

**Rushmoor Voluntary Services
MONTHLY BULLETIN
SEPTEMBER 2018**

What's On:

Lonley Confused Worthless

Useless Desperate

Art exhibition

"Reach Out"

Tuesday 4th to Thursday 27th September

The West End Centre

Queens Road, Aldershot GU11 3JD

In partnership with the Domestic Violence Forum and local organisations to raise awareness of domestic violence and mental health.

Just come along during The West End Centres opening times

Just Wellbeing The Vine Centre North East Hampshire Domestic Violence Forum Hook Creative Art Group Safer north hampshire breakout youth you first

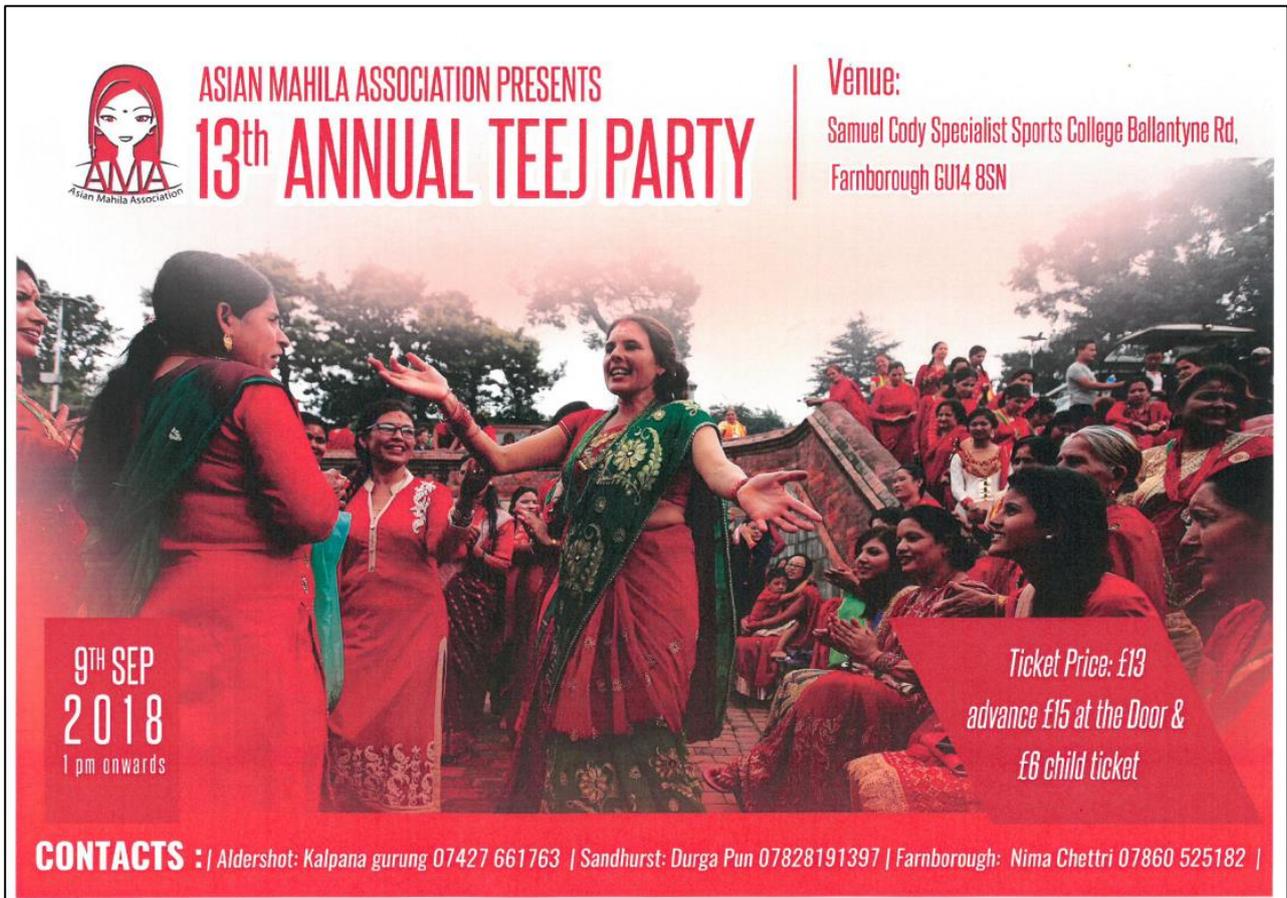
HWCA (HERONWOOD COMMUNITY ASSOCIATION)

Trip to Stratford upon Avon - Saturday, 8th September 2018

Cost: £18.50 for members, £20.50 for non-members

Leave Aldershot at 9.00 a.m.

To book a seat, please ring Pat Lipitz on 01252 315098



ASIAN MAHILA ASSOCIATION PRESENTS
13th ANNUAL TEEJ PARTY

Venue:
Samuel Cody Specialist Sports College Ballantyne Rd,
Farnborough GU14 8SN

9th SEP 2018
1 pm onwards

Ticket Price: £13
advance £15 at the Door &
£6 child ticket

CONTACTS : | Aldershot: Kalpana gurung 07427 661763 | Sandhurst: Durga Pun 07828191397 | Farnborough: Nima Chettri 07860 525182 |



Autism - An Untapped Resource

FREE WORKSHOP in Southampton
Understand autism to get the most from your workforce



At least 1 in a 100 people are on the autism spectrum so businesses have much to gain from understanding and embracing neuro-diversity.

Autism Hampshire provides this workshop for Business Owners, HR Directors and those with recruitment responsibilities, to enable effective recruitment and support. People on the autism spectrum can be an asset to your workforce and often demonstrate:

- ✓ High levels of concentration and focus
- ✓ Reliability and dependability
- ✓ Attention to detail and accuracy
- ✓ Excellent technical ability or original creative thinking

NEXT WORKSHOP Monday 10th September 2018, 9am-1pm, Solent University (Southampton)
Prior booking required. One Candidate FREE per organisation, subsequent candidates £25 each.
To request a place email kathryn.cornish@autismhampshire.org.uk
Tel: 01489 880881 (ext. 222)



FIND YOUR PLACE AT THE LIBRARY Veterans coffee morning at Aldershot Library

Every 2nd
Wednesday of the
month

10.30-11.30am

Dates as follow

August 8th September 12th

October 10th November 14th

December 12th January 9th 2019

February 13th March 13th

April 10th May 8th

June 12th July 10th

Drop in session.

Small donation for refreshments.

Aldershot.library@hants.gov.uk

01252 322560



www.hants.gov.uk/library



Hampshire
County Council

www.hants.gov.uk

Proud to support Phyllis Tuckwell

Fundraising for



**Phyllis
Tuckwell**
Hospice Care
...because every
day is precious

Want to be part of our
Haircut Heroes team and
Raise money for Hospice care?

Sunday 16th September

we will be hosting a group head shave

Come and show your support and enjoy some
live music from 12pm



Stratford's Barber Shop - Aldershot

If you would like to take part by either shaving your
head or beard please contact the Phyllis Tuckwell
Fundraising team for more information

fundraising@pth.org.uk 01252 729446

Please call 01252 729446 for information about Phyllis Tuckwell or visit www.pth.org.uk

Find us on:



Phyllis Tuckwell Hospice Care, Waverley Lane, Farnham, Surrey GU9 8BL.
Phyllis Tuckwell Memorial Hospice Ltd. Registered Number 1063033. Registered Charity Number 264501.

Registered with



FUNDRAISING
REGULATOR



Rushmoor Voluntary Services

Voluntary Sector Forum and AGM

Wednesday, 19th September
9.45 am to 12.30 pm followed by a buffet lunch

Rushmoor Borough Council offices
Concorde Room

Alzheimer Café UK



All in the same boat

Friday Sept 21st, 2018

Topic:

What is dementia; how is it diagnosed?

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 - Charity No. 1165335



Hampshire Child and Adolescent
Mental Health Services

P.A.C.E

PARENTS AND CARERS EVENTS

Challenging
behaviour

Eating
difficulties

To increase confidence,
knowledge in managing
potential concerns

Suitable for professionals
working with young
people

PLUS MUCH
MORE

Crisis and
self harm

Specialist information
stands open between
11am-6pm

Free event

Anxiety
management

Thursday 27 September 2018 - Open from 11am-7pm

Rushmoor Borough Council Building, Farnborough Road,
Farnborough, Hampshire, GU14 7JU

Stay as long as you like but booking is essential for workshops

Book at www.hampshirecamhs.nhs.uk



Service provided by Sussex Partnership NHS Foundation Trust



Carers

Afternoon Tea & Evensong

to give thanks for all Carers in Surrey & North East Hampshire

Thursday 11th October 2018

- 3.30pm **Welcome to Tea & cake in the Refectory!**
- 4pm **Motivation by Music - Gospel Choir**
- 5.30pm **Evensong Service:** following the reception we welcome anyone who would like to stay and join the Evensong service in the Cathedral which will be dedicated to Carers in the Diocese

Are you a carer or former carer?

Do you offer support to carers?

Do you attend a carers support group?

everyone is welcome including those who are currently being cared for. For catering purposes, please book your place, so that we know how many cakes to bake!

Book Online: www.cofeguildford.org.uk/whats-on/events/detail/carers-afternoon-tea
or return the form below

(Free) Ticket Request Form

Name :

Address:

.....

Email:

Telephone:

Number of (free) tickets required:

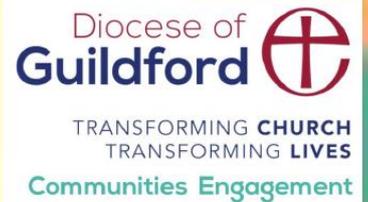
Accessibility notes/requirements:

Please return by: Monday 1st October to: *Emma Beswick, CET Church House Guildford, 20 Alan Turing Road, Guildford, GU1 7YF*

Enquiries: emma.beswick@cofeguildford.org.uk

Tel: 01483 790 324

When you register to attend, your data is being collected on behalf of the Diocese of Guildford for the purpose of this event. Full information on how we process personal data is on our website www.cofeguildford.org.uk



Other Items of Interest:

Covenant Fund Workshop: Wednesday, 31st October - 1030-1230 Aldershot Military Museum (with a free tour of the museum for attendees)

This is a two hour work shop with an opportunity to learn and network with others.

Topics:

- The Armed Forces Covenant
- The Covenant Fund and what makes a good Covenant Fund application
- Your local armed forces communities
- Hear from local projects that have been funded by the Covenant Fund
- Other funding options for local projects

To reserve a place please email armedforces@hants.gov.uk

Deadlines for Covenant Fund applications:-

- *Applications submitted by midday 30th Sept 2018 will be decided before the end of Nov 2018.*
- *Applications submitted by midday 17th Dec 2018 will be decided before the end of Feb 2019.*

Looking for a room to hire?

Farnborough Grange Nursery/Infant Community School are offering the following:

Oak Room - Monday and Friday from 9.00 a.m. to 3.00 p.m.
Evenings (except Tuesday) up to 9.00 p.m.

Adult Learning Room - Monday to Friday – any evening.

For more details, including cost please contact:

Tel: 01252 541879 or Email: jane.armstrong@farnboroughgrange.hants.sch.uk
Farnborough Grange Nursery/Infant Community School
Moor Road, Farnborough GU14 8HW

Aldershot Military Museum also offer the following:

Aldershot Military Museum offers a unique setting for your event, meeting or conference. Our restored 1930s wooden barrack block, the Boyce Building, accommodates up to 60 people and can be tailored to meet your specific needs. The building is fully accessible and includes an accessible toilet, plus tea, coffee and use of self-contained kitchen.

There is free, on-site parking for up to 20 cars and a pay and display car park is a short walk away. Anyone attending your event can also enjoy entry for the day to the museum for just £1.50 per person. A screen, laptop and data projector are included in your hire charge. Price: Dependent on usage but is free for agreed community groups and up to £120 for commercial/corporate usage.

To find out more and to book, please call Kirsty Hoyle on 01252 314598 or email Kirsty.hoyle@hampshireculturaltrust.org.uk

Frimley Health and Care



The Frimley and Wexham Maternity Voices Partnership wants to hear from you.

Did you know that Frimley Health Trust includes two large Maternity Units, Wexham Park and Frimley Park, who oversee around 9500 births each year?

The Frimley and Wexham Maternity Voices Partnership is part of the 'Better Births' national programme to transform maternity services with the vision of making them even safer, kinder, more personalised and family friendly. We need your help to ensure the best provision possible for mothers and babies. The partnership is about improving safety, ensuring women have choices and understand them.

If you have had a baby in the last two years or support local families who have, you could help us to improve services by talking with us about your own experiences and providing your views and opinions.

There are a number of ways to get involved and we have small groups working on different projects including:

- Making sure women know what their choices are
- Planning care in a more personalised way
- Reviewing care at each stage, from start to finish
- Working to help women be as healthy as possible before and during pregnancy
- Recruitment and retention of the staff who deliver these services

If you are interested in finding our more information, please contact:

Erika Townend - positivebirthing2008@gmail.com

Kate Hargreaves - Kate@birthmatters.co.uk

You can also look at the facebook page (linked below) for more information and meeting dates

[Frimley-and-Wexham-Maternity-Voice](#)

This work will be on going until 2021 so look out for updates and further information.



ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • SURREY HEATH • WINDSOR

THIS MUM CAN

Grab the buggy and let's get active, no babysitter required!



"You keep on the move so the babies never get bored. Definitely recommend it to all mums as a great way to keep active"
Lizzie -Buggy Boot Camp participant



Mum and Baby Spin
Wednesday 1.00pm-2.00pm
(must be booked)

Buggy Boot Camp
Friday 12.30pm-1.30pm
(no need to book)

Aldershot Garrison Sports Centre
Rawlinson Road GU11 2LQ
01252 347724

£2.50 per session

Join a fun & supportive community that both mums & babies will love

MySpace



digital skills to pay the bills

What is MySpace?

MySpace is a new programme set up to help anyone and everyone with digital skills, such as CVs, job applications and technical skills etc. with access to many computers and laptops including Microsoft Word, the internet and much more! Our friendly team are ready to help you with your job search!

We provide support with all aspects of job searching including:

- *Writing CVs*
- *Training opportunities*
- *Online job applications*
- *CSCS test practice*
- *Using a range of websites including 'Find a Job'*
- *Practical support and advice*
- *Sending emails*



Free Internet Access



Free Refreshments



Free Advice & Support

Details:

Time: 10am-1pm every Monday

Venue: The Vine Centre, 33 Station Road, Aldershot, GU11 1BA

Contact: 01252 400196

NO APPOINTMENT NECESSARY!

Hosted by

**The
Vine
Centre** 

Devereux House Day Care Centre



**A warm friendly environment, based in the heart of Farnborough
That provides stimulating therapeutic activities and opportunities
to meet new people and have a freshly prepared two course lunch.
Transport is subject to criteria and location.**

**Additional Services available Bathing, Hairdresser and Podiatry
appointments**

For more information

Please contact Victoria or Evelyn on 01252 512967

RVS Training opportunities:



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, 10th October 2018
Wednesday, 5th December 2018

Time: 9.00am - 4.00pm **Cost:** £60.00 **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, 3rd October
Wednesday, 9th January 2019

Refresher
Full

Costs: **Full Courses:**
RVS members: £60 (non accessible) and £80 (accessible)
Non members: £70 (non accessible) and £90 (accessible)

Refresher Courses:
RVS members: £40 (non accessible) and £60 (accessible)
Non members: £45 (non accessible) and £65 (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

Mental Health Awareness - Wednesday 24th October 2018

Time: 10.00 – 12 Noon **Cost:** £20.00

Venue: Farnborough Community Centre

Trainer: Andover Mind

Details: This course aims to talk about mental well-being and mental illness. It will dispel some of the myths, and educate you about common forms of mental illness. It will equip you with the tools to be able to manage mental illness in the workplace, and help you to draw up an action plan to take back to your organisation.

Please book early – spaces are limited. For information and a booking form please call 01252 540162 or email: 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 7JU

Trainer: Rushmoor Borough Council Environmental Health Department

Cost: £50

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 download:
[Food hygiene course application form \[153kb\]](#) or email:
environmentalhealth@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

EXCEL FOR BEGINNERS

This is an introductory course which will help you to use basic Excel spreadsheets and formula functions. Suitable for complete beginners who need to understand the way Excel works, or those who have a little self-taught knowledge but want to know how to use Excel more efficiently for work and day-to-day tasks.

During the course you will be shown and be able to practise:

- How to enter data, basic formulas and functions rows and columns
- Editing and formatting
- Saving and spreadsheet cell manipulation
- Managing printing and spreadsheet layouts, simple calculations, copy and paste options
- Multiplication, subtraction and combination operations

Wednesday 19th September 2018 – 4 weeks
10am – 12.30pm

FREE to attend if you are in receipt of Universal Credit, JSA or ESA

This course will take place at The Vine Centre 33 Station Road, Aldershot GU11 1BA

For further information or to book online
www.adultandcommunity.co.uk
Or call 01252 877190 after 3rd September

COMPUTERS FOR BEGINNERS

This is an introductory course which will help you develop your ICT skills.

During the course you will:

- Become familiar with a computer
- Be introduced to a Word processing package
 - Access and use the internet
- Be introduced to email and basic commands
- Use basic functions of computer software commonly used in work situations

Wednesday 19th September 2018 – 4 weeks
1pm -3pm

FREE to attend if you are in receipt of Universal Credit, JSA or ESA

This course will take place at The Vine Centre 33 Station Road, Aldershot GU11 1BA

For Further information and to book online
www.adultandcommunity.co.uk

Call 01252 877190 after 3rd September

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.

Masonic Charitable Foundation

We are tackling some of society's most important issues through our grants to local and national charities and partnerships with leading organisations in the sector. With grants totalling over £5 million each year, we help thousands of disadvantaged and vulnerable people to live happy, fulfilling lives and participate actively in society.

Over the last forty years, we have provided over £130 million to charities. The MCF's work is funded solely through the generous donations of Freemasons under the United Grand Lodge of England, their families and friends.

We have conducted surveys which informed us of the areas about which Freemasons care most passionately. Our grant-making programmes for charities target funding where it is most needed within these areas. Our current target areas are:

- Creating the best start in life for disadvantaged children and young people
- Reducing isolation in later life
- Medical research into degenerative disease
- Care services in the hospice sector

The target areas are reviewed regularly to ensure our grants are making the greatest possible impact.

Current funding streams cover:

- Early Years
- Later Life
- Hospice Care

For more information, please visit the website: www.mcf.org.uk

Rushmoor Voluntary Services

Small Grants for voluntary groups and Carers – RVS manage several charity funds. The grants are aimed at small groups and are normally in the region of £300.00. Our Carers respite grants are available to individuals.

We have a simple and quick application process. Full details of our grant programme can be found on our website:

<https://www.rvs.org.uk/group-support/funding-help/#RVS%20Grants>



Localgiving has teamed up with the Postcode Community Trust to provide over 400 grants of £500 to small charities and community groups. Thanks to support from the players of People's Postcode Lottery, the Magic Little Grants Fund provides small charities and community groups the opportunity to access funding to deliver engaging physical activities, which help to overcome barriers to participation.

To benefit from funding, projects need to meet either of the following themes:

- Overcoming barriers to participation in physical activities in creative ways
- Increasing social cohesion through developing access to sports and other recreational activities

Applications are able to be made from 15th May to 31st October 2018. As part of the grant, organisations who are not currently members of Localgiving will also be awarded an annual Localgiving membership, worth £96, that will enable them to benefit from Localgiving's online fundraising support and services.

Grant Eligibility: In order to apply for the funding grant, your organisation must meet the following criteria:

Income - You must have an annual income under £50,000. Priority will be given to organisations with an annual income under £20,000.

Physical activity projects - You must be running, or be planning on running a project that encourages individuals to take part in some form of physical activity to help improve their physical and mental health and wellbeing.

How to apply: Localgiving member? If you are a Localgiving member, simply [log in to your account](#) and click the Magic Little Grant button on your dashboard – it should only take 10 minutes to complete your application.

Not a Localgiving member? If you are not a Localgiving member then you need to [click here for further information](#) about applying for the grant.

If you have any questions please click [here](#) or contact the Localgiving help desk on 0300 111 2340 or email help@localgiving.org.

The Prince of Wales's Charitable Foundation

Small Grants Programme awards grants to a maximum value of £5,000. The average award is £1,500.

Please review the application checklist and criteria before applying for a small grant.

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.

More information can be found on the website:

www.princeofwalescharitablefoundation.org.uk/apply-for-a-grant

Sport England Funding - ongoing

[Sport England](#) is committed to investing in clubs and projects across the country to create a great environment that encourages more people to play sport. Whether you need to make your clubhouse more accessible, want to improve the drainage of your pitch or need financial help to put on more coaching sessions, we have a funding stream that could help.

You can submit an application for a Small Grant at any time through the website <https://www.sportengland.org/funding/small-grants/>. Small Grants can fund formally constituted not-for-profit organisations and statutory bodies. This might include sports clubs, voluntary organisations, local authorities, schools or governing bodies of sport.

The Screwfix Foundation

The Screwfix foundation exists to support projects that will fix, maintain, improve and repair charitable and community facilities for those in need across the UK.

The Screwfix Foundation currently offers local registered charities and not for profit organisations funding of up to £5,000. All applications are reviewed individually by our team on a quarterly basis, the review dates are in February, May, August and November. All successful applications will be contacted by post, email or phone to arrange the next step. Unsuccessful applicants will be contacted within one month of the review meeting. If on the first instance an application is unsuccessful, we welcome any future applications charities may wish to make.

Please visit The Screwfix Foundation [Facebook page](#) and [website](#) for more information.

How To Apply:

Before applying for The Screwfix Foundation funding, please ensure your charity:

- Is a registered charity or not for profit organisation.
- Is helping those in need by reason of financial hardship, sickness, disability, distress or other disadvantage in the UK.
- Is looking for funding to support projects that relate to the repair, maintenance, improvement or construction of homes, community buildings and other buildings.

If your charity meets all of the above criteria and you wish to apply for funding please apply via the [website](#).

www.screwfix.com/help/screwfixfoundation

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