New Forest
Directory of Services
(Community Support)
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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Any entry in this directory with a ‘D’ alongside it indicates this organisation is recognised as dementia friendly by Dementia Friendly Communities

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## Emergency Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Crimestoppers</td>
<td>0800 555111</td>
</tr>
<tr>
<td>Electric Emergency</td>
<td>0845 7708090</td>
</tr>
<tr>
<td>Emergency Services</td>
<td>999</td>
</tr>
<tr>
<td>Flood Line</td>
<td>0845 9881188</td>
</tr>
<tr>
<td>Gas Emergency</td>
<td>0800 111999</td>
</tr>
<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>
</tr>
<tr>
<td></td>
<td>01962 841534</td>
</tr>
<tr>
<td>Southern Water</td>
<td>0800 820 999</td>
</tr>
</tbody>
</table>
Community First New Forest
www.cfnf.org.uk

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

Call & Go
Transport service for older people & those with disabilities, who require door to door service locally.
callandgo@cfnf.org.uk
0845 6024326
01425 482773

Community Support
Personalised support to help people stay safe and independent
01425 478005

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

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

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

Minibus Hire
transport@cfnf.org.uk
01425 482773

Volunteer Centre
vol.bureau@cfnf.org.uk
01425 482773
## 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

**Age Concern New Forest**
Southward House, Beaulieu Road, Dibden Purlieu SO45 4PT
www.ageconcernnfe.btck.co.uk
ageconcernnfe@btconnect.com

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

**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

**Age Concern - Computer Clubs**
Contact for times and venues.

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

**Bereavement Care (Cruse)**

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

**Births, Marriages & Deaths Registrar**

**Blue Badge**
Hampshire County Council, The Castle, Winchester SO23 8UH
British Red Cross
Helps people live independently in own homes. Offers range of services - medical equipment loan, home from hospital, therapeutic care.

CAB (Citizens Advice Bureau) 91 Junction Road, Totton SO40 3BU
The Grove, 25 St John’s Road, Hythe SO45 6BZ
91-92 High Street, Lymington SO41 9AP (Also for Fordingbridge)
Outreach at Twin Oaks Medical Centre, Ringwood Road, Bransgore

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)
Gardening tool loan for 2 weeks trial before deciding to buy. Open 9.00am - 4.30pm.

Carers Allowance Unit
Government benefits and allowances enquiry line

Carers Line
Carers UK based in London

Carers Active Listening Line (Carers Together)

Carers Support Line (Salisbury area)

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

Carers in Hampshire (The Princess Royal Trust)

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

Community Alarms and Telecare

Community Legal Service
Free legal help and advice
Community First New Forest

Consumer Direct 0845 4040506
Crime Prevention 0845 045 045 45
Advice on safety in the home and crime prevention issues
www.hampshire.police.uk 01962 841534

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

Domestic Violence 0808 200 0247
Womens Aid 24 hour National helpline

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

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

Enable 01722 416189
Info and advice on disability – Salisbury Area

Energy Saving Trust 0800 512 012
www.energysavingtrust.org.uk 0207 222 0101

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

Fire and Rescue Community Safety – Free Home Fire Safety Visit for HCC Clients Ref Code ASHCC 023 8062 6809

Furzey Gardens Charitable Trust 023 8081 2464

Guide to Better Care and Support - Hantsdirect 0845 603 5630
A guide to staying independent in your own home 01329 225390

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

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

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

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

Library (Hythe) Pylewell Road 0845 603 5631
Library (Blackfield) 167 Hampton Road
Library (Totton) Library Road, Totton SO40 3RS 01329 225391
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
Library (Hythe For people who can’t access mobile library) 023 8084 1457

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
SO43 7PA 023 8028 5000

OYWAT - 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)
MA House, 70 Margaret Street, London W1W 8SS
www.mpsonline.org.uk
mps@dma.org.uk
020 7291 3310

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

Relate - East
West
023 8022 9761
01202 311231

Relatives Association
For people with relatives in residential care.
02073 598136

D
Respite Day at Fenwick2
023 8028 2862

ROSPA (Royal Society for the Prevention of Accidents)
0121 248 2000
www.rospa.org.uk

Samaritans
08457 909090
023 8063 2888

SSAFA (Forces Help)
023 8070 4978

Scratch
Southampton
Providing basic furniture and household items to people suffering poverty. Recognised agencies only can refer.
www.scratchcharity.co.uk
023 8077 3132

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
023 9275 0940

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.
01425 622401 until Nov 2012

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
gameographic
Community First New Forest

Telephone Preference Service  0845 070 0707
DMA House, 70 Margaret Street, London W1W  8SS
Register free to prevent unwanted calls.
www.tpsonline.org.uk
tps@dma.org.uk

The Pension Service  0845 606 0265
www.thepensionservice.gov.uk
01851 767458
will still charge from mobile

Totton and Eling Town Council  023 8086 3138
Civic Centre, Totton SO40 3AP

Tourist Information  023 8028 2269

Trading Standards  08454 040506
www.hants.gov.uk
02081 850710

Victim Support  023 8064 5578

Vision Impaired - Talking Newspaper  01425 622401
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.
until end Nov 2012

Volunteer Centre  01425 482773
Vol.bureau@cfnf.org.uk
www.cfnf.org.uk

Welfare Service/Veterans Agency  0800 169 2277

Wildlife Rescue (Salisbury area)  01980 862291

Winter Fuel Payments  08459 15 15 15
01912 187610
Still charge from mobile

Animals

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 (Must be in receipt of Housing or Council Tax Benefit)
Waterside, Totton, Lyndhurst and Lymington
For New Milton and BH postcodes
023 8022 2622
01202 533630

Pet Carers
Home and pet sitting - charges apply
023 8066 9292

Pet Healthcare Centre 38 Pylewell Road, Hythe, SO45 6AQ
023 8084 1000

RSPCA -
Ringwood
New Forest
0870 0101849
01202 529695
01425 473896

Seadown Vets
84 Salisbury Road, Totton
Hythe
Lymington
023 8066 3817
023 8084 2237
01590 672027

Veterinary Services - Mid-Forest
Veterinary Practice, Kingfisher House, Ringwood Road,
West Totton  www.midforestvets.co.uk
enquiries@midforestvets.co.uk
023 8066 0400

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)
Transport service for older people & those with disabilities, who require door to door service locally.
callandgo@cfnf.org.uk
www.cfnf.org.uk
0845 6024326
01425 482773

Communicare (Totton)
Medical and Dental Appointments only
Mon-Fri 10.00am - 12.00noon
023 8066 0200
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<thead>
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<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
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<tr>
<td>Fawley and District Voluntary Care Group</td>
<td>023 8089 8756</td>
</tr>
<tr>
<td>Medical and Social (Blackfield, Calshot, Exbury, Holbury, Langley and Lepe)</td>
<td></td>
</tr>
<tr>
<td>D Fenwick 2</td>
<td>023 8028 6331</td>
</tr>
<tr>
<td>Bus available for hire (not Mon or Wed). Driver not provided. <a href="mailto:coordinator@fenwick2.co.uk">coordinator@fenwick2.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Fordingbridge &amp; District Community Association</td>
<td>01425 652706</td>
</tr>
<tr>
<td>Avonway Community Centre</td>
<td></td>
</tr>
<tr>
<td>Fordingbridge Taxishare - HCC Bookable Services</td>
<td>01962 846786 to register</td>
</tr>
<tr>
<td>Greyfriars Mini-bus Service</td>
<td>01202 472613</td>
</tr>
<tr>
<td>The Association operates two mini-buses, both equipped with hydraulic lifts. They are available for use by the elderly, disabled and other organisations.</td>
<td></td>
</tr>
<tr>
<td>Hampshire County Council Transport Information</td>
<td>0845 6035633</td>
</tr>
<tr>
<td>Hythe and Dibden Community Car Service</td>
<td>01329 225393 023 8084 5788</td>
</tr>
<tr>
<td>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.</td>
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</tr>
<tr>
<td>Lymington Neighbourcare (Voluntary Care Group)</td>
<td>01590 679187</td>
</tr>
<tr>
<td>Solent Mead - Transport to attend hospital appointments, doctors surgeries, medical facilities. Volunteer drivers pick up from persons home. Mileage chart for charges on application.</td>
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</tr>
<tr>
<td>Lyndhurst Neighbourcare (within 5 miles of Lyndhurst)</td>
<td>0845 095 818 023 8028 2508</td>
</tr>
<tr>
<td>Medical Appointments, shopping assistance, collecting prescriptions, befriending, changing library books 48 hrs notice.</td>
<td></td>
</tr>
<tr>
<td>Minibuses for hire (Community First New Forest)</td>
<td>01425 482773</td>
</tr>
<tr>
<td>Open to members of Community First New Forest</td>
<td></td>
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<tr>
<td><a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>More Buses (Wilts and Dorset) (New Milton, Lymington, Ringwood, Fordingbridge)</td>
<td>0845 0727 093</td>
</tr>
<tr>
<td>National Express Coaches</td>
<td>08717 818178</td>
</tr>
</tbody>
</table>
New Milton Neighbourcare  
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)  
Shopmobility schemes to provide wheelchairs or powered scooters to get around town  
0845 644 2446

Travel Line  
0871 200 2233

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

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

Avon Valley

D Age Concern Day Centre - Fordingbridge Riverside Court 01425 655259
Art Society Ringwood 01202 820203

D 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
01329 225391
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 08000 150 950
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
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Fordingbridge Happy Tappers</td>
<td>01425 653079</td>
</tr>
<tr>
<td>Fordingbridge Historical Society</td>
<td>01425 654872</td>
</tr>
<tr>
<td>Fordingbridge Horticultural Society</td>
<td>01425 655235</td>
</tr>
<tr>
<td>Fordingbridge Keep Fit</td>
<td>01725 518132</td>
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<tr>
<td>Fordingbridge Museum</td>
<td>01425 655222</td>
</tr>
<tr>
<td>Fordingbridge Rotary Club</td>
<td>01425 655877</td>
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<tr>
<td>Fordingbridge Social Club</td>
<td>01425 652484</td>
</tr>
<tr>
<td>Friends of Fordingbridge Hospital</td>
<td>01425 652255</td>
</tr>
<tr>
<td>Friends of Fordingbridge Surgery</td>
<td>01425 653430</td>
</tr>
<tr>
<td>Fordingbridge Nursing Aids Trust</td>
<td>01425 654237</td>
</tr>
<tr>
<td>(Grants for those affected by illness or disability)</td>
<td></td>
</tr>
<tr>
<td>Greyfriars Affiliated Organisations</td>
<td>01425 472613</td>
</tr>
<tr>
<td><a href="http://www.greyfriarsringwood.org.uk">www.greyfriarsringwood.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Greyfriars Bridge Club</td>
<td>01425 477335</td>
</tr>
<tr>
<td>Wed 1.15-4.15 and Fri 6.45 for 7 pm start.</td>
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</tr>
<tr>
<td>Greyfriars Community Centre Club</td>
<td>01425 472613</td>
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<tr>
<td>Greyfriars Forum Club</td>
<td>01425 472805</td>
</tr>
<tr>
<td>Greyfriars Lace Club</td>
<td>01202 824814</td>
</tr>
<tr>
<td>Greyfriars Luncheon Club</td>
<td>01425 474377</td>
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<tr>
<td>GP referral only</td>
<td></td>
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<tr>
<td>Greyfriars Mens Club</td>
<td>01425 470795</td>
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<tr>
<td>Knit &amp; Knatter - Sandleheath</td>
<td>01425 656823</td>
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<tr>
<td>Let's Get Growing</td>
<td>01425 482773</td>
</tr>
<tr>
<td>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</td>
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</tbody>
</table>
Lions Club 0845 833 5819

Lose It To Music 01725 518132
Keep fit for mature ladies

New Age Kurling & Skittles 01425 652706

Pottery Club 01425 657474

Red Cross 01425 484833
Between 10am & 12 noon Loan Equipment

Ringwood & District Older Peoples Welfare Association 01425 476327
Hon Secretary Anne Osbourne

Ringwood Good Neighbours 07933 202112

Ringwood Good Neighbours Befriending 07719 239200
(Cornerways Surgery) Scheme 07719 239133

Ringwood & District Older Peoples Housing Association 01425 474817

Ringwood & Fordingbridge Club for the Blind 01425 474263

Ringwood & Fordingbridge Talking News 01425 480918

Ringwood Lions Club 0845 833 5819

Rotary Club of Ringwood 01425 471220

Royal British Legion 01425 478557

Ringwood Salvation Army 01425 472909

Ringwood Antiques Club 01425 472613

Ringwood Art Society 01202 820203

Ringwood Garden Club 01202 574875

Ringwood Philatelic Society 01425 478214

Ringwood Machine Knitting Club 01980 610659

Ringwood Scottish Country Dance Club 01425 654763
Community First New Forest

Ringwood & Burley Band
Salvation Army Fordingbridge
Salvation Army Ringwood
White Lion Scrabble League
Young At Heart - 1st and 3rd Thurs, 2.30-4.30 pm

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

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

New Milton Community Association Community Centre 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

D 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.

D 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.

D 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

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.

Art Group
Lyndhurst Community Centre.
Various days and times

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

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

Badminton
West Totton Centre
8.00-1.00 pm Wednesdays

Bartley Horticultural Society
Copythorne Parish Hall
3rd Thursday of the month
Bingo
Hounslow Community Association
Thurs evenings at 7.30-9.30 pm.
A raffle and tea and biscuits. Possible transport arranged.

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

Bowling
Totton and Eling Bowls Centre, Crabbs Way, West Totton.
Open to public for pay and play. 2 buggies available for use on the green.

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) 020 86917411
Totton and Eling Community Centre
Friday bi-monthly 10-12 noon.

Drama and Musical Society (Lyndhurst) 023 8028 3783
Vernon Theatre, Sandy Lane SO43 7DN
Rehearsal Mon and Thurs 7.45-10.00pm

Eling Tide Mill 023 8986 9575
10.00am-4.00pm
Wed-Sun plus Bank Holidays except Christmas Day and Boxing Day

Foresters Flower Club 023 8081 2883
Copythorne Parish Hall
1st Thurs 7.30-9.30 pm. Annual Subs £14.00

Furzey Gardens 023 8081 2464
Free entry to Art and Craft Gallery

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

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

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

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

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

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

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

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

Lyndhurst Lawn Tennis Club Over 50s Coaching 023 8029 3833

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

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
Lyndhurst Community Centre
Second Friday except Aug and Dec 7.30 - 10.00pm.

Patchwork Group 023 8086 8496
Calmore Community Centre
Tuesdays 7.00 - 9.00pm.  There is a charge for this 10 week course.  Jackie Sparks.

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

Pheonix Club 023 8066 7080
Fenwick 2
Run by Community First New Forest’s Home Support Service.
Gael Clemett.  1.30-3.30pm Mondays except Bank Holidays.
Transport available.

Pilates 023 8028 2267
Lyndhurst Community Centre on Tues

Pilates Exercise Group 023 8081 2702
St Anne’s Church, Cooks Lane, Calmore.  Weds 9.00-10.00am followed by coffee.  Gentle Way Group.  Kath Read.

Pilates 07837 915359
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

Dancing 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) 023 8178 7308
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) 023 8086 7417
Masonic Hall, Lexby Road, Totton, 2nd Wed afternoon 1.45-4pm
Secretary—Ann Barnes

Totton and District Three Score Club 023 8086 5355

Totton and District Gardeners Society 023 8029 2761
3 Score Club

Totton and Eling Historical Society 023 8081 2767
Totton and Eling Community Centre
First Monday in each month. 2-4 pm.

Totton and District Probus Club 023 8086 7882

Totton & Waterside Club for the Blind 023 8078 2742
Totton & Eling Community Centre
2nd Monday of each month 2.00 - 4.00pm
New members welcome.

TT Club 023 8087 3381
Hounsdown Community Centre
Thursdays 10.00am - 12.00noon.
Tea, coffee, a chat and bingo. Rose Sturgess.

Whist 023 8086 2087
Testwood Working Men’s Club
Secretary 110 Salisbury Road Totton Hampshire SO40 3PY
Tuesdays

Widows Club 023 8087 2722
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
WritersCircle
All ages, 7.30-10.00 pm
barjxplume@hotmail.com

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

Youlton 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

D Age Concern Pop-in at Dibden Purlieu Mondays 9.30-12.00 noon
Methodist Church Hall, North Road

D Alzheimers NF and Test Valley Branch
Milford War Memorial Hospital, Sea Road, Milford-on-Sea
SO41 OPG

Blackfield Flower Club
Holbury

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

Calshot Sailing Club
Wood Hatch, Blackfield, Southampton SO45 1WJ

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

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

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

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

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.

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
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
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
Maintaining important wildlife habitat. Sundays 10.00-3.00. FREE Membership. Paul Joliffe

New Forest Aviation Group
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
Community First New Forest

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

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

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

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

Shape up and dance
for 50+ age group 2pm every Monday

Solid Silver Club
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
Hounsdown Hall
2nd Friday in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday.
Maggi Short, Chairman

Tea Dance
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
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.
Community First New Forest

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

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

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

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

Waterside Natural History Society
St Andrews Centre Hall
023 8084 5510

Waterside Short Mat Bowls (Holbury)
023 8089 3750

Women's Guild
St Johns Hall, Hythe.
2nd Thursday 7.00pm. Speakers, outings, quizzes, music and chat.
023 8084 4336

Women's Guild Gentle Exercise
Ewart Court, Jones Lane, Hythe.
Monday afternoon 2.30pm in the lounge.
02380 842871

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.
023 8086 8681

WritersCircle
All ages, 7.45-10.00 pm Southampton
barjaxplume@hotmail.com
023 8077 3015
Lunch Clubs

Avon Valley

Avonway Lunch Club 01425 653419
Bransgore Lunch Club 01425 673057
Greyfriars Luncheon Club 01425 474377

South West

Ashley Baptist Church 01425 610415
Church Hall, Ashley BH25 5AA

Barton Methodist Church Lunch Group 01425 612807
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 Church secretary 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
## Community First New Forest

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

### Totton and Lyndhurst

<table>
<thead>
<tr>
<th>Location</th>
<th>Hours</th>
<th>Contact Info</th>
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<tbody>
<tr>
<td>D Age Concern New Forest</td>
<td>Tuesday 11.30-14.00 - pre booked only</td>
<td>023 8084 1199</td>
</tr>
<tr>
<td>Totton and Eling Community Association</td>
<td></td>
<td></td>
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<tr>
<td>Lyndhurst Baptist Church Hall</td>
<td>Chapel Lane</td>
<td>023 8028 4426</td>
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<tr>
<td>Lyndhurst Community Centre</td>
<td>Friday 12.30-3.30 pm</td>
<td>023 8028 2267</td>
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<tr>
<td>St Andrews Church</td>
<td>Dibden Purlieu</td>
<td>023 8084 0529</td>
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<tr>
<td>Trinity Church</td>
<td>Soup and Sweet Lunch</td>
<td>023 8087 1072</td>
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<tr>
<td>Waterside</td>
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</tr>
<tr>
<td>D Age Concern New Forest</td>
<td>Monday 11.00-1.00 pm - pre booked only</td>
<td>023 8028 1199</td>
</tr>
<tr>
<td>Age Concern New Forest Sunday Lunch Club</td>
<td>Horrill Centre, Dibden.</td>
<td>023 8084 1199</td>
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<tr>
<td>Dibden Lunch and Social Club</td>
<td>St Andrew’s Hall, Beaulieu Road, Dibden Purlieu</td>
<td>023 8084 0529</td>
</tr>
<tr>
<td>Hythe 2000 Lunch Club</td>
<td>St John’s Hall, Hythe</td>
<td>02380 844336</td>
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</tbody>
</table>

3 course meal, £5 including transport, £4 without. Runs every other Sunday - pre booked only. There is normally a waiting list for transport.

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.

2 course lunch. Wednesday 12 noon to 1.00pm. No transport. Call to book or just turn up.
Community First New Forest

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 023 8086 3138
Pauletts Lane SO40 2RS

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

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

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

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

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

Hounsdown Community Centre 07501 336498
Hounsdown Avenue SO40 9EX
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

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
Community First New Forest

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
01590 676696
132 High Street, Lymington
Roman Catholic

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

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

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

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

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

New Milton Baptist Church
01425 612011
90 Old Milton Road
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.

New Milton Evangelical Free Church
24-26 Whitefield Road, New Milton

New Milton Quaker House
30 Whitefield Road, New Milton

Our Lady of Lourdes RC Church
15 Mount Avenue, New Milton BH25 6NT

St Mary Magdalene C of E Church
The Rectory, Church Lane, New Milton BH25 6QN

St Peters Church
Ashley Common Road, Ashley

Totton and Lyndhurst

Anglican Churches

All Saints, Minstead SO43 7EX

Christ Church
Colbury SO40 7EH

Christ Church
Emery Down SO43 7DT

St Anne’s
Cooks Lane, Totton SO40 2RU

St Mary’s
Copythorne

St Mary’s
Eling Hill, Totton SO40 9HF

St Matthew’s
Ringwood Road, Totton

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

01425 614968

01425 622450

01425 638453

01425 615150

01425 627501

023 8028 2154

023 8028 2154

023 8028 2154

023 8028 2154

023 8028 2154

023 8029 2132

023 8028 2154

023 8081 2702

023 8081 4769

023 8086 6426

023 8066 3267

023 8028 2154
Community First New Forest

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 SO43 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

Waterside

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

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

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

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

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

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 John’s 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

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

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

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

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

GPs

Avon Valley
Burton and Bransgore Medical Centre 01425 672857
Cornerways Surgery 01425 472515
Parkers Close, Gorley Road, Ringwood

D
Fordingbridge Surgery 01425 653430
Bartons Road

Ringwood Medical Centre 01425 478901
The Close

Twin Oaks Medical Centre 01425 672741

South West Area

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

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

Hordle - The Surgery 01425 621188
24 Ashley Lane, Hordle

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

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

Lymington - Wistaria Surgery 01590 672212
18 Avenue Road, Lymington

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

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

New Milton - The Arnewood Pratice 01425 620393
Milton Medical Centre, Avenue Road, New Milton BH25 5JP
Community First New Forest

New Milton Health Centre 01425 621188
Spencer Rd, New Milton, Hampshire BH25 6EN

New Forest Medical Group 01590 682617
The Surgery, Station Rd, Sway, Lymington, Hampshire SO41 6BA

Totton and Lyndhurst

Forestgate Health Centre 023 8066 3839
Hazel Farm Road, Totton SO40 8WU

Lyndhurst Surgery 023 8028 2689
2 Church Lane, Lyndhurst SO43 7EW
Also provide surgery in Minstead
www.lyndhurstsurgery.org.uk

Testvale Surgery 023 8086 6990
12 Salisbury Road, Totton SO40 3PY

Totton Health Centre 023 8086 5051
Testwood Lane, Totton SO40 3ZB

Waterside

Blackfield Health Centre 02380 899119
Hampton Lane, Blackfield, SO45 1XA

Forest Side Medical Practice 02380 844 546
Beaulieu Road, Dibden Purlieu, Southampton SO45 4JA

Forestsise Medical Practice 02380 871233
Old Malthouse, Main Road, Marchwood SO40 4UZ

Solent Surgery 023 804 23204
Hythe Medical Centre, Beaulieu Road, Hythe, Southampton SO45 4ZD

Waterfront and Solent Surgery 02380 841 841
Jones Lane, Hythe, SO45 6AW

Waterside Health Centre 02380 845 955
Beaulieu Road, Hythe, Southampton SO45 5WX
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

Mansfield House Dental Surgery
36 Southampton Road, Ringwood

01425 473688

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

Milford on Sea War Memorial Hospital 01590 648100
Royal Bournemouth General Hospital 01202 303626
Royal South Hants Hospital 023 8063 4288
Southampton General Hospital 023 8077 7222

Pharmacies

Avon Valley
Bransgore Pharmacy (Boots The Chemist) 01425 672511
Boots The Chemist
11 Southampton Road 01425 474170

Downton Pharmacy
5 High Street, Downton 01725 510388

Lloyds The Chemist
The Close, Ringwood 01425 474196

Lloyds The Chemist
1 Salisbury Street, Fordingbridge 01425 652300

Totton and Lyndhurst

AR Pharmacy
3 Hazel Farm Road, Totton SO40 8WU 023 8087 0582

Forest Pharmacy
Southampton Road, Bartley SO40 2NA 023 8081 2734

Lloyds Pharmacy
Asda Precinct, Totton SO40 3BY 023 8087 1255
www.lloydspharmacy.com

Lloyds Pharmacy
12a Salisbury Road, Totton SO40 3PY 023 8086 3100

Lloyds Pharmacy
13a Commercial Road, Totton SO40 3BX 023 8086 3922

New Forest Pharmacy (Rowlands)
34 High St, Lyndhurst SO43 7BG 023 8028 2630
www.rowlandspharmacy.co.uk
Community First New Forest

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
023 80 84 2131

Boots the Chemist
119 Long Lane, Holbury S45 2NZ
023 80 84 1155

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
0207 635 4800

Action on Pain Resource and Information Library
07756 292991

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
0800 085 6625
Freephone

Alzheimer’s Society
0845 300 0336
National
01590 644679
Local

Assist UK
Equipment and advisory service
023 8071 885

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

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 603 563
01329 225391
Community First New Forest

British Red Cross 01962 891660
Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care.

Changing Faces - Skin Camouflage 0845 450 0275/ 0207 391 9270
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.

Chiropody (State Registered) 023 8066 6304
Happy Feet, AR Pharmacy, West Totton

Cognitive Stimulation Therapy (CST) 01425 517926/07837 695529
For people with mild to moderate dementia at the Horrill Centre at Dibden Purlieu and Fordingbridge.

Counseling - Options Plus 01425 628375

Cruse Bereavement Care 01425 628375
tt: helpline@cruse.org.uk
www.crusebereavementcare.org.uk
CRUSE - Pop in for the bereaved 01425 628375 or 0870 167 1677
Lymington United Reformed Church front café, Lymington High Street, Lymington
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.

Dental Helpline 0845 050 8345
023 8082 8151

Diabetes UK Careline 020 7424 1000
www.diabetes.org.uk
info@diabetes.org.uk

Domestic Violence 0808 200 0247
Womens Aid 24 hour National helpline
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elder Abuse</td>
<td>0808 808 8141</td>
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<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>
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<tr>
<td>Confidential up to date information, emotional support, time to talk and opportunity to ask questions.</td>
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<tr>
<td>Eye Clinic</td>
<td>0800 854477</td>
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<tr>
<td>The Outside Clinic, Old Town Court, 10/14 High Street, Old Town, Swindon SN1 3EP</td>
<td></td>
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<tr>
<td>Free eye test in your home. Ring for details</td>
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<tr>
<td>Grandparents Support Group (Community First New Forest)</td>
<td>01425 482773</td>
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<tr>
<td>Grandparents who care full-time for their grandchildren</td>
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<tr>
<td>Hampshire Association for Deaf People</td>
<td>023 8051 6518</td>
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<tr>
<td>Hampshire Coalition of Disabled People</td>
<td>0845 122 1487 023 8020 2650</td>
</tr>
<tr>
<td>Hampshire Occupational Therapy</td>
<td>0845 600 4555 01329 225376</td>
</tr>
<tr>
<td>Headway (Acquired Brain Injury)</td>
<td>023 8086 2948</td>
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<tr>
<td>120 Commercial Road, Totton SO40 3AD</td>
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<tr>
<td>Health Stroke Co-Ordinator</td>
<td>023 8028 6402 023 8028 2258</td>
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<tr>
<td>Healthwatch</td>
<td>01962 440262</td>
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<tr>
<td>Link - find out what people like or dislike about local health services and work with organizations who plan and run them.</td>
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</tr>
<tr>
<td>Home Support Service (Community First New Forest)</td>
<td>023 8066 7080</td>
</tr>
<tr>
<td>A caring and sitting service</td>
<td></td>
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<tr>
<td><a href="mailto:homesupportmanager@cfnf.org.uk">homesupportmanager@cfnf.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a></td>
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<tr>
<td>Keysafe (Home Improvement Agency CFNF)</td>
<td>01425 482773</td>
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<tr>
<td>Lifeline</td>
<td>023 8028 5453</td>
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<tr>
<td>From New Forest District Council Community Alarms. Two way speech system linked to a Communication Control Centre to make independence more secure.</td>
<td></td>
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</tbody>
</table>
**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.

**Meals on Wheels - Apetito**  
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

**Mental Health Team**  
Anchor House, 67-69 Ringwood Road, Totton SO40 8DX  
Waterford House, New Milton  
023 8086 8886  
01425 622922

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

**NHS Hampshire**  
023 8062 7444

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

**D Older Peoples Wellbeing Team**  
01962 847279

**D OPAL**  
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 (sight loss)**  
023 8064 1244  
24hr care line  
0800 030 4082

**Optician – Healthcall optical and hearing service**  
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.

**Organ Donor Register**  
0300 1232323
Community First New Forest

PALS  Patient Advice and Liaison Service  Southampton
Bournemouth  023 8079 8498
Salisbury  01202 704 886
0800 374208

Pain support - APRIL
Christchurch Day Centre, 250 Lymington Road, Highcliffe
BH23 5ET  07756 292091
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.

Parkinsons (UK) Helpline  0808 800 0303

Prescriptions Advice Line  (for Free Prescriptions only)  0845 850 1166
0300 330 1349

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  020 7359 8136
For people with relatives in residential care.

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

RNIB Helpline Support  0303 123 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.

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.

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.

Waterside Goodneighbours
Offer help with many everyday things including shopping, collecting prescriptions, letter writing and small practical tasks.

Wessex Cancer Trust

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