Information Network

We are here to help parents  
with children that have ADHD, ASD or SEN.  
If you're not sure where to turn, BRAAIN will give you  
the information you need!

## ADHD

**Attention  
Deficit  
Hyperactivity  
Disorder**

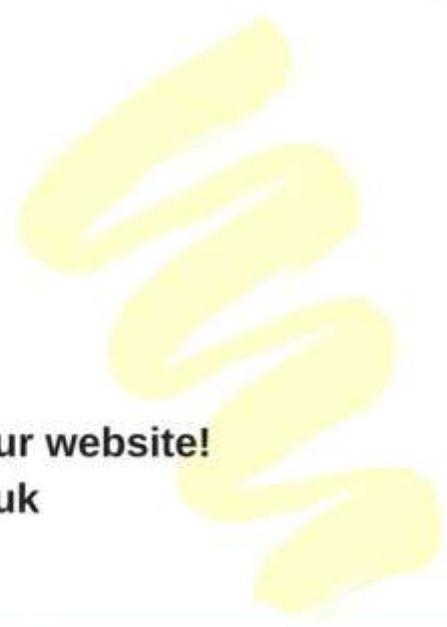


## ASD

**Autistic  
Spectrum  
Disorder**

## SEN

**Other  
Special  
Educational  
Needs**



To find out more, go to our website!  
[www.braain.co.uk](http://www.braain.co.uk)

Contact Us:  
[enquiries@braain.co.uk](mailto:enquiries@braain.co.uk)

 @BRAAINSurreyHants

 @BRAAINtweets

 braainsurreyhants

## Are you a parent of an ADHD/ADD/ASD or SEN child?



Finding it tough, exhausting,  
isolating and amazing all at the  
same time?

Do you need time out to talk to  
other parents experiencing the  
same feelings and challenges?

Then join our local support group. This group has  
been set up by parents of children with ADHD and  
ASD. Please feel free to join us for an informal chat!

**When:** 1<sup>st</sup> Tuesday of every month

**Where:** Ship Inn, 162 Ship Lane, Farnborough,  
GU14 8BE (near Farnborough Gate)

**Time:** 8pm

**Contact:** If you need any further information, please  
email [adhdtimeout@outlook.com](mailto:adhdtimeout@outlook.com) or join Time Out  
Support group for ADHD/ASD/SEN around  
Farnborough & Camberley on Facebook

## Support for young people

### Young Person's "Safe Haven"

A safe and supportive environment for those experiencing, or seeking to prevent, a mental health crisis.

Mental health support 10 – 17 year olds

North Barn, 4 Hillside Road, Aldershot, GU11 3NB

### Why do I Worry? A course for young people

Every Wednesday for 6 weeks

Starting Wednesday 4<sup>th</sup> April

6.30pm to 8.00pm

To book a place or for more information please email [s.glaister@justwellbeing.org.uk](mailto:s.glaister@justwellbeing.org.uk)  
Or phone 07769 694396, alternatively just come along



*Just Wellbeing*

**breakout  
youth**

1:1 Support for young people aged  
11 to 21 who identify as LGBTQ+

Do you identify as Lesbian, Gay, Bisexual, Transgender,  
Non-binary or are you Questioning your gender or  
sexuality?

Are you aged between 11-21?

**Then Breakout is for you!**

We also run confidential youth groups at different locations  
across Southampton, Hampshire and the Isle of Wight  
where you can meet with other LGBTQ+ young people.

Get in touch: 02380 224224

Email: [enquiries@breakoutyouth.org.uk](mailto:enquiries@breakoutyouth.org.uk)



[Breakout\\_youth](https://twitter.com/Breakout_youth)



[breakout\\_youth0721](https://www.instagram.com/breakout_youth0721)



[Breakout Youth Project](https://www.facebook.com/BreakoutYouthProject)

[www.breakoutyouth.org.uk](http://www.breakoutyouth.org.uk)

Registered Charity No. 1147558



## What's on



### **Autism Friendly Cinema Screenings**

For details of the latest autism friendly screenings, go to the Dimensions charity website <https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/>

The following are all local participating cinemas. Screenings usually take place on Sunday mornings.

- Cineworld – Aldershot
- Odeon – Basingstoke
- Vue – Basingstoke
- Vue – Farnborough
- Vue – Camberley

### **Sensory friendly adjustments include**

- sound and lights on low
- no trailers
- freedom to move around
- take your own food and drink
- free entry for carers with a valid CEA Card.

Mondays  
starting 19th  
February 2018

# Mini Tennis

at Frogmore Leisure Centre

- 12.30-1.15pm pre-school (2-4 years & parents participate) and 3.45-4.30pm Mini Red (5-8 years)
- All sessions are delivered by a qualified tennis coach
- £24 for the course (6 weeks)

To book your place or for more information please call **01 252 873454** or ask at reception today!

**LIMITED  
PLACES!**

Sign up today



[everyoneactive.com](http://everyoneactive.com) [eaFrogmore](https://www.facebook.com/eaFrogmore) [@eaFrogmore](https://twitter.com/eaFrogmore)

everyone  
ACTIVE  
Feel better for it



## Hockey April Camp at Hart Leisure Centre

The Alex Danson Hockey Academy are running hockey camps this April for children aged between 7 & 13 years old. Using quicksticks this provides a great introduction to the game using a larger, lighter and safer ball, it is fun, fast, safe and exciting game that anyone can play. The camps incorporate skill activities, fun games and modified matches delivered in a fun and safe environment by accredited coaches. The camp is 2 day course running on 3<sup>rd</sup> & 4<sup>th</sup> April 10am-3pm. We are also running Netball Camp in partnership with superleague netball club the Mavericks. This one day camp is suitable for ages 9-13 years and will take place on Friday 13<sup>th</sup> April 10am-3pm indoors.

Please contact the centre to book for either camp 03330 050 134.



## World Autism Awareness Week at Hart Leisure Centre

Everyone Active Hart Leisure Centre will be supporting World Autism Awareness Week 26<sup>th</sup> March-2<sup>nd</sup> April. Throughout the week we will have an awareness stand in reception, reduce music in our communal areas and offer the following taster sessions.

- Quiet gym session Thursday 29<sup>th</sup> March 13.00-14.30 (aimed at adults)

This free taster session will offer a quiet environment for exercise with trained gym staff on hand to instruct on exercises and provide additional support. During this session the lights will be dimmed and music switched off to provide more comfortable surroundings.

- Dedicated gymnastics session Saturday 31<sup>st</sup> March 13.30-14.30.

This is a dedicated accessible taster session aimed at children on the autism spectrum. Although we integrate many children with additional needs into our mainstream classes, this may not suit every child. This session will give children a chance to enjoy the benefits of gymnastics in a smaller, quieter class. **We ask that children attend with a parent/guardian and there will be a fully qualified gymnastics coach present.** There will be a wide range of gymnastics equipment available for children to enjoy. This will be a free taster session to assess future demand.

- Swim session as part of Hart Herons. Sunday 1<sup>st</sup> April 17.00- 18.00.

This session is run by Hart Herons disabled swimming club and provides recreational swimming in a quiet and private environment. We have recognised that whilst there is a large autism community locally, not many are aware of or attend the Hart Herons sessions. We would like to actively encourage participation in this session as we are aware of the demand for swimming. This session is suitable for all ages and is followed by tea and coffee in the café area afterwards. There is a minimal charge for the session of £1.

For information and to book call 0333 005 0134

# Shots Girls Football



## Brand New 'Turn-up-and-play' sessions

The Shots sessions offer girls aged 5-11 regular opportunities to play football and take part in fun and engaging activities created just for girls.

Participants get to learn new skills, meet new friends and have fun.

The sessions are run by qualified coaches who will help participants learn lots of different skills, whether they have kicked a football before or not.

**Ages**  
5-11 years old

**When**  
Sunday 10-11am,  
from 14 January 2018

**Where**  
St. Joseph's Primary School,  
Bridge Road, Aldershot,  
GU11 3DD

**Cost**  
£2 per session



**SHOTS**  
FOUNDATION

For more information contact:  
**Mark Simmons**  
Shots Foundation Manager  
T: 078 2568 8168  
E: [mark.simmons@shotsfoundation.org](mailto:mark.simmons@shotsfoundation.org)

THE SHOTS EASTER

# Soccer Camp

## Key Dates

**Tue 3 - Fri 6 April,**

**GIRLS ONLY, ages 6-14**

£45 for the week of £15 per day

**Mon 9 - Fri 13 April,**

**Open to all, ages 6-14**

£60 for the week or £15 per day

## Where

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

**Will include a visit from  
Aldershot Town FC players.**

**Sign up for the week and get 2 free  
tickets to the next Aldershot Town FC  
home game!**

Develop your football skills and make  
new friends.

Delivered by Qualified UEFA B and C  
License coaches. Please bring kit, boots,  
packed lunch and water bottle.

To register or for more details contact:

**Mark Simmons**

**Shots Foundation Manager**

T: 078 2568 8168

E: [mark.simmons@shotsfoundation.org](mailto:mark.simmons@shotsfoundation.org)



**SHOTS  
FOUNDATION**

## **At Fleet Library**

### **The Makery**

A flexible environment where you can get hands on with exciting digital kit share knowledge and try out new creative ideas and tools.

The Makery After School Club Sessions:

Wednesday 14<sup>th</sup> March 15.30 – Garage Band

Wednesday 21<sup>st</sup> March 15.30 – Introduction to using imovie & video editing

Wednesday 28<sup>th</sup> March 15.30 – 3D Print Design

For more information about the sessions, costs and how to book visit

[www.facebook.com/TheMakeryFleet](http://www.facebook.com/TheMakeryFleet)

### **Construction Club**

Creative family fun (4+ years)

2.30pm to 4.00pm

Join us for Fleet Library's construction club every Saturday. Build amazing buildings and vehicles - and anything else your imagination can conjure up! No need to book, just turn up Parents / Carers to stay with their children.

## **May The Toys Be With You**

### **Willis Museum and Sainsbury Gallery: Basingstoke**

From a galaxy far, far away, an unmissable exhibition for Star Wars fans everywhere comes to Basingstoke. From X-Wing fighters to lightsabers, *May The Toys Be With You* is one of the UK's finest collections of vintage Star Wars toys and original cinema posters. These fantastical designs became the playthings of a generation, and have fired our imaginations and stamped their place on our cultural landscape since the first film was released forty years ago. For little and big kids alike, this is a not-to-be-missed opportunity to view rarely seen and highly collectable Star Wars treasures.

Admission Free - Donations welcome

Event phone: 01256 465902

Running until 14 April

Willis Museum and Sainsbury Gallery, Market Place,  
RG21 7QD Basingstoke

For more information and details about other events being run at venues managed by the Hampshire Cultural Trust, go to [www.hampshireculturaltrust.org.uk](http://www.hampshireculturaltrust.org.uk)



**The Lions Clubs of**  
Farnborough, Yateley, Hart, Fleet,  
Hook & Odiham, Aldershot & Loddon Valley  
Present

# **FUNFEST 2018**

**Sunday 24th June 11.30am–4.00pm**

**For people with disabilities  
their families and helpers**

**Yateley Manor School,  
51 Reading Road,  
Yateley,  
GU46 7UQ**



**A day to enjoy with  
all the fun &  
entertainment  
free of charge  
Why not Join us  
and have a very special  
funpacked day with the**

**Lions**

Registration forms & further information at [www.lions-funfest.org.uk](http://www.lions-funfest.org.uk)  
or contact [funfest@btinternet.com](mailto:funfest@btinternet.com) (01252 626341)

# HART

Local Children's Partnership

The Hart Local Children's Partnership is made up of people working in schools, health services, the district and county councils, and community organisations. More information from Hart Voluntary Action [info@hartvolaction.org.uk](mailto:info@hartvolaction.org.uk)