

Rushmoor Voluntary Services
MONTHLY BULLETIN
JULY 2019

What's On:

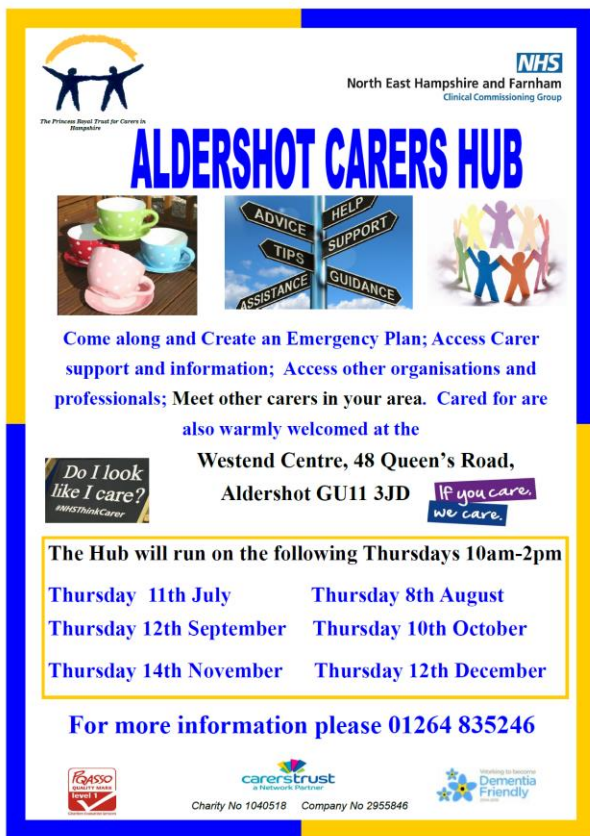


clothing
Drop and
Swap

Sat. 6 July | 10 am– 2pm
(additional drop off only 3.30–5 pm Friday 5th July)

Park Church
(opposite St Michaels Jnr School)
Church Lane East
Aldershot
GU11 3ST

Bring one or two items, or a whole bag and swap them for something that's new to you!
Mens', Womens' and Childrens' clothes and School Uniform
Get new things in time for the Summer or stock up on clothes ready for September. Re-gift your clothes to someone who needs them.
Good condition, clean clothes only please.
e: parkchurchadmin@virginmedia.com
f: Park Church – Aldershot



ALDERSHOT CARERS HUB

North East Hampshire and Farnham
Clinical Commissioning Group

Do I look like I care? #WISThinkCarer

If you care, we care.

Westend Centre, 48 Queen's Road,
Aldershot GU11 3JD

The Hub will run on the following Thursdays 10am-2pm

Thursday 11th July	Thursday 8th August
Thursday 12th September	Thursday 10th October
Thursday 14th November	Thursday 12th December

For more information please 01264 835246

Charity No 1040518 Company No 2955846



FARNBOROUGH CARERS HUB

North East Hampshire and Farnham
Clinical Commissioning Group

Do I look like I care? #WISThinkCarer

If you care, we care.

Parsonage Farm Nursery and Infant School Community Hall,
Cherry Tree Close, Cove, Farnborough, GU14 9TT

The Hub will run on the following Thursdays 10am-2pm

Thursday 20th June	Thursday 18th July
Thursday 15th August	Thursday 19th September
Thursday 17th October	Thursday 21st November
Thursday 19th December	

For further information, please call
01264 835246/835205 or
email: info@carercentre.com

Charity No 1040518 Company No 2955846

HWCA (HERONWOOD COMMUNITY ASSOCIATION)

Trip to Poole – Saturday, 13th July

Cost: £18.00 for members, £20.00 for non-members

Leave Aldershot at 9.00 a.m.

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



OPEN SIGHT
HAMPSHIRE

Sight Problems?

Visit Open Sight's FREE drop-in for:

- Daily living information and advice
- Benefits claims assistance
- Magnification and lighting guidance
- Your sight condition questions

Third Thursday of the month
1.30pm – 3.30pm
'The Office', Aldershot Library
High Street
Aldershot

NO APPOINTMENT NEEDED

Open Sight Hampshire is the County's principal organisation for people with sight problems

Tel: 023 8064 1244 for further details

Hampshire Association for the Care of the Blind Ltd
Registered Charity Number 1055498
Company Registration Number 3178631
Registered in England and Wales

25 Church Road
Bishopstoke
Eastleigh SO50 6BL
023 8064 1244
info@opensight.org.uk

Alzheimer Café UK



All in the same boat

For one night only.....

Friday July 19th 2019, 7-9 pm

'Alzheimer Pub'

Pub food and drink

Quizzes

Plus... short talk by Dr Gemma Jones

Games

Music

Join us for a fun summer 'pub night' - all welcome at
St Peter's Parish Centre, Church Ave
Farnborough GU14 7AP

FURTHER INFORMATION AND/OR CONTACT:

Farnborough Alzheimer Cafe phone: 07938 175 002

Email: alzheimercave@hotmail.co.uk

The web: www.alzheimercave.co.uk

Supported by Alzheimer Café UK - Charity No. 1165335



FARNBOROUGH LIBRARY

BATTLE OF BRITAIN

Saturday, July 20th
2.00pm



A bespoke, engaging and comprehensive account on why the world's first independent air force; The Royal Air Force remembers the summer of 1940
With speaker David 'Dai' Lawrence a serving SNCO in the Royal Air Force.

Tickets £4

Tickets are available from Farnborough Library call 01252 516458
or Visit the online shop: <https://www.hants.gov.uk/shop>

 Hampshire
County Council

www.hants.gov.uk

Home Treatment Teams: Supporting People who Self Harm

We would value your input: People who Self Harm, their Carers and Families

Introduction:

We want to improve and develop our Home Treatment Teams (HTTs; now called Crisis Resolution and Home Treatment Teams), to meet the needs of people who self-harm, as well as the needs of their carers and family members.

We are looking for people to join a small Focus Group of 8 people. Your views and experiences are invaluable to help us get it right.

Who do we need to be involved?

- People who have experience of being under the care of the HTT, where one of the difficulties they experienced was self-harm
- Their carers and family members ('carers' meaning family or friends in person's network, not paid or volunteer care workers)
- We are looking for 4 people with experience of using the service, and 4 carers/family members.

What will the questions for consideration be?

What are your experiences (in terms of support for self-harm) provided by the HTTs?

What would an ideal HTT service for people who self-harm look like?

What works well; what needs to improve?

What are the needs of carers and families when it comes to HTT support for self-harm? (including those who are young carers)

What is a top priority?

How could the HTT best complement the ways you generally cope?

In what way would you like the HTT to give you self-help and practical information?

When and where will this happen?

On Monday 22nd July 2019, from 6:30pm until 8pm. It will take place at Hart and Rushmoor Wellbeing Centre, 121-123 Victoria Road, Aldershot, GU11 1JN. It will be facilitated by: Janice Clark, Carer and Families Governor; Dr Glenn Cornish, Consultant Psychiatrist; and Dr Anna Preston, Consultant Clinical Psychologist .

Your ideas will inform the changes and improvements that we want to make. Refreshments and snacks will be provided.

How do I join this workshop?

Please Email: anna.preston@sabp.nhs.uk

Can I find out more information first?

Yes, you can contact Anna Preston, Consultant Clinical Psychologist (email address above) to find out more.



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.



Covenant Fund Workshop



Thursday 1 August 10.30-1300, Aldershot Library

Topics:

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

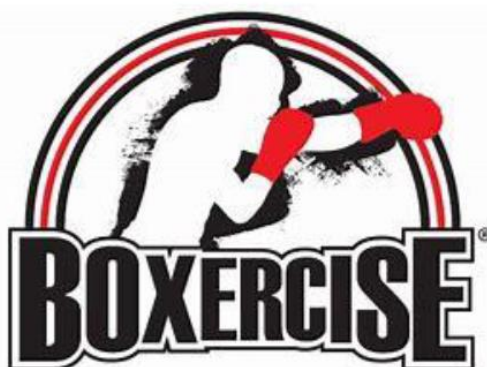
To reserve a place please email armedforces@hants.gov.uk

Other Items of Interest:

Please Note: The Boxercise Classes, which have only just started, are held during term time.



Presents



Boxercise Classes for 14-19 years

We are delighted to start our new boxercise classes for Both ages any ability

Every Tuesday 7.30 -8.30 (£1 per session) **Starting 11th June**

Mayfield Community Centre, Mayfield Road, Farnborough,

GU14 8UA

For More Info: 07854383441 or Mark@farnboroughyfc.co.uk

In Partnership with



Happy Saturdays Club in Farnborough



Because loneliness doesn't stop at the weekends



A warm welcome awaits you at our club. Activities include themed quizzes, craft activities and indoor games.

When: Every Saturday, 1pm to 3pm

Where: Farnborough Library, Pinehurst Roundabout,
Farnborough GU14 7JZ

Costs: £3 including refreshments



For more information:

Telephone: 01962 857099

Email: clubs@brendoncare.org.uk

www.brendoncare.org.uk

Registered Charity no 1091384

Farnborough Games Group



For fun, friendship and a warm welcome



This welcoming group gets together to enjoy a wide variety of games.

When: Thursdays, 11am-12.30pm/1st Thursday of each month is 11.30am-1pm

Where: St Christopher's Church, 55 Cove Road, Farnborough, GU14 0EX

Costs: £3, including refreshments



For more information:

Telephone: 01962 857099

Email: clubs@brendoncare.org.uk

www.brendoncare.org.uk **Registered Charity no 1091384**

**ARE YOU AN ORGANISATION OR
GROUP IN RUSHMOOR ?**

**WOULD YOUR
GROUP BENEFIT
FROM WORKING
WITH A LOCAL
ARTIST IN 2020 ?**

FOR FREE!

How could an Artist or creative help you?

Perhaps they could:

- Run some workshops for your group or for those who use your organisation.
- Teach your group members a new skill.
- Help you create a promotional video or some publicity for your campaign.
- Create a fun team day.
- Take some professional photographs.
- Create a bespoke artwork/performance.
- Maybe you have your own ideas of how an Artist/Creative could help you!

If you think that your group or organisation would benefit from working with a local Artist or creative (**funded by me**) across 2020 then please get in touch.

susan@susanmerrick.co.uk

Susan Merrick is a local Artist running an Arts Council funded project called Statements in Semaphore. The aim of the project is to explore how Artistic partnerships can benefit both social organisations and Artists. Providing funded creative support to organisations whilst also supporting the development of Artists own practice.

Project Website: www.statementsinsemaphore.co.uk

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."



at the



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 Town Twinning has now been renamed. Please see information below:

RUSHMOOR

International Association



Rushmoor International Association is Rushmoor's new community association organising cultural and business links with its partner towns in:

France-Meudon **Germany**-Oberursel **Nepal**-Gorkha

USA-Dayton, Ohio **Poland**-Sulechów & Rzeszów

For many years, Rushmoor has had cultural, sporting and educational links with Meudon, Oberursel and Sulechów. Rushmoor Borough Council has recently decided to set up new cultural and business links with cities that have strong ties to both the army and aviation in USA, Poland and Nepal.

The links with Dayton in the USA and Rzeszów in Poland are both driven by the development of the aerospace industries they share with Farnborough, and Gorkha is the area that many Gurkha soldiers originate from and has a strong connection with Aldershot and the local area.

Rushmoor International Association will support all these links – both the new and the traditional ones. Now is a great time to get involved in a new venture with new opportunities for local businesses, schools, churches, clubs and societies to link with like-minded people around the world. It is about the whole community learning from others and experiencing the joy of different cultures.

Website: rushmoorinternational.org.uk
 e-mail: rushmoor.international@rushmoor.gov.uk
 Facebook: Rushmoor International
 Twitter: Rushmoorinternational

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



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**

A colorful poster for the 'SAFE & WELL' campaign. At the top, a banner reads 'SAFE & WELL' in large white letters. Below it, the text 'Supporting our partner agencies' is written. The central illustration shows two firefighters in yellow helmets and dark uniforms; one is pointing upwards while the other holds a document labeled 'SAFETY CHECK'. To their right, an elderly woman with glasses and a red top sits in a green armchair, leaning on a cane. The background is blue with confetti. The bottom of the poster features a crowd of diverse people and the Hampshire Fire and Rescue Service logo. Text at the bottom includes the website 'www.hantsfire.gov.uk/safeandwell', the hashtag '#SafeandWell', and the number '0519/1375'.

FRENSHAM POND SAILABILITY



Accessible Sailing for All

Would you like to participate on equal terms in a mainstream sport? If so, you will find a warm welcome from Sailability at Frensham Pond Sailing Club.

- No previous sailing experience needed
- Cruising & competitive racing – on-site & national events
- Starter boats to Paralympic class mini-keelboats
- Expert support and tuition
- Fully accessible site
- Safety cover at all times
- Personal hoists for boat access
- Buoyancy aids, protective clothing & hoist slings
- Lively social scene
- Low cost

Please contact us to arrange a taster sail any Thursday or Saturday morning (April – October)

For more information: www.frenshampondsailability.org.uk
or email: sailability@sailfrensham.org.uk



Inclusive social walking group



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.

ZURICH COMMUNITY TRUST

Our grant-making is shaped by one aim - helping to support a more inclusive and resilient society.

Inclusivity and resilience can affect all ages and backgrounds, so the diversity of our grant-making and range of community partners reflects this.

It means we help the homeless get back on their feet through employability training, enable a child with a mental health issue to access counselling and fund therapeutic singing sessions for those living with dementia and their carers. And that's just the start!

We strive to be a considerate and intelligent funder who listens carefully to the needs and funding priorities of our partners, old and new, and who is prepared to fund those areas of work which will be of greatest benefit to the charity and to those they support.

Every year, our grant programmes award around £1.75 million to more than 550 deserving causes across the UK and overseas.

There are two key strands to our giving. Our [Strategic Funding](#) programmes, wholly funded by the Zurich UK business donation to ZCT, address the key pressing issues in UK society today through long-term partnerships.

Our '[Zurich Cares](#)' grant programmes, on the other hand, are funded by the donations and fundraising of Zurich colleagues in the UK (along with matching from the UK Business donation). Run along the lines of a 'staff charity fund', employees are the ones to decide which charities to support through the 'Zurich Cares' national, local and overseas grant programmes.

For more details on our grant programmes, please visit the website: www.zct.org.uk/grant-programmes

THE STEEL CHARITABLE TRUST

Grant Making Policy: The Trustees make discretionary grants where they believe that their contribution will make a real difference. Applications are welcome from eligible applicants from all areas of the UK; however, since the Settlers - the late Mr and Mrs Steel - lived in Bedfordshire, applications from Bedfordshire generally, and Luton specifically, are particularly encouraged.

Applicant eligibility: Applications will be considered from:

- Charities registered in any part of the United Kingdom
- Organisations that have recently applied for charitable status in the UK
- Exempt Charities (see [schedule 3 of the Charities Act 2011](#)) such as recognised educational institutions
- Government or municipally-funded museums

Applications will not be considered from Individuals, Charities registered outside the UK or Political Parties.

Grant purposes and restrictions: Very few restrictions are imposed on the purpose for which a grant may be used; applications for support towards capital projects, other projects or core costs are, therefore, considered. However, the Trust does not fund expeditions or projects that promote religion.

The Trustees prefer applications to fall into one of the five core categories below, although applications that fall outside these will be considered in exceptional circumstances:

- Arts and Heritage
- Economic or social disadvantage
- Education
- Environment
- Health

Grants are generally made as single payments between £2,500 and £25,000.

A list of recent grants made is available in the most recent Trust's [accounts](#) on the Charity Commission website.

Application process and expectations: The Trust receives many more applications than it has funds to support, and in recent years, approximately one eighth of applications received were successful.

Applications are normally considered according to the timescales shown:

Received in:	Reviewed	Outcome
November, December, January	March	April
February, March, April	June	July
May, June, July	September	October
August, September, October	December	January

Applicants are encouraged to submit applications early in the application period to allow more time for their review. All applicants are notified whether their application has been successful or not. Successful applicants are usually paid in the month following the meeting. In some cases, grants are awarded in instalments over a period of years, usually with progress reports required between instalments. A follow-up report will be expected within 10 months of payment from any applicant in receipt of an award of £20,000 or more.

Applicants that are unsuccessful may re-apply to the Trust from 12 months after the date of their most recent application. Applicants that are awarded a grant must leave a year following the date of the final payment before applying for another grant.

Application: Application is via the online application form on the website only. Please do not write to the Trust as an alternative or supplement to this. Supporting documents may be uploaded via the application form. All applications submitted online will be acknowledged.

A new data protection law, known as the General Data Protection Regulation (GDPR) 2018, came into force in May 2018. The Trust collects minimal personal data from applicants – only that which is necessary to administer the application – and we do not engage in marketing activity. Applicants are encouraged to read our [Privacy Policy](#) before completing the application form.

Website: www.steelcharitabletrust.org.uk/apply.htm

THE YAPP CHARITABLE TRUST

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.

For more information, please visit the website: www.yappcharitabletrust.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