



Disability 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

The social model of disability says that disability is caused by the way society is organised, rather than by a person's impairment or difference. It looks at ways of removing barriers that restrict life choices for disabled people. When barriers are removed, disabled people can be independent and equal in society, with choice and control over their own lives. Source: SCOPE. Disabilities fall into 4 different categories: Learning Difficulty where the classification includes several areas of functioning in which a person has difficulty learning in a typical manner, usually caused by an unknown factor or factors; Mental Health where we all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us; Physical Disability where there is a limitation on a person's physical functioning, mobility, dexterity or stamina; Sensory Impairments where one of your senses; sight, hearing, smell, touch, taste and spatial awareness, is no longer

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

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	Education and Training
Faiths and Cultures	Health Condition Support Groups
Housing	Social Care Support

Communities

Campaigning and Lobbying

Disability Challengers

Telephone: 01483 579390

E-Mail: PaulWilson@disability-challengers.org

Website: www.disability-challengers.org

Challengers play and youth schemes are places for disabled children and young people to play, make friends and have fun. At every Challengers play and youth scheme there are lots of staff so that you can leave your daughter or son with us and there will always be someone for them to play and be with. The breadth of activities that we provide mean that we can offer disabled young people something to do and somewhere to go from the age of 4 to 25.

Service Charge: Yes

Education and Training

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

Special Needs

Henry Tyndale School

Telephone: 01252 544577

E-Mail: helen.hayward-pritchard@henrytyndale.hants.sch.uk

Website: www.henrytyndale.hants.sch.uk/

Henry Tyndale is a Community Special School catering for approximately 120 pupils, who have complex learning difficulties across the age range from two to nineteen years. The school is situated within Farnborough under the control of Hampshire Local Authority. Henry Tyndale School caters for a range of Special Educational Need and is proud of the outstanding quality of education and care it provides for all of its pupils. All pupils at our school have a learning difficulty; many also have an additional need such as a physical disability, a language disorder or an autism spectrum disorder. Henry Tyndale School also encompasses the Henry Tyndale 6th form, which provides a base for the education of the majority of our Post 16 students and a suitable community based location for the development of their vocational and community skills.

Service Charge:

Faiths and Cultures

Faiths - Church

Step By Step Partnership

Telephone: 01252 346105

E-Mail: info@stepbystep.org.uk

Website: www.stepbystep.org.uk

Provide support and accommodation, day-time activities via our daylight project for 16-25 year olds.

Service Charge: No

Health Condition Support Groups

Asperger syndrome

INSIGHT (Autism group)

Telephone: 01252 332684

E-Mail: sarah.lees3@ntlworld.com

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

INSIGHT is a group of parents supporting parents of autistic and Aspergers children that meets monthly in a local Aldershot pub. If you want to join them, or find out more contact Sarah 01252 332684 or Julia 01252 650528.

Service Charge: No

Autism

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Telephone: 01252 332684

E-Mail: sarah.lees3@ntlworld.com

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

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Service Charge: No

Down's syndrome

Stepping Stones Down Syndrome Support Group

Telephone: 01252 417014

E-Mail: enquiries@steppingstonesds.co.uk

Website: www.steppingstonesds.co.uk/index.htm

Our group is run by parents, for parents and carers of children with Down syndrome in North Hampshire, Berkshire and Surrey. We meet up once a month for informal stay and play sessions and also hold other events such as summer trips out, Christmas parties and social evenings for the grown ups. In addition to this we run training events for parents, carers and local professionals (such as pre-school and school teachers, portage workers, health visitors and speech therapists). We also have an extensive lending library with books and other useful resources which our members are welcome to borrow.

Service Charge:

Hearing Problems

Deaf Plus South

Telephone: 01252 316005

E-Mail: helen.oxlade@deafplus.org

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

Our Aldershot offices are open on a drop-in basis on: Tuesdays, Wednesdays and Thursdays between 10am – 1pm. We provide support and advice on: maintenance and fitting of hearing aids, information on issues of interest to Deaf and hard of hearing people lip reading classes, support available from local Social Services. We also demonstrate specialist equipment for deaf and hard of hearing people, by appointment. Service users can try out the range of equipment we have on display which include: Telephone amplifiers; Flashing light doorbells; Alarm clocks; Visual and vibrating alerting devices; TV loop systems and personal listeners; Textphones

Service Charge: No

Learning Disabilities

Parkside (Aldershot and District Learning Disability)

Telephone: 01252 313103

E-Mail: suzanne.parkside@gmail.com

Website: www.parksidealdershot.co.uk/page.php?pid=1

Parkside is a registered charity based in Aldershot that provides support services for children and adults with learning disabilities living in the local area, covering both Hampshire and Surrey. Parkside's Aim as a charity is to give both children and adults the opportunity to develop their individual skills and to take part in activities within the local community. Needs can vary from requiring support to socialise with friends, to participating in leisure activities, meeting new people, to developing life skills and providing respite for other family members. By reaching out into the community, Parkside aims to develop and strengthen its links with local people and organisations, creating opportunities for everyone to become involved and included. Parkside is working to help people with learning disabilities to be recognised as part of the community and make the most of life. We offer a range of services - Please contact us for more details.

Service Charge: No

Samuel Cody Specialist Sports College

Telephone: 01252 514194

E-Mail: adminoffice@samuelcody.hants.sch.uk

Website: www.samuelcody.hants.sch.uk/

Samuel Cody Specialist Sports College provides for secondary age pupils with learning difficulties. We

challenge individual pupils to achieve their highest potential in both academic and personal development. This is encouraged in a cheerful and supportive environment where every pupil is valued for their strengths. Different learning styles are encompassed with visual, aural and kinaesthetic delivery actively utilised. We know happy pupils will achieve high standards. Our school welcomes a wide range of special needs. We operate a full secondary timetable and stress the importance of all round learning.

Service Charge:

Sunbeams Respite Care Unit

Telephone: 01252 796425

E-Mail: sarah.sippets@hants.gov.uk

Website: www.hantslocaloffer.info/en/Sunbeams_Respite_Care_Unit

Sunbeams is a small residential unit that provides a programmed support service for up to four children at a time thereby supporting their parents with their care. The purpose of Sunbeams is to provide support services to children with complex learning difficulties and their families. We aim that the services we provide should support in minimising the effect of their disabilities on children and give children the opportunity to lead lives which are as 'normal' as possible. The children cared for at Sunbeams will have complex learning difficulties and, following a multi-agency assessment lead by a social worker from the Children with Disabilities Team, identified as benefitting from the services offered at Sunbeams. If you feel that you and your child might benefit from the services we provide and do not have a social worker please contact Hants Direct on 0300 555 1384 and request an assessment of your child's needs

Service Charge:

Mental Health

Good News Club

Telephone: 01252 404461

E-Mail: sylvialawsofs@hotmail.co.uk

Website:

Support and social activities for those with mental health problems. For details please contact us.

Service Charge: No

MCCH

Telephone: 01252 338810

E-Mail: l.tilston@mcch.org.uk

Website: www.mcch.org.uk/hart_and_rushmoor/index.aspx

Our Hart and Rushmoor wellbeing centre is the mental health hub for the area and supports people in their recovery journey. Based in Aldershot's town centre. We can support you with your wellbeing by providing support, workshops, group work, information and signposting in an environment that focuses on emotional wellbeing and recovery, as well as provide information and encouragement to manage everyday living skills and access activities within the community. The Safe Haven Cafe is open from 6pm till 11pm Monday to Friday and 12.30pm until 11pm at weekends and bank holidays. We have a very successful drama group which performs at theatres in and around Aldershot.

Service Charge:

Step By Step Partnership

Telephone: 01252 346105

E-Mail: info@stepbystep.org.uk

Website: www.stepbystep.org.uk

Provide support and accommodation, day-time activities via our daylight project for 16-25 year olds.

Service Charge: No

Sight Problems

MISC Club

Telephone: 01252 409627

E-Mail: cmfarmbrough@hotmail.com

Website:

We provide help, support and activities for people with a hearing impairment.

Service Charge: No

Open Sight (Aldershot Branch)

Telephone: 02380 646 377

E-Mail: derekfrancis_2@yahoo.co.uk

Website:

All the services offered by H.A.C.B - Talking Books, Talking Newspapers, cassettes or books (through R.N.I.B), aids for the blind through Mr & Mrs Roberts. A monthly club (social and with speakers), Special events - outings and Christmas party, housebound gifts and visits or lunch. Focus quarterly magazine published by HACB for each member + any holidays organised through HACB.

Service Charge: Yes

Open Sight (Farnborough Branch)

Telephone: 01252 665159

E-Mail: billwwright@ntlworld.com

Website:

Help support and social activities for visually impaired people.

Service Charge: Yes

Speech and language impairments

Farnborough & District Stroke / Aphasia Group

Telephone: 01252 515898

E-Mail: jan243@btinternet.com

Website:

Speakability self-help groups. Some of the groups listed here have only just started, whilst others are in the development stage. Contact Speakability in the first instance, for any information about any group.

Service Charge: No

Stroke

Farnborough & District Stroke / Aphasia Group

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Service Charge: No

Housing

Homelessness

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E-Mail: info@stepbystep.org.uk

Website: www.stepbystep.org.uk

Provide support and accommodation, day-time activities via our daylight project for 16-25 year olds.

Service Charge: No

Social Care Support

Advocacy

Parity for Disability

Telephone: 01252 375581

E-Mail: info@parityfordisability.org.uk

Website: www.parityfordisability.org.uk

Parity for Disability provides vital services for people with multiple disabilities in Surrey, Hampshire, Berkshire and beyond. Most of the people who use Parity's services have a physical disability along with learning difficulties, and possibly sensory impairments or epilepsy. Most use a wheelchair and have limited movement. Most do not use speech. They don't fit into a neat category of physical or learning disability, so few services have evolved for them. Parity for Disability exists to provide practical support and meet their needs. 'Parity' means equality. Our philosophy of Equality, Dignity and Rights for people with multiple disabilities is the driving force behind everything we do.

Service Charge: Yes

Day Care

Parity for Disability

Telephone: 01252 375581

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Service Charge: Yes

Disabilities

Disability Challengers

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Service Charge: Yes

Disabilities - Mental Health

MCCH

Telephone: 01252 338810

E-Mail: l.tilston@mcch.org.uk

Website: www.mcch.org.uk/hart_and_rushmoor/index.aspx

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Service Charge: No

Emotional and Mental Health

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Service Charge: No

Health Support Group

Aldershot & District Tinnitus Support Group

Telephone: 01252 318121

E-Mail: hocking26@tiscali.co.uk

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

The word 'tinnitus' comes from the Latin word for 'ringing' and is the perception of sound in the absence of any corresponding external sound. Most Audiologists and Hearing Therapists believe local Support Groups have much to offer, especially if linked with their local tinnitus clinic. The benefits of self help groups are that they may provide hope to others and act as a local action group and provide mutual support. Members swap ideas and encourage each other, discussing their problems and worries in a supportive environment. Aldershot & District Tinnitus Self Help Group has a variety of speakers, slide shows, talks, outings and fund raising activities. Please contact us for details of our support and services.

Service Charge: No

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Service Charge:

Respite Care

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Service Charge:

Talking Books/News

FATN Talking News

Telephone: 01252 719266

E-Mail: malcolm.erskine.inglis@gmail.com

Website:

Talking Newspaper services - please call for more information.

Service Charge:



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