

**Rushmoor Voluntary Services**  
**MONTHLY BULLETIN**  
**SEPTEMBER 2019**

What's On:

**OFLAC**  
**Macmillan Coffee Morning**



**Friday 27th September 2019**

**Samuel Cody School**

**Farnborough**

**GU14 8SN**

**11.00am-12.30pm**

**Cup of Tea/Coffee  
and a Cake**



**Raffle**



**Games**



## Come along to our Coffee Morning

Every penny we raise means Macmillan can help more people with cancer live life as fully as they can.

Where: **Farnborough Masonic Centre, 37 Alexandra Rd,  
Farnborough GU14 6BS**

Date: **Friday 27<sup>th</sup> Sept** Time: **10:30 a.m. to 11:45 a.m**

Cakes, cuppas and cash at the ready!



WORLD'S BIGGEST  
**COFFEE**  
MORNING

**MACMILLAN**  
CANCER SUPPORT  
RIGHT THERE WITH YOU

# STEP BY STEP

Young People. Hard Times. Bright Futures.



Grab your walking shoes and join us for a fun and challenging 10K walk around the beautiful Devil's Punch Bowl, Surrey. It's a great way to raise money for a worthwhile cause while enjoying fresh air and stunning scenery.

Entry is only **£5 each**, or just **£40 for a group of 10**. But the real challenge is to **get sponsored** and see just how much you can raise for Step by Step. There's a **free T-shirt** for raising £50 or more!

[Click here to find out more](#)

## 10K WALK DEVIL'S PUNCH BOWL SUNDAY 6TH OCTOBER

**Grab your walking shoes and join us  
for a fun and challenging 10K walk  
around the beautiful Devil's Punch  
Bowl, Surrey**





**FARNBOROUGH LIBRARY**

# **FLYING THE VULCAN**

## **A PERSONAL PERSPECTIVE**

**TICKETS £5**



**with Joe Marsden**

A talk through the crew composition, planning, dressing and practicalities of operating the aircraft in three roles – Maritime Reconnaissance, Air Sampling and bombing with 27 Sqn and 617 (Dambuster) Sqn.

**BOOKING IS ESSENTIAL**

**SATURDAY, 12 OCTOBER 2019 - 2-3PM**

Tickets available from Farnborough Library, on the booking line 01252 516458  
or via the online shop [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop)



at the



**33 Station Road  
Aldershot GU11 1BA**

**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 from 10 am to 3 pm or call in to 'My Helping Hand' at the Vine Centre on Fridays from 10 am to 2 pm**
- **To book, call the Vine Centre on 01252 400196**
- **Please use centre code 8000051 when registering**

# Young Person's Safe Haven



Just Wellbeing

service for emotional wellbeing support for  
people aged 10 - 17

North Barn, 4 Hillside Road, Aldershot, GU11 3NB

Open 18.30-20.30 Tuesday, Wednesday, Thursday, Friday and  
Sunday

## Subjects

All subjects will run from 10<sup>th</sup> September – 27<sup>th</sup> October 2019

- **Every Tuesday ~ *CAMHS Anxiety booklet***  
we will go through, discuss and fill out the booklet provided by CAMHS.
- **Every Wednesday ~ *Anger buster*** looking at what  
triggers and how to control anger.
- **Every Thursday ~ *Opening your mind*** various  
topics will be discussed to enhance social interaction and skills.
- **Every Friday ~ *My ideal Island*** A fun evening creating  
an imaginary safe Island which can be used as a tool when in emotional need.

## Mindful Art every Sunday

One to one crisis support offered throughout the evenings we are open

For more information please email [s.glaister@justwellbeing.org.uk](mailto:s.glaister@justwellbeing.org.uk)

# Happy Saturdays Club in Farnborough



Because loneliness doesn't stop at the weekends



## Volunteer Opportunities

All of our clubs are run by wonderful teams of volunteers. Our volunteers receive training and support and we have a wide range of opportunities available to you.

**A warm welcome awaits  
you at our club.**

Activities include themed quizzes, craft activities and indoor games, but we are always open to suggestions if there is something you would particularly like to try!

**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](mailto:clubs@brendoncare.org.uk)

**[www.brendoncare.org.uk](http://www.brendoncare.org.uk)** Registered Charity no 1091384

# Farnborough Games Group



For fun, friendship and a warm welcome



**This welcoming energetic group gets together to enjoy a wide variety of games including skittles, kurling and**

**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](mailto:clubs@brendoncare.org.uk)

**[www.brendoncare.org.uk](http://www.brendoncare.org.uk) Registered Charity no 1091384**

LEARNING

in

LIBRARIES

from HAMPSHIRE LIBRARY SERVICE

DO YOU SPEAK  
ENGLISH ?

## Pathway to Employment – General English

At Aldershot Library

Friday 27 September – 6 December

10am – 12noon

**FREE**

Booking is essential by contacting Aldershot Library on 01252-322560 or visit [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop) to guarantee a place.

[www.hants.gov.uk/library](http://www.hants.gov.uk/library)

LEARNING

in

LIBRARIES

from HAMPSHIRE LIBRARY SERVICE



## Art for All – Mixed Ability

at Aldershot Library and Learning Centre

**Dates: Wednesdays 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> October**

Time: 10am -12 Noon

Cost: £30

Booking is essential, so contact the Library, call the Booking Line (01252 322560) or visit [www.hants.gov/shop](http://www.hants.gov/shop) to guarantee a place.

[www.hants.gov.uk/library](http://www.hants.gov.uk/library)

LEARNING

in

LIBRARIES

from HAMPSHIRE LIBRARY SERVICE



## Working towards Zero Waste

At Aldershot Library

Saturday 28<sup>th</sup> September – 5 October

10am – 12.30pm

Free

Booking is essential, so contact the Library, call the Booking Line: 01252 322560 or visit [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop) to guarantee a place.

[www.hants.gov.uk/library](http://www.hants.gov.uk/library)



Hampshire  
County Council

## 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.

\*\*\*\*\*

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

Wednesday, 6<sup>th</sup> November 2019

**Venue:** Civic Offices, Farnborough Road, Farnborough GU14 7JU

**Costs: Full Courses:**

RVS members: £60 (non accessible) and £80 (accessible)

Non members: £70 (non accessible) and £90 (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 398453 or email: [viv@rvs.org.uk](mailto: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](http://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](mailto:environmentalhealth@rushmoor.gov.uk)

# Other Training opportunities:



## Stepping Stones DS Training Programme 2019/20

Stepping Stones DS organises a range of training workshops that help to open doors for our children and young people. We view this training as an investment in their future through sharing knowledge, information and support. Our workshops are open to families, schools, medical professionals and anyone with a desire to learn more about Down syndrome. We are lucky to work with some of the world's leading speakers and trainers and we heavily subsidise the training workshops to make them accessible to all.



This programme includes a training calendar for the 2019/20 academic year along with a resume for each of our trainers, an overview of each session plus information on costs and how to book.

### Autumn Term 2019

**Tuesday 24th September 18:30 – 20:30**  
**Speech and Communication Skills (Pre-School Twilight Course: Part 1)**  
*Becky Baxter of LETS Go!*

**Thursday 3rd October 09:30 – 14:30**  
**Self-Esteem & Inclusion**  
*Vik Ralfs*

**Friday 18th October; 09:30 – 14:30**  
**Moving to Adulthood**  
*Julian Hallett of Down's Syndrome Association*

**Thursday 7th November 2019 09:30 – 14:30**  
**Continence**  
*Davina Richardson of Bowel & Bladder UK*

**Thursday 14th November 09:30 – 14:30**  
**Early Number Skills in Pupils with Down Syndrome**  
*Erica Ranzato of Happy Minds*

**Tuesday 19th November 18:30 - 20:30**  
**Language & Reading (Pre-School Twilight Course: Part 2)**  
*Becky Baxter of LETS Go!*

**Thursday 28th November 09:30 - 14:30**  
**Advanced and Functional Mathematics For Pupils with Down Syndrome**  
*Erica Ranzato of Happy Minds*

For all of our courses, please book your place using the following link [BOOK HERE](#). Please note; as places are limited, the submission of our online form does not guarantee your booking. An email will be sent to you to confirm your booking and provide full details of your reservation.

If you require any additional information please email us via [training@steppingstonesds.co.uk](mailto:training@steppingstonesds.co.uk)

**Drug awareness sessions for parents and carers**

Safer North Hampshire will deliver a series of FREE drug awareness workshops to help parents/carers know where to look for support and what to do if they suspect young people are using drugs or are caught up in gangs involved in drugs. The workshops will be from 7pm-8.30pm on the following dates:

- 7 November, Rushmoor Borough Council.
- 13 November, Basingstoke & Deane Borough Council.
- 21 November, Hart District Council.

If you would like to attend, email  
[communitysafetyteam@communitysafetynh.org](mailto:communitysafetyteam@communitysafetynh.org)

\*\*\*\*\*

**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](mailto: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](mailto:ceo@rvs.org.uk)).**

## Funding News:



Tampon Tax Community Fund – Hampshire, Portsmouth, Southampton and Isle of Wight – closing date 11th October 2019.

Grants of between £5,000 - £10,000 are available to support disadvantaged women and girls, to help them overcome barriers that may prevent them from fulfilling their potential. Projects may include providing services to learn new skills, improve mental or physical health, or build social networks to offer support.

Click here for more details: [www.hiwcf.com/grants/](http://www.hiwcf.com/grants/)

\*\*\*\*\*



### **Waste Prevention Community Grant Fund**

This fund has been created to support locally based community groups, businesses, education establishments and organisations across Hampshire to deliver projects, products and services which prevent or reduce household waste.

For the purposes of this fund, 'waste prevention' is taken to encompass any actions which prevent or reduce the amount of household waste entering the local authority waste management system. This includes: reuse, repair and home composting.

Applications for funding remain open until further notice. Funding for successful applications will be awarded a maximum of three months after the initial application is received. The maximum amount awarded to each project will be £5,000.

Eligible groups:

- Community, neighbourhood or voluntary groups
- Registered charities
- Schools, colleges and universities
- Not-for-profit organisations (including social enterprises)
- Businesses with fewer than 250 employees such as small and medium sized enterprises
- Faith groups delivering community work
- Parish Councils

More information can be found here <https://www.hants.gov.uk/waste-prevention-community>

\*\*\*\*\*



Special Needs and Care for Children and Young People Programme. Grants are available for charities in the South East of England to assist young people who are disabled, disadvantaged, ill, homeless or at risk of crime, truancy or addiction.

The Foundation promotes the belief that education and sport provide the key stepping stones to self-development, creation of choice, confidence building and self-reliance. Its overall objective is to make these stepping stones more readily available to those who may be disabled or disadvantaged and who may not otherwise have the opportunity to develop their self-potential.

The Foundation only accepts applications from:

- Registered charities
- Community Amateur Sports Club (CASC)

Applications may be submitted at any time. The Trustees hold quarterly meetings. Applicants should first complete the initial enquiry form online through the Foundation's website. Successful applicants at this stage will be required to complete a full application.

<https://peterharrisonfoundation.org/>

\*\*\*\*\*

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

Council Offices, Farnborough Road, Farnborough

Hampshire GU14 7JU

Tel. No.: 01252 540162 or E-mail: [CDO@rvs.org.uk](mailto:CDO@rvs.org.uk)