

Community First New Forest

Innovations Directory

South West

Community First New Forest

Introduction

This Directory has been compiled by Innovations as part of the support, advice and guidance offered to older people. Innovations aim to help maintain independence and inclusion in the community thereby preventing costly medical interventions.

For further information contact:

Elaine Fisher
Innovations Worker
Community First New Forest
Public Offices
65 Christchurch Road
Ringwood
BH24 1DH

Telephone 01425 482773

Email innovationsw@cfnf.org.uk

Community First New Forest

Contents

Topic	Page
Community First New Forest	3
Advice & Information	4
Carer Support	10
Emergency Numbers	12
Home and Garden Care	13
Medical	15
New Forest Services	19
Personal Support	22
Social and leisure	29
Transport	37
Wellbeing Services	39

Community First New Forest

Community First New Forest

www.cfnf.org.uk

General enquiries 01425 482773
65 Christchurch Road, Ringwood, BH24 1DH
admin@cfnf.org.uk

Call & Go 0845 6024326
Transport service for older people & those with disabilities, who
require door to door service locally.
callandgo@cfnf.org.uk

Grandparents support group 01425 482773
Grandparents who care full-time for their grandchildren
cypservices@cfnf.org.uk

Home Improvement Agency including Small Repairs Service 01425 478005
Repairs, funding, adaptations and improvements for elderly,
disabled and people on low incomes.
hia.manager@cfnf.org.uk

Home Support Services 023 8066 7080
Caring and Sitting Service
homesupportmanager@cfnf.org.uk

Minibus Hire 01425 482773
transport@cfnf.org.uk

Volunteer Centre 01425 482773
vol.bureau@cfnf.or.uk

Community First New Forest

Advice & Information

Adult Services 0845 603 5630
Information and advice to support independent living, report concern about vulnerable adults, deaf and sensory information
www.hants.gov.uk/adult-services

Age Concern Hampshire 0800 328 7154
Day care, foot care/nail cutting service, one to one computer tuition, volunteer opportunities 01962 868545
1 St Cross Road, Winchester SO23 9JA
www.ageconcernhampshire.org.uk
mail@ageconcernhampshire.org.uk

Age UK Senior line 0808 800 6565

Alzheimer's NF and Test Valley Branch 01590 644649
Milford War Memorial Hospital, Sea Road, Milford-on-Sea 07956 323578
SO41 0PG
Jennie.chapman@alzheimers.org.uk
david.high@alzheimers.org.uk

Attendance Allowance Helpline 0845 712 3456

Benefit Enquiry Line - Department of Work and Pensions 0800 88 22 00
www.dwp.gov.uk

Benefits Agency - Disability and Living Allowance 08457 123456
New claim pack.
www.dwp.gov.uk

Bereavement Register 0870 600 7222
A service specifically designed to remove from databases and mailing files the names and addresses of people who have died.

Black & Ethnic Minority Support 0800 0751057

Blue Badge 01962 847650

Community First New Forest Innovations Directory South West –February 2011

Community First New Forest

HCC, The Castle, Winchester, SO23 8UH	0845 603 5633
Bridge Alcohol and drug abuse 75 Leigh Road, Eastleigh SO50 9DQ www.ssj.org.uk	023 8061 2465
CAB (Citizens Advice Bureau)	0870 1264 089
Cancer Care Society www.cancercaresoc.demon.co.uk info@cancercaresoc.demon.uk	01794 830 3000
Chat to a Friend	0800 0323456
Community Dentist For housebound or people who cannot access treatment for a variety of reasons	023 8098 2541
Community Legal Service Free legal help and advice	0845 3454345
Consumer Direct	0845 4040506
Crime Prevention Advice on safety in the home and crime prevention issues www.hampshire.police.uk	0845 045 45 45
Cruse Bereavement Care	01425 628375
Diabetes UK Careline www.diabetes.org.uk info@diabetes.org.uk	020 7424 1000
Domestic Violence Women's Aid 24 hour National helpline	0808 200 0247

Community First New Forest

Elder Abuse www.elderabuse.org.uk	0808 808 8141
Electricity - Enquiry	0845 7444 555
Enable Info and advise on disability	01722 416189
Energy Saving Trust www.energysavingtrust.org.uk	0800 512 012
Epilepsy helpline	01494 601 400
Eye Clinic The Outside Clinic, Old Town Court, 10-14 High Street, Old Town, Swindon SN1 3EP Free eye test in your home. Ring for details.	0800 854477
Fire and Rescue Community Safety	023 8062 6809
Free Prescriptions Advice Line	0800 917 711
Guide to Care at Home Guide to staying independent in your own home	0846 603 5630
Hampshire County Council	01962 841841
Hampshire Trading Standards Quick Response Team	01962 833620
Hazardous Waste Disposal Marchwood eg light bulbs, batteries, oven cleaner	023 8066 6376

Community First New Forest

Headway Acquired Brain Injury 120 Commercial Road, Totton SO40 3AD	023 9273 1931
Health Stroke Co-ordinator Fenwick 2, Lyndhurst	023 8028 6402 023 8028 2258
Lesbian & Gay Switchboard	01202 318822
Library - local and mobile	0845 6035631
Lifeline - NFDC community Alarms	02380 285453
MP Desmond Swayne New Forest West Holds weekly surgeries	0207 2194886
Mental Health Team Waterford House	01425 622922
New Forest Disability Information Service New Milton Equipment hire also available. info@newforestdis.org.uk	01425 628750
New Forest District Council Appletree Court, Lyndhurst SO43 7PA www.newforest.gov.uk customer.services@nfdc.gov.uk	023 8028 5000
OFWAT (Water Board Problems) Centre City Tower, 7 Hill Street, Birmingham, B5 4UA	0121 625 1300
Organ Donor Register	0300 1232323
Parkinson's Disease Society Helpline	0808 800 0303

Community First New Forest

Post Office Counters Helpline Postal, telephone, licenses, money etc www.postoffice.co.uk	0845 722 3344
Postal Preference Service DMA House, 70 Margaret Street, London W1W 8SS www.mpsonline.org.uk mps@dma.org.uk	020 7291 3310
Relate	01202 311231
Relatives Association For people with relatives in residential care.	01962 845491
ROSPA (Royal Society for the Prevention of Accidents) www.rospa.org.uk	0121 248 2000
Royal National Society for the Blind	0845 766 9999
Samaritans	08457 909090
Senior Legal Services 62 Wellands Rd, Lyndhurst SO43 7AD	023 8028 4711
SSAFA (Forces Help)	023 8070 4978
Solicitors for the Elderly www.solicitorsfortheelderly.com admin@solicitorsfortheelderly.com	0870 067 0282
Tax help for older people TOP Registered charity established to provide free professional help on personal tax to older people on modest incomes. Telephone manned and answer phone.	Local 0845 601 3321 or 01308 488066 geographic

Community First New Forest

The Pension Service www.thepensionservice.gov.uk	0845 606 0265
Telephone Preference Service DMA House, 70 Margaret Street, London W1W 8SS Register free to prevent unwanted calls. www.tpsonline.org.uk tps@dma.org.uk	0845 070 0707
Tourist Information	01590 689000
Trading Standards www.hants.gov.uk	08454 040506
Victim Support	023 8064 5578
Welfare Service/Veterans Agency	0800 169 2277
Wildlife Rescue	01980 862291
Winter Fuel Payments	08459 15 15 15
Wessex Cancer Trust	02380 672200

Community First New Forest

Carer Support

Alzheimer's NF and Test Valley Branch Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Jennie.chapman@alzheimers.org.uk david.high@alzheimers.org.uk	01590 644649 07956 323578
Call Carers Direct Free, confidential information and advice for carers. Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines or you can request a free call back.	0808 802 0202
Carers Allowance Unit	01253 856123
Carers Direct	0845 600 4555
Carers Line	0808 808 7777
Carers Listening Line (Carers Together)	0800 032 3456
Carers Support Line	01722 322746
Carers Together New Forest Provides outgoing help and support, a variety of activities and relaxation days for family/unpaid carers.	023 8028 6342
Carers Together Café Lymington United Reformed Church, High Street, Lymington. Drop in café for carers. Friendly warm support from development worker and others in group. Every third Tues of month 10am - 12 noon front café area.	023 8028 6342
Community Care Project for Older people Social and emotional support for over 65s	023 8023 1936

Community First New Forest

Macmillian Cancer support

Macmillan have amalgamated with CAB. Specialist advisor specifically for people diagnosed with cancer, their families/carers. Client or family contact Macmillan who refer them to specialist advisor at CAB New Milton. Provides practical, medical, emotional and financial support. Also based at Southampton Hospital.

**Macmillan
0808 808 0000
or call in CAB
NM to book
appointment**

Princess Royal Trust For Carers

Information on emergency planning and other carer support.
www.carecentre.co.uk

01962 842034

Take A Break

Respite care for the New Forest

01590 674238

Community First New Forest

Emergency Numbers

Crimestoppers	0800 555111
Electric Emergency	0845 7708090
Emergency Services	999
Flood Line	0845 9881188
Gas Emergency	0800 111999
NHS Dental Emergency Helpline	0845 0508345
NHS Direct	0845 4647
Police	0845 045 45 45
Southern Water	0800 820 999

Community First New Forest

Home & Garden Care

Can Dig It (in Partnership with Red Cross) 01962 891669
Gardening tool loan for 2 weeks trial before deciding to buy.
Open 9.00am - 4.30pm

Community Alarms and Telecare 0845 603 5630

Disability Equipment Register 01454 318818
Service to help with the purchase & sale of used disability equipment

Electricity Enquiry 0845 7444 555

Energy Saving Trust 0800 512 012
www.energysavingtrust.org.uk

Furzey Gardens Charitable Trust 023 8081 2297

Hampshire trading Standards 'Buy with Confidence' 01962 833620
Source reliable local traders

Home Improvement Agency including Small Repairs Service (Community First New Forest) 01425 478005
Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes.
Hia.manager@cfnf.org.uk
www.cfnf.org.uk

Lifeline 023 8028 5453
From New Forest District Council Community Alarms. Two way speech system linked to a Communication Control Centre to make independence more secure.

OFWAT (Water Board Problems) 0121 625 1300
Centre City Tower, 7 Hill Street, Birmingham, B5 4UA

Community First New Forest

Shaw Trust

(Hampshire County Council)

Gardening service for the over 60s. Reduced rate for means tested benefit clients and up to 6 visits per year of 4 hours duration.

groundsmaintenance@shaw-trust.org.uk

0845 604 4643

Community First New Forest

Medical

GPs

Barton on Sea - Barton Surgery 1 Edmunds Close, Barton on Sea	01425 620830
Bransgore - Twin Oaks Medical Centre Ringwood Road, Bransgore	01425 672741
Hordle - The Surgery 24 Ashley Lane, Hordle	01425 621188
Lymington - Chawton House Surgery St Thomas Street, Lymington	01590 672953
Lymington - Webb Peploe Surgery 45 Church Lane, Lymington	01590 682617
Lymington - Wistaria Surgery 18 Avenue Road, Lymington	01590 672212
Milford on Sea - Milford Medical Centre Sea Road, Milford on Sea	01590 643202
New Forest Medical Group The Surgery, Highwood Rd, Brockenhurst SO42 7RY	01590 622272
New Milton - The Arnewood Praticce Milton Medical Centre, Avenue Road, New Milton BH25 5JP	01425 620393
New Milton Health Centre Spencer Rd, New Milton, Hampshire BH25 6EN	01425 621188
New Forest Medical Group The Surgery, Station Rd, Sway, Lymington, Hampshire SO41 6BA	01590 682617

Community First New Forest

Dentists

Birchfield Dental Practice 01425 615080
23 Spencer Road, New Milton BH25 6BZ

Durant C 01590 672100
44 Southampton Road, Lymington, SO41 9GG

Homemill Dental Surgery 01425 620750
Station Road, New Milton BH25 6HZ

Milford Corner, Dental Surgery, High Street, Milford On Sea, 01590 645343
SO410QF

The Mews Dental Practice 01590 679888
41-43 Gosport Street, Lymington SO41 9BB

Solent House Dental Surgery and Implant Centre 01590 672986
Cannon Street, Lymington SO41 9BR

The Elms Dental Practice 01425 612111
29 Elm Ave New Milton BH25 6HE

Hospitals

BUPA Centre Spire Southampton Hospital 0845 606 0325
Chalybeate Close, Southampton SO16 6UY

Christchurch Hospital 01202 486361

Hythe Hospital 02380 846046

Lymington Hospital 01590 663000

Milford on Sea War Memorial Hospital 01590 648100

Community First New Forest

Royal Bournemouth General Hospital 01202 303626

Royal South Hants Hospital 023 8063 4288

Southampton General Hospital 023 8077 7222

Pharmacies

Ashley Pharmacy 01425 612126
10 Ashley Parade, Ashley Cross, New Milton BH25 5BS

Boots The Chemist Ltd 01590 673097
89-90, High Street, Lymington SO41 9AN

Boots The Chemist Ltd 01425 610359
61 Station Rd, New Milton BH25 6HX

Day-Lewis Pharmacy 01425 613222
4 Old Milton Green Parade Christchurch Road, New Milton
BH25 6QA

Lloyds Pharmacy 01425 619911
2/3 Homehill House, Station Lane New Milton BH25 6HX

Lloyds Pharmacy 01425 610522
9a Avenue Road, New Milton BH25 5JP

Pennington Pharmacy 01590 673745
14 South Street, Lymington SO41 8ED

Other

Alzheimer's Society 0845 300 0336

Community First New Forest

Books on Prescription Self-help manuals selected by experienced mental health practitioners for people with mental health problems	0845 603 5631
Continence Foundation	0845 345 0165
Dental Helpline	0845 050 8345
Hampshire Occupational Therapy	0845 600 4555
LINK Link find out what people like or dislike about local health services and work with organizations who plan and run them.	0845 601 5859
NHS Direct	0845 46 47
NHS Trust (Hampshire)	023 8087 4300
National Schizophrenia Fellowship	0845 4560455
PALS Patient Advice and Liaison Service ensures NHS listens to patients , relatives etc and answers their questions and resolves problems quickly.	Freephone 0800 0151 548 or 01590 663089
Southampton Amputee and Care Support Group	023 8079 6039
Wessex Cancer Trust	023 8067 2200

Community First New Forest

New Forest Services

Age Concern - New Forest East Southward House, 2 Beaulieu Road, Dibden Purlieu www.ageconcernnfe.uk.com ageconcernnfe@btconnect.com	0800 085 6625
Alzheimers New Forest and Test Valley Branch Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Jennie.chapman@alzheimers.org.uk david.high@alzheimers.org.uk	01590 644649 07956 323578
Births, Marriages & Deaths Registrar	0845 6035637
British Red Cross Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care and skin camouflage.	01962 891660
CAB (Citizens Advice Bureau)	0870 1264 089
Community Dentist For housebound or people who cannot access treatment for a variety of reasons.	023 8098 2541
Epilepsy Helpline Confidential up to date information, emotional support, time to talk and opportunity to ask questions.	01494 601 400
Fire and Rescue Community Safety	023 8062 6809
Grandparents support group (Community First New Forest) Grandparents who care full-time for their grandchildren. cypservices@cfnf.org.uk www.cfnf.org.uk	01425 482773

Community First New Forest

Hazardous Waste Disposal Marchwood eg light bulbs batteries, oven cleaner	023 8066 6376
Headway (Acquired Brain Injury) 120 Commercial Road, Totton SO40 3AD	023 9273 1931
Health Stroke Co-Ordinator Fenwick 2, Lyndhurst	023 8028 6402 023 8028 2258
Home Improvement Agency (Community First New Forest) Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. hia.manager@cfnf.org.uk www.cfnf.org.uk	01425 478005
Home Support Service (Community First New Forest) Sitting and caring service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	023 8066 7080
New Forest Disability Information Service New Milton Equipment hire also available. info@newforestdis.org.uk	01425 628750
Tourist Information	01590 689000
Volunteer Centre vol.bureau@cfnf.or.uk www.cfnf.org.uk	01425 482773
Woodland Burial Ground Hinton	01425 278910

Community First New Forest

Your Voice Advocacy

For people over 65 living with dementia.

Portman House, 53 Millbrook Road East, Southampton SO15 1HM

www.hampshireadvocacy.org.uk

023 8023 8155

Community First New Forest

Personal Support

Action For Blind 0800 915 4666

Age Concern Gore Grange Day Care Centre 01425 610390
Jowitt Drive, New Milton BH25 6SB
Day Centre £3.50 per day including lunch. Transport provided
Carers welcome. Outings, activities. Every day.

Age Concern Hampshire 0800 328 7154
1 Cross Street, Winchester SO23 9JA 01962 868545
www.ageconcernhampshire.org.uk
www.ageuk.org.uk
mail@ageconcernhampshire.org.uk

Age Concern Hampshire Computer Centre 0800 328 7154
Anyone over 50yrs who wants to learn about
computers/internet/digital photography. Courses individually
structured with one to one tutor. Learn at own pace. One hour
booked session per week. Phone co-coordinator to discuss
needs. Various locations nearest Lyndhurst 10-3pm Thursday.
Donation min £3 to cover costs.

Age Concern Hampshire Footcare service 01329 842481
Various area locations. Toe cutting service for older people who
do not qualify for NHS chiropody. Small charge. Telephone for
areas/times.

Alzheimers NF and Test Valley Branch 01590 644649
Milford War Memorial Hospital, Sea Road, Milford-on-Sea
SO41 0PG
david.high@alzheimers.org.uk 07956 323578
Jennie.chapman@alzheimers.org.uk

Assist UK 023 8071 8855
Equipment and advisory service

Community First New Forest

Bathing Service

St John Ambulance Headquarters, Unit 6, Gordleton Industrial Park, Hannah Way, Lymington S041 8JD

Assistance with bathing. Call co-coordinator for assessment.

**New Forest
Co-ordinator
01590 644821**

Befriending group - Wisteria Befriending Group

Visit vulnerable people in their homes. Referred by doctor/professional must be Wisteria patients.

**Coordinator
01590 676276**

CAB outreach Bransgore

Twin Oaks Medical Centre, Ringwood Road, Bransgore BH23 8AD

Trained volunteers provide CAB service

1st Monday of month 2pm-3.30pm appointment only booked at surgery.

01425 672741

CAB Cancer support

Macmillan Cancer support - Macmillan have amalgamated with CAB. Specialist advisor specifically for people diagnosed with cancer, their families/carers. Client or family contact Macmillan who refers them to specialist advisor at CAB New Milton. Provides practical, medical, emotional and financial support. Also based at Southampton Hospital.

**Macmillan
0808 808 0000**

Carers Together Café

Lymington United Reformed Church, Lymington High Street

Every third Tuesday of month. 10am - 12 noon

Support/sharing/information. No parking or transport.

Wheelchair accessible. Vicky Hamilton-Vey.

02380 286342

Computer tutoring for older persons

Tutors 4 Computers. Tutor visits client at home and tutors on things they want to know. No exams. Beginners to small business users. Rates Start £20 per hour. Contact them direct.

0800 0757560

CRUSE

Christchurch Day Centre Highcliffe

Bereavement care/friendship group for the bereaved meet 4th

Sunday of month 2.30pm - 4.30pm. Small donation for

tea/coffee. Not a drop- in so please speak to an organiser before attending

**01425 628375
or
01425 673783**

Community First New Forest

CRUSE - Pop in for the bereaved Lymington United Reformed Church front café, Lymington High Street, Lymington Bereavement care/friendship group for the bereaved 3 rd Sunday of month 2.30pm-4pm. Make new friends with trained CRUSE volunteers available for confidential chat. Tea/coffee refreshments. Wheelchair accessible. Just call in for a warm welcome.	01425 628375 or 01425 673783
Domestic Violence—Women’s Aid 24 hour National helpline	0808 200 0247
Elder Abuse www.elderabuse.org.uk	0808 808 8141
Grandparents Support Group (Community First New Forest) Grandparents who care full-time for their grandchildren cypservices@cfnf.org.uk www.cfnf.org.uk	01425 482773
Guide to Care at Home A guide to staying independent in your own home	0846 603 5630
Hampshire Deaf Association	023 8051 6518
Home Support Service (Community First New Forest) Sitting and caring service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	023 8066 7080
Keysafe Supra UK Ltd Unit 24, The Furlong, Berry Hill Industrial Estate, Droitwich Spa WR9 9AH	01905 770333
Leonard Cheshire Centre New Milton Monday all day. Bus picks up from home. Client taken to personal interest group lunch at centre (costs advised) then activities. Max 60 yrs unable to support dementia clients. £45 with transport/ £40 without.	01425 610062

Community First New Forest

Lifeline from New Forest District Council Community Alarms 023 8028 5453
Two way speech system lined to communication control centre to make peoples independence more secure.

Meals on Wheels 023 8086 4488
Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm.

Oakhouse Foods 01202 814179
Unit 3, The Holloways, Bessemer Close, Ebblake Industrial Estate, Verwood BH31 6AZ
enquiries@oakhousefoods.co.uk

OPAL 0800 328 7154
Countrywide service that provides older person with details of local information and services by phone. OPAL volunteers can visit people in their homes if they need extra help in finding what they want.

Open Sight Hampshire 023 8064 1244

Optician - Healthcall optical and hearing service 24hr care line
Home visiting free NHS sight test and range of free glasses for those that meet NHS criteria and are unable to leave home unaccompanied. CRB checked clinical staff. 0800 030 4082

Physical Disabilities Hampshire 023 8020 2650

Relatives Association 01962 845491
For people with relatives in residential care

RNIB Helpline Support 0845 766 9999
For people with vision problems and their families/friends. Information on eye condition, signposting, put person in touch with other blind, partially sighted people. Inform about support in area, telephone emotional support and counselling options.

Senior Legal Services 023 8028 4711
62 Wellands Road, Lyndhurst SO43 7AD

Community First New Forest

Skin Camouflage - British Red

Cross skin Camouflage service for people coping with scarring or disfiguring skin condition. Trained volunteers select best colour match then teach how to apply cover creams. Creams available on prescription. FREE but need GP/Consultant referral. Donations welcome.

01962 891660

07834 335220

Solicitors for the Elderly

www.solicitorsfortheelderly.com
admin@solicitorsfortheelderly.com

0870 067 0282

The British Wireless for the Blind Fund

Provides high quality, easy to use audio equipment which has been specially designed and adapted for listeners living with sight loss. For free permanent loan for those in need (means tested benefit) client must meet their criteria of being registered blind or partially sighted. Contact service to discuss needs and if meets criteria the equipment will be delivered and installed in clients home. Usual referrals from Social Workers etc otherwise equipment can be purchased.

01622 754757

Stoma Care Service

Specialist nurses support, care and advise patients who have had or going to have stoma surgery plus on going support before and after surgery. Open referral system for those whose GP within Southampton community healthcare and south west Hampshire sector of Hampshire PCT. 8.30am - 4.30pm Monday - Friday.

023 8071 8850

Wiltshire Farm Foods Apetito Ltd

Canal Road, Trowbridge BA14 8RJ
www.wiltshirefarmfoods.com

0800 773 773

Community First New Forest

Support Groups

Arthritis Care

Arthritis support group. Guide hut Sea Road, Milford on Sea.
2.15pm 2nd Friday of month. Donation 50p for refreshments.
Membership £14 pa including bi monthly magazine. Social get together, outings, speakers and social activities.

01590 645901

Diabetic Support Group

Diabetes UK, Lymington Community Centre, New Street, Lymington.
Charity helping people with diabetes and supporting diabetes research. 2nd Monday of month excluding August. £1 tea/coffee.
No transport. Public car park opposite

Chairperson
01425 620107
New member
liaison rep
01590 679482

Lymington Stroke Club

Campion House, Lymington.
Tues 10am - 3pm. Social group, outings, activities, bell choir, crafts, art group, board games and mini Olympics. Hot lunch brought in. Shared lifts. Limited parking. Wheelchair accessible. Contact Lymington Care Group before attending.

Lymington Care
Group
01590 679187

Stroke Club

Nedderman Centre, New Milton.
Speakers, chatter group, activities and outings. 2 course Lunch.
Transport arranged if required. Parking, wheelchair accessible.
Every Thursday except August, 10.30am - 3pm.

01425 614939

Vision Impaired support/social group Open Sight

Lymington Community Centre Fuller Hall
Every third Wednesday. Social activities £2 plus £1 raffle inc refreshments. Transport organized. No meeting August.

01590 644926

Vision Impaired support/social group Open Sight (New Milton)

Bashley Village Hall Bashley
4th Wednesday in the month 2.30pm-4.30pm.
Social activities, outings. Talking books available to borrow.
£3 including refreshments/raffle. Transport organised.

01425 622401

Community First New Forest

Vision Impaired - Talking Newspaper 01425 622401
Same chairperson as Open Sight New Milton. Free service for visually impaired. News recorded weekly on cd, tapes, memory stick. Delivered to client free by Royal Mail. Recording then returned for reuse following week.

Vision Impaired - TORCH 01425 610069
New Milton Baptist Church, Old Milton Road, New Milton BH2 6EF.
Christian based vision impaired fellowship group.
Every Third Saturday 3pm - 4.30pm. Non church people welcome. Singing, visiting choirs, speakers. Register taken so everyone aware who is present and sharing news. Accessible toilet and wheelchair accessible. Parking, transport provided if required.

Vision Impaired - Macular Disease Group 01425 618925
New Milton Community Centre, Osborne Road
Talks, musical entertainment, outings. £1.50 inc refreshments
2nd Monday of month 2pm. Wheelchair accessible. Public Parking

Animals

Animal Pet Carers 023 8066 9292

Cinnamon Trust 01736 757900
Care of animals in absence of owner
10 Market Square, HAYLE, Cornwall TR27 4HE
admin@cinnamon.org.uk
www.cinnamon.org.uk

New Forest Pet Sitting 01590 689742
37 Fennel Gardens, Lymington SO41 9FS

PDSA 02380 702562

RSPCA 0870 0101849
0300 1234 999

Wildlife Rescue 01980 862291

Community First New Forest

Social and Leisure

Art & Craft and interest groups

Craft

New Milton Community Centre Osborne Road

Main aim chatter group. Mixed craft one week demo following 2 weeks people bring their own crafts. Attend if unable to do a craft and make friends. Will share lifts if possible, parking opposite. 2nd and 4th Wednesday of month 10am - 12noon. £1 per session plus refreshments purchased from CC coffee area.

01425 273601/
01425 621477

Ewe2club

New Milton Community Centre Osborne Road

Crafts, weaving, spinning, knitting, etc. Social Group. Any craft that uses yarn or fibre, but need to be able to carry own equipment. No teaching, informal, people support each other. Beginners/experienced welcome. New club starting up so new members welcome. 3rd Tues of month 2-4pm £11.50 per quarter free sample session. No CC registration fee. No transport. Public car park opposite. Wheelchair accessible

01425 614048

Sit, Knit and Stitch

Forest Arts Centre, Old Milton Road, New Milton, BH25 6DS

Social type group Friday 11am - 1pm. Check term times with FAC. Drop in with your knitting and enjoy a chat and coffee with like minded people in relaxed atmosphere of café. £3 includes coffee/tea, cash on day. Two disabled bays, parking area, wheelchair accessible

Forest Arts
01425 619983

Knit n Natter

Sway Manor Hotel Station Road, Sway, Lymington

Bring your own knitting or crochet and chat whilst you knit. Refreshments purchase from bar. Shared lifts if possible. Parking. £10 annual membership fee to join Ewe2club. 1st Wednesday of month. 7pm start.

01590 683435

Community First New Forest

Garden Design

01425 619983

Forest Arts Centre, Old Milton Road, New Milton
Saturdays 10am- 12noon. Whether your garden needs a makeover or just updating come along and learn design techniques needed to create beautiful garden. Wheelchair accessible. Parking if available

Coffee Drop ins/ lunch groups

St Mary's Church

Gillian Peard

Church Hall, Everton

01590 644739

Coffee drop in 1st, 2nd, 4th, 5th Tuesday not 3rd of month.
10am - 11.30am. Tea/coffee donations only. Sociable chat group.
Wheelchair accessible. Transport if needed but only Everton area. Car parking if space.

Hordle pop in coffee morning

Manager

Westmoreland Court, Stopples Lane, Hordle
10am - 11am. All welcome for coffee and chat.
No transport. Wheelchair accessible.

01425 620688

Lymington Community Centre

Drop in

Common Room, New Street

Run by volunteers. Open to public - not a group. 10am-11.45am coffee, 12.45pm-1.45pm lunch, afternoon tea 3pm-4.30pm. Not open August. Public parking nearby.

Lymington United Reformed Church

Drop in

High Street

public coffee mornings (not a group) every Monday, Tuesday, Wednesday & Thursday Open Door Café 10.am -12noon. Listening Ear usually available. No transport or parking available.

Ashley Baptist Church

01425 610415

Church Hall, Ashley BH25 5AA

Lunch Club. Wednesdays. Two course fresh cooked lunch £3.
Transport if required. Only for people living alone. Very welcoming. Holiday club plus outing. Wheelchair accessible.

Community First New Forest

Barton Methodist Church Lunch Group

01425 615096

Sea Road, Barton on Sea

Wednesday 12noon- 2pm. An ecumenical service for elderly, living alone. Freshly prepared and cooked lunch. Transport for handicapped people is arranged. Members must be elderly and living alone, or married couples in need of help. £3.00 annual membership plus £3.50 for the meal + 50p per person if transport is arranged. Wednesday lunchtime 12-2pm.

Everton- St Mary's Church Hall

01590 644739

Friendship lunch 3rd Tuesday of month 12.15pm (short service in church 11.45am optional). Regulars are on a list but applicants can apply to go onto waiting list. Not a drop in, need to be on list. Wheelchair accessible/parking. Need to speak to organizer re transport for Everton area only if available.

Lymington Baptist Church

01590 672019

New Street

Lunch group in the Grace Café. Monday 12.30pm - 1.30pm
Friendly. 2 courses plus tea/coffee. Freshly cooked on premises.
Vegetarian alternative. £2. Parking available

Lymington -St Thomas Church Hall Lunch Group

**Church
secretary
01590 676194**

St Thomas Street, Lymington SO41 9ND

Monday 12noon - 2pm. £3.50 lunch. No parking or transport available. Wheelchair accessible.

Exercise groups

Balance with Aimee Smith

**Forest Arts
01425 619983**

Forest Arts Centre, Old Milton Road, New Milton BH25 6DS
Regular group, for term dates contact FAC. Monday 11am - 12noon. £36 per 10 week sessions, tasters free. Low impact exercise session for over 60's. No transport. Parking area 2 disabled bays. Wheelchair access/induction loop box office/theatre.

Burley Extend

01425 274733

Murtle Hall, Corpse Rd, Burley

Gentle exercise to music £3.50 inc refreshments. Tuesday 2.15pm -3.15pm. Please contact tutor, J Watson, before attending.

Community First New Forest

Hordle Extend seated exercise

01425 274733

Westmoreland Court, Stopples Lane, Hordle
Movement to music, mainly seated. £3 non residents. Monday 10
- 11am. Parking/no transport provided. Contact tutor J Watson.

Exercise class

01425 617392

Lymington United Reformed Church
Seated exercises motivated by music. Ideal for people with
limited mobility mostly seated. No transport or parking just drop
off area. Wheelchair accessible. Tues 12 noon - 12.30pm £2 per
session. Contact tutor B Evans.

Strictly keep fit

01425 617392

The Dance Studio, Sea Road, Milford on Sea
With easy dance moves. Wear comfortable clothes. Monday
10.00am - 11.00 a.m. Wheelchair accessible. No transport.

Music/dance

Sequence dancing tuition

01425 621018

St Mary Magdalene Church Hall, New Milton
Every Friday 2pm - 4pm, all ages welcome. Dress up for events.
£2.50 per session. Refreshments. Parking. No transport provided.

Dancing for wheelchair users

**Leonard
Cheshire Centre
01425 610062**

Organiser Leonard Cheshire Centre. St Mary Magdalene Church
Hall, Church Lane, New Milton BH25 6QN
Friday 2pm -4pm. Sing & dance, wheelchair users & support
worker. Square dancing. All age groups. Parking. Contact first.

Singing Group Jubilee Singers

**Secretary
01425 616996
Conductor
01425 619062**

New Milton Community Centre Osborne Road, New Milton
Singing Group Mixed choir all ages. Open to anyone who can read
music or has good ear for music. Concerts held for any
organization such as care homes, churches, charities etc.
Rehearsals Wednesdays, Sept- June. £10 per half year plus
registration with Community Centre. Uniform worn for concerts.
No transport for rehearsals, shared lifts for events, public car
park opposite. Wheelchair accessible.

Community First New Forest

Social Groups

Brendoncare Milford Green Friendship Club

Village Community Centre, Milford on Sea
2nd and 4th Tuesday, 2.00pm - 4.00pm. £3.00. Provides
friendship, fun for older people. Refreshments. Taxi transport if
required.

Head office
01962 877772
V Newell
01962 645948

Brendoncare Lymington Evergreen

Fuller Hall, Lymington Community Centre, New Street
Alternate Fridays from 2.00pm - 4.00pm. £3.00. Provides
friendship, fun for older people. Refreshments. Taxi transport if
required.

Head office
01962 877772

Brendoncare New Milton Get Together

St Mary Magdalene Church Hall, Church Lane, New Milton BH25
6QL
1st & 3rd Weds of each month from 2.00 - 4.00pm. £3.00.
Provides friendship, fun for older people. Refreshments. Taxi
transport if required. Parking. Wheelchair accessible.

Head office
01962 877772

CAMEO Social Group

New Milton Baptist Church Old Milton Road, New Milton BH25 6EF
1st Friday of month 1.15 - 3.15 (not August). Come and meet
each other. All ages. Chatter group, table tennis, skittles,
snooker, bagatelle and board games. Parking available.
Ploughman's lunch £3 suggested contribution (no cost first visit).

01425 278485

LEGS (Everton Ladies evening social group)

St Mary's Church Hall Everton
1st Monday in month. Need to phone before attending due to
large membership numbers. Very lively large group. No transport
but parking available.

01590 644827

Poem and Pint social type group

Forest Arts Centre, Old Milton Rd, New Milton BH25 6DS
Monthly Monday 8pm. Check term times with FAC. £3 cash on
night. If you have a poem to share or want to listen in relaxed
bar atmosphere come and be stimulated. Wheelchair accessible,
no transport/ parking area.

Forest Arts
01425 519983

Community First New Forest

Royal Air Forces Association

01425 610955

New Milton Community Centre, Osborne Road
New Milton and District Branch Social Group. Do not have to belong to any forces. 1st Tuesday coffee morning 3rd Tuesday main meeting. 10.15am not August or December. Occasional speakers. £2 members, £2.50 visitors including tea/coffee. No registration fee to Community Centre. Parking opposite, transport lifts if possible. Wheelchair access.

Lymington VISTA - Ladies Social Group

01590 678547

St Thomas's Church Hall, St Thomas Street, Lymington, SO41 9ND
Wednesday once a month. Speakers, tea/coffee. 3pm contribution £1. No parking facilities. Public car park nearby.

Community Centres

Lymington Community Association

01590 672337

New Street, Lymington, SO41 9BQ
In conjunction with Brockenhurst College and the Workers Educational Association offer classes to suit every taste. Numerous clubs and affiliated groups meet regularly and offer a wide range of activities. Encourages membership and volunteering but welcome all visitors. Coffee, lunch or tea available. The Reception desk is open from 9.30 am - 4.30 pm Monday-Friday and Saturdays 10 am - 12 pm. A cinema in the Malt Hall shows films Tuesday-Thursday evenings at 7.15 pm and a matinee at 2.30 pm each Wednesday. Check if facilities open in August.

Milford on Sea Village Community Centre,

**01590 643 404
for events**

Sea Road, Milford on Sea, Hampshire SO41 0PH various events, numerous activities, coffee shop, lunch club.

New Milton Community Association Community Centre

01425 610495

Osborne Road, New Milton BH25 6EA
Monday - Friday 9:45 am - 4:30 pm and 6:30 pm until 10:30 pm
Saturday 9:45 am until 12:30 pm. Numerous groups, activities, organisations. Full programme contact centre. Public parking opposite.

Community First New Forest

Churches

Lymington

All Saints Church 01590 676194
All Saints Road, Lymington
Church of England and Methodists share building

Lymington Baptist Church 01590 672019
New Street, Lymington SO41 9BJ

Lymington United Reformed Church 01590 676306
High Street, Lymington

Our Lady of Mercy and St Joseph 01590 676696
132 High Street, Lymington
Roman Catholic

Quakers Religious Society of Friends 01590
Community Centre, Cannon Street, Lymington 678706/672107

River of Life Church 01590 682638
Community Centre, Cannon Street, Lymington

St Thomas C of E Church 01590 676194
StThomas Street, Lymington

Christian Science Society 01590 678248
Community Centre, Cannon Street, Lymington

New Milton

Ashley Baptist Church 01425 610415
3 Lower Ashley Road, Ashley, New Milton BH25 5AA

Community First New Forest

New Milton Baptist Church 90 Old Milton Road	01425 612011
New Milton New Life New Life Christian Centre, 34 Gore Road, New Milton BH25 6RZ Church services held in New Milton Memorial Centre. Contact New Life Church Office.	01425 616035
New Milton Evangelical Free Church 24-26 Whitefield Road, New Milton	01425 627408
New Milton Quaker House 30 Whitefield Road, New Milton	01425 638453
Our Lady of Lourdes RC Church 15 Mount Avenue, New Milton BH25 6NT	01425 614968
St Mary Magdalene C of E Church The Rectory, Church Lane, New Milton BH25 6QN	01425 615150
St Peters Church Ashley Common Road, Ashley	01425 612644

Community First New Forest

Transport

Bus Information Line 0871 200 2233
National travel

Call & Go Service (Community First New Forest) Booking line
Transport service for older people & those with disabilities, who
0845 6024326
require door to door service locally.
callandgo@cfnf.org.uk
www.cfnf.org.uk

Hampshire County Council Transport Information 0845 6035633

Minibuses for hire (Community First New Forest) 01425 482773
Open to members of Community First New Forest
www.cfnf.org.uk

Leonard Cheshire Centre New Milton 01425 610 062
LC Client can hire bus and driver for £12.50 per hour to go
anywhere.

Lymington Neighbourcare 01590 679187
Solent Mead Lymington
Transport to attend hospital appointments, doctors surgeries,
medical facilities. Volunteer drivers pick up from persons home.
Mileage chart for charges on application.

Minibuses for hire (Community First New Forest) 01425 482773
Open to members of Community First New Forest

New Milton Neighbourcare Co-ordinator
Canada House Business Centre, 1 Carrick Way, New Milton, BH25
01425 611662
6UD
Transport provided by volunteer drivers. Main aim to enable
clients to access medical facilities. Covers clients living in New
Milton and neighboring areas. Drivers (CRB checked) pick up
clients from home but only charge from the centre of New
Milton. 40p per mile + surcharge. Open Mon- Fri 9am - 12.30am.

Community First New Forest

National Express Coaches	0870 580 80 80
National Rail Enquiries	0845 748 49 50
Older Drivers Skills Scheme	01962 874600
Red Cross Transport & Escort	01483 573956
Shopmobility Shopmobility schemes to provide wheelchairs or powered scooters to get around town	0845 644 2446
Solent Blue Buses	023 80618233
Train Helpline	0845 7484950
Travel Line	0871 200 2233

Community First New Forest

Wellbeing Services

Bereavement - CRUSE

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

**Day by Day
Helpline**

0844 477 9400

Bereavement - CRUSE

Christchurch Day Centre, Highcliffe, Dorset

Bereavement care/friendship group for the bereaved. Not a counseling group or drop in. Essential that organizer is spoken to before attending. Group not suitable for recently bereaved. A group for people bereaved but ready to socialize. 4th Sunday of month 2.30pm - 4.30pm. No transport. Shared lifts if possible. Refreshments/donations

01425 628375

01425 673783

Bridge

Alcohol and drug abuse
75 Leigh Road, Eastleigh SO50 9DQ
www.ssj.org.uk

023 8061 2465

Cancer Care Society

www.cancercaresoc.demon.co.uk
info@cancercaresoc.demon.co.uk

01794 830 3000

Community Dentist

For housebound or people who cannot access treatment for a variety of reasons

023 8098 2541

Counselling - Options Plus

Lymington details from head office Southampton. General counselling including CBT assessment £20 then £35 per session. Free counselling - gambling addiction. Free alcohol addiction counselling if referred by New Forest Alcohol & drug treatment service.

0800 0184309

Diabetes UK Care Line

info@diabetes.org.uk
www.diabetes.org.uk

020 7424 1000

Community First New Forest

Eye Clinic The Outside Clinic, Old Town Court, 10/14 High Street, Old Town, SwindonSN1 3EP Free eye test in your home. Ring for details.	0800 854477
Free Prescriptions Advice Line	0800 917 711
Health Stroke Co-Ordinator Fenwick 2, Lyndhurst	023 8028 6402 023 8028 2258
LINK Link find out what people like or dislike about local health services and work with organizations who plan and run them.	0845 601 5859
Lymington Health and Leisure North Street, Pennington, Lymington SO41 8FZ Various health and wellbeing activities and facilities contact Centre for full details.	0845 659 0845/ 01590 646100
New Forest Disability Info Service New Milton Equipment hire also available. info@newforestdis.org.uk	01425 628750
New Milton Health and Leisure Gore Road, New Milton BH25 6RR Various health and wellbeing activities and facilities contact centre for full details.	0845 659 0845/ 01590 646100
NHS Hampshire	023 8062 7444
Older Peoples Wellbeing Team	01962 846605

Community First New Forest

Pain support - APRIL

Leonard Cheshire Disability Resource Centre, 16 Milton Road,
New Milton

Provides practical support for anyone who lives with pain and their families and carers. Manned by volunteers, many affected by chronic pain. Call in for a talk, advice and guidance, internet access to pain web sites, information on support groups. No booking required but need to call ahead to check centre open. Mon-Fri 10am-4pm.

01425 612398

Royal National Society for the Blind

0845 7669999

Skin Camouflage - British Red Cross

Skin camouflage service for people coping with scarring or disfiguring skin condition. Trained volunteers select best colour match then teach how to apply cover creams. Creams available on prescription. Free but need GP/Consultant referral. Donations welcome.

**01962 891660/
07834 335220**

Well-Being Team HCC

**0845 6035638
02380 285217**