



Here for Hart Bulletin

Autumn 2024, Issue 16



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.

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.

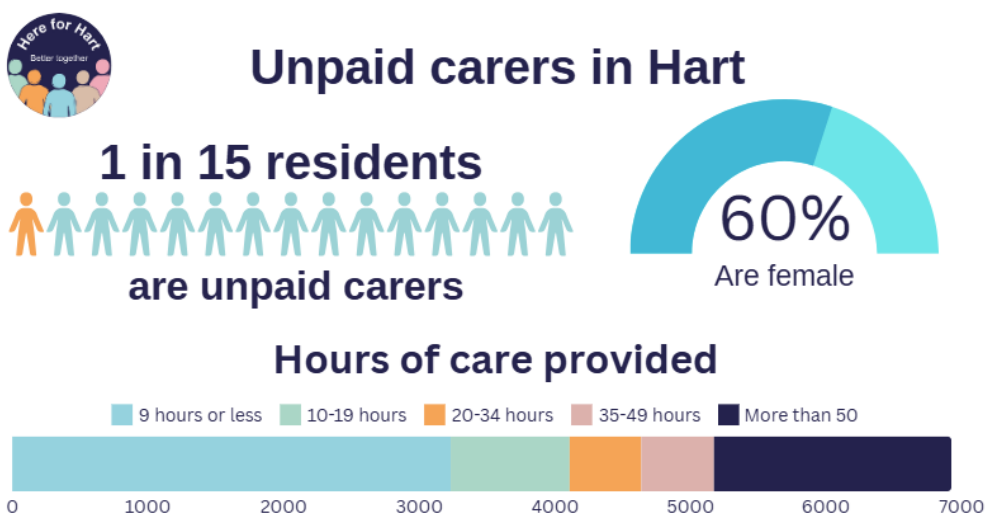
Hart District Council – Communities Team Updates

Spotlight on unpaid carers

Recently the Community Projects and Partnerships team hosted 48 colleagues from various organisations in Hart to discuss ideas and understand the challenges for unpaid carers.

Some interesting facts were presented at the meeting:

- 1.2 million carers live in poverty
- Three quarters of carers feel stressed or anxious, half suffer from depression
- Carers are more likely to be disabled than those that don't
- Women aged 55-59 provide the most unpaid care
- 40% of carers have had to give up work to care



Following the meeting, we are exploring ideas on how we can support organisations to extend their support for unpaid carers in Hart. If you wish to be sent the presentation slides or have any input, please contact: stephanie.king@hart.gov.uk

Mindfulness Nature Guide



This winter the countryside team has created a mindfulness walk guide that can be used in any green space. Why not head out and give the guide a try. You can find a digital copy of the guide at [Mindful nature walk | Hart District Council](#) or you can collect a copy from the Civic reception or libraries in Hart. Local groups can also request packs of the leaflet from hereforhart@hart.gov.uk

A new on-site mindfulness trail is also coming soon to Fleet Pond Nature Reserve.

Festive Wreath Making

Queen Elizabeth II Fields, Hartley Wintney
Sunday 1 December, 10am-noon Price: £15

Join the countryside rangers for a morning of outdoors creativity where you will learn how to make your own festive wreath. There will also be hot drinks around a firepit, enjoying the view over the fields. For more information and to book on: [Book a Countryside activity | Hart District Council](#)

Here for Hart – *NEW* Cost of Living Bulletin

The new Winter 2024 edition is out, focused on providing Hart residents with essential guidance on managing energy bills and navigating cost-of-living support! This edition brings together resources, advice, and practical tips to help residents make informed decisions, reduce expenses, and access local assistance programs. Whether you're looking for information on energy-saving measures, financial aid, or community support options, this guide aims to equip you with tools and resources to ease the pressures of the colder months. View the latest edition here: [Cost of living bulletin Winter 2024](#). You can also check out our Cost-of-Living Support HUB on the [Hart District Council website](#).

Supporting Ukrainian Guests in Hart



The Homes for Ukraine team are supporting guests who need to move onto a new sponsor once their initial placement comes to an end. As the conflict continues in Ukraine, we are still looking for **sponsors**, if you can help and would like to sponsor a guest, please let us know by email. We have a dedicated email address where any questions or concerns can be sent directly to Hart District Council: hdchomesforukraine@hart.gov.uk

Here for Hart Directory – New Entries

The Here for Hart Directory continues to be updated with new entries. Please keep sharing – we have printed materials available for you to order (for free) or we can send you a banner or logo to put on your website (just email hereforhart@hart.gov.uk)

www.hereforhartdirectory.org.uk



Air Cadets (1827 Odiham Squadron)

Children in year 8 upwards, parade days are Monday and Thursday evenings in Odiham. Find out more: <https://hereforhartdirectory.org.uk/services/view/657>



Farnham Powerchair Football Club

Farnham Powerchair Football Club is for adults and young people with disabilities from the Farnham area. Find out more:

<https://hereforhartdirectory.org.uk/services/view/659>



Motor Neurone Disease Association - North Hampshire Group

The group is run entirely by volunteers and aims to provide the best possible support to local people with MND, their families, and carers. Find out more:

<https://hereforhartdirectory.org.uk/services/view/648>



New Directions (Women's Employment Support)

The New Directions project supports women aged 18 to 30 who haven't found their direction in life yet and are unsure what to do to find a job, develop a career and simply succeed in life. Find out more:

<https://hereforhartdirectory.org.uk/services/view/656>



Royal British Legion - Hartley Wintney Branch

The Hartley Wintney Branch meets approximately three times a year, and also offers various social events throughout the year. Membership is open to everyone. Find out more:

<https://hereforhartdirectory.org.uk/services/view/658>



Wilder Hook

Wilder Hook is a community group for people interested in nature, wildlife conservation, sustainability and ecology. Find out more:

<https://hereforhartdirectory.org.uk/services/view/653>



Women's Supported Housing - Pregnancy/Maternity Support

Life is a UK pregnancy and maternal support charity, which supports people meeting pregnancy or pregnancy loss. Fleet Life House is a 5-bed property with an assigned Support Worker who will work with tenants to achieve positive outcomes. Find out more:

<https://hereforhartdirectory.org.uk/services/view/654>



Work Wise Employment Support

Work Wise is a free employment service available to any person with a mental or physical health condition, disability, or neurodivergence, who wants to work. Find out more: <https://hereforhartdirectory.org.uk/services/view/660>

Feature: 5 steps to wellbeing

Evidence shows there are 5 steps you can take to improve your mental health and wellbeing.

1. Connect with other people



Locally, we have a lot of choice for social groups such as local history groups, allotments and gardens, churches, and camera and arts groups among others. To find out what's in your local area, search the here for hart directory: www.hereforhartdirectory.org.uk under the category 'social and leisure activities'

2. Be physically active



In Hart, we have both the Hart Leisure Centre, Fleet and Frogmore Leisure Centre, Yateley which offer a wide range of activities. You can try out the facilities for free with a guest pass:

www.everyoneactive.com/promotion/haveadayonus/

There are lots of alternative activities (often free) available, such as health walks, park run, canoe clubs and sports groups. To view all available activities, search the Here for Hart Directory: www.hereforhartdirectory.org.uk under 'keep active'.

3. Learn new skills



Locally, our libraries offer some great courses and workshops in fitness, arts and crafts, first aid, English and more, Visit

<https://shop.hants.gov.uk/collections/learning-in-libraries>

Or try Hampshire skills bootcamps to learn new skills such as digital skills, green skills, engineering, construction, hospitality among others:

www.hants.gov.uk/business/skillsbootcamp

4. Give to others



One way to give to others is through volunteering your time, which could also help you connect with others, learn new skills and be physically active. For volunteering opportunities in Hart, visit our countryside volunteering page

www.hart.gov.uk/volunteering or search a variety of opportunities on Volunteer North Hampshire's page: <https://volunteernorthhants.org/>

5. Pay attention to the present moment (mindfulness)



Hart district council sometimes offer walks in our countryside parks which you can book on to. For the winter, we have a new downloadable guide that can be used in any outside space: [Mindful nature walk | Hart District Council](#)

Get some practical tips for mindful exercises such as mindful eating, body scan and meditation on the MIND website: www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/

Feature: The importance of checking eligibility for Pension Credit

We are encouraging anyone over 66 on low income to check if they are eligible for Pension Credit, since an estimated 880,000 eligible pensioners fail to claim it. Pension credit is worth an average of £3,900 / year and this year unlocks access to **winter fuel payments**.

It is essential you find out if you are eligible for Pension Credit by 21 December 2024.

Eligibility information: Pension Credit: [Eligibility - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

How to claim, including online form: [Pension Credit: How to claim - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Pension Credit claim line - they can fill in the form for you: Telephone: 0800 99 1234



Citizen's Advice Hart can also assist you in checking eligibility and applying.

Feature: Your bulletin feedback results

We recently asked our partners to give feedback on this bulletin (Here for Hart) and are happy to share the results:

“Information is easy to understand and pass any relevant information to our members”

- **8.29** was the average rating for 'how useful do you find the Here for Hart bulletin' (out of 10)
- Most people read it for their own information, although a number of people share directly with their clients etc.
- The average rating for length was **'just right' (3.33/5)**

- The top four topics (ranked for usefulness):
 1. Updates from the Hart District Council Communities Team
 2. Mental Health and wellbeing
 3. Local events
 4. Health conditions and disabilities

“Informative and keeps me aware of what is happening in the district”

Thank you to everyone who gave their feedback – we'll be using this to shape future bulletins. You may have already noticed this edition has a HTML email to show the highlights from this edition. There is still time to share any suggestions or examples you have of newsletters (you can email stephanie.king@hart.gov.uk direct).

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Citizens Advice Hart - your local independent charity for free advice

Their trained advisers can help you across several areas such as debt, benefits, housing, employment, family and personal matters, consumer and immigration issues.

Help in the community

Citizen’s Advice Hart are aware that not everyone can travel to Fleet to get help. They give talks to local groups and provide individual confidential sessions to anyone who is not able to travel to Fleet. They cover the full range of advice offered by Citizens Advice which includes help with benefit applications, looking at debt solutions, advising on employment problems and consumer or family issues. Contact 01252 878435 or email outreach@citizensadvicehart.org.uk for further information or advice. Please [check their website](#) for current community advice sessions.

Advice First Aid (AFA)

The award-winning free AFA training is available for local organisations to work in partnership with Citizens Advice Hart. The [Advice First Aid \(AFA\)](#) programme is an opportunity to upskill volunteers and staff working on the frontline to support vulnerable people in the community. You may encounter people for a whole range of reasons in your role, and you might realise they have a problem or that they need help, but you don't know what to do about it.

The program comprises three strands:

1. Training for frontline workers (volunteers or staff)
2. Easy referral opportunities to get those in need quick access to our advisers
3. Ongoing support for you in delivering advice first aid

Dates for our training courses are on **5th February 2025, 7th May 2025 and 2nd July 2025**. The training is completely free and takes place in Fleet. If you would like to find out more or book a training course place – please contact Marcia on afa@citizensadvicehart.org.uk (01252 227014).

Macmillan

Citizens Advice Hart have an experienced Macmillan Caseworker available to help if you are affected by cancer. [Find out more here.](#)

Volunteering

Have you got some time to spare and want to share your experience and learn new skills? Citizens Advice Hart are looking for the following volunteers: HR Trustee, Treasurer Trustee, Events, Admin and Reception. If you are interested, please get in touch [via their website](#).

Struggling with Energy Bills?

Citizens Advice Hart can help. They have advice and financial support available for anyone finding it difficult to afford energy bills. Please get in touch.

Fleet Festivities

Citizens Advice Hart will have a stall at the Fleet Festivities on 28th November. If anyone can donate a bottle to our bottle tombola, they would be delighted to have your support! Please just drop any donation to our office (Civic offices, Harlington Way, Fleet) between 9am and 5pm Monday to Thursday.

Adviceline

Tel: 0808 278 7864 (freephone number)

Available Monday – Thursday 9.30 - 3.30pm

Citizens Advice Hart Website for news, info and access to advice: www.citizensadvicehart.org.uk

Adopt South: They are our missing parts - How adopting a brother and sister changed the lives of one couple forever.



Louise and Alex are just one of 84 households who have adopted siblings with [Adopt South](#). The Regional Adoption Agency offers a wide range of adoption support including access to social events and connections to other families with siblings in the Adopt South region, which includes Hampshire, Isle of Wight, Portsmouth and Southampton.

The couple explain in their [short film](#), that their children, Claire and Nick*, have a very strong sibling bond and felt passionately it was their responsibility to adopt children who could stay together. Louise says, 'We wanted to have a family, and this was our way of having a family. I was so longing to be a mum.'

Alex explains, 'It's not double the work. You just need two beds, but you've still got to do the same stuff.' Louise added, 'Nick likes his football and Claire likes her dance. We have a schedule of activities; we also visit playgrounds and have walks along the common.'

Rachel Reynolds, Head of Adopt South, the Regional Adoption Agency for Hampshire, Isle of Wight, Portsmouth and Southampton says, 'When applicants in the very early stages of the adoption journey express their desire to have siblings, our team will do everything we can during assessment to identify how we can support them to make this a reality.'

For a couple who have wished to have a family for some time, Louise and Alex* are sharing their story, to encourage more people to consider adopting siblings, to keep them together and be part of a family life.

[Adopt South](#) offer a learning programme specifically for adopting siblings, dedicated sibling parent workers as well as a parent who has adopted siblings to offer support and experience of everyday life. When applicants are approved, and children are placed with the family, we will offer opportunities to introduce them to other adoptive parents who have more than one child in their family.

Call our friendly team on: 0300 3000 011 or visit adoptsouth.org.uk* Names have been changed to protect the identity of the family.

Hart Voluntary Action

Trustee information event – 11th November

The Elvetham Hotel

Monday 11 November, 4.30pm



If you have considered becoming a charity trustee or if you are looking to boost your career progression prospects, then why not attend this fun event at a beautiful local venue.

The Elvetham are kindly hosting a number of local charities, in partnership with Hart Voluntary Action, from 4.30pm where visitors will be greeted with a welcome drink and given the opportunity to meet with a number of representatives from a wide range of charities to find out what is involved in becoming a trustee. Local comedian Andy Stedman will be acting as Master of Ceremonies to help ensure this will be a fun event for all involved. For further information contact tania.skinner@hartvolaction.org.uk or visit <https://hva.aidecrm.co.uk/booking/hva-general-networkng-events> to register your interest in this event.

Hart's Community Garden



EVENT EVENT EVENT EVENT EVENT

Christmas Wreath Workshops



Join Hart's Community Garden for this season's Christmas Wreath workshops.

Get creative, have fun and make something for your home or as a gift for someone else.

A choice of 7 Workshops
28 November – 16 December

The cost includes all materials, supervision and refreshments.

To Book: Call Amanda 07865 239058 or use the QR code

Prices: Non-Members £30 (£25 if using own wreath base). Members £15 (£10 if using own wreath base)



...A GARDEN FOR EVERYONE...

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

Hart Voluntary Action Counselling Services



At Hart Voluntary Action they have a range of free counselling services to support all ages from 11+. For more information about any of their services and to make a referral visit our website at www.hartvolaction.org.uk/counselling

Youth Counselling

is a Counselling Service for young people aged 11-17 who live in Hart.

Young people can have up to 10 x 50minutes counselling sessions (with the same counsellor) on a weekly basis free of charge. Sessions take place after school on weekdays in Odiham, Fleet, Yateley, Hartley Wintney or online. They accept referrals from young people, their parents (or guardians), schools, GP's CAMHS and other professionals.

Family Counselling

is a service that gives families the chance to express and explore their feelings in a safe and non-judgmental environment.

Families can have up to 6 Family Counselling sessions depending on the need of the family. Sessions take place in Odiham. Sessions will always be at the same time and place and with the same Counsellor each week. Different family members may be required to attend different weeks depending on the needs of the family.

Adult Counselling

for anyone 18 and over offers a safe and confidential space for a person to explore their experiences and emotions without fear of judgement.

You can have up to 10 Counselling sessions on a weekly basis free of charge. Sessions take place either during the day or in the evenings on weekdays in Odiham, Fleet, Yateley or online. Sessions will always be at the same time and place and with the same Counsellor each week. Each Counselling session is 50 minutes long. They accept self-referrals and referrals from GP's and other professionals.

Walk and Talk

is a service for adults who would prefer to have their counselling sessions in nature.

You can have up to 10 Counselling sessions on a weekly basis free of charge. Sessions take place on a Friday in Fleet. Sessions will always be at the same time and place and with the same Counsellor each week. Each Counselling session is 50 minutes long. They accept self-referrals and referrals from GP's other professionals.

Sunshine and Showers

are anxiety and depression support groups to allow adults who are struggling to come together to support each other.

Groups can be up to 6 people. Each group is run by a facilitator and a co-facilitator. Sessions run every week for 50 weeks of the year. Sessions last an hour and a half. They have groups running in the afternoon on a Tuesday and on a Tuesday and Wednesday evening. You can attend as long as you like but it is expected that you attend on a regular basis during this time

RHL: Your Partner in Health and Well-being



We believe that everyone deserves the opportunity to improve their physical and mental health. RHL offers a variety of exercise classes and community-based projects designed to help you achieve a healthier you. While many of our services focus on older adults and those with health conditions, we have something for everyone. Whether you're 29 or 89, local or accessing our services online, we invite you to get in touch: 01252 957430 / <https://www.rhl.org.uk/timetable.php>

We also offer Emergency First Aid at Work (EFAW) courses - GRAB our **10% EARLY BIRD** discount off any of the 2025 course bookings below:

- Monday 3rd March 9.30am - 4.30 pm (full day), @ RHL Office Aldershot £95
- Saturday 24th May 9.30am - 4.30 pm (full day), @ RHL Office Aldershot £95
- Monday 6th & 13th October 9.30am - 1 pm (split day course), @ RHL Office Aldershot £95

Yateley Men's Shed



Yateley Men's Shed will be at will be at the 2024 Yateley Christmas Market on Church End Green (outside the Dog & Partridge pub) 30th November from 3pm to 6pm. They'll have lots of Christmas goodies for sale, both large and small, hand crafted from recycled wood. Come down and have a look, have a chat and take home an item totally different from anything commercially produced. And you'll have their thanks for supporting their charity. Pictured here is part of their stall from 2023.

Vision 4 Youth

More spaces available at Youth Club targeting neurodiverse



Vision 4 Youth run many youth clubs in Yateley and Darby Green for young people aged 11-25. One of these includes a traditional youth club format specifically targeting neurodiverse young people, and this provision is being extended to allow a larger attendance.

Known as 'Blue Sky Club', the group has been meeting on Wednesday evenings at The Tythings in Yateley for almost two years. Other Vision 4 Youth clubs are loud, busy and energetic, which is an environment that isn't suitable for everyone. As a result, they set up a club with a restricted headcount to give a bit more space to those who needed it. The small attendance keeps the overall noise levels down, and bright lights can be dimmed if required. The club has been a great success, welcoming young people on the autistic spectrum, those who have become socially isolated and find getting out stressful, as well as others who don't have a formal diagnosis but appreciate the format of the group. The young people who come along meet their peers and make new friends.

Due to the limited headcount the group can easily fill up, and thanks to a grant from Hart District Council, the club is able to expand from November so that double the amount of young people are able to attend. There are two timeslots available each Wednesday evening, 7-8pm and 8-9pm. Both are open to those age 11-18 and there is no charge to attend. To book a place, please visit their website <https://vision4youth.org.uk/club-nights/> where you can sign up for either a trial visit or a full half term booking.

The group is very flexible to meet the needs of the young people who wish to attend. If you would like to discuss the club before booking, please contact them via office@vision4youth.org.uk or 07423 316516. Previous adjustments have included popping in briefly to meet the team and see the space before signing up, watching a video of what it's like inside, or having a parent stay nearby for the duration of a session.

Walking Cricket Fleet



WALKING CRICKET

HAVE **FUN** GET **ACTIVE** BE **SOCIAL**

Come and try Walking Cricket in Fleet

Weekly sessions starting in September

Men and Women aged 55+

TUESDAYS FROM 10TH SEPT | 1PM - 2PM
FLEET LEISURE CENTRE | GU51 5HS | £3 PER SESSION

FIRST SESSION FREE

For more information and to register, please contact Steph Trueman:
steph.trueman@utilitabowl.com | 07519 312314

Hart Foodbank Centre



**Can you donate a gift for a local child?
Or be the secret Santa at work, collect gifts and
deliver them to the appeal!**



Drop your new, unwrapped gift/s to Hook Tesco, Bridges Estate agent, Diverse Fitness, The Old White Hart (top), The Crooked Billet.



Gifts will be distributed to local children identified by Hart Foodbank and Schools.



Last donation day Sunday, 8th December

THANK YOU for your support.

HOOK TESCO



Bridges

Hart Foodbank
Together with Trussell

Hart Foodbank Centre is proud to support the Tesco Hook Christmas 2024 Toy Appeal!

- Supporting Families - Many families struggle financially, and donations help ease the burden on parents during a stressful time.
- Creating Memories - Gifts provide children with lasting positive memories and show that they are cared for, helping to boost their emotional well-being.
- Spreading Kindness - Your generosity will help foster a sense of community and remind others of the power of giving.

Please help bring joy to children this festive season by donating a gift.

Hart Foodbank - Holiday Closure Notice

Please note that the Hart Foodbank Centres and the Community Pantry will be closed on Thursday, 26th December (Boxing Day). Thank you for your understanding, and they wish everyone a very happy and safe Christmas holiday.

Sasha's Project

Sasha's Project would like to
invite you to join us at a



Service of Reflection

FOR THOSE IMPACTED BY SUICIDE

Saturday 16th November
2-4pm at Tylney Hall Hotel
Ridge Lane, Hook, Hampshire, RG27 9AZ

A non-religious service of reflection for all those whose lives have been touched by suicide. It will be a compassionate gathering with music and words, providing solace and strength in unity

This is a free event that is open to anyone affected by suicide. If you would like to attend please email us at the below email address with the number of seats you require angela.forster@sashasproject.charity



South East Area Army Welfare Service

A colorful poster for the pantomime 'Jack and the Beanstalk'. The background is light blue with a cartoon castle and a large green beanstalk. The title 'JACK & THE BEANSTALK' is written in large, bubbly yellow letters with green outlines. In the bottom right, there is a photo of four people in costume. A QR code is in the top right, and a logo for TPB Productions is in the top left.

TPB PRODUCTIONS

Expression of Interest for Jack and Beanstalk The British Forces Foundation Panto

JACK & THE BEANSTALK

The British Forces Foundation
Proudly presents
Jack & The Beanstalk
14th December
Location : AGCH Church Crookham Hub , Naishes Lane , Quetta Park , Church Crookham , GU52 8TJ
Time: 14.00 to 16.00 (with interval)
Tickets for Panto: FREE (subsidise) - £ Souvenirs & £ Refreshments Available
Please register your interest by QR code , this is first come first basis .
We will close form once we reach capacity for regulations.



Odiham Cottage Hospital

Odiham Cottage Hospital's Befriending Service is a volunteer led service run and managed by the Hospital and covers the areas of **Odiham, Hook, Hartley Wintney and Old Basing** and surrounding villages. Their clients are those who have become lonely and isolated due to living with a long-term health condition or are receiving palliative care. All clients are referred to the service through their GP practice, community health team or another medical professional.

The service recruits, trains and supports volunteers who on a weekly basis visit people in their homes, as well as provide befriending via the telephone. Their service operates weekdays between the hours of 9am-5pm and volunteers commit to a maximum of two hours each week.

Clients and volunteers are specifically matched according to their interests, with a view of building a lasting and trusting relationship together. Both their clients and befrienders find they benefit greatly from the relationships that are formed and the service proves to make a real difference in people's lives within the community.

For more information on the service, please contact: - Tina Birch – Befriending Manager on 01256 393609 or via email at: befriending@odihamcottagehospital.org.uk

Mustard Seed Autism Trust



Mustard Seed Autism Trust's Autumn Newsletter is out now! If you would like a copy, please email: info@mustardseedautism.co.uk

To find out more about the work at Mustard Seed, visit their website <https://mustardseedautism.co.uk/>

Age Concern Hampshire

Age Concern Hampshire Seeks New Trustees and Deputy Chair

Age Concern Hampshire, a charity dedicated to supporting older people across Hampshire, is actively seeking new Trustees and a Deputy Chair to join their Board and contribute to its ongoing success. Age Concern Hampshire invites applications from individuals with a wide range of skills and experiences. Previous Trustee experience is not required, and applicants do not need to reside in Hampshire. Read the full press release: www.ageconcernhampshire.org.uk/trustees-and-deputy-chair/

To express your interest in becoming a Trustee or Deputy Chair at Age Concern Hampshire, please email: hr@ageconcernhampshire.org.uk or apply online:

Deputy Chair Role: www.ageconcernhampshire.org.uk/job/deputy-chair-of-trustees/

Trustee Role: www.ageconcernhampshire.org.uk/job/trustee/

Frogmore Care and Wellbeing Centre

FROGMORE CARE & WELLBEING CENTRE

in Yateley

AGEconcern
Hampshire

Please Scan to
Book Online:



Affordable
DAY CARE

Our Care and Wellbeing Centres specialise in supporting older people who require extra assistance due to their physical or mental health needs. As well as the practical things like help at meal times and personal care, we provide engaging and meaningful activities in a caring and safe environment, where everyone can make friends and have fun!

Where to find us...

Frogmore Care & Wellbeing Centre
Potley Hill Road, Yateley GU46 6AG

Our Opening Hours

Monday to Friday
10am - 3pm



FREE
Taster
Session

For more information or to book a taster day, get in touch...

Call: **07842 306 033** or email: **enquiries@ageconcernhampshire.org.uk**

www.ageconcernhampshire.org.uk Reg. Charity No. 290874

Junction 5 Money Advice

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

Yateley Industries



Yateley Industries
est 1935

DONATIONS NEEDED
FOR OUR

CHRISTMAS TOMBOLA

We have a stall at the
Yateley Lions Christmas Market
on 30th November from 3-6pm

Any donations of chocolates,
bottles, toiletries and Christmassy
items gratefully received.

Please drop any donations at reception FAO Maria or email
mariam@yateleyindustries.net to arrange pick up.

ALL PROCEEDS GO TO YATELEY INDUSTRIES FOR THE DISABLED



Yateley Industries
est 1935

CHRISTMAS FAIR

JOIN US FOR CRAFTS, MUSIC,
FESTIVE TREATS & SANTA'S GROTTO!

DECEMBER 7 • 10.30AM - 3:00PM

YATELEY INDUSTRIES FOR THE DISABLED
MILL LANE, YATELEY,
HANTS, GU46 7TF

Hampshire learning in libraries



Hampshire County Council Library Service

Are you looking to try something new? Hampshire learning in libraries is currently planning our varied Spring term programme 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, pediatric and emergency first aid, parenting courses, improving your wellbeing, exercise and fitness, music courses, beginners computing, English for speakers of other languages or help with practical skills for job seeking, there's something for everyone.

For more information and to book your place. please visit our online shop at <https://shop.hants.gov.uk/collections/library-courses> alternatively phone the friendly Learning in Libraries team on **02392 232957**

Try something new today!

Fleet Hospital and Community Friends



FLEET HOSPITAL AND COMMUNITY FRIENDS

Charity No: 1169526

**CHILDREN WELCOME TO
COME AND SEE FATHER CHRISTMAS**

at the

Christmas Fayre

NOVEMBER 30TH 2024

10 – 12 am

To be held at

**ALL SAINT'S COMMUNITY CHURCH HALL,
CHURCH ROAD, FLEET**



LOTS OF STALLS –

Toys

Toiletries

Books,

Cakes,

Tombola and much more!



Take part in our Christmas Raffle!

All proceeds to Fleet Hospital and Community Friends to spend on goods required by the hospital and community medical needs.

No Limits Safe Haven North East Hampshire



Safe Haven North East Hampshire & Farnham

Out of hours support for young people aged 10-17 and experiencing crisis with their mental health

(covering areas including Aldershot, Basingstoke Farnborough, Fleet, and Yateley)

- Emotional and practical support in a safe, calm space to help you explore your current situation
- Open access drop-in sessions
- Face-to-face, online & telephone appointments available
- Brief interventions to signpost and refer you to other sources of support
- Supporting you with skills and resources to help you to improve your mental health

Mondays

Drop-in session
6.30pm-7.30pm
One-to-one sessions
7.30-9pm
(by appointment only)

Thursdays

Drop-in session
6.30pm-7.30pm
One-to-one sessions
7.30-9pm
(by appointment only)



Hale Community Centre,
130 Upper Hale Road, Farnham, GU9 0JH



Call 07918 259 361 to book a one-to-one appointment



Scan to find out more

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk

No Limits (South) is a registered charity in England and Wales. No. 1088835

Yateley and District Lions



YATELEY CHRISTMAS MARKET

SATURDAY 30TH NOVEMBER
3:00 - 6:00 P.M.

CHURCH END GREEN
BY DOG & PARTRIDGE PUB

CHRISTMAS LIGHTS SWITCH ON
CAROL SINGING
SCHOOL CHOIRS
AMUSEMENTS
GIFT AND FOOD STALLS
CHRISTMAS GOODIES
AND MUCH MORE ...

YATELEY & DISTRICT LIONS CLUB

The poster features a festive winter scene with snow-covered rooftops, decorated buildings, and a central Christmas tree. A white text box in the center lists the market activities. The Lions Club logo is visible on the left side.



get your free

MESSAGE IN A BOTTLE
IT COULD HELP SAVE YOUR LIFE

<https://lionsmessageinabottle.co.uk>

Available from your local Lions:
Yateley & District Lions Club
EMAIL: enquiries@yateleylions.co.uk
PHONE: 0345 833 9915
WEBSITE: www.yateleylions.co.uk

The image shows a white plastic bottle with a green cap and a green label that says 'EMERGENCY LIONS MESSAGE IN A BOTTLE'. Next to it is a green card with the same text and a Lions Club logo. The background is a bright yellow curved shape.

Free message in a bottle

The Yateley and District Lions Club is involved with the Message in a Bottle (MIAB) program, which helps people with health conditions keep their medical and personal information in a common location for emergency services to find medical information quickly and so emergency contacts can be notified.

The MIAB program includes a bottle with a form and stickers. You can get a Message in a bottle kit from: A local Lions Club, local GP surgeries, and local pharmacies.

If you have trouble finding a bottle, you can contact Lions Clubs Headquarters enquiries@yateleylions.co.uk or 0345 833 915

Vision 4 Youth



More spaces available at Youth Club targeting neurodiverse

Vision 4 Youth run many youth clubs in Yateley and Darby Green for young people aged 11-25. One of these includes a traditional youth club format specifically targeting neurodiverse young people, and this provision is being extended to allow a larger attendance.

Known as 'Blue Sky Club', the group has been meeting on Wednesday evenings at The Tythings in Yateley for almost two years. Other Vision 4 Youth clubs are loud, busy and energetic, which is an environment that isn't suitable for everyone. As a result, they set up a club with a restricted headcount to give a bit more space to those who needed it. The small attendance keeps the overall noise levels down, and bright lights can be dimmed if required. The club has been a great success, welcoming young people on the autistic spectrum, those who have become socially isolated and find getting out stressful, as well as others who don't have a formal diagnosis but appreciate the format of the group. The young people who come along meet their peers and make new friends.

Due to the limited headcount the group can easily fill up, and thanks to a grant from Hart District Council, the club is able to expand from November so that double the amount of young people are able to attend. There are two timeslots available each Wednesday evening, 7-8pm and 8-9pm. Both are open to those age 11-18 and there is no charge to attend. To book a place, please visit their website <https://vision4youth.org.uk/club-nights/> where you can sign up for either a trial visit or a full half term booking.

The group is very flexible to meet the needs of the young people who wish to attend. If you would like to discuss the club before booking, please contact them via office@vision4youth.org.uk or 07423 316516. Previous adjustments have included popping in briefly to meet the team and see the space before signing up, watching a video of what it's like inside, or having a parent stay nearby for the duration of a session.

TalkPlus NE Hants and Farnham



Dad's group

Is aimed at first time dads, but also other experienced dads with children under the age of 2 years. If you are struggling with anxiety, stress, low mood, or other struggles due to the new addition to the family, this is the place for you! They aim to provide a supportive environment. It is a good space for dads to ask questions, share tips, struggles and successes and to grow your support network. They welcome babies to the sessions, so childcare should not be an issue.

Any patients living in the North East Hampshire and Farnham area who might be interested in their Dad's Group, please ask them to refer to TalkPlus: www.talkplus.org.uk and mention the dad's group on their referral.

Knowing Me Knowing You Course

A six-week virtual course that explores thoughts and feelings around anxiety, low mood and wellbeing in a safe environment, allowing space to have special time with your baby. This course is for new mothers with babies under the age of 12 months, living with a postcode within Hart and Rushmoor, Struggling with mild to moderate levels of low mood/anxiety.

Move to Improve

Helps people engage in by overcoming barriers and finding motivation in physical activity and exercise. The course's format is 5 consecutive weeks in a supportive group environment, followed by a group review session 8 weeks later.

Managing Low Mood and Anxiety

The course runs over 4 weeks and with each module is an hour long. These are run either in person or online. The course is suitable for anybody who wants an introduction to CBT, to gain an understanding about general anxiety and depression, and is self-motivated to learn self-help techniques to better manage their mood. There are opportunities to ask questions and join in with group tasks, although it is not a forum to share their personal experiences. They encourage participants to have their cameras on if they are attending online. Patients can attend the managing low mood and anxiety course following a referral to TalkPlus and after discussion for suitability at their initial assessment. The course is suitable for people experiencing mild to more severe levels of depression or general anxiety.

For further information about all the courses they run and how to self-refer, please visit: www.talkplus.org.uk

The Youth Endowment fund: New Funding Round Now Open!

The Youth Endowment Fund is excited to announce the launch of an Open Call funding round. The funding is available to organisations across England and Wales that are working to reduce children's involvement in violence and have the potential for rigorous impact evaluation.

Unlike previous rounds, this call is ongoing with no deadline. Your project should fit within any of their seven key sectors: youth justice, children's services, youth sector, policing, neighbourhoods, health, or education. If your project supports young people aged 10-18 who are at risk of or affected by violence, and you're ready to scale and evaluate your impact, this is your chance to secure funding.

To find out more or apply, visit: <https://youthendowmentfund.org.uk/grants/open-call/>

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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