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Rushmoor & Hart Supporting Families e-Newsletter – February 2021

The immediate aim of our Supporting Families e-Newsletters currently is to support all our organisations working to support Rushmoor and Hart children, young people and families as we deal with the impacts of Covid-19. We will try to provide up to date information from services plus helpful resources. Please share it with anyone you think will find it useful.

The next Newsletter will likely be produced in June/July. A request for articles and updates will go out nearer the time.

GOVERNMENT & LOCAL AUTHORITY INFORMATION & SUPPORT

The Hampshire Coronavirus Support and Helpline support over the Christmas period

The Hampshire Coronavirus Support and Helpline remains open to help if Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating.

The helpline advisers will signpost you to information, advice and services to support you on a range of issues, including:

- Where to find help locally
- Debt and money worries
- Mental health support
- Domestic abuse
- Bereavement
- Problems with drug and alcohol misuse
- Volunteering

The number to call remains **0333 370 4000** and lines are open from **9am to 5pm Monday to Friday and 10am to 3pm at weekends.**

It is important to stay up to date with the current advice. **The latest COVID-19 information from the NHS** is available at: www.nhs.uk/coronavirus

The latest COVID information from government can be found at: <https://www.gov.uk/coronavirus>

Latest information and how you can get involved locally - RUSHMOOR

The latest information is available on Rushmoor’s website, <https://www.rushmoor.gov.uk/coronavirus>
There is a Nepalese language version of this information at <https://www.rushmoor.gov.uk/article/11957/Nepali-translation>

Due to the incredible response COVID-19 volunteers are not currently being recruited but you can check back here to monitor the situation - <https://www.rvs.org.uk/covid-19-general-information-index/covid-19-information-for-volunteers/>

However, it is possible to register here to receive information on non-COVID-19 volunteering opportunities as more become available - <https://www.volunteernorthhants.org/volunteering/>

Beware of doorstep scammers

Please watch out for doorstep scammers who are trying to take advantage of elderly and vulnerable residents in these difficult times.

There have been reports of people knocking on doors claiming to be from a charity or local support groups and offering to help with shopping. These people may take the money and do not return.

Genuine responders will not knock on doors out of the blue - they are assigned to households by Operation Rushmoor Community Action (ORCA) in response to requests from the residents.

Unless the volunteer is a known neighbour or an identifiable responder wearing an appropriate identity card, please advise residents not to engage with these people. If in any doubt, there is a phone number on the identity card you can ring and check the validity of the person.

WHAT'S ON IN RUSHMOOR & HART

Aldershot Military Museum

Aldershot Military Museum is currently closed in line with national lockdown restrictions. However, the museum's operator Hampshire Cultural Trust continue to connect communities to culture online, through their digital publication Culture on Call. Visit <https://www.cultureoncall.com/> for children's activities, stories about Aldershot's history and exhibitions past and present from across the trust.

Website: <https://www.hampshireculture.org.uk/aldershot-military-museum>
Facebook: @AldershotMilitaryMuseum
Twitter: @AldershotMuseum
Instagram: Aldershot_military_museum

Hampshire Cultural Trust's West End Centre

While the West End Centre is currently closed in line with national lockdown restrictions, the team have been working hard to continue an online programme of events. Check the website and Culture on Call for a range of fun activities, classes and arts related content.

West End Centre will also be collaborating with local schools in the 120 Hopes project, aiming to showcase messages of positivity created by local children throughout the town centre of Aldershot. This project is supported by Artists Susan Merrick, Candice Camacho and Lorna Rees.

Website: <https://www.westendcentre.co.uk/> Facebook: @WestEndCentre Twitter: @teamwesty
Instagram: @WestEndCentre

Hampshire Libraries – 2021 Winter Reading Challenge

Don't miss out – over 1000 children have already signed up and you can do the whole challenge online this year. Thank you to everyone who has already joined up! This year's theme is all about getting cosy together to share the love of reading. To complete the challenge, children should read or listen to four books and they have until Saturday, 27th February to do so. Sign up online at <https://www.hants.gov.uk/librariesandarchives/kids-zone/take-part> .

There is a Winter Reading Challenge Group on Facebook: <https://www.facebook.com/groups/404521440784504> and there are lots of linked crafts and activities on your local libraries' social media pages:- <https://www.facebook.com/fleetlibraryhants/>
<https://www.facebook.com/farnboroughlibrary>
<https://www.facebook.com/AldershotLibraryandLearningCentre>
<https://www.facebook.com/yateleylibrary>

Hampshire Learning in Libraries

Hampshire Learning in Libraries is hosting many new online courses which could support families. For example, 'Family Zumba' is running on Sundays, 28th February – 28th March 2021, 9.30 – 10.30am. 'Help your Child with Primary School Maths' is scheduled for 9th – 30th March 2021, 6.00 - 7.15pm. Booking is essential and many courses are free. Participants will be required to use Zoom.

To book and for details on all our online courses please visit: <https://www.hants.gov.uk/shop/home.php?cat=565> or look on the Hampshire Learning in Libraries Facebook page <https://www.facebook.com/librarylearn>

Help with Learning at Home

For help to make children's home-learning fun, have a look at these simple, interactive activities that can be done at home.

For Science, Technology, Engineering and Maths (STEM) videos:- <https://www.facebook.com/watch/782155591873644/3497919177100172>

Or look at the Hampshire Libraries' Code Club: <https://www.facebook.com/watch/782155591873644/213976343228279>

It's Shakespeare Week 15th - 21st March and British Science Week is 5th - 14th March – we will have lots of fun and free activities for children aged 7-11 on the Hampshire Libraries' Facebook page <https://www.facebook.com/hantslibraries>

And Finally....

If you are not already a member of the library, it is free to join. The Hampshire Library Service has much to offer – try our 'Ready Reads; We Select, You Collect' scheme <https://www.hants.gov.uk/librariesandarchives/library/services/ready-reads> or download books free from Borrowbox https://fe.bolindadigital.com/wldcs_bol_fo/b2i/mainPage.html?b2bSite=6394

Be sure to visit the brand new Hampshire Libraries' 'Kids' Zone' at <https://www.hants.gov.uk/librariesandarchives/kids-zone> where you will find lots of fun stuff for families and kids!

Runway's End Outdoor Centre

Join us for an adventure in the New Year. From February 2021 at our fantastic centre, located between Aldershot and Farnborough, we're offering these great activities:

Half Day Adventures

Are you looking for a family day out that is fun and packed full of adventure? Then look no further than our Half Day Adventures at Runway's End Outdoor Centre.

Scale our climbing tower in our Rock-Climbing activity and loose off some arrows in Archery.

Available for those aged 6 years +

To find out more <https://calshot.bookinglive.com/runways-end-half-day-adventures?stage=Stage>

Guided Canoe Tours

Guided by our friendly staff, this is a great opportunity to explore, by water, the scenic and historical stretch of the Basingstoke Canal including sights like a WW2 Pill box, amazing wildlife.

We will share some canoeing top tips before we set off and even provide light refreshments at a picturesque picnic spot halfway through.

Available for those aged 6 years +

To find out more <https://calshot.bookinglive.com/rwe-guided-canoe-tours?stage=Stage>

Rushmoor Gymnastics Academy

Pool Road, Aldershot, GU11 3SN.

Phone: 01252 320 888 www.rushgym.co.uk

Like everywhere else we are currently closed but planning for a fun future once we can get back into the gym. Please keep your eyes peeled for updates on our website www.rushgym.co.uk and Instagram @rushmoorgymnastics.

We are still taking bookings for classes. With your booking you will receive free Zoom classes until we re-open. To book online please go to our homepage www.rushgym.co.uk

Kaizen Karate Academy

Kaizen Karate Academy in Aldershot re-opens its doors after Easter 2021 (Government restrictions permitted). Social distancing has been introduced throughout the lessons and pupils wash hands upon entering and leaving the dojo. There is more focus on learning and perfecting basics as it is not possible to run contact sessions with the current regulations in place. The facilities are regularly cleaned during the lesson and test and trace is maintained on arrival. The club is following karate governing body regulations but still trying to ensure the students enjoy a blend of fitness, learning and perfecting moves.

With the usual hall unavailable, Wednesday classes has temporarily moved to Runways End Outdoor Centre until Christmas. Tuesday night training is still at St Augustine's church. All sessions currently have spaces available for any new students interested.

TUES - St Augustine's Church Hall, North Lane, Aldershot

Young beginners (5+) 5.30-6.30

Senior grades / adults 6.30-7.30

WEDS - Runways End Outdoor Centre, Forge Lane, Aldershot

5.30-6.30 Children from the ages of 6-12

If you are interested in your child attending please contact Sensei Bill Cross (07958630048) or Sensei Nathan Barham kaizenkaratefarnborough@gmail.com

Wavell Campus Leisure

Wavell Leisure is a thriving part of the Wavell School and an important resource for the community. We provide a range of indoor and outdoor sports facilities as well as hosting evening classes and courses.

Unfortunately, at this current time our Fitness Suite is closed and all our classes are suspended in line with Covid-19 Government Guidelines dated 30th December 2020.

CM Sports Holiday Club has been cancelled due to the Pandemic but are hoping to return to Wavell Campus Leisure in the Easter Holidays.

Customers are our priority and we would like to thank you all for your ongoing patience and support during these very unprecedented times.

COMMUNITY SUPPORT INFORMATION

Foodbank Services

RUSHMOOR SERVICES

The **Farnborough Foodbank** (Trussell Trust) is currently closed to clients during the period of lockdown. Please make contact with the frontline referral organisation you are dealing through, if you are seeking a FoodBank Voucher. For updates about reopening, check the website

info@farnborough.foodbank.org.uk

<https://farnborough.foodbank.org.uk/>

The **Vine Centre** in Aldershot is also offering food packages of simple home cooked meals to Isolated people. The number to call is 01252 400 196 or email info@thevinecentre.org.uk - to book please call or email.

Citizens Advice Rushmoor - Recent News

- **Freephone Advice** - Great news! You can now contact Citizens Advice National Helpline free of charge. The number to call is **08082787912**

How to Avoid Scams Presentation

The Rushmoor Citizens Advice team have been very concerned about the rise in scams during the pandemic. They have been working on a project to raise awareness and help people in Rushmoor look after their money by avoiding scams.

One piece of work has been to develop a presentation aimed at informing children (probably year 6 and above) about how they can help themselves, their families and friends look after money, particularly by avoiding scams. This will be designed to be presented in the classroom with plenty of opportunity for discussion and debate. This will be available for distribution shortly.

In the meantime there is plenty of information on their website <https://citizensadvicrushmoor.org.uk/> and Facebook page <https://www.facebook.com/citizensadvicrushmoor> where there is a scams section

Citizens Advice Rushmoor - Covid Winter Grants

This fund is for people in Hampshire and the Isle of Wight who are experiencing hardship. This might be as a result of income, housing type, cost of fuel, isolation and underlying health conditions. The grants are targeted at households with children; although a minority of grants can also go to households without children.

Accessed through Citizens Advice, there is a “light touch” assessment, to ensure the funds reach those who need them. The help available is either:

- vouchers to the value of £147 if they are on a prepayment meter or
- direct payment to the energy supplier to the value of £147

Grants can be accessed through Citizens Advice, where the adviser will complete an online application to trigger direct payment.

As well as helping with energy issues, Citizens Advice Rushmoor can help you with benefits, debt, housing, work and all sorts of other issues. Our Adviceline is now free to call – just ring 0808 2787 912 or visit our website <https://citizensadvicerrushmoor.org.uk/>

There is also a new Hampshire-wide Citizens Advice service called UBenefit for people experiencing hardship as a result of Covid. There is lots of self-help information for managing your money through <https://www.workoutyourmoney.org.uk/community/ubenefit/> and you can ask for a referral for one to one help too.

Domestic Abuse

Domestic abuse includes physical, emotional, psychological, sexual and economic abuse between those who are, or have been intimate or family members and includes ‘honour’ based abuse and forced marriage alongside controlling and /or coercive control. Incidents of child to parent / carer abuse are also increasingly prevalent.

Support is available for all those who need to access this, and services are able to respond to both crisis situation as well as if you are worried and would like to talk to someone about your situation. Advice and support can be provided to create or adapt safety plans, and to help you talk to your children about how to call for help.

The Hampshire Domestic Abuse Service is delivered by Stop Domestic Abuse and they provide support for victims and children affected by domestic abuse as well as being able to connect you with the Hampton Trust who deliver perpetrator interventions and the South Cast Target Hardening project for those who need advice and practical measures put in place to enable them to remain in their own homes. You can contact the service on 0330 0165 112.

Stop Domestic Abuse are currently running virtual programmes to help families where a child or young person is becoming aggressive towards their parent / carer, and if you feel this support would be helpful for you, you can contact them on 0330 0165 112.

Neighbours, colleagues, family members and friends are also encouraged to be alert to signs that someone may be at risk, or experiencing domestic abuse and to contact the police if you are worried about someone.

In an emergency, please call 999

Local support services:

Aurora New Dawn 24-hour helpline: 02394 216816

Stop Domestic Abuse: 0330 0165112 Monday – Thursday 9.30am – 5.30pm and Friday 9.30am – 5pm (24 hr service to enable access to refuge accommodation).

Facebook Messenger is available 9.30am – 11.30am; 3 – 5pm and 6-8pm Monday to Fridays.

Victim Care Service: 0808 1781641 Monday – Friday 9am – 5pm (0808 1689111 outside these hours).

Victim Support free 24/7 live chat service for all victims of crime:

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Nepali Domestic and Sexual Abuse Service: 07741 261387 / 01252 333618

You Trust (support with target hardening and their health advocacy project): 0800 9169878

Hampton Trust (perpetrator interventions): 02380 009898 Monday – Friday 9am – 5pm with service available until 8pm on Tuesdays and Thursdays

Rushmoor Housing Team: 01252 398634

Hart Housing Team: 01252 774420

Citizens Advice Rushmoor: 0300 3309046

Citizens Advice Hart: 03444 111 306

National Domestic Abuse Helplines and websites

24-hour Domestic Abuse helpline (female victims): 0808 2000247; www.nationaldahelpline.org.uk

Male Advice line: 0808 8010327; www.mensadvice.org.uk

Mankind Initiative: 01823 334244; www.mankind.org.uk

National LGBT+ Domestic Abuse helpline: 0800 9995428; www.galop.org.uk

Hourglass helpline (elder abuse): 0808 808 8141 www.wearehourglass.org

Respect National helpline (perpetrator help): 0808 8024040; www.respect.uk.net

The **Target Hardening** Service is available for people who require additional security measure to their homes and referrals can be made through Hampshire Domestic Abuse Service - 0330 016 5112

advice@stopdomesticabuse.uk

NHS 111 Mental Health Triage Service

Are you or someone you know experiencing a crisis and need urgent mental health support?

The NHS 111 mental health triage service provides advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.

The mental health triage team has a wide range of skills, including on the phone brief psychological support and has access to key services and organisations that can offer mental health support to people in their time of need. NHS 111 has a team of mental health professionals ready and waiting to speak to you. And no matter what your concern or issue, whether it's low mood, anxiety, depression or an established mental health problem, NHS 111 is there to ensure that you get that support.

The service can also be used by GPs and other healthcare professionals, the emergency services, mental health charities, and any other organisations that come into contact with people experiencing a mental health crisis.

Frimley Health & Care – Free Parenting Course in Hart and Rushmoor

Bringing up children is a lot of fun but can also have its challenges and understanding your child's emotional development can be helpful.

Frimley Local Maternity System is offering evidence-based, free NHS online parenting course for parents, carers and grandparents involved in caring for children from ante-natal to 18 years, living in the Frimley ICS area. We would like as many parents and carers as possible to have access to this fantastic resource.

The course has various modules to cover different stages of your child's life. It has been put together by health professionals working with parents with advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND). The guides are:

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0 to 19 years
- Understanding your teenager's brain

Access to the guides is unlimited with no expiry date, so you can return as and when you want to. Each guide has between 5 to 11 sessions which last roughly 20 minutes each. There are also activities that can be carried out between courses.

You can choose to take as many or as few modules as you like or simply read or watch the guides available on the website. The guides are accessible in English, Urdu, Polish, Arabic, Chinese and more languages via Google Translate You may also find the following Q&As helpful – please click here

For technical queries email solihull.approach@heartofengland.nhs.uk or ring 0121 296 4448 Mon-Fri 9am-5pm.

Registration is quick and easy - click here or visit www.inourplace.co.uk

1. Apply the access code when prompted which is PARENTING
2. Create an account
3. Enter your home postcode
4. Enjoy the guide!

What other users thought of the courses?

“This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like ‘Eureka’ moments to me! I WISH I’d known all this years ago”

“I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids.”

“It’s an absolutely brilliant course. And is a fantastic way to educate us all to pause and stop and try to see what’s behind the behaviour rather than responding to the behaviour. Applies to work colleagues/ friends/ acquaintances as well as kids! Win win win.”

Hampshire Healthy Families – FREE Workshops and courses for parents

Hampshire Healthy Families is a partnership between Southern Health & Barnardo's. They are offering **FREE Workshops & Courses for Parents**. For more information, resources and to book your FREE workshop or course for Eventbrite link:

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>

Five to Thrive: New Baby – 6 weeks to 6 months

Baby Talk – 9 months+
Toddler Talk – 2 yrs+
Healthy Eating & Activity Resources for Toddlers (HEART) 2 yrs+
School Readiness: Nurturing Young Brains (workshop or course) 3 yrs+

Visit our website: www.hampshirehealthyfamilies.org.uk Email: HHF@barnardos.org.uk

For more information, resources and to book your FREE workshop or course, find us on:
Facebook: Hampshire Healthy Families Instagram: hampshire_healthy_families
Twitter: @Hantsfamilies

Rushmoor & Hart School Nursing Service

The chat health texting service is still running 8.30am-4.30pm Monday to Friday (excluding bank holidays). This service is for 11-19 year olds and is a confidential texting service. Here is the poster that we send out to schools and partner agencies.



SHFT Chat health poster.pdf



Chat Health 5-19 Parent Poster.pdf

The Parent Chat Health service started on the 1st June and parents have been using this contact for advice and support.

In addition to this our Duty phone line remains open for advice and support and general queries: 01252 335 655.

During COVID 19, School nursing are following national guidance and are able to offer telephone advice/video conference calls regarding the following:

- Emotional health
- Healthy lifestyle,
- Parenting advice: accident prevention, sleep and toilet training, behaviour management
- Supporting children and young people with complex or additional health needs
- Support for children and young people not in school in accessing health

The Request for support to be completed during this period is attached. In order to access support please complete all sections of the form attached and email securely to your School Nursing team with parental consent included. The email address is SHFT.RandHSNTeam@nhs.net



Request for support Dec 2020.doc

Support and information about your local school nurse team is available from the Hampshire Healthy Families website <https://www.hampshirehealthyfamilies.org.uk/>

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Young Person's Safe Haven Service in NE Hampshire and Farnham

Young Person's Safe Haven For young people aged 10-17 living in Farnham and North East Hampshire (covering areas including Aldershot, Farnborough, Fleet, and Yateley)

Safe Haven is a space for young people aged 10-17 who need support with their emotional wellbeing and mental health.

- Out of Hours emotional and practical support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Face-to-face support: Mondays and Thursdays 6:30-10pm: Shieling House 30 Invincible Road Farnborough Hampshire GU14 7QU

To find out more, phone 02380 224 224 / 07918 259 361 or email enquiries@nolimitshelp.org.uk

Mustard Seed Autism Trust

Mustard Seed Autism Trust are providing lots of on-line support to families with autistic children. Please check out our website for Covid19 specific resources. Activities, resources and advice are posted daily on our social media. Website - www.mustardseedautism.co.uk

Facebook - @MustardSeedAutismTrust

Twitter - @MustardAutism

Instagram – mustardseedautismtrust / Sarah Clements

We have also set up a “Mustard Seed Advice Line”. One of our friendly team will be available every Wednesday afternoon 12-5pm to give support, signpost, recommend resources and share ideas. To book a call please email: office@mustardseedautism.co.uk

Hart & Rushmoor Young Carers

Hart and Rushmoor Young Carers is a project managed by Hart Voluntary Action - a local charity based in Fleet which supports the voluntary and community sector. We provide support and respite for young carers aged 7-18 years and their families living in Hart and Rushmoor.

Despite the restrictions of COVID-19, we are still supporting young carers and their families across Hart and Rushmoor, but just in a different way. Unfortunately, Mayfield Community Centre in Farnborough where we usually meet up with our Junior Group (Yrs 3-6) is currently closed and at present the landlord VIVID do not have a timeframe for re-opening it. As such, up until recently we had been trying to find an alternative venue for this group. We have now managed this and ran our first session at Crookham Street Social Club in Crookham Village on 10th November. However, under COVID-19 restrictions we are only permitted to hold sessions with up to 15 people max (incl. leaders) and therefore we've had to split the 36 young carers in this group up into sub-groups of 12 and have them alternate weeks, so everyone gets to attend at least once every 3 weeks.

Fortunately, Yateley Town Council have agreed to us continuing to use the Youth Rooms at The Tythings in Yateley for our Senior Club (Yrs 7-10) and Young Adult Carers Group (Yrs 11+), and we've been holding weekly sessions there on Monday night since 12th October. As with our Junior Club, we've had to split the 50 members up into sub-groups of 12 and have them alternate sessions, so everyone gets to attend at least once every month.

We are pleased to say that we are still permitted to run young carers clubs during COVID-19 lockdowns, but given the rapidly rising infection rates in Hart and Rushmoor at the start of this term, we decided to delay re-opening until after the February half term holiday. In the interim, we are holding weekly Zoom sessions with the young carers on Monday from 6-7pm for School Years 7-10 and 8-9pm for Young Adult Carers aged 16-18 years and on Tuesday from 4-5pm for School Years 3-5 and 5-6pm for School Year 6, where we chat and play games online. We also hold virtual scavenger hunts, quizzes, workouts and yoga flow at the sessions.

We are continuing to offer 121 support by phone, email or in the case of young adult carers face-to-face. We are still accepting new referrals but are limited to phone contact with parents/carers at the present time, although have been undertaking a small number of Young Carers Assessments in schools.

We also have a Facebook page (<https://www.facebook.com/HartandRushmoorYC/>) where we post details about any activities planned. We also share posts which we think may be useful to our young carers and their families, including information on local support groups.

And finally, please don't forget you can support Hart and Rushmoor Young Carers by becoming a Co-op member at <https://membership.coop.co.uk/causes/52961> and selecting us as your local cause. It's quick and easy to do and only costs £1. Every time you shop at the Co-op, you earn 2p back for every £1 you spend on Co-op branded products, which then goes to Hart and Rushmoor Young Carers as your chosen charity.

To find out more, please contact Team Lead Lindsay Graham by e-mail at youngcarers@hartvolaction.org.uk or phone on 07983 030 689.

Step by Step – 272 Challenge

Take on the 272 Challenge for young people facing homelessness

Youth homeless charity Step by Step have created a new challenge for 2021 to help keep you motivated and active while raising money for a fantastic cause. The 272 Challenge is your challenge, your way. Simply choose a physical activity, set yourself a target and get going! You could run 27.2 miles, walk 272 km or swim lengths – anything you can think of relating to the number 272.

Now more than ever we need to look after our mental and physical wellbeing. The positive effects of physical activity on mental health are well documented, helping to relieve the stress and anxiety we are all feeling during these difficult times.

The 272 Challenge is a great way to get more active, have some fun, and raise money for young people going through hard times. The charity chose the number 272 as this is how many young people it can accommodate at one time.

The challenge costs only £10 per entry and you can complete your challenge whenever you want over the course of 2021. You can raise even more by getting sponsored by friends, family, colleagues and members of your community, and there are exclusive medals for reach fundraising targets.

To sign up to the 272 Challenge or find out more, go to www.stepbystep.org.uk/events

Fleet Phoenix Youth Provision

With the tier restrictions now back in place now, we want to reassure everyone that Fleet Phoenix are still here for you if you need us. We are still delivering food parcels so if you or your family are in need of this help, please email lucy@fleetphoenix.co.uk with your requirements and why you are seeking help. Our open door appointments are also still available, just a little more limited due to the precautions we have put in place but please feel free to contact us if you need our help, all our contact details are on our website: [Fleet Phoenix](#)

We still have our food/toiletry collections points at all 3 Sainsbury's in Fleet, so if you'd like to make a donation, they are there for you. We appreciate any and all help from the community.

We have set up a new Facebook group through our Fleet Phoenix page to advertise job and training opportunities in the local area. So, if you are on the look out for either of these, please visit the Fleet Phoenix Facebook page and join our 'Job Opportunities' group. This is updated regularly, so please keep an eye out for some great opportunities.

For the most up to date information, what we're up to, useful information and much more, please visit our Facebook page (@fleetphoenix.co.uk). We are always trying to reach more people in the local community and spread the word about our wonderful charity, so we would love it if you gave us a like.

We have a quarterly email newsletter which contains a round up of what we've been up to, news and events and much more, if you'd like to sign up to receive this, please click the link: [Fleet Phoenix \(list-manage.com\)](#)

We would also love it if you could take 5 minutes to help us please? We have set up a feedback survey about our charity. If you would like to complete these 10 questions for us that would be great. It all helps us to continue the work we do in the best way possible for our community. Fleet Phoenix Feedback Survey (www.surveymonkey.co.uk)

Farnborough Rotary Club

Immediate help

Rotary is very active and open for business. In the Farnborough club we have reasonable funds available both for general charitable purposes and for immediate COVID-19 needs. Just ask and we'll see if we can help. General charity requests will go through our regular procedures, ranking in terms of need, deciding whether we contribute and if so what amount. COVID-19 requests are assessed more quickly.

In either case we view most favourably those which are local and are for a specific purpose. We like to see our contribution making a difference, after all most of our money comes from you and we are very conscious of your magnificent response to our Christmas collections. Despite these troubled times you donated £4,428 in December. £4,000 has already been distributed leading to responses such as this from one local charity "This is amazing news, thank you so much. We are so grateful to have your support at this challenging time.... so we can continue supporting vulnerable young people..."

So, if you think you have a case contact us on 0300 772 7011 (local rates). This will usually be answered by our secretary Tony Myers though on occasions it may be redirected to another club member.

Return to normal

Like everyone we look forward one day to returning to normal and the latest news about vaccines is very encouraging. In the interim we are continuing to use our business expertise and skills as creatively and beneficially as we can with a growing programme of events and activities.

Help Rotary!

Rotary is fun. What we all give is our time. We're always open to people who'd like to join us. We're also open to those short of time but who are willing to pitch in and help on our events and so. Again, give us a call to find out more – 0300 772 7011 (local rates)

If you are planning ahead then remember Farnborough Rotary Club has an established and growing programme of events and activities for young people with business, vocational and cultural aspects.

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 which 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@pebl.info or call 07879 384 014

PEBL Skills Café

PEBL's friendly team is currently providing online and phone support to residents of the Prospect Estate providing general advice, sign posting, find fast fill jobs and online training links as well as specialist support and care packages from the Vine Centre.

Every Wednesday 10am- 3.30pm

Email skillscafe@pebl.info or call 07340 017 342

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

3rd Farnborough Scout Group offers #SkillsForLife and everyday adventure for boys and girls aged between 6 and 14. We are also in need of more adult volunteers to keep the group growing and providing more and more adventures to young people. We are still offering Scouting during the pandemic, with weekly meetings taking place using Zoom. To find out more, please visit www.3rdfarnboroughscoutgroup.org.uk or email skip@3rdfarnboroughscoutgroup.org.uk

Beavers

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. 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!

Our regular meeting time for Beavers is a Monday evening 5.30pm – 6:30pm

Cubs

For Cubs, excitement and adventure are key. 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.

Our regular meeting time for Cubs is a Monday evening 6:45pm – 8:00pm

Scouts

For Scouts (aged 10½ - 14), outdoor activities feature prominently with the highlight being camping. Throughout the year, Scouts learn various skills such as computer skills, problem solving, 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 our Scouts get up to.

Our regular meeting time for Scouts is a Thursday evening 7:00pm – 9:00pm

TRAINING AVAILABLE

Rushmoor Community Lottery

Are you still thinking about whether joining the lottery is for you? This is what some of our good causes are saying about being part of the lottery and benefiting from over £96,000 which has been raised so far by and for our local community:

Being part of the local lottery has been such a positive element of our fundraising efforts. With so much going on and people coping with a pandemic it always remains wonderful that our supporters continue to stay with us and support us in this lovely scheme. The local lottery keeps us in the minds of the community, and we feel very strongly that we are a local cause; it's schemes like this that gives smaller charities a chance to create some income. *Jackie Carr – Parkside*

Asking people for money is always difficult whether it be from businesses or the school community. Participating in the Rushmoor Community Lottery has enabled us to have a regular, reliable funding stream that offers a little excitement for the funder too, by way of the chance to win a number of prizes. *Karen Gilbert- The Wavell School*

Rushmoor Community Lottery is not only a great way to raise funds for our charity but an opportunity to connect with our local community. It's quick to set up and we receive regular updates and promotional material which means it is super easy to manage. The Rushmoor Lottery requires very little time and the contributions from ticket sales quickly add up. *Sarah Clements - Mustard Seed Autism Trust*

Rushmoor Borough Council – Information regarding funding and activities

Rushmoor Borough Council colleagues have put together a comprehensive list of national and local emergency funding streams available to support individuals and projects across all sectors of society.



COVID-19 Funding
(3 Feb 21).pdf

**Many thanks to all the people and organisations who contributed
Information to this Newsletter**

The next edition will be sent out during the Summer term

Any contributions please to tony.mcgovern@rushmoor.gov.uk