



www.rushmoorschoolsplus.org

e-Newsletter – March 2018

Welcome to the 61st Rushmoor Schools Plus e-Newsletter, with contributions from many organisations working to support local children, young people and families. As ever, we suggest you select the bits of information that are relevant to your own organisation and share these with the people you work with.

The next Rushmoor Schools Plus e-Newsletter will be available in the week beginning 16th May 2018. If you want anything included, please send information to Tony McGovern, (Rushmoor Schools Plus Partnership Manager) at tony.mcgovern@rushmoor.gov.uk

Rushmoor Schools Plus Update

Due to a change in job roles Rushmoor Schools Plus CIC will be winding down any remaining business activities during 2018. We made it to our 10th birthday! The e-Newsletter will continue to be produced and the website at www.rushmoorschoolsplus.org maintained but these will require review depending on the time required to keep them running.

Each month there are still about 7,000 unique visitors to our website www.rushmoorschoolsplus.org, indicating that our signposting service is the best you can find for what's on and for local and national information for children and families. Please signpost to it from your own communications, newsletters, websites, etc., so that collectively we can make sure that information reaches the audience it's intended for.

WHAT'S ON IN RUSHMOOR

West End Centre – Half-Term Activities

48 Queen's Road, Aldershot GU11 3JD. Box office 01252 330 040. www.westendcentre.co.uk

Family Crafts Sessions at the West End Centre on Saturday mornings provide a fantastic opportunity for families to create something amazing together and enjoy some precious quality time. Adults get to make something to take home too!

Sessions run from 10.30am - 12.30pm

Sat 28 April – Pottery Hedgehog/Pixie House

Sat 19 May – Shibori (Japanese Tie Dye)

Sat 16 June – Decopatch T-shirts

Sat 7 July – Pottery Creature Cups

Visit www.westendcentre.co.uk or call the Box Office on 01252 330 040 to book.

Alderwood Leisure Easter Holiday Playscheme

Alderwood Leisure, Tongham Road, Aldershot, GU12 4AS

Tuesday 3rd April – Friday 13th April, 8.30am – 3.30pm: £16.00 per day, 8.30am – 5.30pm: £18.00 per day.

Bookings can be made at the reception desk or via e-mail, alderwood.leisure@rushmoor.gov.uk, telephone 01252 344 438. All the main childcare voucher providers are accepted.

During the day, children will have the opportunity to take part in outdoor and indoor play, including a range of sports and games along with arts and crafts.

Princes Hall

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

Dance In A Day

Tuesday 10th April & Wednesday 11th April, 10am – 4pm. Ages 6-10years, Tickets: £19

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

<http://www.princeshall.com/event/54602/dance-in-a-day>

Play In A Day – Alice In Wonderland

Thursday 12th April, 10am – 4pm. Ages 7-11years, Tickets: £19

A must for all drama fans! Expert leader Debi Rush will give you the opportunity to learn new theatrical skills, meet new friends, build confidence and work on a short play that will be performed to parents at the end of the day.

<http://www.princeshall.com/event/55401/play-in-a-day>

There Was An Old Lady Who Swallowed A Fly

Saturday 14th April, 2pm, Tickets: £12.50 / Child £10.50 / Family (4) £40

This magical show has been written especially for grownups to enjoy with their children, so come and relive the delights of this most charming of tales complete with a feast of sing along songs, colourful animal characters and heart-warming family fun. It's the perfect treat for anyone aged 2 to 102!

<http://www.princeshall.com/event/58401/there-was-an-old-lady-who-swallowed-a-fly>

Runway's End Outdoor Centre Action Adventure days

1 Forge Lane, Aldershot, GU11 2RE

4th, 5th, 9th, 10th April: 30th May and 1st June

Action Adventure days for 8 to 14 year olds are back by popular demand during the Easter and May Half Term holidays! Multi-activity adventure days offer a taste of Runway's End best activities. These fun, action packed courses fill up quickly, so please book early.

A full day, 9.00am - 5.00pm (drop off from 8.30 - 9.00am), for 8-14 year olds to experience a range of the activities on offer at Runway's End. To include Archery, Caving, Shooting, and Indoor Climbing. Meals / drinks are not provided, please bring a packed lunch, drinks and snacks for the day. Price £45 per child (sibling rate £22.50). For more information www.hants.gov.uk/thingstodo/outdoorcentres/familiesgroups/actionadventuredays

Wednesday After School Club

Come and try activities such as archery, indoor climbing, and canoeing! 4.30 - 6pm, for ages 8 to 14 years old. Spring Term Dates; 18, 25 April, 2, 9, 16, 23 May (more dates available online)

Price for 6 sessions; £48.00. More information and booking:

<https://www.hants.gov.uk/thingstodo/outdoorcentres/ourcentres/runways/afterschool>

Junior Activities at Farnborough Leisure Centre and Aldershot Pools

Farnborough Leisure Centre

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

NEW Fit For Sport Activity Camp 4-12 years

Places for People partner with Fit For Sport to deliver children's activity camps every school holiday. Fit For Sport has been delivering OFSTED registered camps for children aged between 4-12 years old for 25 years and work with the team to provide the successful Activity Camps at Farnborough. They will be delivering a wide range of activities this holiday making sure kids have fun, make friends and keep moving during the holidays. To book your place this half term visit www.fitforsport.co.uk or call 0845 456 3233.

Swim for £1 in the school holidays

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

Family Fun Splash Times

Family Fun Sessions with floats. Monday to Friday 11.00am - 12.00noon and 2.00 - 3.00pm during Holidays *. Call 01252 370 411 or visit www.farnboroughleisurecentre.co.uk for swimming and fun session times.

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

Adventure Reef Soft Play

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

Junior Gym

11–16 year olds can use the gym between 10.00 - 11.00am and 2.00 - 3.00pm every day* during Hampshire school holidays. An induction session is required. Junior Gym session £4.50, Induction Session £16.00.

Crèche

The fully supervised crèche at Farnborough Leisure Centre is for children aged 8 weeks to 5 years 11 months while you use their facilities. Please call 01252 370 411 or visit the website for the Centre's opening times or more information.

Holidays at Farnborough Bowl

Look out for Holiday Bowling Deals. Call 01252 554 046 for more information or visit www.farnboroughbowl.co.uk

*Please visit www.farnboroughleisurecentre.co.uk or call 01252 370 411 for Holiday Opening Times.

Aldershot Pools

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

Swim for £1 in the school holidays

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

Family Splash Times

Family Fun Sessions with floats. Monday to Friday 3.00 - 4.00pm during Half Term*. Call or visit the website for swimming and fun session times.

Junior Gym

11–16 year olds can use the gym between 10.00am - 2.00pm Monday to Thursday and Saturdays during Hampshire school holidays*. An induction session is required. Junior Gym session £4.50, Induction Session £16.00.

*Please visit www.aldershotpoolscomplex.co.uk or call 01252 323 482 for Holiday Opening Times.

Alpine Snowsports – Easter Holiday Programme 3rd - 13th April

Gallwey Road, Aldershot GU11 2DD. Website for dates and details of various Ski camp dates and holiday activities is <http://activenation.org.uk/venues/alpine-snowsports-centre-aldershot/school-holidays/>
Email bookings@alpinenowsports.co.uk Please call to pre-book on 01252 325 889.

Ski beginner Hours 1 & 2, 3 & 4, 5 & 6 (8 – 16 year olds) £25 per session. These 2-hour ski sessions are available at three different stages. **Hours 1 & 2** is aimed at complete beginners and will teach how to slide in a straight line, how to side step and will start to look at snowplough. **Hours 3 & 4** covers snowploughing and introduces the ski lift as well as developing improved balance and control. **Hours 5 & 6** consolidates ploughing skills and develops linked snowplough turns. Sessions can be all taken in one day or spread in order over 2 or 3 days – you decide (based upon availability)

- Ski Beginner Hours 1 & 2: **Wednesdays 4th & 11th 10.45am - 12.45pm, Friday 6th 10.15am - 12.15pm, Monday 9th 2.15 - 4.15pm**
- Ski Beginner Hours 3 & 4: **Wednesdays 4th & 11th, Friday 6th 1.15 - 3.15pm**
- Ski Beginner Hours 5 & 6: **Friday 6th 3.45 - 5.45pm**

£40 - 1 Day Activity Camps (8-16 years). Drop off is 9.15am, and activities start at 9.30am. Children can be collected and signed out from 4.30pm although supervision is available until 5pm. The camp is designed to accept all levels of ability from beginner to advanced. Please wear long sleeves, long trousers, gloves and a helmet if you have one and dress for the weather. Please also bring a packed lunch. The camp activities include Skiing, Snowboarding, X-Bobs & Donuts.

Tuesdays 3rd & 10th, Thursdays 5th & 12th

Snowboard Levels 1 & 2 (8 - 16 year olds) £32 per level.

Each level is 3 hours in duration. **Level 1** is aimed at complete beginners and covers balance and posture drills, straight running, heel edge sideslip and using the lift. **Level 2** includes toe edge sideslip, falling leaf and introduction to turns. The aim of attending both levels is to get kids up to the practice standard.

- Level 1 **Monday 9th 10.30am - 1.30pm**
- Level 2 **Monday 9th 2.30 - 5.30pm**

Mini Activity Session (4 - 8 year olds) £17 These 90 minute fun sessions are aimed at younger guests and consist of a 50 minute ski lesson with one of our friendly instructors followed by a 30 minute fun donut session!

- **Wednesdays 4th & 11th 3.30 - 5.00pm**

£40 - Intermediate Ski Day (8 - 16 year olds)

This all day camp is aimed at children who may have already been away on a ski holiday and have good control of speed and direction. It is all about developing stronger technique and increasing confidence. As a minimum standard, those attending **MUST** be able to make good controlled linked turns and use the main ski lift. The day is a mixture of tuition and practice and starts with a two-hour session with an instructor (10.30am - 12.30pm). This is followed by a 30 minute supervised practice before breaking for lunch. After lunch, there is another two hours of coaching and a final supervised practice session. Camp finishes at 4.30pm.

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

Shots Easter Soccer Camp

Tuesday 3rd - Friday 6th April, GIRLS ONLY, ages 6-14 years. £45 for the week of £15 per day
Monday 9th - Friday 13th April, Open to all, ages 6-14 years. £60 for the week or £15 per day
Alderwood Senior School, Tongham Road, Aldershot, GU12 4AS

Will include a visit from Aldershot Town FC players.

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

Develop your football skills and make new friends. Delivered by Qualified UEFA B and C License coaches. Please bring kit, boots, packed lunch and water bottle. To register or for more details contact: Mark Simmons, Shots Foundation Manager, T: 078 2568 8168, mark.simmons@shotsfoundation.org

Aldershot FC – Shots Girls Football Sessions

Sundays, 10 – 11am. St Joseph's Primary School, Bridge Road, Aldershot GU11 3DD.

Ages 5-11 years. Delivered by UEFA qualified Coaches. Turn up and play (£2 each week). Participants get to learn new football skills, have fun and make new friends. For more information please contact Mark Simmons, Shots Foundation Manager mark.simmons@shotsfoundation.org or call 07825 688 168.

Farnborough Fins Swimming Club (FSC)

FSC is a not for profit, community-based company providing swimming lessons, subsidised school swimming programmes and teacher training courses alongside the Amateur Swimming Association (ASA). FSC also works alongside Hampshire County Council for children with Gateway cards. **It's Fins 20th anniversary this year. For updates and information on upcoming events find Fins on Facebook.**

Tel: 07944 165 604.

Email office@finsswimmingclub.org

Website www.finsswimmingclub.org

Swimming Lessons

FSC enrolls new swimmers into lessons at any time in the year, subject to availability. Lessons run 7 days a week across three venues for beginners to advanced swimmers of all ages, with lessons for babies, pre-schoolers, school age children and adults. New classes continually opening, please check!

Easter Holiday Intensive Lessons

Over the Easter break there will be group and 1-1 crash courses. Lessons will run from Monday 9th to Friday 13th April for half an hour. These courses are open to everyone, including those who do not currently swim at Fins.

Group Sessions - Kings International College

With small classes and high teacher to child ratios, these 5-day courses are a great way to boost your child's water confidence and swimming ability! There will be pre-school classes, beginner classes and classes for abilities up to and including Stage 4. They are running between 9:30-11:00am and cost: £42 for the week.

1-1 Sessions - Kings International College

Lessons are set in a calm environment where lessons can be **tailored to the individual swimmer**. A maximum of 5 sessions will run at one time with a teacher in the water per class. The course is open to those of any ability or age. They have availability between 8.00 - 9.30am and 1.00 - 4.00pm, Cost: £90 for the week.

Bespoke Subsidised School Swimming Programmes

FSC offers bespoke School Swimming programmes where local schools can benefit from free pool time using FSC teachers, or subsidised lessons run by their own qualified teachers. This scheme ensures that budgets are maximised and that children receive the very best experience in the lifesaving skill of swimming.

Autism Friendly Cinema Screenings

For details of the latest autism friendly screenings, go to the Dimensions charity website

<https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinemascreenings/>

Cineworld Aldershot and Vue Farnborough are local participating cinemas. Screenings usually take place on Sunday mornings.

Sensory friendly adjustments include

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

Wellesley Woodlands Easter Egg Hunt!

Free fun! 11.00am, Wednesday 4th April at Rushmoor Bottom

Win chocolate Easter eggs! For more information and to find out about other events and activities, visit

www.wellesleywoodlands.co.uk

Rushmoor Gymnastics Academy

Pool Road, Aldershot, GU11 3SN. Phone: 01252 320 888 Email: Bernie@rushgym.co.uk

For details of this year's Easter Camp, 1st - 6th April, and Easter Holiday Courses, contact Bernie@rushgym.co.uk

Activities at Farnborough Library

Farnborough Library, Pinehurst Roundabout, Farnborough GU14 7JZ. Tel. 0845 603 5631

Free Children's Activities at Farnborough Library

Storytime: Every Tuesday 10.30 - 11.00am, for ages 2-4 years

Baby Bounce & Rhymetime: Every Thursday 2.15 - 2.45pm, for ages 0-2 years

Saturday Storytime and Craft session: First Saturday of every month 10.30 - 11.30am, for ages 4-8 years

Let's Build! Construction Club: Second Saturday of every month 10.30 - 11.30am, for ages 3+ years

Budding Bookworms: Third Saturday of every month 10.30 - 11.30am, for ages 4+ years

Step by Step SLEEP OUT 2018 – Give up your bed to support local young people in need

For one night only swap your bed for a sleeping bag and help support young people facing homelessness.

Young people's charity Step by Step is holding its eighth sponsored SLEEP OUT at EBB Stadium in Aldershot, on

Friday 22nd June, and hopes to improve the £11,400 raised for local vulnerable young people last year, when more than 80 people of all ages took part.

The night will include live entertainment, inspirational speakers, competitions, pizza and ice cream before lights out to sleep on the terraces.

The deadline for early bird registration is **31st March** – registration is £8 for adults, £6 for children and £26 for a group of 4. Further discounts available for groups of 10 or more. www.stepbystep.org.uk/sleepout

Community Matters Partnership Project (CMPP)

Join CMPP Partners and Associates and spread some Easter joy this 2018! Both drives will be running until **1st April**.

Lent Food Drive

Help CMPP to spread some food to those in need this Lent. Farnborough & Aldershot Foodbank do an amazing job all year round to help provide much needed dietary support to those in need. Whilst generosity in the community has been outstanding, the volunteers at the bank always need: Sponge Puddings, Packet Custard, Packet Mash Potato, Washing up Liquid, Male and Female Deodorant, Male and Female Toiletries, and Nappy Cream. CMPP kindly ask all donations be taken to Aldershot & Farnborough Foodbank Warehouse, Browning Barracks, Alisons Road, Aldershot, Hampshire, GU11 2BU.

Easter Egg Drive

This year will mark the first CMPP Easter Egg Drive. Help CMPP to help spread the joy of Easter to young people in need this Spring. Donate just one Easter Egg as it could make such a difference! CMPP will be collecting Easter Eggs for children in local schools and youth groups. Please deliver these items to The Sixth Form College Farnborough, Prospect Avenue, Farnborough, Hampshire, GU14 8JX.

NEWS FROM AND FOR RUSHMOOR SCHOOLS & COLLEGES

South Farnborough Infant School Awarded 4th Eco School Green Flag

South Farnborough Infant School's journey began almost 10 years ago and it just keeps on getting better! Their children live and learn in harmony at South Farnborough where the curriculum is rich, with sustainability embedded at the heart.

Their message to anyone who is thinking about teaching sustainability in school would be 'don't hesitate to do it!' There is no better time to teach children the real life problems they face to help them to gain the knowledge and skills to do something about it. They are very proud of our achievements to date and continue to look for ways to improve and help others to reciprocate what they do.



Farnborough College of Technology

Upcoming Open Events

Prospective students can visit University Centre Farnborough, based at Farnborough College of Technology, to discover degrees accredited by the University of Surrey plus a variety of Higher Education level courses and apprenticeships. **Wednesday 16th May between 4pm and 7.30pm.**

Visitors to Open Events can preregister at www.farn-ct.ac.uk/events or simply arrive on the day.
Farnborough College of Technology, Boundary Road, Farnborough GU14 6SB

FCOT are offering support to students who would like to apply to study with them this September. Students can visit the College and apply using a college computer with help available if needed. Their next application sessions will take place on **Thursday 22nd March, Thursday 19th April and Thursday 17th May between 4pm and 7pm.**

Army Wellbeing Centre Brightened Up by Student Artwork

Art students from Farnborough College of Technology painted over 20 canvases for display in the new Wellbeing Centre at the Keogh Barracks in Ash Vale, Aldershot. As part of their course, students were given a brief to follow and presented their themes for approval from the Commanding Officer to give them first-hand experience of producing work for a client.

Their final creations are now on display at the Wellbeing Centre, which is open for all soldiers based at the barracks as a place of reflection and tranquillity away from their work. Members of the public can view the paintings at www.farn-ct.ac.uk.

Students Meet Big Businesses at the Farnborough Futures Fair and Celebrate National Apprenticeships Week

Farnborough College of Technology held their first Farnborough Futures Fair for their students to explore career and course options. Employers from a number of industries were present for students to network with, including McLaren, Pennyhill Park Hotel & Spa, Gillette and many more!

Students were encouraged to think about what they would be doing in September and had the opportunity to speak to tutors and the College's apprenticeships team about their options.

Travel and Tourism Students Jet Set for the Future!

Students from Farnborough College of Technology visited TAG Farnborough Airport to experience what it's like working in the aviation industry. They received a presentation from Brandon O'Reilly, the airport's CEO, and a tour of the terminal building and hangars. TAG Farnborough Airport has won awards around the world, giving the students a fantastic snapshot of employment at a successful, modern airport.

The students who attended the trip were also given a Fire and Smoke drill cabin crew training demonstration by the staff at TAG Global Training, giving them an insight into the health & safety training that cabin crew recruits have to undergo before qualifying as crew members.

Serco Recycling Projects and Serco Commercial Services for Rushmoor Schools

In August 2017, Serco was appointed as Rushmoor Borough Council's Waste and Recycling Contractor. Under the Partnership Serco have developed a whole programme of lessons, assemblies, hands-on experiments and interactive outdoor sessions available to pupils, as well as a whole range of Commercial Services for the school. They can tailor recycling information to your needs, often for Primary Schools (KS1 and KS2) they bring a recycling vehicle into the school playground, encouraging children to look around the vehicle and ask questions, which is highly effective. This is usually run alongside a Recycling Poster Competition.

Serco would like to visit schools in the borough at no cost to schools to discuss educational resources available and talk to you about the commercial services they can offer you.

They can provide:

- Waste and Recycling Collections
- Landscape Services (sports pitch maintenance, grass-cutting, line painting, horticulture and arboriculture)
- Play Area Services (redesign, refurbishment, design, construction, supply, installation, inspection and maintenance)
- Cleansing (sweeping, weed control, bin washing and pressure washing)

For **Educational Resources** - details are available from Robert Noble, Rushmoor Contract Manager, at robert.noble@serco.com

To discuss your **Commercial Service** requirements please contact Anna Fraser, Commercial Manager (Rushmoor), at anna.fraser@serco.com

Serco can adapt the educational information and commercial services to the needs of individual schools, as well as uniformed organisations, youth groups, Residents associations, etc.

WHAT'S ON BEYOND RUSHMOOR

The Anvil, Basingstoke – Peter Pan

01256 844 244

www.anvilarts.org.uk

BEAUTY & THE BEAST: EASTER PANTOMIME

Sun 25 Mar | The Anvil, 2pm & 6pm. Tickets £22 (includes £2 booking fee)

This spellbinding pantomime tells the story of Beauty who longs for romance and adventure, a bad-mannered Prince who is transformed into a Beast to teach him a lesson and a good Fairy who makes both their dreams come true. Starring Bobby Davro and Dani Harmer

SARAH AND DUCK'S BIG TOP BIRTHDAY

27 – 28 Mar | The Haymarket, Tue 2pm & 4pm, Wed 11am & 2pm. Tickets £14.50 (includes £2 booking fee)

Join Sarah and Duck and a host of your favourite friends including The Ribbon Sisters, The Shallots, Flamingo & John and Umbrella, as they plan a birthday party for Scarf Lady in their garden. Told through a fantastic blend of puppetry, storytelling and music, you and your children will be taken on a magical adventure.

Suitable for ages 3 and over.

EASTER BUNNY'S EASTER FACTOR

Sat 7 Apr, 1.30pm | The Haymarket. Tickets £12 (includes £2 booking fee)

Everyone is excited about the Easter Bunny's singing competition - but who will Fluffy think has got The Eggs Factor? Marty MacDonald, Henrietta the Hen and Professor Pinky are all going to enter, but can't choose which song to sing... can you help them practice and see if YOU have The Eggs Factor too?
Suitable for ages 2 - 7 years.

Bisley Bowmen Field Archery Company

At Bisley Camp, Bisley

www.bisleybowmen.co.uk

01483 224 653

medhitec@hotmail.com

Large practice butts and a setting in butt. There are 36 Targets in the 20-acre woods with a tree-stand, and horse saddle to shoot from. Shelter is provided by a large permanent wooden gazebo to allow some shooting in bad weather. Affiliated to the National Field Archery Society and open for beginners of all ages as well as experienced Archers. The NFAS Qualified Coaches are DRS checked and can coach all styles of Archery.

New members and visitors start with a 'Total Archery Experience', which is an introduction to the club, guaranteed to be great fun for children and adults. You may use the day as just a fun day, celebration day or as training to join the club, which is open for 365 days per year for club members, without prior booking. You may book for The Total Archery Experience any day of the week including weekends.

You phone in at 9.00am on the day you have booked to do a weather check, and then meet at 10.30am to proceed to the 20-acre course. Then on to the practice butts with modern recurve bows to hone your skills for about an hour. You will then handle a full range of bows including long bow, flat bow, Scythian, Mongol, Native American, Compound and Crossbows. Then you proceed on to shoot the 36 target Field Archery course including a tree stand, and a saddle horse, where you will learn about the rules, safety rules and shooting etiquette.

There are excellent catering facilities on site for an optional meal and chat, and there are modern clean toilets on site. You will finish at about 3.00pm. The cost is £35 per person, £30 per person if more than 4 people.

Once you have completed the 'Total Archery Experience' you will have had enough training to safely use the Club and Course as a beginner, or be safe shooting at home. The club is open for anyone to join and membership includes 3-4 free Club Shoot Days per year with free refreshments.

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Mustard Seed Autism Trust – Important Notice

Due to an increasingly large number of referrals, Mustard Seed have made the difficult decision to close their current waiting list. At the moment families on the list are waiting well over a year to access the service.

They are working hard to secure funding to be able to continue the service and also to be able to employ an additional member of staff as they are at maximum capacity with only two full time staff and a small group of volunteers.

They would like to reassure those who are already on the waiting list that they will be seen and that this just refers to new referrals. As soon as the waiting list is at a manageable number they will open it up again and take new referrals. Any support is gratefully received.

Young Person's 'Safe Haven' - Mental health support for 10 - 17 year olds

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

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

Why do I Worry? A course for young people

Every Wednesday for 6 weeks, starting **Wednesday 4th April, 6.30 - 8.00pm.**

To book a place or for more information please email s.glaister@justwellbeing.org.uk or phone 07769 694 396.

Alternatively just come along.

Hart and Rushmoor Family Support Service – Speak Easy Course

An 8-week course that can be run across Hart and Rushmoor. If you are able to fill a course with at least 8 parents the Family Support Service can run the course at your venue.

Speakeasy offers a flexible and relaxed way for parents and carers to gain greater confidence in an area that can cause embarrassment and awkwardness. The main aim of the course is to encourage parents and carers to provide positive sex and relationships education in the home and to take on the role of 'sex and relationships educator' to their children.

By the end of the course, participants will have:

- an understanding of the physical and emotional changes taking place at puberty
- awareness of what sex and relationships education means in the context of family life
- confidence and skills in identifying and responding to the needs of their own children
- explored societal and cultural attitudes towards sex and sexuality as it relates to children
- knowledge of the different kinds of contraception that are available
- information on sex and relationships education in schools
- information and knowledge on child protection strategies.

An accreditation is available for parents wanting to complete this. Suitable for families with children 8 years and older.

If you would like more information about this course and what it can offer to parents please call Charlotte or Jodie from the Family Support Service on 01252 796 258.

The Source - FriDUDD Dress Up Dress Down Days

Which Friday is your FriDUDD Dress Up Dress Down Day? The Source is encouraging all schools, businesses, and friends to turn their Fridays into a FriDUDD Day.

Easy peasy to take part with text donations up to £30 per day to 70070 so no worries handling cash! For more information contact Sue Collen, Community Fundraiser & Events Organiser, The Source Young People's Charity. Tel. 01252 333 330, email sue.collen@thesourceforyou.co.uk

The Sixth Form College Farnborough – Facilities available for hire

The Sixth Form College Farnborough have fantastic football, cricket and all weather floodlit pitches, modern conference rooms and a professional 184 plus seat Prospect Theatre suitable for a wide range of performances.

The College is only a short walk from Farnborough Main, Frimley and Farnborough North train stations and is just off Junction 4 of the M3 so is an ideal location for any meeting or event.

Click [here](#) for a Facilities For Hire 2017-18 brochure to see what's available. You can also contact the Lettings Manager Lorraine Lewis directly on llewis@farnborough.ac.uk

Parent Voice

Parent Voice workers cover each district in Hampshire and are keen to build upon local knowledge and networking. The Parent Voice Workers are supported by a Researcher and a dedicated advice line team. The easiest way to access support is via the Parent Voice Advice line - **0300 303 8603**. The team will ensure that a Parent Voice Worker gets back to you within 2 working days.

The Parent Voice website is full of useful information and publications are parent friendly and contain practical ideas, signposting and helpful resources. www.parentvoice.info/en/Resource_Library The **Where to go for Support** factsheet is a good starting point. www.parentvoice.info/images/0/00/Where_to_go_for_support.pdf

They are able to offer information / signposting relating to a large range of topics and are happy to attend team meetings, support groups or coffee mornings to explain more about how they can help. Their focus is on providing information/ signposting rather than intensive individual support. They can provide information to professionals to help them support the families that they are working with and answer more specific queries where needed. They are not able to manage cases but the team are happy to contribute information to a case where relevant.

They are not able to take on complex referral tasks - they signpost to services and help parents make initial contacts but the nature of the role means that they are not best placed to be the referring service. Rather than attending case meetings they will liaise with the lead professional and provide information and advice.

Where possible they are able to offer support to parents with form filling or understanding official documents, but do not have the resources to provide face to face support with Disability Living Allowance. They will however, provide information about resources and guides families can use to help with the forms.

Where possible they prefer to meet with families away from the home although they will make an exception if the parent is unable to leave the house.

Parent Voice is always striving to ensure that parents and professionals receive the specific support they need and in some cases this requires us to signpost to other services who can offer a more targeted response.

Hampshire Parent Carer Network Aldershot - Futures in Mind Get Togethers 2018

Do you care for a child or young person with challenging behaviours, anxiety, special educational needs and / or disabilities? Are you attending CAMHS or waiting to attend? Join the get togethers on **Thursdays 22nd March, 26th April, 24th May, 28th June, 12th July at Aldershot Specialist CAMHS, Aldershot Centre for Health, Hospital Hill, Aldershot, GU11 1AY**

All meetings are from 10am - 12pm. Each meeting has a special speaker from CAHMS. Your HPCN regional representative for Basingstoke CAMHS is Mary Baldwin. Contact Mary at marybaldwin@hpcn.org.uk

Free Weight Watchers sessions

Access to this offer is open to anyone resident in Hampshire and with a BMI 30+ (or a BMI of 28+ if of BME background or with a pre-existing comorbidity).

Eligible residents can call Weight Watchers to arrange to attend, for free, twelve coached group-sessions at a local venue. Access is also available to a remote app based level of support if this is preferred. These are running continually so you join anytime and enjoy twelve weeks of support. To register, call **0345 602 7068** and quote **WWRS095/Magazine**.

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

3rd Farnborough Scout Group has places for children – boys and girls, aged between 6 and 14. To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or call Iain Roy on 07795 121 731.

Beavers meet on a Monday evening at their Scout HQ on Sand Hill 5.30pm – 6.30pm

Beaver Scouts are the youngest members aged between 5½ and 8. They meet weekly to take part in a wide range of activities including games, crafts, singing, visits, and good turns, along with plenty of outdoor activities. The Beavers also have the opportunity to take part in the fun and excitement of sleepovers and camps. It may be the first time they spend a night away from home so it's a real adventure for them!

Upcoming events include Donutting, Spring Camp, Camp fires, Sports Day, and Archery.

Cubs meet on a Monday evening at their Scout HQ on Sand Hill 5.45pm – 7.15pm

For Cubs, excitement and adventure are key. The Cubs – aged between 8 and 10½, take part in a wide range of activities designed to be interesting and challenging. They meet weekly during school term and meetings consist of games and activities with plenty of time spent outdoors. Camps and days out are some of the most memorable events of the year for Cubs.

Upcoming events include Kickboxing, Donutting, Archery, Cooking Challenges, Entertainers Badge Day, Sports Day, and Summer Camp.

Scouts meet on a Thursday evening at their Scout HQ on Sand Hill 6.30pm – 8.30pm

For Scouts, outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as map reading, camp cooking, and first aid. Rock climbing, archery, rifle shooting, pot holing, raft racing, photography, and caving are just some of the things the Scouts get up to.

Upcoming events include Ready Steady Cook, Archery, Donutting, Sports Day, Raft Race, and Summer Camp.

Farnborough Rotary Club

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

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

In recent years, the Club has been successfully helping students of all ages in local schools with **Mock Interviews**, **Enterprise Challenges** and an **Aspiration Week**. These activities are aimed at all ages including primary schools. They can also help to organise **Skills Festivals** where groups can visit about four business stalls for 30 minutes and conduct a task while learning about a job, career or higher education opportunities.

During the past year, they have provided around 150 man-hours of support to several local schools with mock interviews. Like the schools, they believe this is invaluable support to the students as they approach their first interviews. They remain committed to this service and would welcome further requests for help.

2018 Year of Engineering: To mark this year the Club would be very happy to work with schools to deliver a lecture on engineering: its wide scope and career opportunities. Please speak to Charlie Fraser-Fleming if this captures your imagination.

If you feel that your school could benefit, and you would like some help with these ideas or any other business issues please contact Charlie Fraser-Fleming who would be very happy to organise a visit by club members to discuss possibilities and needs. This can be done at any time in the school year. However, please give as much notice as you can. Contact Charlie Fraser-Fleming at charlie_ff@outlook.com 07714 322 352.

The 2017/2018 **Rotary Young Chef Competition** is well underway. If you are interested in taking part in next year's competition please contact Jan Bowen for further details at jan.bowen1331@gmail.com

PEBL Update

PEBL Grants Pots

Individuals or community groups based on the Prospect Estate can apply for a PEBL (Prospect Estate Big Local) grant to help run a new local project that will benefit Prospect Estate residents. Applications can be made for between £100 and £500 (in exceptional circumstances £1,000 may be awarded).

Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL Internet Café

Are you a resident of the Prospect Estate? Then come along and enjoy free refreshments, advice, support and Wi-Fi. Develop new skills or just keep in touch with family and friends. Every Saturday 10am – 12noon at the Prospect Community Centre. Email pebl.coordinator@gmail.com or call 07879 384 014

PEBL Money Advice

Free confidential, individual advice in all areas of money management including banking, budgeting and claiming benefits for residents of the Prospect Estate. Every Wednesday 10am - 3.30pm at the Prospect Community Centre.

Email pebl@rushmoorcab.org.uk or call 07468 860 450

PEBL Skills Café

PEBL's friendly team welcomes Prospect Estate residents for a chat over coffee. Come along and identify your skills as well as develop new ones, write a perfect CV, make job applications, and prepare for interviews.

Just drop in...no appointment necessary. Every Wednesday 10am - 3.30pm at the Prospect Community Centre.

Email skillscafe@pebl.info or call 07340 017 342

PEBL's Knit, Natter and Games

All welcome. Free entry! Good company! Free tea and biscuits! Come along and make new friends while knitting and nattering. 2nd and 4th Tuesdays of the month from 2.00 - 4.00pm at the Prospect Community Centre.

Email pebl.coordinator@gmail.com or call 07879 384 014

Unsafe to Safe

One-to-one support is available for young people aged 13 to 25 with a connection to the Prospect Estate. To have a chat and see how they can help with problems, troubles or worries, please call or text 07468 538 412 or Email

tracy@creatingfutures.org

PEBL's After School Reading Club

Children aged 4 ½ to 11 from Cherrywood School come in and discuss/read books that PEBL provide. They have the opportunity to practice their reading and parents can see how they can do this at home with their children.

Maureen Cole and Karen Bowman from PEBL read with up to 4 children each on Thursdays.

TRAINING AVAILABLE

Rushmoor Voluntary Services Training Opportunities

Emergency First Aider at Work 2018

Wednesday, 4th July Wednesday, 10th October Wednesday, 5th December

9.00am - 4.00pm, cost £50.00

Farnborough Community Centre, Meudon Avenue, Farnborough GU14 7LE

Emergency First Aider at work is regulated by HSE and effectively replaces the Appointed Person Course -

Certification is valid for 3 years with HSE approval (No 38/04)

For more information and a booking form, please call 01252 540 162 or email: support@rvs.org.uk

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

Wednesday, 11th April Refresher

Costs: RVS members: £35 (non accessible) and £50 (accessible)

Non-members: £40 (non accessible) and £55 (accessible)

Farnborough Community Centre, Meudon Ave, Farnborough GU14 7LE

Accessible training enables the driver to use the tail lift and take wheelchair passengers. The Trainer will arrange a suitable date and time for the driving assessment.

For more information, please contact Viv on 01252 540 162 or email: viv@rvs.org.uk

Accredited Food Hygiene

Accredited Food Hygiene Courses are facilitated by Rushmoor Borough Council. Cost is £40 for a three-hour course.

The Food Safety in Catering Course is a level 2 equivalent certificated course for anyone working in a catering setting where food is prepared, cooked and handled. The course is aimed at volunteers and people working with voluntary and community groups. To book your place(s) please contact Sue Clements, Environmental Health and Housing Services, Rushmoor Borough Council, Council Offices, Farnborough Road, Farnborough, Hants, GU14 7JU, telephone 01252 398 139 or email the required information to sue.clements@rushmoor.gov.uk

British Red Cross Everyday First Aid – courses for groups

The British Red Cross offer groups a two hour First Aid course to teach a few simple skills that could save someone's life. The cost is £60 for group sessions. They will come to your venue to deliver this course. For more information please contact: Becky Paton on 07590 445 388 or email: bpaton@redcross.org.uk

Hampshire Futures – Adult & Family Learning

Hampshire Futures run courses across for ethnic minority parents to learn useful life skills including **English Language, Numeracy, and Computer skills.**

The course covers what your child learns at school as well as helping you to develop your English, whether you are a complete beginner or can already speak a little English and want to improve your skills. No previous knowledge or experience of schooling is needed. You can join classes if you are a parent/grand-parent/guardian of a child (aged 4-15) at any Hampshire school.

Course Code	Day of the week	Start Date	End Date	Start time	Duration	Venue
EMSLFL901	Wednesday	18/04/2018	27/06/2018	3.00pm	2 hrs	Aldershot Library
EMSNA902	Saturday	28/04/2018	07/07/2018	10.00am	2 hrs	Aldershot Library
EMIKAL903	Thursday	19/04/2018	21/06/2018	3.30pm	2 hrs	Aldershot Library
EMSLFL904	Friday	20/04/2018	29/06/2018	3.30pm	2 hrs	Farnborough Library

If interested please visit one of the libraries or call Rekha Gupta (01256 330 195) for more information. You can also email rekha.gupta@hants.gov.uk

FUNDING & GRANTS CURRENTLY AVAILABLE

Rushmoor Borough Council Grants

Grants recently awarded from Rushmoor Borough Council funds include:

- 1st Crookham Scout Group - £2,400 for a traversing wall in their compound (Farnborough airport fund)
- Pinewood Infant School - £5,583 for Jolly Roger pirate play equipment (Farnborough airport fund)
- Alderwood School Afterschool Club - £500 for Lantern workshops (Ward Community grant)
- Spotlight UK - £800 for a dance project culminating with performances in the West End (Community grant)
- Aldershot Town & District Football in the Community Trust - £1,000 for Reaching for the Stars project with young people (Community grant)
- Mayfield Community Partnership - £1,000 for a dry compost toilet at Hawley Community Garden (Uniting Communities grant)
- Rowhill School - £1,000 for uniform to lend to pupils while they attend the school (Uniting Communities grant)

For more details and to apply online go to <http://www.rushmoor.gov.uk/grants>

Rushmoor Community Lottery

The Rushmoor Community Lottery is up and running. Sports clubs, community groups, schools, PTAs and pre-schools can sign up as a good cause to benefit from the lottery. Check out the selection criteria on the website: www.rushmoorlottery.co.uk. Currently the lottery is on track to raise over £24,000 for good causes across Rushmoor.

In the first four months:

- 15,298 tickets were sold
- £9,624 was raised for good causes in Rushmoor
- 70 Good Causes were approved
- 1 lucky player won £250
- 36 players won £25
- 303 players won 3 extra tickets

Sign your group up to the lottery and receive 50p for every £1 ticket that your supporters buy, plus a further 10p from every ticket sold goes to the Community Fund, which will be shared with good causes.

If you have any questions about the lottery, please email rushmoorcommunitylottery@rushmoor.gov.uk or call 01252 279 727.

CMPP – Give & Get Days

With spring around the corner, what better time to get some hardworking employee volunteers to share skills with your organisation? It could be anything from a gardening project, to painting a cabin, or assisting with mock interviews; whatever you need, CMPP is here to help!

Apply for a G&G day today! Simple tell CMPP what you need and they will do their best to match you up with a company who have the skills to complete your project. Volunteer field teams will range from 5-25 employee volunteers (and can be both skilled and non-skilled, depending on the project in question).

If needed, CMPP are also able to offer £500 for resources or materials needed for your idea. All applications received will be emailed to the Partners of CMPP for consideration. They cannot guarantee that your project will be sourced but they will try to get you as much support as possible.

For more information please contact igrant@cmpp.org.uk or to apply for a G&G day:

<http://cmpp.org.uk/contact/givegetday>

Hampshire & IOW Community fund Grants now open

All the funds below are **now open**, please take a look at <http://www.hiwcfc.com/grants/> to see if your charity, community group or voluntary organisation is eligible to apply for a grant:

The **Youth Mental Health Fund** supports proven programs of delivery offering advice and help on youth mental wellbeing problems, including depression, anxiety and stress, as well as projects that support the development of emotional resilience in children and youth. Grants of between £3,000-£6,000 are available.

The **Youth Social Action Fund** aims to raise the level and quality of youth social action involving activities such as campaigning, fundraising and volunteering, all of which enable participants to make a positive difference to their communities. Grants of £1,000-£5,000 are available.

The **Small Grants Small Items Fund** provides grants of £250-£500 for small essential items such as new chairs or a cooker for a luncheon club, also covering volunteer expenses, hall hire for group meetings and events that bring the community together.

The **Comic Relief - Core Strength – Local Communities Fund** provides funding of between £1,000-£10,000 for groups' core costs – meaning expenditure that is not connected to delivering projects but focusing on investing in the organisation as a whole, including basic running costs to enable groups to carry out their much needed work in local communities.

The **Wellbeing and Health Fund** focuses on local community projects that address the challenges of obesity, emotional wellbeing, mental health, isolation and loneliness, offering grants of £1,000-£5,000.

The **Michael Austin Harlick Sports Awards** provide assistance to sport organisations towards the cost of awards that recognise the sporting achievements of young people in Hampshire, and are available to help with the purchase of challenge cups, individual medals, team award and colours, with grants ranging from £200-£1,000.

For more information and to apply, please go to: <http://www.hiwcfc.com/grants/>

Awards for All

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

Lloyds Bank Foundation

Lloyds Bank Foundation is accepting applications for its Enable programme to support people experiencing multiple disadvantage. Applications are invited on an ongoing basis. For more information, please visit the website: <http://www.lloydsbankfoundation.org.uk/our-programmes/>

The St. James's Place Foundation

The Foundation has a small grants programme for charities in the UK for helping young people with special needs or disadvantage. There are no deadlines. For more information on how to apply, please visit the website: <http://www.sjpfoundation.co.uk/apply-for-funding.aspx>

Ragdoll Foundation

The Foundation makes grants of up to £50,000 to organisations working with children and young people using the arts and creative media. The deadlines operate on a rolling basis. <http://www.ragdollfoundation.org.uk/portfolio/grant-giving>

Dickie Bird Foundation

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

Foyle Foundation

The Foyle Foundation Small Grants Scheme is designed to support smaller charities working at grass roots level. There are **no deadlines**. For more information, please visit the website: <http://www.foylefoundation.org.uk/small-grants-scheme>

Percy Bilton Charity

The Percy Bilton Charity is a grant making trust assisting disadvantaged youth, and people with disabilities. There are two types of grant to apply for and **no deadlines**. For more information, please visit the website: <http://www.percy-bilton-charity.org/percy-bilton-organisations>

Ashworth Charitable Trust

Grants for charitable organisations undertaking general charitable projects funded up to £5,000. **No specified deadline.** For more information, please visit the website: <http://www.ashworthtrust.org/funding.html>

Shanly Foundation

The Shanly Foundation has donated over £10 million to those in need of a helping hand, from youth clubs, schools and woodland projects to centres for adults with physical and learning disabilities. In particular, they welcome applicants that are helping to improve the welfare and quality of life of those that are disadvantaged within the community. They also support many local community events and festivals, scouts and girl guides, local schools, sports and social clubs. Full details of conditions and the application process are available at the Foundation website: www.shanlyfoundation.com

Blue Spark

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

Transform Facebook Grants

Transform is offering up to £5,000 grants to charities to spend on Facebook advertising. Applications are accepted on a rolling basis each month. For more information, please visit the website: <https://www.transformfoundation.org.uk/facebook-grants>

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

www.rushmoorschoolsplus.org
www.facebook.com/RushmoorSchoolsPlus