



Here for Hart Bulletin

Winter 2025, Issue 17



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 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

Looking forward for the CPP team



The Community Partnerships and Projects team have been working hard to create objectives and agree priorities for 2025. For us, it's important to build on our 2024 successes, examples being our first Employment Fair, the work we have started around carers, gaining the Silver Armed Forces Covenant Employers Recognition Award and successfully awarding our own funding through the Winter Cost of Living Grant and Armed Forces Support Fund.

We're very proud that the Here for Hart Working Group is recognised by other local authorities as a successful partnership programme, and we thank all our partners for their continued support. The group has expanded greatly over the last couple of years, and we look forward to continuing this growth and adding focus groups to our working practice.

In terms of priorities, we have a number! We have created objectives around Homes for Ukraine, Armed Forces, Older People, Carers, Employment and Skills, Health and Wellbeing as well as Children, Young People and Families.

The Community Partnerships and Projects Team look forward to another year of working together and delivering quality community services to our Hart residents in 2025.

Mindful nature trail – Fleet Pond



Following the launch of the Mindful Walk Guide last year, the Hart District Council countryside team have placed a set of mindful activity signs along a circular walk around Fleet Pond. The walk will help you connect with nature and your inner self. There are eight signs along the route to guide you through the circular walk - simply follow the steps here or download the guide you can use anywhere: [Mindful nature walk | Hart District Council](#).

Community Safety Team Update

The Community Safety Team recently released a newsletter, which covers:

- What the team covers
- Vehicle Nuisance – What are we doing?
- Safeguarding is Everyone's Business

View the newsletter here: www.hart.gov.uk/sites/default/files/2025-01/Community-Safety-Newsletter-January-2025.pdf

FREE Community in Motion training – learn how to become an active bystander and contribute to the safety of our community!

Community in Motion is designed to empower individuals to feel confident enough to intervene when they observe unacceptable behaviour being directed at others - in particular, in circumstances when that behaviour is not being challenged by others who may feel uncomfortable or unsure how to challenge this behaviour themselves with a particular focus on tackling sexual violence and domestic abuse.

It is not about being responsible for resolving serious conflicts or about placing yourself at risk, it is about having the ability to recognise and challenge those unacceptable behaviours when identified - and from there identify the best course of action to support someone in need, whether that be by diversion, providing sanctuary, simply connecting or signposting.

By the end of the training, participants will be able to:

- Discuss the extent of gender-based violence in England and Wales
- Discuss the role of bystanders in the prevention of abuse
- Identify a range of tools that can be used to safely support/challenge others
- Describe ways to support individuals who may disclose abuse

This training is suitable for all front-line staff, those who regularly engage with customers and the wider public, too - and the more people that are trained, the better for our communities.

For more information, please contact communitysafety@hart.gov.uk

Here for Hart Directory – New Entries

Please keep sharing the directory:
www.hereforhartdirectory.org.uk



Concord Oddfellows - West Surrey & North East Hampshire Branch

A friendship group encouraging older adults in the area to try something new in later life. It aims to improve people's lives through friendship and support. Visit: <https://hereforhartdirectory.org.uk/services/view/661>



Zero Hunger

Join Zero Hunger every Thursday morning at Elizabeth Hall in Hook, from 10.00-12.00 for their Food Waste Prevention Drop-In Sessions. Visit: <https://hereforhartdirectory.org.uk/services/view/662>



Community Hub @ Yateley Industries

The Community Hub offers a diverse range of spaces suitable for various occasions, all refurbished to ensure accessibility for all. Visit: <https://hereforhartdirectory.org.uk/services/view/663>

Hareshill Community Centre – Crookham Parish Council

A brand new, bright and welcoming Community Centre with easy access. Facilities include a main hall, spacious kitchen, comfortable meeting room and a small outside toddler play space. Visit: <https://hereforhartdirectory.org.uk/services/view/664>



Swim Odiham

A local, warm pool, offering a variety of activities for the community as well as military personnel. Visit: <https://hereforhartdirectory.org.uk/services/view/666>



Hartland Men's Shed

Hartland Men's Shed Fleet are dedicated to providing a welcoming space where men can come together to socialise, share skills, and support each other's well-being and mental health. Visit: <https://hereforhartdirectory.org.uk/services/view/667>



Walk & Talk Counselling (HVA)

Walk side by side with your counsellor, allowing the conversation to flow naturally. Up to 10 sessions for 18+ year olds on a weekly basis free of charge. Visit: <https://hereforhartdirectory.org.uk/services/view/669>

Feature: Supporting Men's wellbeing in Hart



Men's Sheds

Men's Sheds (or Sheds) are community workshops where the focus is on connection, creation and conversation. Their aim is to increase wellbeing, reduce loneliness and social isolation. They usually offer an open workshop time to meet and work on projects, opportunities to learn new skills, get involved in community projects and stallholder events to generate funds.

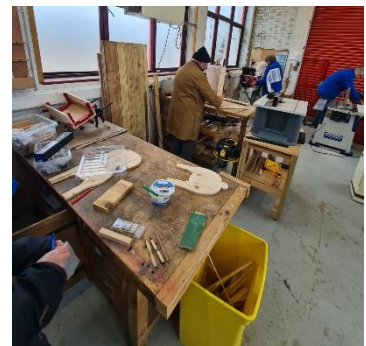
The impact of Men's Sheds across the country is reflected in numbers - there are about 1130 Sheds across the UK, with roughly 30,000 members attending each week. Men's Sheds Association report that 75% of its members feel less anxious after joining a Shed and 96% members felt less lonely.



We recently visited Hartland Men's Shed, as it marks its 1st year anniversary and has recently been awarded a grant from Hart District Council's Countryside team. They currently have 39 members who range from 22-90 years old.

The workshop was busy with activity when we arrived. One worktop was covered in an array of wonderful products for sale – from hedgehog houses, personalised engraved chopping boards, bird houses and planters. Personalised chopping boards are created for each new homeowner in Hartland Village, where they have their workshop.

We met Martin, who has been a member since the new Men's Shed inception in 2024. He described why the Men's Shed has been so beneficial to him: **"The Men's Shed helps me get out the house, making friends and keeps me occupied in retirement. My favourite project has been working on the new noticeboard for Hartland – it was challenging because we couldn't make a mistake, it was expensive wood!"**



The Shed will soon be benefitting from a grant from Hart District Council's Countryside team for a greenhouse and flower beds. This will enable them to offer gardening activities to a wider community and grow their own food on site.

In Hart, we are lucky to have four Sheds: Yateley, Hartland Park, Church Crookham and Fleet and Hook offering a place for friendship, purpose or new skills. There is usually an annual membership fee (or pay as you go option) and open to all men (and sometimes women)

- **Hartland Men's Shed**, Hartland Community Training Hub, Bramshot Road, Farnborough, GU51 3LF | www.hartlandmensshed.org.uk | hartlandmensshed@outlook.com
- **Yateley Men's Shed**, Old School Lane, Yateley, Hampshire, GU46 6NG | <https://yateleymensshed.wordpress.com/>
- **The Hook Shed** | membership@hook-shed.org.uk | www.hook-shed.org.uk
- **Church Crookham and Fleet Men's Shed**, Gurkha Path, Naishes Lane, Church Crookham, Hampshire, GU52 8DT | shedders@ccandfmensshed.org.uk | www.ccandfmensshed.org.uk

New Man Down group - Fleet



Man Down UK is a non-profit Community Interest Company who provide informal peer-support talking groups all over the UK for men with mental health concerns. Together they want to end the stigma and reduce the number of male suicides.

A new group has recently started in Fleet. It's free to attend – just turn up. To attend:

Location: Elvetham Heath Community Centre,
The Key, Fleet GU51 1HA

Fortnightly on **Thursday** 7 - 9pm

Upcoming dates: Thursday February 6th & 20th, Thursday
March 6th & 20th, Thursday April 3rd & 17th

To find out more, visit: www.mandown-cornwall.co.uk

Completely confidential and non-judgmental peer support in a male environment. Share or just listen – it's up to you. No pressure, no obligation.



Talk Plus Dad's Course

Introducing the Dads Group

Since becoming a dad are you struggling with thoughts such as...

"It's not about me"

"I should know what to do"

"I need to be the rock"

"This is not what I expected"

"I shouldn't be feeling like this"

Don't worry. Becoming a new dad can be difficult, it is estimated that just as many dads experience stress, anxiety and depression after the birth of a child as mums do.

The 'New Dad Group' facilitated by TalkPlus is an online 6 week peer support group looking at the pressures of fatherhood with the opportunity to learn tools and techniques to help manage in a supportive environment.

We also look at the role of fathers, changes in relationships and baby development. Self-refer via our website today to secure your place!

www.TalkPlus.org.uk

TalkPlus
01252 533355

Dads Course

This Talk Plus course 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! We aim to provide a supportive environment and is a good space for dads to ask questions, share tips, struggles and successes but to also grow your support network. We welcome babies to the sessions, so childcare doesn't have to be an issue.

The next course is 5th February 2025 6-7pm online for 5 weeks.

To request to join one of their five-week Dad's Course, please complete a self-referral and mention you're interested in the Dad's Course: www.talkplus.org.uk/self-referral

The Safe Men's Hub - Basingstoke



The Safe is a non-profit charity who offer help and support to all families of all ages across Basingstoke and North Hampshire. They provide free support groups including a monthly Dads' Hub on the second Saturday of every month.

Are you a dad looking for somewhere to take children at the weekend?

Would you like to meet other Dads in a similar situation to you? Pop in, to our Saturday afternoon group between 2 - 3.30pm and enjoy a coffee and a chat whilst your kids have fun doing arts and crafts and playing with other children.

Second Saturday of every month at The Safe, a charity located at 18 Winchester Street, Basingstoke, RG21 7DY.

For further information please contact: enquiries@the-safe.org.uk

07973 738861 www.the-safe.org.uk

For more details, visit: www.the-safe.org.uk

Other services for men's wellbeing

The Here for Hart Directory has a whole host of other services available to men (and women) that may support their mental health and wellbeing. Other suggestions from the directory:

- [121 Adult Counselling](#)
- [Crisis Mental Health Helpline \(Surrey & North East Hampshire\)](#)
- [Hart's Community Garden](#)
- [NHS Talking Therapies Hampshire Health \(West Hart\)](#)

Visit www.hereforhartertdirectory.org.uk and select the 'Mental Health & Wellbeing' category for more ideas.

Here for Hart Partner Updates

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Sasha's Project – New Telephone Support Service



Sasha's Project are delighted to be launching their Telephone Support Service in February. It's available to not only young people who are anxious or in crisis, but also parents who are struggling to support a child with poor mental health.

The Telephone Support Service (0774 111 7655) will be open from 9pm until midnight every day of the week.

National Autistic Society (NAS) – support for adults



Support for people identifying as Autistic. The NAS team have a wide range of experience working with the Autistic Community. We are patient, friendly and aim to provide you with support and practical advice required to make positive changes in your life.

To receive support from NAS you need to:

- be over the age of 18
- have a diagnosis or be seeking a diagnosis of Autism
- be a resident Of Surrey or North East Hampshire
- not be eligible to receive adult social care

Support available

- **Godalming Women's Group** 15:30-17:00- once a month on a Saturday. Alternate virtual and face to face in Godalming.
- **Guildford ASPIRE** – Thursday- 18:30-20:30- once a month- face to face in Guildford.
- **Countywide virtual**- once a month virtually on a Friday
- **ASSIST service** –
Over 6 sessions we aim to provide an opportunity to talk about and find ways of managing a wide range of issues including coping strategies, employment, physical and emotional wellbeing and relationships. The appointments can be via the telephone, video call or Face to Face.

To access any of these services, please email assist.surrey@nas.org.uk

Hartley Wintney Dance Club

There is a dance club every Wednesday at the Victoria Hall in Hartley Wintney, RG27 8RQ. There is ballroom, sequence and Latin dancing in a friendly atmosphere. Singles and couples are welcome. Refreshments are available.

For contact details visit <https://weyvalley-sequencedance.co.uk/main/hartley-wintney-dance-club/>

Fleet Hospital – February Quiz Night

Fleet Hospital and Community Friends



Quiz
Night

COME AND JOIN US

Friday 21st February, 2024 - 7pm Start

at

All Saints Church Hall
Church Road
Fleet
Hampshire

Come and test
your
knowledge

Have an
evening
of fun!

Teams of 6 people at £10 per person

Payment to Barclays Bank - Sort Code -20-16-99

Account No: 00566810 add your Name and Quiz as Reference

Payment in advance please

PRIZES FOR FIRST IN EACH ROUND
AND FOR OVERALL WINNER

PLUS RAFFLE

Please bring your own food as supper is not provided.

Any Queries contact Steve Gotting - 07831 664880 or
stevegotting@gmail.com



Mustard Seed Autism Trust



**MUSTARD SEED
QUIZ NIGHT**

**@Fleet Town Football
Clubhouse
7pm**



FRIDAY

21ST

FEBRUARY



Tickets £7

Teams of up to 6

BUY YOUR TICKETS HERE:

<https://www.peoplesfundraising.com/event/valentine-s-quiz-2025>



**BAR
AND
SNACKS**



RAFFLE



**BOTTLE
TOMBOLA**

MHA – Live later life well



My name is Gill Gibson, and I am a Community Coordinator for MHA covering the Hart area. We arrange activities for older people aged over 65 in our local area.

I run a Tuesday group when residents from Yateley and the surrounding areas come along to a lunch club. Each week we go to a local pub for lunch together. We are a very friendly bunch and have lots of laughs and fun together. If you would like to come along you can either be picked up by our minibus or come under your own steam. Everyone pays for their own meals and drinks and pay a £2 service charge for belonging to the group to cover admin costs. The cost of the minibus is £6.

Our Wednesday afternoon group is situated in the URC Church Hall in Kings Road, Fleet running from 130 p.m. – 3.30 p.m. We have various activities running on these afternoons ranging from talks, craft work, outings and on the last Wednesday of each month we have a lunch club where a meal and pudding are provided for our members.

If you are interested in joining either of our clubs, please contact me for further details.

Gill Gibson - email: gill.gibson@mha.org.uk or visit [MHA Hampshire North | Social Groups For Older People](#)

Yateley Town Council - Mayor's Community Awards 2025



Nominations Now Open!

Do you know someone who has had a positive impact on the community in Yateley?

The Mayor's Community Awards 2025 are now open for nominations!

The deadline for nominations is **Friday 21st February 2025 at 5pm.**

The Mayor's Community Awards are open to adults and children who have gone above and beyond to make a difference to the Community in Yateley, Frogmore, and/or Darby Green. Each winning person will be presented with a certificate from the Mayor during the Annual Town Meeting at Yateley Village Hall on 17th March at 7pm. Please note, people given an award in 2024 are not eligible to be renominated in 2025.

For more information and to send in your nomination, please see our dedicated page:

<https://yateley-tc.gov.uk/mayors-community-awards/>

Yateley & District Lions Club – upcoming events



**Yateley & District
Lions Club**



your place on 0345 833 9915 (£36 per team of 6)

Yateley and District Lions Club has a **Quiz Night** on Saturday 8th February held at Westfields Junior School. Phone Phil to book

We have **Bingo** on select Fridays, February 7th & 21st and March 7th & 21st. Ticket sales from 19:30 (£2.50 +) eyes down 20:00. Free refreshments.

We're party of the group of Lions clubs that put on the annual fun packed free event '**FunFest**' is coming up on Sunday 29th June in Yateley for people with disabilities or special educational needs, their families and helpers; pre-registration & booking essential.

We've lots of projects underway and causes we're helping and always looking for new members and volunteers so do get in touch for more details by emailing us enquiries@yateleylions.co.uk

**YATELEY & DISTRICT
LIONS CLUB**

COME & JOIN US FOR OUR

BANK HOLIDAY MONDAY

MAY FAYRE

5TH MAY 2025

10:30 A.M. - 5 P.M.

AT YATELEY GREEN GU46 7RP

FEATURED ATTRACTIONS

.... TO BE REVEALED

SOON!

FREE ENTRY

Events

Attractions, Live Music, Entertainment,
Fun Dog Show, Family Fun Races,
Charity & Information stands,
Food vendors, Stalls galore..
Yateley Vehicle Show, Car Boot Sale

ENQUIRIES@YATELEYLIONS.CO.UK

Home-Start Hampshire



Are you feeling
overwhelmed, anxious or
lonely?
Would you like a safe place
to express how you feel and
meet other Mums?

**MUMS
MATTER**
Group
Can help you



- ♥ Make new friends
- ♥ Support your wellbeing
- ♥ Help with parenting

Your babies & pre-schoolers are
welcome too!

Wednesdays
10-11.30am
Elizabeth Hall
Hook RG27 9HH

Contact us to register*



home-starthampshire.org.uk

0330 124 2095

info@hshants.org.uk

* Open to families in Hook, Odiham & H.Wintney

Charity No: 1144661

Age Concern Hampshire – volunteer roles



Make 2025 the Year of Giving Back with Age Concern Hampshire.

With the arrival of 2025, Age Concern Hampshire is seeking more compassionate individuals to volunteer and support older people across the county.

Volunteering with Age Concern Hampshire offers more than just an opportunity to give time, it provides a chance to build meaningful connections and ensure that older people feel valued and supported. Whether it's an hour a week or more, each contribution can help provide companionship, practical support, and a lifeline to those who need it most.

To address the increasing demands of Hampshire's ageing population, volunteers are sought for a range of roles, including:

- Supporting Care and Wellbeing Centres, which offer activities, social interaction, and day care services.
- Helping to run social groups in areas like Basingstoke and the New Forest, creating community and connection among older residents.
- Assisting with initiatives like the Information Service providing essential guidance and resources.
- Offering practical support with form-filling, helping older people access benefits and services.
- Reception support for our Foot Care Clinics, which provide toenail cutting to help maintain health and mobility.
- Administrative support across our services, to ensure smooth and efficient operations.
- Support on rehabilitation wards in Community Hospitals in Alton, Gosport and Petersfield.

Age Concern Hampshire is also seeking passionate individuals for leadership roles, including Trustee and Deputy Chair positions.

As many businesses continue to incorporate corporate social responsibility (CSR) into their operations, Age Concern Hampshire is also actively seeking partnerships with corporations.

For more information, read the full press release here:

www.basingstokegazette.co.uk/news/24830432.age-concern-hampshire-volunteers-needed-help-people/ or visit: www.ageconcernhampshire.org.uk

Hampshire Adult Learning in Libraries



Fancy getting back into art? Then try out our FREE Discover Yourself Through Art course online on Fridays, 28 February – 28 March, 10:00-12:00.

What about finding some relaxation through sewing? Take part in our FREE More Sewing for Happiness course online on Wednesdays, 18:30-20:30.

And not forgetting all our other fabulous adult tailored learning courses in the Hart & Rushmoor areas, which can be viewed via our online shop. Many of these courses are free for Hampshire residents.

We're always adding new courses and workshops, so do check back regularly and see what is coming up: [Learning in Libraries – Hampshire County Council Shop \(hants.gov.uk\)](https://hants.gov.uk/learning-in-libraries)

Alternatively, for more information, please email the Learning in Libraries team at: learninginlibraries@hants.gov.uk or telephone us on 02392 232 957.

We look forward to welcoming you on a course soon!

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

Step by Step

BE THE **HERO** OF YOUR OWN STORY

We're here to help you tackle life's challenges, with **free and confidential** advice for young people who need a helping hand.

AGED 11-25? NEED ADVICE OR SUPPORT?

WE CAN HELP YOU WITH:

HOUSING // WELLBEING AND MENTAL HEALTH
ACCESSING BENEFITS // SUBSTANCE MISUSE
SEXUAL HEALTH // GETTING INTO WORK OR EDUCATION



WE'RE HERE WHEN YOU NEED US

Call 01252 346105 Text 07520 649977

stepbystep.org.uk/launch

launch@stepbystep.org.uk

Registered Charity number 900308

LAUNCH
Your First Steps to a Brighter Future

Odiham Cottage Hospital Befriending Service



New volunteering opportunity for 2025

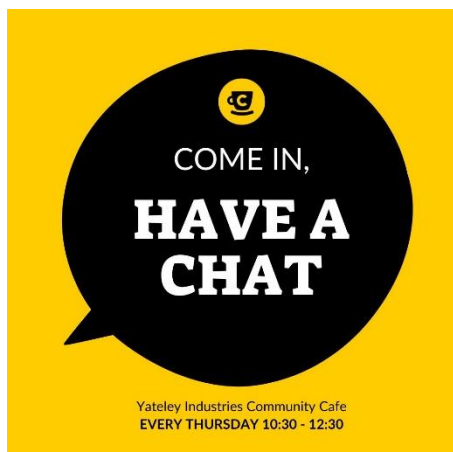
Odiham Cottage Hospital's Befriending Service is a volunteer led service run and managed by the Hospital and covers the areas of Odiham, Hook, Hartley Wintney and Old Basing and surrounding villages. Our clients are those who have become lonely and isolated due to living with a long-term health condition or are receiving palliative care.

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. All clients are referred to the service through their GP practice, community health team or another medical professional.

We are currently recruiting new volunteers to be Befrienders for the service. For just 2 hours a week, you can make a real difference in someone's life within your local community.

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

Yateley Industries



Chatty Café at Yateley Industries:

Yateley Industries has now launched its first Chatty Café table. Every Thursday 10:30am – 12:30pm, we have wonderful volunteers in our café who are there to chat to anyone who pops in. No expectation to buy anything, feel free to just drop in and chat away! To find out more about the Chatty Café Scheme, visit their website: <https://thechattycafescheme.co.uk/>. Please get in touch to find out more hub@yateleyindustries.net



Block Printing Workshops at Yateley Industries:

We've planned more Block Printing workshops for the coming Spring months. Our next one is an Improvers workshop, for those that have a little experience of Block Printing already – book a space for Thursday 13th February 10am – 1pm, for £45pp – refreshments included and a chance to chat all things block printing afterwards!

We are also excited to now be taking enquiries for private block printing workshops – so if you want to get together with your friends, celebrate a special occasion or a team building event for work colleagues, please get in touch to find out more hub@yateleyindustries.net

The Oakley Health Group



OAKLEY HEALTH
GROUP

Lung screening coming to Yateley in 2025

Who will be eligible?

Lung Checks will be offered to people between the ages of 55 and 74 who smoke or have smoked in the past. This group are at greater risk of lung cancer. To ensure that you are contacted if you are eligible, please update the GP surgery with your smoking status.

What will happen?

If you are aged 55-74, a smoker or ex-smoker, and registered with a GP, you will receive an invite letter through the post from the NHS. This is not a self-referral programme so you must wait for an invite. A patient care advisor will call you within 14 days to complete your assessment over the telephone, which will take approximately 15 minutes. During the telephone call you will be asked questions about your overall lung health, lifestyle, family, and medical history. You may then be invited to have a lung CT scan. This checks for early signs of lung cancer. Scans take place in mobile vans in community locations, so they are local and easy to access.

Your results will be sent to you by letter and if a follow up is needed the team will contact you to talk to you about what the next steps are. In the majority of cases, no further action is needed. If your lungs are fine, you will be offered another health check in 2 years to see if anything has changed.

Why is it important?

Lung cancer causes more deaths than any other cancer in the UK and it is commonly diagnosed too late as there are often no symptoms at an early stage. Lung checks will help save lives by identifying lung cancer at an earlier stage, when it is much more treatable and there is a higher chance of survival. If you are a current or former smoker you are at higher risk of lung conditions and by screening these issues, they can be treatable. Attending a lung health check can help find issues early before symptoms occur. A 30-minute appointment could save your life.

For more information: Frimley NHS Lung Health Checks: www.frimleylunghealthcheck.nhs.uk

Early diagnosis of lung cancer: Surrey and Sussex Cancer Alliance

<https://surreyandsussexcanceralliance.nhs.uk/our-work/prevention-early-diagnosis/early-diagnosis-lung-cancer>

The Baker Hall, Odiham

The Baker Hall, home to Odiham's Scouts and Guides, is available for private hire for parties, training courses and meetings in general. Recently extensively refurbished, the Hall has LED lighting through the building, infrared heating and a new kitchen to commercial standards.

There are two rooms: the main hall that can accommodate 80 people or 60 seated at tables and a small meeting room that seat 10 people. The toilets include two showers which are unisex. The Hall is accessible for the disabled as there are no steps into the building. There is a toilet for the disabled which also has baby changing facilities. The address is Buryfields, Odiham RG29 1NE

which is next to Buryfields Infants School at RG29 1NE. The charge for occasional meetings is £16 per hour; for a series of meetings the charge is £13 per hour.

For further details and how to book please go to this link- <https://2ndodihamscouts.org.uk/the-baker-hall> or email thebakerhall@gmail.com

Talk Plus: NHS Talking Therapies for Anxiety and Depression

Talk Plus runs a range of courses for various conditions, nearly all of which are held at our main location in The Meads Business Centre, Farnborough, or are run online. Courses can seem a bit daunting to attend but being with others can be more helpful than individual sessions.

Self- Refer to Talk Plus www.talkplus.org.uk/self-referral and you can discuss the details of our courses during your initial assessment or with your therapist during treatment.

Managing low mood and anxiety

The course runs regularly, 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. We encourage participants to have their cameras on if they are attending online. Generally, patients attend the managing low mood and anxiety course following initial assessment.

“Overall, the course was fantastic, and I think has had a benefit that I can build upon.”

Living well, staying well

This course is designed for people who have a long-term health condition and want some support with managing their mood and anxiety around their physical health. The course is about understanding the link between physical health and emotional wellbeing.

Each week covers different topics including sleep, movement, healthy eating, worry, emotions and communication. We encourage a supportive space, so that people can share experiences they are comfortable with.

The next course will be in Spring 2025.

Move To Improve

Do you want to exercise but struggle to find the motivation and establish a good routine? The ‘Move to Improve’ course is a 6-week course that aims to help create goals, overcome barriers to exercise and find ways of coping with the challenges and stress this can bring. We all know physical activity is important, but it can be tricky to find the right ways to get started and keep it going. This course aims to be a supportive and open space to explore the links between physical activity and exercise along with Low Mood and Mental Wellbeing.

The next Course will be in Spring 2025.

Knowing Me, Knowing You is an online 6-week course designed specifically for women or birthing parents in Hampshire to support your perinatal mental health. The course is offered until your baby's first birthday as is run by Southern Health Visiting Service and NHS Talking Therapies.

NHS healthcare professionals will help you explore your thoughts and feelings around anxiety, low mood, and overall well-being. The aim is to provide support in a safe, non-judgemental space to increase parenting confidence. Each session includes group-led discussions, parent-child activities, peer support, and self-help tools.

The next course is March 2025.

Mindfulness-based Cognitive Therapy Course for Depression, Anxiety and Pain

This is an 8-week in-person course for those interested in using mindfulness skills to improve their mental and physical well-being.

Mindfulness practice has been shown to be particularly beneficial for people who are recovering from depression, wanting to deal with anxiety and stress or having to manage longer-term physical health conditions. Mindfulness strongly depends on practice, therefore there is an expectation that participants will be able to commit to daily practice between the classes.

The next course is Tuesday evenings 6.30 - 8.30pm from 4th February for 8 weeks.

TalkPlus is part of the NHS Talking Therapies for anxiety and depression programme, for people in Rushmoor, Hart and Farnham. www.talkplus.org.uk

Fleet Town Market



Attention all community organisation partners!

We are excited to invite you to collaborate with us at the Fleet Market. This is a wonderful opportunity to bring our town together and create a vibrant community space. Whether you have ideas for activities, stalls, or events, we would love to hear from you and work together to make this market a hub of community spirit.



Let's join forces to make Fleet Market a place where everyone feels welcome and connected. Your participation can make a real difference! Looking forward to your ideas and collaboration.

Contact: fleetmarketmanager@fleetmarket.co.uk or 07395269254

Oakley Park

Friends of Oakley Park

www.oakleypark.org.uk



EASTER
EGG
HUNT

SATURDAY, April 19th
2.00pm "PROMPT" START
ASSEMBLE "EARLY" IN THE
CHILDREN'S PLAY AREA
DONATIONS WELCOME



Hart Volunteer Centre



VOLUNTEER FAIR



MARCH 29TH 2025

HART SHOPPING CENTRE

9.00AM UNTIL 3.00PM

FOR FURTHER INFORMATION CONTACT

HARTVC@HARTVOLACTION.ORG.UK

OR CALL 01252 627070

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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