



Adults Services Signpost Guide

17 November 2016



Community Information

Rushmoor Voluntary Services is a Registered Charity Number 1059794 and a Company Limited by Guarantee registered in England and Wales
Registration Number 3238444

Part of the role of Rushmoor Voluntary Services is to bring together information, from both voluntary/community organisations and statutory authorities which will benefit the residents and community wellbeing of Rushmoor hence this production of this guide which is ONE OF A SERIES
If you are looking for Adult Services; Health and Social Care Services including Health Condition Support Groups; Carers Support; Counselling Services; Disability Support; Homeless Services; Long Term Illness Support; Mental Health Support; Over 55 Services; Social and Leisure Activities; Sports Activities; Transport Services; Voluntary and Community Sector Support; Venue Hire then please see the relevant GUIDE IN THE SERIES

Please NOTE: Many services are free, but in some cases there may be a charge. If there is an answer phone organisations will get back to you. One number for each Organisation has been listed but they may signpost you to another contact number

INDEX - This Signpost Leaflet shows a Service Header followed by the details of those organisations that provide this service followed by the actual services provided under this heading

Communities	Community Safety/Criminal Justice
Education and Training	Employment
Environment and Conservation	Faiths and Cultures
Housing	Legal Advice
Media	Money Matters

Communities

Campaigning and Lobbying

Blackwater Valley Friends of the Earth

Telephone: 0788 4014315
E-Mail: lornag95@googlemail.com
Website: <https://www.foe.co.uk/groups/blackwatervalley>

Environmental pressure group, educating, informing and debating at local, national and international level. Our group campaigns on local and global environmental issues. We take part in nationally co-ordinated days of action and hold social and fundraising events. General meetings are held monthly to discuss group projects and also hear visiting speakers. Not suitable for under 16 years age groups. Full toilet facilities for wheelchair access

Service Charge: Yes

The Farnborough Society

Telephone: 01252 405149
E-Mail: barbara@pbhurst.com
Website: www.thefarnboroughsociety.org.uk/

The Society aims to be a non-political community led voice for the well-being of Farnborough. It will also raise awareness about local issues, the environment and history of the town.

Service Charge:

Community Associations

Farnborough Community Centre Association

Telephone: 01252 548383
E-Mail:
Website:

Community Building with rooms for hire to organisations in Rushmoor. Pay and display car park nearby. Some rooms are accessible. Tea and coffee making facilities available. Please call for details.

Service Charge: Yes

Heronwood Community Association

Telephone: 01252 345737

E-Mail: mike.roberts@rushmoor.gov.uk

Website:

Please contact us for information and details of our meeting. All newcomers welcomed.

Service Charge: Yes

North Camp Matters Community Association

Telephone:

E-Mail: mdpalmer@hotmail.co.uk

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

ncmca Are committed to improving the lifestyle and conditions for all who live and work in the area. Ncmca Contribute to the regular North Camp Regeneration newsletter. Ncmca Are involved in regular Networking Events aimed to bring social and trading groups together. Ncmca Has a small membership fee which gives you access to Meeting Minutes, the constitution and financial accounts. How can I get involved? To become a part of the North Camp Matters Community Association please either contact the Chairperson Steve Optix at steveoptix@hotmail.com tel: 07766 732424 or the Secretary Nigel Baines on 01252 542262

Service Charge: No

Community Centres

Heronwood Community Association

Telephone: 01252 345737

E-Mail: mike.roberts@rushmoor.gov.uk

Website:

Please contact us for information and details of our meeting. All newcomers welcomed.

Service Charge: Yes

North Camp Matters Community Association

Telephone:

E-Mail: mdpalmer@hotmail.co.uk

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

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Service Charge: No

Member of Parliament

Member of Parliament for Aldershot

Telephone: 0207 219 5650

E-Mail: geraldhowarth@parliament.uk

Website: www.gerald4aldershot.org.uk/

MP

Service Charge:

Town/Parish Council

Hampshire County Council

Telephone: 0300 555 1375
E-Mail: info@hants.gov.uk
Website: http://hants.gov.uk/

HCC is the county council that governs the majority of the county of Hampshire. It provides the upper tier of local government, below which are district councils, and town and parish councils. The county council has 78 elected councillors, and is based in the county town of Winchester. The council is responsible for public services such as: Highway management; Waste disposal; Children's services (including supporting schools, families and young people); Social care; Libraries; Discovery Centres; Museums; Arts provision; Country parks; Public Health

Service Charge:

Hart District Council

Telephone: 01252 622122
E-Mail: enquiries@hart.gov.uk
Website: www.hart.gov.uk/

District, borough and city councils cover a smaller area than county councils. They're usually responsible for services like rubbish collection; recycling; Council Tax collections; housing; planning applications.

Service Charge:

Rushmoor Borough Council Elected Members

Telephone: 01252 398398
E-Mail:
Website: www.rushmoor.gov.uk/councillors

Rushmoor Borough Council has 39 councillors, who serve the residents of 13 wards in Aldershot and Farnborough. Three councillors represent each ward. Councillors are elected to the local council to represent their local community, so they must either live or work in the area. Becoming a councillor is both a rewarding and privileged form of public service. You will be in a position to make a difference to the quality of other people's daily lives and prospects.

Service Charge:

Rushmoor Borough Council Officers

Telephone: 01252 398399
E-Mail: customerservices@rushmoor.gov.uk
Website: www.rushmoor.gov.uk/

Rushmoor Borough Council, working with others to improve the quality of people's lives. People have an equal right to live healthy lives, in safe, clean and sustainable places. We want to address the cause of inequality and help create opportunities for local people to fulfil their aspirations. We have to target our limited resources to where they are most needed.

Service Charge:

Town/Parish Initiatives

The Farnborough Society

Telephone: 01252 405149
E-Mail: barbara@pbhurst.com
Website: www.thefarnboroughsociety.org.uk/

The Society aims to be a non-political community led voice for the well-being of Farnborough. It will also raise awareness about local issues, the environment and history of the town.

Service Charge:

Community Safety/Criminal Justice

Neighbourhood Watch

Rushmoor Neighbourhood Watch Association

Telephone: 01252 378174
E-Mail: chairman@rnwa.org.uk
Website: <http://www.rnwa.org.uk/>

To prevent crime and the fear of crime in the Rushmoor area. To be responsible for the free flow of information between the Association, its schemes, the police and other civic agencies, improving the aspect of communication wherever possible. More details: <http://www.rnwa.org.uk/>

Service Charge:

Education and Training

Adult Learning

Wavell Campus Leisure

Telephone: 01252 317603
E-Mail: wavell.campus@wavell.hants.sch.uk
Website: www.rushmoor.gov.uk/article/3002/Wavell-Cody-Community-Campus

Wavell Campus Leisure is part of Wavell School in Farnborough that provides a range of indoor and outdoor sports and leisure facilities for the community on weekday evenings and weekends. Facilities include: Gym; Halls for hire; Fitness classes (including Zumba, circuits and Boxercise); UK Fitness and Community Dance Club; Children's parties; Martial arts classes; Sports hall (ideal for five-a-side football, badminton, basketball and hockey); Indoor cricket nets; Dance studio; Floodlit netball centre; Floodlit football training areas; Evening classes (including yoga, art, lace making and woodcarving); Rushmoor playscheme; School holiday football and dance clubs; Meeting rooms; Band practice rooms

Service Charge:

Advice and Information

Rushmoor Voluntary Services

Telephone: 01252 540162
E-Mail: info@rvs.org.uk
Website: www.rvs.org.uk

Based in Farnborough, RVS is the Council for Voluntary Service (CVS) for the Borough of Rushmoor. We are here to help increase the skills and capacity of local voluntary and community groups. We can provide free information, advice and support to enable local groups to help people in Farnborough, Aldershot and the surrounding area. We have accessible minibuses available for hire to community and voluntary groups. We also operate Dial A Ride services in Rushmoor and Fleet Link services in Hart District.

Service Charge: No

Computer Classes/Support

OPPORTUNITIES

Telephone: 07739 576805
E-Mail: keylinecomputer@yahoo.co.uk
Website: www.opportunitiesproject.org/

The Opportunities Community Project originally started in Hale, Farnham, with the aim to help and support lone parents locally to build a brighter future for themselves and their families. Following the success of the Project in the Hale area,, we have now extended our classes to Ash, Farnborough, Wrecclesham and Godalming. The Project aims to provide FREE classes in IT training, either to learn or update skills to an employability level, then to support students in looking for work, with free childcare provided. Why not take the time to browse through our website, it may offer "Opportunities"? Our Classes are delivered by qualified tutors, in a friendly and supportive atmosphere, with learning programs set, so that each student learns at their own pace. In addition, Opportunities offers friendship, support and leads to a new future.

Service Charge:

Employment Training

OPPORTUNITIES

Telephone: 07739 576805
E-Mail: keylinecomputer@yahoo.co.uk
Website: www.opportunitiesproject.org/

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Service Charge:

Information

Aldershot Garrison HIVE Information Centre

Telephone: 01252 348264
E-Mail: aldershothive@armymail.mod.uk
Website: www.hive.mod.uk

HIVE Information Centres offer an extensive range of information on relocation, the local unit and civilian facilities, places of interest, schools and further education, housing, healthcare facilities, employment and training opportunities. The HIVE can also refer individuals with welfare issues to appropriate professional welfare agencies.

Service Charge: No

Schools and Colleges

Jigsaw Trust

Telephone: 01483 273874
E-Mail: stevenmorgan@jigsawtrust.co.uk
Website: www.jigsawschool.co.uk

The Jigsaw Trust's aim is to improve the lives of children and adults affected by autism through the provision of high quality, accessible, educational, vocational and well-being services. Jigsaw CABAS® School has provision for up to 60 pupils aged 4 to 19 years. The Trust actively fundraises to support the growth and development of the school by providing classroom resources, playground facilities and IT equipment. These have provided a dedicated Food Technology Room, Sensory Room, Soft Play Room, Art Room and a Daily Living Skills area. The Trust has also raised funds to support adults with autism and related disabilities through the development of a new adult services and social enterprise provision Jigsaw+. In addition, the Trust has launched a new Social Enterprise; "Café on the Park" - open Monday to Friday from 7am - 4pm, the café serves breakfast items, freshly made sandwiches and hot food along with Costa coffee and other delicious snacks and beverages.

Service Charge:

Employment

Consumer Advice

Aldershot Citizens Advice Bureau

Telephone: 01252 333618
E-Mail: karyle.ds@rushmoorcab.org.uk
Website: www.aldershotcab.org.uk

Free independent, confidential advice on Benefits, Social Security, Consumer Rights, Money Problems, Council Tax, Rents and Tenancies, Work Problems, Family and Personal, Legal Queries, Local Services and Groups, Health Welfare - Provides free and confidential help - and much more. Free weekly legal session. Money Advice Specialist.

Service Charge: No

Enterprise First

Telephone: 01252 319 272
E-Mail: info@enterprisefirst.co.uk
Website: www.enterprisefirst.co.uk/contact/

We're a not-for-profit company, with public and private-sector funding that allows us to offer independent, confidential advice and support completely free, or at a nominal cost. An award winning organisation with a 97% client recommendation rate, Enterprise First has been supporting start-ups and existing businesses since 1981. We offer a range of free support including independent advice, mentoring, practical workshops on marketing and finance as well as providing clients with an introduction to numerous networking opportunities. We also manage four enterprise centres providing access to light industrial and office space all on flexible terms. A member of the Cavendish Consortium and the National Enterprise Network we are also delivery partner for Virgin Start Up Loans.

Service Charge:

Rushmoor Citizens Advice Bureau

Telephone: 03444 111 306
E-Mail: alex.ah@rushmoorcab.org.uk
Website: http://www.rushmoorcab.org.uk/

Health Welfare Advice, information, practical assistant. Please contact us for details of our services and volunteering opportunities.

Service Charge: No

Environment and Conservation

Conservation Activities

Blackwater Valley Countryside Partnership

Telephone: 01252 331353
E-Mail: blackwater.valley@hants.gov.uk
Website: www.blackwater-valley.org.uk/index.html

Work in the Blackwater Valley is co-ordinated by the Blackwater Valley Countryside Partnership on behalf of the local authorities that border the Valley. Our general aims for the Valley are Maintenance of the Valley as an open gap with enhanced landscape; Wildlife conservation; Improved quality of the River Blackwater; Recreation and access as the major use of the Valley; Co-ordination of recreation and conservation initiatives; Use of the Valley for sustainable transport links

Service Charge: No

Rowhill Nature Reserve Society

Telephone: 07855 454327
E-Mail: mad.debbie@ntlworld.com
Website: http://www.rowhillnaturereserve.org/your-visit/

Rowhill Nature Reserve Society manages Rowhill Copse for the owners, Rushmoor Borough Council. Aims:- Development of reserve as a public amenity. Provision of educational facilities. Practice of nature conservation in all aspects. Achieved by:- Regular meetings, organised walks, fundraising, voluntary conservation work, opening field centre to the public. For further details about membership, access etc. tel. 01252 319749

Service Charge: Yes

Environmental Support

Blackwater Valley Countryside Partnership

Telephone: 01252 331353
E-Mail: blackwater.valley@hants.gov.uk
Website: www.blackwater-valley.org.uk/index.html

Work in the Blackwater Valley is co-ordinated by the Blackwater Valley Countryside Partnership on behalf of

the local authorities that border the Valley. Our general aims for the Valley are Maintenance of the Valley as an open gap with enhanced landscape; Wildlife conservation; Improved quality of the River Blackwater; Recreation and access as the major use of the Valley; Co-ordination of recreation and conservation initiatives; Use of the Valley for sustainable transport links

Service Charge: No

Blackwater Valley Friends of the Earth

Telephone: 0788 4014315

E-Mail: lornag95@googlemail.com

Website: <https://www.foe.co.uk/groups/blackwatervalley>

Environmental pressure group, educating, informing and debating at local, national and international level. Our group campaigns on local and global environmental issues. We take part in nationally co-ordinated days of action and hold social and fundraising events. General meetings are held monthly to discuss group projects and also hear visiting speakers. Not suitable for under 16 years age groups. Full toilet facilities for wheelchair access

Service Charge: Yes

Cove Brook Greenway Group

Telephone: 01252 512109

E-Mail: l.anscombe@sky.com

Website: www.covebrookgreenway.co.uk

Enhancing the Brook and its surroundings and access for people and wildlife. Volunteers do planting, wildlife surveys, meadow management, pond maintenance, maintaining a nature area. Education pack and equipment available for use by schools, clubs, scouts, brownies, guides and playgroups. Newsletter & leaflet with map and meetings with individual speakers.

Service Charge: No

Rowhill Nature Reserve Society

Telephone: 07855 454327

E-Mail: mad.debbie@ntlworld.com

Website: <http://www.rowhillnaturereserve.org/your-visit/>

Rowhill Nature Reserve Society manages Rowhill Copse for the owners, Rushmoor Borough Council. Aims:- Development of reserve as a public amenity. Provision of educational facilities. Practice of nature conservation in all aspects. Achieved by:- Regular meetings, organised walks, fundraising, voluntary conservation work, opening field centre to the public. For further details about membership, access etc. tel. 01252 319749

Service Charge: Yes

Faiths and Cultures

Faiths - Church

Aldershot Baptist Church

Telephone: 01252 321645

E-Mail: minister@aldershotbaptistchurch.com

Website: <http://www.aldershotbaptistchurch.com/Welcome.htm>

Please visit our website for details of our meetings and activities:

<http://www.aldershotbaptistchurch.com/Welcome.htm>

Service Charge: No

Aldershot Methodist Church

Telephone: 01252 315853

E-Mail: amc.editor@btinternet.com

Website: <http://www.aldershot-methodist.org.uk/>

Aldershot Methodist Church is in the heart of the community. Everyone is welcome, from the youngest to

the oldest, and everyone can feel at home. It is a church of quiet spiritual exploration. We meet to celebrate the love of God shown in His son Jesus Christ, and to live together under the guidance of His Holy Spirit.

Service Charge: No

Church of the Good Shepherd Community Project

Telephone: 01252 549481

E-Mail: community@goodshepherdchurch.org.uk

Website: www.goodshepherdchurch.org.uk

House groups on various days of the week. Senior citizen's coffee morning Thursday 10.30am. Women's' fellowship second Wednesday of the month from 2.30pm. Rainbow Parent and Toddler group on Wednesdays from 1.15pm. Olive Branch Clothing Exchange on Thursdays from 9.30am

Service Charge: No

Churches Together in Cove

Telephone: 01252 542062

E-Mail: g.dorey1@ntlworld.com

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

Our role is that of Churches Together in England to bring together Christians of all denominations to: Share fellowship and worship; Meet community needs more effectively; Provide support for homeless, older persons, Christian Aid, debt relief and those needing counselling or help at Christmas.

Service Charge: No

Deeper Life Bible Church

Telephone: 07832083758

E-Mail: ajalabi_ola@yahoo.com

Website:

Church in the community - we are a charitable organisation. We provide love, care, support and spiritual advice.

Service Charge:

Farnborough Baptist Church

Telephone: 01252 662582

E-Mail: gillpage1@ntlworld.com

Website:

Please contact us for details of our activities

Service Charge: No

Guildford Diocese

Telephone: 01483 790301

E-Mail: diocesan.secretary@cofeguildford

Website: www.cofeguildford.org.uk/about/welcome

The Diocese of Guildford is the Church of England in most of Surrey and North East Hampshire, as well as parishes in West Sussex and the London Borough of Kingston. The Diocese has 217 church buildings which see more than 25,000 people worshipping on an average Sunday, in addition to many thousands more of all ages who use those buildings or neighbouring Church halls on weekdays for church activities and community clubs and meetings. The Diocese of Guildford's Common Purpose is to grow communities of faith and engagement.

Service Charge: No

KC21

Telephone: 01252 333767

E-Mail: brenda@kc21.net

Website: www.kc21.net

Service Charge: No

New Testament Church of God Aldershot

Telephone: 0208 139 6828

E-Mail: thelmador@yahoo.co.uk

Website: <https://ntcg.org.uk/locations/aldershot/>

Faith activities and services in Aldershot

Service Charge: No

Southwood Church - Parish of Cove

Telephone: 01252 513422

E-Mail: southwood@parishofcove.org.uk

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

Church of England . Please contact us for details of services and activities.

Service Charge: No

St Christopher's Church

Telephone: 01252 544544

E-Mail: rector@parishofcove.org.uk

Website: http://www.parishofcove.org.uk/Groups/266284/St_Christophers.aspx

Please contact us or visit our website for details of our services: <http://www.parishofcove.org.uk/>.

Service Charge: No

St Josephs Catholic Church

Telephone: 01252 320956

E-Mail: aldsj@portsmouthdiocese.org.uk

Website: www.aldershot-catholics.org.uk

Weekday masses, weekly confessions or by appointment, morning prayer, praying the rosary, 3 x Sunday masses, children's liturgy, Baptisms, Weddings & funerals by appointment. Also many other social activities. Please visit our website or see weekly newsletter for further information.

Service Charge: No

St Peters Church (Farnborough)

Telephone: 01252 513111

E-Mail: kathyp@stpetersfarnborough.org.uk

Website: www.stpetersfarnborough.org.uk

Church of England

Service Charge: No

Housing

Consumer Advice

Aldershot Citizens Advice Bureau

Telephone: 01252 333618

E-Mail: karyle.ds@rushmoorcab.org.uk

Website: www.aldershotcab.org.uk

Free independent, confidential advice on Benefits, Social Security, Consumer Rights, Money Problems, Council Tax, Rents and Tenancies, Work Problems, Family and Personal, Legal Queries, Local Services and Groups, Health Welfare - Provides free and confidential help - and much more. Free weekly legal session. Money Advice Specialist.

Service Charge: No

Rushmoor Citizens Advice Bureau

Telephone: 03444 111 306
E-Mail: alex.ah@rushmoorcab.org.uk
Website: <http://www.rushmoorcab.org.uk/>

Health Welfare Advice, information, practical assistant. Please contact us for details of our services and volunteering opportunities.

Service Charge: No

Housing Associations/Societies

First Wessex

Telephone: 0800 328 6461
E-Mail: heather.chalkley@firstwessex.org
Website: www.firstwessex.org/

Regulated by the Homes and Communities Agency, we provide homes and various services to communities through Hampshire and parts of Surrey. We have teamed up with Hampshire County Council, Portsmouth City Council and Surrey County Council to provide great housing, care and support services for older people – providing that 'extra factor' to help older people live independent and fuller lives and build communities to be proud of. We also provide older people visiting support and alarm and response services to different communities in Hampshire and surrounding areas

Service Charge:

Stonham Housing

Telephone: 01252 337026
E-Mail: nina.thomas@homegroup.org.uk
Website: <https://www.homegroup.org.uk/Care-and-Support/Our-Care-Services>

Service Charge: No

Sheltered Housing

Devereux House (Farnborough and Cove War Memorial Hospital Trust)

Telephone: 01252 512967
E-Mail: devereuxhousedaycarecentre@gmail.com
Website: <http://www.devereuxhouse.hampshire.org.uk/>

Disabled 50-70 years, elderly and frail 10 mile radius. Day Care Centre - provides bathing, occupational therapy, physiotherapy and general social activities.

Service Charge: No

First Wessex

Telephone: 0800 328 6461
E-Mail: heather.chalkley@firstwessex.org
Website: www.firstwessex.org/

Regulated by the Homes and Communities Agency, we provide homes and various services to communities through Hampshire and parts of Surrey. We have teamed up with Hampshire County Council, Portsmouth City Council and Surrey County Council to provide great housing, care and support services for older people – providing that 'extra factor' to help older people live independent and fuller lives and build communities to be proud of. We also provide older people visiting support and alarm and response services to different communities in Hampshire and surrounding areas

Service Charge:

Radian Support Limited

Telephone: 01753 747372
E-Mail: jason.gregory@radiansupport.org.uk
Website: <http://www.radian.co.uk/over60sservices>

The majority of our stock is general needs housing, but also includes a significant portfolio of sheltered and

supported housing, together with key worker accommodation, shared ownership, market rent and private sale properties. Locally, residents are able to benefit from tailored services that meet local needs. Having a strong on-the-ground presence in the communities where we work also enables us to tackle key issues, like anti-social behaviour.

100% customer satisfaction.

We can offer you the support you need to live independently and with dignity. Here are some of the services that our fully trained carers can provide to you:

Preparation of meals

Assistance with your medication (under guidance)

Personal care

Assisting you to maintain your personal hygiene, including bathing/showering

Shopping

Helping in and out of bed and/or wheelchair, with hoist if necessary

Domestic tasks

Assistance with toileting

Care of pressure areas

A sitting service

Visit our website: <http://www.radian.co.uk/care-and-support/at-home>

Service Charge:

Supported Housing

Radian Support Limited

Telephone: 01753 747372

E-Mail: jason.gregory@radiansupport.org.uk

Website: <http://www.radian.co.uk/over60sservices>

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Assistance with toileting

Care of pressure areas

A sitting service

Visit our website: <http://www.radian.co.uk/care-and-support/at-home>

Service Charge:

Riverside English Churches Housing Group

Telephone: 01252 785070

E-Mail: shani.gallogly@riverside.org.uk

Website: <https://www.riverside.org.uk/>

Supported housing in Aldershot and Farnborough. Please contact us for details.

Service Charge:

Stonham Housing

Telephone: 01252 337026

E-Mail: nina.thomas@homegroup.org.uk

Website: <https://www.homegroup.org.uk/Care-and-Support/Our-Care-Services>

Service Charge: No

Tenancy Support

Stonham Housing

Telephone: 01252 337026

E-Mail: nina.thomas@homegroup.org.uk

Website: <https://www.homegroup.org.uk/Care-and-Support/Our-Care-Services>

Service Charge: No

Legal Advice

Consumer Advice

Aldershot Citizens Advice Bureau

Telephone: 01252 333618

E-Mail: karyle.ds@rushmoorcab.org.uk

Website: www.aldershotcab.org.uk

Free independent, confidential advice on Benefits, Social Security, Consumer Rights, Money Problems, Council Tax, Rents and Tenancies, Work Problems, Family and Personal, Legal Queries, Local Services and Groups, Health Welfare - Provides free and confidential help - and much more. Free weekly legal session. Money Advice Specialist.

Service Charge: No

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E-Mail: alex.ah@rushmoorcab.org.uk

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

Health Welfare Advice, information, practical assistant. Please contact us for details of our services and volunteering opportunities.

Service Charge: No

Media

Radio

Radio Frimley Park

Telephone: 01276 604177
E-Mail: enquiries@radiofrimleypark.co.uk
Website: www.radiofrimleypark.co.uk/index.php

Radio Frimley Park exists to provide the in-house radio service for Frimley Park Hospital. Radio Frimley Park's principal aims remain what they have always been, to inform, educate and relieve sickness amongst the patients of Frimley Park Hospital. For several years, vigorous fundraising and help and encouragement from the Hospital Trust has meant the station now has a larger and more modern studio and is broadcasting 24 hours a day, every day.

Service Charge:

Money Matters

Consumer Advice

Aldershot Citizens Advice Bureau

Telephone: 01252 333618
E-Mail: karyle.ds@rushmoorcab.org.uk
Website: www.aldershotcab.org.uk

Free independent, confidential advice on Benefits, Social Security, Consumer Rights, Money Problems, Council Tax, Rents and Tenancies, Work Problems, Family and Personal, Legal Queries, Local Services and Groups, Health Welfare - Provides free and confidential help - and much more. Free weekly legal session. Money Advice Specialist.

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E-Mail: alex.ah@rushmoorcab.org.uk
Website: http://www.rushmoorcab.org.uk/

Health Welfare Advice, information, practical assistant. Please contact us for details of our services and volunteering opportunities.

Service Charge: No



Every effort has been made to ensure that information in this Directory is correct. If you have any comments or would like your information to be included in the next edition please contact Rushmoor Voluntary Services on 01252 540162 or email sue@rvs.org.uk THIS IS ONE OF A SERIES

RVS is supported by Rushmoor Borough Council and Hampshire County Council