

Rushmoor Voluntary Services

MONTHLY BULLETIN

JANUARY 2018

What's On:



Time Out for Parents The Teenage Years

What? A seven-session course for parents of 11-16 year olds
When? Thursday evenings: Jan 11, 18, 25; Feb 1, 8, 22; Mar 1
Where? St John's Church Centre, Fleet Road, Hartley Wintney
Time? 7.45 to 9.45pm (Coffee from 7.30)

*This course is led by trained and licensed facilitators **Ken & June Shorey***



There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £25 per parent or £45 for a couple. This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.

To book a place (or for further details)
 email ken@parenting.org.uk
 or telephone 01252 843803



Time Out for Parents The Teenage Years

A 7-session course for parents of 11-16 year olds
 on Thursday evenings starting 11th January 2018
 at St John's Church Centre, Hartley Wintney



- The goal of parenting
- Temperament and emotional needs
- Love languages
- Why it's tough being a teenager
- Identity and independence
- Staying connected
- Peer pressure and self-esteem
- Parenting styles – assertive parenting
- Consistency
- House rules and family meetings
- Communication
- Body language, listening, empathy
- Conflict and negotiation
- Choosing your battles
- Consequences and sanctions
- The big issues – sex, drugs and money
- Online safety and pornography
- Building strong families
- Hidden goals behind behaviour
- Values and traditions

Book by email to ken@parenting.org.uk giving a contact phone number
 Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)
 Positive Parenting courses are designed for parents of all faiths and none.
 Courses at St John's are open to all as part of the church's service to the community.



Time Out for Parents: Handling Anger in the Family

What? A four-session course for mums, dads and carers
When? Monday evenings: February 5th, 19th, 26th, March 5th
 (no session on 12th February – half-term week)
Where? St John's Church Centre, Fleet Road, Hartley Wintney
Time? 7.45 to 9.45pm (Coffee from 7.30)

*The course is led by licensed facilitators – **Ken Shorey & Janet Hunter***



There is no charge for attending. Participants are invited to make a voluntary contribution to cover the costs and we suggest £18 per parent. This includes a copy of the course handbook (otherwise charged at £7.50). Tax payers can Gift Aid their contributions. Those who can't afford it can pay less or come for free without embarrassment.

To book a place (or for further details)
 email ken.shorey@parenting.org.uk
 or telephone 01252 843803



Time Out for Parents: Handling Anger in the Family

A four-session course for mums, dads and carers
 on Monday evenings starting 5th February 2018
 at St John's Church Centre, Hartley Wintney



Book by email to ken.shorey@parenting.org.uk
 Please include a contact phone number

Positive Parenting is part of **Care for the Family**, a registered charity (number 1066905)
 Positive Parenting courses are designed for parents of all faiths and none.
 Courses at St John's are open to all as part of the church's service to the community.



Hampshire presents...



At
The Hartlington,
236 Fleet Road
Fleet
GU51 4BY

Tuesday 16th January 2018
10am - 2pm

Since September 2016, Healthwatch Hampshire carried out a project called Your Voice Counts. This was commissioned by North East Hampshire and Farnham Clinical Commissioning Group as they are interested improving and shaping mental health support for those who need it. This meant we were able to go out and speak to people (with learning disabilities and/or autism, dementia, general adults and young people) who access or used mental health services and any other support for their wellbeing, in the Hart and Rushmoor locality.



Healthwatch Hampshire would like to invite everyone who has been involved in this project (and welcoming those who are interested too!) to a showcase of people's views and experiences, and what we have found to put forward recommendations. It is also an opportunity for you to hear how North-East Hampshire and Farnham CCG are responding to these recommendations and move forward with you.

Please come along, register here- <http://bit.ly/2hS4k3z>

Or contact Fi Biggs for more information Fiona.biggs@healthwatchhampshire.co.uk



North East Hampshire and Farnham
Clinical Commissioning Group



FIND YOUR PLACE AT THE LIBRARY

Service Families Coffee Morning

**Aldershot Library &
Learning Centre**

17 January 2018 9.15am – 11am

**Come along have a drink
and chat with other
families in the area.**



**Any questions or you would like
to help at this event please
contact Dominique – Service
families champion**

Dominique.swaddling@hants.gov.uk

01252 322560

www.hants.gov.uk/library



www.hants.gov.uk

Alzheimer Café UK

All in the same boat



Friday, 19th January 2018

Understanding Emotions:

Fear and Anger

Dr Gemma Jones

For all persons with dementia, their families, friends and professionals, and anyone interested in dementia.

NEWCOMERS VERY WELCOME!

When: the **third Friday** of each month (except August)

When: **7.00pm to 9.00pm**

Where: St. Peter's Parish Centre, 60 Church Avenue,
Farnborough , GU14 7AP

FURTHER INFORMATION AND/OR CONTACT:

Farnborough Alzheimer Cafe phone: 07938 175 002

Email: alzheimercafe@hotmail.co.uk

The web: www.alzheimercafe.co.uk

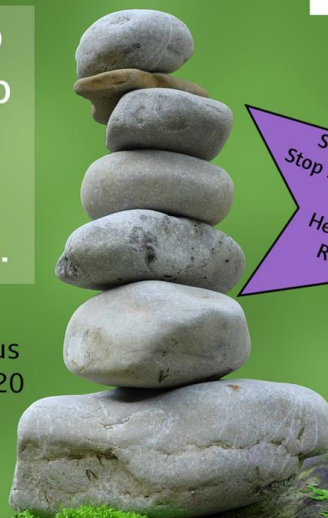
Supported by the Alzheimer Café UK CIO- Charity No. 1165335

SMOKE-FREE DE-STRESS



Feeling too stressed to stop smoking? Get FREE NHS help and support to quit, whilst learning new skills in stress management and wellbeing.

New 8-week course in Farnborough starts Thursday 25th January at 10.30am. Call TalkPlus on 01252 533355, or Quit4Life on 01252 335 120 to book your FREE place.



The Mayor's Charity Fundraising Committee invites you to a



in aid of the Mayor's charities:

Alzheimer Café, Farnborough

Creating Futures Charity

Parkside (Aldershot and District Learning Disability)

on Friday, 26th January 2018

at 7.00 pm

in the Concorde Room, Rushmoor Borough Council
Farnborough Road, Farnborough GU14 7JU

Tickets £5 per person
(teams of six players maximum)

Please bring your own food, drinks,
glasses and nibbles

If you would like to take part please contact:
Terry Owens, Chairman, Mayor's Charity Committee
on 07721 862491 or tel.owens@btopenworld.com

RUSHMOOR
BOROUGH COUNCIL

Hampshire Tobacco Control Strategy 2018-21

Would you like your organisation to be involved in helping to shape activity around tobacco across Hampshire? If you would like to have say and contribute to the plans, please come along to one of the three workshops taking place across Hampshire.

Basingstoke – Monday 5th February 2018

Havant – Monday 19th February 2018

Eastleigh – Monday 26th February 2018

All sessions will run from 9.30am – 12.30pm

Teas and coffees will be available

What is tobacco control?

- Supporting smokers to stop
- Promoting smoke free communities, including smoke free homes and public places, under-age sales, illegal tobacco
- Preventing young people from starting

Who should attend?

Anyone working within the community, including local authority staff, stop smoking advisors, community nursing staff, acute trusts and mental health services, housing officers, occupational health staff, communications leads, Clinical Commissioning Groups, Community Safety Teams, youth workers, voluntary organisations, etc.

The workshops will include:

- Review of Hampshire Tobacco Control Strategy 2015-18 and achievements.
- Priorities for 2018-21.
- Action planning for 2018-19.
- Future engagement and partnership working.

Please email sarah.preece@hants.gov.uk to book your place at one of the workshops.

FARNBOROUGH LIONS CLUB

Cordially invite you to enter a **Team of 4-5 or 6 people** in our....

Charity Quiz Challenge



Saturday 10th March 2018

St. Marks Church Hall

Guildford Road East, Farnborough GU14 6QE

New start time by popular demand

Doors open at 7.00pm Start 7.30pm

£5 per person

Raffle & Prizes. Please bring your own Drinks & Glasses

Please complete the slip below & return to Lion Ray Bentley by 8th March 2018

4 Baird Road, Farnborough GU14 8BP.

Alternatively you can register by phone on 01252 546428 or

via e.mail at raymond.bentley@ntlworld.com

Many Thanks for your support. Lion Ray Bentley

BOOKING SLIP OCT 2017

Our team name is.....Captain.....

Contact Address.....

Contact Tel Number.....Number in Team.....

e.mail.....

We wish to pay on the night.....We enclose a cheque for.....

Big & Brassy Take 2

Sunday 15th April
2.30pm
Princes Hall
Aldershot

**A spectacular massed
brass band concert supporting:**



Conductor: Paul Speed • Guest soloist: Alan Fernie

Almac Bisley Brass Band
Basingstoke Silver Band
Breakaway Brass
Camberley Brass Band

Cove Brass
Farnham Brass Band
Haslemere Town Band
Sandhurst Community Brass



Tickets £14 including
FREE programme
Tel. 01252 329155
www.princeshall.com



Other Items of Interest:



Supported by Co-op Members

The Co-op Local Community Fund

The following Co-op stores are supporting Parkside (Aldershot & District Learning Disability) If you are member your purchases will help us continue to offer services to some 230 children and adults with a learning disability.

Stores that will help us!

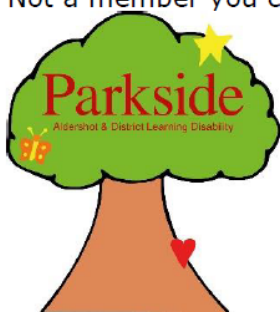
Farnborough Park- Woburn Avenue

North Camp – Queens Road

Cove – Fernhill Road

Fleet, Kings Road

Not a member you can sign up visit <http://www.coop.co.uk/membership>



Young Carers Awareness Day

Awareness Day is **25th January 2018** and events are being planned.

To find out more, please visit the website: <https://carers.org/young-carers-awareness-day-2018>

High Sheriff of Hampshire Awards

If you would like to nominate an individual or a group that you feel deserve special recognition for their work in the community, particularly focussing on law and order related projects, enhancing safety and cohesion in our communities, please see the link below for the nomination form. The closing date is 31st January 2018.



<http://www.hiwcfc.com/high-sheriff-of-hampshire-announces-launch-of-2017-18-community-awards/>

The award presentation ceremony will take place on 14th March 2018.

Mental health and debt advice service

The charity Mental Health UK has set up a new debt advice service for those with money and mental health needs. The website can be found at: www.mentalhealthandmoneyadvice.org/en

The aim of the website is to provide impartial advice to help the estimated four million people who have mental health and money problems, and a further four million who are in financial difficulty and at risk of developing poor mental health.



Have your say – Budget Consultation

From Michael Lane, Police and Crime Commissioner:

To help me to set this year's precept, I am currently asking residents what level of contribution they are willing to make towards the cost of local policing through their council tax and I am keen to ensure your voice is heard. The survey can be accessed using the following link: [Take the survey](#)

A promotional poster for Weight Watchers. The top half has a teal background with the 'weight watchers' logo (a white circle with 'W' and 'W') and the word 'free' in a large, white, cursive font. Below 'free' is the text 'Get 12 weeks for'. A central photograph shows a man and a woman in a kitchen; the man is cutting vegetables on a board while the woman holds a white container. Below the photo, on a white background, is the text: 'Weight Watchers and Hampshire County Council are working together and are delighted to invite you to join Weight Watchers'. At the bottom, it says 'To find out if you qualify for FREE, use the checklist below', followed by 'I have a Body Mass Index (BMI) of 30+ (If you don't know, we can help)' and 'I am 18 or above'. The phone number '0345 602 7068' is prominently displayed in large blue digits, with 'CALL NOW to complete the next step' above it and 'Quoting WWS095 / Magazine' below it. In the bottom right corner is the Hampshire County Council logo with the text 'Working with Hampshire County Council'.

Hampshire Futures

Inspiring ambition, supporting success

Traineeship Plus – Starting March 2018

Health and Social Care, Construction (18+), Business Admin and more

Do you know a young person keen to get their first job, but who needs a helping hand?

Hampshire Futures' Traineeship Plus Programme is running again in March and applications are now open.

Traineeship Plus helps young people who are keen to work but lack the skills and experience that employers are looking for. The programme gives them the opportunity to undertake a three month work placement in lots of different areas so their move into employment is not as daunting. At the same time, they gain support from dedicated tutors to improve their English and maths and attain an employability qualification.

Traineeships are available for young people aged 16 to 24 and for young people with Learning Difficulty Assessments or Education, Health and Care Plans up to academic age 25, qualified below level 3.

Many trainees have gone on to secure apprenticeship opportunities within Hampshire County Council, and Hampshire Futures aims to ensure the young people benefiting from the programme have suitable opportunities for progression before they complete the course.

For Louise Holloway a Traineeship Plus work placement led to a permanent position. She said: "The best thing about the Traineeship was that got me out of my comfort zone. It helped me expand my experience. It also helped me get ready for other job opportunities."



How to apply

Applicants must hold a minimum grade D or level 3 in GCSE English or maths (non GCSE qualifications are considered on an individual basis).

For more information, and to download an application form, visit www.hants.gov.uk/yourfuture. Alternatively, email hyip@hants.gov.uk or phone 01962 846193.

RVS Training opportunities:



Please note: If you wish to attend any of the RVS training courses, you will need to complete a booking form. Once we have received your form, your place will be confirmed.

'Emergency First Aider at Work'

Dates: Wednesday, 21 March 2018
Wednesday, 4th July 2018
Wednesday, 10th October 2018
Wednesday, 5th December 2018

Time: 9.00am - 4.00pm **Cost:** £50.00 **Trainer:** MCG Training

Venue: Farnborough Community Centre, Meudon Avenue, Farnborough GU14 7LE

Details: '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 540162 or email:
support@rvs.org.uk

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

Wednesday, 14 th February	Refresher
Wednesday, 21 st March	Full
Wednesday, 11 th April	Refresher

Costs: Full Courses:
RVS members: £55 (non accessible) and £70 (accessible)
Non members: £65 (non accessible) and £80 (accessible)

Refresher Courses:
RVS members: £35 (non accessible) and £50 (accessible)
Non members: £40 (non accessible) and £55 (accessible)

Venue: Farnborough Community Centre, Meudon Ave, Farnborough GU14 7LE

Trainer: Sue Smith

Details: 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 540162 or email:
viv@rvs.org.uk

Hampshire County Council Wellbeing 'Trigger Tool'

A resource if you are working with older or vulnerable people in the community

Date: Wednesday, 24th January 2018 – 10.00 a.m. to 12.30 p.m.

Venue: Farnborough Community Centre, Meudon Avenue, Farnborough GU14 7LE

Cost: Free **Trainer:** Rushmoor Voluntary Services

Details: 'Trigger Tool' has been developed by Hampshire County Council and is light touch training aimed at volunteers, neighbours and people working directly with older and vulnerable people who may come in to contact with vulnerable adults in the community. It helps them to be aware of risks that they may need to identify and to help them think about helping someone to make changes in a 'strength based' way

Learning objectives:

- Identify some of the risks that adults may have in their homes
- Feel more confident in talking to the person about these risks
- Know how to work with someone in a strengths based way
- Know where you can get support and advice in your local area

Other Information:

- Parking is available at the 'Pay and Display' car park at the Community Centre (0.50p per hour)
- Tea, coffee and Juice etc. will be provided
- Venue is fully accessible

Places are limited – For a booking form, please send an email to: support@rvs.org.uk

'Accredited Food Hygiene'

Accredited Food Hygiene Courses are available in Rushmoor. These are facilitated by Rushmoor Borough Council.

The three-hour courses can be booked directly with Rushmoor Borough Council. Please use the link below to view available dates and a booking form.

www.rushmoor.gov.uk/foodtraining

Venue: Rushmoor Borough Council Offices, Farnborough. GU14 7LE

Trainer: Rushmoor Borough Council Environmental Health Department

Cost: £40

Information: If you are attending this course, you are advised to read the guidance produced by the Food Standards Agency - click [HERE](#)

Details: 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 398139 or email the required information to sue.clements@rushmoor.gov.uk

Other Training opportunities:

Everyday First Aid – courses for groups (updated information)

The British Red Cross offer FREE first aid sessions to groups that include or support:

- Over 65's
- Those using drugs or alcohol
- Homeless

They will come out to your venue to deliver this course and a session will be between 2-3 hours long. There are no assessment and no one is required to get on floor if they do not wish to.

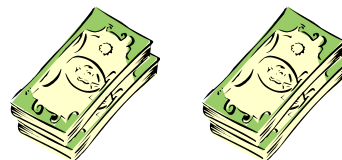
For more information please contact:

Becky Langford on 07590 445383 or email: blangford@redcross.org.uk

Any other training we can help with?

Please let us know if you have any training needs which we are not currently offering. If we have enough people for a course, which fits our criteria for the voluntary sector, we will do our best to put a training programme together.

Please email Greg with your suggestions (greg@rvs.org.uk).



Funding News:

Listed below are some areas of funding which you might find useful. If you need further information relating to any of these, please give us a call.

If you would like to carry out a search to find a trust fund suitable for your particular project, etc., please contact Sue at RVS on 01252 540162. We have access to the Directory of Social Changes database which has information on over 4,000 grant-making trusts.

HIWCF FUNDS

The HIWCF funds opened on **2nd January 2018**. Please take a look at the criteria to see if your charity or voluntary organisation is eligible to apply:

The full list of funds can be found on the website:
<http://www.hiwcf.com/grants/>

FROGNAL TRUST

Grants are available for charitable organisations carrying out social welfare & community activities and supports small charities working with young people. **There are no deadlines.** Applications in writing only by emailing: sue.hickley@wilsonslaw.com

THE DISCOVERY FOUNDATION

Previously known as the Santander Foundation, the Discovery Foundation offers funding to support local charities, community interest companies and credit unions that are helping disadvantaged people locally across the UK. There are **no deadlines**.

For more information, please visit the website:
<http://thediscoveryfoundation.org.uk/discovery-grants.aspx>

THE HILDEN CHARITABLE FUND

The Hilden Charitable Fund provides grants to small organisations (maximum turnover £200,000) with an average value of £5,000 to support community based activities for young people aged 16 to 25. **Applications are accepted at any time.**

For more information please visit the website:
<http://www.hildencharitablefund.org.uk/index.htm>

THE CLOTHWORKERS' FOUNDATION – CAPITAL COSTS

The Clothworkers' Foundation awards funding for capital costs such as rebuilding or office refurbishment to organisations that improve the life or quality of communities facing disadvantage. There are **no deadlines**.

For more information please visit the website:
<http://foundation.clothworkers.co.uk/>

ROWAN BENTALL CHARITABLE TRUST

Grants for charitable organisations in Southern England undertaking community based projects in areas including healthcare, special needs and education. **No specified deadline.**

For more information please contact: rowanbentallcharitabletrust@hotmail.co.uk

THE PRINCE OF WALES'S CHARITABLE FOUNDATION – SMALL GRANTS PROGRAMME

The small grants programme supports grass-root community-based projects. The maximum award is £5,000 and the average is £1,500.

Eligibility criteria:

- We will consider applications from UK registered not-for-profit organisations.
- Applications will be considered from organisations that have completed at least two years of activity and are able to submit accounts.
- Grants will be awarded for a single financial year.
- You must be an independent not-for-profit organisation.

Exclusions or what is not eligible:

- The Prince of Wales's Charitable Foundation is unable to sponsor individuals.

Grants will not be awarded to:

- individuals
- public bodies
- organisations that mainly distribute grants to other organisations;
- organisations that are looking to deliver similar projects to any of The Prince's Charities (please visit The Prince's Charities page for further project details)
- organisations with an income of £1m or more
- organisations with political associations or interests
- cover capital expenditure with the exception of community-based, religion-related and heritage restoration projects.

Application deadline:

While you may apply anytime, applications submitted one month before the small grants committee meeting will be considered at the next meeting.

Please note that the Small Grants Committee will consider applications in January, March, July and October 2018.

For more information, please visit the website:

www.princeofwalescharitablefoundation.org.uk

If you have any useful items you would like to share with others, which we can include in our Monthly Bulletin, please contact us at:

Rushmoor Voluntary Services, Farnborough Community Centre, Meudon Avenue
Farnborough, Hampshire GU14 7LE

Tel. No.: 01252-540162 or E-mail: sue@rvs.org.uk