



**DIRECTORY OF ACTIVITIES,  
SERVICES & SUPPORT FOR  
OLDER PEOPLE**

**RUSHMOOR DIRECTORY  
2011/2012**

# *DIRECTORY OF ACTIVITIES, SERVICES & SUPPORT FOR OLDER PEOPLE*

## **RUSHMOOR DIRECTORY, 2011/2012**

This directory was developed by Rushmoor Voluntary Services.

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 information about the range of services available.

If you have any questions about the community support available or would like further information about the Directory, please contact:

Suzanne Wells  
Rushmoor Voluntary Services  
Community Centre  
Meudon Avenue  
Farnborough  
Hants. GU14 7LE

Tel: 01252 540162  
Email: [Suzanne@rvs.org.uk](mailto:Suzanne@rvs.org.uk)  
Website: [www.rvs.org.uk](http://www.rvs.org.uk)

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# 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: 10.00 a.m. - 3.00 p.m.

Updated:

## ***British Gurkha Welfare Society***

Provides welfare support, advice, culture, integration with the wider community and 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:  
[Hulaksewa@yahoo.com](mailto:Hulaksewa@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 a.m. to 4.30 p.m.

### **Charges:**

No charge; donations accepted.

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

Tel:  
01252 319789

Email:  
[Aldershot@capuk.org](mailto: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 a.m. - 3.00 p.m.

Tuesday: 9.30 a.m. - 3.00 p.m.  
5.00 p.m. - 8.00 p.m. Appointments Only

Wednesday: Appointments only

Thursday: 9.30 a.m. - 5.00p.m.

Friday: 9.30 a.m. - 3.00p.m.

1<sup>st</sup> & 3<sup>rd</sup> Saturday of each month: 10.00 a.m. - 12.30 p.m.

35-39 High Street  
Aldershot  
Hampshire  
GU11 1BH

Telephone Advice: 08444 111 304

Email advice: via:

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

Appointments and Admin: 01252 333618

Access restrictions: None

Updated: 31.10.2011

## ***Citizens Advice Bureau (Farnborough)***

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 a.m. - 3.00 p.m.
Tuesday	9.30 a.m. - 3.00 p.m.
Wednesday	9.30 a.m. - 5.30 p.m.
Thursday	9.30 a.m. - 3.00 p.m.
Friday	9.30 a.m. - 12.30 p.m.

Appointments offered on Tuesdays 12.30 p.m. - 2.30 p.m. and Wednesday evenings from 6.00 p.m.

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](mailto:bureau@farnboroughcab.org.uk)

Access restrictions: None

Updated 28.04.2010

## ***Counsel and Care***

Provide advice and information to older people over 60, their families and carers over the phone or by email. They advise on community care issues such as care homes, housing, accessing home care and support for carers. Counsel and Care also produce a range of guides and factsheets available to download for free on their website.

Web Site : [www.counselandcare.org.uk](http://www.counselandcare.org.uk)

Contact:  
Phone for advice  
Mon to Fri 10.00 a.m. -  
4.00 p.m.

Tel:  
0845 300 7585

Email:  
[advice@counselandcare.org.uk](mailto:advice@counselandcare.org.uk)

Access restrictions: None

Updated: 31.10.2011

## **Domestic and Elder Abuse**

Domestic abuse is any form of unacceptable personal abuse. It can happen to anyone - men, women and children. It can be committed by a partner or ex-partner, or a family member in an existing or previous relationship. It can involve a wide range of abusive and controlling behaviour including physical, emotional ' psychological, verbal, sexual, stalking and harassment, and financial control.

### **Meetings:**

There are local personal development groups run in a therapeutic environment for men and women who have been, or are being abused.

Monday mornings in Aldershot (contact Gerrie Jordan on 07810 430689)

Tuesday mornings in Hook (contact Gerrie Jordan)

Wednesday lunchtimes in Aldershot (contact Nina or Tracey on 01252 338835)

Thursday morning (contact Nina or Tracey)

### **Contacts:**

In an emergency, always dial 999

Elder Abuse 0808 808 8141

National Domestic Violence Helpline 0808 2000 247

Men's Advice Line 0808 801 0327

Broken Rainbow (advice for gay, lesbian, bisexual, transgendered victims of domestic abuse) 08452 604460

Victim Support 0845 3030900

For local information about domestic abuse and the support available, see <http://www.saferrushmoor.com/> or for

Hampshire wide information see

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

Updated: 31.10.2011

## ***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 9.00 a.m. - 5.00 p.m.

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

Tel:  
01264 362872

Email:  
[jane.okelly@independentage.org.uk](mailto: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](mailto:Owen.durrett@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***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@hampshiressafa.org.uk](mailto:aldershot@hampshiressafa.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***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](http://www.solicitorsfortheelderly.com)

Contact:

Tel:  
0870 067 0282

Access restrictions: Not applicable

Updated: 05.05.2010

## ***Trading Standards Office***

In addition to the regular Trading Standards role, a specialist team within Trading Standards works in safeguarding vulnerable adults in Hampshire against financial abuse. If contracts have been entered into unwisely or by people with limited capacity, the team intervenes to obtain refunds without the need for court action, bringing a creative and flexible approach to financial abuse investigations involving transactions for goods and services

Officers:

- Work with partner agencies engaged in Safeguarding Vulnerable Adults of any age;
- Seek to minimise stress to the service user by working wherever and however to suit the individual's needs;
- Are experienced in using a range of skills from mediation to the prosecution of offenders and use the most appropriate methods within this range to obtain redress;
- Provide a free dispute resolution service which is often quicker than court action;
- Offer follow up help including awareness raising and empowering techniques designed to educate, support and guard against further financial abuse

Contact:  
Hampshire County Council  
Trading Standards Service  
Montgomery House.  
Monarch Way  
Winchester. Hampshire.  
SO22 5PW

Tel:  
08454 04 05 06

Access restrictions: None  
Updated: 27.07.2010

## ***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:  
Sally Hutton  
Winchester House  
Basingstoke  
Hampshire  
RG21 7EE

Tel:  
0845 30 30 900

Email:  
[Sally.hutton@victimsupport.org.uk](mailto:Sally.hutton@victimsupport.org.uk)

Access restrictions: None

Updated: 31.10.2011

# 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](mailto:info@careathome.org)

Access restrictions: None

Updated: 14.06.2010

## ***Care Unlimited: Weavers***

Short stay resource centre catering for people with Dementia and Alzheimer's. 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](mailto: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.

### **Contact:**

Carers Direct Helpline:

Tel: 0808 802 0202

Mon - Fri: 8.00 a.m. - 9.00 p.m.

Sat - Sun: 11.00 a.m. - 4.00 p.m.

Website:

<http://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 a.m. - 3.30 p.m. 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](mailto:admin@carerstogether.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Cinnamon Trust: Pet care***

The only specialist national charity for people in their last years and their much loved, much needed companion animals. A network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together - for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc. When staying at home is no longer an option, our Pet Friendly Care Homes Register lists residential/ nursing homes happy to accept residents with pets. And when a pet is bereaved we take on full time, life time care.

The Cinnamon Trust - Peace of mind for owners, love, care and safety for beloved pets.

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

Contact:

Tel:

01736 758706

Email:

[Volunteer@cinnamon.org.uk](mailto:Volunteer@cinnamon.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Cruse Bereavement Care (South West Surrey Area)***

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.

Ring for details on 01483 565660 (please leave convenient time to be contacted if it's an answer phone)

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

South West Surrey website linked from Local Websites page

Access restrictions: None

Contact:

Tel:

01483 565660

Access restrictions: None

Updated: 31.10.2011

## ***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

9.00 a.m. - 5.00 p.m.

Access restrictions: Not applicable

Updated: 14.06.2010

## ***Friends of the Elderly: Supporting Friends***

Supporting Friends helps older people in a number of ways:

- by providing one-off grants for essential items such as mobility aids, basic furniture, household white goods and appliances, property repairs and adaptations
- with regular allowances paid monthly or twice a year, to support older people living at home who are on a low income
- keeping in touch with beneficiaries by telephone, letter, birthday and Christmas cards

### **Who is Eligible?**

Men and women who live in England or Wales, aged 60 or over (over 50 for homeless people), with a low income and minimal savings, are eligible for support. We cannot help people living in residential care. Supporting Friends prioritises its grants for people who are not eligible for help from any other trade, professional or Service benevolent fund.

### **How to apply**

Applications should be made by a third party organisation such as Social Services, the Citizens Advice Bureau, Age UK, etc. A separate application form must be requested on behalf of each applicant.

Contact:  
Friends of the Elderly  
40-42 Ebury Street  
London  
SW1W 0LZ

Tel:  
020 7730 8263

Access restrictions: See eligibility above

Updated: 31.10.2011

## ***Friends of the Elderly: Phoning Friends***

Phoning Friends recruits and manages a team of volunteers who make friends with older people over the phone. The service is designed to reduce the feelings of isolation, loneliness and depression experienced by those we support, thus improving their quality of life and well being. We match volunteers to older people based on shared interests and compatibility and our volunteers then make regular telephone calls to their clients, building a relationship based on friendship and trust.

Phoning Friends was established in 2007 and is **currently only available to beneficiaries of Friends of the Elderly's Supporting Friends service.**

Contact:  
Friends of the Elderly  
40-42 Ebury Street  
London  
SW1W 0LZ

Tel:  
020 7730 8263

Access restrictions: See above - currently only available to beneficiaries of Friends of the Elderly's Supporting Friends service.

Updated: 31.10.2011

## ***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](mailto:coordinator@goodneighbours.org.uk)

Access restrictions: Not applicable

Updated: 14.06.2010

## ***Hampshire Carers Helpline***

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

Monday - Friday 4.00 p.m. - 11.30 a.m.

Sat, Sun and Bank Holidays 8.30 a.m. - 11.30 p.m.

Contact:

Tel:

0845 722 1122

Access restrictions: Not applicable

Updated: 14.06.2010

## ***Meals on Wheels***

Rushmoor Meals on Wheels offers home delivery of pre-cooked meals for people who are unable to cook for themselves through old age, disability or infirmity. Referrals are through your GP or Social Services.

Contact:

Tel:  
01252 540970

Access restrictions: Only available to people referred by their GP or by Social Services

Updated: 31.10.2011

## ***Mental Health User Development Service***

Support, activities, advice and information for people with mental ill-health

### **Opening Times**

9.00 a.m. - 4.00 p.m. daily (excluding week-ends)

The Well-Being Centre

Church Road

Frimley

GU16 7AD

Contact:  
Judi Page

Tel:  
01276 670911  
07900 913783

Access restrictions: None

Updated: 31.10.2011

## ***Rushmoor Carers Support Group***

An umbrella group for all carers, regardless of whom they are caring for and the disability.

### **Meetings:**

2.00 p.m. - 4.00 p.m. first Thursday of the month at

Rushmoor Borough Council Offices,  
Farnborough Road, Farnborough, Hants GU14 7JU

**Charges:** None

Contact:

Moyra:

Pat:

Tel:

01252 543134

01252 664120

Access restrictions: None

Updated: 31.10.2011

## ***Rushmoor & Hart Carers' Support Workers***

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

Catherine Wheeler

07825 589 738

### **Conifers Community Mental Health Team**

#### **Adult Mental Health Carer Support Worker**

01483 783555

### **The Hollies Community Mental Health Team**

#### **Adult Mental Health Carer Support Worker**

Claire Bampton

01252 312788

Contact:

HCC Adult Services  
The Old Town Hall,  
Grosvenor Road, Aldershot,  
Hampshire  
GU11 3DP

Tel:

01252 796208

Access restrictions: None

Updated: 31.10.2011

## **Sunshine & Showers**

A support group for people experiencing depression or anxiety

The aims of the group are :

- To create a safe place to talk and off load
- To be listened to
- To share experiences of depression and anxiety with others
- To give and receive support
- To provide information to each other
- To receive hope and encouragement for the future

Self referral or via GP

### **Meetings:**

Farnborough - Every Monday, 7.00 p.m. - 8.30 p.m.

Fleet - Every Wednesday, 1.00 p.m. - 2.30 p.m.

Yateley - Every Thursday, 1.00p.m. - 2.30 p.m.

Contact:

Megan Ravenhill

Hart Voluntary Action

Civic Offices, Harlington Way

Fleet

Hants. GU51 4AE

Tel:

01252 815652

Email:

[mentalhealth@hartvolaction.org.uk](mailto:mentalhealth@hartvolaction.org.uk)

Access restrictions: Own transport is required

Updated: 31.10.2011

## ***The Food Bank***

The **Food Bank** issues Food Vouchers which can be exchanged at the **Food Bank** Centre in Farnborough for a nutritionally balanced food supply sufficient to last 3 days. As well as providing recipients with emergency food, the **Food Bank** in Farnborough will offer 'one-stop' access to a multi-agency platform (CAB, Debt Counselling, Advocacy, Health Visitors etc). This facility is designed to enable recipients to begin to effectively break their long-term circle of poverty.

Professional care-workers (working in health care, social services or pastoral care through churches) are able to hold Food Vouchers for distribution to clients who are in need or financial distress.

Should anyone have difficulty in reaching an organisation for vouchers - please get in touch with us on **07954 105279**

The Food Bank is open 12.00 noon to 2.30 p.m. Monday and Thursday

### **Charges:**

Free

Contact:  
The Food Bank  
St Christopher's Church  
55 Cove Road  
Cove  
GU14 0EX

Tel:  
07954 105279

Email:  
[Farn.foodbk@hotmail.com](mailto:Farn.foodbk@hotmail.com)

Access restrictions: None

Updated: 31.10.2011

## ***The Storehouse, Aldershot***

The Storehouse is for the temporary supply of basic food needs for people and families who, for whatever reason, are without food.

<http://www.hopeheretohelp.co.uk/-/store-house/4533391207>

Contact:  
Irene Brown  
The Hope Centre  
33 High Street  
Aldershot  
GU11 1BH

Tel:  
01252 319789

Access restrictions: None

Updated: 30.11.2010

# Health

## ***Aldershot & District Tinnitus Group***

Self-help support group for Tinnitus sufferers

### **Meetings:**

2<sup>nd</sup> Wednesday each month, 1.30 p.m. - 3.30 p.m.  
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: 31.10.2011

## ***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:**

3<sup>rd</sup> Monday each month, 2.00 p.m. to 4.00 p.m. 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](mailto:caroledgoose@yahoo.co.uk)

Access restrictions: None

Updated: 22.06.2010

## ***Alzheimer Café UK***

For people with dementia, their families and the professionals involved in this specialist area of care – all welcome

### **Meetings**

7.30 p.m. to 9.30 p.m. Third Friday each month (except August)

St. Peter's Parish Centre, Church Avenue, Farnborough, Hants GU14 7AP

[www.alzheimercafe.co.uk](http://www.alzheimercafe.co.uk)

**Charges:** None

Contact:  
Kandy Redwood

Tel:  
01252 796223

Access restrictions: None

Updated: 31.10.2011

## ***Alzheimer's Society***

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

Helpline Number: 0845 300 0336

Normally open: 8.30 a.m. to 6.30 p.m. Monday to Friday

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

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

**Local office:** See next page

## ***Blackwater Valley Alzheimer's Society***

Services include: Support groups for carers and for people with dementia; 'Singing for the Brain' - a therapeutic and social activity for people with dementia and their carers; Dementia Support Worker for one-to-one information and guidance.

### **Meetings:**

Ring for details

### **Charges:**

Most services no charge, but donations are encouraged to help cover expenses

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

Tel:  
01276 670071

Email:  
[blackwater@alzheimers.org.uk](mailto:blackwater@alzheimers.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Broadhurst Community Access Project***

If you live in the Aldershot, Farnborough or Fleet areas, are aged between 18 – 65, are experiencing mental distress and do not have the support of any other mental health worker then the Community Access Project (CAP) may be for you! CAP can provide support with keeping appointments, socialising and hobbies, encouraging good housekeeping skills (we do not provide housework or cleaning,) information seeking, and will support you to achieve personal targets that are regularly reviewed. We can also support you if you are seeking to return to education or trying to access other support services. CAP offers support on a solution-focused basis which is client led.

### **Meetings:**

Project staff will meet with you either at your home or in a mutually agreed public place, usually a café. Opening hours: Monday to Friday, 8.30 a.m. to 4.00 p.m.

Contact:  
Tracy Bowden  
The Service Manager  
Community Access Project  
C/o Volunteer Centre  
The Community Centre  
Meudon Avenue  
Farnborough  
GU14 7LE

Tel:  
07894 606 244

Email:  
[broadhurstcap@hotmail.co.uk](mailto:broadhurstcap@hotmail.co.uk)

Access restrictions: Service available to people aged 18 to 65 living in Aldershot, Farnborough or Fleet - see above.

Updated: 31.10.2011

## ***Deaf Plus Aldershot/Farnborough***

DeafPLUS arranges a range of specialist services to deaf and hard of hearing people including life skills training and social clubs plus a Drop-in Centre in Aldershot for advice and equipment demonstrations

### **Meetings:**

deafPLUS Coffee mornings meet 10.00 a.m. - 1.30 p.m. on 3<sup>rd</sup> Wednesday of month at Farnborough Community Centre, Meudon Avenue, Farnborough GU14 7LE  
(no meeting in August)

Friends of deafPLUS social group meet 10.00 a.m. - 12.00 noon on 2<sup>nd</sup> Thursday of month at Aldershot Centre - address below

Drop-in Centre open 10.00 a.m. - 1.00 p.m. Tuesdays, Wednesdays, Thursdays at Aldershot Centre – address below

(For equipment demonstration, please phone for an appointment if possible)

Advocacy Service: 10.00 a.m. - 12.00 noon 1<sup>st</sup> Thursday of month at Farnborough Centre, 67 Albert Road, Farnborough GU14 6SL

Tel: (voice/text) 01252 510051. Fax: 01252 524642

**Charges:** £1 for Coffee Mornings

<http://www.deafplus.org/>

Contact:  
Aldershot Centre  
35-39 High Street  
Aldershot. GU11 1BH

Tel:  
01252 313882

Email: [south@deafplus.org](mailto:south@deafplus.org)

Access restrictions: None

Updated: 05.08.2010

## ***Diabetes UK Blackwater Valley Voluntary Group***

Diabetes UK exists to inform people about diabetes and its prevention. The local group holds meetings once every second month with speakers of interest to people with diabetes and their families. Members keep in touch with regular newsletters and items of interest circulated by email.

### **Meetings:**

7.30 p.m. on 4th Tuesday in February, April, June, August, October and December

**Charges:** £5 per family

Contact:  
Mr Colin Rowe  
Secretary  
72 Tudor Drive  
Yateley  
Hampshire  
GU46 6DF

Tel:  
01252 655963

Email:  
[Rowe72@ntlworld.com](mailto:Rowe72@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***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:**

3<sup>rd</sup> Tuesday each month 7.30 p.m. to 9.30 p.m.  
at Shawfield Day Centre, Shawfield Rd, ASH GU12 6QX  
Transport available.

### **Exercise Classes (members only, no transport provided)**

Exercise to Music:

Fridays 10.00 a.m. to 12.15 p.m.  
at St George's Church, Badshot Lea GU9 9LD

Chair-based Pilates:

Tuesdays 2.00 p.m. to 3.00 p.m.  
at Ancells Farm Community Centre, Fleet GU13 8XF

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

Website: <http://www.parkinsons-farnborough.org.uk/>

Contact:

Mrs L White

Tel: 01252 657027

Hon Sec

1 Bell Close

Farnborough

GU14 8BS

Access restrictions: Members only, no transport provided

Updated: 31.10.2011

## ***Farnborough & District Speakability Group***

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

### **Meetings:**

1<sup>st</sup> Friday each month

### **Charges:**

£1

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

Tel:  
01252 515898  
07704 180 575

Email:  
[Jan243@btinternet.com](mailto:Jan243@btinternet.com)

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough MS Support & Therapy Group***

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

### **Meetings:**

Thursdays 10.00 a.m. - 1.00 p.m.  
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:  
<mailto:mssupport@virginmedia.com>

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough Open Sight***

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

### **Meetings:**

2<sup>nd</sup> & 4<sup>th</sup> Mondays in the month 2.00 p.m. to 4.00 p.m. 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](mailto:billwwright@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***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](mailto:Farnborough_TN@ntlworld.com)

Access restrictions: Not applicable

Updated: 31.10.2011

## ***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 (e.g. through illness)

### **Meetings:**

Not applicable

### **Charges:**

Not applicable

Contact:  
Sarahjane Commarford  
51 Fellows Road  
Farnborough  
GU14 6NU

Tel:  
01252 375216

Email:  
[sarahjane@commarford.freemove.co.uk](mailto:sarahjane@commarford.freemove.co.uk)

Access restrictions: Not applicable

Updated: 31.10.2011

## ***The Healing Space***

The Healing Space is an opportunity to receive advice and prayer for wholeness of body, mind and spirit. The HOPE Centre provides a relaxed atmosphere for these opportunities.

**Meetings:** By arrangement

<http://www.hopeheretohelp.co.uk/>

Contact:  
Hope Centre  
33 High Street  
Aldershot  
Hampshire  
GU11 1BH

Tel:  
01252 319789  
  
or KC21  
01252 333767

Access restrictions: None

Updated: 30.11.2010

## ***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](mailto:vicar@htca.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Relapse Prevention: TTG***

Through the Gates Ministries (TTG) is offering relapse prevention help to anyone over 18, who has been drug/and or alcohol dependant and is currently or actively working towards abstinence. Through weekly sessions relapse prevention skills will be taught and strengthened.

Contact:  
Viv Dawes  
Hope Centre,  
33 High Street,  
Aldershot,  
Hampshire, GU11 1BH

Tel:  
07905 403838  
or 01252 319789

Access restrictions: None

Updated: 31.10.2011

## ***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@rhl.org.uk](mailto:admin@rhl.org.uk)

Access restrictions: None

Rushmoor Healthy Living also offers 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

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

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)

Contact: Debbie Barton  
Activities Co-ordinator  
Tel: 01252 362660  
Email: [admin@rhl.org.uk](mailto:admin@rhl.org.uk)

Access restrictions: Check when booking

Updated: 31.10.2011

## ***The Stroke Association***

Communication support service works with people and their carers who are living with the effects of communication difficulties, to create opportunities to develop communication strategies, help rebuild confidence and get back to life after stroke.

The service is delivered through support in group workshops, community activity and one to one volunteer support.

Please contact Bev for further details.

### **Meetings:**

#### **Blackwater Valley Stroke Support Group**

Mondays 10.00 a.m. to 12.00 noon at  
Farnborough Community Centre, Meudon Avenue  
Farnborough, GU14 7LE

### **Charges:**

£3.00

Contact:  
Beverley Troke  
90 Fallowfield  
Yateley  
GU46 6LW

Tel:  
01252 878825  
Email:  
[Beverley.troke@stroke.org.uk](mailto:Beverley.troke@stroke.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***TalkPlus***

Rushmoor and Hart Psychological Therapies offer three courses:

- 'Managing Low Mood';
- 'Worry, Stress and Anxiety Management';
- 'Useful Skills for Better Relationships'.

They also offer one-to-one support for other psychological difficulties such as Anger Management, and may run other courses from time to time.

Contact:  
TalkPlus

Tel:  
01252 335571

Access restrictions: None

Updated: 01.03.2011

# Housing, Home and Garden Care

## ***Anchor***

Sheltered housing for older people.

### **Charges:**

Monthly charge to tenants.

Studio Flat: £475.80

1 Bedroomed Flat: £539.35

Contact:  
Tina Parker  
Fernhill House,  
Boundary Road,  
Farnborough  
Hampshire  
GU14 6SU

Tel:  
01252 512364

Email:  
[Tina.parker@anchor.org.uk](mailto:Tina.parker@anchor.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***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](mailto:joan@rvs.org.uk)

Access restrictions: may apply

Updated: 31.10.2011

## ***Farnborough Rotary Club***

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

### **Meetings:**

12.30 p.m. for 1.00 p.m. Thursdays at Holiday Inn, Farnborough

### **Charges:**

Not applicable

Contact:  
Peter Minett  
49 Pierrefondes Avenue  
Farnborough  
GU14 8PA

Tel:  
01252 541332

Email:  
[Pbm49@btinternet.com](mailto:Pbm49@btinternet.com)

Access restrictions: None

Updated: 31.10.2011

## ***Hands On***

'A resource for the local community'

Who are we?

We are a group of people who have a passion to provide help and encouragement in our community.

Our aim is to provide a range of support to help people improve their living conditions, which can in turn motivate and encourage them to raise their self-esteem.

The team can come to the rescue equipped with paintbrushes, gardening equipment, hard graft and a friendly smile!

We have a dedicated team that consists of painters, builders, electricians, plumbers and gardeners, all ready to offer their expertise.

Contact:  
Mark McGowan

Tel:  
01252 333767  
Email:  
[Hands-on@kc21.net](mailto:Hands-on@kc21.net)

Access restrictions: None

Updated: 31.10.2011

## ***In Touch***

Supported by Hampshire County Council Adult Services, the Handyperson Service provides a low cost minor home repairs service for disabled people and people aged over 60.

Includes jobs that take less than a couple of hours and can be done safely by one person, such as changing light bulbs, fitting grab rails, putting up shelves, fitting new locks, stopping plumbing leaks and replacing taps, washers and ball valves.

In Touch also offer a Home Improvement Agency, helping organise and find funding for repairs and adaptations.

### **Charges:**

The cost is usually £10 per hour plus VAT (although a further discount is available for clients in receipt of a means tested benefit). Clients can supply their own materials or they can be purchased from The Handyperson Service.

<http://www.intouchsupport.co.uk/>

Contact:	Tel:
In Touch Support	01252 771350
Unit 40	
41 The Hart Centre	
Fleet Road, Fleet	
GU51 3LA	

Access restrictions: For older and disabled Rushmoor and Hart residents

Updated: 21.12.2010

## ***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](mailto:homehelp@rvs.org.uk)

Access restrictions: Not applicable

Updated: 31.10.2011

## ***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.

[http://www.shaw-trust.org.uk/hampshire\\_gardening\\_service](http://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](mailto:Grounds.maintenance@shaw-trust.org.uk)

Access restrictions: Hampshire residents over 60

Updated: 14.07.2010

## ***Wilmot Court***

Supported housing for older people (60+). Resident management staff and Community Alarm service. Facilities include garden, lounge, lift, laundry, guest facilities. Regular social activities include coffee morning, tea afternoon, bingo, quiz.

### **Meetings:**

11.00 a.m. Wednesday mornings: residents' coffee morning (10.30 a.m. for Speakers)

Contact:  
Peveler Retirement  
Wilmot Court  
76-84 Victoria Road  
FARNBOROUGH  
Hants GU14 7PH

Tel:  
0845 880 5560

Access restrictions: 60+ with private funding

Updated: 31.10.2011

# **Social and Leisure**

## ***The Acorn Group***

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

### **Monthly Meetings:**

4<sup>th</sup> Monday of the month 2.30 p.m. to 4.00 p.m.  
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

## **Age Concern Farnborough**

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

### **Meetings:**

Tuesdays 10.00 a.m. to 2.00 p.m., Fridays 10.00 a.m. to 1.30 p.m. at  
Elles Hall, Meudon Avenue, Farnborough GU14 7LE

### **Charges:**

Tea/coffee - 30p per session  
Cold lunch (e.g. filled roll) - 70p  
Soup & roll - 70p (just soup - 30p)  
Hot lunch (meals on wheels) - £3.20  
Transport - £3 return, £1.50 single journey

Lunch Club Queries: 01252 545033

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: 31.10.2011

## ***Aldershot Civic Society***

Watchdog for the improvement and preservation of Aldershot

### **Monthly meetings:**

1st Wednesday of the month

7.00 p.m. 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](mailto:info@aldershotcivicsociety.org.uk)

Access restrictions: none

Updated: 31.10.2011

## ***Aldershot & District West Indian Assoc***

Luncheon Club

### **Weekly meetings:**

Saturdays 1.30 p.m. to 4.30 p.m.

The Pavilion, Queens Road, Farnborough GU14 6LF

**Charges:** £4.25

Saturday School Term time only

10.00 a.m. -12.30 p.m.

Hall for Hire for birthday party, weddings, christenings etc

Contact:

Beverley Garrett

Tel: 07850 092991

Chairperson

99 Alexandra Road

Farnborough

Hants

GU14 6BN

Access restrictions: none

Updated: 31.10.2011

## ***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

And if you can't get to the library, we can come to you! Ask about our mobile services and our Home Library Service.

Contact:  
Aldershot Library  
109 High Street  
Aldershot GU11 1DQ

Tel:  
01252 322560

Access restrictions: None

Updated: 30.06.2010

## ***Aldershot Manor Townswomen's 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:**

1<sup>st</sup> 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](mailto:Angela.brown130@ntlworld.com)

Access restrictions: Lift to 2<sup>nd</sup> floor for meetings

Updated: 31.10.2011

## ***Aldershot WI Evening Group***

The Aldershot WI Evening Group welcomes new members! Meetings are on the second Wednesday each month at St Joseph's Church Hall, Queens Road, Aldershot. The group is coming into its 6th year with members aged from 20's through to their 70's and very modern with it. The door is open from 7.00 p.m. Meetings start at 7.30 p.m. and last till about 10 p.m.

<http://www.hampshirewi.org.uk/userpagesnew/Aldershot.html>

Contact:  
Jenny Ibbs (President)  
Chris Hughes (Secretary)

Email:  
[jenibbs@yahoo.co.uk](mailto:jenibbs@yahoo.co.uk)  
[chrisj.hughes@ntlworld.com](mailto:chrisj.hughes@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***Alzheimer Café UK***

For people with dementia, their families and the professionals involved in this specialist area of care - all welcome

### **Meetings**

7.30 p.m. to 9.30 p.m. Third Friday each month (except August)

St. Peter's Parish Centre, Church Avenue, Farnborough, Hants GU14 7AP

**Charges:** None

Contact:  
Kandy Redwood

Tel:  
01252 796223

Access restrictions: None

Updated: 31.10.2011

## ***Blackwater Valley Group of Artists***

Whatever your level, you will be welcome here. We encourage, support and motivate each other to keep practicing and producing those works of art. Tutoring and workshops available for beginners. Exhibitions arranged from time to time.

### **Meetings**

10.00 a.m. to 12.30 p.m. Saturday mornings at  
Room 6, Elles Hall Community Centre,  
Meudon Avenue, Farnborough GU14 7LE

### **Charges:**

£25 per annum membership + £3 per meeting

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

Contact:  
Mike Dalton  
(President)

Tel:  
01252 650073

Email:  
[mikedalton@blackwaterartists.org.uk](mailto:mikedalton@blackwaterartists.org.uk)

Access restrictions: None

Updated: 28.07.2010

## ***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, 10.00 a.m. to 1.00 p.m. (lunch served at 12.00 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

## ***Caffe Macchiatos (Aldershot)***

A place to eat, meet and build relationships. Everyone welcome.

This social event is organised by King's Centre Church in Aldershot. Contact Simon Porter for more information.

### **Fortnightly Meetings:**

Alternate Thursday evenings, 6.00 p.m. - 8.00 p.m. at Caffe Macchiatos, 7 Union Street, Aldershot GU11 1EG

Contact:  
Simon Porter  
KC Administration

Tel:  
01252 333767

Access restrictions: None

Updated: 31.10.2011

## ***Catholic Women's League***

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

### **Monthly meetings:**

3<sup>rd</sup> 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: 31.10.2011

## ***Church of the Good Shepherd - Card Group***

The aim is to provide friendship and fun whilst making a variety of different cards.

### **Meetings:**

Normally the second Friday of each month, in the afternoon.

Church of the Good Shepherd,  
45 Sand Hill,  
Farnborough GU14 8ER

### Contact:

Mrs Ann Kearse  
181 Sandy Lane  
Farnborough  
GU14 9LA

Tel: 01252 661314

Access restrictions: None but the group is full at the moment.

Updated: 31.10.2011

## ***Church of the Good Shepherd - Coffee Morning***

Popular drop in/coffee morning for older people.

### **Weekly Meetings:**

Thursday mornings 10.30a.m. - 12.00 noon

Church of the Good Shepherd,  
45 Sand Hill,  
Farnborough GU14 8ER

### **Charges:**

50p 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: 31.10.2011

## ***Church of the Good Shepherd Community Project***

Senior citizens' lunches

### **Monthly Meetings:**

1<sup>st</sup> Friday of the month, 12.30 p.m. - 2.30 p.m.  
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  
COGS Community Project  
Church of the Good  
Shepherd, Sand Hill  
Farnborough  
GU14 8ER

Tel:  
01252 549581

Email:  
[cogscommunity@freezone.co.uk](mailto:cogscommunity@freezone.co.uk)

Access restrictions: none

Updated: 31.10.2011

## ***Church of the Good Shepherd - Friday Lunches***

The aim is to provide friendship with a freshly cooked two course meal.

### **Meetings:**

First Friday of each month from 12.30 p.m. to 2.30 p.m.

Church of the Good Shepherd  
45 Sand Hill  
Farnborough  
GU14 8ER

### **Charges:**

£3 per person

Contact:  
Mrs Jacqui Ward  
15 Cedar Avenue  
Blackwater  
Camberley  
GU17 0JE

Tel: 01276 504907

Access restrictions: None

Updated: 31.10.2011

## ***Church of the Good Shepherd - Thursday Service***

The service has a traditional feel with a short sermon and 2 or 3 hymns.

Opportunities for prayer are available after the service.

### **Meetings:**

Normally the fourth Friday of each month.

Time: 10.00 a.m. to 10.30 a.m.

Church of the Good Shepherd,  
45 Sand Hill,  
Farnborough GU14 8ER

Contact:

Mr Brian Fisher  
2 Richmond Close  
Fleet  
Hampshire

Tel: 01252 616340

Access restrictions: None

Updated: 31.10.2011

## ***Churches Together in Cove: Tuesday at Two***

Weekly social group for older people with talks and activities

### **Weekly meetings:**

Tuesdays at 2.00 p.m.

at The Church Hall, rear of Cove Methodist Church,  
63 Cove Road, Cove, Farnborough, GU14 0EL

There are no meetings during August, and there is normally a short break at Christmas and Easter. Contact below for further details.

### **Charges:**

Weekly subscription	£2
Transport by Mini-bus if required	£2

Contact:  
Mr Graham Dorey

Tel: 01252 542062

Email:  
[g.dorey1@ntlworld.com](mailto:g.dorey1@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***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 10.00 a.m. - 12.00 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

## **CSPA (Aldershot & District)**

Campaigning and social activities for pensioners

### **Quarterly Meetings:**

1<sup>st</sup> Thursday of the month at

The British Legion, 51 Cambridge Road East, Farnborough,  
GU14 6QB

### **Charges:**

£1 -includes refreshments  
(Raffle tickets are extra)

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

Tel:  
01252 654215

Email:  
[j.smith73@ntlworld.com](mailto:j.smith73@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## **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:**

2<sup>nd</sup> Thursday of the month, 1.00 p.m. to 3.00 p.m. 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](mailto:Rayglo227@talktalk.net)

Access restrictions: None

Updated: 31.10.2011

## ***Darby & Joan (Aldershot)***

Social group for older people meeting two Thursdays a month at Princes Hall.

### **Meetings:**

2pm to 4pm 2<sup>nd</sup> and last Thursday each month at

Princes Hall, Princes Way, Aldershot, GU11 1NX

Contact:  
Sylvia Ellis

Tel:  
01252 330571

Access restrictions: None

Updated: 31.10.2011

## ***Elim Church Aldershot: Ladies' Coffee Morning***

In the Bible, Elim was a place of refreshment and Elim church seeks to provide a welcome and refreshing environment for all who visit, whether joining us for Sunday worship (11.00 a.m.), or any of our weekday activities. The building has recently been refurbished and extended to provide ramp access and disabled toilet facilities. Ladies' Coffee Morning is weekly on a Thursday at 10.30 am, for ladies of all ages.

### **Weekly Meetings:**

Thursday at 10.30 a.m.

Contact: Elim Church, Holly Road, Aldershot,  
Hants GU12 4RJ

**Charges:** None

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

Tel:  
01293 528137

Email:  
[enquiries@hope-now.org.uk](mailto:enquiries@hope-now.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough Baptist Church: Outlook***

Offering social activities for older people: monthly lunch club and weekly drop-in coffee morning. Public address system.

### **Meetings:**

Outlook (Lunch Club) 2<sup>nd</sup> Thursday each month,  
11.30 a.m. varied programme followed by lunch

Life Group for Bible study & refreshments,  
10.00 a.m. on 1<sup>st</sup> & 3<sup>rd</sup> Thursday

Drop-in coffee morning: 10.00a.m. to 12.00 noon 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](mailto:gillpage1@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough Central Evening 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:**

1<sup>st</sup> Tuesday of the month at 7.30 p.m. at  
Pegasus Court, Rivers Close, Farnborough, GU14 6LZ

**Charges:** £25 Annual subscription

Contact:  
The Townswomen's Guild  
HQ will facilitate contact with  
the local Guild

Tel:  
0121 326 0400

E-mail:  
[thhq@townswomen.org.uk](mailto:thhq@townswomen.org.uk)

Access restrictions:

Updated:

## ***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:**

2<sup>nd</sup> Thursday of the month at 7.15 p.m. 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 Morning 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:**

1<sup>st</sup> Thursday of the month at 10.00 a.m. at  
Community Centre, Meudon Avenue, Farnborough,  
GU14 7LE

**Charges:** £25 Annual subscription

Contact:  
The Townswomen's Guild  
HQ will facilitate contact with  
the local Guild

Tel:  
0121 326 0400

E-mail  
[tghq@townswomen.org.uk](mailto:tghq@townswomen.org.uk)

Access restrictions:

Updated:

## ***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](mailto:Mayhew9nd@btinternet.com)

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough Library***

There are social groups at Farnborough Library:

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

Computer lessons: Sarah is working in a voluntary capacity at Farnborough Library. She is offering one to one computer lessons that are free of charge a couple of days a week

Ask at the library for more details

Contact:  
Farnborough Library  
Pinehurst, Farnborough  
GU14 7JZ

Tel:  
0845 6035631  
Learning & Activities:  
01252 516458

Access restrictions: Lift to upper floor

Updated: 14.07.2010

## ***Farnborough Stamp & Postcard Club***

For people who share a passion for collecting stamps & postcards

### **Meetings:**

1<sup>st</sup> & 3<sup>rd</sup> 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 Wellbeing Agenda. Activities, speakers, games and outings.

### **Weekly meetings:**

Every Thursday - 2.00 p.m. to 4.00 p.m.

Blunden Hall, Blunden Road, Farnborough GU14 8QP

**Charges:** £4 per meeting + raffle

Welcome Club is a Brendoncare social club

Contact:

Mr John Murphy  
Locality Manager  
Brendoncare  
The Old Malthouse  
Victoria Road  
Winchester. SO23 7DU

Tel: 01962 877772

Email:

[jmurphy@brendoncare.org.uk](mailto:jmurphy@brendoncare.org.uk)

Access restrictions: none

Updated: 31.10.2011

## ***Friends of North Town***

This group is run by Paul & Josie De Bono for the benefit of pensioners in the area. Members meet twice a week, go on a couple of outings each year and have the opportunity to go on group holidays. Funds raised from the group go towards providing a free Christmas meal for pensioners in the area.

### **Weekly meetings:**

Tuesdays 2.00 p.m. to 3.45 p.m. & Wednesdays 8.00 p.m. to 9.15 p.m. at

Alma House, Alma Close, Aldershot GU12 4TZ

**Charges:** £1 per annum membership plus bingo & raffle tickets

Contact:  
Paul & Josie de Bono

Tel:  
01252 337376

Access restrictions: None

Updated: 31.10.2011

## ***Heronwood Community Association: Golden Fifties' Club***

The Golden Fifties' Club is affiliated to the Heronwood Community Association. Membership is £1 annually and this entitles you to membership of both the club and the Community Association. The Club holds meetings once a week where members play bingo, socialise, and have a raffle. Once a year in June there is a day trip by coach (usually to the seaside). This is currently partially subsidised from Club funds.

### **Weekly Meetings:**

Wednesdays 2.30 p.m. to 4.30 p.m.  
Connaught School, Tongham Road, Aldershot GU12 4AS

### **Charges:**

£1 annual membership  
10p entrance fee  
15p for refreshments  
(raffle tickets and bingo books are extra)

Contact:	Tel:
Chairperson:	01252 315098
Mrs Pat Lipsitz	
Membership Secretary	01252 321286
Mrs Joy Hayes	

Access restrictions: None

Updated: 31.10.2011

## ***Holy Trinity Church Aldershot - Women's Hour***

Social Group for retirement age ladies

### **Weekly Meetings:**

Thursday afternoons 2.30 p.m. 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](mailto:vicar@htca.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Holy Trinity Church Aldershot - Midweek Communion***

### **Weekly Meetings:**

Wednesday mornings: 11.15 a.m.

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](mailto:vicar@htca.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Holy Trinity Church Aldershot - Holiday at Home***

Social Group - Holiday club week each summer for senior citizens

### **Weekly Meetings:**

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](mailto:vicar@htca.org.uk)

Access restrictions: None

Updated: 31.10.2011

## **KC21: 50+ Coffee Morning**

Coffee morning at the King's Centre, Aldershot for those aged 50+. Free coffee and biscuits.

### **Meetings:**

10.00 a.m. to 12.00 noon Thursdays in the foyer at King's Centre, High Street, Aldershot  
(Closed in August)

**Charges:** None

Contact:  
Brenda (Office Manager)

Tel:  
01252 333767  
Email:  
[Brenda@kc21.net](mailto:Brenda@kc21.net)

Access restrictions: None.

Updated: 31.10.2011

## ***KC21: Nepalese Men***

A group working with local Nepalese men and meeting on a Monday from 10.30 a.m. - 12.00 noon (during term time)

### **Meetings:**

Monday mornings at The King's Centre, Aldershot

Contact:  
David Hannan  
KC21

Tel:  
01252 333767

Access restrictions: These meetings are held in a first floor room with no lift.

Updated: 31.10.2011

## ***KC21: Nepalese Ladies***

A group working with local Nepalese ladies and meeting on a Monday from 12.30 p.m. - 2.30 p.m. (during term time). Includes cooking, craft, needlework and English classes.

### **Meetings:**

Monday afternoons at The King's Centre, Aldershot

Contact:  
Louise Cook  
KC21

Tel:  
01252 333767

Access restrictions: None

Updated: 31.10.2011

## **Midweek Club - Aldershot**

A group run by committed staff and volunteers for those with an enduring mental health problem

- Art & Craft
- Games & Activities
- Accessing the Community
- Bowling trips
- Peer Support
- Friendship

Referral only via CMHT, CPN or GP

### **Meetings:**

Every Wednesday, 10.00 a.m. - 3.00 p.m.

Contact:  
Megan Ravenhill  
Hart Voluntary Action  
Civic Offices,  
Harlington Way  
Fleet  
Hants. GU51 4AE

Tel:  
01252 815652

Email:  
[mentalhealth@hartvolaction.org.uk](mailto:mentalhealth@hartvolaction.org.uk)

Access restrictions: Own transport is required

Updated: 31.10.2011

## ***North East Hampshire Archaeological Society***

The society meets on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays every month in Farnborough. Members are encouraged to take part in research, field work and excavations. No previous experience required as training and guidance can be given.

### **Meetings:**

2<sup>nd</sup> & 4<sup>th</sup> Fridays every month starting at 7.30 p.m. in Room 6, the Community Centre, Farnborough GU14 7LE

### **Charges:**

£1.50 per meeting towards the cost of room hire and refreshments

<http://www.hants.org.uk/nehhas/index.html>

Contact:  
John Paddon  
Chairman

Tel:  
01252 543023

Access restrictions: None

Updated: 31.10.2011

## ***The Not Forgotten Association***

The Not Forgotten Association was formed in 1920. The charitable objectives are: "To act generally for the benefit of service and ex-service personnel with disabilities or who are wounded, including the organisation of, or provision of items or facilities for, leisure and recreational activities, travel, holidays and outings." In 2010 - 2011 the Association has provided TV sets (including TV licences where a financial need existed) to serving or ex-servicemen whose mobility is restricted or who are largely housebound. Other provisions have included holidays, outings, concerts and a Summer Garden Party in the grounds of Buckingham Palace, and a Christmas Party in the State Apartments at St James' Palace.

Contact:  
4th Floor  
2 Grosvenor Gardens  
London  
SW1W 0DH

Tel:  
020 7730 2400  
or  
020 7730 3660  
Email:  
[info@nfassociation.org](mailto:info@nfassociation.org)

Access restrictions: Wounded or disabled serving or ex-servicemen only.

Updated: 31.10.2011

## ***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:**

1<sup>st</sup> 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: 31.10.2011

## ***Park Church Aldershot: Ladies' Meeting***

A time of companionship and an opportunity to hear visiting speakers, with a loyal and enthusiastic following.

### **Meetings:**

2.30 p.m. to 3.30 p.m. Tuesdays at

Park Church Hall, 258 Lower Farnham Road, Aldershot,  
GU11 3RB

**Charges:** No charge

Contact:  
Administrator  
Park Church  
Church Lane East  
Aldershot  
GU11 3ST

Tel:  
07925 970464

Email:  
[pecenquiries@googlemail.com](mailto:pecenquiries@googlemail.com)

Access restrictions: None. Ramp access for wheelchairs/  
Zimmer frames. Public Address system available. Toilet  
adapted for the disabled.

Updated: 31.10.2011

## ***Park Church Aldershot: Open House***

Park Church seeks to be a part of the local community, and Open House is an opportunity for you to come and meet the Open House Team for a chat, to meet friends, enjoy a cup of tea or coffee and a biscuit. Warm, informal welcoming group with people of all ages.

### **Meetings:**

10.15 a.m. - 11.45 a.m. Tuesdays at  
Park Church Hall, 258 Lower Farnham Road, Aldershot,  
GU11 3RB

### **Charges:**

No charge

Contact:  
Administrator  
Park Church  
Church Lane East  
Aldershot  
GU11 3ST

Tel:  
07925 970464

Email:  
[pecenquiries@googlemail.com](mailto:pecenquiries@googlemail.com)

Access restrictions: None. Ramp access for wheelchairs/  
Zimmer frames. Public Address system available (seldom  
used). Toilet adapted for the disabled.

Updated: 31.10.2011

## ***Pass IT On!***

An activity for the elderly at Farnborough Sixth Form College. We pair up a senior citizen with a college student and they work together on the computer, either learning about what computers can do or honing their skills or even using e-mail for free. Some even come along to learn how to use their mobile phone! Tea and a biscuit provided. Taxis can be paid for if necessary when the evenings are dark and wet.

### **Meetings:**

4.15 p.m. to 5.30 p.m. Mondays (term time only) at Farnborough Sixth Form College

Contact:  
Jenny Osborne  
Farnborough Sixth Form  
College

Tel:  
01252 688200  
Email:  
[JOsborne@farnboroughsfc.ac.uk](mailto:JOsborne@farnboroughsfc.ac.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Probus Club (North East Hampshire)***

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

### **Meetings:**

Every 2<sup>nd</sup> 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](mailto: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 7.00 p.m. at Clubroom  
103 Hawley Lane, Farnborough GU14 8JG

**Charges:** None

Contact:  
PO Box 73  
Farnborough  
GU14 8JG

Tel:  
01252 542574

Access restrictions:

Updated: 31.10.2011

## ***Rotary Club of Aldershot***

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

### **Meetings:**

Tuesdays 1.00 p.m. 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](mailto:John.jero@ndirect.co.uk)

Access restrictions: None

Updated: 31.10.2011

## ***Rotary Club of Rushmoor***

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

### **Meetings:**

Wednesdays 7.30 p.m. 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](mailto:Owen.durrett@ntlworld.com)

Access restrictions: None

Updated: 31.10.2011

## ***Royal British Legion Women's Section***

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

### **Monthly Meetings:**

3<sup>rd</sup> Wednesday 7.00 p.m. to 9.00 p.m. at  
Royal British Legion, 51 Cambridge Road East, Farnborough  
GU14 6QB

**Charges:** Membership £6 p.a.

Contact:  
Rosemary Possee  
8 Chingford Avenue  
Farnborough  
GU14 8AB

Tel:  
01252 545049

Email:  
[rosepossee@yahoo.co.uk](mailto:rosepossee@yahoo.co.uk)

Access restrictions: None

Updated: 31.10.2011

## ***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@rhl.org.uk](mailto:admin@rhl.org.uk)

Access restrictions: None

Updated: 31.10.2011

## **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 a.m. to 12.30 p.m. 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: 31.10.2011

## ***St Christopher's Church: Cove Women's Fellowship***

Social group meeting for monthly talks and occasional social outings

### **Monthly meetings:**

Third Thursday at 8.00 p.m. 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

Email:

[office.cove@virgin.net](mailto:office.cove@virgin.net)

Access restrictions: None

Updated: 31.10.2011

## ***St John's Church, Cove: Pop In***

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

St John's Church has recently been refurbished and under-floor heating installed. Come and join this informal group and enjoy a cup of coffee and a relaxed chat in the beautiful surroundings the church offers. You'll soon feel at home.

### **Meetings:**

2ns and 4th Tuesday each month at 10.00 a.m. to 12.00 noon

### **Charges:**

Coffee & biscuits: 50p

#### 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

## ***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 a.m.; Tuesdays 9.30 a.m. (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: 31.10.2011

## ***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:**

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

**Charges:** Small subscription

Contact:  
Miss J. Lechmere  
c/o The Vicarage  
1 St Mark's Close  
Farnborough  
GU14 6PP

Tel:  
01252 544711

Email:  
[smarksfbro@btinternet.com](mailto:smarksfbro@btinternet.com)

Access restrictions: None

Updated: 31.10.2011

## ***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: 1<sup>st</sup> & 3<sup>rd</sup> 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 p.m. at the Parish Centre

**Co-ordinator: Yvonne Cobbold 01252 515547**

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:  
Liz Thompson  
St Peter's Parish Church  
60 Church Avenue  
Farnborough  
GU14 7PP

Tel:  
01252 513111

Email:  
[lizt@stpetersfarnborough.org.uk](mailto:lizt@stpetersfarnborough.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***U3A Farnborough & District***

The University of the Third Age is a learning cooperative based on the self-help notion. It is open to anyone no longer in full-time employment. It offers opportunities for study, physical activity and social events to all its members on a voluntary basis.

### **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:  
Ivor Manley, Chairman  
28 Highfield Ave, Aldershot,  
Hants.  
GU11 3BZ

Tel:  
01252 322707

Email:  
[ivor.manley@ntlworld.com](mailto:ivor.manley@ntlworld.com)

Access restrictions: May vary according to venue

Updated: 31.10.2011

## ***West End Centre, Aldershot***

The West End Centre runs a host of arts activities and performances to which older people have access. Discounts are available

<http://www.westendcentre.co.uk/>

Contact:  
West End Centre  
Queens Road  
Aldershot  
Hants. GU11 3JD

Tel:  
01252 330 040

Access restrictions: None

Updated: 31.10.11

## ***Women's Institute: Cove & Farnborough***

WI is a democratic, social & educational (in its widest possible sense) charity. Members meet monthly for talks on a variety of topics decided by members. The subscription is deliberately modest in order to ensure that all women who wish to join may do so. Events are organised throughout Hampshire & include arts/crafts, sports, leisure activities visits to places of interest, home economics and gardening, music, speech & drama, public & international affairs, leadership & much more

### **Meetings:**

1.45 p.m. - 4.00 p.m. on the 2<sup>nd</sup> Wednesday of each month at Community Centre, Meudon Avenue, Farnborough GU14 7LE

**Charges:** £30 per year

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

Tel:  
01252 540905

Email:  
[j.crute@sky.com](mailto:j.crute@sky.com)

Access restrictions: None

Updated: 31.10.2011

## ***Young at Heart (Aldershot)***

Coffee morning for the over 60's meeting at Princes Hall, Aldershot.

### **Meetings:**

10.00 a.m. to 12.00 noon on Mondays at  
Princes Hall, Princes Way, Aldershot GU11 1NX

**Charges:** Not known

Contact:  
Princes Hall

Tel:  
01252 329155

Access restrictions: None

Updated: 15.02.2011

# SPORT AND EXERCISE

## ***ABC Badminton (Ladies)***

Badminton club for ladies.

### **Meetings:**

2.00 p.m. to 3.00 p.m. 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](mailto:Cathy.harrison@ntlworld.com)

Access restrictions: Not suitable for disabled players

Updated: 31.10.2011

## ***Extend - 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 10.00 a.m. to 11.00 a.m. at  
St Joseph's Church Hall, Queens Road, Aldershot GU11 3JB

**Charges:** £3.50 a visit

Contact: Penny Elliot                      Tel: 01252 334034  
(Limited numbers - please  
phone)

Tuesday mornings 11.00 a.m. to 12.00 noon  
St Georges Church Hall, Badshot Lea.

Charges: £3.50

Contact: Mike Edwards                      Tel: 01252 612649

Thursday mornings 10.30 a.m. to 11.30 a.m.  
Shawfield Centre, Shawfield Road, Ash

Charges £2.50 for members £3.75 for non-members

Contact: Penny Elliot                      Tel: 01252 334034

Access restrictions: None

Updated: 31.10.2011

## ***Extend - Classes for People with Parkinson's Disease***

Wednesday 1.30 p.m. to 3.15 p.m. at  
Staughton Methodist Church Hall, Staughton, Guildford

**Charges:** £4.00

and

Friday 10.30 a.m. to 12.30 p.m.  
St George's Church Hall, Badshot Lea.

**Charges:** £3.50

Contact: Mike Edwards

Tel: 01252 612649

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

Access restrictions: None

Updated: 31.10.2011

## ***Farnborough Bowling Club***

Bowling Club promoting outdoor bowling with tuition for all beginners

### **Meetings:**

Bowling Green, Canterbury Road, Farnborough, GU14 6NR  
from late April to mid September

### **Charges:**

Subscription: £90 (50% discount for new bowlers in their first year of membership)

Free trials/lessons are available

Contact:  
Barry Lee  
(Secretary)  
11 Griffon Close  
Farnborough  
GU14 0PG

Tel:  
01252 547801

Email:  
[farnboroughbowls@aol.com](mailto:farnboroughbowls@aol.com)

Access restrictions: None

Updated: 31.10.2011

## ***Park Church Aldershot: Keep Fit For All***

Weekly exercise sessions: Keep Fit for All with exercises geared to all levels of ability (men and women).

### **Weekly Meetings:**

9.15 a.m. - 10.15 a.m. Tuesdays at  
Park Church Hall, 258 Lower Farnham Road, Aldershot,  
GU11 3RB

**Charges:** £2 per session or concessions

Contact:  
Administrator  
Park Church  
Church Lane East  
Aldershot  
GU11 3ST

Tel:  
07925 970464

Email:  
[pecenquiries@googlemail.com](mailto:pecenquiries@googlemail.com)

Access restrictions: None. Ramp access for wheelchairs/Zimmer frames. Toilet adapted for the disabled.

Updated: 31.10.2011

## ***Park Church Aldershot: Walking Group***

Once a month from March to October. Please ring for details.

### **Meetings:**

Walking Group: meet at Park Evangelical Church, Church Lane East, GU11 3ST

**Charges:** None

Contact:  
Administrator  
Park Church  
Church Lane East  
Aldershot  
GU11 3ST

Tel:  
07925 970464

Email:  
[pecenquiries@googlemail.com](mailto:pecenquiries@googlemail.com)

Access restrictions: Walks may not be suitable for all

Updated: 31.10.2011

## ***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

<http://www.rushmoorhealthyliving.org.uk/timetable.php>

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

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)

Contact:  
Debbie Barton  
Activities Co-ordinator

Tel:  
01252 362660

Email:  
[admin@rhl.org.uk](mailto:admin@rhl.org.uk)

Access restrictions: Check when booking

Updated: 31.10.2011

# 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:  
Bluebird Care (Rushmoor &  
Surrey Heath)  
Cedar House, Cedar Lane  
Frimley  
GU16 7HZ

Tel:  
01276 683577

Email:  
[rushmoor@bluebirdcare.co.uk](mailto:rushmoor@bluebirdcare.co.uk)

Access restrictions: Not applicable

Updated: 31.10.2011

## ***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](mailto:admin@hospicehomesupport.org.uk)

Access restrictions: None

Updated: 31.10.2011

## ***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](mailto:homehelp@rvs.org.uk)

Access restrictions: Not applicable

Updated: 31.10.2011

# Transport

## ***Aldershot Neighbourcare***

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 10.00a.m. - 12.00 noon

Contact:

Tel:

01252 344244

Co-ordinator

Park Hall

Lower Farnham Road

Aldershot

GU11 3RB

Access restrictions: Private vehicles - may not be able to accommodate wheelchairs

Updated: 20.05.2010

## ***Farnborough Neighbourcare***

Provision of transport for medical appointments e.g. to hospitals, dentists, surgeries, etc within the Farnborough area

### **Meetings:**

Not applicable

### **Charges** (as from 1 January 2008):

To and from Guildford, Basingstoke, Chertsey Hospitals  
£15.00

To and from Frimley Park Hospital                      £7.00

To and from Fleet, Frimley Green, Aldershot, Camberley  
£7.00

To and from Farnham Hospital                              £9.00

To and from local dentists and doctors                      £5.00

All journeys outside the local area are subject to a driver being available. Longer journeys may be undertaken if a driver is willing to undertake the job - a charge of 40p per mile would be made.

Contact:	Tel:
Terri Willcocks	01252 371199
Office Number	01252 371199
(Mon-Fri 10am – 12noon)	

Access restrictions: Private vehicles, may not be able to accommodate wheelchairs

Updated: 31.10.2011

## ***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.

Dial-A-Ride operates in the Rushmoor area from:  
Monday to Thursday between 9.00 a.m. and 4.00 p.m. and  
Friday and Saturday between 9.00 a.m. and 3.30 p.m.

### **Charges:**

Registration: free

Fares: based on a system similar to bus fares and bus passes accepted which reduce fare

Contact:  
Hampshire County Council  
Passenger Transport

Tel:  
0845 6024135  
10.00 a.m. to 4.00 p.m.  
Monday to Saturday

Access restrictions: None

Updated: 31.10.2011

## ***Shopmobility: Farnborough***

The company that manages the Kingsmead Shopping Centre operates a Shopmobility Scheme.

Pick up/drop off point: Kingsmead shopping centre outside security office

To join the scheme, or to obtain more information, please contact:

Contact:  
Farnborough Shopmobility  
c/o Kingsmead Shopping Centre  
17 Kingsmead  
Farnborough  
Hampshire  
GU14 7SJ

Tel:  
01252 515266

Access restrictions: None

Updated: 4.01.2011