



Help and Social Care Signpost Guide

21 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

Health and Social Care is a term that relates to integrated services that are available from both health and social care providers. Since the Care Act 2014 the way people receive care and support has changed to put you in control of the help you receive. If you are diagnosed with a health condition would you know where to find a local support group? If you need some extra care or support, practical or emotional, in order to lead an independent active life and do the everyday things that many of us take for granted would you know where to go locally?

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

Health Condition Support Groups

Acoustic neuroma (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162
E-Mail: Joanne.Hodgson@thebraintumourcharity.org
Website: www.thebraintumourcharity.org

Service Charge:

AIDS / HIV

Positive Action

Telephone: 01252 345019
E-Mail: Donna@positiveaction.org.uk
Website: <http://www.positiveaction.org.uk/index.php>

We are Health related support group working in the field of HIV/AIDS. Please contact us for information. Our services include: A drop in Service, Advice and information about HIV, Health Support and advice, Advocacy.

Service Charge: No

Alcohol dependence (Alcoholism)

The Vine Centre

Telephone: 01252 400196

E-Mail: mags.mercer@thevinealdershot.org.uk

Website: www.thevinealdershot.org.uk

The Vine seeks to reduce social isolation, enable change and improve the quality of life for its clients. We offer a hot mid day meal, access to a range of professional services including Nexus Needle Exchange. Literacy and IT training, assistance in finding housing, employment and training and much more. The Centre is open Monday - Friday 11am - 3pm

Service Charge: No

Allergies

The Anaphylaxis Campaign

Telephone: 01252 546100

E-Mail: lynne.regent@anaphylaxis.org.uk

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

We are the only UK wide charity operating solely for the growing numbers of people at risk from severe allergic reactions and anaphylaxis. We provide information and support of the highest quality relating to foods and other triggers such as latex, drugs and insect stings. Our ultimate aim is to create a safe environment for all people with allergies by educating the food industry, schools, nurses, colleges, health professionals and other key audiences. Our focus is on medical facts, food labelling, risk reduction and allergen management. We run a helpline service five days a week, provides patient representation and, of course, we campaign! Our helpline team are happy to take your call Monday to Friday between 9am and 5pm on 01252 542029

Service Charge:

Alzheimer's disease

Alzheimer Cafe UK

Telephone: 07938 75002

E-Mail: alzheimercafe@hotmail.co.uk

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

Monthly meetings (except August) on a Friday evening in a café-like setting, run by volunteers and professionals. Aims are to provide education. Support and information for people with dementia, their family carers and other interested people in a welcoming and inclusive social atmosphere.

Service Charge:

Anaphylaxis

The Anaphylaxis Campaign

Telephone: 01252 546100

E-Mail: lynne.regent@anaphylaxis.org.uk

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

We are the only UK wide charity operating solely for the growing numbers of people at risk from severe allergic reactions and anaphylaxis. We provide information and support of the highest quality relating to foods and other triggers such as latex, drugs and insect stings. Our ultimate aim is to create a safe environment for all people with allergies by educating the food industry, schools, nurses, colleges, health professionals and other key audiences. Our focus is on medical facts, food labelling, risk reduction and allergen management. We run a helpline service five days a week, provides patient representation and, of course, we campaign! Our helpline team are happy to take your call Monday to Friday between 9am and 5pm on 01252 542029

Service Charge:

Arthritis

Arthritis Research UK

Telephone: 01590 670461

E-Mail: a.noke@arthritisresearchuk.org

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

To raise funds for research projects which are allocated carefully each year, usually over 1-5 years. To publish 3 magazines per year and information leaflets on all major types of Arthritis and Rheumatism.

Service Charge: No

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

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

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:

The Zone

Telephone: 01252 694934

E-Mail: info@The-Zone.org.uk

Website: <http://www.the-zone.org.uk/>

We hold regular meet ups for parents and carers, as well as various activities and events for those with as Autistic Spectrum Disorder and their siblings. We welcome those whose work is Autism related. As a branch of the National Autistic Society we have access to a wealth of advice, information and resources.

Service Charge:

Batten disease

Batten Disease Family Association

Telephone: 01252 416323

E-Mail: admin@bdfa-uk.org.uk

Website: <http://www.bdfa-uk.org.uk/>

We work with families living with a rare disease - supporting families and funding research

Service Charge:

Brain Tumour

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

CNS Lymphoma (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Dementia

Alzheimer Cafe UK

Telephone: 07938 75002

E-Mail: alzheimercafe@hotmail.co.uk

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

Monthly meetings (except August) on a Friday evening in a café-like setting, run by volunteers and professionals. Aims are to provide education. Support and information for people with dementia, their family carers and other interested people in a welcoming and inclusive social atmosphere.

Service Charge:

Dementia Advice Service Hart & Rushmoor (Andover Mind)

Telephone: 01252 624808

E-Mail: dementiaadvicehartrushmoor@andovermind.org.uk

Website: <http://www.andovermind.org.uk/dementia-advice/>

Service Charge:

The Friends of Ticehurst

Telephone:

E-Mail: jools59@yahoo.com

Website:

We work to support a residential Nursing Home fundraising for projects outside normal budgets and supporting by volunteering with activities such as: gardening and other activities.

The care home owned by Hampshire County Council with nursing for older people generally / People with dementia on either Longer stay / Short stay and respite basis. This home accommodates 38 residents in 38

single rooms (38 en suite). It is purpose built and has a garden. There is a little flexibility about meals. Activities are arranged

Service Charge:

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:

Drug dependence (Drug addiction)

The Vine Centre

Telephone: 01252 400196

E-Mail: mags.mercer@thevinealdershot.org.uk

Website: www.thevinealdershot.org.uk

The Vine seeks to reduce social isolation, enable change and improve the quality of life for its clients. We offer a hot mid day meal, access to a range of professional services including Nexus Needle Exchange. Literacy and IT training, assistance in finding housing, employment and training and much more. The Centre is open Monday - Friday 11am - 3pm

Service Charge: No

Eczema

DEBRA

Telephone: 01252 545239

E-Mail: john@themillpond.co.uk

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

We are a Charity Shop supporting the activities of DEBRA - the national charity that supports individuals and families affected by Epidermolysis Bullosa (EB) which is a group of genetic skin conditions which cause the skin to blister and tear at the slightest touch.

Service Charge: No

Ependymoma (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

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

Hearing Dogs for Deaf People

Telephone: 01844 348100

E-Mail: nicholas.orpin@hearingdogs.org.uk

Website: https://donate.hearingdogs.org.uk/?utm_source=google&utm_medium=cpc&utm_term=s

Providing Hearing Dogs for deaf people - there are lots of ways you can benefit or help us - full details are available on our website:

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

Service Charge:

Hemangioblastoma (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Learning Disabilities

Parents Action Group for Special Play

Telephone: 01252 837112

E-Mail: pag.specialplay@googlemail.com

Website: <http://pagforspecialplay.co.uk/>

PAG is a local charity for families with Special Needs children. We have a committee of 10 parents who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. We do this through campaigning, fundraising and organising! Our 'Statement of Purpose' is Every child has a right to play.

Service Charge: No

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:

Mdulloblastoma (Brian Tumour)

The Brain Tumour Charity

Telephone: 01252 413162
E-Mail: Joanne.Hodgson@thebraintumourcharity.org
Website: www.thebraintumourcharity.org

Service Charge:

Meningioma (Brian Tumour)

The Brain Tumour Charity

Telephone: 01252 413162
E-Mail: Joanne.Hodgson@thebraintumourcharity.org
Website: www.thebraintumourcharity.org

Service Charge:

Mental Health

Community Access Project

Telephone: 07989 4606244
E-Mail: broadhurstcap@hotmail.co.uk
Website:

To support clients to access the community and work towards targets they have set. This can help with moving home, starting college, claiming benefits, getting a job and attending the gym. Please contact our Project Manager for details.

Service Charge: No

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

Mixed gliomas (Brian Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Multiple births

Tamba, Twins and Multiple Births Association

Telephone: 01252 332344

E-Mail: keithreed@tamba.org.uk

Website: <https://www.tamba.org.uk/big-research-appeal?tab=1>

Support to parents of twins, triplets and higher multiples. Please contact us for more information.
www.tamba.org.uk

Service Charge:

Multiple Sclerosis

Farnborough Multiple Sclerosis Society

Telephone: 01252 655417

E-Mail: patricia_everard@hotmail.com

Website: <https://www.mssociety.org.uk/near-me/branches/farnborough-and-district-branch>

We support people suffering from Multiple Sclerosis

Service Charge: No

Obesity

Rushmoor Healthy Living

Telephone: 01252 362660

E-Mail: Jim.ruddy@rhl.org.uk

Website: www.rushmoorhealthyliving.org.uk

We deliver a wide range of activities which cover all age ranges. These include: Breakfast Clubs for primary school children; Street Dance sessions for children and young people; Interactive health workshops for teenagers; Youth Mentoring project for young people; Youth Mentoring project for teenage parents; Music and Art Activities for older adults; Weight Management programmes; Wide range of exercise classes for over 50s including Tai Chi, Yoga, Pilates, Salsa and Low-impact Aerobics; Touch Screen Kiosk giving access to health and social information; Volunteer gardening project

Service Charge: Yes

Oligodendroglioma (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Parkinson's disease

Park Group of Residential Homes

Telephone: 01252 683520

E-Mail: alexander_lawrence@ntlworld.com

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

Support, Information and advice for those people suffering from Parkinson's Disease in Farnborough district

Service Charge: No

Parkinson's Disease Society (Farnborough)

Telephone: 01252 657027

E-Mail:

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

Service Charge:

Pineal tumours (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Pituitary tumours (Brain Tumour)

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

Rheumatoid arthritis

Arthritis Research UK

Telephone: 01590 670461

E-Mail: a.noke@arthritisresearchuk.org

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

To raise funds for research projects which are allocated carefully each year, usually over 1-5 years. To publish 3 magazines per year and information leaflets on all major types of Arthritis and Rheumatism.

Service Charge: No

Sight Problems

Guide Dogs for the Blind Association (Aldershot & Farnborough)

Telephone: 01252 492111

E-Mail: fordmondeo12@sky.com

Website: www.guidedogs.org.uk

We are the local fundraising branch of the Guide Dogs for the Blind. We organise 2 flag days and sell appeals items at local events. Also, we support local organisations who wish to raise funds for Guide Dogs by supplying literature and visits by Guide Dogs etc. Volunteers are required to help in our support for Guide Dogs for the Blind - Contact the Chairman for further details.

Service Charge: No

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

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

Tinnitus

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

Social Care Support

Adoption/Fostering

Hampshire County Council Children's Services Information

Telephone: 0300 555 1384

E-Mail: childrens.services@hants.gov.uk

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

HCC Children's Services Department aims to improve the life chances for children and young people. It is responsible for a wide range of services including Adoption and Fostering; Childcare; Education from ages 3 to 19 (including Admissions); Support for disabled children and those with Special Educational Needs (SEN). The website also has information for Families around caring for children; childcare; Children's Centres; Advice for Parents. The Hampshire Family Information Directory (FID) is for parents, carers and practitioners looking for childcare and family services in Hampshire. You can search for childcare such as childminders, pre-schools, nurseries, before and after school clubs, holiday play schemes or for family services, including Sure Start Children's Centre's, parenting courses, parent and toddler groups, counselling, leisure activities, advice and support

Service Charge:

Advice and Information

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

Advocacy

Community Access Project

Telephone: 07989 4606244

E-Mail: broadhurstcap@hotmail.co.uk

Website:

To support clients to access the community and work towards targets they have set. This can help with moving home, starting college, claiming benefits, getting a job and attending the gym. Please contact our Project Manager for details.

Service Charge: No

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

After School Activities or Breakfast Club

Kids Den

Telephone: 01252 521303

E-Mail: jennyreade@btinternet.com

Website: <http://www.childcontactcentre.directory/listing/farnborough/>

We provide good after school care. Children are provided with tea/light snack and drink. Children can then take part in activities - e.g. gluing-painting, table games, Reading, parachute games - the list goes on.

Service Charge: Yes

Carers Advice and Information

Parent Voice

Telephone: 0300 3038603

E-Mail: parentvoice@roseroad.org.uk

Website: www.parentvoice.info/en/Home_Page

Parent Voice is an Information and Advice Service for parents and carers of disabled children aged 0-19 in Hampshire. We provide a single point of contact for the information and advice you need for your child. As a member of Parent Voice you will benefit from: A weekly update informing you of all events, activities, training and news across Hampshire; Access to our informative website packed full of useful organisations,

factsheets and latest news articles; Dedicated Workers in every district of Hampshire providing local information and advice tailored to your individual needs. We also manage the at Hampshire Gateway website where you can find information about events, clubs and activities local to you for your disabled child/young person to attend. If you are a professional working with disabled children and young people, you can also join Parent Voice as a professional member and benefit from the information we provide.

Service Charge:

Children and Families Day Care - Early Years

Farnborough Grange Nursery/Infant School

Telephone: 01252 541879

E-Mail: j.armstrong@farnboroughgrange.hants.sch.uk

Website: <http://www.farnboroughgrange.hants.sch.uk/>

Children summer Playscheme 5-10 year olds sessions for 4 year olds only. BV

Service Charge: No

Children and Families Family Support

ATD Fourth World Frimhurst Family House

Telephone: 01252 835489

E-Mail: eric.knibbs@atdfrimhurst.co.uk

Website: <http://www.atd-fourthworld.org/where-we-are/europe/united-kingdom/>

Frimhurst Family House is a cultural and respite centre providing families in poverty with a safe environment to develop their self-confidence and promote children's and parent's well-being. Since 1957, Frimhurst is a resource for all those concerned with poverty and the risk it places on parents' ability to fulfil their ambitions for their children. Frimhurst organises Respite Stays where families living in poverty can learn and work alongside people from diverse backgrounds to find solutions to overcome poverty. Located in Frimley Green, Surrey, Frimhurst Family House consists of a renovated Victorian House with disabled access, workshops, an art studio and extensive grounds.

Service Charge: No

Butterflies and Dragonflies Children's Centre (Action for Children)

Telephone: 01252 511556

E-Mail: butterfliesanddragonflies@actionforchildren.org.uk

Website: www.actionforchildren.org.uk/our-services/butterflies-and-dragonflies-childrens-centre

We target families with children under 5 years old. We offer activities and opportunities - if you would like more information, please contact us on 01252 511556

Service Charge:

Contact a Family Hampshire

Telephone: 0207 608 8700

E-Mail: info@makingcontact.org

Website: www.cafamily.org.uk

children with disabilities

Service Charge: Yes

Cove Child Contact Centre

Telephone: 07780 944528

E-Mail: covechildcontact@gmail.com

Website:

We are a Child Contact Centre - Please contact us for details of our activities.

Service Charge: No

Home-Start Rushmoor & Hart

Telephone: 07718 424321
E-Mail: homestart.rushmoor@gmail.com
Website: <http://www.homestartrushmoor.org.uk/>
Support to families with young children in Rushmoor and Hart.

Home-Start Rushmoor and Hart is a local charity which supports ordinary parents in and around the boroughs of Rushmoor and Hart who are going through challenging times. Visit:
<http://www.homestartrushmoor.org.uk/>

Service Charge:

Maple Vue Children's Centre

Telephone: 01252 316963
E-Mail: maplevue@actionforchildren.org.uk
Website: www.actionforchildren.org.uk/our-services/maple-vue-childrens-centre

Please contact us for information and details of our services.

Service Charge:

Park and Sunflowers Children's Centre

Telephone: 01252 338607
E-Mail: parkandsunflowers@actionforchildren.org.uk
Website: www.actionforchildren.org.uk/our-services/park-in-partnership-with-sun-flowers-childrens-

The Children's Centre provides a range of groups and activities for Aldershot families. Most sessions are for family (adult carers and children together) groups, but we do have separate adult education & hobby groups as well as a neighbourhood nursery with full day care. We aim to support all carers of young children in meeting their social & educational needs. Unfortunately most groups are over-subscribed but we do operate a waiting list. Families wishing to join any waiting list will be invited to visit first and should phone for an appointment.

Service Charge: Yes

Surrey Heath Veterans & Families Listening Project

Telephone: 01276 27992
E-Mail: surreyheath.veterans@yahoo.com
Website: <http://shvflp.webplus.net/>

Provide a one-stop shop for veterans of HM Forces. We provide social and leisure activities plus essential support and help.

Service Charge:

Transform Hampshire

Telephone: 07809 340638
E-Mail: clare.graham@transformhampshire.org.uk
Website: www.hants.gov.uk/transform

Transform provides a nomination based key worker intensive family support service across Hampshire under the Hampshire's Supporting Families Programme. It is a consortium led by Barnardo's and consisting of three main partners; Motiv8, Family Lives and Step-by-Step. Transform will work with you and your whole family and will listen to you and identify what can be done. We are here to work and help with a variety of issues including: Stopping children and young people getting into trouble with the police; Ensuring that children and young people achieve the best they can in education, training or employment; Helping with skills development and getting parents into work with real opportunities; Helping with issues such as depression, anxiety and related problems; Helping families build strong relationships and working through problems at home; Practical help with parenting, budgeting, and managing the home. We are here to offer intensive support over six to nine months, several times a week, and at the times you need so not only 9am -5pm, but also early in the morning, in the evenings and at weekends. Our staff won't give up and we are there for the long haul, to make sure that you can move forward in

your lives and achieve the goals that you want and often need

Service Charge:

Children and Families Parents Support

Butterflies and Dragonflies Children's Centre (Action for Children)

Telephone: 01252 511556

E-Mail: butterfliesanddragonflies@actionforchildren.org.uk

Website: www.actionforchildren.org.uk/our-services/butterflies-and-dragonflies-childrens-centre

We target families with children under 5 years old. We offer activities and opportunities - if you would like more information, please contact us on 01252 511556

Service Charge:

Cove Child Contact Centre

Telephone: 07780 944528

E-Mail: covechildcontact@gmail.com

Website:

We are a Child Contact Centre - Please contact us for details of our activities.

Service Charge: No

Home-Start Rushmoor & Hart

Telephone: 07718 424321

E-Mail: homestart.rushmoor@gmail.com

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

Support to families with young children in Rushmoor and Hart.

Home-Start Rushmoor and Hart is a local charity which supports ordinary parents in and around the boroughs of Rushmoor and Hart who are going through challenging times. Visit:

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

Service Charge:

Maple Vue Children's Centre

Telephone: 01252 316963

E-Mail: maplevue@actionforchildren.org.uk

Website: www.actionforchildren.org.uk/our-services/maple-vue-childrens-centre

Please contact us for information and details of our services.

Service Charge:

Park and Sunflowers Children's Centre

Telephone: 01252 338607

E-Mail: parkandsunflowers@actionforchildren.org.uk

Website: www.actionforchildren.org.uk/our-services/park-in-partnership-with-sun-flowers-childrens-

The Children's Centre provides a range of groups and activities for Aldershot families. Most sessions are for family (adult carers and children together) groups, but we do have separate adult education & hobby groups as well as a neighbourhood nursery with full day care. We aim to support all carers of young children in meeting their social & educational needs. Unfortunately most groups are over-subscribed but we do operate a waiting list. Families wishing to join any waiting list will be invited to visit first and should phone for an appointment.

Service Charge: Yes

Transform Hampshire

Telephone: 07809 340638

E-Mail: clare.graham@transformhampshire.org.uk

Website: www.hants.gov.uk/transform

Transform provides a nomination based key worker intensive family support service across Hampshire under the Hampshire's Supporting Families Programme. It is a consortium led by Barnardo's and consisting of three main partners; Motiv8, Family Lives and Step-by-Step. Transform will work with you and your whole family and will listen to you and identify what can be done. We are here to work and help with a variety of issues including: Stopping children and young people getting into trouble with the police; Ensuring that children and young people achieve the best they can in education, training or employment; Helping with skills development and getting parents into work with real opportunities; Helping with issues such as depression, anxiety and related problems; Helping families build strong relationships and working through problems at home; Practical help with parenting, budgeting, and managing the home. We are here to offer intensive support over six to nine months, several times a week, and at the times you need so not only 9am -5pm, but also early in the morning, in the evenings and at weekends. Our staff won't give up and we are there for the long haul, to make sure that you can move forward in your lives and achieve the goals that you want and often need

Service Charge:

Children and Families Relationships - Early Years

Home-Start Rushmoor & Hart

Telephone: 07718 424321

E-Mail: homestart.rushmoor@gmail.com

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

Support to families with young children in Rushmoor and Hart.

Home-Start Rushmoor and Hart is a local charity which supports ordinary parents in and around the boroughs of Rushmoor and Hart who are going through challenging times. Visit:

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

Service Charge:

Counselling and Rehabilitation - Domestic Abuse

North East Hampshire Domestic Violence Forum

Telephone: 01256 405208

E-Mail: karen.evans.44335@hampshire.pnn.police.uk

Website: www.nehantsdvf.co.uk

Networking, Training & Information

Service Charge: No

Taking Steps Project

Telephone: 01256 541159

E-Mail: gerrie@takingstepsproject.com

Website: <http://www.takingstepsproject.com/>

Support for men and women who have experienced domestic abuse. You can not always see a way forward. Friends and relatives can be supportive but may have their own worries or not have the time and ability to listen without becoming upset or too involved. Perhaps we can not always share problems with them. Taking Steps offers an unconditional, positive and non-judgemental environment for you to explore issues that are important to you. Open to both men and women who have experienced domestic abuse, you will be supported and accepted for who you are.

Service Charge:

Counselling and Rehabilitation - Relationships - Divorce and Separation

Relate NEHAB

Telephone: 01252 324679

E-Mail: sarahcarter@relatenehab.org.uk

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

Relate aims to deliver its services with cultural sensitivity and without discrimination. Please contact us for

details of our services.

Service Charge: Yes

Day Care

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

Sandhurst Day Centre

Telephone: 01252 877601

E-Mail: sandhurstdaycentre@talktalkbusiness.net

Website: http://www.sandhurstdaycentre.org.uk/

Caring for the elderly in Sandhurst district. Our Centre provides support and companionship for elderly residents. We offer trips and outings in our minibus.

Service Charge:

Disabilities

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

Hampshire County Council Adult Social Care and Wellbeing Information

Telephone: 0300 555 1386

E-Mail: adult.services@hants.gov.uk

Website: www.hants.gov.uk/adultsocialcare

Visit Connect to Support Hampshire, the online information and advice guide and directory of services for adults with care and support need, their families and carers. The website includes directories of care homes, home care agencies and community services and activities.

www.hants.gov.uk/connectsupport

For information about Council services

www.hants.gov.uk/adultsocialcare

Service Charge:

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

Disabilities - Mental Health

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

Domiciliary Care

Home Instead Senior Care (Maxcare Ltd)

Telephone: 01252 758716

E-Mail: gill.tootill@homeinstead.co.uk

Website: www.homeinstead.co.uk/About_Us.do

It can be overwhelming, wondering where to start when first considering care for a loved one. We are here to help; here to provide the support needed for loved ones to stay safe at home without losing any personal freedom - leaving family members happy and confident that their loved ones are enjoying the highest standards of care at all times. We offer a wide range of one-to-one services tailor made to the needs of the individual older person. Home visits can be from an hour a day up to 24-7 care that includes weekends and holidays. Services are flexible to the needs of each client. These can include personal care such as assistance with bathing, dressing, eating and medication; home help covering all aspects of day-to-day housework, shopping, meal preparation and household duties; and companionship services that can involve everything from escorting clients on visits or appointments to simple conversation and good company.

Service Charge:

Drugs - Needle Exchange

The Vine Centre

Telephone: 01252 400196

E-Mail: mags.mercer@thevinealdershot.org.uk

Website: www.thevinealdershot.org.uk

The Vine seeks to reduce social isolation, enable change and improve the quality of life for its clients. We offer a hot mid day meal, access to a range of professional services including Nexus Needle Exchange. Literacy and IT training, assistance in finding housing, employment and training and much more. The Centre is open Monday - Friday 11am - 3pm

Service Charge: No

Emotional and Mental Health

Samaritans (Farnborough & District)

Telephone: 01276 32720

E-Mail: jo@samaritans.org

Website: <http://www.samaritans.org/branches/samaritans-farnborough-district>

Confidential help and support. We offer a confidential listening service, providing emotional support to people experiencing feelings of distress and despair, including suicidal feelings. We offer support over the telephone, in person at our premises or via email.

Service Charge: No

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

Ex-Servicemen/Women

Aldershot Royal British Legion

Telephone: 01252 325558

E-Mail: millsbomber@hotmail.com

Website: <http://branches.britishlegion.org.uk/branches/aldershot>

Service Charge:

British Gurkha Welfare Society

Telephone: 01252 510794

E-Mail: hulaksewa@yahoo.com

Website: <http://bgws.org/>

The British Gurkha Welfare Society is the largest welfare organisation run by Gurkhas for Gurkhas in the UK and Nepal, and was founded in 2004 to cater for the needs of the many ex-servicemen and their families returning to the UK. The remit of the Society is to seek equality of treatment for Gurkhas. Based in Farnborough, the BGWS provides a range of welfare and immigration services to Gurkhas and Nepali citizens, also maintaining close contact with local authorities across the country with sizeable Gurkha populations, and representing the Gurkha community at the highest levels in Westminster. Our members include hundreds of former Gurkha soldiers, along with an associate membership of British officers, senior police officers and government employees. We are also fortunate to maintain a network of honorary members from the friends of the BGWS.

Service Charge: No

Honour Our Troops (HOT)

Telephone: 07833 444981

E-Mail: cpalmerhot@gmail.com

Website: www.honour-our-troops.org.uk/

Honour Our Troops is a charity which assists military service personnel, past, present and future in many ways. We assist serving and former serving members of the armed forces of the Crown and their

dependents by providing relief from hardship, sickness, distress and bereavement in particular, but not exclusively by making grants to other charities established for similar purposes. We fundraise in a number of ways and then grant out the monies raised to projects around the country in line with our remit. We Marshal Parades, Marches and events, so as to take the burden off our Police Forces and aid other military charities in being able to show remembrance, commemoration and support. We send out Welfare Parcels to serving UK Troops. We aid other charities in raising funds and awareness and make grants from between £50 and £1,000 to specific projects. We cannot grant funding to charities for the purpose of day-to-day administration. We stage our own events for civilians and UK Troops predominantly, but not exclusively, through music to help raise awareness, funds and morale.

Service Charge:

Royal Air Forces Association (Farnborough & Aldershot RMG)

Telephone: 01252 512623
E-Mail: alphafoxtrot80@gmail.com
Website: <https://www.rafa.org.uk/>

The RAF Association (RAFA) is a membership organisation of serving and former members of the Royal Air Force, their families and dependants and all those supporting the aims of the Association. It is the largest single-service membership organisation in the United Kingdom and has roughly 80,000 members and 500 Branches in the UK, Europe and further afield. The Association provides help and advice, assistance, comradeship and, where required, welfare and care for the whole RAF family.

Service Charge: No

SSAFA (Aldershot & Farnborough Division)

Telephone: 01252 347656
E-Mail: aldershot@hampshiresaafa.org.uk
Website: <https://www.ssafa.org.uk/find-us?postcode=gu14>

SSAFA Forces Help exists to help according to need, all men and women serving, or have severed at any time, in the armed forces of the Crown, and their families and dependants, which includes widows and widowers.

Service Charge: No

Surrey Heath Veterans & Families Listening Project

Telephone: 01276 27992
E-Mail: surreyheath.veterans@yahoo.com
Website: <http://shvflp.webplus.net/>

Provide a one-stop shop for veterans of HM Forces. We provide social and leisure activities plus essential support and help.

Service Charge:

Friendship/Befriending

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:

Health Equipment - Medic Alert (Personal Alarm)

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:

Health Equipment - Medical Equipment Loans

British Red Cross Society

Telephone: 0845 0547 222
E-Mail:
Website: <http://www.redcross.org.uk/>

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We help vulnerable people in the UK and abroad prepare for, withstand and recover from emergencies in their own communities. We provide a wide range of services throughout the Hampshire, Isle of Wight and Surrey area including First Aid training; Emergency response; Support at home, transport and mobility aids; Finding missing family; Preparing for disasters; Refugee support; Providing teaching resources. The Red Cross organisations have a unique position under the Geneva Conventions. As a completely neutral and independent body the International Committee of the Red Cross (ICRC) can offer to act as an impartial and neutral instrument of humanitarian protection, during armed conflicts.

Service Charge:

Health Support - Drop-In-Centre for Sexual and Pregnancy Issues

The Point Youth Centre

Telephone: 01252 812308
E-Mail:
Website: www.fleethants.com/allleisure/thepoint/thepoint.htm

Clubs provide young people a place to meet friends. Activities can range from leisure to health education. Each club has a team of three professional youth workers plus volunteers. B4 Youth Club on Monday between 4pm and 6.30pm for Years 7 and 8; Tuesday Night Club between 7.30pm and 10pm for Years 9 and above; Thursday Night Club between 7.30pm and 10pm for Year 10 to 25 years old; Jamming at the Point provides space and equipment for young people to develop their musical talent on Wednesday - Call to book session on 07748 444916. A Sexcare clinic will take place at the Point between 4.30pm and 6.30pm every Friday to provide contraceptive advice, 'morning-after' pills and pregnancy testing for young people under the age of 25.

Service Charge:

Health Support - First Aid

British Red Cross Society

Telephone: 0845 0547 222
E-Mail:
Website: <http://www.redcross.org.uk/>

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We help vulnerable people in the UK and abroad prepare for, withstand and recover from emergencies in their own communities. We provide a wide range of services throughout the Hampshire, Isle of Wight and Surrey area including First Aid training; Emergency response; Support at home, transport and mobility aids;

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Service Charge:

Health Support - Guide Dogs

Guide Dogs for the Blind Association (Aldershot & Farnborough)

Telephone: 01252 492111

E-Mail: fordmondeo12@sky.com

Website: www.guidedogs.org.uk

We are the local fundraising branch of the Guide Dogs for the Blind. We organise 2 flag days and sell appeals items at local events. Also, we support local organisations who wish to raise funds for Guide Dogs by supplying literature and visits by Guide Dogs etc. Volunteers are required to help in our support for Guide Dogs for the Blind - Contact the Chairman for further details.

Service Charge: No

Hearing Dogs for Deaf People

Telephone: 01844 348100

E-Mail: nicholas.orpin@hearingdogs.org.uk

Website: https://donate.hearingdogs.org.uk/?utm_source=google&utm_medium=cpc&utm_term=s

Providing Hearing Dogs for deaf people - there are lots of ways you can benefit or help us - full details are available on our website:

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

Service Charge:

Health Support - Resources for Loan

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:

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

Alzheimer Cafe UK

Telephone: 07938 75002
E-Mail: alzheimercafe@hotmail.co.uk
Website: <http://www.alzheimercafe.co.uk/>

Monthly meetings (except August) on a Friday evening in a café-like setting, run by volunteers and professionals. Aims are to provide education. Support and information for people with dementia, their family carers and other interested people in a welcoming and inclusive social atmosphere.

Service Charge:

Arthritis Research UK

Telephone: 01590 670461
E-Mail: a.noke@arthritisresearchuk.org
Website: <http://www.arthritisresearchuk.org/>

To raise funds for research projects which are allocated carefully each year, usually over 1-5 years. To publish 3 magazines per year and information leaflets on all major types of Arthritis and Rheumatism.

Service Charge: No

Batten Disease Family Association

Telephone: 01252 416323
E-Mail: admin@bdfa-uk.org.uk
Website: <http://www.bdfa-uk.org.uk/>

We work with families living with a rare disease - supporting families and funding research

Service Charge:

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

DEBRA

Telephone: 01252 545239
E-Mail: john@themillpond.co.uk
Website: <https://www.debra.org.uk/>

We are a Charity Shop supporting the activities of DEBRA - the national charity that supports individuals and families affected by Epidermolysis Bullosa (EB) which is a group of genetic skin conditions which cause the skin to blister and tear at the slightest touch.

Service Charge: No

Dementia Advice Service Hart & Rushmoor (Andover Mind)

Telephone: 01252 624808
E-Mail: dementiaadvicehartrushmoor@andovermind.org.uk
Website: <http://www.andovermind.org.uk/dementia-advice/>

Service Charge:

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

Farnborough Multiple Sclerosis Society

Telephone: 01252 655417

E-Mail: patricia_everard@hotmail.com

Website: <https://www.mssociety.org.uk/near-me/branches/farnborough-and-district-branch>

We support people suffering from Multiple Sclerosis

Service Charge: No

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

Guide Dogs for the Blind Association (Aldershot & Farnborough)

Telephone: 01252 492111

E-Mail: fordmondeo12@sky.com

Website: www.guidedogs.org.uk

We are the local fundraising branch of the Guide Dogs for the Blind. We organise 2 flag days and sell appeals items at local events. Also, we support local organisations who wish to raise funds for Guide Dogs by supplying literature and visits by Guide Dogs etc. Volunteers are required to help in our support for Guide Dogs for the Blind - Contact the Chairman for further details.

Service Charge: No

Hearing Dogs for Deaf People

Telephone: 01844 348100

E-Mail: nicholas.orpin@hearingdogs.org.uk

Website: https://donate.hearingdogs.org.uk/?utm_source=google&utm_medium=cpc&utm_term=s

Providing Hearing Dogs for deaf people - there are lots of ways you can benefit or help us - full details are available on our website:

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

Service Charge:

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

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:

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:

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

Parents Action Group for Special Play

Telephone: 01252 837112

E-Mail: pag.specialplay@googlemail.com

Website: <http://pagforspecialplay.co.uk/>

PAG is a local charity for families with Special Needs children. We have a committee of 10 parents who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. We do this through campaigning, fundraising and organising! Our 'Statement of Purpose' is Every child has a right to play.

Service Charge: No

Park Group of Residential Homes

Telephone: 01252 683520

E-Mail: alexander_lawrence@ntlworld.com

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

Support, Information and advice for those people suffering from Parkinson's Disease in Farnborough district

Service Charge: No

Parkinson's Disease Society (Farnborough)

Telephone: 01252 657027

E-Mail:

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

Service Charge:

Positive Action

Telephone: 01252 345019

E-Mail: Donna@positiveaction.org.uk

Website: <http://www.positiveaction.org.uk/index.php>

We are Health related support group working in the field of HIV/AIDS. Please contact us for information. Our services include: A drop in Service, Advice and information about HIV, Health Support and advice, Advocacy.

Service Charge: No

Rushmoor Healthy Living

Telephone: 01252 362660

E-Mail: Jim.ruddy@rhl.org.uk

Website: www.rushmoorhealthyliving.org.uk

We deliver a wide range of activities which cover all age ranges. These include: Breakfast Clubs for primary school children; Street Dance sessions for children and young people; Interactive health workshops for teenagers; Youth Mentoring project for young people; Youth Mentoring project for teenage parents; Music and Art Activities for older adults; Weight Management programmes; Wide range of exercise classes for over 50s including Tai Chi, Yoga, Pilates, Salsa and Low-impact Aerobics; Touch Screen Kiosk giving access to health and social information; Volunteer gardening project

Service Charge: Yes

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:

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:

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:

Tamba, Twins and Multiple Births Association

Telephone: 01252 332344

E-Mail: keithreed@tamba.org.uk

Website: <https://www.tamba.org.uk/big-research-appeal?tab=1>

Support to parents of twins, triplets and higher multiples. Please contact us for more information.
www.tamba.org.uk

Service Charge:

The Anaphylaxis Campaign

Telephone: 01252 546100

E-Mail: lynne.regent@anaphylaxis.org.uk

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

We are the only UK wide charity operating solely for the growing numbers of people at risk from severe allergic reactions and anaphylaxis. We provide information and support of the highest quality relating to foods and other triggers such as latex, drugs and insect stings. Our ultimate aim is to create a safe environment for all people with allergies by educating the food industry, schools, nurses, colleges, health professionals and other key audiences. Our focus is on medical facts, food labelling, risk reduction and allergen management. We run a helpline service five days a week, provides patient representation and, of course, we campaign! Our helpline team are happy to take your call Monday to Friday between 9am and 5pm on 01252 542029

Service Charge:

The Brain Tumour Charity

Telephone: 01252 413162

E-Mail: Joanne.Hodgson@thebraintumourcharity.org

Website: www.thebraintumourcharity.org

Service Charge:

The Friends of Ticehurst

Telephone:

E-Mail: jools59@yahoo.com

Website:

We work to support a residential Nursing Home' fundraising for projects outside normal budgets and supporting by volunteering with activities such as: gardening and other activities.

The care home owned by Hampshire County Council with nursing for older people generally / People with dementia on either Longer stay / Short stay and respite basis. This home accommodates 38 residents in 38 single rooms (38 en suite). It is purpose built and has a garden. There is a little flexibility about meals. Activities are arranged

Service Charge:

The Vine Centre

Telephone: 01252 400196

E-Mail: mags.mercer@thevinealdershot.org.uk

Website: www.thevinealdershot.org.uk

The Vine seeks to reduce social isolation, enable change and improve the quality of life for its clients. We offer a hot mid day meal, access to a range of professional services including Nexus Needle Exchange. Literacy and IT training, assistance in finding housing, employment and training and much more. The Centre is open Monday - Friday 11am - 3pm

Service Charge: No

The Zone

Telephone: 01252 694934

E-Mail: info@The-Zone.org.uk

Website: <http://www.the-zone.org.uk/>

We hold regular meet ups for parents and carers, as well as various activities and events for those with an Autistic Spectrum Disorder and their siblings. We welcome those whose work is Autism related. As a branch of the National Autistic Society we have access to a wealth of advice, information and resources.

Service Charge:

Health Treatments/Therapies - Mediation

Youth Aims

Telephone: 01252 346105

E-Mail: youthaims@stepbystep.org.uk

Website: www.stepbystep.org.uk/youth-aims

Our Youth Advice, Information, and Mediation service gives support and mediation to young people aged 11 to 25 and their families in areas such as housing, homelessness, money and debt management, relationships and employment. This service is available to all young people requiring support, and sessions run at our bases - Prospect Community Centre, Mayfield Road, Farnborough, GU14 8UB on Tuesdays from 1pm to 3pm; Samuel Cody School, Ballantyne Road, GU14 8SN on Wednesdays from 3pm to 5pm; Rushmoor Borough Council, Farnborough Road, GU14 4AE on Thursdays from 2pm to 5pm; Step by Step, 36 Crimea Road, Aldershot, GU11 1UD on Monday to Friday from 10am to 4.30pm

Service Charge:

Helpline

North East Hampshire Domestic Violence Forum

Telephone: 01256 405208

E-Mail: karen.evans.44335@hampshire.pnn.police.uk

Website: www.nehantsdvf.co.uk

Networking, Training & Information

Service Charge: No

Samaritans (Farnborough & District)

Telephone: 01276 32720

E-Mail: jo@samaritans.org

Website: <http://www.samaritans.org/branches/samaritans-farnborough-district>

Confidential help and support. We offer a confidential listening service, providing emotional support to people experiencing feelings of distress and despair, including suicidal feelings. We offer support over the telephone, in person at our premises or via email.

Service Charge: No

The Anaphylaxis Campaign

Telephone: 01252 546100

E-Mail: lynne.regent@anaphylaxis.org.uk

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

We are the only UK wide charity operating solely for the growing numbers of people at risk from severe allergic reactions and anaphylaxis. We provide information and support of the highest quality relating to foods and other triggers such as latex, drugs and insect stings. Our ultimate aim is to create a safe environment for all people with allergies by educating the food industry, schools, nurses, colleges, health professionals and other key audiences. Our focus is on medical facts, food labelling, risk reduction and allergen management. We run a helpline service five days a week, provides patient representation and, of course, we campaign! Our helpline team are happy to take your call Monday to Friday between 9am and 5pm on 01252 542029

Service Charge:

Home Help

Hampshire County Council Adult Social Care and Wellbeing Information

Telephone: 0300 555 1386

E-Mail: adult.services@hants.gov.uk

Website: www.hants.gov.uk/adultsocialcare

Visit Connect to Support Hampshire, the online information and advice guide and directory of services for adults with care and support need, their families and carers. The website includes directories of care homes, home care agencies and community services and activities.

www.hants.gov.uk/connectsupport

For information about Council services

www.hants.gov.uk/adultsocialcare

Service Charge:

Hospices

Hospice Home Support

Telephone: 01252 729400

E-Mail: Katie.Ship@pth.org.uk

Website:

Hospice - care and support for terminally ill patients who are users and patients of Phyllis Tuckwell Hospice - More information available: www.pth.org.uk

Service Charge: No

Phyllis Tuckwell Hospice

Telephone: 01252 729418

E-Mail: Julia.Morpeth@pth.org.uk

Website: www.pth.org.uk

To provide specialist care to people throughout the West Waverley and North East Hampshire, being a centre of excellence. We also have opportunities for new volunteers and fundraisers.

Service Charge: No

Lesbian/Gay/Bisexual/Transgender

Farnborough LGBT Coffee Posse

Telephone: 07730 461355

E-Mail: ricke17@gmail.com

Website:

Service Charge:

Lone Parent 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:

Single Parents Support Ltd

Telephone: 02381 780325

E-Mail: nicky@single-parents-support.co.uk

Website: <http://www.single-parents-support.co.uk/>

Support and advice for for Single Parents - <http://www.single-parents-support.co.uk/>

Service Charge:

Meals on Wheels

Hampshire County Council Adult Social Care and Wellbeing Information

Telephone: 0300 555 1386

E-Mail: adult.services@hants.gov.uk

Website: www.hants.gov.uk/adultsocialcare

Visit Connect to Support Hampshire, the online information and advice guide and directory of services for adults with care and support need, their families and carers. The website includes directories of care homes, home care agencies and community services and activities.

www.hants.gov.uk/connectsupport

For information about Council services

www.hants.gov.uk/adultsocialcare

Service Charge:

Mediation

Rushmoor Community Mediation Service

Telephone: 07825 999026
E-Mail: rushmoormediation@gmail.com
Website: <http://www.rushmoormediation.co.uk/>

We offer free and confidential services. We are your local, independent, friendly service, run by trained volunteer mediators, living in your local area. We can help with problems relating to such things as: Noise, children, pets, parking, trees and fences. We can visit all parties involved in a disagreement; We listen to each party without taking sides; We arrange for you to meet in a neutral place; We help you to reach an agreement and provide continuing support if necessary

Service Charge: No

NeighbourCare Group

Farnborough Neighbourcare

Telephone: 01252 371199
E-Mail: terri.willcocks@gmail.com
Website: http://www.goodneighbours.org.uk/website/map_jt.php?l=3

Services and activities offered: Transporting clients to hospital, dentist, doctor etc. Shopping etc depending on availability of drivers. Charges: Service charges based on mileage - to cover expenses to volunteer drivers - please call us for details. Restrictions: Our service is available to the disabled, very elderly etc and those who cannot use public transport, or where no public transport is available and no other means of transport. Special needs catered for.

Service Charge: Yes

Good Neighbours Support Services

Telephone: 023 9289 9671
E-Mail: info@hampshire.goodneighbours.org.uk
Website: www.goodneighbours.org.uk

GNSS grows and sustains local groups by providing resources, training and support for local people. The Network is made up of local independent groups which work with GNSS to develop services and promote themselves. Individual groups are self-organised and run. They provide simple volunteer-led services in response to local demand for getting to health appointments, befriending, social activities or practical support at a time of need.

Service Charge:

Nursing Care

Marlborough House

Telephone: 020 737 8 3100
E-Mail: marlborough@hestiacare.co.uk
Website: <http://www.hestiacare.co.uk/homes/marlborough-house/>

Marlborough House offers a service tailored to the needs of older people with care needs, located less than a mile away from the town of Fleet and with good transport routes. The service is registered for forty people in total, offering en-suite bedrooms, tailored care packages and care delivery that is flexible to suit personal circumstance. Some of the activities enjoyed at Marlborough House include reminiscence therapy, sing-a-longs, garden walks and bingo.

Service Charge:

The Friends of Ticehurst

Telephone:
E-Mail: jools59@yahoo.com
Website:

We work to support a residential Nursing Home fundraising for projects outside normal budgets and supporting by volunteering with activities such as: gardening and other activities.

The care home owned by Hampshire County Council with nursing for older people generally / People with dementia on either Longer stay / Short stay and respite basis. This home accommodates 38 residents in 38 single rooms (38 en suite). It is purpose built and has a garden. There is a little flexibility about meals. Activities are arranged

Service Charge:

Older People Group

Age Concern Hampshire

Telephone: 01962 868545

E-Mail: info@ageconcernhampshire.org.uk

Website: www.ageconcernhampshire.org.uk/

Age Concern Hampshire is an independent charity working across the county to promote independent living to over-50s. We provide information and advice as well as activities, wellbeing and care to older people each year via local clubs. Information and Advice service offers independent, impartial and confidential support to over 50s. We un 15 Wellbeing Centres which provide stimulating activities, freshly-cooked food and personal care to over 1,000 people per week. Weekly exercise classes, computer training and craft are available at our Activity Centres which provide over-50s with a social hub for get-togethers during the week. For those in rural areas, our Village Agent scheme directs people to the information they need on issues such as day care, transport for shopping and medical appointments, finding reputable trades people and help around the home. Meals on Wheels customers can benefit from our Food and Friendship service which provides company from a volunteer at meal across the county. Find out how to use the internet to bank, shop and book tickets and holidays online, keep in touch with friends and relatives and catch up on TV or radio programme at Age Concern Hampshire's Computer Centres which are part of Hampshire County Council's adult learning provision and were rated of 'exceptionally high quality' by inspectors. If you have dementia or are caring for someone who does our Dementia Support services include useful information on help which is available locally as well as details of schemes which support carers.

Service Charge: No

Brendon Care Clubs

Telephone: 01962 857477

E-Mail: EIngleton@brendoncare.org.uk

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

Social groups and clubs for older people. Please contact us for more information.
<http://www.brendoncare.org.uk/clubs/our-clubs/hampshire>

Service Charge: No

Civil Service Retirement Fellowship

Telephone: 01252 345318

E-Mail: rayglo227@talktalk.net

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

Activities and events held regularly - Please contact us for more information.

Service Charge: No

Companions of Knellwood

Telephone: 01252 549152

E-Mail: bursar@knellwood.co.uk

Website: <http://knellwood.co.uk/companions/>

Raise funds for Farnborough & Cove War Memorial Housing Society (Knellwood) - Home for 50 elderly - wee our website for more information:
<http://knellwood.co.uk/companions/>

Service Charge: Yes

Contact The Elderly

Telephone: 0207 240 0630

E-Mail: info@contact-the-elderly.org.uk

Website:

Contact the Elderly is the only national charity solely dedicated to tackling loneliness and social isolation amongst older people, through regular face-to-face contact.

<http://www.contact-the-elderly.org.uk/>

Service Charge: No

Elders Craft English Exchange

Telephone:

E-Mail: anneliese265@hotmail.com

Website:

Craft as a medium to encourage inclusion between the English and Gurkha/Nepali community.

Service Charge:

S C Johnson (Senior Citizens)

Telephone: 01276 852000

E-Mail:

Website: www.scjohnson.co.uk/nqcontent4f16.html?a_id=5825

Since 1886 SC Johnson has been making high quality products to make life better for its consumers. Once a year, for a day in June, we close down as much of the business as possible to give our employees the opportunity to volunteer for work on local community projects. The company's "Giving Back" programme is about giving something back to the communities where we operate and in the UK we focus on Health, Education, Environment, Local Community, Arts and Sports for People with Disabilities.

Service Charge: No

W.E.B.S. Over 60's Club

Telephone: 01252 328919

E-Mail: andysueduff1969@btinternet.com

Website:

Service Charge:

Practical Support

Farnborough Neighbourcare

Telephone: 01252 371199

E-Mail: terri.willcocks@gmail.com

Website: http://www.goodneighbours.org.uk/website/map_jt.php?l=3

Services and activities offered: Transporting clients to hospital, dentist, doctor etc. Shopping etc depending on availability of drivers. Charges: Service charges based on mileage - to cover expenses to volunteer drivers - please call us for details. Restrictions: Our service is available to the disabled, very elderly etc and those who cannot use public transport, or where no public transport is available and no other means of transport. Special needs catered for.

Service Charge: Yes

Hospice Home Support

Telephone: 01252 729400

E-Mail: Katie.Ship@pth.org.uk

Website:

Hospice - care and support for terminally ill patients who are users and patients of Phylis Tuckwell Hospice -
More information available: www.pth.org.uk

Service Charge: No

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:

Relationships and Family

ATD Fourth World Frimhurst Family House

Telephone: 01252 835489

E-Mail: eric.knibbs@atdfrimhurst.co.uk

Website: <http://www.atd-fourthworld.org/where-we-are/europe/united-kingdom/>

Frimhurst Family House is a cultural and respite centre providing families in poverty with a safe environment to develop their self-confidence and promote children's and parent's well-being. Since 1957, Frimhurst is a resource for all those concerned with poverty and the risk it places on parents' ability to fulfil their ambitions for their children. Frimhurst organises Respite Stays where families living in poverty can learn and work alongside people from diverse backgrounds to find solutions to overcome poverty. Located in Frimley Green, Surrey, Frimhurst Family House consists of a renovated Victorian House with disabled access, workshops, an art studio and extensive grounds.

Service Charge: No

Home-Start Rushmoor & Hart

Telephone: 07718 424321

E-Mail: homestart.rushmoor@gmail.com

Website: <http://www.homestartrushmoor.org.uk/>
Support to families with young children in Rushmoor and Hart.

Home-Start Rushmoor and Hart is a local charity which supports ordinary parents in and around the boroughs of Rushmoor and Hart who are going through challenging times. Visit:
<http://www.homestartrushmoor.org.uk/>

Service Charge:

Relate NEHAB

Telephone: 01252 324679
E-Mail: sarahcarter@relatenehab.org.uk
Website: <http://www.relatenorthhampshire.org.uk/>

Relate aims to deliver its services with cultural sensitivity and without discrimination. Please contact us for details of our services.

Service Charge: Yes

Residential Care

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

Hampshire County Council Adult Social Care and Wellbeing Information

Telephone: 0300 555 1386
E-Mail: adult.services@hants.gov.uk
Website: www.hants.gov.uk/adultsocialcare

Visit Connect to Support Hampshire, the online information and advice guide and directory of services for adults with care and support need, their families and carers. The website includes directories of care homes, home care agencies and community services and activities.
www.hants.gov.uk/connectsupport

For information about Council services
www.hants.gov.uk/adultsocialcare

Service Charge:

Home Instead Senior Care (Maxcare Ltd)

Telephone: 01252 758716
E-Mail: gill.tootill@homeinstead.co.uk
Website: www.homeinstead.co.uk/About_Us.do

It can be overwhelming, wondering where to start when first considering care for a loved one. We are here to help; here to provide the support needed for loved ones to stay safe at home without losing any personal freedom - leaving family members happy and confident that their loved ones are enjoying the highest standards of care at all times. We offer a wide range of one-to-one services tailor made to the needs of the individual older person. Home visits can be from an hour a day up to 24-7 care that includes weekends and holidays. Services are flexible to the needs of each client. These can include personal care such as assistance with bathing, dressing, eating and medication; home help covering all aspects of day-to-day housework, shopping, meal preparation and household duties; and companionship services that can involve everything from escorting clients on visits or appointments to simple conversation and good company.

Service Charge:

Park Group of Residential Homes

Telephone: 01252 683520
E-Mail: alexander_lawrence@ntlworld.com
Website: <http://www.parkgroupcare.co.uk/>

Support, Information and advice for those people suffering from Parkinson's Disease in Farnborough district

Service Charge: No

Woodlands and Hill Brow Residential Homes

Telephone: 01252 850236
E-Mail: info@woodlands-hillbrow.co.uk
Website: <http://www.woodlands-hillbrow.co.uk/>

Woodlands and Hill Brow are an exceptional residential care homes for people who are beginning to find living alone a little burdensome. We try to improve the quality of life for those who have chosen to live with us; at one of our care homes. Hill Brow is a purpose designed home with 29 bedrooms all with en suite facilities, in some of the larger rooms we can accommodate couples in Ewshot. Woodlands has 39 rooms and can take couples in the large rooms or suites as required in Church Crookham, Fleet. Both homes offer a varied activities programme. Our approach is not 'one routine fits all' but rather a more personal care plan that makes allowances for the individual's needs and concerns, something which is vitally important particularly when it comes to elderly care. Our residents are treated with the utmost respect and dignity that they deserve.

Service Charge: Yes

Respite Care

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:

The Friends of Ticehurst

Telephone:
E-Mail: jools59@yahoo.com
Website:

We work to support a residential Nursing Home fundraising for projects outside normal budgets and supporting by volunteering with activities such as: gardening and other activities.

The care home owned by Hampshire County Council with nursing for older people generally / People with dementia on either Longer stay / Short stay and respite basis. This home accommodates 38 residents in 38 single rooms (38 en suite). It is purpose built and has a garden. There is a little flexibility about meals. Activities are arranged

Service Charge:

Retirement

Civil Service Retirement Fellowship

Telephone: 01252 345318

E-Mail: rayglo227@talktalk.net

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

Activities and events held regularly - Please contact us for more information.

Service Charge: No

Special Needs Support/Disabilities

Hampshire County Council Children's Services Information

Telephone: 0300 555 1384

E-Mail: childrens.services@hants.gov.uk

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

HCC Children's Services Department aims to improve the life chances for children and young people. It is responsible for a wide range of services including Adoption and Fostering; Childcare; Education from ages 3 to 19 (including Admissions); Support for disabled children and those with Special Educational Needs (SEN). The website also has information for Families around caring for children; childcare; Children's Centres; Advice for Parents. The Hampshire Family Information Directory (FID) is for parents, carers and practitioners looking for childcare and family services in Hampshire. You can search for childcare such as childminders, pre-schools, nurseries, before and after school clubs, holiday play schemes or for family services, including Sure Start Children's Centre's, parenting courses, parent and toddler groups, counselling, leisure activities, advice and support

Service Charge:

Parent Voice

Telephone: 0300 3038603

E-Mail: parentvoice@roseroad.org.uk

Website: www.parentvoice.info/en/Home_Page

Parent Voice is an Information and Advice Service for parents and carers of disabled children aged 0-19 in Hampshire. We provide a single point of contact for the information and advice you need for your child. As a member of Parent Voice you will benefit from: A weekly update informing you of all events, activities, training and news across Hampshire; Access to our informative website packed full of useful organisations, factsheets and latest news articles; Dedicated Workers in every district of Hampshire providing local information and advice tailored to your individual needs. We also manage the at Hampshire Gateway website where you can find information about events, clubs and activities local to you for your disabled child/young person to attend. If you are a professional working with disabled children and young people, you can also join Parent Voice as a professional member and benefit from the information we provide.

Service Charge:

Parents Action Group for Special Play

Telephone: 01252 837112

E-Mail: pag.specialplay@googlemail.com

Website: <http://pagforspecialplay.co.uk/>

PAG is a local charity for families with Special Needs children. We have a committee of 10 parents who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. We do this through campaigning, fundraising and organising! Our 'Statement of Purpose' is Every child has a right to play.

Service Charge: No

Supporting People

Transform Hampshire

Telephone: 07809 340638

E-Mail: clare.graham@transformhampshire.org.uk

Website: www.hants.gov.uk/transform

Transform provides a nomination based key worker intensive family support service across Hampshire under the Hampshire's Supporting Families Programme. It is a consortium led by Barnardo's and consisting

of three main partners; Motiv8, Family Lives and Step-by-Step. Transform will work with you and your whole family and will listen to you and identify what can be done. We are here to work and help with a variety of issues including: Stopping children and young people getting into trouble with the police; Ensuring that children and young people achieve the best they can in education, training or employment; Helping with skills development and getting parents into work with real opportunities; Helping with issues such as depression, anxiety and related problems; Helping families build strong relationships and working through problems at home; Practical help with parenting, budgeting, and managing the home. We are here to offer intensive support over six to nine months, several times a week, and at the times you need so not only 9am -5pm, but also early in the morning, in the evenings and at weekends. Our staff won't give up and we are there for the long haul, to make sure that you can move forward in your lives and achieve the goals that you want and often need

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:

Terminal Care

Hospice Home Support

Telephone: 01252 729400

E-Mail: Katie.Ship@pth.org.uk

Website:

Hospice - care and support for terminally ill patients who are users and patients of Phyllis Tuckwell Hospice - More information available: www.pth.org.uk

Service Charge: No

Phyllis Tuckwell Hospice

Telephone: 01252 729418

E-Mail: Julia.Morpeth@pth.org.uk

Website: www.pth.org.uk

To provide specialist care to people throughout the West Waverley and North East Hampshire, being a centre of excellence. We also have opportunities for new volunteers and fundraisers.

Service Charge: No

Trained Listener

Samaritans (Farnborough & District)

Telephone: 01276 32720

E-Mail: jo@samaritans.org

Website: <http://www.samaritans.org/branches/samaritans-farnborough-district>

Confidential help and support. We offer a confidential listening service, providing emotional support to people experiencing feelings of distress and despair, including suicidal feelings. We offer support over the telephone, in person at our premises or via email.

Service Charge: No

Surrey Heath Veterans & Families Listening Project

Telephone: 01276 27992

E-Mail: surreyheath.veterans@yahoo.com

Website: <http://shvflp.webplus.net/>

Provide a one-stop shop for veterans of HM Forces. We provide social and leisure activities plus essential support and help.

Service Charge:

Young People Support

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

The Vine Centre

Telephone: 01252 400196

E-Mail: mags.mercer@thevinealdershot.org.uk

Website: www.thevinealdershot.org.uk

The Vine seeks to reduce social isolation, enable change and improve the quality of life for its clients. We offer a hot mid day meal, access to a range of professional services including Nexus Needle Exchange. Literacy and IT training, assistance in finding housing, employment and training and much more. The Centre is open Monday - Friday 11am - 3pm

Service Charge: No

Transform Hampshire

Telephone: 07809 340638

E-Mail: clare.graham@transformhampshire.org.uk

Website: www.hants.gov.uk/transform

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Service Charge:

Youth Support

The Source

Telephone: 01252 333330

E-Mail: ellie.jones@thesourceforyou.co.uk

Website: www.thesourceforyou.co.uk

Working with young people is at the heart of everything we do because we are passionate about young people and all they have to offer. It is often said that young people are the future but we disagree - they are here and now. Our purpose built and equipped Youth Cafe caters for young people aged 11-23 on a variety of different nights throughout the week. The Youth Cafe is a safe environment for young people to gather together, hang out and receive support, if needed, from The Source. Even if you don't come along to the cafe then you are sure to know our Detached Youth Workers, who are out and about in Rushmoor throughout the week. Through funding from Hampshire County Council we are able to deliver 4-6 sessions

a week of Youth Workers being out in the local community, parks, high streets and schools.

Service Charge: No

Youth Aims

Telephone: 01252 346105

E-Mail: youthaims@stepbystep.org.uk

Website: www.stepbystep.org.uk/youth-aims

Our Youth Advice, Information, and Mediation service gives support and mediation to young people aged 11 to 25 and their families in areas such as housing, homelessness, money and debt management, relationships and employment. This service is available to all young people requiring support, and sessions run at our bases - Prospect Community Centre, Mayfield Road, Farnborough, GU14 8UB on Tuesdays from 1pm to 3pm; Samuel Cody School, Ballantyne Road, GU14 8SN on Wednesdays from 3pm to 5pm; Rushmoor Borough Council, Farnborough Road, GU14 4AE on Thursdays from 2pm to 5pm; Step by Step, 36 Crimea Road, Aldershot, GU11 1UD on Monday to Friday from 10am to 4.30pm

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