SEEL

LEARNING PROSPECTUS
Edition 1 · Rushmoor



FREE learning for residents

Aldershot, Farnborough and the wider borough

LIVE online courses | On Demand, any time | Get your completion certificate

LOCAL AUTHORITY PANEL

RUSHMOOR BOROUGH COUNCIL

RUSHMOOR YOUTH HUB

A joint venture with Rushmoor Borough Council

Every resident of the borough can learn for free. Whether you are looking for work, leaving education, changing career or simply want support with your wellbeing, there is a course here for you.

Scan to sign up
rushmoorworks.com

Register free
rushmoorworks.com

Learn anywhere
Phone, tablet, PC or library

Local support
[LOCAL CONTACT DETAILS]

PROUDLY SUPPORTED BY THESE LOCAL BUSINESSES

YOUR LOGO	YOUR LOGO	YOUR LOGO	YOUR LOGO
YOUR LOGO	YOUR LOGO	YOUR LOGO	YOUR LOGO

EXAMPLE

Learning that belongs to everyone

Two words about why this prospectus exists, and who it is for.



Jen Upstill
Economic Development and Skills Lead, Rushmoor Borough Council

Rushmoor is a borough of people who get on with things. What we heard, again and again, was that the barrier to learning was rarely ambition. It was cost, childcare, transport, confidence, or simply not knowing where to start.

So we removed the cost. Every course in this prospectus is free to residents of Farnborough, Aldershot and the wider borough. You do not need a job, a qualification or a reason. You need a name, an email address and a postcode.

If you are looking for work, leaving school or college, thinking about a change, or just want somewhere to steady yourself, start here. We will meet you where you are.



Joanna Nash
Chief Learning Officer, SEEDL

Everything we do is live. Our courses are taught by people, in real time, by subject matter experts who answer questions and adapt to the room. That matters, because learning alone in front of a recording is not the same as being taught.

Where live does not suit your day, our On Demand library is open at three in the morning if that is when you have the time. Finish a course and you earn a completion certificate you can put in front of an employer.

Come as you are. You will get a very warm welcome in our virtual classrooms.

WITH THANKS

This prospectus is funded by Rushmoor Borough Council together with eight local businesses who believe their neighbours deserve the chance to learn. **Without them, none of this would be possible.** You will find them throughout these pages — please support the businesses that support you.

What is inside

Over 180 courses, 400 local businesses, and 32 quarter-page listings from the businesses that paid for all of it.

60 min courses · 20 min Micro Sessions · 5 min Bites

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New dates weekly. For the full timetable, visit rushmoorworks.com.

Shop local. The A to Z from page 39 lists 400 businesses across the borough.

No cost. No catch. No small print.

SEEDL is a live virtual learning platform used by employers across the country. In Rushmoor it is free to residents, paid for in part by Rushmoor Borough Council and in part by the local businesses in these pages.

1

Join live

Real courses with a real facilitator, in real time. Ask questions and learn with other people.

2

Or on demand

Cannot make the time? Much of the library is recorded and waiting whenever your day allows.

3

Get certified

Complete a course and download a certificate you can show an employer or add to your CV.

What it actually costs you

£0 per course

£0 to register

£0 for your certificate

There is no trial, no card details and no upsell. Residency in Rushmoor is the only qualification you need, and a postcode is how we check it.

How long is a course?

Most live courses run **60 minutes**. Micro Sessions take **20**. SEEDL Bites are **5 minutes or less**.

How many can I do?

As many as you like. Residents regularly complete a dozen or more across a year, building a record as they go.



A live session runs like a classroom, not a video. The facilitator can see your questions and answers them as you go, and other learners are in the room with you. Cameras are never on for learners, so nobody sees you. That is deliberate: it makes it a safe place to ask the question you think sounds silly.

Who this is for

If you live in the borough, it is for you.

Looking for work
Interview preparation, confidence, digital skills and a certificate to show for it.

Young and deciding
Leaving school or college with no fixed plan? Start with something short and see what sticks.

Already working
Add AI, Excel, leadership or communication alongside whatever else you are doing. Sessions fit around a shift.

Needing support
A full Mental Wellness programme, from a Mental Health MOT to guided meditation.

WHICH OF THESE SOUNDS MOST LIKE ME RIGHT NOW?

LOCAL SPONSOR POSITION 1

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Eat local. These eight quarter-page positions are offered to restaurants, cafes and takeaways across Farnborough and Aldershot.

LOCAL RESTAURANTS 1

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 2

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 3

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 4

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Positions are sold per edition. Artwork is supplied by the advertiser and dropped straight into this grid.

LOCAL RESTAURANTS 5

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 6

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 7

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RESTAURANTS 8

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

AI and Digital Confidence

Twenty-two courses, new for this edition. No jargon and no computer science degree required, just the tools employers are already using.

60 min unless marked otherwise

AI Literacy for Everyone
What AI can and cannot do, where it helps and where to be careful. The place to start.

An Introduction to ChatGPT
A first look at ChatGPT for real tasks, using safe, practical examples.

An Introduction to Copilot
How Microsoft Copilot works inside Word, Excel, Outlook and Teams.

An Introduction to Claude
A beginner workshop on Anthropic's assistant and everyday productivity.

The Art of the AI Prompt
Four principles that turn a vague prompt into a useful answer. 20 minutes.

Making AI Work in Your Day-to-Day Role
Applying AI to emails, reports, research and problem solving.

Applying AI to Support Efficiency in Your Role
Process-first thinking and prompts that save measurable time.

AI and its Practical Use in Business
Where AI genuinely lifts productivity without replacing human judgement.



Browse the full timetable at rushmoorworks.com and book a place in a couple of taps. New AI dates are added every week, so check back if the session you want is full.

AI in Office 365
The AI features already built into Office 365, and the tasks they take off your hands.

10 Tips for ChatGPT, Part 1
A fast 20 minutes of practical technique for working smarter.

10 Tips for ChatGPT, Part 2
Live demonstrations of summarising, drafting and analysing at speed.

10 Tips for Copilot
If your Microsoft licence includes Copilot, see what it can actually do.

10 Tips for Gemini
Twenty focused minutes on Gemini as your AI tool of choice.

A Professional Comparison of Gemini, Copilot and ChatGPT
The three compared side by side, with the strengths and limits of each.

5 Things to Avoid Using AI For
The handful of cautions every user should know before trusting an answer.

AI Powered Learning and Development
How AI makes training more personal, more efficient and more accessible.

Managing Change: Introducing AI to Your Team
The people side. Common concerns, resistance, and how to bring people with you.



Every live session is taught by a subject matter expert who answers questions as they come up. If a topic is new to you, say so in the chat. These rooms are full of people learning it for the first time too.

AI for Customer Engagement
Using AI to improve communication and satisfaction in customer-facing work.

AI Tools for Marketing and Content Creation
Tools that support marketing, communications and content.

Top Prompt, Episode 1
Locate the Test Drivers. Three colleagues put AI models head to head. 8 min, on demand.

Top Prompt, Episode 2
Get to know your AI model: ChatGPT, Gemini and Copilot compared. 13 min, on demand.

Top Prompt, Episode 3
Two challenges, three models, one verdict. 14 min, on demand.

Excel Micro Learning Sessions 1 to 5
Five 20-minute bursts that pair naturally with the AI courses.

The three **Top Prompt** episodes are On Demand and run 8 to 14 minutes. Watch them in a tea break.

LOCAL SPONSOR POSITION 2

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Mental Wellness

The largest section in this prospectus, and deliberately so. These courses are open to anyone, at any level. They are not a replacement for clinical care, and no referral or waiting list stands between you and a place.

60 min live · some 20 min

Mental Health MOT
Understand your mental and emotional needs so you can stay well and prevent decline.

Understanding Common Mental Health Problems
Recognise the signs and symptoms in yourself and others, and know where to turn.

Sleep and Relaxation
Why poor sleep damages your health, and practical ways to rest better.

An Introduction to Mindfulness
Slow a racing mind and let go of negative thought. Delivered live.

Understanding and Overcoming Stress, Fear and Anxiety
Spot your triggers and learn techniques that work before stress becomes illness.

Understanding How to Manage and Prevent Burnout
Recognise the signs early and build the habits that prevent it.

Managing Low Self-Esteem: Building Inner Strength
Practical tools to overcome self-doubt and build a positive self-image.

Understanding Imposter Syndrome
Why you feel like a fraud, and how to recognise and overcome those feelings.



No referral, no waiting list and no one from work will know. Cameras are never on, so nobody can see you and nobody knows you are in the room. Ask anything, or just listen.

Navigating Grief and Loss
A compassionate space to understand grief and find strategies for healing.

Change Your Mindset and Achieve Your Goals
Set a mindset for success, whether the goal is work, home or yourself.

Establishing a Healthy Work-Life Balance
Manage your time and workload so you feel in control of both.

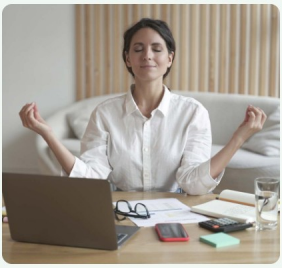
Overcoming Social Anxiety
Short, practical help for the situations that feel overwhelming.

Safeguarding Our Mental Health
A 20-minute session on protecting your own wellbeing.

Workplace Mental Health Support Training: Part 1
Identify who needs support, and find the confidence to offer it.

Workplace Mental Health Support Training: Part 2
Practical first-aid skills, including the five-step ALGEE approach.

Safeguarding in the Workplace
What safeguarding means and the signs of abuse or neglect to look out for.



Guided sessions you can join from wherever you happen to be, with nothing to prepare and nothing to buy. A kitchen table works as well as a desk. Several run at lunchtime and in the early evening.

Understanding Menopause
Symptoms, experiences and what helps. Part 1 of two.

Managing Menopause in the Workplace
Recognising symptoms and managing them day to day.

Unravelling Crooked Thinking in Everyday Life
Straighten out the thought patterns that quietly hold you back.

Guided Meditation: The Art of Happiness
A short guided session you can join from anywhere.

Chair Yoga at Your Desk
Gentle movement you can do sitting down, in under 20 minutes.

Sound Bath
A restorative listening session to reset and unwind.

WELLNESS SESSIONS I WANT TO BOOK

LOCAL SPONSOR POSITION 3

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Communication Skills

The skills that show up in every interview, every team and every difficult conversation. Start anywhere, these do not need to be taken in order.

60 min live · 20 min versions available

Effective and Active Listening
How well you listen shapes every relationship you have. Learn to do it properly.

Effective Verbal Communication
More confident conversations, on the telephone and face to face.

How to Communicate Effectively Through Email
Write email that is clear, efficient and professional.

Creating a Good First Impression
Four seconds is all it takes. Make them count.

Assertiveness
Get your point across professionally, especially in the difficult conversations.

Influencing Skills
Be a positive influence, and negotiate productively and professionally.

How to Engage and Understand Others
Build rapport and trust, and handle sensitive situations with empathy.

Emotional Intelligence
Understand your own emotions and the effect they have on everyone around you.

Johari's Window
A simple tool for understanding yourself and how others see you.



Cameras are never on. Questions always are. Communication courses are the most booked section by residents coming back to work after a break, and nobody has to show their face to take part.

The Gift of Giving Feedback
Why feedback matters to a person and an organisation, and how to give it well.

The Gift of Receiving Feedback
How to hear feedback, including the corrective kind, and grow from it.

Understanding Cultural Differences Across Global Markets
Communicate clearly and respectfully across cultures.

Managing Upwards
How to stand up for, and stand up to, the person you report to.

Train the Trainer
Plan and deliver a training session, even with no prior experience.

Creative Presentations Using PowerPoint
Inspire an audience through both delivery style and content.

Presentation Skills, Hints and Tips
Twenty minutes of practical advice before you next stand up.

The Importance of Body Language
What you say without saying anything at all.

Employee Engagement
Why engagement matters, and what keeps people in a job they value.



Communication courses are the most booked section by residents returning to work.

Shop local. Eight quarter-page positions for shops and showrooms in the borough, reaching every household this prospectus lands in.

LOCAL RETAILERS 1

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 2

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 3

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 4

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Retail positions sit opposite the course pages residents read most, rather than being bundled into an advertising section at the back.

LOCAL RETAILERS 5

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 6

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 7

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

LOCAL RETAILERS 8

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Confidence and Personal Effectiveness

Six courses on the things that are hard to put on a CV but obvious in a room.

Self-Confidence and Motivation
Build belief in yourself, and learn how to keep the momentum going.

Developing Your Personal Brand
What people remember about you, and how to shape it deliberately.

Learn to Manage Time Effectively
Get more from your day without simply working longer hours.

How to Be a Critical Thinker in Business
Question assumptions and reach better decisions.

Six Hat Thinking
A simple structure for thinking a problem through from every angle.

Tips and Techniques on How to Be an Active Listener
Twenty minutes that improve every conversation you have.

Confidence is a skill, not a personality type. These six sessions treat it that way.

LOCAL SPONSOR POSITION 4

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Getting Into Work

Courses chosen with job seekers and school leavers in mind. Each one earns a certificate you can name on an application.

Preparing for an Internal Job Interview
Get ready, stay calm and put your best case forward.

Feeling Anxious About Your Upcoming Interview?
A short guided session to settle the nerves beforehand.

Working Remotely
Stay productive and connected when you are working from home.

Working in a Hybrid Environment
Making a split between home and workplace work for you.

How to Manage and Organise Your Inbox
Take control of email before it takes control of you.

Top Tips for Managing Your Inbox More Efficiently
Twenty minutes to a calmer inbox.

Building Long Lasting Relationships (With Anyone!)
Practical rapport-building for work and for life.

Effective Questioning Techniques
Ask better questions and you will get better answers.

Confidentiality in the Workplace
What you can share, what you cannot, and why it matters.

Hints and Tips on How to Send a Great Email
The 20-minute version, for when you need it today.

Ask for Angela
What the scheme is, how it works and why every resident should know it.

Martyn's Law
An introduction to the new duties on venues and public spaces.



Finish a course, download the certificate and name it on your next application. Recent, specific learning reads far better than a general claim.

Money and Business Essentials

Useful whether you are running a small business from a spare room or simply want to understand the numbers at work.

Money Saving Tips
Twenty practical minutes on keeping more of what you earn.

Understanding Profit Margins
What a margin is, how it is calculated and why it matters.

Understanding Return on Investment (ROI)
Work out whether something was worth doing.

Breakeven and What It Means
The number every small business owner needs to know.

How to Improve Cash Flow Fast
Practical steps when money is going out faster than it comes in.

Working Capital
What it is, how it is measured and how to manage it.

Reading a Profit and Loss Account
Make sense of the document everyone assumes you understand.

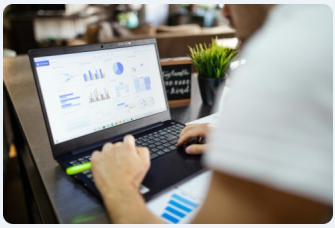
Understanding a Balance Sheet
Assets, liabilities and what the numbers are actually telling you.

Cost Management
Keeping costs under control without cutting the wrong things.

Financial Risk Management
Identify financial risk early and plan for it.

Working with Finance Teams Without the Jargon
How to have a useful conversation with the finance department.

Procurement, The Fundamentals
How buying decisions get made, and how to make better ones.



Finance courses pair well with the Excel section on page 18. Learn to read the numbers first, then learn the tool that produces them. Most people find the second half easier once the first is in place.

Diversity, Inclusion and ESG

Six courses on the subjects employers increasingly expect people to be able to talk about.

An Introduction to Diversity and Inclusion
The foundations: what the terms mean and why they matter at work.

Diversity in the Modern Workplace
Where organisations get this right, and where they still get it wrong.

Neurodiversity Awareness within the Workplace
Understanding neurodivergent colleagues, and adjustments that help.

An Introduction to Understanding Climate Change
The science, in plain terms, without the argument.

An Introduction to Understanding Net Zero
What net zero means in practice for people and businesses.

A Short Guide to Understanding ESG
Environmental, social and governance, explained in 20 minutes.

LOCAL SPONSOR POSITION 5

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Excel, Office 365 and Data

Spreadsheet skills remain one of the most requested things on a job advert. These courses start at the beginning and go a long way.

60 min courses · 20 min Micro Learning

Excel: Hints and Tips, Parts 1 to 7
Seven one-hour sessions building from the basics to advanced shortcuts.

Formulas Refresher
Back to the foundations, for anyone who has been guessing.

Excel Tables
Structured data that updates itself. The feature most people never turn on.

Logical Functions
IF, AND, OR and the decisions you can make a spreadsheet take for you.

Lookup Functions
Finding the right value in a large sheet, reliably.

Text Functions
Cleaning up messy data without retyping any of it.

Date and Time Functions
Working with dates properly, and why Excel sometimes disagrees with you.

Charts, Part 1
Choosing the right chart and building it well.

Charts, Part 2
Formatting, combination charts and making the point clearly.

Visualising Data
Turning a sheet of numbers into something a person can read.

Excel Micro Learning Sessions 1 to 5
Five 20-minute bursts on the shortcuts that save the most time.

Personalising the Quick Access Toolbar
Small setup changes that pay back every day.



Start with Formulas Refresher if it has been a while, then Pivot Tables from Scratch on the next page. Those two together cover most of what a job advert means by good Excel.

Pivot Tables from Scratch
The single most useful thing to learn in Excel. Start here.

Extending and Customising a Pivot Table
Going further once the basics are in place.

Expanding a Pivot Table and Normalising Data
Getting messy data into a shape that works.

Data Consolidation
Bringing several sheets together without copy and paste.

Data Tables: Sensitivity Analysis
Testing what happens when your assumptions change.

What If Analysis
Scenario planning inside a spreadsheet.

Auditing, Error Handling and Protection
Find the broken formula, and stop it breaking again.

Power BI Desktop, Part 1: Introduction
A first dashboard, published and shared.

PowerPoint Hints and Tips
The features that make a deck look considered rather than rushed.

PowerPoint Micro Learning
Twenty minutes of the highest-value shortcuts.

AI in Office 365
Where the AI tools sit inside the software you already have.

Effective Project Communication
Keeping everyone informed without drowning them in updates.

SPREADSHEET SKILLS I WANT TO BUILD

Write them down, then book them at rushmoorworks.com.

Local employers

Eight quarter-page positions for employers hiring in the borough. Each carries a link to your own careers page, in front of residents who have just finished a course and have a certificate to show for it.

LOCAL EMPLOYER 1

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 2

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 3

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 4

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

RUSHMOORWORKS.COM · FREE TO POST · FREE TO APPLY

RUSHMOORWORKS.COM · FREE TO POST · FREE TO APPLY

Local employers

Vacancies can also be posted free on rushmoorworks.com. The advert here is for employers who want to be seen by every household, not only by people already searching.

LOCAL EMPLOYER 5

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 6

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 7

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

LOCAL EMPLOYER 8

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Link to your careers page

RUSHMOORWORKS.COM · FREE TO POST · FREE TO APPLY

RUSHMOORWORKS.COM · FREE TO POST · FREE TO APPLY

Leadership and Management

For anyone stepping up, or thinking about it. No management experience assumed.

Transitioning to a Leader
The step from doing the work to leading the people who do it.

Delegation Skills
Handing work over properly, so it comes back done.

How to Be a Motivational and Inspiring Leader
What actually motivates people, and what only looks like it does.

Leading by Example
The behaviours a team copies whether you intend them to or not.

Resilience and Self-Awareness for Leaders
Staying steady, and knowing your own effect on a room.

Running an Effective Team Meeting
Shorter, clearer and worth attending.

Supervising anyone, even informally, counts. Start with Transitioning to a Leader.

LOCAL SPONSOR POSITION 6

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Customer Excellence

Retail, hospitality, care, contact centres, trades. If your work involves other people, this section applies.

Delivering Customer Service Excellence
The fundamentals of putting a customer at the centre of the work.

Dealing with Challenging Customers, Part 1
Staying calm, staying professional and staying in control.

Dealing with Challenging Customers, Part 2
Advanced strategies for the conversations that escalate.

Crisis Management and De-escalation
Bringing the temperature down when something has gone wrong.

How to Build Rapport and Trust in Relationships
Trust is built in small moments. Learn to notice them.

Putting Yourself in the Customer's Shoes
Seeing your own service the way the person receiving it does.

Managing and Meeting Customers' Expectations
Setting expectations you can meet, then meeting them.

Customer Complaint Resolution
Turning a complaint into a kept customer.

Delivering a Superior After Sales Experience
What happens after the sale, and why it decides the next one.

Problem Solving, Effective Approaches
Root cause analysis and the five whys, applied practically.

Telephone Techniques
Sounding confident and competent on a call.

Understanding Style Awareness, Parts 1 and 2
Recognising how different people prefer to be dealt with.



Telephone Techniques and De-escalation are the two most requested by residents moving into contact centre and reception work. Both run regularly and both earn a certificate.

Sales and Enterprise

Whether you are joining a sales team or setting up on your own, these are the mechanics of winning work.

Planning and Research
Doing the homework before the conversation.

Creating Opportunities and Prospecting
Where new business actually comes from.

Cold Calling
First impressions count, especially when nobody asked you to call.

Objection Handling
Hearing no, and understanding what it really means.

Human Buying Psychology
Why people buy, which is rarely the reason they give.

Solution Selling
Selling the outcome rather than the product.

Closing Techniques
Asking for the decision without pushing for it.

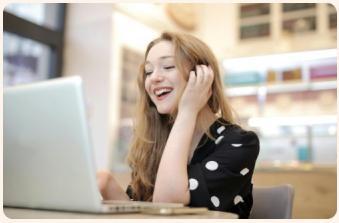
Cross Selling and Up Selling
Growing an account you already have.

Proving Value to Your Customers
Making the case in terms the customer measures.

Pricing and ROI
Pricing with confidence and defending it.

Social Media Marketing
Reaching people where they already are.

Marketing Your Business
The basics, for a small business with a small budget.



Setting up on your own? Pair this section with Money and Business Essentials on page 16, and with Developing Your Personal Brand on page 14.

Micro Sessions, 20 minutes

Written for busy people and short attention. One idea, twenty minutes, something you can use the same day.

Every session on pages 23 and 24 is 20 minutes

Ask for Angela
What the scheme is and how it protects people on a night out.

Martyn's Law
The new duties on venues and public spaces, in 20 minutes.

Money Saving Tips
Practical, immediate and free.

Identify and Authenticate Decision Makers
Working out who can actually say yes.

Objection Handling, Hints and Tips
The short version, for the conversation you have tomorrow.

Scheduling and Timekeeping in Workplace Projects
Keeping a piece of work on the date it promised.

LOCAL SPONSOR POSITION 7

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Effective Project Communication
Keeping people informed without drowning them.

Virtual Project Management
Running a project across a team you never see.

Virtual Leadership, Hints and Tips
Leading people through a screen.

Six Hat Thinking
Six perspectives on one problem.

Stress Management
The 20-minute version of the full course.

The Importance of Body Language
What your posture says before you do.

A Short Guide to Understanding ESG
Environmental, social and governance without the acronym soup.

Why Is Selling, Not Really Selling?
A short reframe that changes how the job feels.

Telephone Techniques
Confidence on a call, in 20 minutes.

Confidentiality in the Workplace
The rules, and why they exist.

Hints and Tips on How to Send a Great Email
Shorter, clearer, better received.

Building Long Lasting Relationships (With Anyone!)
Rapport that outlasts the transaction.

TWENTY MINUTES I COULD SPARE THIS WEEK

One line per session. Micro Sessions are 20 minutes; Bites are five.

Move, Breathe, Reset

Sessions to take when the day has been too much. No experience, no equipment, and cameras are never on.

Mostly 20 min · Bites 5 min or less

Chair Yoga at Your Desk
Gentle movement you can do sitting down, wherever you are.

Seated Office Yoga for Stress Reduction
Releasing the tension a working day puts into your shoulders.

Standing Office Yoga
A short standing sequence, no mat and no kit required.

Guided Meditation, The Art of Happiness
A calm twenty minutes, guided from start to finish.

Guided Meditation, Managing Conflict at Work
Settling yourself before or after a difficult conversation.

Sound Bath
A restorative listening session. Put headphones on and let it work.

An Introduction to Mindfulness
Being present, taught live rather than read from a page.

Overcoming Social Anxiety
Short, practical and without judgement.

WHEN I WILL TAKE TWENTY MINUTES FOR MYSELF

Trades, services and professionals. Eight quarter-page positions for the businesses that do not fit a retail or hospitality heading.

OTHER LOCAL BUSINESSES 1

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 2

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 3

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 4

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

Plumbers, accountants, garages, salons, nurseries, insurers. If you serve the borough, there is a position here.

OTHER LOCAL BUSINESSES 5

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 6

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 7

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

OTHER LOCAL BUSINESSES 8

Quarter page advert

YOUR LOGO

74 × 105 mm
artwork supplied by you

On Demand, Bites and Jobs

Not everything has to happen at eleven on a Tuesday.

The On Demand library

Recorded courses you can start, pause and finish whenever the day allows. Certificates still apply.

SEEDL Bites

Hundreds of short On Demand videos, five minutes or less. Learn something useful in the time it takes to make a cup of tea.

Jobs

Local businesses advertise vacancies here, actively looking for people with a CV and a track record of investing in themselves.

SEEDL Summaries

Book recommendations with a 500-word summary, for when you want the idea without the 300 pages.

BITES AND ON DEMAND TITLES TO COME BACK TO

LOCAL SPONSOR POSITION 8

Half page advert available here

YOUR LOGO

148 × 105 mm, full colour. Artwork supplied by the sponsor. This position changes with every local edition.

Proof you did it

Finish a course and a completion certificate lands in your account, carrying the course title, the date and your name. Many SEEDL courses are also CPD accredited.

SEEDL

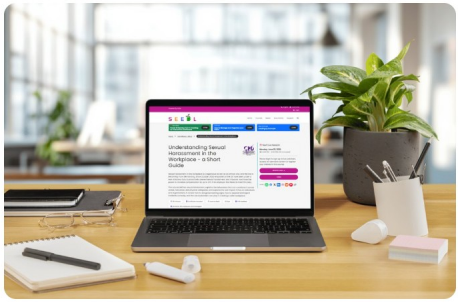
CERTIFICATE OF COMPLETION

[RESIDENT NAME]

has successfully completed

An Introduction to ChatGPT

[DATE] 60 minutes CPD accredited



CPD accredited

Many courses count towards recognised continuing professional development, so the learning carries weight beyond a certificate with your name on it.

Put it on your CV

Name the course and the date. Employers recognise concrete, recent learning far more readily than a general claim.

And you earn points

Points convert into SEEDL merchandise. Full details on the back cover.

My learning plan

Course · when I will do it

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

Write in the courses you want from this prospectus, then book them at rushmoorworks.com.

Four fields and you are in

Registration takes about a minute. There is no application, no interview and no waiting list.

SCAN OR TYPE

rushmoorworks.com

Point your phone camera at the code, or type the address into any browser. Both land in the same place.

1. **Register with four details**
   First name, last name, email address and postcode. The postcode is how we confirm you live in the borough.
2. **Check your email**
   You will get a confirmation link. Click it and your account is live.
3. **Browse and book**
   Pick a course from this prospectus or from the full timetable online, and reserve your place.
4. **Turn up and learn**
   Join the live session from a link in your account, or start something from the On Demand library instead.

On your phone	On a tablet	On a PC
Android or iPhone	Nothing to install	Home, work or library



No device? No problem.
Rushmoor libraries have free-to-use workstations. Walk in, log on and register there. Staff will point you at a free machine.

If you do not have a computer at home

You do not need one. Every library in the borough has free workstations, and every SEEDL course runs in an ordinary web browser.

Free workstations
Bookable by the hour, with internet access included. Ask at the desk and they will get you set up.

Headphones help
Live sessions have sound. Bring headphones if you have them, or ask whether a set can be lent to you.



Any browser, any machine. Nothing to install, nothing to pay and no account needed on the computer itself. Log in to SEEDL, learn, log out again.

Where to go

Farnborough Library	[ADDRESS] · [OPENING HOURS]
Aldershot Library	[ADDRESS] · [OPENING HOURS]
[FURTHER VENUE]	[ADDRESS] · [OPENING HOURS]

Help getting started
If registering online feels daunting, you are not alone and it is not a silly question. Ask a member of library staff, or contact the council team on [PHONE] or [EMAIL]. Someone will walk you through it.

RUSHMOOR BOROUGH COUNCIL

Library services are provided in partnership across the borough. Opening hours vary, so check before travelling.

For young people in Rushmoor

If you have left school or college and have not yet landed on what comes next, the Youth Hub is the place to start. SEEDL sits alongside it.

No plan yet?
Start with a 20-minute Micro Session or a 5-minute Bite. You could have a certificate by lunchtime.

Building a CV
AI, Excel and communication courses give you concrete, current things to name on an application.

Struggling?
The Mental Wellness section is open to you too. No referral, no waiting and no one watching.



A first week, suggested

Day 1 · The Art of the AI Prompt (20 min)
Day 2 · Self-Confidence and Motivation (60 min)
Day 3 · Excel Micro Learning Session 1 (20 min)
Day 4 · Creating a Good First Impression (60 min)
Day 5 · Preparing for an Interview, then rest

Come and talk to someone
Rushmoor Youth Hub · [ADDRESS]
[OPENING HOURS] · [PHONE] · [EMAIL]

Four hundred businesses that serve the borough, listed free. **Boosted listings** carry a logo and a web address — twenty-five in this edition, available to any business in the directory.

Abbotswood Pet Supplies, 28 Perowne Street

Albion Greengrocers, 202 Ship Lane

Aldersgate Stationers, 99 Netley Street

Alexandra Fishmongers, 64 Birchett Road

Alma Toys, 39 Sandy Lane

Amberley Flooring, 169 Peabody Road

Anchor Estate Agents, 127 Redan Road

Appleyard Music Shop, 58 Union Street

Arcadia Glazing, 144 Pinehurst Avenue

Archer Garden Centre, 149 Wellington Street

Ascot Butchers, 2 Highfield Path

Ashdown Butchers, 145 Park Road

Ashworth Barbers, 206 Guildford Road

Atlas Florists, 16 Sycamore Road

Aurora Taxis, 143 Bridge Road

Avenue Autocare, 133 Redan Road

Barnwood Cycles, 159 Guildford Road

Baxter Locksmiths, 20 Park Road

Beacon Tiles, 131 Sycamore Road

Belvedere Lettings, 41 Kingsmead

Bentley Cycles, 193 Queensmead

Birchett Roofing, 198 Sandy Lane

Blackwater Dental Practice, 70 Station Road

Bluebell Taxis, 63 Short Street

Boundary Signs, 139 Sandy Lane

Braemar Shoe Repairs, 76 Netley Street

Bramley Driving School, 174 Grosvenor Road

Briarwood Upholstery, 113 Albert Road

Bridgeway Jewellers, 65 Peabody Road

Brookfield Stationers, 116 Guildford Road

Buckland Tearooms, 214 Union Street

Burnham Tiles, 218 Arthur Street

Camberley Pharmacy, 70 Birchett Road

Cargate Cafe, 146 Highfield Path

Cargate Catering, 209 Hospital Hill

Cargate Florists, 8 Gordon Road

Caxton Autocare, 119 Mill Street

Cedar Print, 195 Victoria Road

Chapel Coffee House, 167 Prospect Road

Claremont Pet Supplies, 47 Mill Street

Clarence Greengrocers, 104 Wellington Street

Clockhouse Signs, 122 Wellington Street

Cobbett Roofing, 11 Netley Street

Coppice Picture Framing, 184 Lime Street

Cornerstone Opticians, 136 Victoria Road

Cove Veterinary, 173 Albert Road

Cranmore Coffee House, 207 Weybourne Road

Crofton Shoe Repairs, 194 Albert Road

LOGO

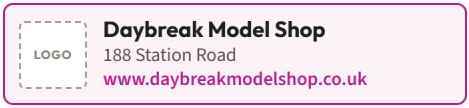
Crossways Decorators
150 Weybourne Road
www.crosswaysdecorators.co.uk

Cumberland Hardware, 144 Frimley Road

Dalton Books, 23 Prospect Road

Danebury Print, 122 Guildford Road

Darby Fishmongers, 129 High Street



Deepcut Tyres and Exhausts, 90 Church Lane East

Delta Removals, 110 Peabody Road

Denmead Stationers, 9 Eelmoor Road



Dewsbury Driving School, 110 Reading Road

Dorchester Fishmongers, 119 Reading Road

Dovecote Greengrocers, 213 Peabody Road

Dover Pharmacy, 18 Guildford Road

Draycott Cafe, 142 Highfield Path

Drayton Physiotherapy, 177 Boundary Road



Durnford Tyres and Exhausts, 29 Short Street



Eastfield Travel, 83 Farnborough Road

Ebury Cycles, 23 Frimley Road

Edgeware Accountants, 25 Sandy Lane

Eelmoor Florists, 139 Frimley Road

Eelmoor Tiles, 76 Hospital Hill

Elgin Plumbing, 164 Union Street

Elmhurst Barbers, 212 Eelmoor Road

Elmwood Joinery, 213 Camp Road

Elstead Pharmacy, 104 Redan Road

Empire Opticians, 201 Eelmoor Road

Endsleigh Accountants, 138 Sycamore Road

Ennismore Signs, 131 Queensmead

Everdon Bistro, 56 Park Road

Eversley Cycles, 44 Birchett Road

Ewshot Locksmiths, 61 Queens Road

Exeter Estate Agents, 152 Church Lane East

Fairlight Signs, 131 Lime Street

Fairway Veterinary, 60 Alexandra Road

Falkland Jewellers, 88 Hospital Hill

Faraday Tiles, 123 Birchett Road

Farley Hairdressing, 123 Kingsmead



Fenwick Tyres and Exhausts, 143 Birchett Road

Fernhill Florists, 64 Perowne Street

Finchley Opticians, 69 Frimley Road

Fleetwood Hardware, 123 Sycamore Road

Forge Driving School, 127 Union Street

Foxglove Tyres and Exhausts, 100 Alexandra Road

Foxhill Cafe, 36 Short Street

Freemantle Pet Supplies, 83 Short Street

Frensham Electrical, 80 Boundary Road

Fullerton Bistro, 37 Eelmoor Road

Gainsborough Plumbing, 115 Park Road

Garrison Greengrocers, 44 Station Road

Gatehouse Accountants, 152 Clockhouse Road

Gilbert Travel, 170 Lime Street

Glebe Catering, 56 Mill Street

Glenmore Fishmongers, 196 Elms Road

Goldsworth Stationers, 200 Arthur Street

Goodwin Fitness, 105 Kingsmead

Gordon Coffee House, 200 Frimley Road

Gordon Print, 116 Queensmead

Granville Jewellers, 155 Sandy Lane

Graylands Stationers, 5 Short Street

Greenfield Dental Practice, 18 Queensmead

Greenway Dry Cleaners, 176 Salisbury Road

Grosvenor Bistro, 9 Camp Road

Grove Model Shop, 85 Church Lane East

Guildford Toys, 69 Redan Road

Hampton Autocare, 172 Cargate Avenue

Harcourt Toys, 37 Ship Lane

Harvester Locksmiths, 51 Perowne Street

Hawley Travel, 46 Gordon Road

Haydon Fishmongers, 213 Wellington Street

Hazeldene Framing, 94 Highfield Path

Hazelwood Cycles, 209 Queens Road

Heathfield Accountants, 11 Ship Lane

Heron Decorators, 136 Guildford Road

Highfield Framing, 184 Elms Road

Hillside Tiles, 136 Queensmead

Holbrook Butchers, 63 Rectory Road

Hollybush Dental Practice, 25 Queens Road

Hopkins Beauty Rooms, 69 Birchett Road

Hurstbourne Opticians, 196 Reading Road

Hythe Barbers, 114 Clockhouse Road

Ilex Framing, 53 Birchett Road

Imperial Pharmacy, 83 North Lane

Inchcape Tiles, 75 Alexandra Road

Ingleside Nail Studio, 6 Redan Road

Inglewood Tearooms, 28 Park Road

Innisfree Nail Studio, 170 Boundary Road

Invicta Tiles, 56 Church Lane East

Ironbridge Hairdressing, 28 Cargate Avenue

Ironside Signs, 112 Union Street

Ironstone Fishmongers, 25 Bridge Road

Irwell Flooring, 142 Elms Road

LOGO

Isabella Driving School
51 Birchett Road
www.isabelladrivingschool.co.uk

Islington Coffee House, 212 Kingsmead

Ivanhoe Stationers, 24 Lime Street

Ivybridge Music Shop, 143 Peabody Road

Ivydene Carpets, 57 Netley Street

Ivydene Pet Supplies, 87 Camp Road

Jacobs Locksmiths, 147 Lime Street

Janus Opticians, 205 Queens Road

Jarvis Florists, 3 Weybourne Road

Jasmine Fitness, 108 Hospital Hill

Jefferson Butchers, 17 Perowne Street

Jenner Cycles, 187 Camp Road

Jericho Solicitors, 50 Sandy Lane

Jermyn Glazing, 204 Frimley Road

Jesmond Fitness, 50 Grosvenor Road

Jessop Pet Supplies, 172 Eelmoor Road

Jewel Veterinary, 107 Ordnance Road

Joiners Insurance, 26 Church Lane East

Jordan Opticians, 165 Alexandra Road

Jubilee Books, 76 North Lane

Juniper Estate Agents, 174 Wellington Street

Juno Fishmongers, 180 Church Lane East

Kelvin Tearooms, 175 Gordon Road

Kempton Hairdressing, 216 Lynchford Road

Kendall Plumbing, 100 Queens Road

Kenilworth Accountants, 142 Wellington Street

Kennet Cafe, 69 Station Road

Kentmere Tiles, 158 Salisbury Road

Kestrel Hardware, 106 Peabody Road

Keswick Physiotherapy, 8 Kingsmead

Kimberley Tiles, 132 Perowne Street

Kingfisher Upholstery, 175 Alexandra Terrace

Kingsmead Books, 49 Redan Road

Kinloch Florists, 156 Church Lane East

Kirkstall Driving School, 169 Highfield Path

Knightwood Insurance, 45 Church Lane East

Knowle Solicitors, 107 Peabody Road

Kyle Roofing, 100 Reading Road

Lakeside Nail Studio, 151 Bridge Road

Lamberts Flooring, 121 Queensmead

LOGO

Langley Hardware
202 Netley Street
www.langleyhardware.co.uk

LOGO

Larchwood Dry Cleaners
190 Bridge Road
www.larchwooddrycleaners.co.uk

Larkspur Driving School, 90 North Lane

Laurel Greengrocers, 101 Camp Road

Leeson Upholstery, 106 Kingsmead

Leyton Butchers, 1 West Street

Lightfoot Cycles, 218 Prospect Road

Lindsey Jewellers, 157 Peabody Road

Linwood Cycles, 163 Short Street

Longmoor Physiotherapy, 174 Weybourne Road

Lonsdale Tiles, 44 Salisbury Road

Lowther Hardware, 115 Reading Road

Ludlow Physiotherapy, 126 West Street

Lynchford Coffee House, 205 Netley Street

Maltings Electrical, 44 Albert Road

Manorside Beauty Rooms, 40 Ship Lane

Marlborough Fitness, 45 Alexandra Road

Marlborough Signs, 80 Rectory Road

Marsden Picture Framing, 165 North Lane

Maybank Model Shop, 119 Pickford Street

Maybury Picture Framing, 173 Bridge Road

Meadowside Roofing, 30 Park Road

Melrose Shoe Repairs, 14 Kingsmead

Meridian Cafe, 35 Birchett Road

Milestone Roofing, 2 West Street

Millbrook Solicitors, 146 Clockhouse Road

LOGO

Monarch Signs
186 Queensmead
www.monarchsigns.co.uk

Montague Shoe Repairs, 179 North Lane

Moorside Pet Supplies, 71 Highfield Path

Morland Picture Framing, 83 Lynchford Road

Mulberry Physiotherapy, 134 Ship Lane

Nelson Insurance, 41 Alexandra Terrace

Netley Hardware, 27 Lynchford Road

Newcombe Fishmongers, 88 Peabody Road

Newgate Books, 136 Eelmoor Road

Newlands Driving School, 99 Ordnance Road

Nightingale Removals, 12 Ship Lane

Nithsdale Shoe Repairs, 43 North Lane

Norbury Toys, 172 Cargate Avenue

Norfolk Fitness, 6 Farnborough Road

Normanton Print, 189 Mill Street

Northbrook Veterinary, 74 Queens Road

Northway Accountants, 150 Boundary Road

Norwood Tyres and Exhausts, 169 Eelmoor Road

Nuffield Veterinary, 3 Kingsmead

Nutley Flooring, 209 Bridge Road

Nyewood Flooring, 47 Union Street

Oakfield Model Shop, 145 Lime Street

Oakhanger Nail Studio, 83 Alexandra Terrace

Oakleigh Stationers, 79 Birchett Road

Oakmount Coffee House, 123 Reading Road

Odiham Greengrocers, 109 Alexandra Terrace

Oldfield Greengrocers, 45 Birchett Road

Olivers Joinery, 165 Salisbury Road

Olympia Florists, 5 Pinehurst Avenue

LOGO

Orchard Glazing
121 Salisbury Road
www.orchardglazing.co.uk

Ordnance Estate Agents, 93 Reading Road

Ordnance Garden Centre, 188 Frimley Road

Oriel Removals, 37 Elms Road

Ormsby Electrical, 196 Short Street

Osborne Solicitors, 60 Prospect Road

Oswald Hairdressing, 111 Alexandra Terrace

Overton Music Shop, 202 Ship Lane

Oxenden Tiles, 106 Union Street

Parkway Coffee House, 205 Victoria Road

Peabody Catering, 3 Redan Road

Peabody Driving School, 83 West Street

Pembroke Nail Studio
202 Union Street
www.pembrokenailstudio.co.uk

Pembury Glazing, 86 Eelmoor Road

Penrith Day Nursery, 215 Wellington Street

Penrose Books, 129 Mill Street

Perowne Upholstery, 165 North Lane

Pickford Fishmongers, 175 Lynchford Road

Pilgrim Decorators, 153 Weybourne Road

Pinehurst Coffee House, 7 Weybourne Road

Poplar Taxis, 49 Highfield Path

Portland Print, 144 Station Road

Primrose Dental Practice, 83 Netley Street

Priorsfield Electrical, 161 Clockhouse Road

Prospect Electrical, 116 Victoria Road

Pyestock Print
197 Short Street
www.pyestockprint.co.uk

Quadrant Physiotherapy, 207 Rectory Road

Quantock Dry Cleaners, 34 Sycamore Road

Quarry Greengrocers
97 Grosvenor Road
www.quarrygreengrocers.co.uk

Quarrydale Plumbing, 113 Alexandra Road

Quarterdeck Roofing, 23 Prospect Road

Quayside Estate Agents, 135 Camp Road

Queensbury Model Shop, 111 Church Lane East

Queensgate Carpets, 60 Highfield Path

Queensmead Beauty Rooms, 104 Alexandra Road

Queensmead Toys, 94 Ordnance Road

Queensmead Tyres and Exhausts, 25 Highfield Path

Quentin Lettings
78 Reading Road
www.quentinlettings.co.uk

Quickley Plumbing, 42 Alexandra Road

Quill & Press Stationers
131 Queensmead
www.quillandpressstationer.co.uk

Quill Toys, 189 Frimley Road

Quinta Tiles, 164 Queens Road

Quinton Cafe, 136 Farnborough Road

Quorn Taxis, 111 North Lane

Radnor Print, 41 Wellington Street

Raleigh Insurance
19 Sandy Lane
www.raleighinsurance.co.uk

Ramsdell Music Shop, 94 Queensmead

Ravenswood Fitness, 78 Park Road

Reading Catering, 134 Gordon Road

Rectory Upholstery, 14 Union Street

Redan Tyres and Exhausts, 95 High Street

Redwood Garden Centre, 192 Birchett Road

Regency Cycles, 194 Church Lane East

Reynolds Veterinary, 2 Albert Road

Ridgeway Roofing, 174 Farnborough Road

Riverbank Dry Cleaners, 187 Albert Road

Rosedale Music Shop, 104 Short Street

Rowan Plumbing, 149 Gordon Road

Rushmoor Plumbing
141 Lynchford Road
www.rushmoorplumbing.co.uk

Rutland Greengrocers, 89 Gordon Road

Salisbury Fitness
148 Ordnance Road
www.salisburyfitness.co.uk

Saxon Removals, 82 Albert Road

Sefton Nail Studio, 11 Queensmead

Selborne Glazing, 211 West Street

Seymour Toys, 217 West Street

Sheldon Toys, 169 Pickford Street

Shelford Locksmiths, 116 Boundary Road

Sherwood Picture Framing, 14 Victoria Road

Southbrook Bakery, 96 Arthur Street

Springfield Framing, 28 Union Street

Stanhope Glazing, 158 Station Road

Stirling Nail Studio, 99 Queensmead

Stonebridge Tiles, 148 Frimley Road

Sunnyside Pet Supplies, 202 Alexandra Terrace

Sycamore Tiles, 25 Bridge Road

Talbot Estate Agents, 183 Clockhouse Road

Tanglewood Print, 160 Short Street

Tavistock Veterinary, 133 Alexandra Terrace

Templeton Catering, 116 Arthur Street

Thackeray Signs, 16 Redan Road

Thornbury Books, 82 High Street

Thornhill Physiotherapy, 75 Lime Street

Tideswell Catering, 99 Church Lane East

Tilford Greengrocers, 207 Kingsmead

Topham Florists, 29 North Lane

LOGO

Torrington Jewellers
161 Wellington Street
www.torringtonjewellers.co.uk

Trafalgar Opticians, 70 Highfield Path

Treloar Locksmiths, 88 Frimley Road

Trinity Carpets, 163 Peabody Road

Tudor Roofing, 7 Park Road

Tweedale Hardware, 205 Clockhouse Road

Ullathorne Pet Supplies, 167 Short Street

Ullswater Florists, 100 Frimley Road

Ulverston Butchers, 210 Prospect Road

Umberslade Hairdressing, 47 Frimley Road

Underwood Flooring, 91 North Lane

Union Print, 1 Boundary Road

Unity Dry Cleaners, 179 Boundary Road

Upavon Toys, 5 Queens Road

Uplands Tearooms, 180 Lime Street

Upnor Cycles, 64 North Lane

LOGO

Upperfield Upholstery
106 Pickford Street
www.upperfieldupholstery.co.uk

Upton Books, 213 Station Road

Upwey Jewellers, 17 Short Street

LOGO

Urquhart Glazing
4 Alexandra Road
www.urquhartglazing.co.uk

Usborne Bistro, 140 Weybourne Road

Uxbridge Taxis, 73 Hospital Hill

Valley Pet Supplies, 51 Victoria Road

Vanbrugh Framing, 171 Gordon Road

Vantage Picture Framing, 36 Weybourne Road

Vaughan Cafe, 122 Weybourne Road



Ventnor Fitness, 140 Peabody Road



Vernon Estate Agents, 11 Birchett Road

Verwood Garden Centre, 180 Boundary Road

Vicarage Print, 10 Weybourne Road

Viceroy Model Shop, 165 Weybourne Road

Victoria Coffee House, 87 Sycamore Road

Victory Driving School, 127 Mill Street

Vigo Veterinary, 38 Netley Street

Villiers Lettings, 182 Pinehurst Avenue

Vineyard Hardware, 203 Mill Street

Waverley Flooring, 170 Redan Road

Wellington Books, 97 Station Road

Wentworth Removals, 82 Kingsmead

Westgate Bakery, 89 Station Road

Westmead Day Nursery, 8 Perowne Street

Weybourne Electrical, 187 Alexandra Terrace

Wharfedale Taxis, 2 Short Street

Whitehall Framing, 83 Weybourne Road

Whitfield Taxis, 16 Clockhouse Road

Willowbank Model Shop, 33 Station Road

Winchfield Lettings, 173 Birchett Road

Windsor Fishmongers, 117 Ordnance Road

Winton Solicitors, 89 Frimley Road

Woodbridge Signs, 198 Queens Road

Woodlands Hardware, 65 Pinehurst Avenue

Wyndham Catering, 43 Alexandra Terrace

Xanthe Books, 62 Prospect Road

Xavier Autocare, 212 Farnborough Road

Xenia Shoe Repairs, 120 Netley Street

Xylon Electrical, 6 Frimley Road

Yalding Dental Practice, 75 Hospital Hill

Yardley Pharmacy, 94 Lynchford Road



Yarrow Music Shop, 218 Wellington Street

Yateley Cycles, 8 Guildford Road

Yelverton Fishmongers, 194 Reading Road

Yeoman Tearooms, 137 Frimley Road

Yewdale Jewellers, 189 Queensmead

Yewtree Solicitors, 85 Church Lane East

Yorkshire Tyres and Exhausts, 179 Peabody Road

Youngs Glazing, 176 Ship Lane

Ypres Joinery, 49 Boundary Road

Zenith Joinery, 78 Perowne Street

Zennor Bistro, 110 Short Street

Zephyr Upholstery, 84 Cargate Avenue

Zeta Books, 16 Ship Lane

Zinnia Framing, 30 Victoria Road

Zodiac Stationers, 83 Station Road

Eight businesses and a council paid for this

Free learning is not free to provide. Rushmoor Borough Council and eight local businesses funded it, and SEEDL has run the programme at cost.

YOUR LOGO Local sponsor 1	YOUR LOGO Local sponsor 2
YOUR LOGO Local sponsor 3	YOUR LOGO Local sponsor 4
YOUR LOGO Local sponsor 5	YOUR LOGO Local sponsor 6
YOUR LOGO Local sponsor 7	YOUR LOGO Local sponsor 8

If you are hiring, buying or simply choosing where to spend locally, these are businesses that put something back into Farnborough and Aldershot before anyone asked them to. **Without them, this prospectus would not exist.**

Are you a local business who would like to offer staff learning?

SEEDL also provides compliance, health and safety and compliance reporting systems for business. See **SEEDL.com** for details.

Interested in sponsoring the next edition?
Half-page positions and cover logos are available. Contact [SPONSORSHIP CONTACT] on [PHONE] or [EMAIL].

No computer? No barrier.

SEEDL



Use a library workstation

Every library in the borough has free computers with internet access. Walk in, ask at the desk, log on and learn.

Or use any phone

SEEDL runs in a normal web browser. If you can open a website on a phone, you can join a live course on one.

Turn your learning into something you can hold

Every course you complete earns points, and points convert into SEEDL merchandise, posted to you. Indicative values shown; the full range and current rates are in your account.

Mug 250 points	**Nail file** 150 points
Hoodie 900 points	**Tote bag** 400 points
Water bottle 600 points	**Beanie** 500 points

START TODAY

rushmoorworks.com

First name, last name, email, postcode. That is the whole form.

PROUDLY SUPPORTED BY THESE LOCAL BUSINESSES

YOUR LOGO	YOUR LOGO	YOUR LOGO	YOUR LOGO
YOUR LOGO	YOUR LOGO	YOUR LOGO	YOUR LOGO

A joint venture between SEEDL and Rushmoor Borough Council.
SEEDL is a trading name of SEEDL Group Ltd.

RUSHMOOR BOROUGH COUNCIL