

Who Cares in Fareham



Community Action Fareham

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

Community Action Fareham is a registered charity.
Charity Number: 1056395

July 2017 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 Action 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 enquiries@farehamaction.org.uk

This publication can also be viewed and downloaded from our website at:
www.actionfareham.org.uk/care

For a large text format of this directory please contact Community Action Fareham on Tel: 01329 231899 or Email: enquiries@actionfareham.org.uk

Contents

Community Services operated by CAF	5
Adult Children of Alcoholics	8
Age Concern Hampshire.....	9
Alzheimer’s Society.....	10
Autism Hampshire.....	11
Balance & Strength Classes	11
Brendoncare Clubs Hampshire.....	12
British Kidney Patient Association	13
The British Red Cross	13
Cedar Oak.....	14
Contact the Elderly.....	14
Chrysalis	15
Citizens Advice Fareham	15
Cruse Bereavement Care	15
Dementia Friendly Hampshire	16
Diabetes Support Groups	16
Fareham Basics Bank.....	17
Fareham & Gosport Lipreaders	17
Fareham & Gosport Wellbeing Centre	18
Fareham & Gosport Rethink Adult Mental Health	19
Fareham Autistic Spectrum Support	19
Fareham & District Sports Association for The Disabled	20
Fareham Macular Support Group .	20
Fareham Good Neighbours	21
Fareham Leisure Centre	21
Friends of Fareham Community Hospital	21
Friends Through Pain	22
Fareham Men’s Shed.....	22
Fareham Cardiac Support Group .	23
Hampshire Friends with ME	23
Harbour Cancer Support Centre ...	24
Haslar Bosom Buddies	24
Headway Portsmouth & South East Hampshire.....	25
Help in Bereavement.....	25
Home-Start Gosport & Fareham ...	26
Independent Age Hampshire & IOW	26
iTalk.....	27
Kroma.....	27
Live Well With COPD	28
Ileostomy Association	28
Lunches.....	29
Moving On Project.....	32
Multiple Sclerosis Society Gosport & Fareham.....	32
The Muscular Dystrophy Campaign – Fareham, Hampshire & UK.....	33
National Ankylosing Spondylitis Society	34
National Rheumatoid Arthritis Society	34
Open Sight	35
Osteoporosis Society	35
Parent Voice.....	36
Parkinson’s UK - Fareham Branch	36
Portchester Community Association	37
The Princess Royal Trust for Carers Support Groups.....	37
Emergency Planning for Carers	38
Portsmouth & East Hampshire Samaritans	38
The Rainbow Centre	39
Relate Portsmouth & District.....	39
Richmond Fellowship	40
Shedfield Riding for the Disabled..	40

Single Parents Support Group	40	Young Carers - Fareham and Gosport	45
Solent Laryngectomy Club.....	41	Unique	45
Southern Domestic Abuse Service	41	Veterans Counselling	45
Surgery Signposters	41	Council & Government Organisations	46
The Stroke Association	42		
Voluntary Care Groups	43		
Wessex Cancer Trust	44		
WILD (Wessex Interstitial Lung Disease support group).....	44		

Community Services Operated by CAF



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 **Tel: 01329 223144**

or email at: mops@actionfareham.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: £3 with a bus pass/£6 without a bus pass. An application form can be downloaded from our website:

www.farehamaction.org.uk/Dial-a-Ride.htm

or to find out more: **Tel: 01329 223151**

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

or email: dar@farehamaction.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 **Tel: 01329 223152**

or email at: ct@actionfareham.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 **Tel: 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

Tel: 01329 282929 or email:

infoshopmobility@actionfareham.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. **Tel: 01329 223140**

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.

Tel: 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

Or sign up for email updates at:

enquiries@FarehamW4H.org.uk

Tel: 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 5 times a year.

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

Email: hfgf@actionfareham.org.uk

Website: www.farehamaction.org.uk/hfgf/

Further information about all our services can be found on our website: www.farehamaction.org.uk/

Local Organisations Offering Support

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.

We take positive action by practising the Twelve Steps, focusing on The Solution and we find freedom from the past and a way to improve our lives today.

We meet at Community Action Fareham each Sunday from 6.30pm – 8pm.

Please check our **website** for more information:

<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 07825 551118 or Tracey 07988 037894

Email: 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 to over 58,000 people each year. Services include Day centres, Information and advice outreach, Village Agents, OPAL, Food and friendship (alongside Meals on Wheels), footcare and computer lessons.

People can enquire and join without referral, but equally professional referrals can be made.

Tel: 0800 328 7154 info@ageconcernhampshire.org.uk

We are open Monday to Friday 8:30 - 4:30pm,

or write to:

Saint George's House, 18 St. George's Street,
Winchester, SO23 8BG

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, computer classes 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

Tel: 01489 578152

Alzheimer's Society

Portsmouth, Isle of Wight & SE Hants

Tel: 02392 892035

Email: portsmouth@alzheimers.org.uk

Website: www.alzheimers.org.uk



Dementia Adviser Service

The service focuses on wellbeing rather than illness to support people as they come to terms with and live well with dementia. It assists with health and care support available, it offers advice on state benefits and planning for the future. Local activities include:

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 9am - 5pm, Fareham Community Hospital, Brook Lane, Sarisbury, Fareham.

Contact: Kirsty Samson **Tel:** 07707 890891

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

Contact: Pam Castellano **Tel:** 02392 892035

Email: Portsmouth@alzheimers.org.uk

Website: www.alzheimers.org.uk

Autism Hampshire

Autism Hampshire's Community Access team provide help for local people with autism, their families and the professionals who work with them by providing information, advice and guidance, raising autism awareness in the community and developing services.

Tel: 02380 633 951

Email: communityaccess@autismhampshire.org.uk

Website: 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, Tel: 01329 226370

Locks Heath: Abbeyfield Court, 46 Locks Road.

Wednesday at 10.30am.

Contact: Hannah Soliman, Tel: 07588 155388

Portchester: Community Centre, Westlands Grove.

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

Contact: Sharon, Tel: 07828 462557

Brendoncare Clubs Hampshire

Fareham Lunch Club

St. John The Evangelist Church, Upper St. Michaels
Grove, PO14 1DN

1st & 3rd Tuesday of each month 10:30 am to 1:00 pm.

Stubbington Luncheon Club

Crofton Community Centre

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

Every Tuesday, 12:45pm - 3:00pm - term time only

Fareham Weekend Club

Meet Fareham Library every Saturday 2-4pm

Contact: Karen Seale 01962 877772 or 07467 955865

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 with the NKF, and has a confidential telephone counselling service.

Contact: 3 The Windmills, St Mary's Close, Turk Street, Alton GU34 1EF

Tel: 01420 541424 info@britishkidney-pa.co.uk

www.britishkidney-pa.co.uk

The 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

www.redcross.org.uk



Cedar Oak

Cedar Oak offer compassionate care and support to people who are facing an unexpected pregnancy. They offer a safe space for them to talk about their situation and to help them reach an informed decision that they are comfortable with. They also work with people who are in distress following abortion, miscarriage or any baby loss and are able to offer them support and see them on a regular basis.

Tel: 02392 523735

Address:

CedarOak, 9 Bemisters Lane, Gosport, PO12 1HB.

Email: office@cedar oak.org.uk

Website: www.cedar oak.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)

Tel: 01329 287687

Email: stella319@sky.com



**CONTACT
THE ELDERLY**

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

Tel: 01489 589111, Tuesday to Thursday; 9:30am to 5:30pm. **Website:** www.chrysalis-gii.co.uk

Citizens Advice Fareham

Offering confidential, independent, free and impartial advice.

1st Floor, County Library, Osborn Road, Fareham
Open 10-4 Monday-Friday, also 5-6.30pm Thursdays.

Tel: 03444 111306 (advice) 01329 237121(admin)

Website: www.farehamcab.org.uk



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

Tel: 0844 8793448, **Website:** www.cruse.org.uk



Dementia Friendly Hampshire

Fareham was the first town in Hampshire to become Dementia Friendly. Dementia Friendly Volunteers are at Fareham Library every 2nd and 4th Wednesday of the month from 10am to 12 noon. Drop in for a chat, advice or sympathetic ear. Contact: Jane Ward:

Tel: 07557 653229, Mondays, Wednesdays & Fridays

Email: 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.



The Fareham & Gosport Diabetes Support Group:

Meeting held on the 1st Thursday of the month (except Aug) 7:30pm to 9:00pm, The Community Space, Tesco store, Fareham.

Portchester Group:

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

Tel: 023 9238 2104 **Email:** gaypc@yahoo.com

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

Tel: 023 9257 0624 **Email:** seahawks@hotmail.co.uk

Website: www.seahawks.diabetesukgroup.org

Solent Diabetes Association (The charity shops)

Contact: Brian Edwards **Tel:** 02392 592067

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 and blankets are available. People who are having to sleep rough can obtain a voucher for a meal and drink.

Tel: 01329 822204

E-mail: enquiries@FriendsOfTheHomeless.org.uk

Website: www.FriendsoftheHomeless.org.uk



Fareham & Gosport Lipreaders

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

We provide a professional lip-reading tutor to teach lipreading skills and hearing loss management. These sessions help people to regain confidence, they are informative, fun and help to dispel the feeling of isolation that affects those suffering hearing loss. Classes are on Thursday mornings in the Goddard Room at Fareham Library. Improvers: 10am – 11.30am. Beginners: 11.30am – 1pm. Ten sessions per term. After two taster sessions new starters can become members with a fee of £10 per annum.

Tel: 01329 842468

E-mail: secretary@fglipreaders.org.uk

Website: 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

Tel: 01329 281445

Email: contact@mind.org.uk

Website: 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

Tel: 01329 281445

Email: eshaw@solentmind.org.uk

Website <http://farehamandgosportmind.org.uk/upturn.html>



Fareham & Gosport Rethink Adult Mental Health

Fareham United Reformed Church, PO16 7DG. The group meets on the first Thursday of every month from 7.30pm for Carers & Service Users.

Tel: 01823 365 327.

Email: groups@rethink.org

Website: www.rethinkcarers.org.uk

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.



FASS provide a range of subsidised activities for the whole family, which are set up to provide a safe, non-judgemental, supportive group to meet the needs of children on the autistic spectrum.

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.

Tel: 07900 207267

Website: www.FarehamAutisticSpectrumSupport.org.uk

Email: FASSadmin@googlemail.com

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

Tel: 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, as well as support from the national Macular Society. The Group meets 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 **Tel:** 01329 231356

Email: 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

Tel: 07795 928066

Email: 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.

Tel: 01329 233652

Email: fareham-er@slm-ltd.co.uk

Website: www.everyoneactive.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 Group for dementia patients and carers and to help staff with routine admin tasks. We alert staff to any concerns or suggestions from the patients.

General enquiries: foffch10@gmail.com

Website: 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;

Tel: Brenda Hadfield: 02392 524220 / 07980 194859.

Email: brendahadfield@icloud.com

Fareham Men's Shed

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

Fareham Shed meets every Tuesday and 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



Fareham Cardiac Support Group

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

Tel: 01329 310 187

Website: www.farehamcsg.wordpress.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

Tel: 0845 834 0325

Email enquiries: admin@friendswithme.org.uk
membership@friendswithme.org.uk (membership)

Website: www.friendswithme.org.uk

Harbour Cancer Support Centre

Practical and emotional support for anyone affected by cancer. Services include drop-in centre at Fareham Shopping Centre, information, counselling by professional counsellors and befriending. The Bus Station, South Street, Gosport

Mon - Fri 10am to 4pm Sat 10am to 12:30 pm

Contact: Melanie Whitfield-Tinkler

Tel: 02392 501503

Email: admin@harbourcancer.org.uk

Website: 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.

Tel: 01329 233345.

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

Tel: 02392 664972

Email: info@headwayportsmouth.co.uk

Website: 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.

Tel: 07432 602613

Website: 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.



Contact: Louise Wheeldon **Tel:** 01329 825858
homestartgandf@tiscali.co.uk Office open Monday to
Thursday 8:30am - 3:30pm
www.homestartgosportandfareham.org.uk

Independent Age Hampshire & IOW

Independent Age provides friendship, advice and support for older people who are isolated and lonely. Their services include access to advisers for free and confidential advice, such as information on getting help at home, moving into care, paying for care, being discharged from hospital, money, benefits & more. Lines are open Monday to Friday between 10am and 4pm.

Advice line: 0800 319 6789.

Email: advice@independentage.org

Website: 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.

Tel: 02380 383920

E-mail: WHCCG.italkservice@nhs.net

Website: www.italk.org.uk

Kroma

Kroma works with lesbian, gay, bisexual, transgender and alternative communities, their friends and families. Kroma enable the LGBT+ communities through the use of drop in groups and by supporting their mental health, sexual health and wellbeing. They provide opportunities for counselling and advocacy services where necessary. They work in partnership with Portsmouth Hospitals NHS Trust to develop a better experience for the LGBT+ communities when they attend a hospital appointment. Transgroup meets every Tuesday, 2 – 4pm at Browns Coffee House, West Street, Fareham. Drop in coffee every Saturday 11am – 1pm.

Contact: Tom Armstrong-Collett, **Tel:** 03000 080867

Email: info@kromalgbt.org.uk

Website: www.kromalgbt.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.

Tel: 07468 054 992

Email: enquiries@lwcopd.co.uk



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.

Tel: 023 9235 2476 or 023804 85959

Email: hantsiow@iasupport.org

Website: 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

Tel: 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.

Tel: 01329 234583

Holy Trinity Lunch Club

Holy Trinity Church, West Street, Fareham.

Meets Mondays 11am to 2pm

Tel: Carol Cheesmore 01329 232 900

Cams Community Activities

(Annual Membership payable)

Cams Hill School, Sheerwater Avenue, Fareham

Activities and facilities for retired residents of Fareham including dining.

Tel: 01329 231641 for details (term-time only)

Portchester Community Association

Portchester Hub, West Street, Portchester

'Fit & Fun' lunch club Wednesday from 11am.

Tel: 02392 210 048

Portchester Parish Hall

Castle Street, Portchester

Luncheon Club Thursdays 9am to 2pm

Tel: Janet Lynn 01489 600778

Portchester Methodist Lunch Club

Portchester Methodist Church, Castle Street, Portchester

Fridays 12.30pm—1.30pm

Tel: Jean Hooper 02392 326555 or

Brian Townsend 02392 178363

Titchfield Lunch Club

Titchfield Community Centre

Meet Wednesdays. **Tel:** 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)

Contact: 01489 578 082

Locks Heath Communicare Association

Monday Lunch Club - Sarisbury Green Community Centre

Tuesday Lunch Club – Victory Hall, Warsash Road,

Warsash. **Tel:** 07002 456689

Locks Heath Free Church

Hunts Pond Rd, Titchfield Common

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

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

Coffee Morning - 4th 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.

Tel: 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. **Tel:** 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 Action Fareham. Look out for information in October and November. Transport available.

Website: www.farehamaction.org.uk/christmaslunch

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

Tel: 01329 822331 (Emily Miles)

Email: info@the-mop.org **Website:** 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

Tel: 023 9258 1406

Website: 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

Tel: 020 8688 9373

Email: p.tomlinson@muscular-dystrophy.org

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

Regional Care Advisor:

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

Tel: 07798 667784

Email: 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.

Tel: 02392 262753

Email: splodge4@btinternet.com

Website: 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.

Tel: 01628 823 524 Monday to Friday 9:30-5:30

Email: volunteers@nras.org.uk

Website: 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 **Tel:** 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 November. The group can give talks on osteoporosis to local societies and organisations. For more information: **Tel:** 01329 833114 or 023 9281 1209 (normal office hours) or

E-mail: nos.portsmouth@outlook.com

Parent Voice

Parent Voice provides information to parents and carers of children and young people 0-25, with disabilities and additional needs across Hampshire. They advise on leisure recreational activities and sourcing funding for inclusive participation, access to information on Health, Social Care and Education. Parent Voice also provides an Independent Supporter service. A supporter will give guidance to families of young people who are being assessed for an Education Health & Care Plan.

Tel: 03003 038603 **Email:** parentvoice@roseroad.org.uk

Website: 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 **Tel:** 0844 225 3674

Email: bvso.south@parkinsons.org.uk

Website: 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 **Tel:** 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), Crafty Paradise and tea dances.

Tel: 02392 210048

Email: admin@portchesterca.org.uk

Web: www.portchestercommunityassociation.btck.co.uk/

The Princess Royal Trust for Carers Support Groups

Support groups offer opportunities for carers to get together, to share experiences, raise concerns and hear informative talks by guest speakers. No invitation is needed to attend a group meeting, you can just turn up.

Contact: Debbie Kingshott

Tel: 07795 163556 for future dates.

Time: 10am - 12 o'clock at Nobes Hall, Nobes Avenue, Gosport. **Tel:** 01264 835246 / 835205

Email: info@carercentre.com

Emergency Planning for Carers

If you are caring for someone who needs your 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

Tel: 08001 691 577

Portsmouth & East Hampshire Samaritans

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

It is a 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.

Tel: 023 9269 1313

Email: jo@samaritans.org

Address: 296 London Rd, North End, Ports, PO2 9JN

Website: 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.

Tel: 01329 289500

Email: enquiries@rainbowcentre.org

Website: 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.

Tel: 02392 827026 for appointments

Email: 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.

Tel: 02392 072017

Email: info.easthampshire@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Shedfield Riding for the Disabled

(RDA) 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. We have both indoor and outdoor facilities.

Contact: Shirley Harris, **Tel:** 0845 450 7179

Email: 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, **Tel:** 02381 780 325

Email: nicky@single-parents-support.co.uk

Website: 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, **Tel:** 01243 572356

Email: 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 run a freedom project. Group sessions explore characteristics of abusive behaviour and supports women to develop ways to protect themselves from harm.

Tel: Fareham and Gosport: 01329 285375

Email: info@southerndas.org

Surgery Signposters

The signposting service based in Westland's Medical Centre can put you in touch with many local community services and charities that provide information and help to improve health, well-being and to support those with long term conditions.

To access the service please phone Monday – Friday after midday and ask for an appointment to see one of the team. **Tel:** 02392 377514

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.



Tel: 01730 233998 or 07515 596920 or 02380 720420

Email: mandy.souter@stroke.org.uk

Website: 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

Tel: 01329 231899 or 07771 964314

Email: 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

Tel: 01329 232461 or 030 3303 3100

Stubbington Stroke Club

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

Contacts: Ann and Mike Reeves

Tel: 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

Tel: 07002 456689

Portchester Voluntary Care Group

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

Tel: 07002 226868

Stubbington and Hill Head Voluntary Care Group

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

Tel: 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)

Tel: 01329 231 899

Wessex Cancer Trust

Cosham Support Centre

Drop in Monday to Thursday and find out about free support offered to anyone that is or has been affected by cancer. We have professional Counsellors, complementary therapies and trained volunteer befrienders to offer you a warm welcome.

Tel: 02392 326511

Email: cosham.centre@wessexcancer.org.uk

Website: www.wessexcancer.org.uk

Address: 77 - 79, The High Street, Cosham, Portsmouth, Hants, PO6 3AZ.

WILD (Wessex Interstitial Lung Disease support group)

The group meet quarterly at Eastleigh Bowls Club. They have medical expert speakers as well as sharing the 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 - Portsmouth QA Hospital.

Vanessa is available during normal office hours, weekdays.

Tel: 02392 286000 Ext 1385

Email: vanessa.titmuss@porthosp.nhs.uk

Website: 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, **Tel:** 01329 242966

Email: young.carers@kids.org.uk

Website: www.kids.org.uk

Address: KIDS Centre, Delta House, Salterns Lane, Fareham. PO16 0QS

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, **Tel:** 018 8333 0766

Email: info@rarechromo.org, **Web:** www.rarechromo.org

Veterans Counselling

Aged Veterans Counselling offer free counselling for national Servicemen and aged veterans. The service is also offered to men & women born before 1st January 1950 who served in UK armed forces. Usually six sessions of counselling can be offered, and if needs be can be held in the veterans home. **Tel:** 03000 120247

Email: enquiries@agedveteranscounselling.org.uk

Website: www.agedveteranscounselling.org.uk

Council & Government Organisations

Hampshire Adult Services (Social Services)

Includes social care, residential and nursing care homes and protecting people from abuse.

Address: Fareham Reach Unit 180, 166 Fareham Road, Gosport, Hampshire, PO13 0FH

Tel: 0300 555 1386

Textphone: 0300 555 1390

Fax: 01329 829745

Email: adult.services@hants.gov.uk

Website: www.hants.gov.uk/adult-services

Opening Times: Adult Services are open;
Monday to Thursday - 8:30 am to 5:00 pm
Friday 8:30 am to 4:30 pm

Out of office hours: Emergencies - 0300 555 1378

(i.e. if you need emergency help when offices are closed, in cases of child protection or mental illness).

Help in hospital - there are Social Work Departments in most major hospitals: ask at reception or on the ward.

Complaints - **Tel:** 01962 847256

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.

Tel: 01962 779 338

Website: www3.hants.gov.uk/meals-on-wheels.

Community Independence Team

The Community Independence Team (CIT) is to help people over 55 years old to maintain their independence if they are beginning to experience difficulties with every day activities. The team can help find specialists, link into health and community services, or give guidance and support on matters such as keeping warm, safe, fit and eating well.

CIT is part of Adult Services; those answering the call are trained to get you to the right department.

Tel: 0300 555 1386

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.

Tel: 0300 123 1053

Website: 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

Tel: 02392 282063

Email: fgccg.enquiries@nhs.net

Website: www.farehamandgosportccg.nhs.uk

Healthwatch Hampshire

Healthwatch 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

Tel: 01962 440262

Website: 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 Fernandes

Stubbington & Gosport: Caroline Dinenage

you can write to:

House of Commons, London, SW1A 0AA

Notes

Notes

What does Community Action Fareham do?

Community Action 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.actionfareham.org.uk