

Rushmoor Voluntary Services
MONTHLY BULLETIN
DECEMBER 2018

What's On:

Alzheimer Café UK



All in the same boat

Friday December 14th 2018

*****Christmas Social*****

**Grandpa's Spells....Christmas
carolsFood and drink....**

Plus a short talk by Dr Gemma Jones

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

Come and join us; newcomers very welcome!

When: the **third Friday** 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

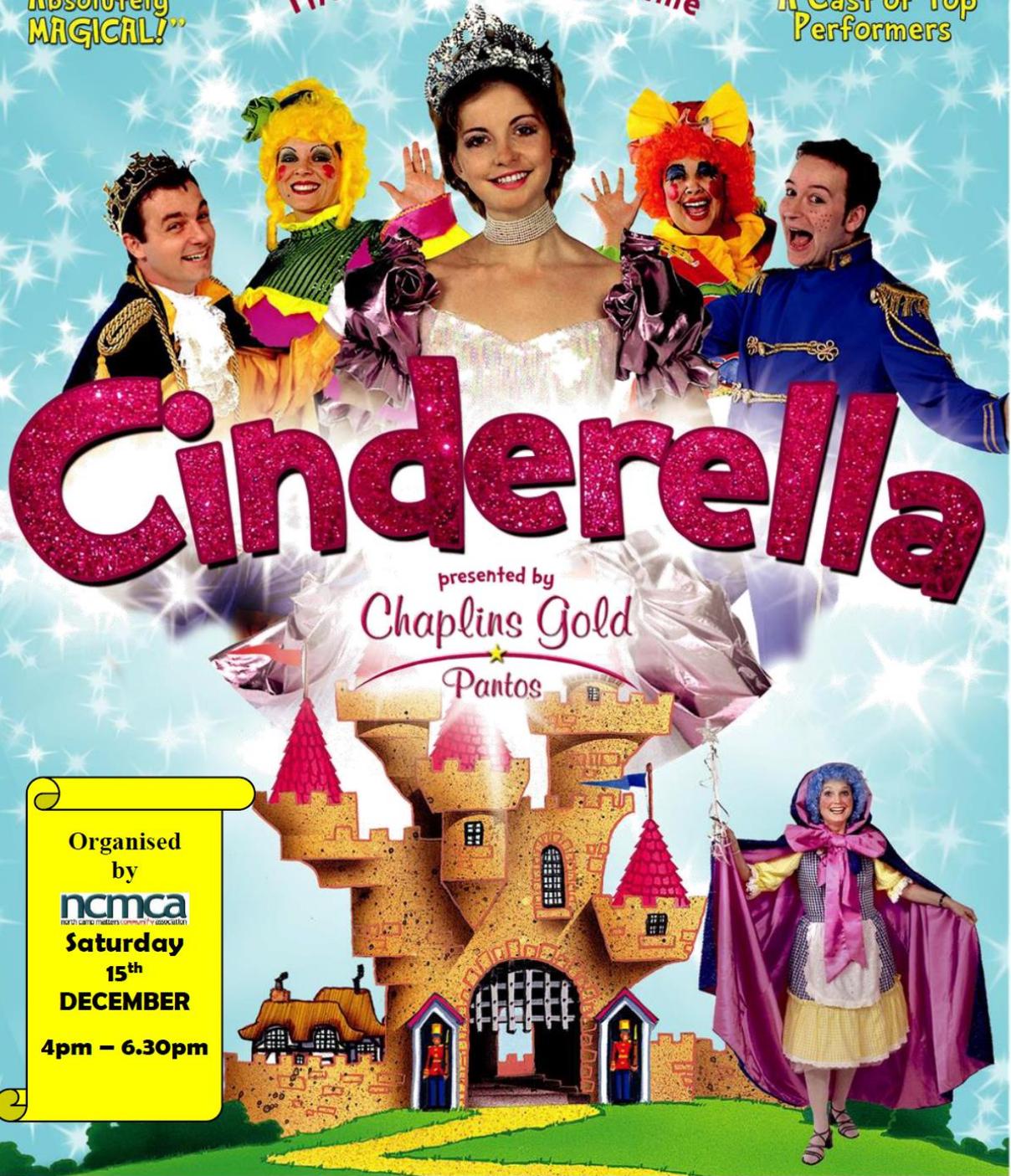
Website: www.alzheimercafe.co.uk

Supported by the Alzheimer Café UK - Charity No. 1165335

★★★★★
"Absolutely
MAGICAL!"

The Children's Pantomime

★★★★★
A Cast of Top
Performers



Organised
by
ncmca
North Camp Matters Community Association
Saturday
15th
DECEMBER
4pm – 6.30pm

Appearing at;

The Royal British Legion Club
51 Cambridge Rd East
Farnborough
GU14 6QB

Tickets available from;

45 Camp Rd, North Camp (Interior Inspirations).
OR
3 Queens Rd, North Camp (Tradec Supplies).

Tickets

ADULTS £10.00
CHILDREN £7.00

THE DOLOMITES

thedolomitesband@gmail.com
www.facebook.com/thedolomitesband

CHRISTMAS PARTY The Real Buzz Club!

ENTRY
£5
ON THE DOOR

IN AID OF
Phyllis Tuckwell
Hospice Care 

ST MARKS HALL, NORTH CAMP, FARNBOROUGH, GU14 6TU

ON

SATURDAY 22ND DECEMBER

BRING YOUR OWN DRINKS

NEPALESE FOOD ON SALE ON THE NIGHT

PROVIDED BY



The Gurkha Durbar
Nepalese Restaurant



RAFFLE

DRESSING UP BOX

AN APPEARANCE BY PROFESSIONAL DANCERS MO & KATE STONER

AND

MUSIC OVER 2 STAGES

- COMPERES ANDY STEDMAN & BEN OWENS

THE
DOLOMITES

+ SPECIAL GUESTS INCLUDING
ADAM RUSSEL OF NASHVILLE TEENS



Peter Crutchfield

DOORS OPEN 7.30PM. START 7.45PM SHARP.



Other Items of Interest:

RVS – Now registered as a 'disability confident' employer



Disability Confident is a Government initiative. Working with Job Centre Plus RVS have made a commitment to (amongst other things):

- Ensure our recruitment process is inclusive and accessible
- To offer interviews to people with disabilities where appropriate
- Support existing employees who may have disabilities or long-term health conditions
- Undertake at least one activity in the next year that makes a difference to disabled people

For more information please click on the link: [Disability Confident Information](#)

Looking for a room to hire?



Need a conference room?

We are offering **FREE** use of our Conference Room to any local community / charity groups.

Available Mon-Fri, 9am-5pm

Inc tea and coffee facilities available

For more info contact:

The Co-operative Funeralcare
68 Victoria Road
Farnborough, GU14 7PH
Tel: 01252 542236

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

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**



Mindfulness sessions

**First Thursday of every month
7-8pm**

**Wellesley Community Rooms
Maida Road, Aldershot GU11 2FA**

Mindfulness is an everyday practice that can help us to reduce stress and be more awake and aware for more of our lives.

No need to book – just turn up.
Everyone is welcome!

Farnborough, Aldershot, Fleet, Hawley, Cove, Camberley, Blackwater

Exercise & Rehabilitation Classes

A wide range of low-impact classes including; Seated Exercise, Pilates, Seated Pilates, Zumba Gold & Health Circuit as well as Cardiac and Pulmonary Rehabilitation classes

FRIENDLY groups

Specialist tutors

Great value!

... from only **£3.80** to **£5.80** a class

For more information call

01252 362660

or visit www.rhl.org.uk

Registered Charity No: 1105381



ALDERSHOT BOYS & GIRLS FOOTBALL CLUB 10 OCTOBER 2018

A.B.G.F.C Est 1984

The FA
CHARTER STANDARD CLUB

FREE TRAINING TASTER SESSIONS FOR GIRLS 11-15



SHOW THIS FOR YOUR
FREE TASTER SESSIONS

- ★ GAMES ON SATURDAYS OR SUNDAYS
- ★ FA CHARTER STANDARD CLUB
- ★ ALL MANAGERS FA LEVEL 1 & ABOVE
- ★ ALL SKILL LEVELS WELCOME
- ★ HOME GAMES AT IVY ROAD, OR ALDERSHOT PARK
- ★ WINTER TRAINING ON 3G PITCHES
- ★ GOALKEEPER TRAINING
- ★ FOOTBALL IN A FUN & FRIENDLY ENVIRONMENT

CALL HELEN FOR TRAINING TIMES AND LOCATIONS 07519 354213 OR EMAIL

WWW.ABGFC.ORG FREE.TRAINING@ABGFC.ORG [@ALDERSHOTBGFC](https://twitter.com/ALDERSHOTBGFC)



Yateley School

Adult & Community Learning

FREE 2019 COURSES



Therapeutic Craft
6th March -22nd May
10.00-12.00 Aldershot Military Museum

The following **FREE** Courses
held in Rushmoor
Booking Required
Call 01252 877190
Email : Info@adultandcommunity.co.uk
Website: www.adultandcommunity.co.uk



Makaton
16th and 23rd March
09.00-15.30 The Wavell School



Getting to know your Android Tablet
21st and 28th January
4.30-6.30pm The Wavell School



Springtime Craft
5th March-2nd April
09.30-11.30 am , St Marks Church Hall



Mindfulness for Families (parent and Chil) 6 +
16th Jan-6th Feb
3.45-4.45 , Aldershot Military Museum

RUSHMOOR TIMEBANK



WHAT IS TIMEBANKING?

Everyone has something they can offer to share with others and we all need help at times. Everyone's time is valued equally
1 Hour of time = 1 Time credit

WHAT DOES TIMEBANKING DO?

Timebanking allows people to do as much or as little of the things they enjoy – as and when they choose.
It also allows people to ask for help doing tasks they don't like or can't do themselves.

WHAT ARE THE BENEFITS?

The Timebank is open to individuals, community groups, & businesses who can all exchange hours, giving and receiving support from others. So it can strengthen the community and provide an environment of growth

Creating Unity In Our Community

For more details contact

01252 400196

07502 543375

timebank@thevinecentre.org.uk

www.thevinecentre.org.uk

- CINEMA GOING
- CAR REPAIR
- LITERACY
- COMPUTER SKILLS
- PAINTING
- FITNESS
- SHOPPING
- IRONING
- COOKING
- DOG WALKING
- FORM FILLING
- LETTER WRITING
- BUDGETING
- KNITTING
- CAR WASHING
- SEWING
- BOOK KEEPING
- COMPANIONSHIP
- CRAFTWORK
- PET CARE



Better balance for *life* **Steady AND Strong**

Build confidence and stay independent for longer...

Wednesdays
10.45am- 11.30am

Princes Hall
Princes Way, Aldershot, GU11 1NX
£4.30

.....

Steady and Strong classes are designed to help you regain and maintain strength, balance and co-ordination and help you to live independently for longer. Steady and Strong instructors have specialist training to deliver exercises proven to reduce falls.

Contact Rushmoor Healthy Living for more information and to book your place: 01252 362660

Supported by





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, 13th March 2019

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, 6th February 2019 Refresher (few spaces left)
Wednesday, 6th March 2019 Full
Wednesday, 3rd April 2019 Refresher

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 Avenue, 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

'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

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| <p>Samaritans Training Courses November 2018 – January 2019</p> <div style="float: right; border: 1px solid white; border-radius: 50%; padding: 5px; color: white; font-weight: bold;">Free of charge</div> | <p>Course dates November 2018 – January 2019</p> | |
| <h2 style="margin: 0;">Managing Suicidal Conversations</h2> <p style="margin: 0;">A course for frontline staff</p> | <p>Havant Friday 16 November 2018 10am to 4pm Havant Borough Council, Public Service Plaza, Civic Centre Road, Havant PO9 2AX</p> <p style="text-align: center; background-color: #003366; color: white; padding: 2px;">Tickets for the Havant session</p> | <p>Eastleigh Thursday 6 December 2018 10am to 4pm Eastleigh House, Upper Market Street, Eastleigh SO50 9YN</p> <p style="text-align: center; background-color: #003366; color: white; padding: 2px;">Tickets for the Eastleigh session</p> |
| <p>This free training course supports frontline staff in community and third sector public services who may have contact with people with suicidal feelings. It will help staff to develop the confidence and basic skills to deal with these difficult situations.</p> <p>The course is funded by Public Health as part of the Suicide Prevention Plan for Hampshire.</p> | <p>Farnborough Thursday 10 January 2019 10am to 4pm Rushmoor Borough Council, Farnborough Road, Farnborough GU14 7JU</p> <p style="text-align: center; background-color: #003366; color: white; padding: 2px;">Tickets for the Farnborough session</p> | <p>Basingstoke Wednesday 16 January 2019 9.15am to 12.30pm or 1pm to 7pm Basingstoke Discovery Centre, Festival Place Shopping Centre, Basingstoke RG21 7LS</p> <p style="text-align: center; background-color: #003366; color: white; padding: 2px;">Tickets for the morning session Tickets for the afternoon session</p> |
| <p>The course objectives are to:</p> | <p>Petersfield Wednesday 23 January 2019 10am to 4pm Penns Place Petersfield GU31 4EX</p> <p style="text-align: center; background-color: #003366; color: white; padding: 2px;">Tickets for the Petersfield session</p> | |
| <ol style="list-style-type: none"> 1. Show that you have listened, heard and understood 2. Understand and acknowledge suicidal thoughts and feelings 3. Understand how talking about suicidal thoughts and feelings can be beneficial 4. Recognise signs of distress and suicidal thoughts 5. Approach someone who is feeling suicidal 6. Support or refer someone who is feeling suicidal | <p>To register your interest and receive a booking pack, please email externaltraining@samaritans.org</p> <p>Please note that spaces are limited. Please state clearly which course you would like to attend.</p> | |
| Hampshire County Council | | |



Positive thinking

The Course Learning Objectives are:

- Recognise the powers of positive thought and gain awareness of how your thoughts affect your behaviours and outcomes.
- Raise awareness of how negative thinking manifests itself—identify your inner critic.
- Understand how to change from negative to positive thinking—overcoming personal negative thoughts/limitations.
- Recognise the impact of positive/negative thinking on lifestyle, work, health and wellbeing.
- Realise your potential and the positives in your life and future work.
- Generate a more positive approach to overcoming barriers and fears including change.

**10th, 17th and 24th
January 2019
(attend all 3 days)
10.00—14.00**

**The Vine Centre
33 Station Road
Aldershot
GU11 1BA**

This course is aimed at those looking for work/in receipt of unemployment benefits

Free to attend
Lunch and
refreshments included

Want to book a place?

Contact **Community First**
on

01730 777059 or email
bookings@cfirst.org.uk

You can book online at:
[https://www.cfirst.org.uk/
training/booking/](https://www.cfirst.org.uk/training/booking/)

Limited place available



Hampshire
County Council



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.

VCSE Health and Wellbeing Fund

Voluntary, community and social enterprise (VCSE) organisations can apply for funding to run projects focused on improving children and young people's mental health.

Applications are invited from existing schemes to trial a new approach to helping children and young people with their mental health. The deadline for applications is midday on **Friday, 15th February 2019**.

Projects should:

- Adopt community and person-centred approaches to improving the mental health of children and young people aged 0 to 25 years
- Particularly support children and young people through life-changing events
- Have strong local connections already in place
- Be delivered by the VCSE sector
- Be co-produced with service users and stakeholders

Through this programme, the Department of Health and Social Care, NHS England and Public Health England are working with VCSE organisations to promote equality, address health inequalities and support the wellbeing of people, families and communities.

More details can be found on the website:

www.gov.uk/government/publications/vcse-health-and-wellbeing-fund-2019-to-2020-how-to-apply

BBC Children in Need – Main Grants Programme

Max. Value: £120,000

Grants for not-for-profit organisations that are working with disadvantaged children and young people who are 18 years old and younger living in the UK.

For more information, please visit the website:

<http://www.bbc.co.uk/programmes/articles/3XW7FvN20PD3xr2c1T62Xly/main-grants>

Forward Enterprise Fund

About the Fund: The Forward Enterprise Fund is a £2m social investment fund that supports individuals, charities and social enterprises run by, or creating employment opportunities for, ex-offenders and people in recovery from addiction.

It is aimed at individuals, charities and social enterprises that prioritise creating employment opportunities for people breaking the cycle of crime and addiction. Ex-offenders and people in recovery from addiction are two of the groups that mainstream employers are least likely to recruit. Yet having a job can bring independence and self-respect, and is the single most effective factor in reducing the risk of re-offending.

What can I apply for? The Fund provides access to unsecured loans between £25k – £150k for revenue and/or capital projects (typical interest rate 7.5%) for up to a five year term.

Eligible organisations will also have access to grants to pay for up to 10 days of pre-investment business support. Organisations who receive investment will also be able to apply for post-investment business support.

Individuals or start-up enterprises with a bright idea can also access Crowdfunder support with match funding available from The Forward Trust.

Am I eligible? Applicants are eligible to apply for a loan or grant with the Forward Enterprise Fund if their business or organisation is based and registered within England. The applicant's business or organisation must also either (or both):

- Work with, or intend to work with, ex-offenders or people in recovery from addiction and create employment opportunities for people from these communities.
- Be led by ex-offenders or people in recovery from addiction.

How do I apply? You will first need to complete the expression of interest form (which includes an eligibility check) on the Forward Enterprise Fund website: www.forwardenterprise.org.uk

YAPP Charitable Trust - ongoing

The [Yapp Charitable Trust](#) make grants for running costs and salaries to small registered charities in England and Wales to help sustain their existing work. They only offer grants to registered charities with a total annual expenditure of less than £40,000 who are undertaking work with their priority groups:

- Elderly people
- Children and young people aged 5 – 25
- People with physical impairments, learning difficulties or mental health challenges
- Social welfare – people trying to overcome life-limiting problems of a social, rather than medical, origin (such as addiction, relationship difficulties, abuse, offending)
- Education and learning (with a particular interest in people who are educationally disadvantaged, whether adults or children)

They will not fund work that does not focus on one of the above priority groups and only make grants for core funding. They define core funding as the costs associated with regular activities or services that have been ongoing for at least a year. They cannot fund new projects, extra services or additional delivery costs. This includes creating a paid post for work that is currently undertaken on a voluntary basis or rent for premises that are currently cost free.

They can only offer grants to registered charities that have been formally established for a minimum of three years. Newly registered charities may apply but the organisation must have appointed a management committee and adopted a governing document at least 3 years ago.

Please read the [Eligibility Criteria](#) and [guidelines](#) before making an [application](#).
A summary of our grant making:

- We offer grants only to registered charities with a total annual expenditure of less than £40,000
- We will not fund work that does not focus specifically on one of our priority groups
- We only fund running costs
- Grants are normally for a maximum of £3,000 per year and we will fund for up to three years.
- Most of our grants are for more than one year because we like to fund ongoing needs
- Applicants that reflect our grant making policy have the best chance of success

Contact:

Website: www.yappcharitabletrust.org.uk

Telephone: 0191 3893300

Post: Yapp Charitable Trust, 1st Floor, MILE House, Bridge End, Chester le Street, County Durham. DH3 3RA

Ernest Cook Trust

The Ernest Cook Trust gives grants to registered charities, schools and not-for-profit organisations wishing to encourage young people's interest in the countryside and the environment.

Small Grants Programme: (grants under £4,000) supports state schools and small registered charities which require a small amount of pump-priming in order for projects to take place. The programme is a rolling one, with meetings at roughly two-monthly intervals throughout the year. Due to high demand, you are advised to submit an application at least six months ahead of your project start date.

Large Grants Programme: (grants up to £12,000) is aimed at larger-scale education programmes. These sometimes require support for the salary of an education officer, in such cases the ECT would always expect to be a part-funder. Education projects covering a wide range of environmental and countryside projects have been supported.

For more information, please visit the website:

www.ernestcooktrust.org.uk/grants

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