



www.rushmoorschoolsplus.org

e-Newsletter – March 2011

Welcome to the 19th Rushmoor Schools Plus e-Newsletter with contributions from many different schools and organisations working to support our children, young people and families. As ever, we suggest you select the bits of information that are relevant to your own organisation, and disseminate those to the people you work with.

The next Rushmoor Schools Plus e-Newsletter will be available in the week beginning 16th May 2011. If you want anything included, please send information by 13th May to Richard Mann at rick.mann@btinternet.com

Tony McGovern (Rushmoor Schools Plus Partnership Manager) tony.mcgovern@rushmoor.gov.uk

EXTENDED SERVICES UPDATE

Rushmoor Directory – Facilities and Services for Families

An updated version of the directory of facilities and services for families in Rushmoor is now available for your school or organisation. Please contact Tony McGovern for copies.

Rushmoor Schools Plus Website

The Rushmoor Schools Plus website is available at www.rushmoorschoolsplus.org. The site signposts to local and national information for children and families, points to local news and what's on stories, contains a photo gallery and a database of local out of school hours activities providers. It also has a Practitioner Resource Area. If you would like anything added to the website, for example an event, please email rick.mann@btinternet.com. We would be particularly interested to receive "good news" stories and photographs for the Latest News section on the home page.

WHAT'S ON!

Farnborough Grange Infant School – Easter Holiday Playscheme

Monday 11th April to Friday 15th April inclusive and Monday 18th April to Thursday 21st April inclusive. 8.30am to 5.30pm. Moor Road, Farnborough GU14 8HW.

Playscheme fees:- 8.30am to 11.30am £6.00. 8.30am to 12.30pm £8.00. 1.30pm to 4.30pm £6.00. 1.30pm to 5.30pm £8.00. All day £15.00. Payment is required at the time of booking

To book a place phone 0759 231 0246 or 01252 541879 9.00am to 3.00pm.

Aldershot Military Museum

Queen's Avenue, Aldershot GU11 2LG. Open daily 10.00am – 5.00pm. Telephone 01252 314598 or visit www.hants.gov.uk/aldershot-museum

An Easter trail. Monday 11th April to Monday 25th April. Use the clues to find the pictures of Easter Eggs hidden around the Museum.

Unless stated all activities are included in the admission charge. All children must be accompanied by an adult.

SCL Holiday Activities

SCL's holiday courses offer fun for children and peace of mind for parents during the school holidays. Children aged 4-12 can enjoy action-packed days, with the emphasis on fun and enjoyment in a safe and supervised environment.

SCL run **Club Energy** and **Soccer Camps**. Their OFSTED registered Club Energy childcare provision includes a combination of sport and creativity in one fun-filled course. Activities include multi-sports, outdoor adventure games, indoor party games, arts and crafts, disco dancing, face paints, cookery, movies and munchies. The FA Charter Standard Soccer Camps provide expert coaching from SCL's team of FA-qualified coaches.

Both activities run from 10.00am until 4.00pm, Monday to Friday, with the option of an extended day from 8.30am to 5.30pm. This offers working parents greater flexibility with drop-off and collection times. The venues are: Saint Augustine's Primary School, Frimley; Frensham Heights School, Farnham; and Velmead Junior School, Fleet.

To find out more about SCL's holiday activities look at www.scl-online.co.uk or contact them on 0845 644 5747.

West End Centre

Queen's Road, Aldershot GU11 3JD. Box office tel. 01252 330040. www.westendcentre.co.uk
WEC concessionary prices apply to the children of those in full-time education and those in receipt of any state benefit – excluding child benefit. Proof of entitlement may be asked for.

Make a CD in a Day. Tuesday 12 April, 10.30am – 4.30pm. 8-12 year olds. £25.00, concessions £20.00. As a group you'll write the lyrics, create a backing track and produce a unique CD.

Lets Dance! Wednesday 13 April, 10.30am – 3.30pm with a performance at 4.00pm. 8-12year olds. £20.00, concessions £16.00. Energetic street dance and cheerleading workshops. Wear loose, comfortable clothes and trainers. Please bring a packed lunch.

Hiccup Theatre presents "The Owl and the Pussycat". Saturday 21 May 2.00pm. £6.00 reserved seating. A nonsense adventure for 3-8 year olds and their families.

Princes Hall

Princes Hall, Princes Way, Aldershot GU11 1NX. Box office tel. 01252 329155. www.princeshall.com

SNAP discos. Friday 1st April - Featuring Hollie Barrie and Simon J. Bailey. Friday 13th May. Top DJs and chart acts. 11-16 years. Tickets must be purchased in advance. £6.00 (£5.00 if purchased at least one week in advance).

Thursday 14th April at 1.30pm and 3.30pm. **Fireman Sam – Pontypandy Rocks.** Join Fireman Sam, and all his friends, as Pontypandy hosts its first ever music festival!

Tuesday 19th April. **Craft Workshop.** 10.00am – 4.00pm. 4-7 years. Wear messy clothes and bring a packed lunch. £15.00.

Thursday 21st April. **Play in a Day Drama Workshop – Rapunzel.** 10.00am – 4.00pm. 7-11 years. £14.00.

Saturday at 11.00am. **Saturday AM Cinema** - Tickets: £6 / Screen Pass and Friends £5 (FREE adult ticket and a FREE ice cream with every child ticket purchased). 2nd April – “Marmaduke” (U). 16th April – “Harry Potter and the Deathly Hallows Part 1” (12A).

Sunflowers Children's Centre

MAD Academy. Fun music and dance sessions for children and parents to enjoy. Places must be booked and paid for in advance. Mondays 9, 16, 23 May, 6, 13, 20, 27 June and 4, 11, 18 July. 10.00am – 10.45am for 2 years 6 months – 4 years. 10.50am – 11.35am for walkers – 2 years 6 months. At the West End Centre. £2.50 per session.

In-betweeners. A new group for older babies who are starting to move around and find their feet, but aren't quite ready for the hustle and bustle of Stay and Play. 5 April – 28 July (no session on 21 and 28 April and 2 June). Every Tuesday, 10.00am – 11.30am at Aldershot Library. £1 contribution.

Baby Clinic. Offered by Aldershot Health Visiting team in conjunction with Sunflowers. Baby health checks and information including weighing, advice and signposting. Every Tuesday, 1.00pm – 2.30pm at Aldershot Library. Free.

Baby Sensory. Tuesdays from 3 May – 7 June. 1.30pm – 2.15pm. At the West End Centre. £3 per session.

Bumps and Babes. Informal and friendly drop in group for parents and babies up to 1 year old. Every Wednesday from 6 April, 10.00am – 11.30am at Aldershot Library. £1 contribution.

Stay and Play. Informal and friendly drop in session for parents and toddlers up to the age of 5 years. 7 April – 28 July (no session on 21 and 28 April and 2 June). Every Thursday, 10.00am – 11.30am at the Aldershot Baptist Church Hall. £1 contribution.

Confidence Building. 9, 16, 23 May and 6, 13 June. 10.00am – 12.00 noon at Sunflowers CC, 3rd Floor, Wessex Housing Association, Gordon House, Gordon Road, Aldershot GU11 1LD. Free. Crèche available.

For more details contact Sunflowers Children's Centre, 3rd Floor, Wessex Housing Association, Gordon House, Gordon Road, Aldershot GU11 1LD. Telephone 01252 350182 or email Sunflowers.cc@hants.gov.uk.

Maple Vue Children's Centre

Maple Vue Children's Centre, Belle Vue Road, Aldershot GU12 4RZ. Telephone: 01252 316963. Email: maplevuecc@hants.gov.uk Website: www3.hants.gov.uk/maple-vue-cc

The Centre runs a variety of regular activities and courses such as Working with Children Level 1; Childcare Level 2 and 3; RHL adult health trainer sessions; child health clinics; speech and language; Job Centre Plus; first aid for parents; ante natal and child development checks; maths; quit smoking clinics; baby massage; ESOL; and music and dance. Call or check the website for the time table.

Mondays 12.30pm-2.30pm. Term time only. **Let's cook.** For children 0-5 and their parents. Discover different ideas to cook everyday foods in new and exciting ways. Recipes and ingredients are provided by the Children's Centre. Booking is essential as places are limited. £1.00 per family.

Mondays 12.30pm-2.30pm. Freeplay. For children 0-5 and their parents. You can use all the toys and equipment and take part in craft activities.

Tuesdays 1.30pm-3.00pm. Active Play for Bumps and Babies. For pregnant mums and parents and their babies from 0 to walking. (1st Tuesday of each month Sensory Play. 4th Tuesday Baby Singing and Signing).

Wednesdays 10.00am-11.00am. Term time only. **PEEP.** For children 0-12 months. PEEP aims to support families with their children's early learning in a fun way.

Thursdays 9.30am-11.30am. Term time only. The National Childminding Association hold **support sessions.**

Thursdays 1.00pm-3.00pm. Active Play for Toddlers. For toddlers who can walk up to the age of 5. Craft, painting, sand and water play, free access to all the toys and song and story time.

Let's cook - Easter Special. Prepare and make your lunch followed by making your own chocolate bird's nest. £1.00 per child. Monday 11 April 12.30pm-2.30pm. Booking is essential.

Finkley Down Farm - for families with at least one child under 5 years. Wednesday 13 April 9.00am-4.30pm. Adult £ 6.50. Child aged 2 and over £4.50. Child under 2 years £2.50. Hands on experience of touching and feeding animals. Exciting playground. Hand washing facilities and hand sanitisers around the farm.

Easter Craft Day - for families with at least one child under the age of 5 years. Tuesday 19 April 11.00am-1.00pm. Please contact 01252 316963 to register your interest in this event.

Dads' Club. Fun, games and bacon butties for you to enjoy with your children. Saturday 30th April 10.00am-12.00 noon.

Owls Children's Centre

Owls Children's Centre, Mayfield Road (on the site of Cherrywood Primary School), Farnborough GU14 8LH. Telephone 01252 519920. E-mail owls.cc@hants.gov.uk. Website www3.hants.gov.uk/owls-cc

Adult and family learning opportunities are available throughout the year and a new timetable is produced each term. If you want to find out more about a course or put your name down for one our Family Learning Advisor, Jennie, is available on Mondays between 2.00pm and 3.00pm or just call or drop-in to the office and talk to our reception staff. If there is a course you would like to do which would help you get back to work, please tell our staff.

Family support programme (all at Owls unless stated)

Job Centre Plus Advisor Drop-in – Mondays fortnightly 9.30am-2.30pm.

Language Group (referral only) – Mondays 1.00pm-3.00pm.

Breast Feeding Clinic Drop-in with an advisor from Frimley Park – Mondays and Thursdays 1.00pm-4.00pm.

Drop-in (at Pinewood Infants School) – Tuesdays 9.30am-11.30am.

Childminders' Professional Support Group – Tuesdays 9.30am-11.30am.

Counselling (by appointment) – Tuesdays 9.30am-12.30pm.

Children's Library Drop-in – Tuesdays 2.00pm-3.00pm, Wednesdays and Fridays 11.00am-12.00 noon.

Bumps and Babes Plus Drop-in – Thursdays 9.30am-11.30am.

Child Health Clinic Drop-in with health visitors – Thursdays 9.30am-11.30am.

Rushmoor Healthy Living Energy and Debt Advisor Drop-in – Thursdays 9.30am-11.30am.

Friday Chill Out Drop-in – Fridays 1.00pm-3.00pm.

Stay and Play – For babies to 1 year old Mondays 9.30am-11.30am. **1 and 2 year olds** Tuesdays 9.30am-11.30am at Farnborough Grange Nursery/Infant School and 1.00pm-3.00pm at Owls. **2 and 3 year olds** Wednesdays 9.30am-11.30am at Owls and 9.30am-11.30am at Farnborough Grange Nursery/Infant School. **3 plus year olds** Fridays 9.30am-11.30am.

Easter Fair. Saturday 23rd April 11.00am – 2.00pm. Includes an Easter egg hunt in partnership with the Mayfield Community Partnership, a bouncy castle, Easter arts and crafts and a BBQ.

Adult learning opportunities May – July 2011 (each course has a free crèche on site). Please book by telephone, e-mail or in person at reception, or come into Owls on a Monday afternoon between 2.00-3.00pm and speak to Jennie, the Adult Learning Advisor.

Skills for Employment – Mondays 9.30am – 11.30am from 16th May.

English (keep up with the kids) – Mondays 1.00pm – 3.00pm from 9th May.

Let's Make Story Sacks – Tuesdays 9.30am – 12.30pm from 10th May.

Family Safety – Tuesdays 1.00pm – 3.00pm from 28th June.

Understanding Behaviour – Wednesdays 9.30am – 11.30am from 11th May.

First Aid – Wednesday 6th July from 9.30am – 12.30pm.

Healthy Living – Wednesdays 9.30am – 11.30am for 5 weeks from 22nd June.

Maths (keep up with the kids) – Wednesdays 1.00pm – 3.00pm from 4th May.

Confidence Building – Wednesdays 1.00pm – 3.00pm from 15th June.

Cook and Eat – Thursdays 9.30am – 11.30am for 6 weeks from 5th May. At Oak Farm.

Positive Parenting (Triple P) – Thursdays 1.00pm – 3.00pm for 8 weeks from 5th May.

Better Budgeting – Fridays 9.30am – 11.30am from 17th June to 22nd July.

English for Families of Other Languages – Fridays 9.30am – 11.30am from 13th May. At the Church of the Good Shepherd.

Family Computing and Protecting Children Online – Fridays 9.30am – 11.30am for 5 weeks from 6th May.

English for Families of Other Languages – Fridays 1.00pm – 3.00pm from 13th May.

Maths for Families of Other Languages – Saturdays 9.30am – 11.30am.

Dads' Workshop – Gardening – Saturday 25th June from 10.00am – 12.00 noon.

Park Children's Centre

Gloucester Road, Aldershot GU11 3SL. Telephone 01252 338607. Fax 01252 331097. Email park.cc@hants.gov.uk. Visit our website www.parkchildrenscentre.org.uk.

The Centre runs a range of courses throughout the year such as baby massage, baby sensory, cooking for baby, first aid, cookery and adult literacy and numeracy. Please contact the Centre to put your name down for the next course. They also have the MAD Academy (Music and Dance for walkers to 4 years old) and Stretch and Grow (exercise to music). Contact the Centre for more details.

Taking Steps. Mondays 10.00am – 11.30am at the Heronwood Community Base.

Rainbows Group – Stay and Play for 18 months+. Mondays 1.15pm – 2.45pm. Term time only. These sessions are very popular and must be booked in advance.

Chatterbox – speech and language group following referral from a speech therapist. Mondays 1.15pm – 2.45pm. Term time only.

RHL Energy Advisor – available for advice on money related issues. Mondays 1.15pm – 2.45pm.

First Friends – Stay and Play for 0 – 6 months. Tuesdays 10.00am – 11.30am. Term time at St. Michael's Infant School. At the Children's Centre in the school holidays.

Parent Craft class. 1st and 2nd Tuesday in the month 7.00pm – 9.00pm. 3rd and 4th Thursday in the month 1.30pm – 3.00pm. Book through your midwife.

Counselling sessions – following a referral. Tuesdays and Wednesdays 3.00pm – 9.00pm.

NCMA – Childminders Stay and Play. Wednesdays 10.00am – 11.30am. Term time only.

Baby Clinic. Wednesdays 1.00pm – 2.30pm.

Ante-natal drop-in with a midwife. Wednesdays 7.00pm – 9.00pm.

Early Start course. Thursdays 9.30am – 11.30am.

Quit 4 Life. Thursdays 4.00pm – 6.30pm.

Health Visitor check. Fridays 9.00am – 12.00 noon. Book with your health visitor.

Sunbeams Group – Stay and Play for 0 – 18 months. Fridays 9.30am – 11.00am. These sessions are very popular and must be booked in advance.

Clothing Exchange. Fridays 9.30am – 11.00am at the Heronwood Community Base. Term time only.

Dads' Club – Stay and Play. For all male carers of children under 5. 1st and 3rd Saturday in the month 10.00am – 12.00 noon. £1.00 per adult contribution for refreshments/snacks. These sessions are very popular and must be booked in advance.

Protecting Planet Earth - A Faith and Environment Conference

Passionate about your faith? Concerned about climate change? An opportunity to explore the role of faith and what we can do about climate change. A chance to meet other young people of faith and share your views. A free event for young people aged 15-19 years (Year 11, 6th Form and College students).

Tuesday 5th April, 9.30am to 3.30pm at the Stripe Theatre at the University of Winchester. Free entry, refreshments and a buffet lunch. From 3.30pm there will be an opportunity to take a tour of the university.

For more information email: mark.owen@winchester.ac.uk

Back to Cycling for Adults

A 4-hour refresher course covering personal safety and light maintenance, basic riding exercises (off road) and riding on cycle ways and roads. This is a subsidised course so the cost is £7.00.

Saturdays April 30th and May 7th, 9.00am – 1.00pm at Farnborough Grange Infant School. Tel. 01252 541879.

Saturdays May 28th and June 4th, 9.00am – 1.00pm at Connaught Leisure Centre, Aldershot. Tel. 01252 344438.

To book and pay for your place, please contact or visit the facility you wish to attend. Cheques should be made payable to Rushmoor Borough Council. Bikes and helmets will be provided but please let us know if you plan to bring your own bike. For further information, please contact Martin Sterio on 01252 398763 or e-mail

martin.sterio@rushmoor.gov.uk

Events at Aldershot and Farnborough Libraries

Our libraries are regularly worth a visit for free internet access, DVDs, PlayStation games and books! Farnborough Library has had a Learning and Community Zone created on the first floor. This gives the library the opportunity to run courses and workshops, as well as having a dedicated space for their regular groups.

Events at Farnborough Library and in the Learning and Community Zone	
Prior booking for all courses and workshops essential.	
Date/time	Enquiry and booking line for events at Farnborough Library: 01252 516458. http://www3.hants.gov.uk/farnborough-library/farnborough-library-whatson.htm
Mon. 11th April	11.00am – 12.00 noon. Explore Learning Creative Writing Workshop. A free workshop for children aged 7-11. Places are limited so booking is essential.
Mon. 18th April	10.00am – 10.45 am. Mini Movers Pre-School Taster Session. Fun dance session for boys and girls aged 2-5. Learn and perform a variety of dances to nursery rhymes and music from CBeebies, Nick Junior and Disney.
Mon. 18th April	11.15am – 12.15pm. Midi Movers for over fives Taster Session. To inspire a love of dance in both boys and girls. They will learn a short dance to inspiring music from High School Musical, Toy Story and current pop.
Mon. 9th May	9.45am – 10.30am. Mini Movers Pre-School Dance Class. Fun dance class for boys and girls aged 2-5. Learn and perform a variety of dances to nursery rhymes and music from CBeebies, Nick Junior and Disney. Nine week course. £36.00.
Events at Aldershot Library and Learning Centre	
Prior booking for all courses and workshops essential. Concessions available on selected courses.	
Date/time	Enquiry and booking line for events at Aldershot Library: 01252 322560. http://www3.hants.gov.uk/aldershot-library/aldershot-library-whatson.htm
Tues. 19 th April	10:00am CSI Workshop - Find out more about crime scene investigation at our free Easter holiday workshop for children. Free.
	Events for National Family Week 30 th May – 5 th June. www.nationalfamilyweek.co.uk For more information or to book a place (events marked B) please call at the Library or phone 01252 322560.
Mon. 30 th May	Bank holiday - library closed.
Tues. 31 st May	Theme: adventure 10:00am - 11:00am Coffee Pot - Children's Library 2:00pm - 3:00pm Pirate Workshop - Children's Library (B). Children must be accompanied by an adult. Cost: £1.00.
Wed. 1 st June	Theme: the great outdoors 10:00am - 12:00 noon Community Police Visit and Story 11:00am - 12:00 noon Teddy Bears Picnic with Tesco 2:00pm - 3:00pm Wild Weather Explore Learning Workshop - Children's Library (B)
Thurs. 2 nd June	Theme: fun and imagination 10:30am - 11:00am Toddlertime – including Mini Movers Taster Session 11:30am - 12:30pm BFG Explore Learning Workshop (B) 4:30pm - 6:30pm Campout Story Time - Spooky Stories All in the Children's Library.
Fri. 3 rd June	Theme: family film time 10:00am - 12:00 noon Fun with the Fire Service - Visit and Safety Story 11:15am - 11:45am Baby Rhymetime 2:00pm - 4:00pm Film Time All in the Children's Library.
Sat. 4 th June	Theme: family learning 10:00am - 12:00 noon Kids Beads Workshop (B). For boys and girls aged 5 and over. Children must be accompanied by an adult. Cost: £1.00.
Sun. 5 th June	Theme: chill out & unwind 11:00am - 12:00 noon Storytime - Children's Library (with ice creams provided by Tesco)

The 2011 brochure for Aldershot Library and Learning Centre contains a great range of courses and regular events such as employment preparation, computers, leisure, craft and exercise. There are also specialist courses on signing for people who are deaf, numeracy, ESOL and citizenship.

In addition, a range of course discounts is now available:

All employment preparation courses are free regardless of circumstances.

Those in receipt of a means tested benefit only pay 50p per learning hour on most other courses.

People who are over 60 get a 25% discount on course fees.

For further information on courses and activities, phone Aldershot Library on 01252 322560 or see the library website: <http://www3.hants.gov.uk/library/aldershot-library.htm>

Kidz South Exhibition

One of the largest free UK exhibitions dedicated to children with disabilities and special needs, their families and the professionals who work with them. Over 90 exhibitors and a programme of free seminars and discussions for parents and professionals.

Thursday 9th June, 9.30am – 4.30pm at the Rivermead Leisure Complex, Richfield Avenue, Caversham, Reading RG1 8EQ. Free entry. Accessible parking. For free entry tickets or further information call Disabled Living on 0161 214 5959/5962 or email info@disabledliving.co.uk. For updates visit www.kidzsouth.co.uk

AVONDALE TENNIS CLUB - EASTER HOLIDAY COURSES

WEEK 1

Date	Time	Level	Age	Cost
Tues 12th–Fri 15th April (4 days)	09.00-10.00	Mini Tennis Red Camp	4–7	£28.00
Tues 12th–Fri 15th April (4 days)	10.00-11.00	Mini Tennis Orange/Green Camp	7-10	£28.00
Tues 12th – Fri 15th April (4 days)	11.00-12.00	Improvers Tennis Camp	10-14	£28.00
Fri 15th April	13.00-17.00	Advanced Technique, Tactics, Drills & Matchplay	12-16	£28.00

WEEK 2

Date	Time	Level	Age	Cost
Tues 19th – Thurs 21st April (3 days)	09.00-10.00	Mini Tennis Red Camp	4-7	£21.00
Tues 19th – Thurs 21st April (3 days)	10.00-11.00	Mini Tennis Orange/Green Camp	7-10	£21.00
Tues 19th – Thurs 21st April (3 days)	11.00-12.00	Improvers Tennis Camp	10-14	£21.00
Wed 20th April	13.00-17.00	Advanced Technique, Tactics, Drills & Matchplay	12-16	£28.00

For enquiries and bookings please call Sally Charlton on 01252-852094 or email sallycharlton22@btinternet.com

Junior Activities at Farnborough Leisure Centre - Easter Programme

Easter Holiday Day Camp for 5-12 year olds

8.30am – 5.30pm. Easter themed activities throughout the holiday including swimming, bowling, soft play, arts and crafts, trampolining, team games and mixed sports. Full day pass £20.00. Full sibling day pass £16.00. A hot or cold lunch is included in the price. To book call into Farnborough Leisure Centre or telephone 01252 370411. Full payment is required at the time of booking.

Book and Play Casual Sessions for 5-12 year olds

Arty Crafts – 11th and 18th April 10.00am – 12.00 noon. Easter themed arts and crafts session including music with fun and games. £4.00 per child. £2.00 sibling discount.

Easter Egg Hunt Extravaganza – 12th and 21st April 10.00am – 12.00 noon. Join their Easter bunnies on the best Easter Egg Hunt yet. This year it includes arts and crafts and bouncy castle fun! £5.00 per child. £2.50 sibling discount.

Trampolining Fun – 12th April Session 1 – 10.00am – 11.00am. 12th April Session 2 – 11.00am – 12.00 noon. 20th April Session 1 – 3.00pm – 4.00pm. 20th April Session 2 – 4.00pm – 5.00pm. £4.00 per child. £2.00 sibling discount.

For every drop in session attended your child will receive a free jungle soft play voucher. Splash times for children in the main swimming pool run throughout the holiday. Contact the Centre for more details.

Easter Holiday Courses at the Rushmoor Gymnastics Academy

Rushmoor Gymnastics Academy, Pool Road, Aldershot GU11 3SN. Email bernie@rushgym.co.uk. Telephone 01252 320888.

The Academy is a state of the art fully equipped facility, with 24,000 square feet of space to train. Every modern training aid is available and the facility is equipped throughout with apparatus to international specification.

Easter holiday badge courses

Monday 11th - Friday 15th April. 9.30am – 10.30am beginners. 10.30am – 12.30pm intermediates. £5.00 – 1 hour session. £9.00 – 2 hour session. £23.00 – 5 x 1 hour sessions. £42.00 – 5 x 2 hour sessions. The courses cover the British gymnastics proficiency award schemes and badges and certificates can be purchased for those who would like to have them.

Easter Camp for boys and girls

Arrive Sunday 17th April between 5.00-6.00pm. Depart Friday 22nd April 4.00 pm. Residential cost - 1 gymnast £250. 1 coach £200. There are preferential group rates on application. Although the course is designed as a high level residential training camp, do not be put off by the fact that you are not a top class gymnast. All you need is the desire to succeed and a good deal of commitment.

'Last Orders' Serves Up Good Advice for Parents

Parents who'd like to know more about the issues facing their teenage children are invited to watch a free theatre performance at the Princes Hall in Aldershot on **Wednesday 6th April** at 7.00pm.

'Last Orders' is a thought provoking play that is currently touring secondary schools in Aldershot and Farnborough. Aimed at year 9 pupils (aged 12 and 13) and performed by the Solomon Theatre Group, the play highlights the challenges encountered by some teenagers who find themselves dealing with pressure from friends, and their first experiences of alcohol. There will also be an opportunity for parents to talk to representatives from Rushmoor Borough Council, the Police, health services, Connexions, local schools and Hampshire Trading Standards and to get advice from them.

For further information please contact Moray Henderson at Rushmoor Council on 01252 398174, email communitysafetyteam@rushmoor.gov.uk or visit www.saferrushmoor.com

Countryside Day for Schools – Manydown Estate

Thursday 19th May 9.30am - 2.30pm. Key stage 2. There is no charge although a donation of £1.00 per child is gratefully received.

The Manydown Company Ltd is a farming estate based around the village of Wootton St Lawrence on the western boundary of Basingstoke. Pupils will explore the farm and woodland trails; learn about sheep and crop production; experience game keeping and wood-land management; and investigate wood-land habitats. The staff at Manydown will spend time explaining how the countryside is managed to produce food and preserve wildlife. The visit will

provide an opportunity for everyone to explore, enjoy and learn about the countryside while delivering various core elements of the national curriculum including the subjects science, geography, history and citizenship and linking to healthy schools and trailblazer projects.

A twilight briefing session will take place on 5th May at 4.30pm. This is a pre-requisite to the visit and it is advised that teachers attend this in order to receive vital information regarding the format of the day. This is also an opportunity for teachers to undertake their own risk assessments and for staff to answer any questions you may have. Manydown provides teachers with resources that support their visit and preparatory and follow up work.

For further details and to book your place please contact Jo Edney, Countryside Education Practitioner, Hampshire Country Learning on 01962 797368 or email jo.edney@sparsholt.ac.uk

Soccer at 6

3rd May to 2nd September, 6.00pm-7.15pm. For 5 to 16 year olds. Want to have a kick around, play games and learn new skills? No need to book – just turn up, pay and play. £2.50 (£2.00 concessions). Please bring a drink.

Mondays at Ivy Fields, Aldershot from 9th May. Tuesdays at King George V Playing Fields from 3rd May. Wednesdays at Cove Green, Farnborough from 4th May. Thursdays at Manor Park, Aldershot from 5th May. Fridays at Osborne Road, Farnborough from 6th May.

Week long courses: 1st – 5th August at Bourley Road, Aldershot. 8th – 12th August at King George V Playing Fields, Farnborough. 15th – 19th August at Aldershot Park. 22nd – 26th August at Cove Green, Farnborough. 30th August – 2nd September at Bourley Road. £49.50 for the week or £15.00 a day.

For more information please call Kirk Wheeler on 01252 339384.

The Source Young People's Charity

The Source, 237 High Street, Aldershot GU11 1TJ.

Monday 11th April - Art session from 3.00pm – 5.00pm. Club open till 6.00pm. Free food provided. A contribution of 50p towards costs is asked for.

Monday 18th April - Drop in session from 12.00 noon – 4.00pm. Pool, Xbox, PlayStation, table tennis, craft activities and games.

For more information contact Rachel Holbrook, After Schools Club Coordinator, on 01252 333330 or 07586 898327. Website www.thesourceforyou.co.uk

Southwood Kids Club

This is a club to give children from the Southwood area an opportunity to have fun in a safe and well run environment with games, craft making, songs and bible stories. They also have a band to lead the songs. The club is for school year groups R – 6 (reception year of infants through to the end of juniors).

Saturday 9 April, 9.30am – 12.30pm at Southwood Community Centre next to Morrisons in Links Way, Southwood GU14 0NA. £3.00 per child. Registration starts at 9.15am. Parents and carers are welcome to join from 12.10pm to see the last activities if they wish. The club is run by Southwood Church members. More information, including all registration details, is available at <http://www.parishofcove.org.uk/skc> or phone 08444 873873.

NEWS FROM SCHOOLS

News from The Wavell School

On 1st March Wavell students took part in a Skype chat with Miyoko Matsubara, a survivor of the atom bomb attack on Hiroshima in 1945. Miyoko had hoped to visit the UK to talk about her experience but had to give up her plans due to ill health. Instead she was able to talk to students through the net and was delighted when the students showered her with questions. Miyoko said, "I am happy they showed me such a great response."

The students are aged 11-15 and belong to the school's Japanese club. They listened as she told them about her experience of being hit by the bomb at 1.5km from the epicentre and how she suffered severe burns throughout her whole body. She also told them about the loss of her best friend and stressed, "I never want anyone else to suffer like I did any more."

South Farnborough Infant School Wins Green Flag Award

South Farnborough Infant School is very proud to announce that they were inspected recently by Eco Schools and have won the prestigious Eco Schools Green Flag Award for all their efforts on sustainability for a greener future for North Camp. They are now looking for a flag pole to display the flag. There are only 1,319 schools nationally with this award. More details are available at <http://www.eco-schools.org.uk/>

South Farnborough has also been running an Energy Monitor Loan Scheme for pupils. One pupil and his family managed to reduce their energy by a massive 32% while borrowing the energy monitors. As well as saving money it also helps the planet. This is a free and very worthwhile scheme and the children love taking part.

Children are Making Changes for a Healthier Lifestyle

Fit 4 Life is under way at Grange Junior, Farnborough and Fernhill Primary, Farnborough. Children are putting a great deal of effort into their before and after school exercise sessions, taking part in various activities and challenges. Also 'Fit 4 Lifers' are learning about different ways to adopt a healthier lifestyle with the Rushmoor Healthy Living Activity Leader.

If you feel that your school could benefit from the help of a fitness professional to motivate children and assist them to become healthier in different ways, please contact Laura.breading@rhl.org.uk

COURSES AND WORKSHOPS

Oak Farm Community School

Do you want to learn something new, improve your skills, gain a qualification or meet new people? Oak Farm will have a part-time adult learning course to suit you whether it be leisure or skills based. Courses starting in April 2011 include manual book-keeping 1; guitar – all abilities; fencing; flower arranging; hairdressing; IT for beginners; digital photography; Spanish for holidays; ballroom and Latin Dancing; yoga; Italian for holidays; silver jewellery making; German for holidays; confidence building; Egyptian belly dancingand more.

Junior courses for the summer include gymnastics, fencing and trampoline. These start in late April or in May.

A brochure is available. Please contact Oak Farm to request your copy or check out the Community pages on www.oakfarm.hants.sch.uk. Please book early to avoid disappointment.

Oak Farm Community School, Ballantyne Road, Farnborough GU14 8SS. Telephone 01252 401087 or 401081 (Monday – Friday 9.00am to 4.00pm).

HSE Accredited First Aid Training

Rushmoor Voluntary Services will be running another HSE Accredited Emergency First Aid at Work course at Farnborough Community Centre on **Wednesday 22nd June** from 9.00am – 4.00pm. The cost is £40.00 per person.

Places are limited. For more details and a booking form please contact greg@rvs.org.uk

Supporting Your Child Who Has Additional Needs - Parents/Carers Courses 2011

Does your child have additional needs that may result in socially inappropriate behaviour(s)? This may include a diagnosis or statement of Autism, Aspergers Syndrome, E.B.D, Special Educational Needs or displays challenging behaviour. This free course from the Loddon Training and Consultancy will enable you to understand your child's behaviour, how to proactively support them and how to improve the opportunities for them, you and your family.

This one day course is designed for parents/carers of children who display challenging behaviour. It is set in a non-judgemental environment for you to discuss individual problems, gain advice and support and share your experiences. You will meet other parents in a similar situation and enjoy learning with new friends. It is an interactive course which offers practical tips and guidance.

The 2011 course dates are 28th April, 14th July, 22nd September, 27th October and 10th November. All courses run on a Thursday from 9.30am to 2.45pm. For more information or to book a place please telephone 01256 461273 or email enquiries@proact-scipr-uk.com Website: www.proact-scipr-uk.com

NEWS FROM PARTNER ORGANISATIONS AND GROUPS

Local Schools Assisting Japan and Other Disasters

Local schools and their students may be considering how, and if, they can help people in Japan cope with the results of the recent earthquake and tsunami. One option would be to support Shelterbox. This global Rotary project is based in the UK and is a separate charity and organisation established by Rotary. Each box contains a 10 person tent, cooking equipment, blankets, tools, a water purification system and much more. The Japanese authorities have already specifically requested 500 of these boxes for one area to assist in accommodating those who have lost their homes. These 500 boxes will house up to 5,000 people. A further 5,000 boxes are on standby to be sent to Japan if and as required.

If you want to know more about Shelterbox please visit their website www.shelterbox.org.uk or invite the local speaker/ambassador for Shelterbox, Hugh Deed of the Rushmoor Rotary Club, along to your school. Hugh can be contacted on Shelterbox@rushmoorrotary.org.uk

Hampshire - Services for Young Children

As part of Hampshire County Council's Children's Services Department restructure, the Early Education and Childcare Unit and Children's Centres Services teams have been realigned and the new combined service is known as Services for Young Children (SfYC). The work and priorities of SfYC are in the process of being reviewed but the aim of the service continues to be ensuring that there is sufficient and quality childcare, early education and support for families of young children. For up to date information please visit www.hants.gov.uk/childcare

The Childcare Element of Working Tax Credit

Do you work at least 16 hours a week? Do you have a child aged under 16? Do you pay for a before or after school club, holiday play scheme, nursery, pre-school, childminder or nanny (home child carer)? You may be able to claim up to 80% (70% from April 2011) of your childcare fees back through the Childcare Element of Working Tax Credit. This could mean a maximum of £140 per week for one child and £240 per week for two or more children can be claimed.

How you can claim

Use childcare and after school clubs that are Ofsted registered or approved. Search for places using www.fid.hants.gov.uk or phone 0845 603 5620 for help with childcare options. Go to www.ofsted.gov.uk or phone 08456 40 40 40 to check for valid registrations.

What will you qualify for?

It's wise to check your family's entitlement whatever your income. What help you get depends on your childcare costs, the number of children using childcare and your income. This means two different families with equal incomes may get different entitlements.

To find out more

Phone the HMRC Tax Credit helpline on 0845 300 3900 or visit www.hmrc.gov.uk/taxcredits. You could also use www.moneysavingexpert.com/family/childcare.costs to see how much help you could get.

The Aldershot Garrison Special Needs Group

This drop-in support group is run on a voluntary basis by parents/carers of children/teenagers with varying disabilities. They are an informal, friendly group who offer support to others caring for disabled children, teenagers or adults and are based at Maurice Toye House, Middle Hill, Aldershot. As they have strong ties with the Army they can advise on support for both military and civilian families, military welfare and the Army support network.

The Coffee, Chill and Chat Zone offers informal coffee mornings on Tuesdays and Fridays from 10.30am. There is no charge for attending the group and there are toys, DVDs and a Wii for the children to play with. To find out more please call 01252 343753 or email specialneeds.aldershotgarrison@googlemail.com

Catch-22 Open Morning

Catch-22 are holding another open morning for professionals in Basingstoke on **6th May** from 10.00am to 12.00 noon. Catch-22 is a local charity with a national reach and works with young people who find themselves in difficult situations. The morning includes an introduction to Catch-22 and their specialist treatment service for young people in Hampshire, workshops, an opportunity to meet the team and information about future developments.

To book please call 01256 369160 or e mail sarah.green@catch-22.org.uk

Heron Wood Community Base Photography Competition

Do you live in the Heron Wood ward? Then this competition is for you. Local people have said that the walls in the community base are a bit bare. This competition gives you the opportunity to brighten up the base by entering photos that capture community life in Heron Wood. Use your imagination and get clicking.

All ages and abilities are welcome. The winners and runners up will have their pictures displayed in the base. The closing date for entries is 30th April. For details of how to enter please visit www.phooto.co.uk/firstwessex

Parkside (Aldershot and District Mencap)

Parkside have been supporting adults and children with learning disabilities since 1966. They have fully qualified staff offering services such as drop-in sessions, clubs and one to one support. They can also offer an extensive range of group and work experience opportunities; a seven day a week service; social opportunities; help with developing communication and life skills; a fully accessible centre; support if your child is making the transition into adult services; and individual needs-led programmes.

Parkside have also set up FAB, the Farnborough Activities Base, which aims to provide leisure and community activities in the Farnborough area. The Base currently runs 2 groups, the FAB Men's Sports Group (football, badminton and tennis) and the FAB Women's Wellbeing Group (health and fitness, beauty and exercise classes).

For more details call 01252 313103 or email parkside57@btconnect.com. Website www.parksidealdershot.co.uk

Opportunities with Aldershot Town FC

Would you like Aldershot Town FC to work with your school? They are currently offering schools the opportunity to work with them through their Community Trust. As the Trust is a registered charity and not a private enterprise any money made will be put back into the local community and your school. Quality coaching can be provided both during and after school hours and all coaches are FA qualified and CRB checked. There is also the chance to offer free holiday course places as rewards to deserving children from your school and educational projects at the EBB Stadium. You can also participate in the Trust's junior football tournaments.

There are fundraising opportunities such as the Target Challenge, prizes for raffles and tombolas and the offer of a presence at any fete or summer fair.

If you are interested in working with Aldershot Town FC Community Trust please call 01252 339384 or email fitc@theshots.co.uk

Reading Force

Reading Force is a fun new reading scheme for Forces families and friends which was launched on 25th March. The scheme links families within the Forces with each other and with their local communities and encourages reading, writing about reading, and the satisfaction and improved communication that comes with this. It works through families and friends forming a reading group. The group commits to reading the same book (or books) and records what they think in a scrapbook to which they all add. The scrapbooks are provided by the scheme. The reading group – ideally a minimum of three and a maximum of eight – may be from a single family or several families. Those on tour in the UK or overseas can also take part and Reading Force will help keep everyone in touch. The group can then choose to submit their scrapbook for a team of reviewers at Kingston University to consider, and put it forward for one of several attractive prizes.

Scrapbooks will be handed out to children from Service families through their schools and will also be available in the Hive and local libraries. 9 local schools are already taking part in Reading Force and the only pre-requisite for signing up is that the school needs to take army children and that army children are involved in one of the reading groups. The scheme is supported by 145 Brigade, Hampshire County Council, Rushmoor Borough Council and Kingston University. To find out more contact Alison Baverstock on a.baverstock@kingston.ac.uk or Hattie Gordon on hattiegordon@yahoo.co.uk

Children's Centres in Hampshire - Have Your Say

In response to public comments, the consultation on the way forward for children's centre services in Hampshire has been extended until Friday 15th April. Hampshire County Council has also produced an easier to read supporting document, with supplementary response questions to help parents, carers and professionals let them know what they think about the proposals. There is also a short A5 leaflet highlighting the key proposals under consultation. Both documents and an updated online response form are available on the website:

www.hants.gov.uk/2011-consultation

Contraception and Sexual Health Service (CASH)

CASH offer services across Aldershot, Farnborough, Fleet, Basingstoke, Bordon, Alton and the surrounding areas. They welcome people of any age, but in particular those under the age of 25, and can provide information and advice, contraception, emergency contraception and pregnancy testing. They also offer chlamydia screening for those under the age of 25. They are a friendly, confidential and free service which is part of the NHS. All clinics offer a walk in service, or alternatively an appointment can be made. Please visit www.hampshirecash.org.uk for details of local clinics, times and contact details.

Recently their Aldershot clinics which were run from the Aldershot Institute, Station Road have moved to the Aldershot Centre for Health (Level 2 Entrance Level), Hospital Hill, Aldershot GU11 1AY.

Vetting and Barring Scheme and CRB Regime Review

The Deputy Prime Minister, Nick Clegg, has unveiled a new scaled back employment vetting scheme and fundamental reform of criminal records checks. Announcing the findings of the parallel reviews of the Vetting and Barring Scheme and the criminal records regime, Mr. Clegg revealed that millions of people will be removed from the need to carry out compulsory pre-employment checks.

See <http://www.homeoffice.gov.uk/crime/vetting-barring-scheme/>

Free Coaching for Young People

There is an opportunity to offer young people free coaching at your clubs and facilities throughout Easter and summer through this scheme. Click on the link to find out more and to register.

<http://www.asda-sportingchance.co.uk/>

Information Booklets for Practitioners Working with Families Affected by Domestic Abuse

The information booklet for schools and pre-schools compiled by the North East Hampshire Domestic Abuse Forum has been reprinted and hard copies are currently being distributed to all schools, pre-schools and toddler groups in Rushmoor and Hart. If you would like an electronic or hard copy of the booklet, please contact Karen Evans on 01256 405208 or email karen.evans@hampshire.pnn.police.uk. The booklet aims to provide guidance about how to handle disclosures, signs to look out for and local support which is available to families affected by domestic abuse.

The Forum has also compiled a booklet to help practitioners working with families where there is child to parent abuse. The booklet should be available in the next few weeks and for a copy, or electronic version, please contact Karen as above.

The Forum is also looking to put together a short information leaflet for parents, and a separate leaflet for children and young people, where there is conflict within the home and communication has become difficult, resulting in the child or young person feeling they need to control or abuse the parent in order to feel 'heard'. If you have been, or are in this situation, and would like to help inform what information is most needed in these leaflets, please contact Karen.

Summer Daze Programme

Summer Daze is a programme of activities to help young people aged between 11 and 18 in Rushmoor and Hart who are, or have been, affected by domestic abuse. The programme is led by the Children's Services Youth Support Team for Rushmoor and the aim of the sessions is to help the young people come to terms with the abuse they have witnessed and / or experienced and to look at how they can keep safe and build their emotional resilience. The programme works on a group basis so that the young people can be with others who have had similar experiences.

A referral form is available from karen.evans@hampshire.pnn.police.uk. Referrals are welcomed from agencies as well as self referrals from young people and all referees will be met by a youth team member to talk about the programme and see if they are happy to engage. The cut off date for referrals is the end of May, but it would be helpful to have referrals asap in order to give the youth team time to make contact with the young people and arrange visits.

If you would like more information about the programme before making a referral, or would like to discuss any individuals prior to making a referral, please contact either Jan Sheehan on 01252 311786 or janet.sheehan@hants.gov.uk, or Karen Evans on 01256 405208 or karen.evans@hampshire.pnn.police.uk

The EDGE Project

Are you aged 14 to 24? Are you interested in running your own events or activities?

The EDGE Project stands for 'Engage, Discover, Generate Enthusiasm'. The project recruits young volunteers to come up with their own ideas for events and activities, and provides support for these young people to run them. In Aldershot, the project works with the West End Centre and Aldershot Military Museum, and is looking for ideas and enthusiastic volunteers to create something new and exciting in the town.

For more information contact Sophie on 07590 304 952 or email sophie.mclean@hants.gov.uk.
www.theedgeproject.co.uk

Greenfingers

Greenfingers is launching on 1st April. It's a brand new community-based project which aims to involve families in improving community green spaces and communal areas, developing an allotment to encourage children to learn about self-sufficiency and life cycles, and developing areas for local wildlife. It will encourage children to learn about flora, fauna and crops and to cook and eat the produce they harvest.

You don't need to live locally to get involved and you can be any age. All you need is energy, enthusiasm, and a willingness to get involved. For more information call Jamie Beaton on 0783 152 8383 or 01252 642560 or email jamie.beaton@rushmoor.gov.uk

New communication guide launched

A new guide was launched at the PMLD Network conference in 2010. The guide was written by Professor Juliet Goldbart and Sue Caton. It was commissioned by Mencap, in partnership with the Department of Health, and forms part of the Valuing People Now work to make sure that people with the most complex needs are included. The guide is aimed at commissioners, to support them in commissioning support and services which meet the communication needs of people with the most complex needs, including people with PMLD. However, it will also be useful for family carers, frontline staff and people with a learning disability.

'Communication and people with the most complex needs: what works and why this is essential' (standard and easy read versions) can be downloaded at www.mencap.org.uk/communication

Youth Engagement Activities Continue in Rushmoor and Hart

Rushmoor Fire Station have announced that they will continue to deliver a Youth Engagement week long course, which will now be called "Lifestyle Intervention". This new course will replace the Local Intervention Fire Education (LIFE) course, which comes to an end on 1 April. Group Manager for Rushmoor and Hart, Martin Walters, said, "These courses have been very successful over the years as they give local young people an opportunity to test themselves and see what they can achieve."

The courses are funded by both Rushmoor Borough Council and Hart District Council and are one of the many measures used to reduce anti-social behaviour in the area. The students are put through a week's intensive training, learning many complicated skills such as ladder and fire pump work, using breathing apparatus and first aid.

Modernising the Blue Badge scheme

The government has announced its reforms to modernise the Blue Badge scheme. They focus on reducing fraud and abuse of the Blue Badge, introducing a new badge design and giving local authorities improved enforcement powers. The reforms also look at improved customer services for badge holders.

For families with disabled children, eligibility will be extended to more disabled children under the age of three, with specific medical conditions, from May 2011. There are also plans to amend the residency requirements for disabled Armed Forces personnel and their families on UK bases overseas. These are both subject to legislation.

General enquiries about the scheme should be directed to your local authority and there is more information at <http://www.dft.gov.uk/transportforyou/access/bluebadge/reform/>

RECRUITMENT AND VOLUNTEERS

Home-Start North East Hampshire

Are you a person who would like to help local families with young children cope better with life's challenges? Yes? Then Home-Start North East Hampshire is the charity which you should meet.

Home-Start North East Hampshire has been running for 15 years. Its home visiting volunteers offer friendship, support and practical help to families with at least one child under the age of five years. The charity works through referrals, whereby young families who are in need of support are referred and then the charity arranges a trained volunteer to visit. The visits can be weekly for a few months, all the way up to one year, depending on how much support each family needs.

The goal of the charity is to focus through the family on the children so that they have a better start in life. The referrals can come from anywhere in North East Hampshire and on average the volunteers support about 70 family referrals a year, which is about 200 children.

Despite the successes of the charity, it faces the challenge of raising through grants, donations and fundraising events its operating costs of £60,000 per annum and needs new energetic volunteers to lead in this work.

Thirdly, the present team of trustees have been together for several years and would welcome some fresh faces with new energy and ideas to ensure the charity is able to offer the continued availability of long term home visiting support to young families in our community.

To become a trustee, join the fundraising team or train to become a volunteer please contact Val at homestart@nehants.fslife.co.uk or the Scheme's Chair, David Bailey, at david@heathfieldcon.fsnet.co.uk

**Many thanks to all the organisations who contribute
information to this newsletter**

Rushmoor Schools Plus

www.rushmoorschoolsplus.org