



Rushmoor Voluntary Services
MONTHLY BULLETIN
JUNE 2019

What's On:



Hampshire *learning* in libraries

Managing your Menopause
Free courses at the following libraries:
Yateley, Farnborough, Fleet and Aldershot




Courses

Venue	Day	Start	Finish	Weeks	Time	Booking Line
Fleet	Wed	15 th May	12 th Jun	4	19.00 – 21.00	01252 612709
Farnborough	Thurs	6 th Jun	13 th Jun	2	10.00 – 14.00	01252 516458
Aldershot	Mon	17 th Jun	24 th Jun	2	10.00 – 14.00	01252 322560
Yateley	Sat	22 nd Jun	29 th Jun	2	10.00 – 14.00	01252 875728

Booking is essential, so visit the library, call the booking line above or visit www.hants.gov.uk/shop to guarantee a place.

www.hants.gov.uk/library



Hampshire
County Council

www.hants.gov.uk

HWCA (HERONWOOD COMMUNITY ASSOCIATION)

Trip to Weymouth – Saturday, 8th June

Cost: £19.00 for members, £21.00 for non-members

Leave Aldershot at 9.00 a.m.

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



**The Princess Royal Trust
for Carers in Hampshire**



TO CELEBRATE NATIONAL CARERS WEEK 2019

**We would like to invite North East Hampshire Carers
to enjoy a fabulous trip on The Basingstoke Canal**

Monday 10th June 2019

**Time 10.15am(departing at 10.30am)to 1.00pm(approx)
Buffet Lunch Included.**



**John Pinkerton Boats
Colt Hill Wharf, Odiham RG29 1AL
call 01264 835246 to book a place.**



Charity No 1040518 Company No 2955846





North East Hampshire and Farnham
Clinical Commissioning Group



Join us at our Annual General Meeting

Hear how we're developing and improving local health services by working with local people, the voluntary sector and our many partner organisations.

Wednesday, June 12th
6 - 7.30pm (Doors open 5.30pm)

at The Village Hotel
Pinehurst Road, Farnborough
GU14 7BF



Please register via:
<https://bit.ly/2GFu40p>



COMMUNITY HEALTH FAIR

Hosted by Aldershot Garrison

Thursday 13 June 2019

Midday - 5pm



ALDERSHOT GARRISON SPORTS CENTRE

Rawlinson Rd, Aldershot. GU11 2LQ

Improve your health and wellbeing

*Free entry to information and demonstrations
on how to lead a better lifestyle*

For a list of stands please contact: AldershotGar-HQ-TheGarrison@mod.gov.uk

North-East Hants & Farnham and Surrey Heath MENTAL HEALTH FORUM

Tuesday, 18th June 2019
10.30 am – 1.00 pm

Rushmoor Borough Council Offices, Vulcan Room, Farnborough Road
Farnborough, Hants GU14 7JU

This meeting is taking place to discuss the following:

- insufficient adult mental health provision for the Fleet and Hart area
- failures in local mental health signposting, and
- accountability regarding how Service User input is applied to developing and improving services.

Refreshments are provided free-of-charge at the meeting.

THE ROYAL BRITISH LEGION

Present

THE FARNBOROUGH CONCERT BAND

Music Director: Mark Atkins

Performing a concert to celebrate
their tour to Belgium



Sunday, 16th June at 3pm

(Refreshments available)

St Marks Church Hall, 1 St Marks Close,
Farnborough, GU14 6PP

Entrance fee ONLY £3.50

Tickets available on the door or to avoid disappointment
please call 07767 025074 to book your seat

A retiring collection will be made on behalf of the Band

FAMILY FUN DAY

SUNDAY, 23 JUNE 2019

10.30am – 3.30pm

By Cove Brook outside Blunden Hall, Blunden Road, GU14 8QP

Entry 10p per adult.
Accompanied children FREE

Note: Disabled parking only!
Please walk or cycle if you can

Horse and cart rides
Petting farm
Pond-dipping
Beekeepers
Plant sales
Wood turning
Fire engine (operations permitting)
BBQ
Ice creams
Teas, coffees, cakes
and more



Cove Brook
GREENWAY GROUP

Sunday 23rd June 2019

QUEEN'S ROAD RECREATION GROUND

North Camp

**SUMMER
FAYRE '19**

**FREE
ADMISSION
12.30-4.30pm**

**ARENA DISPLAYS, FUNFAIR,
STALLS & SIDESHOWS, DOG SHOW
AND LOTS OF FAMILY FUN!**

For more information call Alison on 07956 366351 or
email: northcampmattersinfo@gmail.com | www.northcampmatters.co.uk



Organised by North Camp Matters Community Association

Changing Lives Through Childcare



Childcare changes lives. It has the potential to improve outcomes for children, provide a safeguard, and lift families out of disadvantage by supporting parents' economic and employment choices and opportunities.

Everyone who works with families of young children can play a critical role in supporting their decisions to take up childcare. Understanding childcare, talking confidently and positively, and understanding what motivates families can support take up. Families often perceive all sorts of barriers to using childcare – we can all help break these barriers or exclusion and non-participation.

Changing Lives Through Childcare is a short interactive workshop designed for everyone who works directly with families with pre-school children. It provides a timely update for experienced staff and a comprehensive overview for new team members from children's centres teams, health visitors, GP's, JobCentre Plus, Early Help teams, social care, schools, and community groups etc. This free workshop will:

- Explore what the early years and childcare entitlements are and why we have them.
- Consider the difference they make to children's and families' outcomes.
- Consider eligibility criteria for funded two, three and four year-olds.
- Unpick other schemes and government initiatives that support families to reduce what they pay for childcare.
- Examine the role parent-facing practitioners play in supporting families to take advantage of the entitlements and reduce childcare costs.

Friday 28th June 2019 at 9.30am at Mitchell Room, Hampshire County Council, The Castle, QEII Court, SO23 8UG, Winchester.

Booking essential

To book your places, please visit:

<https://www.eventbrite.co.uk/e/changing-lives-through-childcare-southampton-and-hampshire-tickets-61239932286>

Here you can register, add the event directly to your calendar, and see who else is attending.

Please remember to state your role, organisation and your local authority area when booking.





FUNFEST 2019

**For people with disabilities or special educational
needs their families and helpers**

Sunday 30th June 11.30am—4.00pm

**Yateley Manor School,
51 Reading Road,
Yateley,
GU46 7UQ**

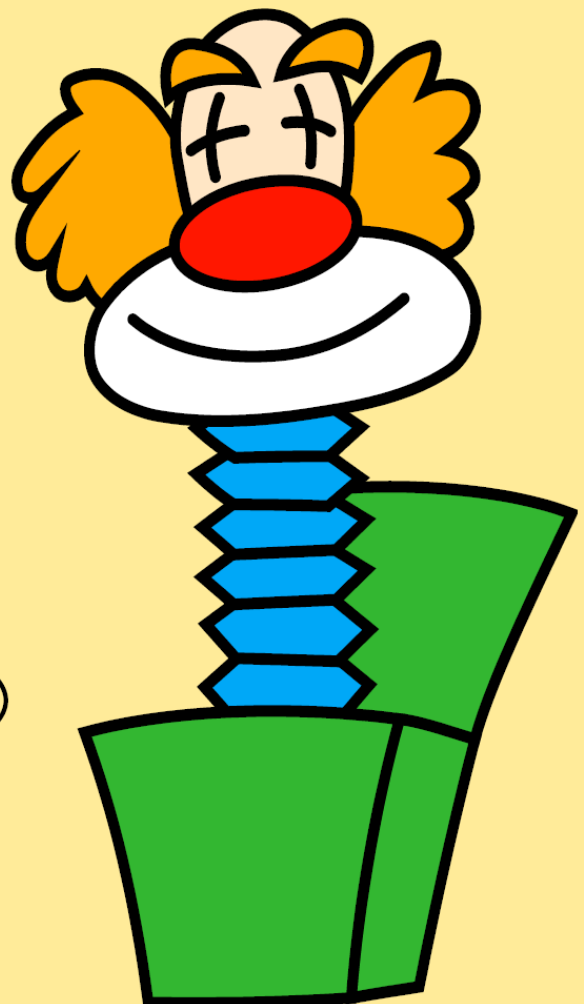
**A day to enjoy with
all the fun & entertainment
free of charge
Why not join us and have a very
special funpacked day with the**

Lions

**There will be a
Mobiloo changing unit on site.
www.mobiloo.org.uk for details**

**Organised by the Lions Clubs of
Farnborough, Yateley, Hart,
Fleet, Hook & Odiham,
Aldershot & Loddon Valley**

**Registration forms & further information at www.lions-funfest.org.uk
or contact funfest@btinternet.com (01252 626341)**



Saturday 27th July 2019 **Manor Park, Aldershot**

TICKETS ON SALE NOW **KIDS GO FREE***

ALDERSHOT PICNIC AND POP FAMILY FESTIVAL

*Children 12 and under go free with advance tickets

Manor Park

MAYBE SASA LMX Little Mix Tribute THE FREDDIE & QUEEN EXPERIENCE ohasis Mariana Grande MAYBE WINEHOUSE

The money raised from this event will go to The Source Young People's Charity. For more information please visit the website: www.picnicandpop.co.uk

Volunteers are needed to help with this event. Details on the website.

Limbcare
Be Inspired To Achieve

Charity Golf Day
Friday 20th September 2019
Royal Ascot Golf Club

£60 per head including, Bacon Bap, tea and coffee on arrival. Halfway house-sausage rolls etc two Course Roast Carvery
£15 buggy hire

email ray@limbcare.org for further information

The Queen's Award for Voluntary Service

Please start a just giving page for 'Limbcare'
www.justgiving.com
Thank you for your support

Office Tel: 0800 052 1174
Email: info@limbcare.org
Website: www.limbcare.org Facebook: Limbcare UK Registered Charity No: 1136172

JustGiving

Other Items of Interest:

**Wellesley Community
Café Drop In**

Wednesday 9am—12.30pm
Wellesley Community Rooms,
Maida Road, Wellesley,
Aldershot GU11 2FA



Tea, Coffee & Cake
Plus Toasties & Bacon Rolls
Free Wi-Fi, Toddler Corner,
Quiet Space & Free Parking

Everyone Welcome



Find us on Facebook
Wellesley
Community Café
Drop in

EMPIRE BANQUETING & HALL – VENUE FOR HIRE

This venue situated in Aldershot has facilities available to hire to suit a variety of requirements. The main hall which can accommodate 600 people, has a bar and stage at £60 per hour. Lighting, sound system, screen and projector can also be provided at an additional charge.

The other two halls which are situated on the first and second floors of the building are suitable for smaller events.

Catering services are also available including tea and coffee.

For more information, please email: info@empirealdershot.com or telephone 01252 318160. Website: www.empirealdershot.com

Veterans' Drop-In



SHOTS
FOUNDATION

New Veterans' Drop-In will be open on the first Wednesday of every month between 10.00 and 12.00 pm

In the Phoenix Lounge, EBB Stadium, Aldershot; GU11 1TW

Parking facilities available

"We hope that our Veterans' Drop in becomes a well frequented and respected Hub, where all support groups can meet in a unique venue. Activities will be arranged once a core group has formed and ideas will always be welcomed."

Learn My Way

at the **The Vine Centre**

Would you like to learn about these subjects?

- Using your computer or device
- Online basics
- More internet skills
- Online safety
- Finding a job online
- Improving your health online
- Managing your money online
- Public services online

- Why not book a 1 to 1 chat and we'll get you started
- Mondays or Wednesdays between 1 pm and 3 pm
- or call in to 'My Helping Hand' at the Vine Centre on Fridays from 11:30 am to 1 pm
- To book, call the Vine Centre on 01252 400196

Rushmoor Borough Council Summer Activities Listing

Rushmoor Borough Council is putting together an online list of activities for children and young people happening in the borough during the summer holidays. If you would like to add some activities to the listing, please complete the online form at www.rushmoor.gov.uk/summeractivities. The listing will be available from mid-June.

The Rushmoor Council website has details of local playschemes <http://www.rushmoor.gov.uk/playschemes> and also a calendar of events and activities for the whole family <http://www.rushmoor.gov.uk/events>.



Free Swimming for the Disabled

Funded by Rushmoor Borough Council

On Sundays from 12 noon to 1.30 pm

Farnborough Leisure Centre

Helpers are free - Hoist is available

Swimmers are required to go to the Reception Desk for the swimming strip before going to the pool.

Swimmers who need to use the hoist are required to contact the swimming pool in advance. **Tel No.: 01252 370411**

Are you caring for someone over 55 or who needs full time care?

Connecting active minds & warm hearts!

Devereux House are now offering a Drop in Service

**We are open
Monday-Friday
10am-3pm**

"Activities Galore"
Music & Dance
Games & Quizzes
Morning Exercises

Drop your loved ones knowing they are in a warm, happy and caring environment.

We offer a minimum of 2 - 5 hour sessions,
All staff are fully trained and DBS checked

Lunch, Hairdressing, Podiatry and assisted bathing all available at additional cost.

Where fun never gets old!



**Please call for more info 01252 512967 or visit
www.devereuxhouse.wixsite.com
69 Albert Road, Farnborough GU14 6SL**

SAFE & WELL

Supporting our partner agencies



A free home safety visit tailored to the needs of the individual

www.hantsfire.gov.uk/safeandwell
#SafeandWell



**HAMPSHIRE
FIRE AND
RESCUE
SERVICE**

0519/1373

GASP

GAMBLING, ALCOHOL AND SUBSTANCE MISUSE PROJECT



🍇 Group and 1:1 support 🍇
Help managing addictions
for those using a harm
minimisation approach
1.30-2.30 Monday - Military
1.30-2.30 Wednesday - Civilian



SERVING
THE
COMMUNITY

thevinecentre.org.uk

Registered Charity Number: 1095915

Further info: lesley.herniman@thevinecentre.org.uk 01252 400196

Inclusive social walking group



**FREE
Every
Weds**

For those living with dementia & their carers

An easy walk in a friendly group led by
a trained Walking for Health Leader

11.30am - 12 / 12.30pm every Wednesday

From venues around Farnham including
Shepherd & Flock. Call to book your free place.

Open to those with mild to moderate dementia & carers

To secure your free place or for questions
please call Right at Home on **01252 783426**
or email Hello@rightathomegf.co.uk



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 17 July 2019 at Farnborough Leisure Centre
Wednesday 18 September at Farnborough Leisure Centre

Time: 9.00am - 4.00pm **Cost:** £65.00 **Trainer:** MCG Training

Venue: Farnborough Leisure Centre, Westmead, Farnborough GU14 7LD

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, 11th September 2019 Refresher
Wednesday, 2nd October 2019 Full Course
Wednesday, 6th November 2019 Refresher

Venue: Farnborough Leisure Centre, Westmead, Farnborough GU14 7LD

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)

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

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 Donna with your suggestions (ceo@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.


WILDER FUTURES COMPETITION

With the Wilder Futures Competition, you could win £400 to run a project that makes a difference in your local area. Just choose a space with plenty of potential, think how to make it great for nature and get creative about ways your community can help make that happen.

For more information please visit the website:

https://www.hiwwt.org.uk/young-people/wilder-futures-competition?utm_medium=Email&utm_source=GovDelivery

HAMPSHIRE IOW COMMUNITY FOUNDATION

 **Music Grants Available** - Grants of up to £600 to enable musicians aged 18+ living in Hampshire to study composition, conducting, instrumental performance, singing, music in education and musicology.

Do you perform in a local hospital, school or at other community events? Apply for help with tuition costs, making a recording, or hire of a performance venue.

Website: <http://www.hiwcf.com/funds/dayas-music-scholarship/>

ST. JAMES'S PLACE CHARITABLE FOUNDATION

The St. James's Place Charitable Foundation is only able to consider applications from UK Registered Charities as well as Special Needs Schools in the UK. They presently do not accept applications from CICs.

Small Grants Programme: The Small Grants Programme is available to smaller UK Registered Charities working nationally, regionally or locally in the UK with an annual income of up to £1,000,000. The amount applied for should be up to a maximum of £10,000 in any two-year rolling period. If an applicant is unsuccessful then a period of twelve months must elapse before re-applying.

Please [read the guidelines](#) carefully, making sure that none of the exclusions apply to your charity or project. If you believe that your application falls within the funding policy of the Charitable Foundation, you are welcome to apply.

Complete the respective online application form in full. Select the link of the theme which your organisation most closely matches, which will direct you to the online application:

- [Small Grant - Supporting Young People with Special Needs](#)
- [Small Grant - Disadvantaged Young People](#)
- [Small Grant - Supporting People with Cancer](#)

Important notice for all returning applicants – if you have already started the process of completing an online application form please return to this form by visiting the [grant application login page](#) to continue the process.

When to apply: There are no deadlines or closing dates. Small Grants are considered on receipt and in rotation.

The whole procedure can take between four to six months (sometimes longer if many applications are received) so it is advisable to apply in good time if funds are required for a certain date.

Assessment process: Each application is considered on its merits based on the information provided in the online application form and the due diligence carried out by the Foundation team. They will acknowledge receipt of your application by email.

Applications for a Small Grant will normally receive a visit from a representative of the Charitable Foundation, who will subsequently report to the Trustees. Following the Trustees' decision, successful applicants will be notified.

Reporting for successful applicants: Recipients of Small Grants will be asked to report their progress through their [online Account](#). Any change in relevant circumstances must be reported.

**For more information please contact:
St. James's Place Charitable Foundation**

Telephone: 01285 878354

Email: sjp.foundation@sjp.co.uk

Website: www.sjpfoundation.co.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