



Community Innovations Team

COMMUNITY SERVICES, SUPPORT
AND RESOURCES FOR OLDER
PEOPLE

RUSHMOOR DIRECTORY
2010

COMMUNITY SERVICES, SUPPORT AND RESOURCES FOR OLDER PEOPLE

RUSHMOOR DIRECTORY, June 2010

This directory has been developed by Rushmoor Voluntary Services as part of the Rushmoor Innovations Project. The Innovations Project is a multi-agency Hampshire-wide initiative, which aims to identify older people at risk of losing their independence and link them back in to their communities. Each Innovations team has members from health, adult services and the voluntary sector and works together to support older people in their local community.

The local voluntary sector provides a wide range of services and support for older people and their families and the aim of this directory is to give those organisations and individuals working with older people current information about the range of services available.

The Directory will be updated every six months. If you have any questions about the community support available or would like further information about the Innovations Project or Directory, please contact:

Trish Ellis
Rushmoor Voluntary Services
Community Centre,
Meudon Avenue
Farnborough, GU14 7LE
Tel: 01252 540162
Email: innovations@rvs.org.uk

Rushmoor and Hart Community Innovations Team

We are here to help you maintain your independence by providing you and your family with:

- support, advice and guidance on a range of issues such as keeping warm, safe, fit and eating well;
- assistance with linking you into appropriate health services and community activities;
- specialist help if you are experiencing difficulties around the home, or with managing everyday activities, or if you are concerned about your health and wellbeing.

You can contact the team yourself, so can your GP, or any of your family, friends, or someone close. We will talk things through and ask you what you want and need, and see if we can help.

Rushmoor & Hart Community Innovations Team:

01252 796255

rushmoorhart.cit@hants.gov.uk

ADVICE AND INFORMATION.....7

AGE CONCERN HAMPSHIRE8
BRITISH GURKHA WELFARE SOCIETY9
CHRISTIANS AGAINST POVERTY 10
CITIZENS ADVICE BUREAU (ALDERSHOT)..... 11
CITIZENS ADVICE BUREAU (FARNBOUROUGH) 12
COUNSEL AND CARE..... 13
INDEPENDENT AGE 14
PENSIONS SERVICE 15
RUSHMOOR ACCESS GROUP..... 16
SOLICITORS FOR THE ELDERLY 17
SOLDIERS, SAILORS, AIRMEN & FAMILIES ASSOCIATION –
FORCES HELP 18
VICTIM SUPPORT 19

CARE, CARERS AND SUPPORT20

CARE AT HOME 21
CARE UNLIMITED: WEAVERS 22
CARERS DIRECT (NHS) 23
CARERS TOGETHER IN HAMPSHIRE 24
HAMPSHIRE CARERS HELPLINE 25
CRUSE BEREAVEMENT CARE (RUSHMOOR & SURREY
HEATH BRANCH)..... 26
GOOD NEIGHBOURS SUPPORT SERVICE 27
EMERGENCY PLANNING FOR CARERS..... 28

HEALTH29

ALDERSHOT OPEN SIGHT HAMPSHIRE ASSOCIATION FOR THE
CARE OF THE BLIND..... 30
ALDERSHOT & DISTRICT TINNITUS GROUP 31
ALZHEIMERS SOCIETY 32
BLACKWATER VALLEY ALZHEIMERS SOCIETY 33
DEAF PLUS ALDERSHOT 34
DEAF PLUS SOUTH 35
FARNBOROUGH MS SUPPORT & THERAPY GROUP..... 36
FARNBOROUGH & DISTRICT PARKINSON'S UK 37
FARNBOROUGH & DISTRICT SPEAKABILITY GROUP..... 38
FARNBOROUGH OPEN SIGHT..... 39
FARNBOROUGH TALKING NEWSPAPER..... 40
GUIDE DOGS FOR THE BLIND ASSOCIATION (ALDERSHOT &
FARNBOROUGH BRANCH)..... 41

HOLY TRINITY CHURCH ALDERSHOT	42
THE STROKE ASSOCIATION	43
HOUSING, HOME AND GARDEN CARE	44
BLOOMING MARVELLOUS	45
FARNBOROUGH ROTARY CLUB	46
RVS HOME HELP	47
SOCIAL AND LEISURE	48
THE ACORN GROUP	49
ALDERSHOT CIVIC SOCIETY	50
THE ELDERS CLUB (AGE CONCERN ALDERSHOT)	51
ALDERSHOT LIBRARY	52
ALDERSHOT MANOR TOWNSWOMENS GUILD	53
ALDERSHOT & DISTRICT WEST INDIAN ASSOC	54
CATHOLIC WOMEN'S LEAGUE	55
CHURCH OF THE GOOD SHEPHERD COFFEE MORNING	56
CHURCH OF THE GOOD SHEPHERD COMMUNITY PROJECT ...	57
CHURCH OF THE GOOD SHEPHERD PITSTOP DROP-IN	58
ST CHRISTOPHER'S CHURCH: COVE WOMEN'S FELLOWSHIP	59
COVE METHODIST CHURCH: TUESDAY AT TWO	60
ST JOHN'S CHURCH, COVE: POP IN	61
CHURCH OF THE ASCENSION: THE COFFEE POT (ALDERSHOT)	
.....	62
CONTACT THE ELDERLY	63
COVE & FARNBOROUGH WI	64
CSPA (ALDERSHOT & DISTRICT)	65
CSRF (ALDERSHOT GROUP)	66
ELIM CHURCH ALDERSHOT	67
ELLES SENIOR CENTRE, FARNBOROUGH (AN AGE CONCERN	
INITIATIVE)	68
FARNBOROUGH BAPTIST CHURCH: OUTLOOK	69
FARNBOROUGH CLOCKHOUSE TOWNSWOMEN'S GUILD	70
FARNBOROUGH & DISTRICT HISTORICAL OUTINGS SOCIETY .	71
FARNBOROUGH LIBRARY	72
FARNBOROUGH STAMP & POSTCARD CLUB	73
FARNBOROUGH WELCOME CLUB	74
HOLY TRINITY CHURCH ALDERSHOT	75
OUR LADY & ST DOMINIC (OLSD) SENIORS' CLUB	76
PARK EVANGELICAL CHURCH ALDERSHOT	77
PROBUS CLUB (NORTH EAST HAMPSHIRE)	78

RAILWAY ENTHUSIASTS CLUB (REC)LTD FARNBOROUGH...	79
WEEKLY MEETINGS:	79
ROTARY CLUB OF ALDERSHOT	80
ROTARY CLUB OF RUSHMOOR.....	81
ROYAL BRITISH LEGION WOMEN'S SECTION.....	82
RUSHMOOR HEALTHY LIVING	83
SENIOR MOMENTS: ALDERSHOT	84
ST JOSEPH'S CATHOLIC CHURCH ALDERSHOT	85
ST MARK'S CHURCH FELLOWSHIP FARNBOROUGH	86
ST PETER'S CHURCH FARNBOROUGH.....	87
U3A FARNBOROUGH	88
SPORT AND EXERCISE	89
EXTEND (LEAGUE OF HEALTH & BEAUTY).....	90
PARK EVANGELICAL CHURCH ALDERSHOT	91
PARK EVANGELICAL CHURCH ALDERSHOT	91
RUSHMOOR HEALTHY LIVING	92
PERSONAL SUPPORT AT HOME.....	93
BLUEBIRD CARE	94
HOSPICE HOME SUPPORT.....	95
RVS HOME HELP	96
TRANSPORT	97
ALDERSHOT NEIGHBOURCARE.....	98
FARNBOROUGH NEIGHBOURCARE	99
RUSHMOOR DIAL-A-RIDE.....	100
ADDENDUM.....	101
SHAW TRUST.....	102
ABC BADMINTON (LADIES).....	103
FARNBOROUGH LIBRARY.....	104

ADVICE AND INFORMATION

Age Concern Hampshire

Information and advice on services available to older people,
providing fact sheets and brochures.

Age Concern Hampshire
1 St Cross Road
Winchester SO23 9JA

Tel:
01962 868545
or call free on
0800 328 7154

Access restrictions: Not applicable

Updated:

British Gurkha Welfare Society

Provides welfare support, advice, culture, integration with the wider community; assistance of any sort.

Meetings:

as and when required
at Gurkha Bhawan, 119 Wren Way, Farnborough
GU14 8TA

Charges:
None

Contact:
Mr Chaatra Rai
(General Secretary)
119 Wren Way
Farnborough
GU14 8TA

Tel: 01252 510794

Email:
Gwlaksewa@yahoo.com

Access restrictions: None

Updated: 06.05.2010

Christians Against Poverty

Offering debt advice

Meetings

Meet with clients in their homes or in the Hope Centre
Mon – Thurs 9.30 am to 4.30 pm

Charges:

No charge; donations accepted.

Contact:

Jan Goonery
Centre Manager
Hope Centre
High Street
Aldershot
GU11 1BH

Tel:

01252 319789

Email:

Aldershot@capuk.org

Access restrictions: None

Updated: 05.05.2010

CITIZENS ADVICE BUREAU (ALDERSHOT)

Free, confidential, impartial and independent advice on welfare benefits, debts/money, consumer issues, housing and homelessness, relationship, family problems and employment.

Meetings:

Initial interviews and appointments:

Monday	9.30 – 3.00pm
Tuesday	9.30 – 5.30pm
Wednesday	Appointments only
Thursday	9.30 – 5.00pm
Friday	9.30 – 3.00pm

35-39 High Street
Aldershot
Hampshire
GU11 1BH

Tel: 0845 1203765

Access restrictions: None

Updated: 28.04.2010

CITIZENS ADVICE BUREAU (FARNBOUROUGH)

Free, confidential, impartial and independent advice, on welfare benefits, debts/money, consumer issues, housing and homelessness, relationship and family problems and employment.

Meetings:

During opening hours you can just call in – no appointment needed:

Monday	9.30 – 3.00pm
Tuesday	9.30 – 3.00pm
Wednesday	9.30 – 5.30pm
Thursday	9.30 – 3.00pm
Friday	9.30 – 12.30pm

Appointments offered on Tuesdays 12.20 – 2.30 pm and Wednesday evenings from 6 pm.

Telephone advice available during opening hours.

Community Centre
Meudon Avenue
Farnborough
Hants
GU14 7LE

Tel:
01252 370921
or 0845 1203 752

Email:
bureau@farnboroughcab.org.uk

Access restrictions: None

Updated 28.04.2010

Counsel and Care

Give advice and information to older people over 60, their families and carers, and the professionals involved. Counsel and Care specialise in issues about community care and support for vulnerable older people, aiming to give you choice and control over your life and for older people to be treated with dignity and respect.

Web Site : www.counselandcare.org.uk

Contact:
Phone for advice
Mon to Fri 10am – 4pm
(except Wed 10 –1pm)

Tel:
0845 300 7585

Email:
advice@counselandcare.org.uk

Access restrictions: None

Updated: 05.05.2010

INDEPENDENT AGE

National charity, which offers financial and practical assistance to older people in need. The focus is on helping those who are over 70, in financial need, are lonely or isolated and have made a sustained and significant contribution to society particularly through voluntary work. The support is a combination of befriending from a volunteer visitor, emergency financial aid, providing household items and toiletry packs for hospital visits, and the opportunity to meet and correspond with other members of the Independent Age community.

Self referral or through other agencies – acceptance of new referrals anticipated to begin again in late 2010.

Operating times
Monday – Thursday 9am – 5pm.

Contact:
Jane O’Kelly
PO Box 1896
Andover
Hampshire
SP10 9BR

Tel:
01264 362872

Email:
jane.okelly@independentage.org.uk

Access restrictions: Service for those aged 70+

Updated: 05.05.2010

PENSIONS SERVICE

Offers home visiting service.

Will undertake full benefit assessment and provide relevant information and support:

Contact:

Tel:

0845 606 0265

Access restrictions: None

Updated:

Rushmoor Access Group

Advice on all matters relating to 'access' to services for all residents in the borough

Meetings:

Rushmoor Borough Council Offices
Full group meets bi-monthly
Planning sub-group meets monthly

Charges:
None

Owen Durrett
3 Queens Road
Fleet
Hampshire
GU52 7LA

Tel:
01252 816416

Email:
Owen.durrett@ntlworld.com

Access restrictions: None

Updated: 30.04.2010

SOLICITORS FOR THE ELDERLY

National organisation of lawyers, including solicitors, barristers and legal executives who are committed to providing and promoting robust, comprehensive and independent legal advice for older and vulnerable people, their family and carers. Members have expertise in areas of public and private law relevant to older vulnerable adults, their families and carers needs and concerns.

Contact information for lawyers in Hampshire and other areas is listed on the website or can be accessed by contacting them direct.

Website: www.solicitorsfortheelderly.com

Contact:

Tel:
0870 067 0282

Access restrictions: Not applicable

Updated: 05.05.2010

Soldiers, Sailors, Airmen & Families Association – Forces Help

SSAFA Forces Help exists to help serving and ex-servicemen, women and their families in need and distress.

Confidential Support Line open 10.30 am to 10.30 pm:
0800 731 4880

Meetings:

Maurice Toye House, 27 Middle Hill, Aldershot
GU11 1PL

Charges: None

Contact:
T A Reeves
Secretary
Maurice Toye House
Community Centre
27 Middle Hill
Aldershot GU11 1PL

Tel:
01252 322039

Email:
Aldershot@ssafa.org.uk

Access restrictions: None

Updated: 4.05.2010

Victim Support

Free & confidential emotional and practical support to all who are impacted by crime.

Meetings:

In clients own homes as arranged by appointment

Charges:

None

Contact:
Linda Flynn
Winchester House
Basingstoke
Hampshire
RG21 7EE

Tel:
0845 30 30 900

Email:
Linda.Flynn@victimsupport.org.uk

Access restrictions: None

Updated: 30.06.2010

Care, Carers and Support

CARE AT HOME

Specialist live-in care in the home for older people, including relief respite care. In-house nurse, Diane Bowyer visits for a free no obligation assessment - she will visit you in your own home or in hospital, as the case may be

Website: <http://www.careathome.org/>

Contact:
Diane Bowyer

Tel:
01799 541400

Email:
info@careathome.org

Access restrictions: None

Updated: 14.06.2010

CARE UNLIMITED: Weavers

Short stay resource centre catering for people with Dementia and Alzheimers. Accompanying carers welcome.

Website: <http://www.careunlimited.co.uk/>

Contact:
Chaldon Rise Mews
Rockshaw Road
Merstham
Redhill
Surrey RH13DB

Tel:
01737 645171

Email:
info@careunlimited.co.uk

Access restrictions: None

Updated: 14.06.2010

CARERS DIRECT (NHS)

Operated by the NHS, carers Direct provides national web based and telephone support service for carers. Not exclusively for carers of older people but offers wide range of information and support in areas such as benefits, carers assessments, respite care etc.

Carers Direct Helpline:

Tel: 0808 802 0202

Mon – Fri 8am- 9pm

Sat – Sun 11am-4pm

Website:

www.nhs.uk/CarersDirect

CARERS TOGETHER IN HAMPSHIRE

Carers Together has brought together its knowledge of caring in its web site. It is available for any carer in Hampshire including those living in cities, towns or rural communities.

It is for people - relatives, friends or neighbours - who are looking after or concerned about another person. This may be because they are old and frail, have a disability, have a long or short term health condition. It may be because they are isolated or struggling to cope.

People can share their concerns, link to other carers, find out what is available to support them, help them to find where to find support, and find out about the Hampshire Carers Network.

Carers Together provides a range of services for carers and has a large resource of useful information for carers and professionals.

Website: <http://www.carerstogether.org.uk/>

The office is usually open from 9.30 am - 3.30 pm Monday to Friday. At other times, please leave your telephone number on the answering machine.

Contact:
Carers Together
9 Love Lane
Romsey SO51 8DE

Tel:
01794 519495

Email:
admin@carerstogether.org.uk

Access restrictions: None

Updated:

HAMPSHIRE CARERS HELPLINE

Provided by Hampshire County Council Social Services Dept.
Offers a listening ear, practical help, advice and information
to carers.

Mon - Fri 4.00pm - 11.30am

Sat, Sun and Bank Holidays 8.30am - 11.30pm

Contact:

Tel:

0845 722 1122

Access restrictions: Not applicable

Updated: 14.06.2010

CRUSE BEREAVEMENT CARE (Rushmoor & Surrey Heath Branch)

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Services are free to bereaved people. The charity provides support and offers information, advice, education and training services.

Meetings:

Ring for details

Tues 1-30pm – 3pm

Thurs 7.30-9.00pm

Contact:

Tel:

01276 66199

Access restrictions: None

Updated: 14.06.2010

GOOD NEIGHBOURS SUPPORT SERVICE

Good Neighbours Groups (sometimes called Neighbourcare groups or Care groups) are independent voluntary groups which offer neighbourly help to people in their local communities. Each group recruits volunteers from within the local community and establishes its own priorities and activities. Although the groups vary in their size and resourcing, all are keenly involved in meeting the needs of people in their local community. Some groups specialise in one activity while others offer a range of services; shopping, visiting, befriending, running lunch clubs, sitting services, collecting prescriptions, driving people to GP and hospital appointments, walking the dog, and minor repairs. For a full list of Good Neighbours Groups and the services they provide please go to website.

Website:

<http://www.goodneighbourhampshire.org/website/>

Contact:
Mary Mitchell
Co-ordinator

Tel:
02392 899671

Email:
coordinator@goodneighbours.org.uk

Access restrictions: Not applicable

Updated: 14.06.2010

EMERGENCY PLANNING FOR CARERS

Operated by the Princess Royal Trust for Carers, this project provides support to carers to enable them to develop an agreed plan of action in case of emergency. Under this project, support in an emergency may be available free of charge for up to 48 hours. No current or previous adult services assessment is needed and there is no charge for the service.

Meetings:

- A project worker will phone you to make an appointment
- We will visit you at your chosen venue to discuss your requirements
- With our support, you will put together an emergency plan
- We will provide you with a detailed document outlining your emergency plan
- In the event of an emergency our 24 hour phone line is available should you require further support

Charges: None.

Contact:

Tel:

0845 604 1577 9am- 5pm

Access restrictions: Not applicable

Updated: 14.06.2010

Health

***Aldershot Open Sight
Hampshire Association for the Care of
the Blind***

Care and support for all persons with sight problems, whether blind or partially sighted (registered or unregistered).

Monthly Meetings:

3rd Monday each month, 2 pm to 4 pm at
Holy Trinity Church, Victoria Road, Aldershot
GU11 1SJ
(In the Reception room)

Charges:

50p for tea and biscuits
(Raffle tickets, social outings, lunches, etc - other charges apply)

Contact:
Mrs Carol Edgoose
11 Highfield Avenue
Aldershot
GU11 3BY

Tel:
01252 322013

Email:
caroledgoose@yahoo.co.uk

Access restrictions: None

Updated: 22.06.2010

Aldershot & District Tinnitus Group

Self-help support group for Tinnitus sufferers

Meetings:

2nd Wednesday each month, 1.30 – 3.30 pm
at Aldershot Centre for Health
Hospital Hill, Aldershot, Hants GU11 1AY

Charges:

£12 annually + £1 per meeting inc refreshments/raffle

Contact:
Jacqueline Hocking
Chairperson
Manorway
26 Coronation Road
Aldershot
Hants GU11 3PZ

Tel:
01252 318121

Access restrictions: None

Updated: 23.05.2010

ALZHEIMERS SOCIETY

National Dementia Helpline provides information, support and referrals to appropriate organisations.

Helpline Number: 0845 300 0336

Normally open: 8.30am to 6.30pm Monday to Friday

Talking Point (an online community for people with dementia, their carers and their families) is also hosted by the Alzheimers Society :

<http://www.alzheimers.org.uk/talkingpoint/site/index.php>

Local branch: See below

Blackwater Valley Alheimers Society

Services include: Lending library; Outreach Worker; support groups and social events including 'Singing for the brain' – a therapeutic and social activity for people with dementia and their carers

Meetings:

Thursday afternoons – ring for details

Charges:

Details available on request

Contact:
Hilary Dyce
Blackwater Valley
Alzheimer's Society
Suite 2, Stuart House
Plantation Row
Camberley Surrey
GU15 3ER

Tel:
01276 670071

Email:
blackwater@alzheimers.org.uk

Access restrictions: None

Updated: 1.06.2010

DEAF PLUS ALDERSHOT

DeafPLUS arranges a range of specialist services to deaf and hard of hearing people including life skills training and social clubs

Meetings:

Ring for details

Charges:

Not known

Contact:
35-39 High Street,
Aldershot,
GU11 1BH

Tel:
01252 313 882
Email:
south@deafplus.org

Access restrictions: None

Updated:

DEAF PLUS SOUTH

Provides information and advice on all matters relating to hearing loss including equipment demonstration, contact groups, one to one support and training. Provides information on support groups in south area. Offers mobility advisory service and benefits service, which assists people with hearing loss to benefit entitlement.

Meetings:

Ring for details of local support groups

Operating Times: Mon-Fri 10am –4pm

Contact:
Jeanette Hewitt
Service Manager South
Or Debbie Jeffries
Benefits Advisor
67 Albert Road
Farnborough
GU14 6SL

Tel and text phone:
01252-510051

Email:
south@deafPLUS.org

Access restrictions: None

Updated: 04.05.2010

Farnborough MS Support & Therapy Group

Support and therapy group for those with Multiple Sclerosis
(Yoga, Fitness Training, Reflexology & Reiki)

Meetings:

Thursdays 10am – 1 pm
at Farnborough Community Centre
Meudon Avenue, Farnborough GU14 7LE

Charges:

£10pa membership; £2 per therapy per visit;
£1 lunch per visit

Contact:
Andrea Ballard
Community Centre
Meudon Avenue
Farnborough
GU14 7LE

Tel:
01252 616451

Email:
Julie_boulton@ntlworld.com

Access restrictions: None

Updated: 6.05.2010

Farnborough & District Parkinson's UK

Monthly support meetings for sufferers and carers with speakers and activities. Weekly exercise classes (Parkinson Society members only)

Monthly meetings:

3rd Tuesday each month 7.30 pm to 9.30 pm
at Shawfield Day Ctre, Shawfield Rd, ASH GU12 6QX
Transport available.

Exercise Classes (members only, no transport provided)

Exercise to Music:

Fridays 10 am to 12.15 pm
at St George's Church, Badshot Lea GU9 9LD

Chair-based Pilates:

Tuesdays 2 pm to 3 pm
at Ancells Farm Community Ctre, Fleet GU13 8XF

Charges: £4 pa Society membership + £2.50 pa Branch
Exercise classes: £3 per session

Contact:

Mrs L White

Tel: 01252 657027

Hon Sec

1 Bell Close

Farnborough

GU14 8BS

Access restrictions: Members only, no transport provided

Updated: 19.05.2010

Farnborough & District Speakability Group

Self-help support for carers and aphasia sufferers (to regain social skills)

Meetings:

1st Friday each month at
Farnborough Community Centre, Meudon Avenue,
Farnborough GU14 7LE

Charges:
£1

Contact:
Mrs Jan Thompson
20 Rorkes Drift
Mytchett
Camberley, Surrey
GU16 6EQ

Tel:
01252 515898
07704 180 575

Email:
Jan243@btinternet.com

Access restrictions: None

Updated: 1.05.2010

Farnborough Open Sight

Social Club for people with visual impairment, offering fortnightly meetings, summer and autumn outings, Christmas Lunch and New Year party.

Meetings:

2nd & 4th Mondays in the month 2 pm to 4 pm at
Blunden Hall, Blunden Road, Farnborough

Charges: 50p sub

Contact:
W W Wright
79 Prospect Road
Farnborough
Hants
GU14 8NT

Tel:
01252 665159

Email:
billwwright@ntlworld.com

Access restrictions: None

Updated: 2.05.2010

Farnborough Talking Newspaper

Local news recorded on cassette tapes and posted to subscribers who suffer visual impairment

Meetings:

Not applicable

Charges:

No cost to visually impaired

Contact:
Mrs Tricia Nutt
353 Farnborough Rd
Farnborough
Hampshire
GU14 8AY

Tel:
01252 540865

Email:
Farnborough_TN@ntlworld.com

Access restrictions: Not applicable

Updated: 9.05.2010

Guide Dogs for the Blind Association (Aldershot & Farnborough Branch)

Fund-raising: organising flag days and selling items at local events. Providing literature and visits by Guide Dogs etc. Supporting local Guide Dog owners when required (eg through illness)

Meetings:

Not applicable

Charges:

Not applicable

Contact:
Mrs Dorothy Heys
26 Ashley Road
Farnborough
GU14 7HA

Tel:
01252 545600

Email:
Dorothyheys@btinternet.com

Access restrictions: Not applicable

Updated: 10.05.2010

Holy Trinity Church Aldershot

Social group: Blind Club

Meetings:

Some Monday afternoons in the lounge at
Holy Trinity Church, Victoria Road, Aldershot
GU11 3AS

Charges: None

Contact:
Rev G Newton
Holy Trinity Church
Victoria Road
Aldershot
GU11 3AS

Tel:
01252 320618
01252 333499

Email:
vicar@htca.org.uk

Access restrictions: None

Updated: 30.4.2010

The Stroke Association

Communication support for people affected by stroke

Meetings:

Mondays 10 am to 12 noon at
Farnborough Community Centre, Meudon Avenue
Farnborough, GU14 7LE

Charges:
£2.00

Contact:
Beverley Troke
90 Fallowfield
Yateley
GU46 6LW

Tel:
01252 878825
Email:
Beverley.troke@stroke.org.uk

Access restrictions: None

Updated: 24.05.2010

Housing, Home and Garden Care

Blooming Marvellous

Supported volunteering gardening project. Helping people in Rushmoor who struggle to look after their gardens with one-off gardening visits. Working with local organisations to enhance the local environment. The group also manages two allotments in Aldershot, cooking and eating the produce. Volunteers learn new skills and develop existing ones through formal and informal training.

Meetings:

Volunteers are advised when to meet.

Charges:

No charges

Contact:

Joan Giles or Hazel Chant

Rushmoor Voluntary

Services

Community Centre

Meudon Avenue

Farnborough

GU14 7LE

Tel:

01252 540162

Email:

joan@rvs.org.uk

Access restrictions: may apply

Updated: 7.06.2010

Farnborough Rotary Club

Part of an international organisation that raises money to benefit those who need help. Help may just involve manpower.

Meetings:

Wednesdays 7.30pm at the Army Golf Club

Charges:

Not applicable

Contact:
Peter Minett
49 Pierrefondes Avenue
Farnborough
GU14 8PA

Tel:
01252 541332

Email:
Pbm49@btinternet.com

Access restrictions: None

Updated: 7.05.210

RVS Home Help

RVS Home Help provides essential housework and shopping for people who are unable to do this because of frailty, illness or disability. Serves Aldershot, Farnborough, Fleet, Church Crookham, Hawley, Yateley, Blackwater and adjoining areas.

Referrals:

Referrals accepted from GP, District Nurse, or Warden of Sheltered Accommodation

Charges:

Registration fee of £1.25 per week plus £8.40 per hour invoiced monthly in advance. There may be a reduction in charges for those in receipt of Pension Credit or Housing Benefit.

Contact:
RVS Home Help
Rushmoor Voluntary
Services
Farnborough Community
Centre, Meudon Avenue
Farnborough, GU14 7LE

Tel:
01252 370500

Email:
homehelp@rvs.org.uk

Access restrictions: Not applicable

Updated: 04.05.2010

Social and Leisure

The Acorn Group

Monthly meetings for people aged 60+ including trips and talks. Annual Garden Party and Seaside trip.

Monthly Meetings:

4th Monday of the month 2.30 pm to 4.00 pm
at St Michael's Parish Room, Church Lane East, Aldershot
GU11 3SS

Charges: £5 per annum + 50p per meeting for refreshments.
Raffle tickets £1 per strip

Contact:

Mrs Kathy Jones

(Co-ordinator)

Willowbank

27 Stockwood Way

Weybourne

Farnham, Surrey

GU9 9TE

Tel: 01252 344332

Access restrictions: One small step to parish room

Updated: 16.05.2010

Aldershot Civic Society

Watchdog for the improvement and preservation of Aldershot

Monthly meetings:

1st Wednesday of the month 7 pm
at 35 – 39 High Street, Aldershot GU11 1BH

Charges: £7 pa Society membership

Contact:

The Chairman
Aldershot Civic Society
35-39 High Street
Aldershot
GU11 1BH

Email:

info@aldershotcivicsociety.org.uk

Access restrictions: none

Updated: 19.05.2010

The Elders Club (Age Concern Aldershot)

Social club meeting twice a week for members only: older independent people resident in the Aldershot area. (No facilities or staff to offer care).

Bingo (Thursdays), Arts & Crafts (Tuesdays), lunch (bookings required), Outings 3 to 4 times a year and Christmas lunch.

Meetings:

Tuesdays and Thursdays, 10 am to 1 pm (lunch served at 12 noon) at

The Elders Club, Place Court, Pool Road, Aldershot
GU11 3SW

Charges:

Membership - £5 per annum

Lunch - £3.10 (please check current rate when booking)

Tea/coffee - 35p

Bingo/Arts & Crafts – nominal fee

Contact:
Linda Thompson

Tel:
01252 324279

Access restrictions: None

Updated: 23.06.2010

Aldershot Library

Aldershot Library has a Learning Centre offering a selection of social, learning and activity opportunities for adults, some of which are free to the unwaged:

- Basic Computing
- Internet & Email
- Silver Surfer events
- Computer Club
- Nepalese Grandparents
- Reading Group
- Friends of the Military
- Local History
- Knit 'n' Natter
- Coffee Pot

Ask for more information.

Contact:
Aldershot Library
109 High Street
Aldershot GU11 1DQ

Tel:
01252 322560

Access restrictions: None

Updated: 30.06.2010

Aldershot Manor Townswomens Guild

An opportunity for women everywhere to belong to an organisation within which members offer support, companionship and encouragement for women to honour their past and realise their future.

Monthly meetings:

1st Tuesday each month (evening)
at the Library, 109 High St, Aldershot GU11 1DQ.

Charges: Annual subscription

Contact:

Mrs A Brown
76 Coronation Road
Aldershot
Hants
GU11 3QA

Tel: 01252 328319

Email:
Angela.brown130@ntlworld.com

Access restrictions: lift to 2nd floor for meetings

Updated: 19.05.2010

Aldershot & District West Indian Assoc

Luncheon Club

Weekly meetings:

Saturdays 1.30 pm to 4.30 pm

The Pavilion, Queens Road, Farnborough GU14 6LF

Charges: £4.25

Contact:

Beverley Garrett

Tel: 0785 0092 991

Chairperson

99 Alexandra Road

Farnborough

Hants

GU14 6BN

Access restrictions: none

Updated: 19.05.2010

Catholic Women's League

Women's church group. Support to parish activities, fund-raising for group's charities and local organisations

Monthly meetings:

3rd Tuesday of the month
(excluding August and December)
at Our Lady Help of Christians Church Hall,
Queens Road, Farnborough GU14 6JR

Charges: £14 per annum subscription + annual donation to church funds to cover venue costs

Contact:
Catherine M Raggett
2 Rapallo Close
Farnborough
Hants GU14 7DJ

Tel: 01252 513475

Access restrictions: None

Updated: 11.05.2010

Church of the Good Shepherd Coffee Morning

Popular drop in/coffee morning for older people.

Weekly meetings:

Thursday mornings 10.30am – 12 noon
at Church of the Good Shepherd, 45 Sand Hill,
Farnborough GU14 8ER

Charges: 20p for tea/coffee + biscuits

Contact:

Mrs Sylvia Chapman
19 St Clements Court
Meadow Road
Farnborough
Hants
GU14 8HP

Tel: 01252 511451

Access restrictions: None

Updated: 19.05.2010

Church of the Good Shepherd Community Project

Senior citizens' lunches

Fortnightly Meetings:

Alternate Fridays 12.30 – 2.30 pm
at Church of the Good Shepherd, 45 Sand Hill,
Farnborough GU14 8ER

Charges: £3 per head for 2 course meal
Places to be booked in advance

Contact:
Sue Riddlestone or
Angie Lythgoe
COGS Community Project
Church of the Good
Shepherd, Sand Hill
Farnborough
GU14 8ER

Tel:
01252 549481

Email:
cogscommunity@freezone.co.uk

Access restrictions: none

Updated: 4.05.2010

Church of the Good Shepherd Pitstop Drop-in

Senior citizens' drop-in. Refreshments served

Weekly Meetings:

Tuesdays 2pm – 4 pm
at Church of the Good Shepherd, 45 Sand Hill,
Farnborough GU14 8ER

Charges: donations welcome. No charge.

Contact:	Tel:
Sue Riddlestone or	01252 549581
Angie Lythgoe	
COGS Community Project	Email:
Church of the Good	cogscommunity@freezone.co.uk
Shepherd,Sand Hill	
Farnborough	
GU14 8ER	

Access restrictions: none

Updated: 4.05.2010

St Christopher's Church: Cove Women's Fellowship

Social group meeting for monthly talks and occasional social outings

Monthly meetings:

Third Thursday at 8pm
at St Christopher's Church, 55 Cove Road, Cove,
Farnborough, GU14 0EX

Charges:

Contact:

Caroline Goodyear
Cove Parish Office
St Christopher's Church
55 Cove Road, Farnborough,
Hants, GU14 0EX

Tel: 01252 371804

Access restrictions: None

Updated: 2.06.2010

Cove Methodist Church: Tuesday at Two

Weekly social group for older people with talks and activities

Weekly meetings:

Tuesdays at 2pm
at Cove Methodist Church, 63 Cove Road, Cove,
Farnborough, GU14 0EL

Charges:

Contact:
Rev Linda Phillips
63 Cove Road,
Cove, Farnborough,
GU14 0EL

Tel: 01252 544823

Email:
linda.phillips@theinvernet.co.uk

Access restrictions: None

Updated: 2.06.2010

St John's Church, Cove: Pop In

Social group offering an open door to all – older people welcome

Fortnightly meetings

Alternate Tuesdays at 2pm

Charges:

Contact:

Caroline Goodyear
Cove Parish Office
St Christopher's Church
55 Cove Road, Farnborough,
Hants, GU14 0EX

Tel: 01252 371804

Access restrictions: None

Updated: 2.06.2010

Church of the Ascension: The Coffee Pot (Aldershot)

Social group offering fellowship for older people. Includes an annual outing and garden party, bingo, etc.

Meetings:

Wednesdays 10am – 12 noon at
Small Hall, Church of the Ascension
Ayling Hill, Aldershot GU11 3LL

Charges: minimal

Contact:
Mrs A Brown
C/o Ascension House
Ayling Hill
Aldershot
GU11 3LL

Tel:
01252 651799

Access restrictions: 4 steps

Updated: 8.05.2010

Contact the Elderly

Tea parties, one Sunday afternoon a month. Drivers collect elderly, isolated people for socialising in family homes (different home each month).

Monthly Meetings:

Sunday afternoon

Charges: None

Contact:
Suzan Hyland
National Volunteer Support
Officer
Contact the Elderly
15 Henrietta Street
London
WC2E 8QG

Tel:
0207 420 5811

Access restrictions: family homes – not usually able to accommodate wheelchairs

Updated: 4.05.2010

Cove & Farnborough WI

Largest voluntary women's organisation catering to ladies of all ages. Social outings, visiting speakers, and various other activities.

Meetings:

2nd Wednesday each month at
Community Centre, Meudon Avenue, Farnborough GU14
7LE

Charges:
Membership fees

Contact:
Jacqueline Crute
27 Cove Road
Farnborough
Hants
GU14 0EH

Tel:
01252 540905

Email:
j.crute@sky.com

Access restrictions: none

Updated: 5.05.2010

CSPA (Aldershot & District)

Campaigning and social activities for pensioners

Quarterly Meetings:

1st Thursday of the month at
Farnborough Community Centre, Meudon Avenue
Farnborough, GU14 7LE

Charges:

£1 includes raffle and refreshments

Contact:
Mrs June Smith
49 Ashley Road
Farnborough
GU14 7HB

Tel:
01252 654215

Email:
j.smith73@ntlworld.com

Access restrictions:

Updated: 1.05.2010

CSRF (ALDERSHOT GROUP)

Civil Service Retirement Fellowship is a charity dedicated to helping former Civil Servants and their partners enjoy their retirement. Local group meets socially for monthly talks, occasional outings and holidays

Monthly Meetings:

2nd Thursday of the month at
Holy Trinity Church, Galpin Hall, Windsor Way,
Aldershot GU11 1SJ

Charges: £1

Contact:
Mrs Gloria Wetherill
34 Old Cross Tree Way
Ash Green, Aldershot
Hampshire
GU12 6HT

Tel:
01252 345318

Email:
Rayglo227@talktalk.net

Access restrictions: None

Updated: 30.04.2010

ELIM CHURCH ALDERSHOT

Sunday worship only at present. A new programme of activities will be developed when the extended and refurbished facilities re-open in the Autumn (Currently in the process of providing ramp access and disabled toilet facilities)

Meetings:

Charges:

Contact:
Rev Mike Keeping
52-58 Holly Road
Aldershot
GU12 4RJ

Tel:
01252 528137

Email:
enquiries@hope-now.org.uk

Access restrictions:

Updated:

Elles Senior Centre, Farnborough (An Age Concern initiative)

Social and lunch club for older Farnborough residents.
Transport can be arranged (Farnborough/Cove only).
Activities include Bingo, raffle, day trips, etc.

Meetings:

Tuesdays 10 to 2.30pm; Fridays 10 am to 1.30 pm at
Elles Hall, Meudon Avenue, Farnborough GU14 7LE

Charges:

Tea/coffee – 30p per session

Cold lunch (eg filled roll) – 70p

Soup & roll – 70p (just soup – 30p)

Hot lunch (meals on wheels) – £3.20

Transport - £2.50 return, £1.25 single journey

Contact:
Mrs Sandie Dunsby

Tel:
01252 548383
Tuesdays & Fridays
9.30 am to 2.30 pm

Access restrictions: Easy access and toilets for disabled.

Updated: 03.07.2010

Farnborough Baptist Church: Outlook

Offering social activities for older people: monthly lunch club, weekly drop-in coffee morning, crafts and hobbies club.

Public Address system.

Meetings:

Outlook (Lunch Club) 2nd Thursday each month,
11.30 am for 12.30 lunch;

Crafts & Hobbies 4th Thursday each month

Drop-in coffee morning: every Saturday

All at:

Farnborough Baptist Church, Queens Road,
Farnborough GU14 6DX

Charges: £3 for lunch club; voluntary donations for coffee morning

Contact:
Mrs Gill Page
6 Oxford Road
Farnborough
GU14 6QT

Tel:
01252 662582

Email:
Gillpage1@ntlworld.com

Access restrictions: None

Updated: 7.05.2010

Farnborough Clockhouse Townswomen's Guild

The aims of the society are to advance the education of women in the principles of good citizenship to enable them to make the best contribution towards the common good. Members meet for outings, socials, crafts, walks etc.

Monthly Meetings:

2nd Thursday of the month at 7.15 pm at
St Peter's Church, 60 Church Avenue, Farnborough, GU14
7AP

Charges: £25 Annual subscription

Contact:	Tel:
Mrs J Miller	01252 543042
Mrs Jenny Perrett	01252 544920
Mrs P Lansley	01252 653668

Access restrictions: The meeting room is upstairs but it is possible to get there through the churchyard

Updated: 24.06.2010

Farnborough & District Historical Outings Society

Small friendly social group visiting places that are difficult to reach by public transport.

Meetings:

Outings approximately once a month by minibus to different venues

Charges:

Annual subscription of £3.50 plus minibus mileage and entry fees for each outing

Contact:

Mrs E Mayhew
1 Thames Close
Farnborough
GU14 9ND

Tel:

01252 540735

Email:

Mayhew9nd@btinternet.com

Access restrictions: None

Updated: 5.05.2010

Farnborough Library

There are social groups at Farnborough Library:

- Knit 'n' Natter
- Craft 'n' Chat
- Daytime Reading
- Friends of Farnborough Reading Group
- Film Club

Ask at the library for more details

Contact:
Farnborough Library
Pinehurst, Farnborough
GU14 7JZ

Tel:
0845 6035631

Access restrictions: Lift to upper floor

Updated: 30.06.2010

Farnborough Stamp & Postcard Club

For people who share a passion for collecting stamps & postcards

Meetings:

1st & 3rd Wednesday each month (excl August) at
British Legion, 51 Cambridge Road East,
Farnborough GU14 6QB

Charges: £5 per annum

Contact:
B J Davidson

Tel:
01252 517478

Access restrictions: None

Updated: 30.04.2010

Farnborough Welcome Club

Social club for older people – fun and friendship, to Well-being Agenda. Activities and outings.

Weekly meetings:

Thursdays 2pm to 4pm

Blunden Hall, Blunden Road, Farnborough GU14 8QP

Charges: £3 per meeting + 10p raffle

Welcome Club is a Brendoncare social club

Contact:

Mr John Murphy

Assistant Branch Manager

Blunden Hall,

Blunden Road, Farnborough

GU14 8QP

Tel: 01962 877772

Email:

jmurphy@brendoncare.org.uk

Access restrictions: none

Updated: 13.06.2010

Holy Trinity Church Aldershot

Social group: Women's Hour for retirement age ladies

Weekly Meetings:

Thursday afternoons 2.30 pm in the lounge at
Holy Trinity Church, Victoria Road, Aldershot
GU11 1SJ

Charges: None

Contact:
Rev G Newton
Holy Trinity Church
Victoria Road
Aldershot
GU11 3AS

Tel:
01252 320618
01252 333499

Email:
vicar@htca.org.uk

Access restrictions: None

Updated: 30.4.2010

Our Lady & St Dominic (OLSD) Seniors' Club

Social meetings and outings for older people: trips to the theatre, places of interest, pub lunches, seasonal celebrations. Visits and support for housebound.

Monthly Meetings:

1st Thursday each month at
OLSD Church Hall, 71 High View Road, Farnborough
GU14 7PT

Charges: £5 annual subscription

Contact:
Mrs Patricia O'Neill
20 Cedar Road
Farnborough
GU14 7AX

Tel:
01252 544690

Access restrictions: None

Updated: 2.05.2010

Park Evangelical Church Aldershot

Broad programme of activities including social meetings, walks and keep fit (see entry under Sport).

Meetings:

Open House (drop in for tea/coffee/conversation) Tuesdays
10.30 – 11.45 am

Ladies' meeting Tuesdays 2.30 – 3.30 pm
all at the Church Hall in Lower Farnham Road
GU11 3RB

Walking Group: meet at Park Church, Church Lane East,
GU11 3ST once a month, March – October

Charges:

Contact:
John Eyers
Park Evangelical Church
Church Lane East
Aldershot
GU11 3ST

Tel:
01252 327235

Email:
pecenquiries@googlemail.com

Access restrictions: None

Updated:

Probus Club (North East Hampshire)

A luncheon club for retired gentlemen with occasional organised trips to places of interest or the theatre.

Meetings:

Every 2nd Wednesday in the month at
The Masonic Centre, Alexandra Road, Farnborough

Charges: £10 annual subscription

Contact:
David Tonge
Two Wells
25 York Crescent
Aldershot
GU11 3JN

Tel:
01252 342466

Email:
davidtonge@btinternet.com

Access restrictions: None

Updated: 12.05.2010

Railway Enthusiasts Club (REC)Ltd Farnborough

Licensed clubroom where meetings are held weekly with model layouts on display. The club also holds auctions, modelling demonstrations and film shows.

Weekly Meetings:

Tuesdays at 7pm at Clubroom
103 Hawley Lane, Farnborough GU14 8JG

Charges:

Contact:
PO Box 73
Farnborough
GU14 8JG

Tel:
01252 542574

Access restrictions:

Updated:

Rotary Club of Aldershot

Club offering fellowship for members and assistance to the community. Raising money for local charities.

Meetings:

Tuesdays 1pm at
Tichbourne Suite, Princes Hall, Aldershot GU11 1NX

Charges: membership fees

Contact:
John Jerome
14 Ayling Lane
Aldershot
GU11 3LZ

Tel:
01252 320662

Email:
John.jero@ndirect.co.uk

Access restrictions: None

Updated: 20.05.2010

Rotary Club of Rushmoor

Service club offering fellowship for members and assistance to the community.

Meetings:

Wednesdays 7.30 at
Army Golf Club

Charges: Any meal costs + membership fees

Contact:
Owen Durrett
3 Queens Road
Fleet
Hampshire
GU52 7LA

Tel:
01252 816416

Email:
Owen.durrett@ntlworld.com

Access restrictions: None

Updated: 30.04.2010

Royal British Legion Women's Section

Meeting together for companionship with like-minded ladies, usually wives of servicemen – older generation.

Monthly Meetings:

3rd Tuesday 7 pm to 9 pm at
Royal British Legion, 51 Cambridge Road East, Farnborough
GU14 6QB

Charges: Membership £6 pa

Contact:
Rosemary Possee
8 Chingford Avenue
Farnborough
GU14 8AB

Tel:
01252 545049

Email:
rosepossee@yahoo.co.uk

Access restrictions: None

Updated: 30.04.2010

Rushmoor Healthy Living

RHL has developed a range of activities based in residential homes to improve the social well being of residents. These include quizzes, art clubs and talks of local interest.

Meetings:

Various – please ring for details

Charges: Vary accordingly

Contact:
Rushmoor
Healthy Living

Tel:
01252 362660

Email:
admin@rushmoorhealthyliving.org

Access restrictions: None

Updated: 30.06.2010

Senior Moments: Aldershot

Organised by the Aldershot Senior Citizens' Forum, Rushmoor Borough Council and the West End Centre, Senior Moments offers a cuppa and a chat.

Weekly Meetings:

Thursdays from 10.30 am to 12.30 pm at
The West End Centre, Queens Road, Aldershot
(Parking available around the back of the building)

Charges: Coffee/Tea – 50p

Contact:
West End Centre

Tel:
01252 330 040

Access restrictions: None

Updated: 14.05.2010

St Joseph's Catholic Church Aldershot

Besides religious services the church offers social gatherings and home visits by church members to the housebound of the parish

Meetings:

Sundays 10.30 am; Tuesdays 9.30 am (and afterwards in Church Hall); occasional social functions in Church Hall, Queens Road, Aldershot GU11 3JB

Charges: none

Contact:
Fr David Mahy
St Joseph's Church
Queens Road
Aldershot
GU11 3JB

Tel:
01252 320956

Access restrictions: None

Updated: 30.04.2010

St Mark's Church Fellowship Farnborough

Monthly social group for 'retired' people, primarily linked to the life of the church (but not exclusive)

Monthly Meetings:

1st Wednesday of the month at
St Mark's Hall, Guildford Road East,
Farnborough

Charges: small subscription

Contact:
The Parish of St Mark's office
1 St Mark's Close
Farnborough
GU14 6PP

Tel:
01252 544711

Email:
smarksfbro@btinternet.com

Access restrictions: None

Updated: 25.05.2010

St Peter's Church Farnborough

Offering a range of activities including Lunch Club, Women's Fellowship, Men's Group, 'Holiday at Home' and Oasis Visitors Home Visiting Team

Meetings:

'Meet and Eat' Lunch Club: 1st & 3rd Wednesday each month, with a speaker once a month. Co-ordinators: Alison & Tony Milway 01252 328626

Women's Fellowship: meeting monthly, usually the last Wednesday of each month, 2.30 pm at the Parish Centre
Co-ordinator: Chris Maton 01252 518599

Men's Group: for men of all ages, including breakfasts, outings and evening socials –encouraging men to live their Christian life in a tough world. Co-ordinator: Chris Parrott 01252 544735

'Holiday at Home': Popular two-day event for the retired held in August with talks and workshops in the Church and Parish Centre. More info available in June. Co-ordinators: Alison & Tony Milway 01252 328626

Charges: according to activity

Contact:

Mrs Christine Maton
St Peter's Parish Church
60 Church Avenue
Farnborough
GU14 7PP

Tel:

01252 513111

Email:

liz@stpetersfarnborough.org.uk

Access restrictions: None

Updated: 24.05.2010

U3A Farnborough

University of the Third Age Farnborough covers Farnborough and Aldershot, and organises various social and leisure groups open to members – older people who are no longer in full-time work.

Meetings:

Monthly Meetings, which provide an opportunity for all members to meet together, exchange views and receive the latest news, take place on the last Tuesday of each month usually at St. Mark's Hall, Guildford Road, Farnborough. At these a guest speaker gives a talk on a chosen subject. Visitors are welcome to come along and to make themselves known.

Other groups meet regularly – a programme is produced and can be viewed online – see link below.

Charges:

£25 annual membership fee

Other charges may apply according to groups attended

<http://www.u3afarnborough.org.uk/>

Contact:

Joan Manley
28 Highfield Ave, Aldershot,
Hants.
GU11 3BZ

Tel:

01252 322707

Access restrictions: May vary according to venue

Updated: 30.06.2010

SPORT AND EXERCISE

EXTEND

(League of Health & Beauty)

Exercise class for older people. Whether you are recently retired or determined to improve your fitness level, EXTEND can help you to achieve this. EXTEND classes will always contain 20 minutes of seated exercise, but do not be discouraged as seated exercises can be very active. You will be very surprised at just how much active exercise can be performed whilst sitting in a chair.

Weekly Meetings

Monday mornings 10am to 11am at
St Joseph's Church Hall, Queens Road, Aldershot
GU11 3JB

Charges: £3 a visit

(See website: <http://www.extend.org.uk/classes>)

Contact:
Penny Elliot
(Limited numbers – please
phone)

Tel:
01252 334034

Access restrictions: None

Updated: 24.06.2010

Park Evangelical Church Aldershot

Weekly exercise sessions: Keep Fit for All
Monthly walk.

Weekly Meetings:

Keep Fit for All: Tuesdays 9.15 – 10.15 am
Walking Group: meet at Park Church, Church Lane East,
GU11 3ST once a month, March – October

Charges: £2 per session or concessions

Contact:
John Eyers
Park Evangelical Church
Church Lane East
Aldershot
GU11 3ST

Tel:
01252 327235

Email:
pecenquiries@googlemail.com

Access restrictions: Walks may not be suitable for all

Updated: 4.05.2010

RUSHMOOR HEALTHY LIVING

Rushmoor Healthy Living offer a range of exercise classes for older adults (50+) in the Farnborough and Aldershot areas. Twenty classes per week in community venues. Details published in the Rushmoor Senior Citizens' Activity Guide or see [timetable](#)

Tai Chi; Pilates; Seated Exercise; Low Impact Aerobics; Phase IV Cardiac Rehab; Yoga; Fit to Dance (All abilities + Advanced)

Charges:

From £2.90 per class (First class free)

<http://www.rushmoorhealthyliving.org.uk/index.htm>

Contact:

Debbie Barton

Activities

Co-ordinator

Tel:

01252 362660

Email:

admin@rushmoorhealthyliving.org

Access restrictions: Check when booking

Updated: 30.06.2010

Personal Support at Home

Bluebird Care

Bluebird Care is a commercial service available to anyone who needs specific help with every day tasks around the home. This may include help getting up or going to bed, preparing meals, personal hygiene, mobility issues and assistance with medication.

Visits:

Visiting customers in their own homes, visits are tailored to the customer's needs, from as little as 15 minutes, up to several visits a day or even live-in care.

Charges: Yes: commercial rates

Contact:	Tel:
Bluebird Care (Rushmoor & Surrey Heath)	01276 683577
Cedar House, Cedar Lane	Email:
Frimley	rushmoor@bluebirdcare.co.uk
GU16 7HZ	

Access restrictions: Not applicable

Updated: 8.06.2010

Hospice Home Support

HHS is a registered charity providing volunteer support to patients and their families in their own home. The organisation trains volunteers to support and assist patients suffering from illnesses that no longer respond to curative treatment.

Meetings:

Not applicable

Charges: None

Contact:
Mrs Linda Roberts
Community Link
Surrey Heath House
Knoll Road
Camberley
GU15 3HH

Tel:
01276 707571

Email:
admin@hospicehomesupport.org.uk

Access restrictions: None

Updated:

RVS Home Help

RVS Home Help provides essential housework and shopping for people who are unable to do this because of frailty, illness or disability. Serves Aldershot, Farnborough, Fleet, Church Crookham, Hawley, Yateley, Blackwater and adjoining areas.

Referrals:

Referrals accepted from GP, District Nurse, or Warden of Sheltered Accommodation

Charges:

Registration fee of £1.25 per week plus £8.40 per hour invoiced monthly in advance. There may be a reduction in charges for those in receipt of Pension Credit or Housing Benefit.

Contact:
RVS Home Help
Rushmoor Voluntary
Services
Farnborough Community
Centre, Meudon Avenue
Farnborough, GU14 7LE

Tel:
01252 370500

Email:
homehelp@rvs.org.uk

Access restrictions: Not applicable

Updated: 04.05.2010

Transport

ALDERSHOT NEIGHBOUR CARE

Lifts to hospitals in the area, dentists, opticians, health centre and surgery where no other transport is easily available.

Collecting pensions or prescriptions.

Charges:

Donations to cover expenses welcomed.

Frimley Park Hospital £7,

Royal Surrey at Guildford £10

Aldershot £4

Farnham Hospital £4.

Bookings taken:

Mon, Weds & Thursday 10.00am - 12noon

Contact:

Mrs Kathleen Beauchamp

Co-ordinator

Park Hall

Lower Farnham Road

Aldershot

GU11 3RB

Tel:

01252 344244

Access restrictions: Private vehicles

Updated: 20.05.2010

FARNBOROUGH NEIGHBOUR CARE

Provision of transport to hospitals, dentists, surgeries, etc within the Farnborough area

Meetings:

Not applicable

Charges:

Depending on journey/distance

Contact:
Terri Willcocks

Tel:
01252 371199

Access restrictions: Private vehicles

Updated: 14.06.2010

Rushmoor Dial-A-Ride

Dial a Ride is a door-to-door service for anyone who finds it difficult or impossible to use ordinary bus services. You can use the service if you have a mobility or sensory impairment which means that you cannot use or have difficulty or discomfort in using bus services. You don't have to be registered disabled or a wheelchair user. The service is for shopping or social trips – it isn't for hospital appointments or to day care centres. You can take a travel companion provided there is enough room on the bus. They will be charged the standard fare.

Dial-A-Ride operates in the Rushmoor area from:
Monday to Thursday between 9 am and 4.30 pm and Friday
and Saturday between 9 am and 4 pm

Charges:

Registration: free

Fares: based on a system similar to bus fares

Contact:
Dial-a-Ride

Tel:
0845 6024135
10 am to 4 pm
Monday to Saturday

Access restrictions: None

Updated:

ADDENDUM

Shaw Trust

The Hampshire gardening support service is delivered by Shaw Trust to assist Hampshire residents over the age of 60 to maintain their gardens. For those who receive a means-tested benefit, the basic service is at a reduced rate. It is also available to those who do not receive a benefit, at the standard rate.

www.shaw-trust.org.uk/hampshire_gardening_service

Contact:
Shaw Trust Horticulture
St James' Hospital
Locksway Road
Portsmouth
PO4 8LD

Tel:
0845 6044 643

Email:
Grounds.maintenance@shaw-trust.org.uk

Access restrictions: Hampshire residents over 60

Updated: 14.07.2010

ABC Badminton (Ladies)

Badminton club for ladies.

Meetings:

2pm to 3pm on Wednesdays at
Farnborough Recreation Centre

Charges:

Court cost divided among members attending

Contact:
Mrs C Harrison
15 Ashley Road
Farnborough
GU14 7EZ

Tel:
01252 653646

Email:
Cathy.harrison@ntlworld.com

Access restrictions: Not suitable for disabled players

Updated: 14.05.2010

Farnborough Library

Sarah is working in a voluntary capacity at Farnborough Library. She is offering one to one computer lessons that are free of charge!

Meetings:

One to one tuition Monday - Friday from 10am till 3pm at Farnborough Library.

Contact:

Tel:

0845 6035631

Access restrictions: There is a lift to the upper floor. Sarah's services available until December 2010

Updated: 14.07.2010