



Here for Hart Bulletin



Summer 2024, Issue 15

Keeping local community partners up to date with the latest activity from the Here for Hart programme and shining a light on community initiatives and services.

In this issue we highlight ways to stay active with a disability and/or health condition as well as addressing the difficult, yet often unmentioned, topic of incontinence. As usual we will be bringing you up to date with the work of local community groups and charities.

Here for Hart is a programme coordinated by Hart District Council. It is the umbrella under which we are working with our partners and communities to help people stay well, feel included in their community, and be supported through the challenges they face.

You can contact us at hereforhart@hart.gov.uk For printed copies of this bulletin please visit the council offices in Fleet or email hereforhart@hart.gov.uk

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When clicking on links you may find it better to right-click and select 'Open link in new tab' or 'Open link in new window'. That way you won't have to click back to the main bulletin each time.

Hart District Council – Communities Team Update

Armed Forces Employers Recognition Silver Award

We're proud to announce Hart has been awarded a Silver Certificate in the Armed Forces Covenant Employer Recognition Scheme. The award recognises our work with military personnel, their families, veterans and reservists, ensuring they are treated fairly and with respect: [Hart gains Silver award for Armed Forces support | Hart District Council](#) For more information about how your organisation can earn an employer's recognition award email Di Murdoch on AFC@hart.gov.uk

Hart Community Safety Newsletter

The July issue is now out. It has a feature on keeping homes secure while on holiday as well as some key summer safety tips. If you would like to be added to the mailing list for this newsletter please email communitysafety@hart.gov.uk | [Community Safety newsletter | Hart District Council](#)

Supporting Ukrainian Guests in Hart

The Homes for Ukraine team are supporting guests into private rental properties who need to move on independently. We are also looking for new sponsors, so if you would like to sponsor a guest, please let us know by emailing hdchomesforukraine@hart.gov.uk.



Hart into Employment

Hart have recently launched a new Employment and Skills bulletin. Paper copies can be found the reception of the Civic Offices and this can also be downloaded from our website here [Hart Employment & Skills Bulletin](#)

The Hart Council website also has a dedicated webpage on help and support available in our district and information on how you can volunteer your time. For more information please use the link <https://www.hart.gov.uk/employment-and-skills>

In addition to this, Hart District Council, in collaboration with the Department of Work and Pensions (DWP) are hosting a Hart Job Fair at The Harlington on Thursday 5th September from 11am - 3pm. Organisations from all around the district will be in attendance to offer help and support for people who want to get back into employment and find new skills. If you would like to know more, you can email hereforhart@hart.gov.uk

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Countryside Grants Scheme Now Open!

Grants of up to £10,000 are available for local countryside projects which enhance biodiversity and / or improve wellbeing. Details can be found here: [Countryside grants scheme | Hart District Council](#)

The Here for Hart Directory – New Entries



There are now 525 entries in the Here for Hart Directory – a fantastic searchable source of local support, activities and information. It is managed and promoted by Hart Voluntary Action and Hart District Council. Here is a selection of the most recent entries.

Friends of All Saints Dogmersfield: The Friends of All Saints Dogmersfield charity run social events to raise funds for the ongoing maintenance and restoration of the church. Their next event is an evening concert featuring The Estherházy Trio on 31 August at All Saints Church. [Friends of All Saints Dogmersfield : Here for Hart Directory](#)

Hook Morning Townswomen's Guild: Townswomen's Guilds are part of a strong national movement of thousands of women across the UK. Meeting as part of a local 'Guild' usually once a month, Townswomen enjoy a huge range of recreational activities such as talks, social studies, hobbies, arts and crafts, competitions, socialising and organised trips. Hook Townswomen's Guild meet on the 3rd Tuesday morning of the month and welcome new members. [Hook Morning Townswomen's Guild : Here for Hart Directory](#)

North Hampshire National Trust Centre: The North Hampshire National Trust Centre holds a regular programme of talks at the Elizabeth Hall in Hook, as well as visits to places of interest. Details about day trips (not just to National Trust properties) are featured in their twice-yearly newsletter and on their website. Funds raised contribute to our nearest National Trust property – The Vyne. New members are always welcome. [North Hampshire National Trust Centre : Here for Hart Directory](#)

SOS!SEN: SOS!SEN support families to help them secure the right special educational provision for children and young people with special educational needs and disabilities (SEND). They offer a national helpline and walk-in advice services. The nearest walk-in advice centre for Hart families is in Aldershot -2nd Tuesday of the month 10.15-12.15. [SOS!Sen Walk-in Advice Centre : Here for Hart Directory](#)

The Crondall Society: The Crondall Society promotes interest in the heritage and history of the village. Members can enjoy taking part in events and walks focusing on architecture, local history and the environment, and for a small annual fee, receive their twice yearly newsletter – the Crondall Chronicles. [The Crondall Society : Here for Hart Directory](#)

The Hook Shed: Progress is being made on the establishment of the new Hook Shed where people can get together to enjoy sharing and learning new skills in woodwork and metalwork, In the meantime, the Hook Shed welcomes new members who would like to get involved in community projects in and around Hook. Suggested annual membership donation of £2.00 pending the opening of the new shed in North East Hook. [The Hook Shed : Here for Hart Directory](#)

Would you like to add a link to the Here for Hart Directory on your website to help your users access the support and information they are looking for in Hart? If so, please email hereforhart@hart.gov.uk and we will send you a logo.

Features

This section features information about staying active in Hart with a disability or long-term health condition and what support and useful information is available for the rarely discussed, but widely suffered, problem of incontinence.

Staying active in Hart with a Disability or Long-Term Health Condition

It can sometimes be hard to achieve the NHS physical activity guidelines of at least 150 minutes of moderate intensity activity a week. This can be even more of a challenge for those with disabilities and/or long-term health conditions. Here are some suggestions of suitable online activities as well as a range of local face to face activities that are more suited to those with disabilities and/or health conditions:

Online Activities

The Energise Me website - [Energise Me - Changing lives through physical activity and sport](#) - has lots of great ideas for how to stay active with a health condition. It includes videos such as Couch to Fitness 9-week beginners exercise programme and Couch to Bhangra 4-week dance exercise plan. There are also links to information and exercise programmes for specific health conditions such as arthritis, asthma and lung conditions, back pain, cancer, diabetes and MS: [Being active with a health condition - Energise Me](#)

Face to Face Activities in & Around Hart

The commitment and companionship of a face-to-face activity can be a good motivation to regularly attend. Some local options include:

Rushmoor Healthy Living (RHL) have a range of classes suitable for those with limited mobility as well as classes for specific health conditions. Classes take place in Church Crookham, Hawley & Blackwater, Yateley, Farnborough and Aldershot. These include:

- Seated exercise
- Move It or Lose It
- Chair Pilates
- Health Circuit
- Pulmonary Rehab
- Phase IV Cardiac Rehab

For more information see their class timetables - [Rushmoor Healthy Living: RHL](#) - email classes@rhl.org.uk or phone 01252 957 430 (9.30-2pm)

Everyone Active in Fleet offers the following choices:

- Disabled swimming sessions
- Slow lane swimming
- GP referred falls prevention exercise classes
- Good Boost sessions for muscular skeletal conditions
- Senior Circuits
- Senior Multisports
- Table tennis
- Walking netball
- Walking tennis
- Zumba gold
- Seated exercise in community venues
- Health walks from Hart Leisure Centre

For more information visit their website - [Hart Leisure Centre | Gym, Swim & Outdoor Pitches | Everyone Active](#) - or phone 01252 629879

Everyone Active in Frogmore has activities such as:

- Forever Fit
- Senior Circuits
- Senior Multisports
- Table tennis

For more information visit their website - [Frogmore Leisure Centre | Gym & Fitness Classes | Everyone Active](#) - or phone 01252 2873454

Walking Football

Fleet - [Fleet of Foot](#) – for men and women at Hart Leisure Centre
Yateley – for more information email yateleywalkingfootball@outlook.com

Fleet Town FC Pan-Disability Football

Held at Calthorpe Park School in Fleet on Thursday evenings, these football training sessions are for 5-15 year olds with any form of disability or special educational needs. They are lead by Fleet Town FC FA qualified coaches and concentrate on fun, development, coordination teamwork and football skills. For more information visit their website - [Pan-Disability Football Sessions | Fleet Town FC](#) - or email stars@fleettowncolts.com or call David on 07866 916078

Other Local Activities

For other local activities such as Alice Holt Inclusive Cycling, Aerobility at Blackbushe Airport, Dive Ability in Long Sutton and Frensham Pond Sailability visit the Here for Hart Directory - [Here for Hart Directory](#) - and select the 'Disabilities & Health Conditions' category.

Yateley Industries / Energise Me

From September a new Energise Me exercise programme is starting at Yateley Industries. It is a personalised exercise programme to encourage moving more, to help participants get involved in group activities and to create personalised fitness goals. There is an exciting range of options being planned including chair exercise, chair yoga, dance momentum and accessible biking. There will also be the chance to try paddle boarding, water skiing, horse riding and click and climb.

The Energise Me programme is available to everyone in the local community with particular focus on those who are aged 55+ and those with disabilities. Some of the activities will be free and some will have a low cost of £3.00 to attend.

To have an initial chat contact Bev on 07435 727067 or email hub@yateleyindustries.net



The poster features a yellow background with green and white text. It includes illustrations of a person in a wheelchair holding a basketball, a person watering plants, a person sitting on a chair with arms raised, and two people walking. Dashed arrows connect the text sections. At the bottom, there is a green banner with contact information and the Yateley Industries logo with 'est 1935'.

Energise Me

What is Energise Me?

Introducing Yateley Industries' newest service to help you get energised!
Energise Me will support you to:

- Take part in activities to encourage physical movement
- Make connections in the community
- Get involved in group activities
- Create your own personal fitness goal
- Improve your wellbeing

What else do I need to know?

By taking part in Energise Me, you'll be:

- Consulted to find out your interests - we want to know what you want to do to make sure we plan the right activities
- Rewarded with a personalised incentive
- Eligible for support with equipment costs
- The first to hear about upcoming activities

Sounds great! What do I need to do?

Get in touch today to book your consultation, and keep an eye out for promotional materials to find out what's happening next!

Contact Bev on 07435727067
to book your one-to-one appointment and
join the Energise Me WhatsApp group

Get Energised at Yateley Industries!

01252 872337 | hub@yateleyindustries.net

Yateley Industries
est 1935

Incontinence – management, prevention, reversal

Incontinence can negatively impact people’s quality of life hugely, and in Hampshire over a quarter (25.6%) of people aged 65 years and over experience urinary incontinence. However, it is not an inevitable part of ageing and there are simple things that can be done to prevent, manage or in some cases even reverse it.

The [continence checklist](#) was developed in consultation with NHS continence services. The checklist can be printed out and is designed to be used as a physical resource for older adults who may experience difficulties accessing digital information. It can also be accessed online.

The aim of the checklist is to highlight simple actions that anyone can undertake to prevent, reduce and better manage incontinence. The advice in the leaflet explains things to look out for, from toileting habits, diet and lifestyle factors to sharing tips and guidance for males and females impacted by incontinence.

Individuals who are experiencing incontinence should always seek advice from a healthcare professional. Hart has two continence support services, depending on which surgery a patient is registered at

NHS Surrey Continence Treatment and Promotion Service – for patients registered with Hart Health Partnership (Fleet Medical Centre & Branksomewood Surgery), Richmond Surgery in Fleet, and Crondall New Surgery – Referral can be made through your doctor or a health care professional.

[Continence Treatment and Promotion Service - Surrey Adult Community Services \(surreynehantscommunityservices.nhs.uk\)](https://surreynehantscommunityservices.nhs.uk)

Southern Health Continence Service –for patients registered with Oakley Health Group (Monteagle Surgery, Hartley Corner & Yateley Medical Centre), Whitewater Health (Hartley Wintney Surgery & Hook Surgery) and Odiham Health Centre - Referral can be made via an online form, email or telephone. Individuals can self-refer. - [Community Bladder and Bowel Service Southampton | Solent NHS](#)

Boys Need Bins

Prostate Cancer UK’s ‘Boys Need Bins’ campaign works to raise awareness about male incontinence and the need for sanitary bins in male toilets. Incontinence can affect men as they get older and as many as 69% of those treated with surgery for prostate cancer may experience urinary incontinence as a result.

Campaign Results

In support of this campaign Hampshire County Council (HCC) recently announced that male toilets in HCC premises, including country parks and libraries will have sanitary bins added to cubicles.

Govia Thameslink Railway (GTR) has also recently put bins in 495 toilet cubicles at 228 of its stations, offices and depots across its network in the south of England.

Here for Hart Partner Updates

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Red Cross Mobility Aids Loans Service in Fleet – now closed

Earlier this month the Red Cross closed their mobility aids loans service in Fleet. They now just have a national wheelchair hire service. For details see their website - [Rent or hire a wheelchair | British Red Cross](#) – or phone 0300 456 1914

For other mobility loans / assistance please see the Hampshire Equipment Services page - [Equipment and adaptations | Health and social care | Hampshire County Council \(hants.gov.uk\)](#) - or for urgent requests where support is needed in the next 24 hours call 0300 555 1386

Aldershot Safe Haven

Our Safe Haven is an out of hours Crisis Only Service open 365 days a year for people to walk in or by using our platform 'Attend Anywhere'. It is not a phone Service.

The Safe Haven is run by 3 organisations who each provide a staff (Practitioner) per shift: Andover Mind, Catalyst and a CPN (Psychiatric nurse Band 5 level or above).

Opening times, for the face-to-face and online services, are Monday to Friday 6pm to 11pm, Weekends and Bank holidays 12.30pm to 6pm.

When arriving (live or virtually) the Service User is assessed (triaged) and seen by the most appropriate person. The link for the virtual platform is: [Video call setup - Attend Anywhere](#)

Hart & Rushmoor Wellbeing Centres

Our wellbeing centres provide a relaxed and friendly base, where we offer help to all who need it by delivering a range of services to support people with mental health problems. This could range from aiding people in their recovery from a serious mental health issue to providing advice, services and information to those wishing to keep themselves mentally well and prevent the onset of a mental health condition. There are centres in Farnborough and Aldershot and a Wellbeing Recovery Group in Fleet.

The services we offer are tailored to each individual and we provide care and support to help increase self-esteem, manage mental distress and promote self-management. We have a wide range of opportunities and resources available to help people achieve their goals through their journey. This includes access to group activities (both social and therapeutic), 1-1 sessions with wellbeing practitioners as well as peer support.

How to access the wellbeing services

- if you have a mental health diagnosis and are in contact with the Community Mental Health Team or your GP, you can ask them to refer you
- if you don't have a diagnosis, you can see your GP for a referral
- you can refer yourself by phoning us on 01252 317481, by coming in to your local wellbeing centre or by completing the [self-referral form](#)

Centre address:

Farnborough Wellbeing Centre
The Clockhouse, Clockhouse Road
Farnborough, GU14 7QY

TalkPlus

NHS Talking Therapies for Anxiety & Depression

We offer free NHS Talking Therapies in Rushmoor, Hart and Farnham for stress, anxiety, low mood and worry, as well as, support for managing a long-term health condition. Our team runs a number of specially designed courses including;

- Managing Low mood and Anxiety,
- Dad's Group
- Move to Improve
- Support for veterans, reservists and serving armed forces personnel
- 'FAST' consultations for rapid access, single focus one-off sessions.

For more information you can self-refer online at www.talkplus.org.uk the website also hosts a range of resources to help with a variety of conditions for you to work through at your own pace.

If forms aren't for you, feel free to get in touch via either email or telephone. Call: 01252 533 355
Email: frimleyicb.talkplus@nhs.net

Princess Royal Trust – Carers Hub

Come along and make an emergency plan, access carer support and information, access other organisations and professionals and meet other carers in the area. Cared for are also warmly welcomed.

Next dates: Thursday 19th September / Thursday 17th October
Location: Parsonage Farm Nursery and Infnat School Community Hall
Cherry Tree Close, Cove, Farnborough, GU14 9TT

For further information please call 01264 835 246 or email info@carercentre.com

Join our course

MOVE TO IMPROVE

supporting people who struggle to be
physically active

Physical Activity can help you lead a healthier life,
boosting self-esteem, mood, sleep quality, and energy.

This course is NOT.....

.....the same as all the other courses.

.....a bootcamp with shouting.

.....where you need expensive trainers.

This course IS.....

.....a friendly, supportive course focusing on you as an
individual, listening to your story and wishes for your future.



01252 533355



talkplus.org.uk



Are you a parent

struggling supporting your child
who has poor mental health?

- Are you feeling alone?
- Not knowing where to turn?
- In need of support and signposting?

No matter what you are going through, we're here to listen

Open to all parents, with a child under 25yrs

Open from 9pm – 6am, every Friday & Saturday night

Email: info@sashasproject.charity

Contact number to call (during opening hours):

0774 111 7655

The Point Youth Centre
Harlington Way,
Fleet GU51 4BP

For more information, please visit:



<https://www.sashasproject.charity>



@sashas_project



@sashasproject



@SashasProject1



Ready Steady Walks

Ready Steady Walks are free, pushchair friendly, social walking groups for families with young children in Hampshire. There is a new walk in Fleet which starts at the Church on the Heath on Elvetham Health, GU51 1HA. It is every Tuesday, starts at 10.30 and will be no longer than one hour long. To book on visit [Ready Steady Walk : Hampshire Healthy Families](https://www.barnardos.org.uk/ready-steady-walk-hampshire-healthy-families) or email elaine.penman@barnardos.org.uk for more information.

Fleet

Ready Steady Walk

Starting Tuesday 23rd July

When?

Tuesday
10:30 AM

Meeting Point

Church on the Heath
The Key, Fleet
GU51 1HA



THE ROYAL OAK WELLBEING HUB

The Oakley Health Group are pleased to announce we have opened a fourth site within our Primary Care Network (PCN):

The Royal Oak Wellbeing Hub
Royal Oak Close
Yateley
GU46 7UD



Located in the old Citizen's Advice Bureau offices at Royal Oak Close, next to the Police and Fire Stations, the Wellbeing Hub will be centred around patient's mental health and wellbeing appointments.

This site will not be manned by a reception team and patients should only attend if they have been given an appointment at this location.

Our mental health and wellbeing practitioners will be using this building and the consulting rooms inside for appointments moving forward, this includes Annie Kaye (mental health practitioner), Emma Johnson (mental health support worker), Louise Attah (social prescriber) and Gemma Gratton (mental health and wellbeing care coordinator).

The Oakley Health Group is pleased to share the space with the following:

MHICS – Mental Health Integrated Community Support - a team of mental health specialists working with Oakley Health Group GPs to offer mental health support and advice to local people over 18.

Talkplus - Mental health practitioners who offer free NHS Talking Therapies in Rushmoor, Hart and Farnham for stress, anxiety, low mood and worry, as well as, support for managing a long-term health condition.

Citizen's Advice Bureau – A national charity and network of local charities who offer confidential advice online, over the phone, and in person, for free.

If you are interested in sharing the space with us and run an organisation that would fit in with our Wellbeing partners, then please contact us via email at frimleyicb.ohg.communications@nhs.net

Hart & Rushmoor Local Children's Partnership (LCP): Training/workshop opportunities

The Hart & Rushmoor Local Children's Partnership (LCP) is offering FREE workshops and training for any organisations that work with young people aged 11-18 years (or up to 25 years for those with special additional needs). Please see the table below for upcoming topics. To reserve your place please either email Sharon.west@hartvolaction.org.uk or follow the booking links detailed below (a waiting list will be held should we reach the maximum attendee limit). Sessions are prioritised for local & voluntary community organisations and public sector youth workers including volunteers in Hart & Rushmoor.

LGBTQ+ Awareness Training

with Breakout Youth

When & where: 23rd Sept 2024, 13.00-16.00, The Harlington Centre, Fleet

Overview: An interactive LGBTQ+ awareness workshop/training session with Breakout Youth to help empower those working with young people. Content will include: general information, topics (eg hate crime) and specific areas of interest can be discussed. More details due to be released

Booking link: [Training Events : AideCRM](#)

Making Every Contact Count (MECC) training

with Yellow Brick Road

When & where: 20th Nov 2024, 09.00-12.30, Rushmoor Borough Council Offices, The Concorde Room, Farnborough

Overview: An interactive training session with Abi Facey from Yellow Brick Road to enable individuals to use a different approach to working with people to address health and wellbeing. It's about altering the way we interact with people to improve the self-efficacy of individuals in order to help them identify ways to improve their wellbeing.

Discover:

- How you can support someone to explore their own health and wellbeing
- How using more effective responses can help people find their own solutions
- How you can support someone to think about their own behaviour change plan

This practical skills development training is for front line workforces who interact with the public and have an opportunity to support health and wellbeing. This training has been delivered to a range of workforces including doctors, nurses, AHPs, housing, libraries, job centres, social care and many more.

The training is very participatory and draws on trainees own experiences and beliefs. Each session is tailored to the trainees needs and helps facilitate them to identify opportunities in their own roles to use the skills gained from the course. If you'd like more information before booking, please contact a.facey@yellowbrickroadprojects.com

Booking link: [MECC Training - Rushmoor Tickets, Wed 20 Nov 2024 at 09:00 | Eventbrite](#)

Block Printing Returning to Yateley Industries!

Interested in learning a new skill? Feeling creative? Spend the morning at Yateley Industries on one of our 'Introduction to Block Printing' workshops coming this Autumn.

You'll learn techniques and tips to gain the confidence to create your own block printed items that you can take home. You will be able to choose from a selection of items to print on. Our half-day course is perfect for beginners or anyone wanting to refresh their skills! All equipment, materials, and refreshments included.



When:

THURSDAY 12TH SEPTEMBER

THURSDAY 17TH OCTOBER

THURSDAY 14TH NOVEMBER

Time: 10am - 1pm

Cost: £45pp

Contact us on hub@yateleyindustries.net for more information.

Yateley's Feel Good Festival

We are very excited to announce the inaugural Yateley Feel Good Festival on 21st September 2024! The themes of the festival are:

- Eat Well- focussing on healthy eating
- Live Well- sustainable living
- Move Well- fun movement for a healthy body
- Be Well- activities for a healthy mind.

The festival will be divided into zones based on these themes and there will be lots of fun activities for all the family, including a Colour Run, free facepainting, Circus Skills, music, yoga, Pilates & more. It's taking place on Yateley Green on 21st September from 11am – 4pm and entry is free!



Free Entry!

Feel Good Festival 2024

Promoting Wellbeing in Yateley

21st September

11am-4pm

Yateley Green

Connect with local services and groups

Fun activities for all, including:

Circus Skills	Facepainting
Taster Sports Sessions	Food stalls
Yoga & Pilates	Raffle
Colour Run	And more!

Eat Well | Live Well | Move Well | Be Well Eat Well | Live Well | Move Well | Be Well Eat Well | Live Well | Move Well | Be Well

LOCAL SERVICES IN YOUR AREA...

FREE
*Taster
Session*

PLEASE SCAN
For more information



PASSIONATE
ABOUT
*supporting
older
people*

Frogmore Care and Wellbeing Centre

Our **fully trained team** are here to provide **specialist dementia care** as well as **support with personalised care, mobility** and general **wellbeing**.

We offer a range of engaging and fun activities such as: **Crafts, Potting & Planting, Chair Exercises, Music and Entertainment**. As well as **Cognitive Stimulation Therapy** and **Reminiscence Sessions** to support memory loss.

Prioritising the wellbeing and comfort of our clients, we offer affordable **transport** and an optional **nutritionally balanced two course hot lunch**.

Potley Hill Road, Yateley GU46 6AG

Book a Taster Day: **07842 306 033**

We support clients across **Yateley, Farnborough, Fleet** and surrounding areas, enquire about **transport** availability.

AGEconcern
Hampshire

Foot Care Clinics

We provide a **toenail cutting service** which includes a foot care health check.

£24 per appointment

Every 6 weeks, Booking Required

at **Frogmore Grange Care and Wellbeing Centre** in Yateley

To book, please call: **01962 868545**

Information Service

Our Information Hub is available to **older people, their friends, family and carers**.

Information and Signposting

Our team can provide information and support with online applications such as **Attendance Allowance, Blue Badge Scheme** as well as **Benefit Checks**.

Call us on: **01962 868545**

Volunteers **WANTED**

For general enquiries, please contact...

Call: **01962 868545** or email: **enquiries@ageconcernhampshire.org.uk**

www.ageconcernhampshire.org.uk

Friends of Oakley Park

www.oakleypark.org.uk

Saturday 14th September
~18:40 - Start

Join us at the Pavilion for a
BAT WALK

with
Hampshire Bat Group's
Chris Doubell



*Please check our website or Facebook page as the event
is weather-dependent. Optional date: 21st September*

Donations welcome

Junction 5 money advice
Life Church Centre, Elms Road,
Hook, RG27 9DX

FREE
non-judgemental and confidential advice

We offer advice on:

- Household budgeting
- Credit card bills
- Multiple debt problems
- Negotiations with creditors
- Benefit entitlements
- Planning affordable repayments
- Court proceedings
- Debt relief orders



Doing nothing about debt can lead to legal action. However, we can still help even if court proceedings have been initiated

The sooner you ask for advice, the easier the solution

advisers@junction5.org

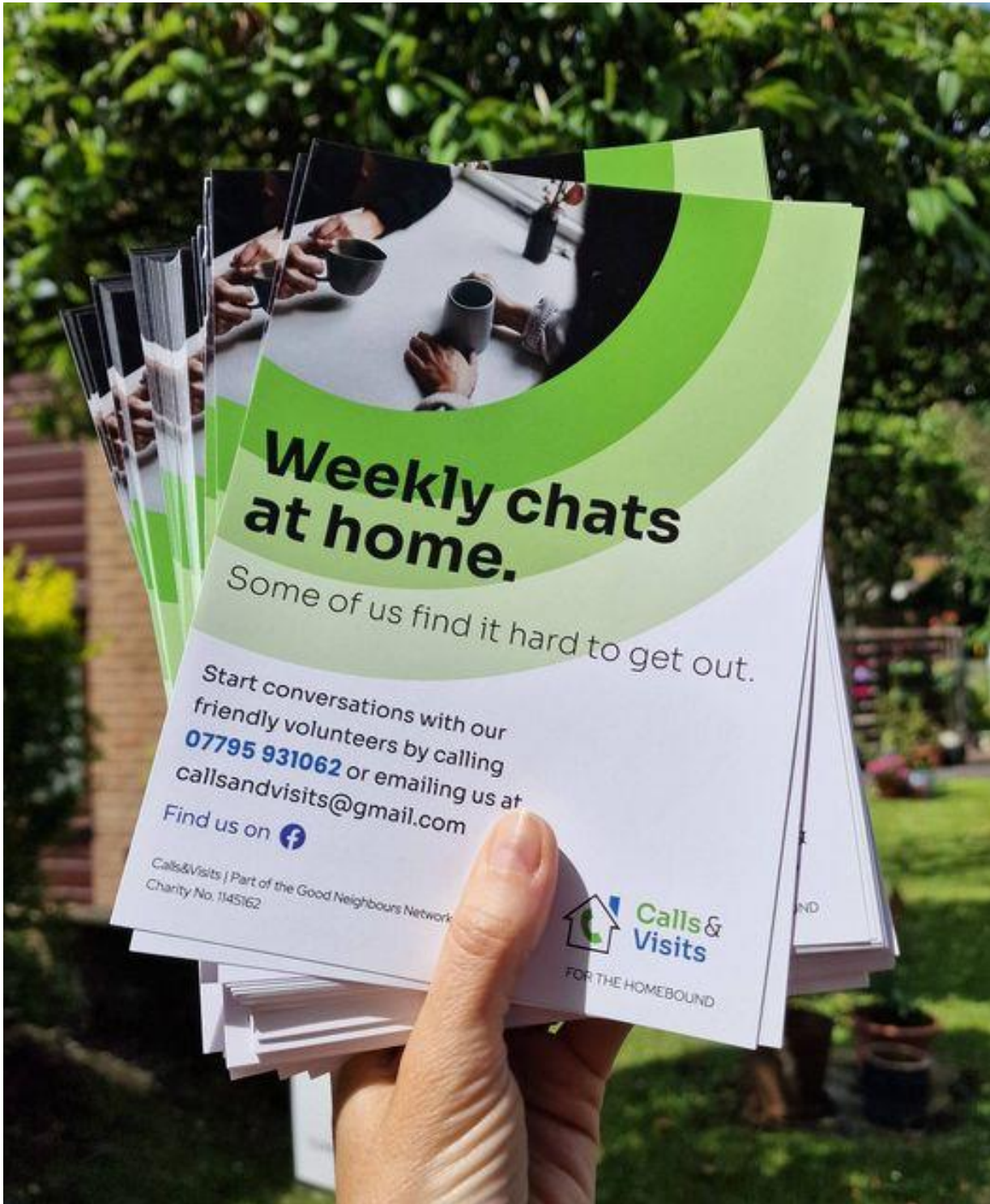
01256 769953

Services are offered by a team of trained volunteers and are available to anyone!

www.junction5.org

Calls & Visits

We've been out-and-about delivering leaflets about our befriending service in Hart. We've seen a decline in referrals from GPs but we are convinced that this does not mean there are fewer housebound folk feeling isolated who would love to be visited - so how do we reach them? We appreciate that not everyone is able to be online, so we're spreading the word in traditional ways too.



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 15th of July to 19th August. 6:30-8pm. 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. Sponsored by Fleet Lions Club.

Hook – Held at Hartlett's Park, Ravenscroft, Hook. Tuesday from 23rd of July to 27th 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. Sponsored by Hook Parish Council.

The Views – Held at The Views, Fleet. Thursdays from 25th of July to the 29th of August. 6-8pm. This project is for under 18's (recommended minimum age of 14). Sponsored by Fleet Lions Club.

Church Crookham – Held at the green open space behind the Crookham Community Centre, Boyce Road, Church Crookham. Fridays from 26th of July to the 30th 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. Sponsored by Crookham Parish Council.

Pre-Loved School Uniform

School uniform appeal (July to September annually) takes in second-hand uniform for all of Hart's schools and distributes it to those most in need of the support.

School uniform donations will be open on the following days/times:

Donations:

- Tuesday 30th of July 1:30pm - 4pm.
- Wednesday 31st of July 4pm - 6:30pm.
- Friday 2nd of August 11am - 1:30pm.

Collections:

- Monday 5th of August 5pm - 6:30pm
- Wednesday 7th of August 4pm - 6:30pm
- Tuesday 13th of August 1:30pm - 3pm
- Wednesday 14th of August 2pm - 4pm



Funded by
UK Government

Anxiety: Unwound

Reg'd Charity: 1144057

Anxiety: Unwound is for young people of secondary school age suffering from anxiety. You will learn what anxiety is, coping strategies, how to manage it, and overcome fears.

We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an eight week course.



Term Time | Weekly | Thursday | 4 - 5pm

The Point Youth Centre, Fleet

For more information, please contact

info@fleetphoenix.co.uk

fleetphoenix.co.uk



Hart Health Partnership Newsletter

Hart Health Partnership's Summer newsletter has a range of useful information for patients such as staffing updates, surgery feedback stats and how you can make use of the Healthier Together app for urgent care triage for children.

There is also helpful health information for everyone including an article about safer sleep to reduce the risk of SIDS.

Click here for the full newsletter: [HHP newsletter 3 \(harthealth.nhs.uk\)](https://www.harthealth.nhs.uk)

Homestart Hampshire

Home-Start Hampshire is a local charity supporting parents who are going through challenging times with children under the age of 11. Trained volunteers work alongside families to give compassionate and confidential support, tailored to each family.

Our family group at Elizabeth Hall in Hook is open to families who live in either Hartley Wintney, Hook or Odiham, are isolated and are facing family challenges. The group runs on a Wednesday from 10am – 11.30am.

We currently have funding to support Military families in the area with home visiting support. If you are finding being a parent tough and feel that you would benefit from a little extra help then please contact us on 0330 124 2095 or familysupport@hshants.org.uk for more information.

Referrals for either service can be made here: [Referrals | Home-Start Hampshire](#) or you can call 0330 124 2095 for more information.



HOME START
Hampshire

ARMED FORCES COVENANT

**CONFIDENTIAL
EMOTIONAL &
PRACTICAL
SUPPORT FOR
MILITARY
FAMILIES**

OUR SERVICES:

- Home visiting support
- Family support groups



Reg. Charity No. 1144661 ☎ 0330 124 2095 ✉ info@hshants.org.uk

Fleet & Yateley Libraries – What’s On



Fleet Library

Monday, Tuesday, Thursday, Friday, Saturday 9.30am – 5pm
Wednesday 9.30am – 1.30pm

Regular weekly activities

- Stay & Play** - Saturdays, all day
- Construction Club** - Saturdays, 2pm-4pm
- Storytime** - Mondays, 10.30am - 11am
- Singalong (adults)** - Mondays, 2.15pm-3.15pm
- Stay & Play** - Mondays, Tuesdays & Thursdays, 3.30pm-4.30pm
- Craft & Chatter (adult)** - Wednesdays, 10am - 12pm
- Rhyme Time** - Thursdays, 10:00am (toddlers); 10:45am (toddlers); 11:30am (babies)

Summer Events

Marvellous Makers Craft Every Tuesday, 2pm – 4pm

Join us at Fleet Library for children’s craft every Tuesday during the summer holidays to celebrate the Marvellous Makers Summer Reading Challenge. With crafts ranging from music shakers to awesome octopuses, you’re sure to make something marvellous!

Autumn Events

Warm & Welcome Friday 25th October 2024, 10am – 12pm

Join us for this drop-in event to speak to local organisations about how they can support you to stay warm and save money this autumn/winter. Refreshments will be available!

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

Fleet Library - [Fleet Library & Learning Centre](#) | [Fleet](#) | [Facebook](#)

Yateley Library

Opening Hours

Monday, Tuesday, Thursday: 9.30am – 5pm, Saturday: 9.30am – 1.30pm

Regular Weekly Activities

- Craft and Chatter (adults)** - Mondays, 10am – 12pm
- Afterschool Stay and Play** - Mondays, 3.15pm – 4.30pm
- Storytime** - Tuesdays, 10.30am - 11am
- Rhymetime** - Fridays, 10.15 – 10.45am

Stay & Play

- Fridays, 10.45am – 12pm

Construction Club

- Saturdays, 10am – 12pm

On the first Saturday of each month, our volunteer Colin runs an 'Xtra Special' Construction Club!

Summer Events

Marvellous Makers Craft Every day, during opening hours

Join us at Yateley Library for children's craft every day during the summer holidays to celebrate the Marvellous Makers Summer Reading Challenge. With crafts ranging from music shakers to awesome octopuses, you're sure to make something marvellous!

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

Yateley Library - [Yateley Library and Learning Centre | Yateley | Facebook](#)

Learning in Libraries

New Term, New You?

With the new academic year starting just around the corner, why not take a look at our varied range of Community Adult Learning courses!



Recently awarded 'Good' at their Ofsted Inspection, Hampshire Learning in Libraries offers a wide range of adult learning in libraries, community hubs and online. If you are a Hampshire resident, many courses are free, being funded by Hampshire Achieves. With subjects ranging from arts and crafts, paediatric and emergency first aid, parenting courses, improving your wellbeing, exercise and fitness, a variety of music courses, beginners computing, English courses for speakers of other languages or help with practical skills for job seeking, there's something for everyone.



For more information on currently available courses and to book your place, please visit the online shop at: [Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](#) . Alternatively scan our QR code below or phone the friendly Learning in Libraries team on 02392 232957. The online shop is updated regularly as and when new courses are scheduled, so it is worth browsing here on a regular basis. You can always pop into your local library and ask for more details on all the courses run by Hampshire Learning in Libraries. Why not take a look today and start something new!



Hart's Community Garden

Open Saturdays August and September

Our next Open Saturday event at the Community Garden in Edenbrook Country Park is on 3 August and the last is on 7 September 10.00-12.00. Please drop in to find out more about what is going on and how individuals or groups can get involved. Contact hcg@hartvolaction.org.uk or call 01252 815652 if you would like to find out more and join one of the regular weekday sessions. Access via Pale Lane (look out for yellow height barrier between the railway and hump-back bridges!) Nearest postcode RG27 8SP.



**IT'S TIME
TO GROW**

...a GARDEN FOR EVERYONE...

There's something for everyone to enjoy in our community garden. Why not come and join us down at the garden and discover **how you too can get involved.**

- Weekly Gardening Sessions
- Social Events
- Creative Workshops
- Wellbeing Classes

Hart's Community Garden Pale Lane, Winchfield RG27 8SP
Tel: 01252 815652 Email: HCG@hartvolaction.org.uk

 www.facebook.com/HartsCommunityGarden
 www.instagram.com/hart_voluntary_action

Hart Voluntary Action Ltd. Registered Charity No. 1119912



**HART'S
COMMUNITY
GARDEN**



RHL HEALTHY EATING & WEIGHT LOSS FREE 8 WEEK COURSE



**STARTING - 9TH SEPTEMBER
MONDAYS 9.30 - 11.00 AM
WEST-END CENTRE ALDERSHOT**

REGISTER YOUR INTEREST TODAY



No Shame!

No Public Weigh Ins

Free Light Exercise Class Included

No myths or magic, just help us to help you

**Find your
Inner Motivation**

Accessible for Everyone



**Email Rachael today
to find out more info**

**SCAN
ME**



Email: rachael.austen-jones@rhl.org.uk

Like & Follow www.facebook.com/RushmoorHealthyLiving

Charity Number: 1105381



Could you be a parent? Give your love and understanding to a child or siblings?

We have a range of events to learn more about adoption with us:

Online Adoption Information Events
Find out about the adoption process and the children waiting.



Drop-in Events

Meet us in person to find out about adoption. Ideal if you have a range of questions before you decide to take the next stage of your adoption journey. Chat to one of our adopters to find out about their experiences.

Saturday, 21st September 2024, 10am till 2pm - The Winchester Hotel

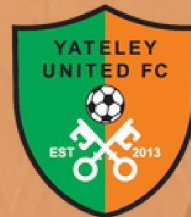
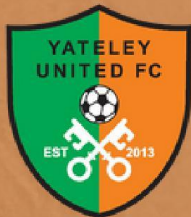
Visit www.adoptsouth.org.uk for more ways to meet us

Adopt South is the Regional Adoption Agency for:



Everyone Active Summer Activities

- Trampolining Intensive Course
 - The course runs over 5 days from Monday 12th - Friday 16th August and is from 12:30 - 15:00 each day, and will be coached by the trampolining coaches who run our Sport School Trampolining lessons. The course is aimed to improve the core trampolining skills on the participants, regardless of ability, and the cost is £120 for the week. The maximum number participants is 8 for the duration of the course so the participants we get tailored coaching.
- Bounce Sessions
 - Sessions on the 7th and 13th August – bookable on the App, website or with reception
- Netball Sessions
 - Junior sessions run by an England netball coach on the 5th, 12th and 19th August - – bookable on the App, website or with reception



#ForTheCommunity

6th & 7th September 2024
Sean Devereux Park, Yateley

Sample the best of local, with 30+ beers & ciders, 15+ wines & proseccos, food stalls, and superb live music throughout!

[CASKANDCORK.CO.UK/TICKETS](https://caskandcork.co.uk/tickets)

Advance tickets £10, subject to availability

End notes

Thank you to everyone who contributed information for this issue of the Here for Hart Bulletin. If you have found this bulletin useful, if you have a suggestion to make it better or an idea for content for the next issue, we would love to hear from you. Please email us at hereforhart@hart.gov.uk
If you would like printed copies of this bulletin for distribution, please email hereforhart@hart.gov.uk

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