

Annual Review

for the year 2014 to 2015



Given at the
AGM on 25th November 2015

Members of NAVCA (National Association for Voluntary and Community Association)

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A very warm welcome to our 19th AGM and again for this year our Conference

“Together, to make a difference”

Community Action Fareham is all about working with charities and community groups to make a difference for the people of Fareham. Through the conference we want to celebrate your achievements, learn more about your activities during the past year and listen to your ideas for the future—in making the difference that you do. I would like to mention one or two highlights of our year.

The Mayor's volunteering awards ceremony once again was a most successful and enjoyable evening, our thanks to the Mayor for this valuable support. It provides an opportunity to recognise and celebrate the work and support that an amazing number of people in Fareham give in a voluntary capacity to our variety of charity and community groups. This year 82 people received awards, having been nominated by their groups for the excellent work and support they provide. Many of these people have been involved in volunteering for a good number of years; groups value their support and indeed state that they would have difficulty functioning fully without them.

The continuing success of the Voluntary Sector Health Forum in its second year is also to be celebrated as it enables health and disability groups from both Fareham and Gosport to meet with the Clinical Commissioning Group, Southern Health, Solent NHS Trust and Adult Services, to share, discuss and look for solutions to problems relating to health issues which are mostly related to long term conditions. Surgery Signposters is a pilot project arising from the forum—a leaflet is available which explains the scheme. While it has already started in Gosport, three health settings in Fareham are developing projects with volunteers.

The success of the Health Forum has provided us with ideas to consider for the future, such as a forum for Older People's groups and perhaps a Children, Families and Youth groups forum. We would welcome your thoughts and ideas for them.

Community Action Fareham is in partnership with Gosport Voluntary Action in a project funded by Hampshire County Council. This has a focus to provide support in three specific areas :— Vulnerable Adults, Children and Families and Community Associations. We are also planning through this project how we can develop a closer working relationship generally across the two boroughs.

Finally, a big thank you to all staff, volunteers and trustees of Community Action Fareham for your ongoing superb work and support for all our member groups. Charities exist to “do good” and in collaboration we exist to help charities to “do good”.

In this climate of global budget reductions, it is heartening that within the voluntary sector there are so many willing hands and people like you who lead with tremendous ongoing commitment—a very big and well deserved thank you to you all.

June Powell
Chair

Together, to make a difference

Our conference theme this year, *Together, to Make a Difference*, embodies the reason for establishing organisations like ours.

Over 35 years ago, the Fareham and District Care Group Support Forum was established, because groups concerned with the care of, especially, older people wanted to collaborate. This led to the establishment of the Council of Community Service (CVS) and the integration of the Volunteer Bureau. One of the people at those meetings, with so much community insight was Les Ballard who sadly passed away earlier this year. Nothing was ever too much for Les; he was a driver for the Stroke Club and Community Action Fareham until he became unwell. He is sadly missed but his energy and inspiration remain an example to all of us. Lynda Young is another community activist who was an inaugural member of the Support Forum. Lynda was at the time an organiser in the Volunteer Bureau, she became a member of staff leading the Home Help service for many years. Now she is a volunteer coordinator of our Gardening Service and continues, every Friday to organise the Fareham Stroke Club. Always willing to help, Lynda has come back to us as a Trustee and we value her experience.

Everyone knows how the difficult financial times since 2008 have changed public services. This is having a great effect on many local organisations - although some never had reliance on external funding and are not affected in the same way. Funding restrictions in Fareham, in Hampshire and nationally make a difference to how community support groups can operate. This results in the need for community groups more than ever before. Nationally, for example, the statistic about the increased use of food banks illustrates this very well. The headline statistic is that their use is 40 times more since 2008. It's good to have the the Trussel Trust, the national support charity for food banks, now in Fareham with a fundraising charity shop.

inspired people organising to make a difference

The charity sector relies on two things; firstly having inspired people and secondly having them organise to make a difference. Community Action Fareham exists to facilitate these two things; this is through having resources, operating the Volunteer Centre, providing funding advice, making connections, enabling collaboration and providing training. Community Action Fareham could not achieve its superb results without its own collaborators, so I will mention some now.

You will have noticed our new website, the design and structure for that was provided by a Skill-Share from Zurich. That was along with development of our use of Twitter. We thank Paul French, Rich Court and Ben Norton for their assistance; we are now one of the few CVS with a "mobile-friendly" website.



Harbourside Training continues to be, not only a resource for local groups and partners but a collaborative community development activity in itself. We are grateful for the continued support of Hampshire Futures that administers the Skills Funding Agency contributions to Adult and Community Learning. This is not simple, we have to be "Ofsted ready" at all times. We work through a bidding process, we are paid on results only and we have to ensure quality of delivery through a programme of internal and external Observations of Teaching and Learning.

We work with 15 other organisations, technically they become our

provider agents; we ensure compliance with the quality standards. We achieve this with 10% of the funding. Over the last 2 years we have developed 4 local organisations that now provide training where it is really needed. For example, “Your Money, Your Way” succeeds in motivating participants to really start looking at how they spend their money. We are delighted that Emma Boorn who devised and presents Your Money, Your Way, graduated in September from the School of Social Entrepreneurs – well done. Similarly, the Friday Night Club, 3CEmpower and Special Foot Prints, are succeeding in their training developments.

We thank Karen Sanders who was with us for 10 years and organised Harbourside Training; in the beginning it was only to organise short courses, but it developed into a complicated arrangement with a turnover of over £100,000 per year. We are pleased to have recruited Julie Fisher and Jude Potts to the manage Harbourside Training and continue this important work.



The Fareham and Gosport Voluntary Sector Health Forum is now 2 years old. Community groups with a direct purpose of supporting people’s health and well-being meet every two months. We have 50 people at each meeting. We have almost completed one cycle of each group speaking for 8 minutes about their work and their “Priorities for Change”; these are the things that the Clinical Commissioning Group (CCG) or health service might change, in the light of the experience of the groups’ members. The forum was established only with the dedication of Vivienne Pugh, now one of our Trustees, who turned the concept into

reality. The success of the Forum is only possible with the full engagement of the CCG including provision of funding for the activity and meetings. We were delighted to have the Chief Executive and senior staff attend the Forum meetings; there has been continued support from Brenda Woon, Elizabeth Kerwood and Dr Keith Barnard. The forum would not have worked without Keith’s support and responses. Keith is a board member of the CCG and chairs the Community Engagement Committee; this provides the forum with a vital link. The forum is ably administered by Ruth Leaver, who took over earlier in the year from Linda Roberts.



Our partner organisation in the Health Forum is Gosport Voluntary Action (GVA). As our neighbouring CVS we have worked closely for 25 years, some projects have been joint with one of us taking the lead. Cooperation has been high and willingness to find practical solutions second to none. During the last 12 years David Miles has been GVA’s Chief Officer. He retired in October so we thank him for his work and commitment to collaboration between us and others. GVA’s new Chief Officer is Nicky Staveley who was their development worker and with whom we have worked closely over many years.



GVA is the lead between us for the HCC “cluster funding”. That is our core funding, now focussed on Children and Families groups, Older Persons Groups and Community Associations. We look forward to this new stage in cooperation and transformation.

Our volunteer-coordinated services continue. These are services with critical need in our communities; the Voluntary Car Scheme, Walking for Health, the Gardening Scheme and the Christmas day lunch. These services provide incredible support to people who need them while costing little to operate; but are also totally reliant on the provision of support from Community Action Fareham; that is leadership from Jennie Romicheva and the office infrastructure. The change in core funding from Fareham Borough Council and the new focus from Hampshire

County Council is a threat to these vital services but we hope we can continue to cope with the change.

The other parts of our infrastructure and community services are reported separately in this review. I'd like to thank our team leaders Michelle Addis, Jennie Romicheva, Jean Petter, Gavin Rowe and Jessica Wooldridge who lead the teams for Administration, Volunteering and Development, Home Help, Transport and Shopmobility. You will see from the separate reports that their work is so important and relies on their dedication and those in their team to see the need and to respond so effectively.

Community Action Fareham has 75 dedicated volunteers across all areas of work; their contribution is really valuable; we could not provide the services without them.

Some groups, directed by dedicated chairs, honorary officers and committees, are pivotal to community activity in Fareham; we would like to mention specifically the voluntary care groups in Portchester, Stubbington, Lockwood and Fareham Good Neighbours.

The role of Fareham Local Children's Partnership (LCP) led by Carol Allington makes a difference to the understanding of the needs of children and families in the Borough. Similarly there are many community associations that inspire and motivate involvement in their locality. We would like to thank Fareham Community Church for their cooperation and support; it's much more than just a church building or venue!



We, and many others, believe that it is possible for local businesses to help local groups and community action. We have some super examples with our AGM speaker from IBM, Zurich who helped not only with our skill share but with their Challenge Programme Grants Programme and more, we have Waitrose who supported groups with Give and Gain and sponsored our Volunteer Speedmatching event. Our Voluntary Car Scheme was supported by a grant from Santander. We are particularly grateful for the support of Condor, for the great price on our new copier and for the sponsored membership of Hampshire Chamber of Commerce. We aim to use that membership to connect more businesses and groups during 2016.

As the Fareham CVS we could not continue without the support of our local councils Fareham Borough Council and Hampshire County Council. We fully appreciate the budget difficulties of our local authorities and that they have to achieve more cuts. We are disappointed to have lost our core funding from Fareham Borough Council for the support of groups; as a result we will have to direct some groups to Eastleigh for 1 Community to provide support. We fully understand this will be confusing and frustrating, we continue to seek a rational way of dealing with this difficulty. We continue to work with Hampshire County Council to see how service transformation can be assisted in the face of a further £100m reduction in the county's income budget.

FAREHAM
BOROUGH COUNCIL



Hampshire
County Council

We thank our presenters for the conference; while each session was limited to 20 minutes there was considerable time over the last few months given to designing the presentation

The charity would not exist without its trustees. I would personally like to thank particularly our Chair, June Powell for her continuous support to me and to our staff and volunteers. Over the last year we have seen four of our trustees stand down from the Board, Kim Brindley, Raymond Hale, Barry Woodward and John Moreton; their support over years has been highly valued.

The charity is a Council for Community Service because of the work of our local organisations, these are led by many members, who continually look at local need, work out how to meet the need and seek resources they need. We are delighted that after years of use of many small support grants, HomeStart has obtained lottery funding that will support them for 3 years. Change is ongoing; Family Aid, who provided the women's refuge and other services, lost their 'Supporting People' funding but are inspired to develop other services critical to families. We have several ideas in place for new collaborative work that will make a real difference to people in their communities. The work of most groups is led by small groups of activists who have a vision and passion for improving quality of life. We hope that Community Action Fareham will continue to provide the background support, the infrastructure for that work, but we remain dependent on and thankful for the inspiration and dedication of so many good people.

inspired people organising to make a difference

Paul O'Beirne
Chief Executive



Fareham Volunteer Centre has been at the heart of the services that Community Action Fareham provides to voluntary and community groups in the borough. The introduction of funding for the Volunteer Centre from 2007 allowed us to develop the service in line with our counterparts in districts across the county. As part of the Hampshire Network of Volunteer Centres, Fareham has grown and developed partnerships enabling it to offer a

comprehensive recruitment and promotional service which operates seamlessly across district borders. We have formed valued relationships with local groups as well as with individuals who play an active part in working with us for the good of people in the communities of Fareham.

All services face change in the current climate and the Volunteer Centre has worked to embrace new technologies, striven to incorporate more efficient working practises and built partnerships with local agencies to achieve the best outcomes with limited resources.

Do-it *Be more* The new recruitment platform from the charity IVO was launched early in 2015. With its social media-style format it offers volunteers seeking placements a more interactive experience. Fareham Volunteer Centre has made cautious use of this new tool to promote vacancies for groups in Fareham but also understands the value of local connections and knowledge to help volunteers and groups to make successful, sustainable and good quality connections.

To this end we continue to use our local presence to highlight opportunities, our links with other agencies to promote events and our database of Fareham residents to send out targeted promotional materials. The Volunteering In Fareham and Event Volunteering bulletins continue to be valuable sources of information about local vacancies.



Volunteers' Week is the time of year that we make a special effort to recognise and reward the efforts of the many dedicated volunteers in Fareham. The Mayor of Fareham Cllr Mike Ford hosted a special evening celebration on 4th June, presenting 82 volunteers from 31

local groups with Fareham Volunteering Awards.

A special award was introduced this year in memory of the late Les Ballard who passed away in May. Les was a good friend to Fareham and an inspirational and long-standing volunteer and supporter of Community Action Fareham as well as many other groups. The Les Ballard Memorial Award for Outstanding Volunteering Contribution to the Fareham community was

presented this year to David Cockshoot, whose own exceptional volunteering activity spans support for at least seven local organisations.



Left: The Mayor and Mayoress present with representatives of Locks Heath Communicare Association with a volunteering award for the charity, which has supported isolated older people in the Western Wards of Fareham for over 30 years

We value the support of local businesses and their employee volunteers. This year we have formed new links with the companies below, helping them to form mutually valuable links with local voluntary and community groups:

Lloyds Bank Solent Call Centre, Segensworth
Austin Wyatt, Fareham
Capita Financial Software, Whiteley
Waitrose, Locks Heath
Zurich Trust
IBM

In May 2015 Community Action Fareham supported the Waitrose “Give & gain” day buy holding 2 workshops for local voluntary groups. The groups found the sessions very useful and we especially keen to follow up with a promotional event. With support from our hosts at Waitrose Café, Fareham Volunteer Centre held a Volunteer Speedmatching Event in September. 16 groups took the opportunity to meet local volunteers and share 3 minute “dates” to tell them about volunteering opportunities. Kate Mortimer of Waitrose was on hand with stopwatch and whistle to keep people moving and the café provided cakes. Volunteers left with goody-bags and the groups gained 96 expressions of interest from volunteers.



“I made excellent contacts and was surprised at how many volunteering opportunities are available locally.” Speedmatching volunteer

“it wasn’t just a case of getting potential volunteers on the evening but, it also allowed for networking with other organisations and raising our profile in the area, so thanks for organising.”
Speedmatching group

Fareham Volunteer Centre: Hub for Team Volunteering Offers

One of our Speedmatching groups – PEDS - which helps to educate young people with diabetes through pony care, took up the offer of army muscle from the MOD at Southwick Park that we circulated in October. Over just a weekend they cleared space, repaired fences and built sheltered space for the charity.

“They are the most useful team of helpers we’ve had in years.” Kate, PEDS volunteering co-ordinator.

Volunteering For All

Fareham Volunteer Centre works to support people of all ages and abilities to volunteer. We visited Fareham College to speak to their Health and Social Care students, attended the college Freshers’ Fair and have been promoting an offer from their Business Studies students to take on a team challenge.

Brookfield Community School Citizenship Studies students are working with us to make links with local community groups for a research project later in this academic year.

Volunteering enquiries are welcomed from people with disabilities and support needs across the borough and who are supported by agencies, groups, carers and friends. With our knowledge of the local voluntary sector we can help find opportunities to suit most people.

Thank you to Stuart Park, Sally Warmington and Brenda Jeynes for their support in the Volunteer Centre

Fareham Volunteer Centre also Co-ordinates



Fareham Voluntary Car Scheme is in its 6th year providing volunteer-led door to door transport to healthcare appointments for people who would otherwise struggle to get there by other means of transport. Over the course of 2014/15 the scheme took just under 1,600 bookings from 216 local people. We welcomed 4 new drivers to the team and have been able to offer training and other support thanks to donations from passengers and a £1,000 grant

from the Santander Foundation. We are as ever hugely grateful to our dedicated volunteer drivers:

Brian Roberson, Peter Trott, Peter Stoddard, David Holgate, Donald Hughes, Terry Gillespie, Howard Thomas, Jason Gines, Mo Hedges, Colin Knight, Teresa Knight Wendy Walker, Roger Woodrow, Derek Trewin and Flavia Trewin. And to our brilliant schedulers: Jenny Holgate, Ray Gardner and Sarah Weald



As long-standing members of the Good Neighbours Support Service, we are grateful for their support, information and advice on running the scheme.

**Fareham
Gardening
Service**



The gardening service continues to help residents in Fareham who are no longer able to manage their own gardens. Our volunteer Gardening service co-ordinators introduce enthusiastic amateur Gardeners to registered clients to provide mowing and hoeing services throughout the year. The service is regularly supporting 170 clients right across the borough with the assistance of 29 gardeners. We recruited 7 new gardeners this year, but still we struggle to meet the demand. Thank you to Peter Cole, Gerald Everitt and Lynda Young for managing the service from the Volunteer Centre office.



Fareham Walking For Health passed the national accreditation standard once again this year, which measures the scheme against 3 criteria set by Macmillan and Ramblers:

1. Walks are free
2. Walks are led by trained volunteer Walk Leaders
3. Walks are of 30-90 minutes duration and are graded for varied abilities.

Since summer 2015 we have been working with Westlands Medical Centre and Portchester Community Association to start up new walks in Portchester. With the help of our volunteer Judy, Pam from PCA and staff from the surgery, the Westlands Wednesday Walk was launched in late September. It has proved to be very popular and well supported. We plan to extend this successful project to other GP surgeries in Fareham.



Above: Dr Tucker (*left*) of Westlands Medical Centre sets off the Westlands Wednesday Walkers on their inaugural walk in September, led by Judy (*right*)

Thank you to all our Walk Leaders: Ron Howard and Bob Currie who chose to step down as Walk Leaders this year after supporting the scheme for many years. Alan Goodrich, Dave Thompson, Mike Harvey, Robert Poulton, Maurice Shergold, John Newman, Judy Newman, Kyela Trivett, Penny Poulton, Dave Minter and Keith Percival between them offer up to 30 walks a month. Ray Blandford undertakes the all-important task of compiling the schedule every 2 months.



Fareham is rightly proud of the Christmas Day Lunch which is now firmly established in the community calendar. We started receiving booking requests in August this year!

Thanks to a partnership with Community Action Fareham, Christians Together in Fareham and Fareham Good Neighbours, people who might otherwise spend the day alone have the opportunity to come together for a home-cooked lunch. In 2014 82 3-course Christmas meals were served to guests plus refreshments to 40 volunteers and meals delivered to people at home. Every guest took home a wrapped gift and a plated tea. We were generously supported once again by individuals and businesses with cash, gifts and food items. Thank you to: Trinity Lunch Club, Fareham Sailing Club, Good party Co., Lucketts, West End Chapel, The Children's House Nursery and many individual donors.

Jennie Romicheva, November 2015

Dial a Ride and Community Transport Annual Report 2015

This is my first annual report as Transport Manager for Dial a Ride and Community Transport, although I have been working in this office since 2008 it was a bit of a baptism of fire come April this year.

We had yet another change to concessionary fares, this time passengers having to pay full fare if travelling before 09:30 due to government changes; this seems to have worked OK.



With Jessica returning to full time at Shopmobility, it left just Scott and me, between us we have considerably less hours available and lots to learn. Scott has taken on the challenges of a new environment with gusto and is now an essential cog in the operation.

Despite all this uncertainty, things are heading in the right direction with passenger numbers steadily increasing throughout the year.

But we need to keep on top of this, Debbie and Wendy in Gosport and Jeff and Dave in Fareham are working extremely hard to encourage new members.

The Tea & Tiffin service continues to thrive, so much so that we have started putting on two vehicles to accommodate thirty people at a time.

We are always looking for new venues within the locality and have lots of suggestions from our passengers and this is most appreciated. We have to make sure of suitability especially when it comes to accessibility. Huge thanks to David, Ian, Dave and all those that have helped to make it such a great success.



Peter Shurville has ensured that not only is our fleet in tip top shape but also helping Gosport Voluntary Action with maintenance schedules and procedures.

A big welcome to Gary Young and Steve Caine who have joined our fabulous team of volunteer drivers, we are always looking for anyone who can help get the good people of Fareham out and about.

We continue to provide transport for both Fareham and Portchester Stroke Clubs, Wallington Community Association, Brendon care, Gosport Live at Home Scheme, Fareham Friendship plus many others on a regular basis. We could not do this with the help of all our volunteer drivers, a big thankyou to them!



We also have a new vehicle in our fleet a Mercedes Sprinter which is a great all-rounder and very comfortable! (See the picture below)

Some great news from the Department of Transport, that our bid for the Community minibus fund was successful!

So we should receive a brand new minibus sometime in 2016 and increase the size of our fleet.

Utilisation of our fleet is something that we are always striving to improve especially at weekends and are currently working with Fareham Community Church to provide transport on a Saturday.

So we are looking forward to the next year and the challenges that it brings.



Home Help Service - Annual Report – 31 August 2015



We provide a Home Help service for anyone within Fareham Borough who is unable to do their own housework or arrange this for themselves. Shopping can be included for clients who need it.

Home Helps work as self-employed and in most cases are paid directly by the client. Clients also pay an administration charge for the running of the service. Client confidentiality is strictly observed.

On receipt of a referral for a new client we arrange a home visit to discuss the client's requirements for the service. Assuming we are able to take on the client we then start looking for a Home Help with time available in the given area. This can often be achieved almost immediately but sometimes takes a little while, particularly if the client requires a specific day and/or time. Each client has the same Home Help each week at the same time for their permanent arrangement. When a Home Help is either on holiday or off sick we try to arrange a temporary cover Home Help for that client if required.

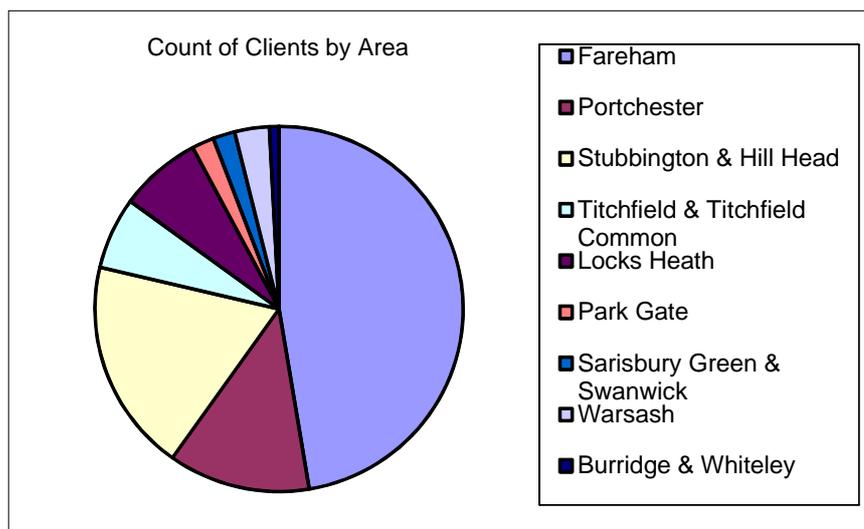
Often a lot of thought goes into the allocation of Home Helps taking into account lots of factors, including area, day & time required and available, whether a Home Help will go to a smoker, avoiding sending a Home Help with a cat allergy to a cat owner etc. Home Helps who drive do not get any mileage allowance, even if they are shopping for a client, so travelling distance needs to be considered.

We aim to hold a register of Home Helps with sufficient capacity to cover the number of clients and endeavour to maintain some spare Home Help time availability in all areas in order to be able to provide new clients with a Home Help as quickly as possible and to be able to arrange covers when needed for holidays and sickness. More Home Helps are recruited as needed. Once we receive an application we apply for references, then interview and if that is successful we do a DBS (Disclosure & Barring Service) check and train the new Home Help in all our policies and procedures.

Average client number for the year was 370. On 31 August 2015 we had 361 clients and 84 Home Helps and were delivering 588 hours per week - 1.6 hours per client.

Client numbers by area as at 31 August 2015:

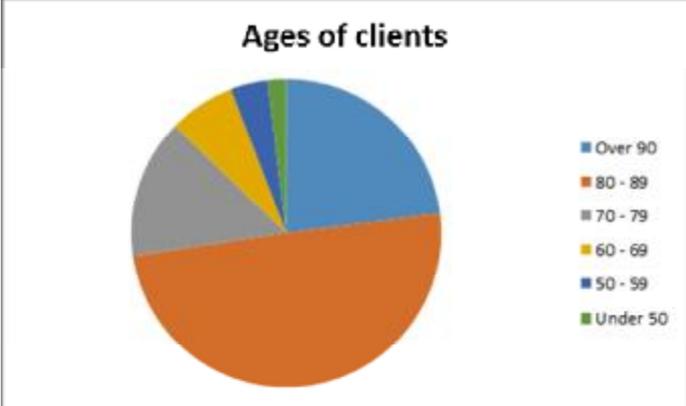
Area	Clients in Area
Fareham	171
Portchester	45
Stubbington & Hill Head	68
Titchfield & Titchfield Common	23
Locks Heath	26
Park Gate	7
Sarisbury Green & Swanwick	7
Warsash	11
Burridge & Whiteley	3
TOTAL	361



The majority of clients have 1, 1½ or 2 hours per week. A few have more than this and a few have fortnightly. In the last year we have continued to take referrals and have taken on 76 new clients but lost 103. Of these, 23 had died and many others moved into residential care or moved away from the area to be nearer to family. Of the 76 new clients only 56 were still receiving the service at the end of August. We have taken on 13 new Home Helps and lost 21 during the last year, but still had sufficient Home Helps to service the number of clients.

Client ages as at 31 August 2015:

AGE Range	No of clients
Over 90	83
80 - 89	179
70 - 79	53
60 - 69	25
50 - 59	14
Under 50	7
TOTAL	361



23% of all clients are aged over 90. (In 2014 this was 24% and in 2013 was 26.5 %) Four of these clients were over 100. 73% of all clients are aged over 80. Only 6% of all clients are aged under 60. 69 clients are from 2-person households so the total number of people being helped is 430.

Length of time Clients been receiving Home Help service as at 31 August 2015

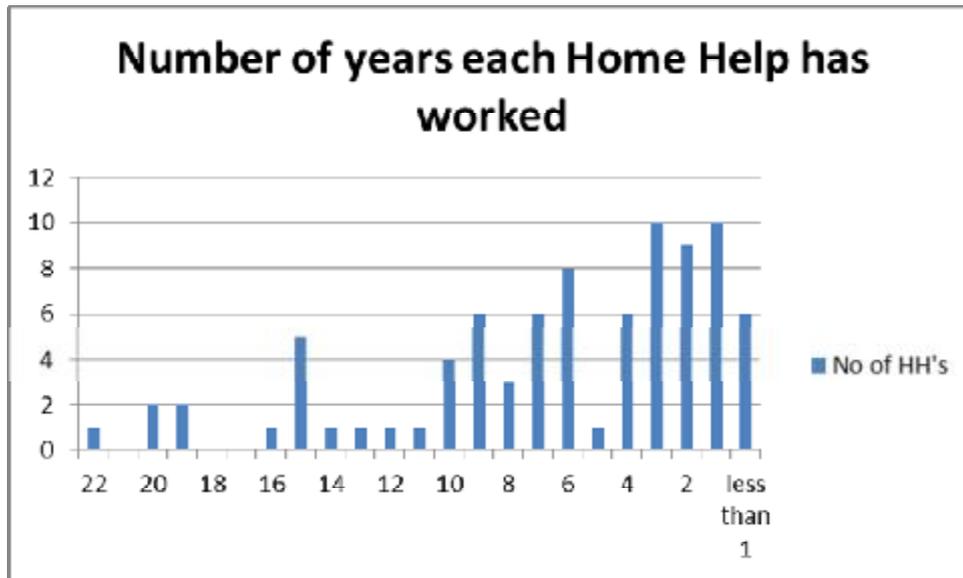
The following table shows how long each client has been receiving service from MOPS:

Year of start	Number of years service	Number of clients
1992	23	1
1993	22	0
1994	21	0
1995	20	0
1996	19	1
1997	18	2
1998	17	2
1999	16	1
2000	15	3
2001	14	5
2002	13	9
2003	12	10
2004	11	5

Year of start	Number of years service	Number of clients
2005	10	9
2006	9	13
2007	8	20
2008	7	25
2009	6	20
2010	5	27
2011	4	36
2012	3	31
2013	2	41
2014	1	40
2015	Less than 1	60
TOTAL		361

Home Helps years of service

The following chart shows how long our existing 92 Home Helps have been with us:



During the year 96 client visits were made. This included some re-visits to clients who had moved and some where the person decided afterwards not to have a Home Help or made their own arrangements. We have arranged 75 permanent Home Helps for new clients, 154 replacement Home Helps for existing clients and 406 temporary covers. Each cover is either for one visit, several visits or in some cases a longer period – sometimes a number of months for long term sickness.

On 30 June 2015 letters were sent out to all clients and Home Helps advising them that we were increasing the Home Help pay to £7.20 from 1 August 2015. We did not receive any complaints about this from any clients and no one said they could not afford to continue with the service because of this increase. In fact, some clients mentioned to us that they felt the increase was greatly deserved by their Home Help. Incidentally, in his Summer Budget presented to Parliament on 8 July 2015, The Chancellor announced that from April 2016, a new National Living Wage of £7.20 an hour for those aged 25 and over will be introduced.

Anyone living in the Borough of Fareham who requires a Home Help can contact us for a referral to be made. We are also keen to hear from anyone who wishes to work as a Home Help.

Thank you to Gail and Jayne in the office and to all the Home Helps for their continued support to our clients.

Jean Petter
Home Help Co-ordinator

Shopmobility Annual Report 2014/15



Fareham Shopmobility has had another full and exciting year. Customers have continued to support us and likewise, we been able to provide nearly 8,000 daily hires of wheelchairs or Mobility scooters for people to enjoy the towns' shops and facilities. That's over 150 satisfied customers a week!

We are continuing to fund raise on a regular basis and cannot thank our customers enough for their assistance; in fact we have received over £3,500 in donations in the past 12 months.

By working in partnership with many of the other local Shopmobilities, we have introduced a Day membership user rate. This allows visitors to access our locality at a more affordable cost. We have also introduced a wheelchair membership in line with most of the 'Wessex' Shopmobility schemes.



We have been privileged to have some new volunteers on board, so welcome to Ann, Rosemary, Aiden and Karen. We have said a sad goodbye to Brenda, Jo, John, Rena and Harold; who between them notched up over 53 years of Shopmobility volunteering! Happily, we are able to continue to thank June, Shirley, Ann, Adrienne, Tony, Gilbert, Jason, Mike, Dave, Sonia, Mave and Jim for their dedication. We still need more volunteers, so if you would like to find out more, please give us a call.

By listening to our customers, we have been able to maintain existing assistances and also introduce new services and ideas for support:

- We hand out Hearing Aid batteries for patients of the Audiology Dept at QA hospital.
- We provide a customer collection service for Shopmobility users called Collect'N'Scoot. Thank you, Tim for driving so carefully for us.
- We will be supporting the HCC initiative 'Hitting the Cold Spots' with woollen leg blankets, mittens, hot water bottle covers, hats and similar available for a small donation. Thank you to our customers and volunteer knitters!
- We have worked with Chichester Shopmobility to allow our scooters assist people at Goodwood events.
- We continue to deliver scooters to the bus station to help our customers with accessibility.





The pop-up Gallery continues to provide a comfortable space for many local charities, groups and community organisations to show the services, support and benefits they can offer local people. We have had displays from The Rainbow Centre, Hampshire County Council, local churches, the Volunteer Centre and Shopmobility to name just a few. Fareham Art Group has a delightful and continual exhibition of paintings from local artists. They also have annual displays from the Aviation group which includes models of planes too!

Thoughts from a customer.....

Here to help

There is a little place in Fareham	Of which few people know.
In the multi storey car park	On the floor down below
It caters for the type of folk	Who are wary of their pegs
Supplying a means of transport	To help them save their legs
From nine in the morning	Until gone four in the afternoon
Us oldies and such, have got transport	I can assure you, such a boon
We pay an annual subscription	And as required, a daily rent
For that, there independence	I reckon, its heaven sent
There are three and four wheeled chariots	Of types that we all know
Some are automatic	For others, its push and go
If you are in Fareham	And cannot walk about

Dial 282929

Shopmobility will sort you out

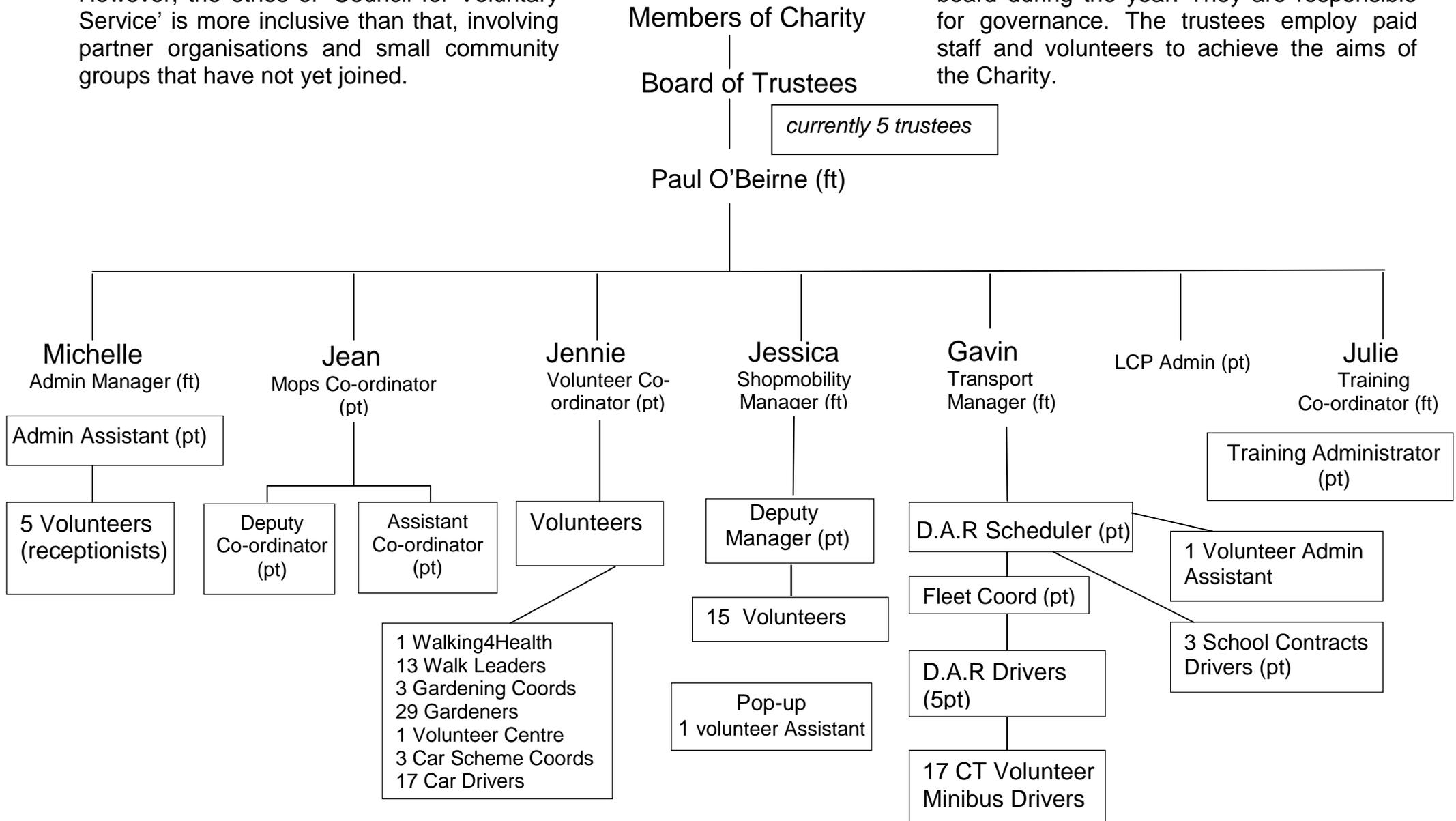
M.Powel 2015

Organisational Staff Structure

Community Action Fareham

The members of the Charity are its 'Owners.' They get their say at General Meetings. However, the ethos of 'Council for Voluntary Service' is more inclusive than that, involving partner organisations and small community groups that have not yet joined.

Trustees are usually elected from the Membership but can be co-opted by the board during the year. They are responsible for governance. The trustees employ paid staff and volunteers to achieve the aims of the Charity.



Reports from Member Organisations

The Friends of Fareham Community Hospital

The Friends have had a busy year helping both staff and patients at the Community Hospital.

Talks on possible expansion of the role of the Hospital have borne fruit; with a new ultrasound diagnostic service. In addition, the Hospital now hosts a weekly dementia advisory service provided by the Alzheimer's Society, and an afternoon Memory Group for people with dementia and their carers, offering friendship, activities and refreshments, which has proved immensely popular. Friends' volunteers are helping Alzheimer's with this and the Hospital is in the process of gaining Dementia Friendly accreditation. Our volunteers also continue to staff the blood-testing appointments desk, provide a meeting and greeting service and occasionally help with administrative and clerical tasks.

After persistent lobbying by the Friends, the CCG and our Councillors to reinstate a Red Cross Mobility Aids Depot in the Western Wards, we are happy to report that this is planned to take place at the Hospital early next year. We are currently helping the Red Cross to find them volunteers to man this service.

The Friends have continued their fundraising activities, and have recently provided a moving and handling aid for the X-ray Department, wall-mounted fans for Consulting Rooms, five new watercoolers to replace old models, and physiotherapy gym equipment. In consultation with Hospital staff, we have also produced a leaflet listing health services available there.

Waitrose store in Locks Heath Shopping Village kindly included the Friends in their Community Matters sponsorship scheme for July, and thanks to the votes of customers we have been presented with a donation of £480 to help with future projects.



Annual Review for Fareham & Gosport Lipreaders

Fareham and Gosport Lipreaders is a not for profit small charity set up in May 2014 in response to funding for the classes being withdrawn. In setting up the charity, Community Action Fareham provided invaluable practical and procedural advice to steer us along the right path.

Our aim as stated in our constitution is to 'improve the health and wellbeing of people who are deaf or hard of hearing by learning lipreading skills which assist in countering the effects of isolation felt by people with this sensory impairment'

Each ten week term we provide a professional tutor and venue for a beginners and an intermediates class once per week. Learning lipreading skills forms the main part of each session but students also learn valuable information about the different forms of deafness and how they can best manage their own hearing problems. Being in a group of similarly affected people has helped many of our students gain in understanding and confidence led by the tutor's experience and in general discussion with each other.

This has led to more of our class members keeping up their social activities and having the confidence to say "I am hard of hearing please could you face me and speak slowly with your normal voice."

As a not for profit small charity we have attracted small amounts of funding from some local businesses. In addition we have received generous donations from members and friends and raised extra funds from our own efforts including a very successful Garden Party. Most beneficially however, as we are teaching a skill, Harbourside Training successfully bid for funding from Hampshire Futures. Whilst not covering the full cost of the lessons it does help us maintain a low membership fee so that the classes are accessible to all adults regardless of income.

We continue to attract members up to a maximum of 12 per class. Fareham and Gosport Lipreaders will continue into 2016 providing the skills to help the hard of hearing come to terms with their disability.

Gerald Everitt, Secretary - Fareham and Gosport Lipreaders



Portchester & District Community Association (PCA) – The Portchester Hub

After perhaps the most hectic year in its 52 year history, the Association finally saw building works at the Portchester Hub completed October 2015. Transformation of long-empty premises to a thriving community resource was achieved through incredible effort by a stalwart band of volunteers, an amazing local builder and fantastic local trades-people –and all on a tight budget. Complex issues involving labyrinthine drains, duplicate power supplies and removal of a walk-in safe were all sorted. And throughout the chaos, PCA kept all core services and facilities running on a mix of community effort, (mostly) good humour and blind faith! Some finer points await attention but the bookshop, information point, IT room and the meeting room are all fully functioning. Little Andy-Pandy nursery for 2-year olds also opened for business (complementing the main Andy Pandy pre-school based off-site). The imaginative light-enhancing roof and the entertaining mural are just two of the nursery's lovely features.

Highlights of several annual events included local schools participating in Christmas 2014 carols and lights in the precinct (working with Portchester Traders Association) - and a perfect June day for the 2015 Portchester Gala! Outreach services continued throughout offering sports, social activities, toy library and community learning across several local community venues while new Hub activities include a healthy lunch and fitness club for seniors and a popular art class. The wonderful and committed volunteers who run many activities and support the small staff team are periodically assisted by young-person placements (from UK and other European countries) and two young apprentices have recently joined the workforce. PCA has come a long way in a short time! Do come and see - drop by or visit the website.



The Hub opens its doors 2014



Paradise in Portchester craft group aka "CraftyPIP"!

PCA actively works with many local groups for wider community benefit and participates in several networks, especially concerning children's services and health. It also always enjoys working with (and appreciates the support of) Community Action Fareham; in particular on volunteering matters, development of Portchester sub-groups of Fareham-wide initiatives (such as Walking4Health) and liaison with statutory health services. PCA has benefitted from its comprehensive knowledge of the Fareham Voluntary Sector and a range of excellent infrastructure support services - which together are of course, its *raison d'être*. Thanks to all the team at Community Action Fareham!

Fareham and Gosport Basics Bank



There has been a foodbank in Fareham for at least the last ten years. It was set up in 2003 by Friends of the Homeless, a christian charity, with the aim of reaching out in practical ways to people who find themselves in a short run crisis situation. The Basics Bank aims to provide practical help (food, toiletries, some clothing) in a welcoming, caring environment where each person is valued and respected as an individual regardless of their circumstances.

Much is owed to the unstinting contribution made by our volunteers who sort tins, meet and greet our clients and give them the seven days worth of food and toiletries which the bags contain.

We are wholly dependent on donations and support from churches, schools, other organisations and from the wider community in fulfilling our goal. We are grateful for the generosity we experience from our community. Without that regular and generous support we would not be able to help so many who are going through difficult circumstances in their lives. In the last twelve months, we have been able to respond to over 1000 referrals, feeding around 2000 people in Fareham. If the figures for Gosport are included the referrals rise to over 2200, feeding over 4200 people, one third of whom are children.

It is difficult to predict what the future holds. But there can be little doubt that the continuing welfare reforms, such as tax credit revisions and the planned introduction in this area of Universal Credit, will most probably make a downturn in referral levels unlikely. We shall see!

Locksheath Communicare Association

Locksheath Communicare Association has 130 wonderful volunteers who provide many services to the Senior Citizens of the Western Wards.

There are the co-ordinators who arrange for our drivers to take people to many and varied medical appointments - hospitals, Doctors, Opticians, Dentists. They not only transport them but frequently accompany them to their appointments and wait with them.

Then there are those who run weekly lunch clubs at Sarisbury Green Community Centre and the Victory Hall, Warsash.

There are a dedicated band of volunteers who man the Coffee Shop 5 days a week in the Lockwood Centre and who are the main source of our fundraising.

Finally there are the minibus drivers and escorts who transport people to the lunch clubs and who run shopping trips on Thursdays and Fridays.

All exceptional and wonderful volunteers who so readily give of their time and expertise.

However, we do need more volunteers in every sector plus our Treasurer and Secretary would like to retire! Please contact Carol Allington on carola796@gmail.com if you are interested.

Carol Allington
Chairman,
Locksheath Communicare Association

The Moving On Project

The Moving On Project is a free and confidential counselling service for young people aged 11-25 who live in Fareham or Gosport.

Counselling is far more than listening; during counselling a unique working relationship is built based on acceptance of the young person, unconditional positive regard and empathy. All Counsellors are professionally trained in psychology and use psychological theories and techniques in their counselling to help young people.

At the end of counselling often the young person will be left with an enhanced understanding of how to promote their mental health and wellbeing. They may have learnt coping strategies that work for them. Have a heightened awareness of the triggers, situations or factors in their life that have a negative effect on their mental health.

Counselling sessions at the Moving on Project are offered at different venues in the Fareham and Gosport area. At the X-perience Youth Centre Trinity Street Fareham, the Accomodation Resource Centre, Forton Road Gosport and the Forton Medical Centre in Gosport.

Anyone can refer themselves to counselling by calling us on 01329 822331 or emailing info@the-mop.org. We take details from the person who calls and then arrange an initial assessment. This is with one of our trained Counsellors and is an opportunity for the young person to tell the Counsellor why he or she thinks they need counselling. Our Counsellors are approachable, friendly and professional.

At the assessment the Counsellor will listen to the young person and talk about how counselling works so they can decide if it would help them. Following an initial assessment a young person is offered six sessions of counselling.

Counselling is an opportunity to talk to someone in confidence, about anything that is causing a young person to worry. This could be about home life, school, college, relationships or just about how they are feeling about themselves.

It is for when there are things going on in their lives that they find hard to talk about with people who are closest to them.

Many issues are dealt with in counselling such as:

- Feeling low or depressed
- Sexuality
- Relationships with friends/family
- Problems with drugs or alcohol
- Abuse
- Bereavement
- Difficulties at school/work/home
- Feeling Stressed or anxious
- Making a difficult decision
- Self-harm
- Anger management
- Loneliness or feeling isolated.

Counselling is an appointment with the same counsellor every week, who will listen to the young person and help them explore how they are feeling.

Our counsellors are friendly, welcoming and will not make judgements about a young person or their problems. A Counsellor will never tell them what to do or give advice. A young person can have a male or a female Counsellor and if for any reason they want to change their Counsellor we will do our best to help.

Feedback is sought from all users of the counselling service as they complete their individual counselling sessions which gives us information on what works well and to make sure our counselling service is offering help in the best possible way.



Fareham Fairtrade Borough Working Group

The Fareham Fairtrade Borough Working Group (FFTB) was formally established in 2005, although people have been promoting and selling Fairtrade products in the area since the early 1980s.

We secured Fairtrade status for the borough in 2007 and have renewed this status at regular intervals ever since. We are supported by Fareham Borough Council as well as many individuals, groups and organisations across the borough.

Fairtrade is important because it gives people in developing countries a chance to trade their way out of poverty. Simply relying on aid is degrading, demoralising, disabling and unsustainable. Building active and fair trade systems gives hope, dignity and sustainability.



Fairtrade guarantees a fair wage for the farmers and producers, safe working conditions and a small premium for their communities. Fairtrade is an easy way for us in the 'developed' world to support this. By simply choosing an item with the Fairtrade logo on it, you are making a direct difference to someone in the developing world.

For more information go to our local website: www.fftb.org.uk or to the national Fairtrade Foundation website: www.fairtrade.org.uk If you would like to talk to someone about this or get involved, phone Rachel Hicks on 01329 312895.

Fareham Stroke Club Report August 2014 – August 2015

The Fareham Stroke Club had a very successful year – this being our 28th year.

We average 35 members at our meetings, but have over 40 members on our register. We have members from Titchfield, Locksheath and Stubbington, as well as all areas of Fareham itself. Although many members live with their families, others live alone or are residents in rest homes.

Meetings are held in the W I Hall, Oak Road, Fareham. We meet every Friday afternoon (except



Good Friday and three weeks at Christmas), from 2.30pm till 4.00pm and are always pleased to welcome new members to our meetings. We are also pleased to welcome new volunteers to work on a rota basis helping at club meetings.

We are most grateful and give thanks to ALL the volunteers who welcome the members on arrival, serve tea and help in any other way. Without these willing volunteers we would not be able to run our club. Thanks must go to our volunteer helpers, Rachell Boulter, Elaine and David Boggust, Pam Haward, Pauline Spencer, Sue Kelly and Samantha Sayer. We are also grateful to Kathy, who comes once a month to do hand massage and nail treatments for members.

As always we have had a varied programme suitable for both the male and female members. We have enjoyed a talk on Bee Keeping, Canine Partners and watched a performance of magic. We had musical entertainment, our own quiz, games and craft afternoons, several sessions of gentle exercises to music and a visit from the Stroke Association updating us on their services.

We have a Strawberry and Cream Cake tea and on members birthdays we have special cakes and a very small glass of sherry are provided (Sorry the driver has to miss out on the sherry).

The club tries to have three outings a year, to the Wheelhouse for tea in the Spring and for a fish and chip lunch in September, these are always enjoyed, whatever the weather. We also go to the Christmas Tree Festival at the Methodist Church, having decorated a Stroke Club Tree – and we have afternoon tea in the big hall.

We give our heartfelt thanks to our team of Volunteer Drivers who drive the community buses to pick up those members who are in Wheelchairs, together with the more mobile members. As the majority of our members are dependent on transport for getting to club meetings, the drivers are a very necessary part of the team. Those drivers are Cliff, Bo, Dave, David, Richard, Tim, Peter and Nigel. Special thanks also goes to Gavin, who sorts out our transport and finds these willing volunteer drivers.



We cannot talk about our drivers without paying tribute to Les Ballard, who sadly passed away in the spring of this year. Les was not just a driver but a friend who always found time to help us

and any members of the club, not just at meetings but during the week, we just had to ask. Les is greatly missed by us all!

As we do not receive any grants towards the running of the club, we do fund raising at the Stubbington Show and hold a Bring and Buy Sale in the Autumn to help with the running costs. These include hire of the bus, rent for the hall and payment to speakers and outings. We are grateful to members of the Methodist Church who have supported us with fund raising and Shirley Henderson who runs a stall on our behalf at the Monday Mini Market.

We keep a selection of Stroke Association Information Leaflets and are affiliated to the Stroke Association. We are also affiliated to Community Action Fareham and thank them for their continued support and thank Michelle Addis for typing our end of year accounts.

Report from Lynda Young

Fareham Good Neighbours

Our group covers the whole of Fareham Borough from Portchester to Warsash and Wickham to Hill Head (another group covers Stubbington Village and Hill Head).

Aims of the group

FGN aims to alleviate the loneliness of people who live alone and are unable to readily leave their homes for social contact. This is achieved by our volunteers agreeing to visit such a person on a regular basis (weekly or fortnightly) to talk with them, keep them company, listen to them and when appropriate be a friendly person to help them through difficulties (typically with understanding correspondence or situations or where to seek help).



Our volunteers do not provide care, nor shopping, gardening or cleaning nor transport but are there to be a friendly contact with our clients. Each volunteer is assigned to one (or two) people and unless circumstances change, they stay with that person.

A few of our volunteers take their client out for social outings, such as shopping or to a garden centre for coffee. This very much depends on their own circumstances and the abilities of their client.

This year will be the sixth year that FGN has worked closely with Community Action Fareham to provide a Christmas Day lunch for people who would otherwise be on their own on Christmas Day.

Contact: David Cockshoot 07756 864961

The Rainbow Centre

The Rainbow Centre has been serving the local and regional community for 25 years providing a unique system of learning called Conductive Education (CE). CE embraces the entire individual and is effective in training undamaged parts of the brain to take control of motor functions previously managed by areas of the brain which no longer work.



Children and adults benefit from greater independence, core strength, improved speech, stability and mobility as well as increased confidence and self esteem. Children who were unable to meet normal developmental milestones learn to sit up, stand, walk and play. Adults regain their independence and learn practical strategies to help them live as normal a life as possible.

We are presently supporting 45 adults and 46 children but don't just work with our attendees. We support the entire family and also teach parents and carers/partners key techniques to take CE back into the home. The benefits go beyond the individual to the community as our children and adults go on to lead more independent and fulfilled lives with as little support as they are able.

Receiving no statutory funding we rely wholly on the support of individuals and companies within our community to keep our service running but equally important are our volunteers. We are honoured to have a diverse and talented group of people working with us from helping in sessions, working in our shops, our gardens, helping the fundraising team and office – quite literally we would not be the same charity without each and every volunteer.

Hazel (adult with Multiple Sclerosis)

Quite simply I would not still be walking if it wasn't for The Rainbow Centre. I can look at my feet and will them to move but nothing happens, then I say the verbal trigger "and we step" and my brain and feet just know what to do.



Matthew Baxter (young adult with cerebral palsy)

My parents were told that I would be crippled in a wheelchair by the age of 21 but here I am at 33 still able to walk with the aid of my sticks thanks to The Rainbow Centre. I travel from Surrey because it is the only service I have access to. For the years between childhood and retirement there is very little and yet they are the most years of your life.

Kelli and Leon Hayles (son Brohdi has cerebral palsy)

We have only been coming for a few months 3 mornings a week but we have noticed a massive difference. Brohdi has better eye contact and attention now so he gets less frustrated and doesn't hurt himself. He is happier integrating with other children in the park or playground and at playgroups. His walking is more controlled, his speech is started to improve and he is

gaining cognitively. When we are at home we still use the conductive education and even his sibling helps with exercises so it is helping their relationship too.

The Fareham and Gosport Diabetes UK Group

This has been a momentous year for us in meeting the challenges presented by the NHS report that Fareham and Gosport has the highest diabetic amputation rate in the UK ! We have taken up the challenge to find out why, and to try and help reduce it. Most amputations should not be needed.



The Big Collection Event

During diabetes week in June, we helped raise funds and awareness of diabetes at this national event in the TESCO Fareham store. Over £200,000 was collected for Diabetes UK and we gave useful information to lots of people worried about diabetes. We were able to

The Voluntary Sector Health Forum, started two years ago for health and disability groups in Fareham and Gosport, it has given us a marvellous opportunity. We were able to present our concerns about the amputation rate to the Clinical Commissioning Group and to get them to promise some improvements! We have also started new meetings in the Community Space at the Fareham TESCO each month, as well as at the Methodist Church in Gosport. The aim is to help us all learn how to manage our diabetes so that we minimise the serious risks, including amputations. We are also trying to find new ways of working with the CCG to help reduce the very high cost of diabetes care to the NHS – over 10% of the total budget and increasing! Many thanks to Community Action Fareham and the volunteers who set up the Health Forum - it is going to help make a significant contribution to health and wellbeing for everyone in our community!

Raymond Hale, Chairman, Fareham and Gosport Diabetes UK Group

Registered Charity in England & Wales. Charity No.1152292. Registered company in England & Wales. Company No. 8249953.

It has been a very busy year for us as a small international charity based in Fareham. We work in West Africa – specifically in Sierra Leone and Liberia. We have only been registered with the Charity Commission for just over two years even though we have been working for much longer.

Irrespective of our size, we were one of the key performers in the Ebola crisis in Sierra Leone where we sent out a 40ft container of tools, bicycles, mobility aids, medical equipment and two field motorbike ambulances for rural clinics and hospitals. Where larger charities pulled out, we remained committed and we delivered. We now support one regional hospital and three rural clinics in Eastern and Southern Sierra Leone.

During the past year we also supported ten community schools in Sierra Leone with educational resources collected in Fareham and across the UK. We also supported two of



the largest disability groups in Southern and Eastern Sierra Leone with mobility aids, and high quality professional and skills training tools (*where physically disabled people used to crawl to get about, they now use crutches and wheelchairs*). Furthermore, we worked with the only young offenders' institute (*The Sierra Leone Approved School*) in Freetown (*capital of Sierra Leone*) where we are the main partner in supporting skills training and improving sanitation.

Opposite: Community Schools in receipt of educational resources in Kenema, Eastern Sierra Leone.

In Freetown, we have also just introduced a tool support and skills training for young, single mothers, a three-year project that will assist 150 mothers.

During the year we established contact with the Ministry of Justice in Liberia where they are



very keen for us to implement our prison skills training and community rehabilitation project for young offenders. This is the result of our very successful project with the Sierra Leone Approved School.

This year alone we sent out three 40ft containers of medical items, tools, educational resources, mobility aids and field ambulances. All of these were loaded by our Fareham and Gosport volunteers. One 40ft container was sent from The Royal Hospital Haslar in Gosport where we were given access to take useful medical equipment for Sierra Leone.

Above: Fareham volunteers loading a container sent from the Bath Lane car park in Fareham.

Contact: James Fallah-Williams, Programme Director, Practical tools Initiative, Tel 01329 829 121. Mob: 07800586533

Members of Community Action Fareham

We have 155 members of the charity. Membership is open to any voluntary or community organisation that operates in Fareham.

We can also invite commercial organisations to become associate members.

2 nd Fareham Sea Scouts	Fareham Methodist Church
5 th Fareham Brownies	Fareham Music Festival
55+ Club	Fareham Musical Society
Abbeyfield Society (Fareham) Ltd	Fareham Peace Group
Action for Families Enduring Criminal Trauma	Fareham West District Scouts
AFC Whiteley	First Wessex
Alzheimer's Society Portsmouth & District Branch	Friday Night Club
British Red Cross (Disability Aids)	Friends of Fareham Community Hospital
Broadlaw Walk Community Space	Friends of Fareham Museum
Cancer Research Campaign	Friends of Hawthorne Court
Catholic Widows & Friends in Retirement	Friends of the Homeless (Fareham & Gosport)
Catisfield & District Horticultural Society	Friends of Wallisdean Infant School
Catisfield Memorial Hall	Friends Through Pain
Catisfield Village Association	Friendship Club (Fareham)
Chatterbox LGBT Group	Girl's Brigade – 1 st Fareham Company
Christian Ecology Link	Girlguiding Crofton District
Chrysalis	Gosport & Fareham Friends of the Earth
Churches Together in Fareham	Groundwork Solent
CISters	Hampshire Autistic Society
Citizens Advice Bureau Fareham	Hampshire Equality Group
Crofton Community Centre	Headway Portsmouth & South East
Duke of Edinburgh Award (Fareham)	Help in Bereavement
Eye Contact	Henry Cort Community College
Family Lives	Hill Head Residents Association
Fareham & District Model Railway Club	Holy Rood Church – Crofton CofE
Fareham & District Society of Model Engineers	Home Start Gosport & Fareham
Fareham & District Sports Ass. for the Disabled	Homefayre House Social Club
Fareham & Gosport Diabetes UK Group	KIDS Family Centre
Fareham & Gosport Family Aid	League of Friends of Ravenswood House
Fareham & Gosport Young Carers	Life Education Centres (Wessex)
Fareham and Crofton Cricket Club	Lincoln Sheltered Housing
Fareham and Waterlooville Cats Protection League	Lions Club of Fareham
Fareham Area Active Blind	Lions Club of Swanwick
Fareham Area Disability Forum	Little Angels Pre-School
Fareham College	Lockswood Indoor Petanque Academy
Fareham Community Church	Locks Heath Communicare Association
Fareham East District Scout Council	Locks Heath Community Association – Memorial Hall
Fareham Fairtrade Borough Working Group	Locks Heath Day Care Trust
Fareham First Responders	Locks Heath Free Church
Fareham Good Neighbours	Lockswood Active 60+ Group

Lockwood Community Centre
Marriage Care
Melvin Jones House

MENCAP Fareham & Gosport
Meon Valley Carers Group
Merry Hall Residents Association
Moresby Court

M.S Society
Muscular Dystrophy Campaign
National Childbirth Trust
Open Hands-Gambia

Open Sight
Our Saviour Lutheran Church
Parish Church of St Peter & St Paul
Parish of Holy Trinity Church with St
Columba
Parkinson's Disease Society
Paulsgrove Friendship Club
Portchester & District Community
Association
Portchester Voluntary Care Group
Portsmouth LGBT
Priory Park Community Hall
Priory Park Toddler Group
PUFF Club (Parent & Under Fives Fun)
Rainbow Centre for Conductive Education
Relate Portsmouth & District
Rotary - Fareham
Rotary - Fareham Meon
Salmiakki CIC
Sarisbury Green Community Centre
Sarisbury Green Pre-School
Sarisbury Parish Rooms
Sarisbury St Paul with Swanwick Barnabas
Silver Tops Group (Brendon Care)
Solent Diabetes
Solent Fuchsia Club
Solent Laryngectomy Club

Solent MIND Appropriate Adult Scheme
Solent Speakers
South East Hants Branch of Hearing Dogs for
Deaf People
Southampton Scrapstore
Southern Geranium & Pelgonium Society
St. John the Evangelist Church PCC
Soroptimist International of Gosport, Fareham
and District
SSAFA Forces Help
Stroke Club Fareham
Stroke Club Portchester
Stubbington & Hill Head Voluntary Care
Group
Stubbington Fayre Committee
Swan Court
Taking Steps Project
The Bereavement Centre

The Door UK
The Fareham Society
The Friends of Holly Hill Woodland Park

The Highlands Hub
The Moving on Project
The Portchester Society
The Urban Vocal Group
The Royals
Titchfield Festival Theatre
Trinity Pre-School
Trussell Trust
Victory Court Residents Association
Vitalise
Wallington Village Community Association
Warsash Over 60s Fellowship Club
Warsash Residents Association
Warsash Women's Institute
Whiteley Community Centre
Whiteley Pre-School
Whiteley Saturday Club
William Randal Cremer Trust
Y Services for Young People