

# Who Cares in Fareham



**Community  
First**

**A directory compiled by  
Community First Fareham  
containing Voluntary Organisations  
which support people, and carers of people, with  
long-term health conditions.  
Local well-being organisations are also included.**

**Community First Fareham is a registered charity.  
Charity Number: 1147527**

Winter 2019 Edition

This directory contains details of a selection of voluntary organisations that provide help and support for people in the Fareham Borough.

The directory is updated regularly, but please do notify Community First Fareham if you are aware of anything that has changed or if you would like to enquire about your group being included. Contact us on 01329 231 899 or email [reception@cfirst.org.uk](mailto:reception@cfirst.org.uk)

This publication can also be viewed and downloaded from our website at:

[www.cfirst.org.uk/wellbeing/who-cares-directory/](http://www.cfirst.org.uk/wellbeing/who-cares-directory/)

For a large text format of this directory please contact Community First Fareham on  
Tel: 01329 231899 or  
Email: [reception@cfirst.org.uk](mailto:reception@cfirst.org.uk)

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## **Home Helps**

Our Home Help service arranges regular help with cleaning or shopping (hours to suit the client). Home Helps are interviewed, police checked and trained. The service does not include personal care.

For further information:

**T 01329 223144**

**E** [homehelp@cfirst.org.uk](mailto:homehelp@cfirst.org.uk)

## **Dial-a-Ride in Fareham & Gosport**

A door to door, fully accessible minibus service for people who find it difficult to use public transport. Residents in Fareham and Gosport welcome to register for shopping and social trips. Return fares: £4.50 with a bus pass/£6 without a bus pass. An application form can be downloaded from our website:

<https://www.cfirst.org.uk/transport/individuals/call-and-go-and-dial-a-ride/dial-a-ride-in-fareham-gosport/>

or to find out more:

**T 01329 223151**

(Mon to Fri 8:30am - 12:00pm and 1:00pm - 3:30pm)

**E** [dar@cfirst.org.uk](mailto:dar@cfirst.org.uk)

## **Community Transport**

If you are a local community group or charity and are organising a day trip, why not hire one of our fully accessible minibuses? For more information please call **T 01329 223152**

Or **E** [ct@cfirst.org.uk](mailto:ct@cfirst.org.uk)

## **Fareham Voluntary Car Scheme**

The Voluntary Car Scheme provides transport to help people in the Fareham and Titchfield area get to medical appointments. The scheme relies on donations to cover the volunteer's costs of using their own car, and drivers are all interviewed and police checked. For more information about using the service, or if you are interested in becoming a volunteer driver call **01329 231899**.

## **Fareham **Shopmobility** / Carers & Disability Centre**

**Shopmobility** can provide mobility scooters, electric and manual wheelchairs to anyone who finds it difficult to get around the shops, subject to registration with us.

Why not ask about our new **Collect 'n' Scoot** service!

Includes collection from home, (and return if required) equipment hire from Fareham **Shopmobility** and a free tea or coffee! The service operates on Mondays, Tuesdays and Thursdays, and prices vary depending on where you live.

Multi-storey Car-park, Osborn Road, Fareham, PO16 7DW.

For details of our registration process and charges, please call **T 01329 282929** or E [info@shopmobility@cfirst.org.uk](mailto:info@shopmobility@cfirst.org.uk)

## **Fareham Volunteers**

We signpost potential volunteers to vacancies in Fareham.

Voluntary and community groups can register with us. Come in and pick up vacancy information Mon-Fri 9am to 4.30pm. Or make an appointment for a one to one chat. 163 West Street, Fareham, PO16 0EF. **T 01329 223140**

**W** [www.farehamvolunteers.org.uk](http://www.farehamvolunteers.org.uk)

## **Gardening**

This is a “mowing and hoeing” service for people who are finding it too difficult to cope with their garden. Gardeners are interviewed and police checked. Clients pay a small annual administration fee and an hourly rate for a regular service.

**T 01329 223140**

## **Walking 4 Health**

Improve your fitness and feeling of wellbeing by taking a walk in good company. We produce a 2 monthly programme of walks in and around Fareham suitable for people of varied abilities and led by trained volunteer Walk Leaders. Walk descriptions, schedules and a health questionnaire can be found at: [www.farehamw4h.org.uk](http://www.farehamw4h.org.uk)

Or sign up for email updates at:

[enquiries@FarehamW4H.org.uk](mailto:enquiries@FarehamW4H.org.uk)

**T 01329 223142** for more information.

## **Fareham & Gosport Voluntary Sector Health Forum**

The Voluntary Sector Health Forum provides a meeting point for community groups and health services. It is open to support groups, clubs and charities that aim to improve the health and well-being of their members. The benefit of the Health Forum is that patients have the chance to influence how health services meet their needs and so become more effective. Health Forums are held 4 times a year.

Representatives of the CCG, adult social care and other health providers attend regularly. **T 01329 231899**

**W [www.cfirfirst.org.uk/groups/help-for-groups/fareham-and-gosport-voluntary-sector-health-forum/](http://www.cfirfirst.org.uk/groups/help-for-groups/fareham-and-gosport-voluntary-sector-health-forum/)**

**Further information about all our services can be found on our website: [www.cfirfirst.org.uk/](http://www.cfirfirst.org.uk/)**

## Local Organisations Offering Support

### 1864 - Hampshire Cricket Supporters' Club

Providing pastoral support and welfare guidance to followers and supporters of Hampshire Cricket and cricket within Hampshire, but particularly those living with or impacted by dementia or mental health.

Pastoral support at group or 1-2-1 level, opportunities to create new memories through sport, reminiscence and memory café style in association with organised and regular community groups. Contactable for Support 24 / 7

Contact name: Simon Young

**M** 07547 003352, **E** [info.1864@gmail.com](mailto:info.1864@gmail.com)

**W** [www.1864Hampshire.co.uk](http://www.1864Hampshire.co.uk)

### Adult Children of Alcoholics

Adult Children of Alcoholics is an anonymous program of women and men who grew up in alcoholic or otherwise dysfunctional homes. We discover how childhood affected us in the past and influences us in the present.

We meet with each other in a mutually respectful, safe environment and acknowledge our common experiences. Meetings at Community First Fareham each Sunday from 6.30pm – 8pm.

**W:** <http://www.adultchildrenofalcoholics.co.uk>

If you are attending for the first time, please get in touch with one of the contacts to let them know you are coming.

**Contacts:** Terry: **M** 07825 551118 or Tracey: **M** 07988 037894. **E** [acafareham@adultchildrenofalcoholics.co.uk](mailto:acafareham@adultchildrenofalcoholics.co.uk)



## **Age Concern Hampshire**

Age Concern Hampshire is an independent charity working across the county to promote independent living to over-50s. They provide information and advice as well as activities, wellbeing and day care. Services include Day Centres, Information and advice outreach, Village Agents, OPAL, Food and friendship (alongside Meals on Wheels), footcare and computer lessons.

**T** 08003 287 154 **E** [info@ageconcernhampshire.org.uk](mailto:info@ageconcernhampshire.org.uk)

Open Monday to Friday 9:00 - 5:00pm,

or write to:

2<sup>nd</sup> Floor, Saint George's House, 18 St. George's Street,  
Winchester, SO23 8BG

[www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

## **Lockswood Wellbeing Centre, Age Concern, Hampshire**

We are a wellbeing centre providing day care for older people. We specialise in dementia care but through our service anyone can access information and advice, foot care, hairdressing, as well as day care services five days a week.

Meeting dates: Mon – Fri (except bank holidays)

Meeting times: Centre is open 8.30 – 4.30

**T** 01489 578152

NB There is also an Age Concern Village Agent here who can help with things like completing forms please call 0800 3287154

## **Alzheimer's Society**

**Portsmouth, Isle of Wight & SE Hants**

**T** 02392 892035

**E** [portsmouth@alzheimers.org.uk](mailto:portsmouth@alzheimers.org.uk)

**W** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Dementia Adviser Service**

The Dementia Adviser Service is available to people who are worried about their memory, have received a diagnosis of dementia or are in the process of receiving a diagnosis. Our role is to support a person to understand information around a diagnosis of dementia and what this may mean for them and their family. The adviser will help the person with dementia and their carers/family's to navigate and access appropriate services. Please Contact the Dementia Adviser service on 02392 892034 or email:

[HampshireDAService@alzheimers.org.uk](mailto:HampshireDAService@alzheimers.org.uk)

### **Activity & Support Group - Fareham:**

1st Wednesday of Month, 1:15pm to 3:15pm, United Reformed Church, Osborn Road South, Fareham.

### **Advice and Support Group - Fareham**

Every Monday 1pm - 5pm, Fareham Community Hospital, Brook Lane, Sarisbury, Fareham, SO31 7DQ

**Contact:** Marie Delvin **T:** 07707 890891

**Gosport Memory Group:** 3rd Tuesday of each Month 10:30am to 12:30pm, Christchurch Parish Centre, Stoke Road, Gosport.

**Contact:** Pam Castellano **T:** 02392 892035

**E** [Portsmouth@alzheimers.org.uk](mailto:Portsmouth@alzheimers.org.uk)

**W** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Autism Hampshire

Autism Hampshire's Community Access team provide a free information and advice service for local people who are on the autism spectrum, their families and professionals. They also share information about local services through the Local Autism Directory which is on the Autism Hampshire website.

**T** 02380 766162

**E** [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

**W** [www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)

## Balance & Strength Classes

Classes are run by instructors specially qualified to teach exercises proven to reduce the chances of falling. Classes are based around strength and balance exercises.

Classes are suitable for older people who are unsteady and will help them carry on their normal daily routines and improve balance.

Details of classes:

**Fareham:** Leisure Centre, Park Lane, Fareham.

Tuesdays at 2pm.

Contact: Cathie Bolwell, **T** 01329 226370

### **Balance and Strength Classes (cont'd)**

**Locks Heath:** Abbeyfield Court, 46 Locks Road.

Wednesday at 10.30am.

Contact: Hannah Soliman, **M** 07588 155388

**Portchester:** Community Centre, Westlands Grove.

Friday at 11.30am (beginners) 1.30pm (advanced)

Contact: Sharon, **M** 07828 462557

## **Bee-Released Counselling for Carers**

Bee-Released Counselling is a Social Enterprise that focuses on supporting carers through difficult and turbulent times. A confidential, impartial and empathic service that understands the additional responsibility, loneliness and also how life changing caring can be. Specialising in anxiety, depression, stress, loss, anger & relationships. This 1:1 service supports all carers including young carers (11-25).

Based in Community First, 163, West Street, Fareham.

**Contact:** Bianca Nicholson, T: 07584675104

E: [biancanicholson1@gmail.com](mailto:biancanicholson1@gmail.com)

W: [www.bee-releasedcounselling.co.uk](http://www.bee-releasedcounselling.co.uk)

## **Brendoncare Clubs in Fareham and Stubbington**

**Fareham Lunch Club** - St. John The Evangelist Church, Upper St. Michaels Grove, PO14 1DN

1st & 3rd Tuesday of each month 11:00 am to 1:00 pm.

**Stubbington Luncheon Club** - Crofton Community Centre, Stubbington Lane. 2nd & 4th Wednesdays, 10am-1pm

**‘Silver Tops’ Club** - Broadlaw Community Centre, Bishopsfield Road, Fareham on Wednesday afternoons from 1.30-3.30pm.

**Fareham Friendship Club** - Meet at Fareham Academy Community Centre, St Anne’s Grove. Every Tuesday, 12:00pm - 3:00pm - term time only.

**Saturday Fareham Friends** - Meet in the Goddard Room, Fareham Library every Saturday 2-4pm. **Contact:** Kerry Hicks 01962 852133

## **British Kidney Patient Association**

The British Kidney Patient Association is a national charity providing advice, information and support to improve the quality of life for everyone affected by kidney disease. The charity provides grants to individual patients in times of financial difficulty, offers support and advice, including an advocacy service and has a confidential telephone counselling service.

**T** 01420 541424 **E** [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk)

**W** [www.britishkidney-pa.co.uk](http://www.britishkidney-pa.co.uk)

## **British Red Cross**

The British Red Cross helps people who are vulnerable to crisis. In Hampshire we offer a range of Services, mainly Mobility Aids. Mobility Aids loans equipment e.g. wheelchairs, bath seats, back rests or walking frames. Hampshire Mobility Aids:

**Main office, Eastleigh:** 02380 624644

**Fareham Mobility Aids:** 01329 234446

**Gosport Mobility Aids:** 02392 794741

**W** [www.redcross.org.uk](http://www.redcross.org.uk)

## **Carer Support & Dementia Advice**

Andover Mind provides one-to-one support over the phone, online or face-to-face with a trained carer support worker or dementia adviser. They focus on wellbeing, rather than illness and support people to think about how they can come to terms with and live well with dementia. T 01264 332297. Press option 3 for the Carer Support & Dementia Adviser Service.

**E** [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

**W** [www.andovermind.org.uk](http://www.andovermind.org.uk)

## **Cedar Oak**

CedarOak offer compassionate care and support to anyone who is facing baby loss, unintended pregnancy or abortion.

If you are finding it difficult to cope following a miscarriage, stillbirth or neo-natal death, they offer support and the opportunity to talk. If you are suddenly facing an unintended pregnancy CedarOak can provide a safe, confidential place for you to explore your options with one of our trained counsellors.

If you are struggling emotionally after an abortion, however long ago, and want to talk to someone, please contact: CedarOak, 9 Bemisters Lane, Gosport, PO12 1HB.

**T** 02392 523735

**E** [office@cedaroak.org.uk](mailto:office@cedaroak.org.uk)

**W** [www.cedaroak.org.uk](http://www.cedaroak.org.uk)

## **Contact the Elderly**

Contact the Elderly organise monthly Sunday afternoon tea parties for small groups of older people aged 75 and over, who live alone, offering a regular and vital friendship link every month.

Local Coordinator: Mrs Stella Astbury

Contact the Elderly (Fareham & Gosport)

**T** 01329 287687

**E** [stella319@sky.com](mailto:stella319@sky.com)

## **Chrysalis**

Chrysalis is a charity supporting people with Gender Identity Disorders and is run mainly by volunteers. They offer support, information and counselling plus training for health and care professionals

**T** 01489 589111, Tuesday to Thursday; 9:30am to

5:30pm. **W** [www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)

## **Citizens Advice Fareham**

Offering confidential, independent, free and impartial advice. 1<sup>st</sup> Floor, County Library, Osborn Road, Fareham  
Open 10-4 Monday-Friday, also 5-6.30pm Thursdays.

Additional Outreach locations:

Highlands Hub, Highlands Road - Tuesdays 10am-2pm.

Broadlaw Walk Community Centre, Wednesdays - 10am - 12noon. Lockswood Library - Wednesdays 10am-2pm.

Portchester Library - Thursdays 10am-2pm

Stubbington Library - Fridays 10am- 2pm.

**T** 03444 111306 **W** [www.farehamcab.org.uk](http://www.farehamcab.org.uk)

Should you need further advice, we will be happy to help. Please drop in to see an adviser (our opening times are Monday - Friday 10:am - 4:00pm & Thursday evening 5:00pm - 6:30pm). Alternatively you can visit the citizens advice website <https://www.citizensadvice.org.uk/>

We also offer a home visiting service for anyone who finds it difficult to get in to our office - you can call our admin line on 01329 237 121 to request a home visit.

## **Cruse Bereavement Care**

We will all suffer from bereavement, most can cope but lots of people need help and advice.

At Cruse we offer the bereaved an opportunity to talk to a trained, caring and sympathetic volunteer in complete confidence. This may be on a one-to-one basis or through the support of a group. We offer this support to all people regardless of age, race, religion or gender. In addition, to our 'normal' care, we can provide specialist care for children & young people, those bereaved by suicide and relatives of the Armed Forces.

**T** 0844 8793448

**W** [www.cruse.org.uk](http://www.cruse.org.uk)

## **Dementia Friendly Hampshire**

Dementia Friendly Volunteers are at Fareham Library every 2nd & 4th Wednesday of the month from 10am to 12 noon. Drop in for a chat, advice or sympathetic ear.

**Contact:** Jane Ward: **M** 07557 653229

**E** [jane.ward@dementiafriendlyhampshire.org.uk](mailto:jane.ward@dementiafriendlyhampshire.org.uk)



## **Diabetes Support Groups**

Diabetes Voluntary Groups have friendly informal meetings with presentations by experts. They aim to learn more about the condition, minimise risks, share experiences and promote awareness.

### ***Fareham & Gosport Diabetes Support Group:***

Meeting held on the 1st Thursday of alternate months, starting February. 7:30pm to 9:00pm, Holy Trinity Church Hall, West Street, Fareham.

**T** 07505 464 732 (George)

**E** [g.ringrow@btinternet.com](mailto:g.ringrow@btinternet.com)

### ***Portchester Group:***

Meeting held on the 1st Monday of each month 10:00am to 11:30am. Portchester Methodist Church Hall.

Contact: Gay Pounds-Cornish

**T** 02392 382 104 **E** [gaypc@yahoo.com](mailto:gaypc@yahoo.com)

***Seahawks (the families group)*** A new group for families who have a child or teenager with diabetes.

**T** 02392 570 624 **E** [seahawks@hotmail.co.uk](mailto:seahawks@hotmail.co.uk)

**W** [www.seahawks.diabetesukgroup.org](http://www.seahawks.diabetesukgroup.org)

***Solent Diabetes Association*** (Two charity shops- in Fareham and Gosport)

Benefiting people with diabetes. Funding research & providing information and support.

**Contact:** Brian Edwards **T** 01329 827314

**W** [www.solentdiabetes.org.uk](http://www.solentdiabetes.org.uk)

## **Fareham Basics Bank**

The Basics Bank provides help to anyone going through a crisis or in need of emergency support. The help is accessed through local support agencies. Food, toiletries, clothing, nappies, blankets and sleeping bags are available. People who are having to sleep rough can obtain a voucher for a meal and drink.

**T** 01329 822204

**E** [enquiries@FriendsoftheHomeless.org.uk](mailto:enquiries@FriendsoftheHomeless.org.uk)

**W** [www.FriendsoftheHomeless.org.uk](http://www.FriendsoftheHomeless.org.uk)

## **Fareham & Gosport Lipreaders**

Fareham & Gosport Lipreaders aim to improve the health and wellbeing of adults who are hard of hearing by teaching lipreading skills.

People suffering from hearing loss lose the ability to communicate effectively which leads to feelings of loneliness and isolation.

We provide a professional lip-reading tutor to teach lipreading skills and hearing loss management.

These sessions are light hearted, informative and help people to regain confidence.

Classes are on Thursday mornings in the Goddard Room at Fareham Library. Ten classes per term. After two taster sessions new starters can become members with a fee of £10 per annum.

**T** 01329 842468    **E** [secretary@fglipreaders.org.uk](mailto:secretary@fglipreaders.org.uk)

**W** [www.fglipreaders.org.uk](http://www.fglipreaders.org.uk)

## **Fareham & Gosport Wellbeing Centre**

Fareham Wellbeing Centre provides a wellbeing service to promote choice and control with a varied recovery focused programme for those facing mental health problems. Whether you're stressed, depressed or in crisis, they will listen and give support and advice. Weekly Groups at: 126 West Street, Fareham, PO16 0ET  
**T** 01329 281445

**E** [contact@mind.org.uk](mailto:contact@mind.org.uk)

**W** [www.farehamandgosportmind.org.uk/](http://www.farehamandgosportmind.org.uk/)

**UPTURN** Young Person's Service is a service that promotes wellbeing for young people aged 14 -18. It supports young people to cope with day to day stresses, anxiety, depression, low self-esteem and self-worth, as well as any other mental health issues they may be experiencing.

It offers one to one sessions as well as group work and workshops.

Based at the Wellbeing centre: 126 West street, Fareham PO16 0EP

**T** 01329 281445

**E** [afg@solentmind.org.uk](mailto:afg@solentmind.org.uk)

**W** <http://farehamandgosportmind.org.uk/upturn.html>

## **Fareham Autistic Spectrum Support**

Fareham Autistic Spectrum Support is a local charity which aims to help families in Hampshire who have a child or young person (0-25 years) with autism or autistic behaviours.

A range of activities are detailed on the website, along with regular support meetings for parents.

A Co-ordinator can provide help, advice and signposting.

**T** 07900 207267

**E** [FASSadmin@googlemail.com](mailto:FASSadmin@googlemail.com)

**W** [www.FarehamAutisticSpectrumSupport.org.uk](http://www.FarehamAutisticSpectrumSupport.org.uk)

## **Fareham & District Sports Association for The Disabled**

(F.A.D.S.A.D) Sports & social activities for people with disabilities. Promoting sport as an integral part of a disabled persons wellbeing. Mondays dry sports, Portchester Community School 7:30pm. Fareham Leisure Centre 8pm to 9pm Wednesday (club use only) and Social events.

**Contact:** Rosemary Titcombe

**T** 01489 584171

## **Fareham Macular Support Group**

The group provides self-help and support for both those suffering from age-related macular degeneration and their carers. Meetings include speakers and sometimes entertainment. Members exchange ideas on how to cope with visual impairment. There is also access to information about useful equipment. The Group meet on the second Monday of each month at the United Reform Church, 18 Osborn Road South, Fareham PO16 7DG from 1.00-3.00pm.

**Contact:** David Kett T 01329 231356

**E** [david.fb.kett@talk21.com](mailto:david.fb.kett@talk21.com)

## **Fareham Good Neighbours**

Bringing together lonely, elderly or infirm people with a regular visitor who will befriend them. Operating in Fareham borough.

**Contact:** Alison Ivison T 07756 864961

**E** [avrilcockshoot@btinternet.com](mailto:avrilcockshoot@btinternet.com)

## **Fareham Leisure Centre**

Reduced price activities at and around Fareham Leisure Centre for those needing to increase their activity levels with the help and support of the referral team.

Health & wellbeing activities to include cardiac rehab, falls prevention, Tai Chi, walking to health.

**T** 01329 233652 **E** [fareham-er@slm-ltd.co.uk](mailto:fareham-er@slm-ltd.co.uk)

**W** [www.everyoneactive.com](http://www.everyoneactive.com)

## **Fareham College Memory Café**

Fareham College are delighted to offer a complimentary Memory café for people with dementia and also their carers.

The Memory Café provides a wide range of fun and engaging activities for individuals in the early stages of dementia, and is also an opportunity for carers to meet together in a supportive environment .

The Memory Café is located at the Bishopsfield Road Campus (D Building, Ground Floor) and open weekly (term-time) on Fridays at 10.30am to 11.30am with tea and coffee provided.

## **Fareham Men's Shed**

Men's Sheds provide a place where people, especially men, can share time, ideas and activities.

Fareham Shed meets every Monday to Thursday 10am to 3pm at Titchfield Festival Theatre, St Margaret's Lane, Titchfield PO14 4BG.

Membership fees apply.

For further info please see website:

[www.farehammensshed.org.uk](http://www.farehammensshed.org.uk)

## **Fareham Cardiac Support Group**

Cardiac care and keeping our members as active as possible are our prime aims.

Special terms at 24/7 Fitness Centre, Down End, allows us to visit Monday, Wednesday and/or Friday mornings for light exercise on their apparatus. Members of our group pay per visit at a very competitive rate

We offer advice and friendship, monthly speakers, walks and social events.

We meet at Wallington Village Hall on the first Thursday of the month at 7.30pm.

**Contact:** John Willis

**T** 01329 310187

**E** [fcsqjohnw@gmail.com](mailto:fcsqjohnw@gmail.com)

**W** [www.farehamcsg.wordpress.com](http://www.farehamcsg.wordpress.com)

## **Friends of Fareham Community Hospital**

The Friends give support to Fareham Community Hospital, its patients and staff and help link it with the community. We provide volunteers to welcome and guide patients, to man the blood test appointments desk, to support the weekly Memory Groups for dementia patients and carers and to help staff with routine admin tasks. We alert staff to any concerns or suggestions from the patients.

**E** [foffch10@gmail.com](mailto:foffch10@gmail.com)

**W** [www.friends-of-fch.org](http://www.friends-of-fch.org)

## Friends Through Pain

A pain management support group for people experiencing chronic pain. Meets at Stubbington Baptist Church, Jay Close, Stubbington, PO14 3TA on the last Thursday of every month, 10am - 12.30pm with speakers, quizzes or a chat meeting. Outings are arranged, plus once a month lunches at various venues.

**Gosport** sister organisation; **Partners Through Pain**, meet every last Wednesday in the month, at Christ Church Stoke Road. Gosport, (*on the corner of Avenue Road*) 10 am 'til 12.30pm.

For more information;

**T** Brenda Hadfield: 02392 524220 / **M** 07980 194859.

**E** [brendahadfield@icloud.com](mailto:brendahadfield@icloud.com)

## Hampshire Friends with ME

Hampshire Friends with M.E. offers on-going support, helpful information and advice to people affected by ME/Chronic Fatigue Syndrome, including their relatives and carers. The majority of people involved in the running of the charity have direct experience of the illness. You can join as a member from the age of 16. It offers a range of services to its members, including on-line support, local group meet-ups, outings, telephone support, & resources.

Hampshire Friends with ME,

c/o The Community Centre, Brinton Lane, Hythe,  
Southampton, SO45 6DU **T** 0845 8340325

**E** [admin@friendswithme.org.uk](mailto:admin@friendswithme.org.uk) **enquiries**

**E** [membership@friendswithme.org.uk](mailto:membership@friendswithme.org.uk) **(membership)**

**W** [www.friendswithme.org.uk](http://www.friendswithme.org.uk)



## **Harbour Cancer Support Centre**

Our centre based in Gosport provides practical and emotional support to anyone affected by any cancer, including the patient, their relatives, friends and carers. Our services include a drop in centre, information, counselling, befriending, support for children, commentary therapies, coffee mornings and art/craft group.

**T** 02392 501503

**W** [www.harbourcancer.org.uk](http://www.harbourcancer.org.uk)

## **Haslar Bosom Buddies**

A small Cancer Support Group which meets at St Mary's Parish Centre, Green Road, Alverstoke at 7- 9pm the first Monday of the month (excluding Bank Holidays).

They offer support to anyone who has had/or is undergoing treatment for all types of Cancer and their family members. The main aim of the group is to help you enjoy life to the full with day trips, visits to the theatre and restaurants etc. Should anyone have a problem there is always someone there to help.

**T** 01329 233 345

**M** 07715 975528

## **Headway Portsmouth & South East Hampshire**

Works with people in the community who have experienced brain injury, their families and carers. They work with service users to bring cognitive benefit for memory, communication, organisation, executive function and relationships through Cognitive Re-enablement Courses and Confidence Building courses, one to one assessment and signposting and support. They also run social inclusion sessions supported by volunteers and peer mentors where people can begin to take their place in community activities and make friends.

**Contact:** Deborah Robinson

**T** 02392 664972

**E** [info@headwayportsmouth.co.uk](mailto:info@headwayportsmouth.co.uk)

**W** [www.headwayportsmouth.co.uk](http://www.headwayportsmouth.co.uk)

## **Help in Bereavement**

Help in Bereavement is a visiting service offered to people who are suffering the grief, loneliness and social isolation caused by losing someone they love.

Our visitors, many of whom have suffered bereavement themselves, are all DBS checked and especially trained to recognise the needs of the bereaved, regardless of when the bereavement happened. Our visitors talk to you on the phone and can meet with you in your home or another agreed place.

**M** 07432 602613      **W** [www.help-in-bereavement.co.uk](http://www.help-in-bereavement.co.uk)

## **Home-Start Gosport & Fareham**

HomeStart is a support charity for any parent living in the Gosport and Fareham area that has one or more preschool child. They offer emotional and practical support during a difficult time. Parents can feel overwhelmed, suffering post-natal depression, exhausted, isolated, coping with illness or disability etc. Home-Start offers a selected and trained volunteer who will visit regularly for 2-3 hours on a weekly basis.

**Office** open Monday to Thursday 8:30am - 3:30pm

**Contact:** Debbie Freemantle **M** 02392 170180

**E** [debbie.freemantle@hshants.org.uk](mailto:debbie.freemantle@hshants.org.uk)

**W** [www.homestartgosportandfareham.org.uk](http://www.homestartgosportandfareham.org.uk)

## **Independent Age Hampshire & IOW**

An older people's charity that offers clear, free and impartial advice on issues such as money and benefits, care and support, health and mobility. They also provide friendship services to help receive loneliness and isolation. Lines are open Monday to Friday, 8am-8pm, and Saturday, 9am-1pm. **Advice line:** 0800 3196789

**E** [advice@independentage.org](mailto:advice@independentage.org)

**W** [www.independentage.org](http://www.independentage.org)

## **iTalk**

The service is for people with mild to moderate depression or anxiety. It is not for people who are already seeing mental health services or counsellors. There are a range of support options including telephone or online support, therapy sessions, stress control workshops and employment guidance/support. You can be referred to iTalk by your GP or you can self-refer if you are over 16. There is an initial assessment with a Psychological Wellbeing Practitioner.

**T** 02380 383920

**E** [WHCCG.italkservice@nhs.net](mailto:WHCCG.italkservice@nhs.net) **W** [www.italk.org.uk](http://www.italk.org.uk)

## **Kroma**

Kroma is an empowering and enabling organisation for the Lesbian, Gay, Bisexual, Transgender and alternative (LGBT+) communities, their families and friends, through awareness, inclusiveness and supportiveness. Kroma supports mental, sexual and spiritual health & wellbeing through the use of peer mentor based meetups. Each meetup is also a 3<sup>rd</sup> party reporting centre for Hate Crime. Meetups at:

Coffee#1, West Street, Fareham every Saturday 1pm – 4pm.

Katie's Vinyl Bar & Kitchen, High Street, Gosport every Tuesday 6pm – 8pm

For other venues across the area look at our website.

Contact: Tom Armstrong-Collett, T 03000 080867

**E** [info@kromalgbt.org.uk](mailto:info@kromalgbt.org.uk)

**W** [www.kromalgbt.org.uk](http://www.kromalgbt.org.uk)

## **Life Education Wessex & Thames Valley**

We help young children (aged 3-11) to make healthy choices and stay safe.

Specially trained Educators (assisted by Harold, the giraffe puppet) deliver health, well-being and drug education programmes to primary aged children in purpose built mobile classrooms which we take to schools.

**When:** Throughout the year

**Where:** Our mobile classrooms visit schools

**T** 01258 837417

**E** [schools@lifeeducationwessex.org.uk](mailto:schools@lifeeducationwessex.org.uk)

**W** [www.lifeeducationwessex.org.uk](http://www.lifeeducationwessex.org.uk)

## **Live Well With COPD**

Advice, information and support for people with lung conditions. A locally run group for patients who wish to learn more about how to self-manage their condition through helping with research and meeting others with the same condition. The group meets monthly and is open to sufferers, carers and friends / family of all ages.

**M** 07468 054992

**E** [enquiries@lwcopd.co.uk](mailto:enquiries@lwcopd.co.uk)

## **Lockswood Indoor Petanque Academy**

Aims to tackle isolation and inactivity amongst the elderly, providing social and physical benefits to members.

Group meets on Fridays, 13.45 – 15.15 at Lockswood Community Centre.

**Contact:** Tony Hewitt

**T** 01489 576138

**W** [www.indoorpetanque.org](http://www.indoorpetanque.org)

## **Ileostomy Association**

Hampshire & Isle of Wight IA is a support group run by and for people with Ileostomies and internal pouches with the primary aim of helping people who have had their colon removed return to a full and active life as soon as possible after surgery.

**T** 02392 352476 or 023804 85959

**E** [hantsiow@iasupport.org](mailto:hantsiow@iasupport.org)

**W** [www.iasupport.org](http://www.iasupport.org)

## **Lunches**

Regular lunch clubs are offered in all parts of Fareham. Please call to book a place. Charges may apply.

### **Sacred Heart Lunch Club**

Hartlands Road, Fareham

Thursday 11.30am -1.30pm

**T** Mary Downing 01329 234004

### **Fareham Methodist Church**

Kings Road, Fareham.

The welcome area of the church is open for coffee and a chat on Thursday mornings from 9:30am to 11:45am

Lunch club is held on the first Friday of every month.

**T** 01329 234583

### **Holy Trinity Lunch Club**

Holy Trinity Church, West Street, Fareham.

Meets Mondays 11am to 2pm

**T** Carol Cheesmore 01329 232900

### **Portchester Community Association**

Portchester Hub, West Street, Portchester

‘Fit & Fun’ lunch club Wednesday from 11am.

**T** 02392 210048

### **Portchester Parish Hall**

Castle Street, Portchester

Luncheon Club Thursdays 9am to 2pm

**T** Janet Lynn 01489 600778

### **Portchester Methodist Lunch Club**

Portchester Methodist Church, Castle Street, Portchester

Fridays 12.30pm—1.30pm

**T** Jean Hooper 02392 326555

or Brian Townsend 02392 178363

### **Titchfield Lunch Club**

Titchfield Community Centre

Meet Wednesdays. **T** Kenneth Moore 01329 315615

**Brendoncare** also runs lunch clubs. See their main entry under 'B'

### **St John's Church**

7 Church Road, Locks Heath, SO31 6LW

Lunch Club: On the third Tuesday of each month, at 12.40pm.

Fellowship: Make friends, meet existing friends and have a chat over a cup of tea and biscuits. First Tuesday of each month (2.30pm until 4.00pm)

**T** 01489 578082

### **Locks Heath Communicare Association**

Monday Lunch Club - Sarisbury Green Community Centre

Tuesday Lunch Club – Victory Hall, Warsash Road, Warsash. **M** 07002 456689

### **Churches In Fareham**

There are many churches in Fareham offering a wide range of activities, support and worship. These include coffee mornings, art groups, music groups, social activities, Sunday morning services, and much more.

To find out where your local church is and whats going on across the churches,

visit [www.christianstogetherinfareham.org.uk](http://www.christianstogetherinfareham.org.uk)



## **Locks Heath Free Church**

Hunts Pond Rd, Titchfield Common

OASIS: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month, 10.00am – 11.15am, for coffee, cakes, chat and a talk (if there is a 5<sup>th</sup> Thursday in a month they meet for an extended day with crafts, games and food)

Luncheon Club: On the 2<sup>nd</sup> Thursday of each month a meal for older people – 12.30pm

Coffee Morning - 4<sup>th</sup> Thursday of each month. Get together for coffee at a local garden centre or other suitable venue. Transport can be arranged for anyone who needs it.

**T 01489 579669**

## **Sunday Lunch**

Xperience Youth Centre in Trinity Street, Fareham.

Friends of the Homeless provide a free lunch every Sunday from 1.00pm to 3.30pm working in conjunction with Christians Together in Fareham. **T 01329 822204**

## **Christmas Lunch**

A three course festive meal for people in Fareham who would otherwise be alone on Christmas day. Organised by Christians Together in Fareham, Fareham Good Neighbours and Community First Fareham. Look out for information in October and November. Transport available.

**W:** [www.cffirst.org.uk/wellbeing/fareham-christmas-day-lunch/](http://www.cffirst.org.uk/wellbeing/fareham-christmas-day-lunch/)

## **Moving On Project**

Free and confidential counselling to people aged 11-25 living in Fareham and Gosport. We offer 1:1 sessions, and work in partnership with local youth services to provide health and wellbeing drop-ins in a number of local schools and youth clubs.

### **Address:**

The Moving On Project, X-Perience Youth Centre, Trinity Street, Fareham, PO16 7SJ

**T** 01329 822331 (Emily Miles)

**E** [info@the-mop.org](mailto:info@the-mop.org)

**W** [www.the-mop.org](http://www.the-mop.org)

## **Multiple Sclerosis Society Gosport & Fareham**

Clubs include, Neuro-physio, yoga and craft. Telephone contact for full details or visit our website for further information.

**Contact:** Mrs Juliette Hewitt

**T** 02392 581 406

**W** [www.gosportandfarehamms.org.uk](http://www.gosportandfarehamms.org.uk)

## **The Muscular Dystrophy Campaign – Fareham, Hampshire & UK**

The Muscular Dystrophy Campaign is the leading UK charity fighting over 60 muscle-wasting and neuromuscular conditions. They fund research and provide practical information, advice and emotional support for individuals with muscular dystrophy and other related neuromuscular conditions, and support their carers and families. They campaign to raise awareness of these conditions and award grants towards the cost of specialist equipment, such as powered wheelchairs and provide specialist education and development for health professionals.

### **Regional contact:**

Paul Tomlinson, Volunteers & Fundraising Manager  
T 02086 889373

E [p.tomlinson@muscular-dystrophy.org](mailto:p.tomlinson@muscular-dystrophy.org)

**Facebook:** Muscular-Dystrophy Campaign (South East)  
[www.facebook.com/groups/309853782497005/Muscular Dystrophy Campaign](https://www.facebook.com/groups/309853782497005/Muscular-Dystrophy-Campaign)

### **Regional Care Advisor:**

Sunitha Narayan, Wessex Neurological Centre,  
Southampton General Hospital, Tremona Road,  
Southampton, SO16 6YD.

M 07798 667784

E [sunitha.narayan@uhs.nhs.uk](mailto:sunitha.narayan@uhs.nhs.uk)

## **National Ankylosing Spondylitis Society**

NASS Portsmouth sessions are held in the evening. Members pay £18 per month - and that includes car parking at QAH. All exercise sessions are overseen by fully qualified physiotherapists. The branch meets 50 weeks a year. The branch assist with QAH and AStretch clinical practice and training events for AS. Patients can enquire themselves or have professional referral.

**T** 02392 262753

**E** [Portsmouth@nass.co.uk](mailto:Portsmouth@nass.co.uk)

**W** [www.nass.co.uk/branch/portsmouth](http://www.nass.co.uk/branch/portsmouth)

## **National Rheumatoid Arthritis Society**

We are a patient organisation providing support and information for people with rheumatoid /inflammatory arthritis.

Patients can enquire themselves or have professional referral.

**T** 01628 823524 Monday to Friday 9:30-5:30

**E** [volunteers@nras.org.uk](mailto:volunteers@nras.org.uk)

**W** [www.nras.org.uk](http://www.nras.org.uk)

**Address:** Ground floor, 4 The Switchback, Gardner Road, Maidenhead, SL6 7RJ

## **Open Sight (Hampshire)**

Open Sight provides a range of services to enable people to adapt and manage their lives which have been altered because of sight loss. Open Sight's experienced staff have the knowledge, expertise, empathy and understanding to help with any concerns people have. Open Sight has 19 clubs across the County run by trained volunteers. The Fareham branch has several clubs for the visually impaired and their carers in the Fareham and Gosport area. These clubs offer many different activities including social events, speakers, entertainment and outings, as well as support and encouragement leading towards independent living.

**Contact:** Terry Smith

**T** 02380 641244

## **Osteoporosis Society**

The National Osteoporosis Society offers help for people with osteoporosis through a range of information booklets and leaflets, a national telephone helpline and a network of regional support groups.

The Portsmouth Group covers postcodes PO1 to PO18. Open meetings are held at Cosham Baptist Church on the second Thursday of the month from March to December, with a detailed medical update in December. The group can give talks on osteoporosis to local societies and organisations. For more information: **M** 0795 5818563 (normal office hours) or **E** [nos.portsmouth@outlook.com](mailto:nos.portsmouth@outlook.com)

## **PANDAS Support Group – Fareham & Gosport**

The PANDAS Foundation (Pre and Postnatal Depression Advice and Support) supports individuals and their families suffering from pre and postnatal mental health illnesses.

A FREE drop in group offering non judgmental peer support and understanding for those affected by perinatal mental illnesses. We provide a safe and welcoming space for you to meet with others who understand what you are going through.

Meeting every Thursday (term time) 1pm – 2.30pm, The Family Hub, Lee on Solent Infant School, Elmore Road, PO13 9DY.

**Contact:** Michelle Judd

**M** 07722 020106

**E** [pandasfarehamandgosport@yahoo.com](mailto:pandasfarehamandgosport@yahoo.com)

**W** [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

## **Parent Voice**

Parent Voice provides information to parents and carers of children and young people 0-25, with disabilities and additional needs across Hampshire. Advice on leisure activities and funding for inclusive participation, access to information on Health, Social Care and Education.

**T** 03003 038603

**E** [parentvoice@roseroad.org.uk](mailto:parentvoice@roseroad.org.uk)

**W** [www.parentvoice.info](http://www.parentvoice.info)

## **Parkinson's UK - Fareham Branch**

For anyone with Parkinson's, their carers and friends.  
Offering support, information, activities & subsidised  
respite breaks. **Contact:** Helen Old, Branch & Volunteer  
Support Officer **T** 08442 253674

**E** [bvso.south@parkinsons.org.uk](mailto:bvso.south@parkinsons.org.uk)

**W** [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Meetings at:** Crofton Community Centre, PO14 2PP

1st Monday of month 10am -12pm

1st & 3rd Tuesday of month 2pm-4pm for light exercise.

3rd Monday of the month activities morning 10am-12

Noon Leisure & Pleasure Mornings

4th Tuesday of month 7.30pm - 9.30pm

Evening meeting with speaker.

Please call for further information and venue.

**Contact:** Elizabeth Buck **T** 01329 663011

## **Portchester Community Association**

Based at the Portchester Hub (Portchester Precinct),  
Portchester Community Association provides a wide  
range of services, activities and facilities to the people of  
Portchester and surrounding areas. For example, Fit &  
Fun, Lunch Club, Paradise in Portchester (over 50s social  
group), and Crafty Paradise.

**T** 02392 210048

**E** [admin@portchesterca.org.uk](mailto:admin@portchesterca.org.uk)

**W** [www.portchestercommunityassociation.btck.co.uk/](http://www.portchestercommunityassociation.btck.co.uk/)

## **The Princess Royal Trust for Carers**

Support groups offer opportunities for carers to get together, to share experiences, raise concerns and hear informative talks by guest speakers.

Time: 10am - 12 o'clock at Nobes Hall, Nobes Avenue, Gosport.

**T** 01264 835246 / 835205

**E** [info@carercentre.com](mailto:info@carercentre.com)

## **Emergency Planning for Carers**

If you are caring for someone who needs help due to a health condition, disability or frailty, you may be concerned about what will happen to them should an emergency arise when you would not be able to provide their care. The Emergency Planning team provide you with support to discuss, develop and implement an emergency plan. Up to 48 hours care may be available for the person you care for in the event of an emergency

**T** 08001 691577

## **Portsmouth & East Hampshire Samaritans**

Samaritans help by providing emotional support for anyone who is distressed, in despair or suicidal.

It is 24 hour confidential, non-judgemental emotional support that can be by phone, email, text, or face-to-face. It is open 365 days a year, 24 hours, 7 days a week.

**T** FREEPHONE 116123

**W** [www.samaritans.org](http://www.samaritans.org)



## The Rainbow Centre

The Rainbow Centre transforms the lives of children and adults with physical disabilities through Conductive Education programmes. The programme is specialised neuro-rehabilitation; it enables people with damage to the nervous system to re-develop the control they need for everyday life.

There are sessions for children with Cerebral Palsy (CP) and adults with neurological conditions such as Parkinson's, Multiple Sclerosis, Stroke, CP and Head Injury.

**T** 01329 289500

**E** [enquiries@rainbowcentre.org](mailto:enquiries@rainbowcentre.org)

**W** [www.rainbowcentre.org](http://www.rainbowcentre.org)

## Relate Portsmouth & District

Relate offers relationship counselling to both couples or individuals, sex therapy, workshops, mediation, consultations and support face-to-face or by phone. We offer a range of services whether you're young or old, straight or gay, single or in a relationship.

**T** 02392 827026 **for appointments**

**E** [relate@relateportsmouth.org.uk](mailto:relate@relateportsmouth.org.uk)

Mon, Tues 9:30 am –2:30pm, 4:00-9:00pm

Weds, Thurs 3:30-9:00pm

Friday 9:30am-2:30pm

Saturday 9:00am– 1:30pm

**Relate outreach:** *Fareham:* Monday 3:45pm - 9:00pm

*Gosport:* Tuesday 5.00pm - 8:00pm

## **Richmond Fellowship**

Community Based Mental Health Support Service. Friendly community based support “Meet-ups” and programmes designed for people living with mental health difficulties. We offer support, advice, information and signposting at various locations.

**T** 02392 072017

**E** [info.easthampshire@richmondfellowship.org.uk](mailto:info.easthampshire@richmondfellowship.org.uk)

**W** [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## **Shedfield Riding for the Disabled**

Horse riding can give many benefits to both adults and children. These can be physical, mental and social. Riding improves balance, muscle control and strength, increases confidence and self-esteem. Fully supported rides with up to three volunteers per rider. Riders are encouraged to work towards physical and educational goals. **Contact:** Shirley Harris

**T** 08454 507179 **E** [shedfieldrda@gmail.com](mailto:shedfieldrda@gmail.com)

## **Single Parents Support Group**

The Single Parents Support Group offers advice, support and friendship for anyone raising children alone. There are many free services that they run, for example: counselling, housing advice, legal advice and much more.

**Contact:** Nicola Booth, **T** 02381 780325

**E** [nicky@single-parents-support.co.uk](mailto:nicky@single-parents-support.co.uk)

**W** [www.single-parents-support.co.uk](http://www.single-parents-support.co.uk)

## **Solent Laryngectomy Club**

Giving support pre and post operation for all Laryngectomy, head and neck patients. Practical help, socialising, swimming & rehabilitation.

**Contact:** Ann Myers, **T** 01243 572356

**E** [annmyers@live.co.uk](mailto:annmyers@live.co.uk)

**Meets:** Second Tuesday of month at Langstone Conservative Club, Havant.

## **Southern Domestic Abuse Service**

(SDAS) runs refuge accommodation offering support and temporary accommodation to women and children escaping domestic abuse.

They also provide community based support to women, children, young people and men.

**T** 01329 285375 **E** [info@southerndas.org](mailto:info@southerndas.org)

## **Stubbington Memory Café**

4<sup>th</sup> Tuesday of each month, 1.30 to 3.30 at Crofton Community Association.

Informal and friendly group for people with dementia & their carers to get together with others in a safe and welcoming environment. Anyone with memory problems is welcome, no diagnosis required. **T** 01489 578152.

## **Surgery Signposters**

For information about the signposting service please call Jennie: **T.** 01329 231899

## **The Bereavement Group**

If you are bereaved and would like to meet others come and join us for a cup of coffee. Not everybody wants a formal support group, we can offer an opportunity to meet others in a friendly and informal setting.

**Contact:** Darren: 07921 893934 or Lesley: 07834 529696

**E** [info@thebereavementcentre.co.uk](mailto:info@thebereavementcentre.co.uk)

## **The Stroke Association**

The Stroke Association supports stroke survivors of all ages who have communication difficulties, which include reading, writing and using IT. The service also supports their families and carers.

**M** 07717 275773 or Regional office **T** 02380 720420

**E** [graham.wake@stroke.org.uk](mailto:graham.wake@stroke.org.uk)

**W** [www.stroke.org.uk](http://www.stroke.org.uk)

## **Stroke Clubs:**

The following clubs offer friendship and support to stroke sufferers and their carers. Contact your local group for further details:

### **Fareham**

**Contact:** Lynda Young

**T** 01329 231899 or **M** 07771 964314

**E** [lyndayoung@hotmail.co.uk](mailto:lyndayoung@hotmail.co.uk)

**Meeting:** Fridays 2.30-4pm, W.I. Hut, Oak Road, Fareham

### **Portchester Stroke Club**

Please call for meeting time and meeting venue.

**Contact:** Mrs Nell Wycherley MBE

**T** 01329 232461 or 03033 033100

### **Stubbington Stroke Club**

Meets on Wednesdays from 10.30am to 12.30noon at Crofton Community Centre.

**Contacts:** Ann and Mike Reeves

**T** 01329 662385

## **Voluntary Care Groups**

Voluntary Care groups take people to and from hospital, GP and other health appointments, some also offer befriending, do shopping, run lunch clubs and a variety of other tasks. Please see below for further details:

### **Locks Heath Communicare Association**

Service for residents in western wards of Fareham include: hospital transport, GP Transport, lunch club, minibus, coffee shop

**M** 07002 456689

### **Portchester Voluntary Care Group**

Service for people in Portchester for travel to hospital appointments, GP transport and other health related transport.

**M** 07002 226868

### **Stubbington and Hill Head Voluntary Care Group**

Assistance with health transport, prescription collection, sitting service, befriending, visiting.

**M** 07074 775112

## **Fareham Voluntary Car Scheme**

Service for people living in Fareham town & Titchfield giving assistance with travel to hospital appointments, GP transport and other health related transport. Wheelchair accessible vehicle available for hire (subject to availability)

**T 01329 231899**

## **VETERANS' GATEWAY: A ONE-STOP SERVICE FOR VETERANS**

Veterans' Gateway has a network of over 30 expert partners, coming from across the military and non-military not for profit sector. It can help on a number of areas, including Housing, Employment, Finances, Living independently, Mental wellbeing, Physical health and Families and communities.

### **How to access Veterans' Gateway**

**Call the helpline** 24 hours a day, 7 days a week:

**0808 802 1212**

**Visit the website** for an extensive Self Help service, enabling veterans to search for help and advice independently: **[veteransgateway.org.uk](http://veteransgateway.org.uk)**

**You can also follow them on:**

Facebook [www.facebook.com/veteransgateway](http://www.facebook.com/veteransgateway)

Twitter [@VeteransGateway](https://twitter.com/VeteransGateway)

## **Wessex Cancer Trust**

Cosham Support Centre: Drop in Monday to Thursday 10-4pm to find out about free support offered to anyone that is, or has been, affected by cancer. Professional Counsellors, complementary therapies, support groups & trained volunteer befrienders.

**T** 02392 326511

**E** [cosham.centre@wessexcancer.org.uk](mailto:cosham.centre@wessexcancer.org.uk)

**W** [www.wessexcancer.org.uk](http://www.wessexcancer.org.uk)

## **WILD (Wessex Interstitial Lung Disease Support)**

Group meets quarterly at Eastleigh Bowls Club. Medical expert speakers as well as sharing expertise and experience of patients managing their conditions. Meetings are a valuable opportunity to meet and socialise with other ILD patients and carers.

**Contact:** Vanessa Titmuss, ILD Nurse Specialist

**T** 02392 286000 Ext 1385

**E** [vanessa.titmuss@porthosp.nhs.uk](mailto:vanessa.titmuss@porthosp.nhs.uk)

**W** [www.wildsupport.co.uk](http://www.wildsupport.co.uk)

## **Young Carers - Fareham and Gosport**

Offering support to carers between the ages of 8 and 18, twice monthly age related support groups, off site activities and one to one support.

**Contact:** Corniche Plumridge, **T** 01329 242966

**E** [young.carers@kids.org.uk](mailto:young.carers@kids.org.uk)

**W** [www.kids.org.uk](http://www.kids.org.uk)

## Unique

(Rare Chromosome Disorder Support Group)

Giving support to families of children suffering from all forms of rare chromosome disorder. (Rare chromosome disorders encompass extra, missing or re-arranged chromosome material but do not include more common conditions such as Downs Syndrome)

**Contact:** Beverly Searle, T 01883 330766

**E** [info@rarechromo.org](mailto:info@rarechromo.org)

**W** [www.rarechromo.org](http://www.rarechromo.org)

## Council & Government Organisations

### Hampshire Adult Services (Social Services)

For comprehensive information and advice to help you stay independent and to find the right support for your situation:

**Online:** Visit the Connect to Support Hampshire website  
[www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

- Information and advice
- Directory of care homes
- Directory of home care agencies
- Directory of local and national support and activities



**Print:** Call 0300 555 1386 for your free copy of:

**A Guide to Better Care and Support**

- Information and advice on all aspects of independent living
- Listings of agencies providing care at home

**The Guide to Residential Care**

- Information and advice about going into a care home
- Listings of care homes in Hampshire

If you are unable to find the information you need, or you would like some advice about social care services:

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

**E** [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk)

**T** 0300 555 1386

**Textphone:** 0300 555 1390

**Out of hours (emergencies):** 0300 555 1373

## **Meals on Wheels service**

Anyone living in the Hampshire County Council area, over 55 years old, can choose to receive Meals on Wheels if they meet the criteria.

You will be able to choose your main course and pudding from a menu of four options. The afternoon teas can be delivered at the same time as the lunch time meal and offer a choice of savoury pastry, sandwich and cake as well as a portion of fruit and a fruit drink.

**T** 01962 779338 **W** [www.hants.gov.uk/meals-on-wheels](http://www.hants.gov.uk/meals-on-wheels)

## **Telecare – Personal Alarms & Sensors**

Telecare uses alarm systems and sensors to help reassure you and your relatives that you are safe in your home. Personal alarms are worn around your neck or on your wrist at all times. By pressing the button on your alarm an alert will be raised with a monitoring centre. Motion sensors can automatically switch on a bedside light at night when you get out of bed, making trips or falls less likely.

**T** Adult Social Care 0300 555 1386

## **Blue Badge Parking Scheme**

The quickest and easiest way to apply is on-line. If you do not have a computer, access to the internet is available through your local library. Alternatively you can ask a family member, friend, support group or carer to assist you or apply on your behalf. You may also go to your local Citizens' Advice Bureau or Age Concern Hampshire who have experience in helping with issues such as these (please note: they are not in a position to print out application forms for you).

**T** 0300 555 1376 **W** [www.hants.gov.uk/bluebadge](http://www.hants.gov.uk/bluebadge)

## **Carers Direct Helpline**

Help for Carers, open 9am to 8pm Monday to Friday, and from 11am to 4pm at weekends.

Advisers provide information to help you make decisions about your own support needs and the needs of the person you're looking after. Information includes assessments, benefits, direct payments, individual budgets, time off and maintaining, leaving or going back to work or education. Advisers can put you in touch with specialist national or local sources of help.

**T** 03001 231053

**W** [www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-direct-helpline](http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-direct-helpline)

## **NHS 111**

Call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year.

## **Fareham & Gosport Clinical Commissioning Group**

Building 003, Commissioning House, Fort Southwick  
James Callaghan Drive, Fareham PO17 6AR

**T** 02392 282063

**E** [fgccg.enquiries@nhs.net](mailto:fgccg.enquiries@nhs.net)

**W** [www.farehamandgosportccg.nhs.uk](http://www.farehamandgosportccg.nhs.uk)

## **Healthwatch Hampshire**

is the new consumer champion for health and social care. Healthwatch gathers feedback from people using health and care services to hold the services to account.

**Contact** : Any Citizens Advice Bureau

**T** 01962 440262

**W** [www.healthwatchhampshire.co.uk](http://www.healthwatchhampshire.co.uk)

**Address:** Freepost RTHH-KGST-ZRBC, Westgate Chambers, Staple Gardens, Winchester, SO23 8SR

## **Our Local MPs**

If you would like to contact your Member of Parliament:

Fareham: Suella Braverman

Stubbington & Gosport: Caroline Dinenage

you can write to:

House of Commons, London, SW1A 0AA



# What does Community First Fareham do?

**Community First Fareham is the Council for Voluntary Service (CVS) in Fareham.** We exist to provide a range of support services for local voluntary and community groups in the Borough. Groups can become members of our CVS. Membership is free and offers additional benefits.

**Help with setting up & running a charity;**  
applying for funding; good governance guides.

**Information about local activities & networking events;** links with local authorities, health & education services.

**Applications for DBS**  
criminal records checks; payroll services and bookkeeping advice

**Admin services:**  
photocopying, scanning, laminating, printing, typing & more

**Equipment loan:** laptops, projector & screen, P.A. system & more. Meeting room, hot desk & shopping centre unit hire at low rates

**Accessible minibus hire** for group use with trained drivers. Membership of the CVS required.

**Promotion of Volunteering:**  
Advertising local volunteer vacancies and putting potential volunteers in touch with groups.

**Training for groups:** trustee roles & responsibilities; volunteer management; safeguarding; fundraising; first aid; MiDAS and more

For more information see: **[www.cfirst.org.uk](http://www.cfirst.org.uk)**