New Forest
Directory of Older Persons
Support Services
Introduction

This Directory has been compiled as part of the support, advice and guidance offered to people living in the New Forest.

For further information contact:

Community Development
Community First New Forest
Archstone House
Pullman Business Park
Pullman Way
Ringwood
BH24 1HD

Telephone 01425 482773

email support@cfnf.org.uk.
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</table>
Community First New Forest

Community First New Forest
www.cfnf.org.uk

General enquiries 01425 482773
Archstone House Pullman Business Park Pullman Way Ringwood BH24 1HD
admin@cfnf.org.uk

Autistic Spectrum Disorder Support 01425 482773
cypservices@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

Nightstop 01425 478391
nightstop@cfnf.org.uk

Volunteer Centre 01425 482773
vol.bureau@cfnf.org.uk
Advice & Information

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

**Age Concern New Forest**
Southward House, Beaulieu Road, Dibden Purlieu SO45 4PT
www.ageconcernnfe.btck.co.uk
ageconcernnfe@btconnect.com
023 8084 1199
0800 085 6625
Freephone

**Age Concern - Gardening**
Has list of certified gardeners in the area. Charges vary.
023 8084 1199

**Age Concern Hampshire Computer sessions for older people**
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. Courses in Lyndhurst
mail@ageconcernhampshire.org.uk
0800 328 7154

**Age Concern - Computer Clubs**
Contact for times and venues.
023 8084 1199
0800 085 6625
Freephone

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

**Bereavement Care (Cruse)**
0844 803 0240

**Bereavement Register**
A service specifically designed to remove from databases and mailing files, the names and addresses of people who have died.
0800 082 1230

**Births, Marriages & Deaths Registrar**
0845 6035637

**Blue Badge**
Hampshire County Council, The Castle, Winchester SO23 8UH
01962 847650
0845 6035633

**British Red Cross**
Helps people live independently in own homes. Offers range of services - medical equipment loan, home from hospital, therapeutic care.
0845 0547 222
**Community First New Forest**

**CAB (Citizens Advice Bureau)** 91 Junction Road, Totton SO40 3BU 0870 1264 089
The Grove, 25 St John’s Road, Hythe SO45 6BZ 023 8084 5386
91-92 High Street, Lymington SO41 9AP (Also for Fordingbridge) 08444 111 306
Outreach at Twin Oaks Medical Centre, Ringwood Road, Bransgore 01425 672857

**Call Carers Direct NHS**
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.

**Can You 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.

**Carers Allowance Unit** 0845 608 4321
Government benefits and allowances enquiry line

**Carers Line** 0808 808 7777
Carers UK based in London

**Carers Active Listening Line (Carers Together)** 0800 032 3456

**Carers Support Line (Salisbury area)** 01722 322746

**Carers Together New Forest**
Provides outgoing help and support, a variety of activities and relaxation days for family/unpaid carers.
01794 519495

**Carers in Hampshire (The Princess Royal Trust)** 023 8028 6342
07747 015868
023 8033 7735

**Choices Advocacy**
Coxley House, 63 Millbrook Road East, SO15 1HN 01264 405555
For over 16s with learning disabilities

**Community Alarms and Telecare** 0845 3454345

**Community Legal Service**
Free legal help and advice 0845 4040506

**Consumer Direct** 0845 4040506

**Crime Prevention**
Advice on safety in the home and crime prevention issues
www.hampshire.police.uk 0845 045 45 45
Disability Equipment Register
Service to help with the purchase & sale of used disability equipment
01454 318818

Domestic Violence
Womens Aid 24 hour National helpline
0808 200 0247

Equipment and advisory service
GP, Health or Social Care Professional or self referral
023 8071 8855

Elder Abuse
www.elderabuse.org.uk
0808 808 8141

Enable
Info and advice on disability - Salisbury Area
01722 416189

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

Fawley Parish Council, Jubilee Hall, The Square, SO45 1DD
023 8089 0761

Fire and Rescue Community Safety
023 8062 6809

Furzey Gardens Charitable Trust
023 8081 2464

Guide to Better Care and Support - Hantsdirect
A guide to staying independent in your own home
0845 603 5630

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

Hazardous Waste Disposal
eg light bulbs, batteries, oven cleaner
Marchwood
023 8066 6376

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

Hythe Parish Council, The Grove, St John’s Street, Hythe SO45 6BZ
023 8084 1411

Joint Armed Forces Legal Advocacy Service
Available to ex service personnel, MH Service users, physical disabled, old or infirm, those in receipt of DLA, Pension Credit, income support. Free service. Email: enquiries@jaflas.co.uk
Community First New Forest

Library (Hythe) Pylewell Road 0845 603 5631
Library (Blackfield) 167 Hampton Road
Library (Totton) Library Road, Totton SO40 3RS
Library (Ringwood) Christchurch Road, Ringwood, BH24 1DW
Library (Fordingbridge) Roundhill, SP6 1AQ
Library (Lymington) North Close SO41 9BW
Library (New Milton) Gore Road, BH25 6RW

Library Mobile Service

Lyndhurst and Emery Down Parish Council 023 8081 3218
Lyndhurst Welfare Charities 023 8028 3895
Marchwood Parish Council 023 8086 0273
Minstead Parish Council 023 8081 2375

New Forest Disability Information Service 01425 628750
6 Osborne Road, New Milton BH25 6AD
Equipment hire also available
www.newforestdis.org.uk
info@newforestdis.org.uk

New Forest District Council, Appletree Court, Lyndhurst 023 8028 5000
SO43 7PA

OFEWAT - Water Board issues 0121 644 7500

Organ Donor Register 0300 1232323

Post Office Counters Helpline 0845 722 3344
Postal, telephone, licences, money
www.postoffice.co.uk

Postal Preference Service (Reducing Junk Mail) 020 7291 3310
MA House, 70 Margaret Street, London W1W 8SS
www.mpsonline.org.uk
mps@dma.org.uk

Princess Royal Trust For Carers 01962 842034
Information on emergency planning and other carer support.
www.carecentre.co.uk

Relate - East 023 8022 9761
West 01202 311231

Relatives Association 02073 598136
For people with relatives in residential care.
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
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<tr>
<td>Respite Day at Fenwick2</td>
<td>023 8028 2862</td>
</tr>
<tr>
<td>ROSPA (Royal Society for the Prevention of Accidents)</td>
<td>0121 248 2000</td>
</tr>
<tr>
<td><a href="http://www.rospa.org.uk">www.rospa.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Samaritans</td>
<td>08457 909090</td>
</tr>
<tr>
<td>SSAFA (Forces Help)</td>
<td>023 8070 4978</td>
</tr>
<tr>
<td>Scratch</td>
<td>023 8077 3132</td>
</tr>
<tr>
<td>Southampton</td>
<td></td>
</tr>
<tr>
<td>Providing basic furniture and household items to people suffering poverty. Recognised agencies only can refer.</td>
<td><a href="http://www.scratchcharity.co.uk">www.scratchcharity.co.uk</a></td>
</tr>
<tr>
<td>Shaw Trust (Hampshire County Council)</td>
<td>0845 604 4643</td>
</tr>
<tr>
<td>Gardening service for the over 60s. Reduced rate for means tested benefit clients and up to 6 visits per year of 4 hours duration.</td>
<td><a href="mailto:groundsmaintenance@shaw-trust.org.uk">groundsmaintenance@shaw-trust.org.uk</a></td>
</tr>
<tr>
<td>Talking Newspaper</td>
<td>01425 622401 until Nov 2012</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Tax help for older people</td>
<td>Local 0845 601 3321 or 01308 488066 geographic 0845 070 0707</td>
</tr>
<tr>
<td>TOP Registered charity established to provide free professional help on personal tax to older people on modest incomes. Telephone manned and answer phone.</td>
<td></td>
</tr>
<tr>
<td>Telephone Preference Service</td>
<td>0845 606 0265</td>
</tr>
<tr>
<td>DMA House, 70 Margaret Street, London W1W 8SS</td>
<td></td>
</tr>
<tr>
<td>Register free to prevent unwanted calls.</td>
<td></td>
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<tr>
<td><a href="http://www.tpsonline.org.uk">www.tpsonline.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:tps@dma.org.uk">tps@dma.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>The Pension Service</td>
<td>0845 606 0265</td>
</tr>
<tr>
<td><a href="http://www.thepensionservice.gov.uk">www.thepensionservice.gov.uk</a></td>
<td></td>
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<tr>
<td>Totton and Eling Town Council</td>
<td>023 8086 3138</td>
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<tr>
<td>Civic Centre, Totton SO40 3AP</td>
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<tr>
<td>Tourist Information</td>
<td>023 8028 2269</td>
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<tr>
<td>Trading Standards</td>
<td>08454 040506</td>
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<tr>
<td><a href="http://www.hants.gov.uk">www.hants.gov.uk</a></td>
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<tr>
<td>Victim Support</td>
<td>023 8064 5578</td>
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Vision Impaired - Talking Newspaper
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.

Volunteer Centre
Vol.bureau@cfnf.org.uk
www.cfnf.org.uk

Welfare Service/Veterans Agency

Wildlife Rescue (Salisbury area)

Winter Fuel Payments

Animals

Cinnamon Trust
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
37 Fennel Gardens, Lymington SO41 9FS

PDSA (Must be in receipt of Housing or Council Tax Benefit)
Waterside, Totton, Lyndhurst and Lymington
For New Milton and BH postcodes

Pet Carers
Home and pet sitting - charges apply

Pet Healthcare Centre 38 Pylewell Road, Hythe, SO45 6AQ

RSPCA -
Ringwood
New Forest

Seadown Vets
84 Salisbury Road, Totton
Hythe
Lymington

Veterinary Services - Mid-Forest
Veterinary Practice, Kingfisher House, Ringwood Road, West Totton www.midforestvets.co.uk
enquiries@midforestvets.co.uk
Veterinary Services - Mid Forest
Glenber Cottage, Beechen Lane, Clayhill, Lyndhurst SO43 7DD 023 8028 2358

Transport

Avonway Community Minibus 01425 678102
Bransgore Community Care 01425 673057/8
Blue Star Buses (Waterside, Totton and Lymington but not New Milton) 023 8023 1950

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

Communicare (Totton) 023 8066 0200
Medical and Dental Appointments only
Mon-Fri 10.00am - 12.00noon

Fawley and District Voluntary Care Group 023 8089 8756

Fenwick 2 023 8028 6331
Bus available for hire (not Mon or Wed). Driver not provided.
coordinator@fenwick2.co.uk

Fordingbridge & District Community Association 01425 652706
Avonway Community Centre

Fordingbridge Taxishare - HCC Bookable Services 01962 846786
to register

Greyfriars Mini-bus Service 01202 472613
The Association operates two mini-buses, both equipped with hydraulic lifts. They are available for use by the elderly, disabled and other organisations.

Hampshire County Council Transport Information 0845 6035633

Hythe and Dibden Community Car Service 023 8084 5788
The Group exists to provide transport for the elderly or frail or disabled people of any age, where no suitable alternative transport is available. Volunteer drivers use their own cars for this service. 7am to 7 pm.
Community First New Forest

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

Lyndhurst Neighbourcare 0845 095 818
(within 5 miles of Lyndhurst)
Medical Appointments, shopping assistance, collecting prescriptions, befriending, changing library books 48 hrs notice.

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

More Buses (Wilts and Dorset) (New Milton, Lymington, Ringwood, Fordingbridge) 0845 0727 093

National Express Coaches 08717 818178

National Rail Enquiries 0845 748 49 50

New Milton Neighbourcare 01425 611662
Canada House Business Centre, 1 Carrick Way, New Milton, BH25 6UD
Transport provided by volunteer drivers. Main aim to enable clients to access medical facilities. Covers clients living in New Milton and neighbouring 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. Will shop from a list wherever possible.

Older Driver Skills Scheme 01962 846100

Shopmobility (Southampton) 0845 644 2446
Shopmobility schemes to provide wheelchairs or powered scooters to get around town

Travel Line 0871 200 2233

Two Bridges Care Group 0845 8385902
Transport for the infirm (Fordingbridge) 01425 656468

Waterside Goodneighbours 0845 643 9366
Offer help with many everyday things including shopping, collecting prescriptions, letter writing and small practical tasks.
## Emergency Numbers

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<tr>
<th>Service</th>
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<tr>
<td>Crimestoppers</td>
<td>0800 555111</td>
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<tr>
<td>Electric Emergency</td>
<td>0845 7708090</td>
</tr>
<tr>
<td>Emergency Services</td>
<td>999</td>
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<tr>
<td>Flood Line</td>
<td>0845 9881188</td>
</tr>
<tr>
<td>Gas Emergency</td>
<td>0800 111999</td>
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<tr>
<td>NHS Dental Emergency Helpline</td>
<td>0845 0508345</td>
</tr>
<tr>
<td>NHS Direct</td>
<td>0845 4647</td>
</tr>
<tr>
<td>Police</td>
<td>0845 045 45 45</td>
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<tr>
<td>Southern Water</td>
<td>0800 820 999</td>
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</table>
Social and Leisure

Avon Valley

Age Concern Day Centre - Fordingbridge 01425 655259
Riverside Court

Art Society Ringwood 01202 820203

Age Concern Day Care Centre - Ringwood 01425 479415

Art Club Fordingbridge 01425 654385

Arthritis Research Club 01425 657969

Avon Valley Archeological Society 01425 473677

Avonway Adult Learning Course - Brockenhurst College 01425 472224

Avonway Coffee Mornings 01425 652706

Avonway Community Centre 01425 652706
35 Shaftsbury Street, Fordingbridge

Avonway Day Centre 01425 652554

Avonway Drawing Group 01425 475748

Avonway Lunch Club 01425 653419

Avonway Longwater Tai Chi 01425 514546

Avonway WI 01425 655192

Avonway Yoga: Adult Learning 01425 653330

Avonway Yoga & Gentle Exercise 01425 652204

Bickerley The Ringwood Bridge Club - Greyfriars 01425 403508
Thurs 6.45 for 7.00 pm

Bockhampton Art Club - Bransgore 01202 481141

Braeside Bridge Club 01425 478241
Bransgore Community Care          01425 673057/8
Bransgore Croquet Club             01425 674493
Bransgore Evening Art Society      01425 274446
Bransgore Flower Club              01425 672612
Bransgore Friendship Club          01425 674954
Bransgore Horticultural Society    01425 673202
Bransgore Mobile Library           0845 603 5631
Bransgore New Forest Heart Start   01425 659899
Bransgore Lunch Club               01425 673057
Bransgore Probus Club              01425 673909
Bransgore Rotary                   01425 674545
Bransgore Townswomen Guild         01425 674065
Bransgore & Thorney Hill Womens Institute  01425 274686
Bransgore Village Hall             01425 674155
British Legion                      01425 478557
First Click
Computer courses for seniors
Fordingbridge Art Class            01794 390295
Fordingbridge Bridge Club          01425 473465
Fordingbridge Bowling Club         01425 656092
Fordingbridge Camera Club          01725 518448
Fordingbridge Choral Society       01425 654372
Fordingbridge & District Day Centre 01425 652554
For the frail and housebound
Fordingbridge & District Int Friendship  01425 653023
Fordingbridge Hand Bell Ringers 01425 652103
Fordingbridge Happy Tappers 01425 653079
Fordingbridge Historical Society 01425 654872
Fordingbridge Horticultural Society 01425 655235
Fordingbridge Keep Fit 01725 518132
Fordingbridge Museum 01425 655222
Fordingbridge Rotary Club 01425 655877
Fordingbridge Social Club 01425 652484
Friends of Fordingbridge Hospital 01425 652255
Friends of Fordingbridge Surgery 01425 653430
Fordingbridge Nursing Aids Trust 01425 654237
(Grants for those affected by illness or disability)
Friends of Fordingbridge Hospital
Greyfriars Affiliated Organisations 01425 472613
www.greyfriarsringwood.org.uk
Greyfriars Bridge Club 01425 477335
Wed 1.15-4.15 and Fri 6.45 for 7 pm start.
Greyfriars Community Centre Club 01425 472613
Greyfriars Forum Club 01425 472805
Greyfriars Lace Club 01202 824814
Greyfriars Luncheon Club 01425 474377
GP referral only
Greyfriars Mens Club 01425 470795
Knit & Knatter - Sandleheath 01425 656823
Let’s Get Growing 01425 474879
A group for Ringwood residents who have underused gardens
with the aim to link them with people who would like to grow
their own fruit and vegetables info@letsgetgrowing.org.uk.
Megan Norris - Chair
Judith Smith - Secretary
Kay Sutton - Treasurer
01425 483382
07825 093992
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lions Club</td>
<td>0845 833 5819</td>
</tr>
<tr>
<td>Lose It To Music</td>
<td>01725 518132</td>
</tr>
<tr>
<td>Keep fit for mature ladies</td>
<td></td>
</tr>
<tr>
<td>New Age Kurling &amp; Skittles</td>
<td>01425 652706</td>
</tr>
<tr>
<td>Pottery Club</td>
<td>01425 657474</td>
</tr>
<tr>
<td>Red Cross</td>
<td>01425 484833</td>
</tr>
<tr>
<td>Between 10am &amp; 12 noon Loan Equipment</td>
<td></td>
</tr>
<tr>
<td>Ringwood &amp; District Older Peoples Welfare Association</td>
<td>01425 476327</td>
</tr>
<tr>
<td>Hon Secretary Anne Osbourne</td>
<td></td>
</tr>
<tr>
<td>Ringwood Good Neighbours</td>
<td>07933 202112</td>
</tr>
<tr>
<td>Ringwood &amp; District Older Peoples Housing Association</td>
<td>01425 474817</td>
</tr>
<tr>
<td>Ringwood &amp; Fordingbridge Club for the Blind</td>
<td>01425 474263</td>
</tr>
<tr>
<td>Ringwood &amp; Fordingbridge Talking News</td>
<td>01425 480918</td>
</tr>
<tr>
<td>Ringwood Lions Club</td>
<td>0845 833 5819</td>
</tr>
<tr>
<td>Rotary Club of Ringwood</td>
<td>01425 471220</td>
</tr>
<tr>
<td>Royal British Legion</td>
<td>01425 478557</td>
</tr>
<tr>
<td>Ringwood Salvation Army</td>
<td>01425 472909</td>
</tr>
<tr>
<td>Ringwood Antiques Club</td>
<td>01425 472613</td>
</tr>
<tr>
<td>Ringwood Art Society</td>
<td>01202 820203</td>
</tr>
<tr>
<td>Ringwood Garden Club</td>
<td>01202 574875</td>
</tr>
<tr>
<td>Ringwood Philatelic Society</td>
<td>01425 478214</td>
</tr>
<tr>
<td>Ringwood Machine Knitting Club</td>
<td>01980 610659</td>
</tr>
<tr>
<td>Ringwood Scottish Country Dance Club</td>
<td>01425 654763</td>
</tr>
<tr>
<td>Ringwood &amp; Burley Band</td>
<td>0202 548948</td>
</tr>
<tr>
<td>Salvation Army Fordingbridge</td>
<td>01425 650001</td>
</tr>
<tr>
<td>Salvation Army Ringwood</td>
<td>01425 472909</td>
</tr>
</tbody>
</table>
Community First New Forest

White Lion Scrabble League 01425 479871
Young At Heart - 1st and 3rd Thurs, 2.30-4.30 pm 01425 477740

South West area

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.

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. 3rd Thurs of month 2-4pm £6 per quarter free sample session. No transport. Public car park opposite. Wheelchair accessible

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

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. £15 annual membership fee to join Ewe2club. 1st Wednesday of month. 7pm start. Wed am.

Garden Design
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

Hordle pop in coffee morning 01425 620688
Westmoreland Court, Stopples Lane, Hordle
10am - 11am. All welcome for coffee and chat.
No transport. Wheelchair accessible.

Lymington Community Centre 01590 672337
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
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.

St Mary’s Church Drop-in
Church Hall, Everton
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.

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. Check
with Centre for film showings.

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 9:45am-4:30pm and 6:30pm until 10:30pm
Saturday 9:45am until 12:30pm. Numerous groups, activities,
organisations. Public parking opposite.
Exercise groups

Balance with Aimee Smith
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.

Hordle Extend seated exercise
Westmoreland Court, Stopples Lane, Hordle
Movement to music, mainly seated. Monday 10 - 11am.
Parking/no transport provided.

Exercise class
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
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 (Modern)
New Milton Community Association on Wed and Sat Evenings

Sequence dancing tuition
Community Association New Milton
Every Thursday 1.45 pm all ages welcome. Parking. No transport provided.

Singing Group Jubilee Singers
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 organisation such as care homes, churches, charities etc.
Rehearsals 2 pm 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.
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.

**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.

**Brendoncare New Milton Get Together**
St Mary Magdalene Church Hall, Church Lane, New Milton BH25 6QL
2nd 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.

**CAMEO Social Group for Church Congregation and Friends**
New Milton Baptist Church Old Milton Road, New Milton BH25 6EF. 4th or last Friday of month 1.15 - 4.00 (not August). Come and meet each other. All ages. Chatter group, table tennis, skittles, snooker, bagatelle and board games. Parking available. Light lunch £3 suggested contribution.

**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.

**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.

**Royal Air Forces Association**
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. No registration fee to Community Centre. Parking opposite, transport lifts if possible. Wheelchair access.
Lymington VISTA - Ladies Social Group
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.

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.

Hordle Stroke Club
All Saints Church Hall Mondays 10.30-12.30. Covers Hordle and
New Forest.

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.

Vision Impaired Support/social group Open Sight (New Milton)
Bashley Village Hall Bashley
4th Wednesday in the month 2.30pm-4.15pm.
Social activities, outings. Talking books available to borrow.
£3 including refreshments/raffle. Transport organised.

Vision Impaired - TORCH
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
New Milton Community Centre, Osborne Road
Talks, musical entertainment, outings. 2nd Monday of month
2pm. Wheelchair accessible. Public Parking
Totton and Lyndhurst

Angling Club (Test Valley)
£56 per annum.
www.tvacspsangling.co.uk
tightlinestotton@aol.com
023 8086 3068

Antler Club (Bingo)
Scout Hut, Blackwater Drive, Calmore Drive, Totton
7.30 pm for 8.00 pm with 9.50 pm finish. Minibus transport available. John Howat.
023 8090 7850

Art Group
Lyndhurst Community Centre.
Various days and times
023 8028 2267

Arts Society (New Forest)
Lyndhurst Community Centre, Pine Room
Third Wednesday in the month at 7.30 pm
023 8028 2626

Art Society
Totton and Eling Community Centre
Once a month at 7.30-9.30pm on Wednesday.
023 8086 0063

Badminton
West Totton Centre
8.00-1.00 pm Wednesdays
023 8086 7083

Bartley Horticultural Society
Copythorne Parish Hall
3rd Thursday of the month
023 8081 2853

Bingo
Hounsdown Community Association
Thurs evenings at 7.30-9.30 pm.
A raffle and tea and biscuits. Possible transport arranged.
023 8086 3138

BLESMA
Totton and Eling Community Centre
Last Monday in month 10.00am-12.30pm
01202 745168

Bowling
Totton and Eling Bowls Centre, Crabbs Way, West Totton.
Open to public for pay and play. 7 days a week. 2 buggies available for use on the green.
023 8086 8846
Bowling  
Lyndhurst Bowling Club, Sandy Lane, Lyndhurst, Hampshire,  
SO43 7DN  
April-September  
avtp22@dsl.pipex.com  

Bowls (Forestgate)  
West Totton Centre  
Mon 2.00-5.00 pm, Thurs 2.00-5.00 pm and 7.00-10.00 pm  
Mrs Semmens  

Bowls Indoor Calmore CC  
8-10 pm Tuesdays  

Carers Café  
Fenwick 2, Trinity Church, West Totton  
Third Thurs 1.30-3.30 pm.  

Carers Café  
Baptist Church, Chapel Lane, Lyndhurst  
First Thursday at 1.30-3.30 pm.  

Chinwaggers  
Blackwater Drive Scout Hut  
10.30 am Wednesdays  

Christadelphians (Church Group)  
Totton and Eling Community Centre. Sunday 3.00-6.00 pm.  

Cribbage  
Testwood Working Men’s Club  
Secretary 110 Salisbury Road Totton Hampshire SO40 3PY  

CSRF (Civil Service Retirement Fellowship)  
Totton and Eling Community Centre  
Friday bi-monthly 10-12 noon.  

Drama and Musical Society (Lyndhurst)  
Vernon Theatre, Sandy Lane SO43 7DN  
Rehearsal Mon and Thurs 7.45-10.00pm  

Eling Tide Mill  
10.00am-4.00pm  
Wed-Sun plus Bank Holidays except Christmas Day and Boxing Day  

Foresters Flower Club  
Copythorne Parish Hall  
1st Thurs 7.30-9.30 pm. Annual Subs £14.00
Furzey Gardens
Free entry to Art and Craft Gallery
023 8081 2464

Hants Photographic Project
Access to images dating from 1850s archives
www.hants.gov.uk/record-office/catalog.htm
01962 846154

Keep Fit
West Totton Centre
Thursdays 10.00 -11.00am
023 8086 1712

Knit and Natter
Totton Library
10am -12noon
Alternate Wednesday
023 8086 4458

Kurling
Fenwick 2
On Third Friday 12 noon-2pm
023 8028 2862

Lace Making
Totton and Eling Community Centre
Wednesdays 10am -12.00 noon (term time)
02380 892183

Line Dancing Club
Calmore Village Hall
Friday evening 7.00pm - 10.00pm. Contact Jean.
023 8086 8455

Lyndhurst, Emery Down and Bank Residents Association
Three general meetings per year in April, July and October
ahacoustics@aol.com
023 8028 3895

Lyndhurst Flower Club
Lyndhurst Community Centre
2.15 pm last Thurs (except July, Aug and Dec).
023 8084 3167

Lyndhurst Lawn Tennis Club Over 50s Coaching
023 8029 3833

Lyndhurst and Minstead Bell Ringers
Practice every second and fourth Thursday 7.30 - 9.00pm
023 8028 2154

New Forest Area Conservation Volunteers
Maintaining important wildlife habitat
Sundays 10.00-3.00 Free Membership. Paul Joliffe.
023 8086 1558

New Forest Aviation Group
Lyndhurst Community Centre
Second Friday except Aug and Dec 7.30 - 10.00pm.
023 8028 2841
Patchwork Group
Calmore Community Centre
Tuesdays 7.00 - 9.00pm. There is a charge for this 10 week course. Jackie Sparks.

Pet Carers
Company of a dog without full-time or financial commitment. www.pet-carers.co.uk

Pheonix Club
Fenwick 2

Pilates
Lyndhurst Community Centre on Tues

Pilates Exercise Group
St Anne’s Church, Cooks Lane, Calmore. Weds 9.00-10.00am followed by coffee. Gentle Way Group. Kath Read.

Pilates
Totton and Eling Community Centre
Wednesdays 6.30-7.30pm and Thursdays am
www.pilates-southampton.com

Pop-in
Totton Christian Centre
Tues to Fri 10.00 - 12.00noon.

Pottery Classes at Angel Farm
Pinkney Lane, Lyndhurst SO43 7FE
Thursdays 7.00pm - 9.00pm and Fridays 10.00am - 12noon
angelsfarm@btinternet.com

Romsey and Waterside Visually Impaired Group (Social)
Totton and Eling Community Centre
Monday 7.30-10.30pm. Bi-monthly.

Southampton and District Bird Group
Hounsdown Hall
2nd Fri in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday.
David.holloway60@ntlworld.com

Singing Group
Fenwick 2
2.00-3.30pm every 3rd Friday in the month £2. Social singing session for all older people and carers.
**Stroke Association**
Totton and Eling Community Association
1.30 - 4.00pm Wednesdays
(GP referral only)

**Sunday Night Dance**
Lyndhurst Community Centre
Half Hour tuition followed by sequence and ballroom dancing
7.30 - 10.30pm

**Sunday Supplement**
Totton and Eling Community Centre
Sundays 9.30-12.30
(Hosted by Westside Church)

**Tea Dances**
West Totton Centre
Monthly 2.15 - 4.15pm on 1st Sunday in month

**Testwood Travel Club**
No meetings just lots of local interest places and theatre trips for all ages.

**Testwood Quilters group (quilting and patchwork)**
Totton and Eling Community Centre
Thursdays 2.00 - 4.00pm

**The Hub**
Coffee Shop, Testwood Baptist Church, 283a Salisbury Road, Mon-Fri 9.30-3.30 pm. Tea and coffee and hot snacks. Bring your own sandwiches at lunch time. Relax with friends. Coffee 50p.

**Totton U3A (University of the Third Age)**
Masonic Hall, Lexby Road, Totton, 2nd Wed afternoon 1.45-4pm
Secretary—Ann Barnes

**Totton and District Three Score Club**

**Totton and District Gardeners Society**
3 Score Club

**Totton and Eling Historical Society**
Totton and Eling Community Centre
First Monday in each month. 2-4 pm.

**Totton and District Probus Club**
Totton & Waterside Club for the Blind
Totton & Eling Community Centre
2nd Monday of each month 2.00 - 4.00pm
New members welcome.

TT Club
Hounslow Community Centre
Thursdays 10.00am - 12.00noon.
Tea, coffee, a chat and bingo. Rose Sturgess.

Whist
Testwood Working Men’s Club
Secretary 110 Salisbury Road Totton Hampshire SO40 3PY
Tuesdays

Widows Club
Totton and Eling Community Centre
Friday every other week at 2.00pm - 4.00pm

Womens Institutes
Ashurst - 2nd Wednesday at 7.30pm Colbury Church Rooms,
Deerleap Lane, Colbury
Copythorne - 2nd Wednesday at 2.15pm Parish Hall, Pollards
Moor Lane, Cadnam

Writers Circle
All ages, 7.30-10.00 pm
barjaxplume@hotmail.com

Yoga
St Theresa’s Church Hall, 20 Beaumont Road
Every Wednesday 12.00noon - 1.00pm

Youtlton School of Dance (Ballroom, sequence dancing)
Totton and Eling Community Centre
Thursdays at 6.30pm
Calmore CC on Friday at 6.30 pm

50+ Multi Sport Morning
West Totton Centre
Wednesday 9.30 - 12.00 noon

Waterside

Age Concern Pop-in at Dibden Purlieu Mondays 9.30-12.00 noon
Methodist Church Hall, North Road
Alzheimers NF and Test Valley Branch
Milford War Memorial Hospital, Sea Road, Milford-on-Sea
SO41 OPG
01590 644679

Blackfield Flower Club
Holbury
023 8989 1884

Blackfield Gardening Group
St Francis Church Hall, Langley at 7.30pm. Guest speakers, outings and competitions.
023 8089 9354

Calshot Sailing Club
Wood Hatch, Blackfield, Southampton SO45 1WJ
Club House
023 8084 8307

Chatter Lace
Tues Term Time 9.30-12 St Andrews Centre.
Call in

Dibden and Purlieu Gardening Association
7.30 pm on 1st Thursday in the month at St Andrews Centre
Call in

Evergreen Club
St Johns Hall, Hythe
Social group offering talks and bingo sessions. Meets two Thursdays each month at 2pm.
02380 891721

Healthy Walks
Hythe and Blackfield Health Centres. The walks are open to everyone, whether registered patients or not.
www.greenpractice.co.uk/walking group

Helen Youngs Dance Group
Hythe Community Centre, Hythe, Hall 2.
Fun with Fitness group for the ‘young at heart’. Monday evenings.
02380 843435

Holbury 50+ Club Meets alternate Monday afternoons from 2pm at the Good Shepherd Hall.
023 89087 7881

Horrill Centre - various activities inc walking
023 89087 7881

HYADS Ladies Group
Hythe Community Centre
Meets first Wednesday of the month. Speakers, refreshments, raffle and chat. New members always welcome.
023 8084 2537

Hythe Wives
Hythe Community Centre, Hythe
Speakers and social events. 1st and 3rd Friday each month. 7.15pm to 9.30pm.
Contact via Community Centre on 023 8084 4074
Hythe and Dibden Woodland and Waterside Group 023 8084 4636
Conservation work including clearance, path laying, boardwalks, recording of flora and fauna, work with schools and in particular the Hythe and Dibden Community Woodland. Have several members over 65. Meet 1st Sunday in the month 10am to 1pm.

Men’s Breakfast Group 02380 890091
Cornerstone United Reform Church, New Road, Hythe
Meets approximately every six weeks on a Saturday 8.30am to 10am. A good English breakfast is provided, all cooked by men for men. A variety of speakers will give a talk after the breakfast.

New Forest Area Conservation Volunteers 023 8086 1558
Maintaining important wildlife habitat. Sundays 10.00-3.00.
FREE Membership.  Paul Joliffe

New Forest Aviation Group 023 8028 2841
Monthly second Friday except August and December in Lyndhurst Community Centre 7.30 - 10.00 pm

New Forest (East) Probus Group 3rd Thursday at 10 am 023 8084 1189

Oasis Group 02380 894294
New Hope Centre, Holbury
Meetings every Tuesday 11.45am lunch, 1 to 2pm entertainment. Speakers, quizzes and outings. Good mix of men and women. Payment is by means of a voluntary donation, those unable to pay are still welcome to attend.

Pet Carers 023 8066 9292
Company of a dog without full-time or financial commitment. www.pet-carers.co.uk

Pop in Coffee Morning 023 8089 1679
Methodist Church Hall, North Road, Dibden Purlieu
Every Monday from 10am. Just call in.

Romsey and Waterside Visually Impaired Group 01794 518969 023 8084 1460
Totton Community Centre. Monday 7.30-10.30 pm. Bi-monthly.

Scrabble Club 023 8089 3973
St Johns Hall, Hythe.
Every Wednesday at 1pm.

Shape up and dance 023 8084 5761
for 50+ age group 2pm every Monday
Solid Silver Club 02380 861819
Marchwood Village Hall, Marchwood
Friendly group offering outings, games, cream tea and other activities. Different dates but normally on a Wednesday once a fortnight.

Southampton and District Bird Group 023 8084 2776
Hounsdown Hall
2nd Friday in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday.
Maggi Short, Chairman

Tea Dance 02380 898879
Marchwood Village Hall 2nd and 3rd Saturday 2pm-4.30 and Hythe Parish Hall Wednesdays 2pm to 4pm. Sunday evening at Lyndhurst Community Centre.

The New Forest/Waterside U3A 02380 842594
Meetings are held at St Andrew’s Church Hall, Dibden Purlieu from 2pm to 4pm on the first, third and fifth (where this occurs) Tuesday or each month. Meetings feature guest speakers on a wide range of topics, preceded by an information session from the Chairman. Activities take place throughout the year except for the month of August.

The Royal British Legion 023 8089 1445
Exbury Road, Blackfield, Southampton SO45 1XD

Topaz Club 02380 891721
WI Community Hall, Lunedale Road, Dibden Purlieu 1.45pm two Wednesdays a month. Social group offering outings, talks, games and chat.

Totton & Waterside Club for the Blind 023 8078 2742
Totton & Eling Community Centre
2nd Monday of each month. 2-4pm. New members welcome.

Travel Club 023 8086 5071
No meetings just lots of local interest places and theatre trips for all ages.

Waterside Natural History Society 023 8084 5510
St Andrews Centre Hall

Waterside Short Mat Bowls (Holbury) 023 8089 3750
**Community First New Forest**

**Women’s Guild**
St Johns Hall, Hythe.
2nd Thursday 7.00pm. Speakers, outings, quizzes, music and chat.

**Women’s Guild Gentle Exercise**
Ewart Court, Jones Lane, Hythe.
Monday afternoon 2.30pm in the lounge.

**Womens Institute (Marchwood)**
WI House, 56 Hyde Abbey Road, Winchester SO23 7DB
WI is democratic, social and educational. Events are organised throughout Hampshire and include arts/crafts, sports, leisure activities, visits to places of interest, home economics, gardening, music, speech, drama, public and international affairs, leadership and much more. Meetings on the 2nd Tuesday of each month at 7.15pm in Marchwood Village Hall.

**WritersCircle**
All ages, 7.45-10.00 pm Southampton
barjaxplume@hotmail.com

**Lunch Clubs**

**Avon Valley**

**Avonway Lunch Club**
01425 653419

**Bransgore Lunch Club**
01425 673057

**Greyfriars Luncheon Club**
GP referral only
01425 474377

**South West**

**Ashley Baptist Church**
Church Hall, Ashley BH25 5AA

**Barton Methodist Church Lunch Group**
Sea Road, Barton on Sea
Wednesday 12noon-1.30pm. 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 organiser 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**  
01590 676194  
St Thomas Street, Lymington SO41 9ND  
Monday 12noon - 2pm. No parking or transport available.  
Wheelchair accessible.

**Milford on Sea First Friday Lunch Club**  
01590 641826  
Community Centre, Sea Road SO41 0PH

**Milford on Sea (Sunday Lunch Club)**  
01590 643404  
Community Centre, Sea Road SO41 0PH

**Totton and Lyndhurst**

**Age Concern New Forest**  
023 8084 1199  
Totton and Eling Community Association  
Tuesday 11.30-14.00 - pre booked only

**Age Concern New Forest**  
023 8084 1199  
West Totton Centre  
Monday 11.00-1.00 pm - pre booked only

**Lyndhurst Baptist Church Hall**  
023 8028 4426  
Chapel Lane  
Last Wednesday at 12.30 for 12.45 lunch.

**Lyndhurst Community Centre**  
023 8028 2267  
Friday 12.30-3.30 pm

**St Andrews Church**  
023 8084 0529  
Dibden Purlieu  
Monday  
Jan Verberan
Trinity Church
Soup and Sweet Lunch
West Totton
Wednesday 12.00-1.30 pm

Waterside

Age Concern New Forest Sunday Lunch Club 023 8084 1199
Horrill Centre, Dibden.
3 course meal, £5 including transport, £4 without. Runs every other Sunday - pre booked only. There is normally a waiting list for transport.

Dibden Lunch and Social Club 023 8084 0529
St Andrew’s Hall, Beaulieu Road, Dibden Purlieu 07932 459758
Mondays 10am to 3pm. Offers trips out and social atmosphere with a simple lunch. Cost £7.50 per week to cover transport and around £2.50 per meal. Runs on bank holidays.

Hythe 2000 Lunch Club 02380 844336
St John’s Hall, Hythe
2 course lunch. Wednesday 12 noon to 1.00pm. No transport. Call to book or just turn up.

Community Halls

Avon Valley

Damerham 01725 518086
07785 181702
Frogham 01425 656106
Godshill 01425 657115
Ibsley 0845 644 0915
Martin 01526 378553
Minstead 023 8081 3143
Rockbourne 01725 518400

Totton and Lyndhurst Area

Calmore Community Centre 023 8086 8455
Calmore Cres, SO49 2ZU
Calmore Village Hall  
Pauletts Lane SO40 2RS  
023 8086 3138

Christian Centre - Trinity Church  
(Lettings) Hazel Farm Road, Totton SO40 8WU  
023 8086 1443

Copythorne Parish Hall  
Pollards Moor Road SO40 2NZ  
Room Hire  
023 8081 2478

Emery Down and Bank Village Hall  
Mill Lane SO43 7EN  
Room Hire  
07896 134994

Garland Lodge (5th New Forest North Scout Group)  
Blackwater Drive, Totton SO40 2QJ  
023 8066 7274

Hanger Farm Arts Centre  
Aikman Lane, Totton SO40 8FT  
023 8066 7274

Hounsdown Community Centre  
Hounsdown Avenue SO40 9EX  
07501 336498

Lyndhurst Baptist Church Hall  
Chapel Lane SO43 7FG  
www.lyndhurstbaptistchurch.org.uk  
023 8028 4426

Minstead Village Hall  
SO43 7FX  
www.minsteadhall.co.uk  
023 8081 3143

St Anne’s Church Hall  
Calmore  
023 8081 2702

St Matthew’s Church Hall  
Netley Marsh  
023 8066 3267

St Theresa’s Church Hall  
Beaumont Road, Totton  
023 8086 2270

Totton and Eling Community Centre  
Library Road SO40 3RS  
023 8086 3769

Totton Christian Centre  
Ringwood Road SO40 8DA  
023 8086 4488

Totton Masonic Hall  
Lexby Road SO40 9HD  
023 8086 2739
Community First New Forest

West Totton Centre
Hazel Farm Rd SO40 8WU
023 8086 1712

Churches

Avon Valley

Bransgore Community Church 01425 674513
Bransgore Church St Marys 01425 672327

Damerham Baptist Church
The Damerham Baptist Church was founded in 1801 and is located at South End. It holds a service at 11 a.m. each Sunday and a prayer meeting each Wednesday.

Damerham St Georges 01725 518642
Fordingbridge Methodist Church 01425 653134
Poulner Baptist Chapel 01425 473388
Ringwood Methodist Church 01425 461440
Ringwood Parish Church
Ringwood Parish Church St Paul & St Peter 01425 473219
St Marys Parish Church Fordingbridge 01425 653163
Trinity Church Ringwood 01425 461440
United Reform Church Fordingbridge 01425 473777

South West

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

Jehovah’s Witnesses, Marsh Lane 01590 622 598

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
132 High Street, Lymington
Roman Catholic
01590 676696

Quakers Religious Society of Friends
Community Centre, Cannon Street, Lymington
01590 673626

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

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

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

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

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 622450

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 627501

Totton and Lyndhurst

Anglican Churches

All Saints, Minstead SO43 7EX
023 8028 2154
Community First New Forest

Christ Church
Colbury SO40 7EH 023 8029 2132

Christ Church
Emery Down SO43 7DT 023 8028 2154

St Anne’s
Cooks Lane, Totton SO40 2RU 023 8081 2702

St Mary’s
Copythorne 023 8081 4769

St Mary’s
Eling Hill, Totton SO40 9HF 023 8086 6426

St Matthew’s
Ringwood Road, Totton 023 8066 3267

St Michaels and All Angels
High Street, Lyndhurst SO43 7BD 023 8028 2154
www.newforestparishes.com

St Winfrid’s
Salisbury Road, Totton 023 8086 5103

Baptist Churches

Lyndhurst Baptist Church
Chapel Lane SO43 7AE 023 8028 4426

Testwood Baptist Church
283a Salisbury Road, Totton SO40 3LZ 023 8086 0320

Roman Catholic Churches

Church of our Lady of the Assumption and St Edward
14 Empress Road, Totton SO40 7AE 023 8028 2011

St Theresa’s
20 Beaumont Road, Totton SO40 3AL 023 8086 2270

Trinity Churches (Methodist and United Reformed)

Trinity Church
Hazel Farm Road, Totton SO40 8WU 023 8087 1072

Westside Church, 22 Ewell Way, Totton 023 8066 6258
Community First New Forest

Waterside

Cornerstone United Reformed Church 023 8084 5005
New Road, Hythe, Southampton SO45 6BR
office@cornerstonehytheurc.org.uk
www.cornerstonehytheurc.org.uk

Dibden Purlieu Methodist Church 023 8089 1679
North Road, Dibden Purlieu, Southampton SO45 4PG

Fawley Methodist Church 023 8089 1679
Chapel Lane, Fawley, Southampton SO45 1EB

Hardley Methodist Church 023 8089 1679
Long Lane, Holbury, Southampton SO45 2PD

New Hope Community Church 023 8024 3306
Hardley Green, Hardley, Hythe, Southampton SO45 3NZ
admin@newhopecc.co.uk
www.newhopecc.co.uk

New Forest Community Church 023 8086 4232
Marchwood Village Hall, Marchwood Village Centre, Marchwood,
Southampton SO40 4SX
www.newforestcommunitychurch.org.uk

St Andrew’s C of E Church 023 8084 3204
Beaulieu Road, Dibden Purlieu, Southampton
www.dibdenchurches.org

St Bernard’s RC Church 023 8084 3479
20a Southbourne Avenue, Holbury, Southampton SO45 2NT

St Francis C of E Church 023 8089 3552
West Common, Blackfield, Southampton, SO45 1XJ

St Georges Chapel 023 8089 3552
Calshot Road, Calshot, Southampton SO45 1BB

St John C of E Church 023 8086 1496
St Johns Vicarage, Vicarage Road, Marchwood, Southampton
SO40 4SX

St John The Baptist and St Anne’s C of E Church 023 8084 2461
14 Atheling Road, Hythe, Southampton, SO45 6BR

St Michael’s R C Church 023 8084 3479
The Presbytery, 6 Langdown Lawn, Hythe, Southampton SO45 5GR
Community First New Forest

Solent Bible Church
Hythe and Dibden Parish Hall, West Street, Hythe, Southampton
SO45 6AA
01590 674824

The Good Shepherd C of E Church
Roewood Road, Holbury, Southampton SO45 2JN
023 8089 3552

The Gospel Church
Long Lane, Marchwood, Southampton SO40 4WR
023 8066 7901

Waterside Catholic Parish Church
St Bernards House, 20A Southbourne Avenue, Holbury,
Southampton SO45 2NT
023 8084 3479
Health and Wellbeing Services

GPs

Avon Valley

Burton and Bransgore Medical Centre 01425 672857

Cornerways Surgery 01425 472515
Cornerways Surgery
Parkers Close, Gorley Road, Ringwood

Fordingbridge Surgery 01425 653430
Fordingbridge Surgery
Bartons Road

Ringwood Medical Centre 01425 478901
Ringwood Medical Centre
The Close

Twin Oaks Medical Centre 01425 672741
Twin Oaks Medical Centre

South West Area

Barton on Sea - Barton Surgery 01425 620830
Barton on Sea - Barton Surgery
1 Edmunds Close, Barton on Sea

Bransgore - Twin Oaks Medical Centre 01425 672741
Bransgore - Twin Oaks Medical Centre
Ringwood Road, Bransgore

Hordle - The Surgery 01425 621188
Hordle - The Surgery
24 Ashley Lane, Hordle

Lymington - Chawton House Surgery 01590 672953
Lymington - Chawton House Surgery
St Thomas Street, Lymington

Lymington - Webb Peploe Surgery 01590 675428
Lymington - Webb Peploe Surgery
45 Church Lane, Lymington

Lymington - Wistaria Surgery 01590 672212
Lymington - Wistaria Surgery
18 Avenue Road, Lymington

Milford on Sea - Milford Medical Centre 01590 643022
Milford on Sea - Milford Medical Centre
Sea Road, Milford on Sea

New Forest Medical Group 01590 622272
New Forest Medical Group
The Surgery, Highwood Rd, Brockenhurst SO42 7RY

New Milton - The Arnewood Practice 01425 620393
New Milton - The Arnewood Practice
Milton Medical Centre, Avenue Road, New Milton BH25 5JP
<table>
<thead>
<tr>
<th>Practice Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>New Milton Health Centre</strong></td>
<td>Spencer Rd, New Milton, Hampshire BH25 6EN</td>
<td>01425 621188</td>
</tr>
<tr>
<td><strong>New Forest Medical Group</strong></td>
<td>The Surgery, Station Rd, Sway, Lymington, Hampshire SO41 6BA</td>
<td>01590 682617</td>
</tr>
<tr>
<td><strong>Totton and Lyndhurst</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forestgate Health Centre</td>
<td>Hazel Farm Road, Totton SO40 8WU</td>
<td>023 8066 3839</td>
</tr>
<tr>
<td>Lyndhurst Surgery</td>
<td>2 Church Lane, Lyndhurst SO43 7EW</td>
<td>023 8028 2689</td>
</tr>
<tr>
<td></td>
<td>Also provide surgery in Minstead</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.lyndhurstsurgery.org.uk">www.lyndhurstsurgery.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Testvale Surgery</td>
<td>12 Salisbury Road, Totton SO40 3PY</td>
<td>023 8086 6990</td>
</tr>
<tr>
<td>Totton Health Centre</td>
<td>Testwood Lane, Totton SO40 3ZN</td>
<td>023 8086 5051</td>
</tr>
<tr>
<td><strong>Waterside</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackfield Health Centre</td>
<td>Hampton Lane, Blackfield, SO45 1XA</td>
<td>02380 899119</td>
</tr>
<tr>
<td>Forest Side Medical Practice</td>
<td>Beaulieu Road, Dibden Purlieu, Southampton SO45 4JA</td>
<td>02380 844 546</td>
</tr>
<tr>
<td>Forestside Medical Practice</td>
<td>Old Malthouse, Main Road, Marchwood SO40 4UZ</td>
<td>02380 871233</td>
</tr>
<tr>
<td><strong>Solent Surgery</strong></td>
<td>Hythe Medical Centre, Beaulieu Road, Hythe, Southampton SO45 4ZD</td>
<td>023 804 23204</td>
</tr>
<tr>
<td>Waterfront and Solent Surgery</td>
<td>Jones Lane, Hythe, SO45 6AW</td>
<td>02380 841 841</td>
</tr>
<tr>
<td>Waterside Health Centre</td>
<td>Beaulieu Road, Hythe, Southampton SO45 5WX</td>
<td>02380 845 955</td>
</tr>
</tbody>
</table>
Community First New Forest

Dentists

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

Access through GP Only

Avon Valley

Dalkeith Dental Surgery
Ringwood
01425 473688

Mansfield House Dental Surgery
36 Southampton Road, Ringwood
01425 473938

South West

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

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

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

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

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

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

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

Hospitals

BUPA Centre Spire Southampton Hospital
Chalybeate Close, Southampton SO16 6UY
023 8091 4428

Christchurch Hospital
01202 486361

Hythe Hospital
02380 846046

Lymington Hospital
01590 663000
### Community First New Forest

<table>
<thead>
<tr>
<th>Hospital/Pharmacy</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milford on Sea War Memorial Hospital</td>
<td>01590 648100</td>
<td></td>
</tr>
<tr>
<td>Royal Bournemouth General Hospital</td>
<td>01202 303626</td>
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</tr>
<tr>
<td>Royal South Hants Hospital</td>
<td>023 8063 4288</td>
<td></td>
</tr>
<tr>
<td>Southampton General Hospital</td>
<td>023 8077 7222</td>
<td></td>
</tr>
<tr>
<td><strong>Pharmacies</strong></td>
<td></td>
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<tr>
<td>Avon Valley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bransgore Pharmacy (Boots The Chemist)</td>
<td>01425 672511</td>
<td></td>
</tr>
<tr>
<td>11 Southampton Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Downton Pharmacy</td>
<td>01725 510388</td>
<td></td>
</tr>
<tr>
<td>5 High Street, Downton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lloyds The Chemist</td>
<td>01425 474196</td>
<td></td>
</tr>
<tr>
<td>The Close, Ringwood</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lloyds The Chemist</td>
<td>01425 652300</td>
<td></td>
</tr>
<tr>
<td>1 Salisbury Street, Fordingbridge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totton and Lyndhurst</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AR Pharmacy</td>
<td>023 8087 0582</td>
<td></td>
</tr>
<tr>
<td>3 Hazel Farm Road, Totton SO40 8WU</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forest Pharmacy</td>
<td>023 8081 2734</td>
<td></td>
</tr>
<tr>
<td>Southampton Road, Bartley SO40 2NA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lloyds Pharmacy</td>
<td>023 8087 1255</td>
<td></td>
</tr>
<tr>
<td>Asda Precinct, Totton SO40 3BY</td>
<td></td>
<td><a href="http://www.lloydspharmacy.com">www.lloydspharmacy.com</a></td>
</tr>
<tr>
<td>Lloyds Pharmacy</td>
<td>023 8086 3100</td>
<td></td>
</tr>
<tr>
<td>12a Salisbury Road, Totton SO40 3PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lloyds Pharmacy</td>
<td>023 8086 3922</td>
<td></td>
</tr>
<tr>
<td>13a Commercial Road, Totton SO40 3BX</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Forest Pharmacy (Rowlands)</td>
<td>023 8028 2630</td>
<td></td>
</tr>
<tr>
<td>34 High St, Lyndhurst SO43 7BG</td>
<td></td>
<td><a href="http://www.rowlandspharmacy.co.uk">www.rowlandspharmacy.co.uk</a></td>
</tr>
</tbody>
</table>
Pharmacy Direct
215 Salisbury Road, Totton SO40 3LL
www.pharmacydirect.uk.com

South West

Alliance Pharmacy
41-42 St Thomas Street, Lymington SO41 9ND
01590 673725

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

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

Boots (Waitrose) SO41 9GF
01590 678874

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

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

Hordle Pharmacy, 26 Ashley Lane, SO41 0GA
01425 610594

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

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

Milford Pharmacy, War Memorial Hospital SO41 0PG
01590 645555

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

Waterside

Boots the Chemist
21 High Street Hythe, SO45 6AG
02380 842131

Boots the Chemist
119 Long Lane, Holbury S45 2NZ
02380 891155

Day Lewis Chemist
Fairview Parade, Fairview Drive, Hythe SO45 5GT
023 80 84 5254
Day Lewis Pharmacy  
1 Marchwood Village Centre, Marchwood SO40 4SF  
02380 870063

Jays Pharmacy  
Merriemead Parade, Beaulieu Road, Hythe, SO45 4PY  
023 8084 3222

Lloyds Pharmacy  
191 Hampton Lane, Blackfield SO45 1XA  
02380 893002

Other Medical

Action For Blind  
0800 915 4666

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

Age Concern New Forest Nail Cutting Service  
023 8084 1199

Alzheimer’s Society  
0845 300 0336

Assist UK  
Equipment and advisory service  
01590 644679

Audiology Service  
Royal South Hants, Brintons Terrace, Southampton  
023 8082 5124

Bathing Service  
Fenwick 2, Lyndhurst. Wednesdays  
info@fenwick2.co.uk  
023 8028 2862

Bladder & Bowel Foundation Nurse Helpline  
0845 345 0165

Books on Prescription  
Self-help manuals selected by experienced mental health practitioners for people with mental health problems  
0845 603 5631

British Red Cross  
Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care.  
01962 891660
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changing Faces - Skin Camouflage</td>
<td>0845 450 0275/0207 391 9270</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Chiropody (State Registered)</td>
<td>023 8066 6304</td>
</tr>
<tr>
<td>Happy Feet, AR Pharmacy, West Totton</td>
<td></td>
</tr>
<tr>
<td>Counseling - Options Plus</td>
<td></td>
</tr>
<tr>
<td>Cruse Bereavement Care</td>
<td>01425 628375</td>
</tr>
<tr>
<td><a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>CRUSE - Pop in for the bereaved</td>
<td>01425 628375 or 0870 167 1677</td>
</tr>
<tr>
<td>Lymington United Reformed Church front café, Lymington High Street, Lymington</td>
<td></td>
</tr>
<tr>
<td>Bereavement care/friendship group for the bereaved 3rd 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.</td>
<td></td>
</tr>
<tr>
<td>Dental Helpline</td>
<td>0845 050 8345</td>
</tr>
<tr>
<td>Diabetes UK Careline</td>
<td>020 7424 1000</td>
</tr>
<tr>
<td><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@diabetes.org.uk">info@diabetes.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>0808 200 0247</td>
</tr>
<tr>
<td>Womens Aid 24 hour National helpline</td>
<td></td>
</tr>
<tr>
<td>Elder Abuse</td>
<td>0808 808 8141</td>
</tr>
<tr>
<td><a href="http://www.elderabuse.org.uk">www.elderabuse.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Epilepsy Society Free Helpline</td>
<td>0808 800 5050</td>
</tr>
<tr>
<td>Confidential up to date information, emotional support, time to talk and opportunity to ask questions.</td>
<td></td>
</tr>
</tbody>
</table>
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

Grandparents Support Group (Community First New Forest)
Grandparents who care full-time for their grandchildren
01425 482773

Hampshire Association for Deaf People
023 8051 6518

Hampshire Coalition of Disabled People
0845 122 1487

Hampshire Occupational Therapy
0845 600 4555

Headway (Acquired Brain Injury)
120 Commercial Road, Totton SO40 3AD
023 8086 2948

Health Stroke Co-Ordinator
Fenwick 2, Lyndhurst
023 8028 6402
023 8028 2258

Home Support Service (Community First New Forest)
A caring and sitting service
homesupportmanager@cfnf.org.uk
www.cfnf.org.uk
023 8066 7080

Keysafe (Home Improvement Agency CFNF)
01425 482773

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

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

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

Meals on Wheels
Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm. Solent Area Office
01962 852329
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Team</td>
<td>023 8086 8886</td>
</tr>
<tr>
<td>Anchor House, 67-69 Ringwood Road, Totton SO40 8DX</td>
<td></td>
</tr>
<tr>
<td>Waterford House, New Milton</td>
<td>01425 622922</td>
</tr>
<tr>
<td>New Forest Disability Information Service</td>
<td>01425 628750</td>
</tr>
<tr>
<td>6 Osborne Road, New Milton BH25 6AD</td>
<td></td>
</tr>
<tr>
<td>Equipment hire also available.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.newforestdis.org.uk">www.newforestdis.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:info@newforestdis.org.uk">info@newforestdis.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>NHS Hampshire</td>
<td>023 8062 7444</td>
</tr>
<tr>
<td>Oakhouse Foods</td>
<td>01202 814179</td>
</tr>
<tr>
<td>Unit 3, The Holloways, Bessemer Close, Ebblake Industrial Estate, Verwood BH31 6AZ</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:enquiries@oakhousefoods.co.uk">enquiries@oakhousefoods.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Older Peoples Wellbeing Team</td>
<td>01962 847279</td>
</tr>
<tr>
<td>OPAL</td>
<td>0800 328 7154</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Open Sight Hampshire (sight loss)</td>
<td>023 8064 1244</td>
</tr>
<tr>
<td>Optician - Healthcall optical and hearing service</td>
<td>24hr care line 0800 030 4082</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Organ Donor Register</td>
<td>0300 1232323</td>
</tr>
<tr>
<td>PALS Patient Advice and Liaison Service</td>
<td>023 8079 8498</td>
</tr>
<tr>
<td>Southampton</td>
<td>01202 704 886</td>
</tr>
<tr>
<td>Bournemouth</td>
<td>0800 374208</td>
</tr>
<tr>
<td>Salisbury</td>
<td>01425 278644</td>
</tr>
<tr>
<td>Pain support - APRIL</td>
<td>07756 292091</td>
</tr>
<tr>
<td>Milton Medical Centre, Avenue Road</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Parkinsons (UK) Helpline</td>
<td>0808 800 0303</td>
</tr>
</tbody>
</table>
Prescriptions Advice Line   (for Free Prescriptions only) 0845 850 1166

Red Cross Equipment Hire
Medical Centre, Testwood Lane, Totton
Mon-Fri 10-12 noon
Hythe 23 8042 3281
Totton 023 8074 3241
Bransgore 01962 891668
Fordingbridge 01425 653273
Ringwood 01425 484833
Lymington 01590 672641
www.redcross.org.uk

Relatives Association
For people with relatives in residential care. 020 7359 8136

Remap Southampton and West Hants 01590 616330
Charity that custom makes equipment for disabled people. 0845 130 0456

RNIB Helpline Support
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. 0303 123 9999

Southampton Amputee and Carer Support Group 023 8077 7722

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

The British Wireless for the Blind Fund 01622 754757
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.

Waterside Goodneighbours 0845 643 9366
Offer help with many everyday things including shopping, collecting prescriptions, letter writing and small practical tasks.
Wessex Cancer Trust 02380 672200

Wiltshire Farm Foods 01202 490400
46 Wilverley Road, Somerford, Christchurch
www.wiltshirefarmfoods.com