

We're supporting



Young at Heart

staying active and connected



RUSHMOOR
BOROUGH COUNCIL

Contents

3	Live Longer Better Hampshire
3	Rushmoor's Senior Citizens Forum
7	Warm and social spaces
11	Keeping active – social clubs, groups and societies
18	Learning
19	Social days out
21	Outdoor activities and walks
25	Preventing falls
29	Useful contacts and local support

“ the most important form of care is self-care ”

Sir Muir Gray, public health professional

Getting older is something to be celebrated, with better health care and medicine we can live longer.

Staying well and being physically and mentally active are key things we can do to influence and ensure we age healthily. It is never too early or too late to start improving our health.

Action, at any stage of life, can support us to live longer better, which is the Hampshire and national campaign Rushmoor is supporting.

This booklet will help you find ways to keep active and connected, live life to the full and keep doing what you love.

If there is something you can't find please email:
communitydevelopment@rushmoor.gov.uk

Live Longer Better Hampshire

Live Longer Better is a national campaign - the mission is for everyone to enjoy their later life as much as possible.

Live longer better focuses on four key areas where you can make positive changes now that will give you the best opportunity of staying independent in later life.

We're supporting



These are **being active**, **staying steady**, **keeping connected** and **keeping hydrated**.

The mission of Live Longer Better is to enable people to increase their healthy life expectancy.

To find out more visit – www.hants.gov.uk/livelongerbetter

Rushmoor Senior Citizens' Forum – Over 60s

The forum brings together local groups, organisations and residents and gives a voice for older people, in Rushmoor. It also gives residents an opportunity to have a say on some of the most important topical issues affecting the local area. The forums are held twice a year, with one meeting at the Council Offices, Farnborough, and the other at the Princes Hall, Aldershot. If you are interested in attending, please call: (01252) 398831 or email committeeservices@rushmoor.gov.uk

www.rushmoor.gov.uk/seniorcitizensforum



**“I thought going
for a wee ‘just
in case’ was the
right thing to do”**

FALSE

**Regularly going to the loo ‘just in case’
is not a good thing to do.**

Going when you don’t need to can teach your bladder that it needs to be emptied when it doesn’t. This can reduce how much your bladder can hold and can increase your risk of incontinence.



Let’s set the record straight on incontinence.

Find information and support on the steps you can take to prevent, better manage, or even reverse incontinence. Visit **hants.gov.uk/livelongerbetter**

We're supporting

**Live
Longer
Better**

HAMPSHIRE

We stand up and sit down during the ad breaks,

so we can keep up when babysitting the little one.

Discover simple activities to
help you feel stronger and

get the most out of life



Visit hants.gov.uk/livelongerbetter
to get started today.

RUSHMOOR CONNECT

An accessible door to door transport service for residents living in Farnborough and Aldershot

Service runs Tuesday - Saturday

**Call us on 01252 398451 to
discuss, register and book your
journey today.**

**(eligibility criteria applies)
or message us on WhatsApp on
07866 872781**

**Booking line open 09.30-12.30
Monday to Friday**



Hampshire
County Council

RUSHMOOR
BOROUGH COUNCIL



connect
Linking communities
in Hampshire

Warm and social spaces

All Hampshire libraries have opened their doors for people to keep warm, connect with others, work or study. As well as books, newspapers and magazines, there is access to free Wi-Fi and public computers, board games, jigsaw puzzles and events to enjoy.

www.hants.gov.uk/library

Aldershot and North Town

Wellbeing cafe – sip, relax and connect

Aldershot Methodist Church, Herrett Street, Aldershot

Tuesday, 10am – 1pm, refreshments provided

www.aldershotmethodist.org.uk Tel: 07305 337478

Me Time

Aldershot Baptist Church, Upper Elms Road, Aldershot

Friday, 10.30am - 12.30pm – relax, chat and enjoy refreshments

www.aldershotbaptistchurch.com Tel: 07989 113016

Brunch Club

Holy Trinity Church, Victoria Road/
Windsor Way, Aldershot

Saturday midday – 2pm - £1 per
person – there are occasional

Saturdays when Brunch Club doesn't
happen due to other events

www.htca.org.uk Tel: 01252 333499

Lunch Club

The Lighthouse, 8 Andover Way,
Aldershot

Wednesdays during term time

– 11.30am - 2pm – friendly
environment for all

www.the-lighthouse.info/aldershot

Email - jo.emett@the-lighthouse.info

North Lane warm welcome

North Town Community Base,
Denmark Street, Aldershot

Thursday, 10am - 12.30pm

Email - llonelindahinchcliffe@gmail.com

Tel: 07770 455899

Salvation Army - warm hub

1 North Lane, Aldershot

Tuesday, 9.30am - 1pm – hot soup
at lunchtime

Monday 12.30pm lunch club. £4.50
for a 2 course meal

Tel: 01252 330400

Farnborough

Warm cafe

Old Station Masters House, Reg's Garden behind Farnborough North Station, 37 Farnborough Street

Monday, midday - 4pm. Email - farnboroughstreetra@gmail.com

Welcome space

Cove Methodist Church, 63 Cove Road, Farnborough

Tuesday, 3.30pm - 5.30pm (runs from September to May)

Tel: (01252) 517045

Email - kyungmi.banks@methodist.org.uk

Meet and brew drop in

Kerith Church, 6 Invincible Road, Farnborough

Every Wednesday, 10.30am - 12.30pm

www.kerith.church

Email - info@kerith.church

Altogether at Farnborough Baptist Church

Queens Road, Farnborough

Friday, 11am – 2pm – soup lunch around midday – coffee, games and crafts

www.farnboroughbaptist.co.uk

Footprints at St John's Parish Hall

14 St John's Road, Farnborough

Wednesday, 2pm – 4pm – open to all for a chat and refreshments

Email - info@parishofcove.org.uk

Tel: (01252) 371804

www.parishofcove.org.uk

Footprints at Christ Church

Cove Road, Cove, Farnborough

Friday, 2pm – 4pm – open to all for a chat and refreshments

Email - info@parishofcove.org.uk

Tel: (01252) 371804

www.parishofcove.org.uk

Christ Church, coffee morning known as meeting point

Cove Road, Cove, Farnborough

First Thursday of the month, 10am – 11.30am - coffee and cake

Email - info@parishofcove.org.uk

Tel: (01252) 371804

www.parishofcove.org.uk

Meet and eat

St Peter's Church Parish Centre,

60 Church Avenue, Farnborough

1st and 3rd Wednesday of the month, 12.45pm, light lunch for seniors, £4

www.stpetersfarnborough.org.uk

More information about warm and social spaces can be found below - www.rvs.org.uk/warm-spaces

THE VINE CENTRE WEEKLY TIMETABLE

MONDAY
9:00 - 16:00

TUESDAY
9:00 - 16:00

WEDNESDAY
9:00 - 16:00

THURSDAY
9:00 - 16:00

FRIDAY
9:00 - 14:00

1:1 SUPPORT

All Daily:

**Mental Health, Anger Management, Addiction,
Energy Support, General Support**

Email info@thevinecentre.org.uk to refer or to make an appointment.

VINE CULTURE CAFÉ

Open every day for all. Each day has a different support focus.

10:00 - 15:00

**MY SPACE
@ Culture Cafe**
Search for and gain
employment.

**MY HELPING HAND @
Culture Cafe**
Basic skills - literacy,
numeracy, digital.

10:00 - 15:00

**SWITCHED ON
@ Culture Cafe**
Energy + Budgeting
Advice.

BARISTA TRAINING
13:00 - 15:00

10:00 - 15:00

**SWITCHED ON
@ Culture Cafe**
Energy + Budgeting
Advice.

10:00 - 13:00

**COFFEE & CAKE
@ Culture Cafe**
10 - 13:00

SILVERS - OVER 55'S
13:30 - 15:00

10:00 - 13:30

**COFFEE & CAKE
@ Culture Cafe**
10 - 13:00

**COMMUNITY
CUPBOARD**
10:00 - 14:00

COOKING CLASS
12:00 - 14:00
(Alternating weekly)

**COMMUNITY
CUPBOARD**
10:00 - 14:00

**COMMUNITY
CUPBOARD**
10:00 - 14:00

**SHOWER &
LAUNDRY**
10:00 - 14:00

**SHOWER &
LAUNDRY**
10:00 - 14:00

**SHOWER &
LAUNDRY**
10:00 - 14:00

WELLBEING & PHYSICAL ACTIVITY

CHAIR YOGA
10:30 - 11:30

THERAPEUTIC ART
10:00 - 12:00

**GASP
Addiction Support
Invite Only**
10:00 - 11:30

01252 400196 www.thevinecentre.org.uk info@thevinecentre.org.uk

The Vine Centre is a registered charity in England, our charity number is 1193666.
Registered office: The Vine Centre, 33 Station Road, Aldershot, Hampshire, GU11 1BA





GENTLE EXERCISE CLASSES

Charity no. 1105381

RHL offers a wide range of fun and effective gentle exercise classes with many sessions suitable for those living with health conditions or experiencing limited mobility.

Enjoy meeting others whilst improving your health and reducing risk of injury and illness.

To book a FREE trial session, or to find out more, contact our friendly team:

classes@rhl.org.uk

01252 957 430



Low cost classes



Welcoming & supportive groups, meet others in similar situations



Work at your own pace, with exercises adapted to your needs



View class timetables at: www.rhl.org.uk

supported by
RUSHMOOR
BOROUGH COUNCIL

Keeping active – social clubs, groups and societies

Active in Rushmoor – www.rushmoor.gov.uk/activeinrushmoor
Moving to a healthier you! Something for everyone in our Active in Rushmoor campaign

Aldershot Underwood Bowls Club, Eggars Hill, Aldershot
New bowlers welcome – all equipment provided
Tel: 01252 313159, www.aldershotunderwoodbowlingclub.org.uk

Alzheimers Cafe, St Peter's Church, 60 Church Avenue, Farnborough
Third Friday of each month, 6.30pm - 8.30pm
Tel: 07938 175 002 (voicemail), Email - AlzheimerCafe@hotmail.co.uk
www.AlzheimerCafe.co.uk

Be Active Hampshire
Free 12 week exercise programmes
www.beactivehampshire.org.uk

Brendoncare online social groups
Tel: 01962 857009
www.brendoncare.org.uk/online-clubs

Cove Bowling Club - 53 Horn Road, Farnborough
Tel: 01252 510286 (during summer season), email - info@covebowlingclub.org
covebowlingclub.org
www.covebowlingclub.org

Dementia Cafe (Home Instead) – Lavender Lounge, Southwood Country Park, The Field Centre, Ively Road, Farnborough
Second Thursday and last Thursday of every month, 2.30pm - 4pm
Tel: 01252 758716

Farnborough and Aldershot Lions Club. Membership club – organise local community events, socials and fundraise
Tel: 0345 833 4345 www.farnboroughandaldershotlions.org.uk

Coffee morning – Cove Methodist Church, 63 Cove Road, Farnborough.
Saturday, 10am – 11.30am
Email - kyungmi.banks@methodist.org.uk
www.covemethodistchurch.co.uk

Diamond dance centre
9 – 11 Queens Road, Farnborough
Adult dancing classes – classes for beginners
Email - social@diamonds.dance
www.diamondsplus.co.uk/adults

Farnborough and District U3A UK-wide movement of retired and semi-retired people, make new friends and enjoy exploring a wider variety of interests – culture and music, fitness, history and science, languages, sport, socials, general interest and outdoor activities.
www.farnborough.u3asite.uk

Farnborough Bowling Club - The Green, 23A Canterbury Road, Farnborough
Welcome new bowlers and provide free tuition - free coaching sessions on Saturday mornings from May.
Email - secretary@farnboroughbowls.co.uk

Farnborough Gate Bowling Club
Ringwood Road, Farnborough
Indoor and outdoor bowling. All ages welcome to come and play or watch. Social activities organised.
Email - farnboroughgatebowls@gmail.com Tel: 07711 499377

Aldershot Underwood Bowling Club - Eggars Hill, Aldershot
Welcome players of all abilities – new bowlers particularly welcome.
Indoor boccia club for seniors.
Tel: 01252 313159

Farnborough Welcome Club
group for over 55s, Blunden Hall, Blunden Road, Farnborough
Thursdays 2pm - 4pm
Tel: 07788 701456
Email - farnboroughwelcomeclub@gmail.com

Hampshire and Surrey Hills Men's Choir - North Camp Methodist Church Hall, 45 Lynchford Road, Farnborough
Monday, 7.30pm - 9.30pm (except holidays)
Email - chair@hampshireandsurreyhillsmenschoir.org.uk

Farnham Astronomical Society
Aldershot Cricket Club, Guildford Road, Aldershot
Second Tuesday of the month, opens 7.30pm for a 7.45pm start
www.farnham-as.co.uk

Fitness classes at Aldershot and Farnborough libraries
To book – click on learning in libraries – <https://shop.hants.gov.uk>

Friday Lunch Club - Rushmoor Borough Council offices, Farnborough Road, Farnborough
10.30am - 1pm
Club attendance, £1, fish and chips £7 (other food available), transport £6
Tel: 01252 398451 www.rvs.org.uk

Hartland Men's Shed - Construction Access Gate 2, Bramshot Road, Farnborough, GU14 0FH. Monday – Thursday, 10am - 2pm
www.hartlandmensshed.org.uk Email – hartlandmensshed@outlook.com

Lydian Singers (ladies community choir) - The Wesley Hall, North Camp Methodist Church, Lynchford Road, Farnborough
Tuesday, 7.30pm - 9.30pm
www.lydiansingersfarnborough.co.uk Email – lydiansinfo@gmail.com

MHA Communities Social Groups
Befriending, lunch clubs, activity and friendship sessions at Cove Bowling Club, Horn Road, Farnborough
Chit Chat Tuesday & Farnborough Lunch Club. Tel: 07568 611995,
www.mha.org.uk

Older Shots walking football – 50 plus (with doctor's permission), Samuel Cody School, Ballantyne Road, Farnborough
Thursday 8pm – 9pm
Email - admin@shotsfoundation.org

Parkinson's UK meetings and exercise classes

Tel – UK helpline (free): 0808 800 0303 <https://parkinsons-farnborough.org.uk>
Free Parkinson's memberships at Hart Leisure Centre, Emerald Avenue, Fleet, regardless of location – carers also attend for free.
www.everyoneactive.com/promotion/parkinsons/

Ride Rushmoor – friendly, social cycling group for all ages
Wednesday, 10.30am from the King George V Car Park, Farnborough. Rides of approximately 12 miles with a refreshment stop. Confidence building sessions for women who are nervous, new to cycling, or returning to their bikes, after some time away, are offered. Email - riderushmoor@gmail.com

Royal Voluntary Service
Volunteering and virtual village hall offering exercise sessions
www.royalvoluntaryservice.org.uk

Rushmoor Choir - Christ Church, 55 Cove Road, Farnborough
Tuesday, 7.45pm - 9.45pm. www.rushmoor-choir.org.uk/contact

Rushmoor Parkrun - Queens Avenue, Aldershot, Saturday 9am
Email - rushmoor@parkrun.com,
www.parkrun.org.uk/rushmoor

Samuel Cody School - Ballantyne Road, Farnborough - a comprehensive list of clubs and classes.

Tel: (01252) 401080, Email – community.lettings@samuelcody.hants.sch.uk
www.samuelcody.hants.sch.uk

Senior citizens coffee morning, Church of the Good Shepherd, Sand Hill, Farnborough. Thursday, 10.30am

Email - office@goodshepherdchurch.org.uk or Tel: 01252 375578

Singing for the brain (Home Instead), St John's Court, St Johns Road, Farnborough. The power of music for dementia

Tuesday 10am – 11.30am, free, no booking, just turn up.

Tel: (01252) 758716

Stretch and Relax session for mental wellbeing

Love Your Studio, Unit 60-62 Kingsmead, Farnborough. Every

Wednesday, 1.15pm - 2.15pm

Tel: 0300 102 1400. Email - info@sportinmind.org

Tennis – free – Farnborough Lawn Tennis Club, Tile Barn Close, Farnborough
Every Friday, 3pm – 4pm, organised by Sport In Mind – tennis for people experiencing mental health issues

Tel: 0300 102 1400, Email – info@sportinmind.org

The Happy Healing Hub - meeting place, Aldershot Traction Athletic Club, Weybourne Road, Aldershot. Mondays and Wednesdays, 11am – 2pm

Tel: 0300 102 1546, email - hello@thehealinghubs.org.uk

The Vine Centre, Cosy Hub – 33 Station Road, Aldershot

Every Tuesday, Wednesday and Thursday, 10am – 4pm – one to one support offered regarding budgeting and utility bills

www.thevinecentre.org.uk, Tel: 01252 400196

The West Farnborough Man Shed, Farnborough Rugby Club, Tile Barn Close, Farnborough. Email - wfmanshed@gmail.com

Tuesday Fellowship – Holy Trinity Church, Victoria Road/Windsor Way, Aldershot. Doors open 5.30pm, short reflection at 6.15pm followed by a hot meal. Tel: 01252 333499 www.htca.org.uk

Tuesday @ Two – club for over 55s - Cove Methodist Church, 63 Cove Road, Farnborough. 2pm – 3.30pm. Email - kyungmi.banks@methodist.org.uk

Walking football – ages 50+, Cove Football Club, 7 Squirrel Lane, Farnborough
Monday, Wednesday and Friday, 10am - 11.30am and Mondays 7.30pm - 8.30 pm
Tel - 07966 134503, email - sswain@securityintech.com

Wavell School, Lynchford Road, Farnborough – a variety of evening classes and courses – indoor and outdoor sports facilities
Tel: (01252) 317603 Email – wavell.campus@wavell.hants.sch.uk
www.wavellschool.org.uk/leisure/whatson/

Veterans Hub – The Shots Foundation – Aldershot Town Football Club, High Street, Aldershot. Last Wednesday of the month, 10.30am - 12.30pm
- complementary food and drink. admin@shotsfoundation.org

Women's Institute – Aldershot. Alderwood Leisure Centre, Alderwood School, Tongham Road, Aldershot. 2nd Wednesday of the month, 7.30pm
www.hampshirewi.org.uk Email - aldershotsec@hampshirewi.org.uk

Women's Institute – Cove Village Friends, Cove Methodist Church, 63 Cove Road, Farnborough. 3rd Wednesday of the month, 2pm
Email - covevillagesec@hampshirewi.org.uk

Woolgatherers Craft Group, St Michael the Archangel, c/o Church Lane East, Aldershot. 2nd and 4th Thursday of the month
Tel: 01252 311040

WEEKLY SCHEDULE

MONDAY

YOGA SESSION 10-11AM

COFFEE

MORNING 11-12PM

WESTEND CENTRE ALDERSHOT
GU11 3JD

TUESDAY

DIGITAL SESSION

12-2PM

GRNC OFFICE

49 VICTORIA ROAD, GU11 1SJ

WEDNESDAY

HEALTH SUPPORT 10-12PM

SILAI BUNAI 2-4PM

GRNC OFFICE

THURSDAY

JOB CENTRE PLUS 10-12PM

GRNC OFFICE

49 VICTORIA ROAD

GU11 1SJ

FRIDAY

ENGLISH CLASS

BEGINNERS 10-11AM

INTERMEDIATE 11-12PM

GRNC OFFICE

49 VICTORIA ROAD, GU11 1SJ

SUNDAY

NEPALI CLASS 10-11 AM

DANCE CLASS 11-12PM

WAVELL SCHOOL,

FARNBOROUGH, GU14 6BH

CONTACT US

INFO@GRNC.ORG.UK

07464431609

SUITE 2, 49 VICTORIA
ROAD
ALDERSHOT, GU11 1SJ



@GRNC.CHARITY



Ministry
of Defence



The Princess Royal Trust
For Carers in Hampshire



WHAT'S ON at

Aldershot Library & Farnborough Library



Hampshire
County Council

Library Service

hants.gov.uk/library



- Free computer use
- Free WiFi
- Printing and photocopying facilities



Pinehurst
Farnborough, GU14 7JZ

Farnborough Library

Chat About

Every Friday, 10am to 11am

A free drop-in to meet new friends and have a chat! Hot drink and a biscuit provided*

*Funded by the Household Support Fund

Craft and Chat

Every 4th Wednesday of each month, 2pm to 4pm

Bring along your current project and enjoy some company while crafting. A free drop-in group.



Aldershot Library

Conversation Café

Every Friday (Term time)

1pm to 2:30pm

A free drop-in group – meet others, practise English & find out what's on.



109 High Street
Aldershot, GU11 1DQ



Home Library Service

Free, home delivery of library items

[hants.gov.uk/librariesandarchives/
library/services/access-forall/
homelibraryservice](https://hants.gov.uk/librariesandarchives/library/services/access-forall/homelibraryservice)



ADULT
Learning

IN LIBRARIES

shop.hants.gov.uk/collections/learning-in-libraries

Learning

Volunteering

Volunteering is a great way to connect with your local community and make a positive impact. If you are interested in seeing what opportunities are available, look on the volunteering North Hampshire website – www.volunteernorthhants.org.uk or Tel: (01252) 398450

SEEDL – Rushmoor wellness hub

Rushmoor Borough Council's wellness platform, in conjunction with SEEDL - free unlimited access.

A range of 60-minute webinars and 20-minute micro sessions to fit any schedule with topics including sleep and relaxation, mental health, first aid, yoga and more. More details - www.rushmoorwellness.co.uk

The Vine – Learn my way

A range of courses to help you learn everyday digital skills, from searching for jobs and ordering prescriptions; to setting up an email account and shopping online safely.

The Vine Centre (33 Station Road, Aldershot, GU11 1BA), is a learn my way online centre and has computers available for you to use. If needed one of their friendly support staff are happy to sit with anyone who needs guidance.

If accessing from home use code 8000051 for access to all free courses available. For more information – www.learnmyway.com

www.thevinecentre.org.uk/education-skills-development

Age UK – making the most of the internet

<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet>

M3 Job Club

A community-based charity organisation which supports business professionals in the North Hampshire and surrounding areas into the workplace, following redundancy or other challenges arising from leaving their place of employment. www.m3jobclub.co.uk

Read Easy UK

Charity offering free, confidential, one-to-one coaching for adults who struggle to read. Their gentle approach allows adults to learn in privacy, at their own pace with the

Read Easy UK

Charity offering free, confidential, one-to-one coaching for adults who struggle to read. Their gentle approach allows adults to learn in privacy, at their own pace with the support of a dedicated reading coach and at a time and place to suit you. www.readeasy.org.uk/groups/wsurreynehamphshire

AbilityNet

Charity providing free support to older and disabled people needing help using their technology. Their team can do home visits and run drop-in sessions locally. You can fill out a form on their website to request support or give them a call on 0300 180 0028 from 9am – 5pm on weekdays. www.abilitynet.org.uk

More information about employment and skills support, in Rushmoor, can be found in our employment and skills booklet. Please contact skills@rushmoor.gov.uk for advice and your free copy. Tel: (01252) 398399.

Social days out

Ten pin bowling – Superbowl UK, Westgate Leisure Park, Aldershot

Concessions apply for senior citizens. Free parking at Morrisons car park. Parking is free for up to 4 hours for customers of Westgate Leisure Park. www.superbowluk.co.uk/aldershot/

Princes Hall, Princes Way, Aldershot

Large print versions of our 'What's On' brochure are available on request, Tel: (01252) 329155

The Princes Hall offers entertainment for everyone, with more than 50 professional shows a year, a three-week pantomime, cinema and many community events.

The Princes Hall operates a scheme for those who need somebody to be present, to assist them. This Scheme allows members a free or reduced-price adult ticket so that they can bring an 'Essential Companion' with them. For further information – www.princeshall.com/visiting-us/accessibility

Tea dance with Alan Amor – Princes Hall, Princes Way, Aldershot

Informal afternoon of ballroom, Latin and sequence dance, plus a break for tea and cake. Tel: (01252) 329155 www.princeshall.com

West End Centre, Queens Road, Aldershot

The West End Centre has been the creative heart of Aldershot for more than 45 years. Lots going on including, senior dance fitness, pottery, ukulele lessons, painting, crafts, music, comedy, theatre and exhibitions.

www.westendcentre.co.uk Tel: (01252) 330040 for a booklet and to request to go on their mailing list.

Vue Cinema, Farnborough – located in the Meads shopping centre, Farnborough. Book tickets online, or in person at the cinema or call 0345 308 4620. www.myvue.com

Cineworld, Aldershot, Westgate retail and leisure park

Book tickets online, or in person. www.cineworld.co.uk

Bingo, 98A Queensmead, Farnborough

<https://farnboroughgodz.co.uk>

Tea, coffee and hot chocolate available in the café. Tel: (01252) 444112

FAST museum, Trenchard House, 85 Farnborough Road, Farnborough

The FAST (Farnborough Air Sciences Trust) museum is open to the public on Saturdays, Sundays and Bank Holiday Mondays, from 10am to 4pm.

Admission is free, but donations are welcome. Parking is free at the museum. Tel: (01252) 375050

Aldershot Military Museum, Queens Avenue, Aldershot

Concessionary discounts available on request. Parking is free at the museum. Open Thursday - Sunday, 10am - 4pm. Tel: (01252) 314598

Hobbycraft workshops

Craft workshops online and in store.

<https://classbento.co.uk/hobbycraft/home>

**Craft Collective – Farnborough,
38 Princesmead, Farnborough**

Craft workshops
<https://thecrafterscollectiveic.co.uk>

**Farnborough Town Football Club,
Cherrywood Road, Farnborough**

Concessions for seniors available for matches. Tel: 07503 683370
www.farnboroughfc.co.uk

**Aldershot Town Football Club, EBB
Stadium, High Street, Aldershot**

Concessions for seniors available for matches. www.theshots.co.uk
Tel: (01252) 320211

Aldershot Pools and Fitness Centre, Guildford Road, Aldershot

Offers concessions and sessions for older adults, including discounted gym membership sessions and swimming for those over 65 plus. Carers have free access to the facilities, attending with the person they are caring for. Exercise referral programme offered, Tel: (01252) 323482 to find out more details.
www.everyoneactive.com/centre/aldershot-pools-fitness-centre

**Aldershot Garrison Sports Centre,
Rawlinson Road, Aldershot**

<https://aldershotgarrisonsc.co.uk>

**Aldershot Tennis Centre,
Princes Avenue, Aldershot**

www.aldershottenniscentre.co.uk

**Alpine Snowsports Centre,
Gallwey Road, Aldershot**

Year round skiing, snowboarding and coaching. Tel: (01252) 325889
www.everyoneactive.com/centre/alpine-snowsports

Outdoor activities

Parks and open spaces

There are beautiful woods and parks across Aldershot and Farnborough, as well as the Basingstoke Canal path. Whether meeting friends or wishing to get fitter, there is a wide choice of spaces to enjoy for free!

Rowhill Nature Reserve, in Aldershot, boasts shady woodland, with a signposted trail route through the woods, which can be hilly in places. The field centre, on Cranmore Lane, Aldershot, is open to the public on Sundays and Bank Holiday afternoons from 2pm – 4.30pm.

Brickfields Country Park, in Aldershot, is one of the smallest country parks in the country and boasts a pond, a new reed bed and paths through the woods. The park offers a peaceful, natural setting with a pond with wildlife and plant life. The main car park is signposted off Boxalls Lane.

Tice's Meadow Nature Reserve is one of the best inland sites to watch birds in the Southeast. The reserve, on the outskirts of Aldershot is a mainly wetland site and has 201 bird species recorded. Visitors can follow the 1.5-mile-long self-guided biodiversity trail for a tour around the site. The best area to park is on the Badshot Lea Road (B3208), near the Pea Bridge.

Wellesley Woodlands, in Aldershot, offers extensive woodlands with a network of routes. Previously a military training area, this fantastic green space has lots to explore and boasts surfaced paths for all to enjoy.

Short gentle health walks are organised every Friday morning, from 10am – 11am. Evening health walks are organised from April to September, a different meeting point in the woodlands each week.

During the year there is a dog event, bat, wildlife, fungi and family walks, tai chi and Christmas wreath making. Tel: 07483 050766, <https://wellesleywoodlands.co.uk>

Southwood Woodland, in Farnborough, is an area of 80 acres, great for walking and cycling through the trees. Next door our newest country park, Southwood Country park, is offering a 57-hectare area of natural green space, connected by formal and informal paths with a lovely cafe and meeting room.

Farnborough's Queen Elizabeth Park is a 24-acre woodland park, full of mature trees and a temporary pond, which is a haven for wildlife. Regular guided walks by the amblers group, at Queen Elizabeth Park, take place once a month on a Wednesday at 2pm. www.queenelizabethpark.net. Meet at Cabrol Road end.

Many more spaces to explore in Rushmoor, please see www.rushmoor.gov.uk/outdoors

FREE



Wellbeing Walks

Our walks are open to everyone - whether you are young, old(er), walking with a pushchair and especially if your health would benefit from the great company and/or regular exercise.

Monday - Brickfields Country Park meet in car park GU11 3QJ at 1.30 pm - up to 2.5 miles, but can be less if required.

Tuesday - Southwood Country Park meet at the café GU14 0LJ at 11.00 am - longer 2.5 mile walk

Tuesday - St Peter's Church GU14 7AP at 1.30 pm - 2 miles

**NEW
May 2026**

Wednesday - Aldershot Park meet in the car park GU12 4BP at 1.30 pm, this is an ideal beginners walk - 1 mile

**CHANGE
OF DAY**

Thursday - Southwood Country Park meet at the café GU14 0LJ at 11.00 am - 1.5 miles
(Many stay on for tea/coffee after the walk)

Thursday - Aldershot Canal and Chalk Farm Lake meet in Fox Lines car park GU11 2LB at 1.30 pm - 2.2 miles

For more information contact RVS on: **01252 398450/walks@rvs.org.uk**

You can turn up and look for the leaders in high-vis jackets.

No equipment needed and no need to book!

Walks do not run on Bank Holidays.



Walks in Rushmoor

Walking is simple, free and one of the easiest ways to get more active, maintain a healthy weight and become healthier. By increasing your daily steps, you will start to lead a healthier lifestyle. Try walking to the shops, using the stairs instead of the lift and doing a regular walk with a friend or organised group.

Rushmoor's heritage trails

Heritage trails for Farnborough and Aldershot towns available – more information - www.rushmoor.gov.uk/heritagetrails For a hard copy please email towncentremanager@rushmoor.gov.uk

Monthly free walks

The Walking Club is a fun and free group activity where you can meet new people and make new friends. Walks are organised in the countryside near Farnborough, Aldershot and Camberley. Most walks cover 2-3 miles; with some longer duration walks covering 3-4 miles. Tea or coffee and a good chat is usually available after the walk. Venue: Man Shed, Tilebarn Close, Farnborough – based at Farnborough Rugby Club Fridays at 10.45am for 11am start walkingclub2012@gmail.com

North Lane Green Steps walking group

Meet Tuesday at 10.45am, various locations. Email - nickburfield@gmail.com, Tel: 07752 202206

Rambling Shots – walking group for all ages

Organised by Aldershot Town Football Club – the walks are out and about in the community so please contact Glenn to find out where to meet. First Wednesday of every month, meet for 10.30am. Email - glenn.brailey@shotsfoundation.org

Ramblers – Northeast Hampshire group

Guided walks, through the local area, in small groups. www.ramblers.org.uk

U3A Farnborough and District

U3A have several walking groups for different abilities. <https://farnborough.u3asite.uk>

Blackwater Valley A range of family friendly and guided nature walks along the Blackwater Valley. www.blackwatervalleynaturewalks.co.uk

Sensory walks in nature

www.hants.gov.uk/thingstodo/countryside/visit/routes-and-trails/sensory-walks

Preventing falls – Steady and strong classes

Fitness is important at every age, but especially as we get older. As we age, we begin losing muscle, strength and become more prone to falls. Be engaging in regular low-impact exercises you can reduce muscle loss and counteract disease.

Steady and Strong, Christ Church, 55 Cove Road, Farnborough

11am – 11.45am (class 1), Midday – 12.45pm (class 2). Cost: £5

Tel: 07834 252657, www.hants.gov.uk - search for steady and strong.

New class starting in Aldershot soon - contact
communitydevelopment@rushmoor.gov.uk

Top tips for preventing falls

A good diet – maintains a healthy body and strong bones. Calcium strengthens bones and vitamin D helps with absorption. Protein supports muscle strength.

Drink plenty of fluids - such as water and diluted squash to prevent dehydration and urine infections. Tea and coffee count also but watch the caffeine content.

Home hazards – remove trip hazards such as trailing wires, clutter and rugs. Ensure rooms and stairs are well lit and fit handrails on the stairs and in the bath.

Wear well-fitting shoes and slippers – those that support the ankle are much better than slippers which can be a trip hazard.

Poor eyesight – this can lead to falls and hip fractures. Free NHS eye tests are available for the over 60s.

Smokers suffering a fall are more likely to break bones. Alcohol can interfere with medications and cause balance and co-ordination problems.

Some medicines can impair co-ordination and cause confusion. Long term medications should be reviewed annually by a GP.

Report all falls to the GP or healthcare professional. They offer simple balance tests to check the risk of future falls.

Keep active - aim to do physical activity and strength and balance activities each week, can be walking, gardening, cleaning, bowling, lifting food cans in the kitchen! Make it part of your daily routine and life – keep active.

It's never too late to start.



Fall-proof

Strength and balance plan

We're supporting

**Live
Longer
Better**

HAMPSHIRE

Able like Mabel.

- Discover a range of easy-to-follow exercises
- Do them in minutes alongside your daily routines, like boiling the kettle
- Increase your strength and balance to keep you steady, strong and more independent

Get started by visiting
hants.gov.uk/livelongerbetter

RUSHMOOR
BOROUGH COUNCIL



Scan me with your
smart phone camera

We're supporting

**Live
Longer
Better**

HAMPSHIRE

Every **stretch** matters.

Discover a range of exercises and activities recommended to improve your strength and balance, helping you feel steadier, stronger and more independent.

Find out more at
[**hants.gov.uk/livelongerbetter**](https://hants.gov.uk/livelongerbetter)



Scan me
with your
smartphone
camera

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 **Energise
Me**

Looking After Your Heart

NHS

Hampshire and Isle of Wight



Your heart works hard for you every day. Keeping it healthy starts with knowing your blood pressure.

High Blood Pressure

High blood pressure (hypertension) means your heart is working too hard. Nearly one in three adults in the UK has high blood pressure yet many people don't know they have it. If left untreated, it increases the risk of heart disease, stroke, kidney disease and dementia. It often has no symptoms so it's called 'the silent killer' because of the possible consequences.

Taking several readings during the week, around the same time each day, will help you to know your numbers better.

What should you do if your readings are high?

If you are concerned about your blood pressure readings you can visit your local pharmacy, contact your GP surgery or call the British Heart Foundation Helpline on 0300 330 3311.

**Checking your blood pressure
could save your life!**

Check it...

- At home
- At your local pharmacy
- At your GP practice



Know Your
Numbers

Change it...

- Reduce salt intake
- Increase physical activity
- Manage sleep and stress
- Eat a balanced healthy diet
- Reduce alcohol consumption
- Stay hydrated



Know Your
Numbers

Control it...

Through continued lifestyle changes or medication if prescribed. Speak to your GP or Pharmacist for support with keeping your numbers in a healthy range.



Know Your
Numbers

Useful contacts and local support

Staying informed and connected is an important part of living well. There is a wealth of guidance available from the websites below. If you struggle to access, local libraries will help guide you with free public computer and Wi-Fi access and help is available at the Vine, in Aldershot.

Rushmoor Voluntary Services Home Help Service

The Rushmoor Voluntary Services Home Help Service can support you with your general housework and shopping. Call (01252) 398455 to discuss your requirements. www.rvs.org.uk/individual-support/home-help

Befriending and Buddying

If you or a family member is experiencing feelings of loneliness or social isolation, a befriender may be able to help. A befriender can offer visits or phone calls to suit. Call (01252) 398450 or see the website, www.rvs.org.uk/befriending-and-buddying-service

Age Concern Hampshire

www.ageconcernhampshire.org.uk

Age UK

www.ageuk.org.uk

Arthritis UK

www.arthritis-uk.org

British Red Cross

www.redcross.org.uk

Citizens Advice

www.citizensadvice.rushmoor.org.uk

If you have a new issue that requires help - please call our freephone national Adviceline on 0808 2787 912

Connect to Support

Website providing information and advice as well as an online directory to help you manage your care and wellbeing and stay independent.
www.connecttosupporthampshire.org.uk

Dementia UK

www.dementiauk.org

Driver Skills Scheme 60 Plus

www.hants.gov.uk/transport/roadsafety

Falls prevention advice service

Home Instead Farnborough, Farnham and Fleet offer a free home falls prevention assessment which can be requested by contacting their office team on (01252) 758716.

Food Banks

www.rushmoor.gov.uk/foodbanks

Hampshire County Council, Live Longer Better

www.hants.gov.uk/livelongerbetter

Hampshire Libraries

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

Hampshire County Council –

information for you

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

Hampshire & IOW Fire & Rescue

offer free home fire safety visits

- [www.hantsfire.gov.uk/safety/
home-safe-home/safe-and-well](http://www.hantsfire.gov.uk/safety/home-safe-home/safe-and-well).

For home safety advice call 023
8062 6751

Harlow Hall Care Home, Ordnance Road, Aldershot

organise lots of activities for
the local community including
a veterans lunch, carers group,
dementia community hub and
lots of other events. For more
information call 07880 367099.
www.hartfordcare.co.uk

Meals on Wheels

Delivered by Health and
Independent Living Support
Tel: 0330 2000 103 (option 4)
[www.hants.gov.uk/
socialcareandhealth/
adultsocialcare/meals-on-wheels](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/meals-on-wheels)

NHS Hampshire and Isle of Wight ICB

www.hantsiow.icb.nhs.uk

Phyllis Tuckwell Hospice Care

www.pth.org.uk

Princess Royal Trust for Carers

www.carercentre.com

Rushmoor Borough Council

www.rushmoor.gov.uk

Rushmoor Link Directory

www.rushmoorlink.org

Rushmoor Voluntary Services

www.rvs.org.uk

Volunteering in Rushmoor

www.volunteernorthhants.org

Find ways to get active at home

www.energiseme.org

Exercise guidelines and workouts

www.nhs.uk/live-well/exercise/

This booklet has been put together by Rushmoor Borough Council. If you find a contact doesn't work or information is incorrect, please email communitydevelopment@rushmoor.gov.uk or Tel: (01252) 398741.

A selection of groups and community organisations have been included - more can be found on the Rushmoor Link directory - **www.rushmoorlink.org**

Rushmoor Borough Council cannot take responsibility for any changes to the activities in this guide. Correct at the time of publishing. April 2026.



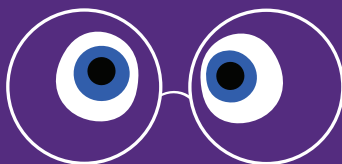
Where can I find out about social groups?



I need support with housing, where do I look for help?



I'm looking to become more active, what sports clubs can I join?



I need support with my mental wellbeing, where can I get help?

Rushmoor Link
your community directory

One place to find information about local activities, groups and community services.



www.rushmoorlink.org



RUSHMOOR
BOROUGH COUNCIL

A collaboration project with local partners

Council Offices,
Farnborough Road,
Farnborough,
Hants, GU14 7JU

www.rushmoor.gov.uk

customerservices@rushmoor.gov.uk
01252 398 399

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April 2026