

Community First **New Forest**

**Innovations Directory**

**Avon Valley**

# Community First New Forest

## Introduction

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

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# Community First New Forest

## Contents

<b>Topic</b>	<b>Page</b>
Community First New Forest	<b>3</b>
Advice & Information	<b>4</b>
Carer Support	<b>11</b>
Emergency Numbers	<b>13</b>
Home and Garden Care	<b>14</b>
Medical	<b>16</b>
New Forest Services	<b>19</b>
Personal Support	<b>21</b>
Social and leisure	<b>26</b>
Transport	<b>33</b>
Wellbeing Services	<b>35</b>

## Community First New Forest

### Community First New Forest

[www.cfnf.org.uk](http://www.cfnf.org.uk)

**General enquiries** 01425 482773  
65 Christchurch Road, Ringwood, BH24 1DH  
[admin@cfnf.org.uk](mailto:admin@cfnf.org.uk)

**Call & Go** 0845 6024326  
Transport service for older people & those with disabilities, who  
require door to door service locally.  
[callandgo@cfnf.org.uk](mailto:callandgo@cfnf.org.uk)

**Grandparents support group** 01425 482773  
Grandparents who care full-time for their grandchildren  
[cypservices@cfnf.org.uk](mailto: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](mailto:hia.manager@cfnf.org.uk)

**Home Support Services** 023 8066 7080  
Caring and Sitting Service  
[homesupportmanager@cfnf.org.uk](mailto:homesupportmanager@cfnf.org.uk)

**Minibus Hire** 01425 482773  
[transport@cfnf.org.uk](mailto:transport@cfnf.org.uk)

**Volunteer Centre** 01425 482773  
[vol.bureau@cfnf.or.uk](mailto:vol.bureau@cfnf.or.uk)

## Community First New Forest

### Advice & Information

<b>Adult Services</b> Information and advice to support independent living, report concern about vulnerable adults, deaf and sensory information <a href="http://www.hants.gov.uk/adult-services">www.hants.gov.uk/adult-services</a>	<b>0845 603 5630</b>
<b>Age Concern Hampshire</b> Day care, foot care/nail cutting service, one to one computer tuition, volunteer opportunities 1 Cross Street, Winchester SO23 9JA <a href="http://www.ageconcernhampshire.org.uk">www.ageconcernhampshire.org.uk</a> <a href="mailto:mail@ageconcernhampshire.org.uk">mail@ageconcernhampshire.org.uk</a>	<b>0800 328 7154</b> <b>01962 868545</b>
<b>Age UK (Formerly Age Concern)</b> Day Care Centre for physically and mentally frail older people	<b>01425 479415</b>
<b>Age UK Senior line</b>	<b>0808 800 6565</b>
<b>Alzheimer's NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Fordingbridge Outreach Worker Ringwood Outreach Worker	<b>01590 644649</b> <b>07936 323579</b> <b>01725 513334</b>
<b>Attendance Allowance Helpline</b>	<b>0845 712 3456</b>
<b>Barrow Bros &amp; Tapper Funeral Services</b>	<b>01425 472104</b>
<b>Benefit Enquiry Line, Department of Work &amp; Pensions</b> <a href="http://www.dwp.gov.uk">www.dwp.gov.uk</a>	<b>0800 88 22 00</b>
<b>Benefits Agency - Disability and Living Allowance</b> New claim pack. <a href="http://www.dwp.gov.uk">www.dwp.gov.uk</a>	<b>08457 123456</b>
<b>Bereavement Care (Cruise)</b>	<b>01425 478005</b>

## Community First New Forest

<b>Bereavement Register</b> A service specifically designed to remove from databases and mailing files the names and addresses of people who have died.	<b>0870 600 7222</b>
<b>Black &amp; Ethnic Minority Support</b>	<b>0800 0751057</b>
<b>Blue Badge</b> HCC, The Castle, Winchester, SO23 8UH	<b>01962 847650</b> <b>0845 603 5633</b>
<b>Bransgore Community Care Group</b>	<b>01425 674065</b>
<b>Bransgore Parish Council</b>	<b>01425 674155</b>
<b>Bridge</b> Alcohol & Drug Abuse 75 Leigh Road, Eastleigh SO50 9DQ www.ssj.org.uk	<b>01425 482773</b>
<b>CAB (Citizens Advice Bureau)</b> Provides advice on all matters. This office is at Fridays Court. Open Mon 10 - 4, Tues 3.30 - 6.30, Wed, Thurs & Fri 10 - 12.45	<b>01425 473330</b>
<b>Cancer Care Society</b> www.cancercaresoc.emon.co.uk info@cancercaresoc.demon.uk	<b>01794 8303000</b>
<b>Chat to a Friend</b>	<b>0800 0323456</b>
<b>Community Dentist</b> For housebound or people who cannot access treatment for a variety of reasons	<b>023 8098 2541</b>
<b>Community Legal Service</b> Free legal help and advice	<b>0845 3454345</b>
<b>Consumer Direct</b>	<b>0845 4040506</b>

## Community First New Forest

<b>Co-op Funeral Services Ringwood</b>	<b>01425 473434</b>
<b>Crime Prevention</b> Advice on safety in the home and crime prevention issues <a href="http://www.hampshire.police.uk">www.hampshire.police.uk</a>	<b>0845 0454545</b>
<b>Diabetes UK Careline</b> <a href="mailto:info@diabetes.org.uk">info@diabetes.org.uk</a> <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	<b>020 7424 1000</b>
<b>Domestic Violence</b> Women's aid 24hr helpline	<b>0808 200 0247</b>
<b>Elder Abuse</b> <a href="http://www.elderabuse.org.uk">www.elderabuse.org.uk</a>	<b>0808 808 8141</b>
<b>Electricity Enquiry Line</b>	<b>0845 744 4555</b>
<b>Enable</b> Info and advise on disability	<b>01722 416189</b>
<b>Energy Saving Trust</b> <a href="http://www.energysavingtrust.org.uk">www.energysavingtrust.org.uk</a>	<b>0800 512 012</b>
<b>Eye Clinic</b> The Outside Clinic, Old Town Court, 10-14 High Street, Old Town, Swindon SN1 3EP Free eye test in your home. Ring for details.	<b>0845 7444 555</b>
<b>Fire and Rescue Community Safety</b>	<b>023 8062 6809</b>
<b>Fordingbridge Tourist Information</b> Only open Easter to September	<b>01425 654560</b>
<b>Fordingbridge Town Council</b> Town Hall, 63 High St, Fordingbridge	<b>01425 654134</b>

## Community First New Forest

<b>Free Prescriptions Advice Line</b>	<b>0800 917 711</b>
<b>Guide to Care at Home</b> Guide to staying independent in your own home	<b>0846 603 5630</b>
<b>Hampshire County Council</b>	<b>0845 603 5638</b>
<b>Hampshire Trading Standards</b> Quick Response Team	<b>01962 833620</b>
<b>Hazardous Waste Disposal</b> eg light bulbs, batteries, oven cleaner, etc. Marchwood	<b>023 8066 6376</b>
<b>Headway</b> Acquired head injury 120 Commercial Road, Totton SO40 3AD	<b>023 9273 1931</b>
<b>Health Stroke Co-ordinator</b> Fenwick 2, Lyndhurst	<b>023 8028 6402</b>
<b>John Shering Funeral Services</b> Fordingbridge	<b>01425 653019</b>
<b>Lesbian &amp; Gay Switchboard</b>	<b>01202 318822</b>
<b>Libraries</b> <b>Fordingbridge Library</b> Roundhill, Fordingbridge, SP6 1AQ	<b>0845 6035631</b>
<b>Ringwood Library</b> Christchurch Road, Ringwood, BH24 1DW	<b>0845 6035631</b>
<b>MP</b> Desmond Swayne New Forest West Holds weekly surgeries	<b>0207 2194886</b>

## Community First New Forest

<b>Mental Health Team</b> Community Mental Health Team for Older Adults	<b>01425 622922</b> <b>01425 623802</b>
<b>New Forest Disability Information Service</b> New Milton Equipment hire also available. info@newforestdis.org.uk	<b>01425 628750</b>
<b>New Forest District Council - Fordingbridge</b> West Wing, School House, Provost Street, Fordingbridge Hampshire. SP6 1AY	<b>01425 656090</b>
<b>New Forest District Council - Lyndhurst</b> Appletree Court, Lyndhurst SO43 7PA www.newforest.gov.uk customer.services@nfdc.gov.uk	<b>023 8028 5000</b>
<b>New Forest District Council - Ringwood</b> Public Offices, 65 Christchurch Road, Ringwood BH24 1DH	<b>01425 472212</b>
<b>I.N. Newman Funeral Service</b> Fordingbridge	<b>01425 656286</b>
<b>OFWAT (Water Board Problems)</b> Centre City Tower, 7 Hill Street, Birmingham, B5 4UA	<b>0121 625 1300</b>
<b>Organ Donor Register</b>	<b>0300 1232323</b>
<b>Parkinsons Disease Society Helpline</b>	<b>0808 800 0303</b>
<b>Post Office Counters Helpline</b> Postal, telephone, licenses, money etc www.postoffice.co.uk	<b>0845 722 3344</b>
<b>Postal Preference Service</b> DMA House, 70 Margaret Street, London W1W 8SS www.mpsonline.org.uk mps@dma.org.uk	<b>020 7291 3310</b>

## Community First New Forest

<b>Relate</b>	<b>01202 311231</b>
<b>Relatives Association</b> For people with relatives in residential care	<b>01962 845491</b>
<b>Ringwood &amp; District Older Peoples Welfare Association</b> An umbrella organisation set up to relieve the needs of the elderly residents in Ringwood	<b>01425 476327</b>
<b>Ringwood Town Council</b>	<b>01425 473883</b>
<b>Ringwood Tourist Information</b>	<b>01425 470896</b>
<b>Ringwood UK Diabetes Office</b>	<b>01425 477202</b>
<b>ROSPA (Royal Society for the Prevention of Accidents)</b> <a href="http://www.rospa.org.uk">www.rospa.org.uk</a>	<b>0121 248 2000</b>
<b>Royal National Society for the Blind</b>	<b>0845 766 9999</b>
<b>Samaritans</b> Local Office 24 Hour Helpline	<b>01722 323355</b> <b>01202 551999</b>
<b>Senior Legal Services</b> 62 Wellands Rd, Lyndhurst SO43 7AD	<b>023 8028 4711</b>
<b>Solicitors for the Elderly</b> <a href="http://www.solicitorsfortheelderly.com">www.solicitorsfortheelderly.com</a> <a href="mailto:admin@solicitorsfortheelderly.com">admin@solicitorsfortheelderly.com</a>	<b>0870 067 0282</b>
<b>SSAFA - Forces Help</b>	<b>0121 8070 4978</b>

## Community First New Forest

<b>Tax help for older people</b> TOP Registered charity established to provide free professional help on personal tax to older people on modest incomes. Telephone manned and answer phone.	<b>Local</b> <b>0845 601 3321</b> <b>or</b> <b>01308 488066</b> <b>geographic</b>
<b>Telephone Preference Service</b> DMA House, 70 Margaret Street, London W1W 8SS Register free to prevent unwanted calls. <a href="http://www.tpsonline.org.uk">www.tpsonline.org.uk</a> <a href="mailto:tps@dma.org.uk">tps@dma.org.uk</a>	<b>0845 070 0707</b>
<b>The Pension Service</b> <a href="http://www.thepensionservice.gov.uk">www.thepensionservice.gov.uk</a>	<b>0845 606 0265</b>
<b>Tourist Information</b>	<b>01590 689000</b>
<b>Trading Standards</b> <a href="http://www.hants.gov.uk">www.hants.gov.uk</a>	<b>08454 040506</b>
<b>Victim Support</b>	<b>023 8064 5578</b>
<b>Welfare Service/Veterans Agency</b>	<b>0800 169 2277</b>
<b>Wessex Cancer Trust</b>	<b>02380 672200</b>
<b>Wildlife Rescue</b>	<b>01980 862291</b>
<b>Winter Fuel Payments</b>	<b>08459 15 15 15</b>

## Community First New Forest

### Carer Support

<b>Alzheimer's NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Fordingbridge Outreach Worker Ringwood Outreach Worker	<b>01590 644649</b>  <b>07936 323579</b> <b>01725 513334</b>
<b>Call Carers Direct</b> 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.	<b>0808 802 0202</b>
<b>Carers Allowance Unit</b>	<b>01253 856123</b>
<b>Carers Direct</b>	<b>0845 600 4555</b>
<b>Carers Line</b>	<b>0808 808 7777</b>
<b>Carers Listening Line (Carers Together)</b>	<b>0800 0323456</b>
<b>Carers Support Line</b>	<b>01722 322746</b>
<b>Carers Together New Forest</b> Provides outgoing help and support, a variety of activities and relaxation days for family/unpaid carers.	<b>023 8028 6342</b>
<b>Community Care Project for Older people</b> Social and emotional support for over 65s	<b>023 8023 1936</b>
<b>Macmillian Cancer support</b> Specialist advisor specifically for people diagnosed with cancer, their families/carers. Client or family contact Macmillian who refer them to specialist advisor at CAB New Milton. Provides practical, medical, emotional and financial support. Also based at Southampton Hospital.	<b>Macmillan</b> <b>0808 808 0000</b> <b>or call in CAB</b> <b>NM to book</b> <b>appointment</b>

## Community First New Forest

<b>Princess Royal Trust For Carers</b> Information on emergency planning and other carer support. <a href="http://www.carecentre.co.uk">www.carecentre.co.uk</a>	<b>01962 842034</b>
<b>Ringwood Carers Group</b> Supporting carers living in the Ringwood area	<b>01425 476327</b>
<b>Speakability Ringwood</b> Give support and help to people suffering from speech / language difficulties	<b>01425 654188</b>
<b>Take A Break</b> Respite care for the New Forest	<b>01590 674238</b>

## Community First New Forest

### Emergency Numbers

Crimestoppers	0800 555111
Electric Emergency	0845 7708090
Emergency Services	999
Flood Line	0845 9881188
Gas Emergency	0800 111999
NHS Dental Emergency Helpline	0845 0508345
NHS Direct	0845 4647
Police	0845 045 45 45
Ringwood Fire Department	02380 626809
Southern Water	0800 820 999

## Community First New Forest

### Home & Garden Care

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

**Community Alarms and Telecare** 0845 603 5630

**Electricity Enquiry** 0845 7444 555

**Energy Saving Trust** 0800 512 012  
[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

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

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

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

**Let's Get Growing**  
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. 01425 474879  
01425 483382  
07825 093992  
**Megan Norris - Chair**  
**Judith Smith - Secretary**  
**Kay Sutton - Treasurer**  
[info@letsgetgrowing.org.uk](mailto:info@letsgetgrowing.org.uk).

## Community First New Forest

### **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**

### **OFWAT (Water Board Problems)**

Centre City Tower, 7 Hill Street, Birmingham, B5 4UA

**0121 625 1300**

### **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](mailto:groundsmaintenance@shaw-trust.org.uk)

**0845 604 4643**

## Community First New Forest

### Medical

#### GPs

**Bransgore Medical Centre** 01425 672857

**Bransgore Twin Oaks Medical Centre** 01425 672741

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

**Fordingbridge Surgery** 01425 653430  
Bartons Road

**Ringwood Medical Centre** 01425 478901  
The Close

#### Dentists

**Dalkeith Dental Surgery** 01425 473688  
Ringwood

**Mansfield House Dental Surgery** 01425 473938  
36 Southampton Road, Ringwood

#### Hospitals

**Bournemouth General Hospital**  
Main Switchboard 01202 303626  
24 Hour Accident Centre 01202 704167

**Fordingbridge Hospital** 01425 652 255

**Salisbury District Hospital** 01722 336262

**Southampton General Hospital** 023 8077 7222

## Community First New Forest

### Pharmacies

**Brangore Pharmacy (Boots The Chemist)** 01425 672511

**Boots The Chemist** 01425 474170  
11 Southampton Road

**Downton Pharmacy** 01725 510388  
5 High Street, Downton

**Lloyds The Chemist** 01425 474196  
The Close, Ringwood

**Lloyds The Chemist** 01425 652300  
1 Salisbury Street, Fordingbridge

### Other

**Alzheimer's NF and Test Valley Branch** 01590 644649  
Milford War Memorial Hospital, Sea Road, Milford-on-Sea  
SO41 0PG

Fordingbridge Outreach Worker 07936 323579  
Ringwood Outreach Worker 01725 513334

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

**Continence Foundation** 0845 345 0165

**Dental Helpline** 0845 050 8345

**Hampshire Occupational Therapy** 0845 600 4555

**LINK** 0845 601 5859  
Link find out what people like or dislike about local health  
services and work with organizations who plan and run them.

## Community First New Forest

<b>NHS Direct</b>	<b>0845 46 47</b>
<b>Hampshire Community Care Trust</b>	<b>023 8087 4300</b>
<b>National Schizophrenia Fellowship</b>	<b>0845 4560455</b>
<b>PALS</b> Patient Advice and Liaison Service ensures NHS listens to patients, relatives etc and answers their questions and resolves problems quickly.	<b>Freephone</b> <b>0800 0151 548</b> <b>or</b> <b>01590 663089</b>
<b>Southampton Amputee and Care Support Group</b>	<b>023 8079 6039</b>
<b>Wessex Cancer Trust</b>	<b>023 8067 2200</b>

## Community First New Forest

### New Forest Services

<b>Alzheimer's NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Fordingbridge Outreach Worker Ringwood Outreach Worker	<b>01590 644649</b>  <b>07936 323579</b> <b>01725 513334</b>
<b>Births, Marriages &amp; Deaths Registrar</b>	<b>0845 6035637</b>
<b>British Red Cross</b> Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care and skin camouflage.	<b>01962 891660</b>
<b>CAB (Citizens Advice Bureau)</b>	<b>0870 1264 089</b>
<b>Community Dentist</b> For housebound or people who cannot access treatment for a variety of reasons	<b>023 8098 2541</b> <b>01672 517420</b>
<b>Epilepsy Helpline</b> Confidential up to date information, emotional support, time to talk and opportunity to ask questions.	<b>01494 601 400</b>
<b>Fire and Rescue Community Safety</b>	<b>023 8062 6809</b>
<b>Grandparents support group (Community First New Forest)</b> Grandparents who care full-time for their grandchildren. cypservices@cfnf.org.uk www.cfnf.org.uk	<b>01425 482773</b>
<b>Hazardous Waste Disposal</b> eg light bulbs, batteries, oven cleaner, etc	<b>023 8066 6376</b>
<b>Headway (Acquired Brain Injury)</b> 120 Commercial Road, Totton SO40 3AD	<b>023 9273 1931</b>

## Community First New Forest

<b>Health Stroke Co-Ordinator</b> Fenwick 2, Lyndhurst	<b>023 8028 6402</b>
<b>Home Improvement Agency (Community First New Forest)</b> Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. hia.manager@cfnf.org.uk www.cfnf.org.uk	<b>01425 478005</b>
<b>Home Support Service (Community First New Forest)</b> Sitting and caring service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	<b>023 8066 7080</b>
<b>New Forest Disability Information Service</b> 6 Osborne Road, New Milton BH25 6AD Equipment hire also available www.newforestdis.org.uk info@newforestdis.org.uk	<b>01425 628750</b>
<b>Tourist Information</b>	<b>01590 689000</b>
<b>Volunteer Centre</b> vol.bureau@cfnf.org.uk www.cfnf.org.uk	<b>01425 482773</b>
<b>Woodland Burial Ground</b> Hinton	<b>01425 278910</b>
<b>Your Voice Advocacy</b> For people over 65 living with dementia. Portman House, 53 Millbrook Road East, Southampton SO15 1HM www.hampshireadvocacy.org.uk	<b>023 8023 8155</b>

## Community First New Forest

### Personal Support

<b>Action For Blind</b>	<b>0800 915 4666</b>
<b>Age Concern Hampshire</b> 1 Cross Street, Winchester SO23 9JA www.ageconcernhampshire.org.uk www.ageuk.org.uk mail@ageconcernhampshire.org.uk	<b>0800 328 7154</b> <b>01962 868545</b>
<b>Age Concern Hampshire Computer Centre</b> Anyone over 50yrs who wants to learn about computers/internet/digital photography. Courses individually structured with one to one tutor. Learn at own pace. One hour booked session per week. Phone co-coordinator to discuss needs. Various locations.	<b>0800 328 7154</b>
<b>Age Concern Hampshire Footcare service</b> Various area locations. Toe cutting service for older people who do not qualify for NHS chiropody. Small charge. Telephone for areas/times.	<b>01329 842481</b>
<b>Age Concern Nail Cutting Service</b>	<b>01425 479415</b>
<b>Alzheimer's NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG Fordingbridge Outreach Worker Ringwood Outreach Worker	<b>01590 644649</b> <b>07936 323579</b> <b>01725 513334</b>
<b>Assist UK</b> Equipment and advisory service	<b>023 8071 8855</b>
<b>Avonway Community Centre Fordingbridge</b> Tues & Thurs	<b>01425 653419</b>
<b>Bransgore Lunch Club</b>	<b>01425 673057</b>

## Community First New Forest

<b>Cruse Bereavement Care</b> helpline@cruse.org.uk www.crusebereavementcare.org.uk	<b>01425 628375</b>
<b>Domestic Violence—Women’s Aid 24 hour National helpline</b>	<b>0808 200 0247</b>
<b>Elder Abuse</b> www.elderabuse.org.uk	<b>0808 808 8141</b>
<b>Grandparents Support Group (Community First New Forest)</b> Grandparents who care full-time for their grandchildren cypservices@cfnf.org.uk www.cfnf.org.uk	<b>01425 482773</b>
<b>Greyfriars Community Centre Ringwood</b>	<b>01425 472613</b>
<b>Guide to Care at Home</b> A guide to staying independent in your own home	<b>0846 603 5630</b>
<b>Hampshire Deaf Association</b>	<b>023 8051 6518</b>
<b>Hampton Park</b> Downton, Fordingbridge	<b>01725 - 511492</b>
<b>Home Support Service (Community First New Forest)</b> Sitting and caring service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	<b>023 8066 7080</b>
<b>Keysafe Supra UK Ltd</b> Unit 24, The Furlong, Berry Hill Industrial Estate, Droitwich Spa WR9 9AH	<b>01905 770333</b>
<b>Lifeline from New Forest District Council Community Alarms</b> Two way speech system lined to communication control centre to make peoples independence more secure.	<b>023 8028 5453</b>

## Community First New Forest

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

**Methodist Church Meals on Wheels service** 01425 480918  
Visiting the housebound and providing transport to church

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

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

**Open Sight Hampshire** 023 8064 1244

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

**Physical Disabilities Hampshire** 023 8020 2650

**Red Cross Short Term Loan Equipment** 01425 484833  
10.00-12.00 noon  
Medical equipment, **Fordingbridge** 01425 653 273  
Red Cross Portakabin The Drill Hall, Bartons Road Fordingbridge SP6 1AY.

**Relatives Association** 01962 845491  
For people with relatives in residential care

**RNIB Helpline Support** 0845 766 9999

Community First New Forest Innovations Directory Avon Valley – February 2011

## Community First New Forest

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

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

**Solicitors for the Elderly** 0870 067 0282  
www.solicitorsfortheelderly.com  
admin@solicitorsfortheelderly.com

**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.

**Trinity Day Centre Ringwood** 01425 478510

**Wiltshire Farm Foods Apetito Ltd** 0800 773 773  
Canal Road, Trowbridge BA14 8RJ  
www.wiltshirefarmfoods.com

**WRVS Meals on Wheels** 01425 473856

### Animals

**Animal Pet Carers** 023 8066 9292

**Animal Rescue** 01425 653663  
Salisbury Street, Fordingbridge.

**Bransgore Vet Surgery** 01425 672742

## Community First New Forest

<b>Cedar Veterinary Practice Ringwood</b>	<b>01425 473683</b>
<b>Cinnamon Trust</b> Care of animals in absence of owner 10 Market Square, HAYLE, Cornwall TR27 4HE admin@cinnamon.org.uk www.cinnamon.org.uk	<b>01736 757900</b>
<b>Happy Dogs Rescue Centre</b> Rehoming abused & abandoned dogs	<b>01425 477676</b>
<b>PDSA</b>	<b>02380 702562</b>
<b>RSPCA</b>	<b>0870 0101849</b> <b>0300 1234 999</b>
<b>RSPCA - Ashley Heath</b>	<b>01425 473896</b>
<b>Wildlife Rescue</b>	<b>01980 862291</b>

## Community First New Forest

### Social and Leisure

<b>Age Concern Day Centre - Fordingbridge</b> Riverside Court	<b>01425 655194</b>
<b>Age Concern Day Care Centre - Ringwood</b>	<b>01425 479415</b>
<b>Art Club</b>	<b>01425 650356</b>
<b>Arthritis Research Club</b>	<b>01425 657969</b>
<b>Avon Valley Archeological Society</b>	<b>01425 473677</b>
<b>Avonway Adult Learning Course - Brockenhurst College</b>	<b>01425 472224</b>
<b>Avonway Coffee Mornings</b>	<b>01425 652706</b>
<b>Avonway Community Centre</b> 35 Shaftsbury Street, Fordingbridge	<b>01425 652706</b>
<b>Avonway Day Centre</b>	<b>01425 652554</b>
<b>Avonway Drawing Group</b>	<b>01425 475748</b>
<b>Avonway Lunch Club</b>	<b>01425 653419</b>
<b>Avonway ongwater Tai Chi</b>	<b>01425 514546</b>
<b>Avonway WI</b>	<b>01425 655192</b>
<b>Avonway Yoga: Adult Learning</b>	<b>01425 653330</b>

## Community First New Forest

<b>Avonway Yoga &amp; Gentle Exercise</b>	<b>01425 652204</b>
<b>Bickerley Bridge Club</b>	<b>01425 476568 01425 403508</b>
<b>Braeside Bridge Club</b>	<b>01425 478241</b>
<b>Bransgore Art Club</b>	<b>01425 673723</b>
<b>Bransgore Community Care</b>	<b>01425 674065</b>
<b>Bransgore Croquet Club</b>	<b>01202 429185</b>
<b>Bransgore Evening Art Society</b>	<b>01425 274446</b>
<b>Bransgore Flower Club</b>	<b>01425 673589</b>
<b>Bransgore Friendship Club</b>	<b>01425 673589</b>
<b>Bransgore Horticultural Society</b>	<b>01425 673016</b>
<b>Bransgore Mobile Library</b>	<b>0845 603 5631</b>
<b>Bransgore New Forest Heart Start</b>	<b>01425 659899</b>
<b>Bransgore Lunch Club</b>	<b>01425 673057</b>
<b>Bransgore Probus Club</b>	<b>01425 673194</b>
<b>Bransgore Rotary</b>	
<b>Bransgore Short Mat Bowling Club</b>	<b>01425 672662</b>

## Community First New Forest

<b>Bransgore Townswomen</b>	<b>01425 674065</b>
<b>Bransgore &amp; Thorney Hill Womens Institute</b>	<b>01425 274686</b>
<b>Bransgore Village Hall</b>	<b>01425 674155</b>
<b>British Legion</b>	<b>01425 472904</b>
<b>Camera Club</b>	<b>01725 518448</b>
<b>First Click</b> Computer courses for seniors	<b>08000 150 950</b>
<b>Fordingbridge Art Class</b>	<b>01425 477414</b>
<b>Fordingbridge Bridge Club</b>	<b>01425 657795</b>
<b>Fordingbridge Bowling Club</b>	<b>01425 654664</b>
<b>Fordingbridge Camera Club</b>	<b>01725 518448</b>
<b>Fordingbridge Choral Society</b>	<b>01425 654372</b>
<b>Fordingbridge &amp; District Day Centre</b> For the frail and housebound	<b>01425 652554</b>
<b>Fordingbridge &amp; District Int Friendship</b>	<b>01425 653023</b>
<b>Fordingbridge Hand Bell Ringers</b>	<b>01425 652103</b>
<b>Fordingbridge Happy Tappers</b>	<b>01425 653079</b>

## Community First New Forest

<b>Fordingbridge Historical Society</b>	<b>01425 654872</b>
<b>Fordingbridge Horticultural Society</b>	<b>01425 655235</b>
<b>Fordingbridge Keep Fit</b>	<b>01425 652264</b>
<b>Fordingbridge Museum</b>	<b>01425 655222</b>
<b>Fordingbridge Rotary Club</b>	<b>01425 655877</b>
<b>Fordingbridge Social Club</b>	<b>01425 652484</b>
<b>Fordingbridge WI</b>	<b>01425 657326</b>
<b>Friends of Fordingbridge Hospital</b>	<b>01425 652522</b>
<b>Friends of Fordingbridge Surgery</b>	<b>01425 656189</b>
<b>Fordingbridge Nursing &amp; Sickness Trust</b>	<b>01425 653269</b>
<b>Greyfriars Affiliated Organisations</b> <a href="http://www.greyfriarsringwood.org.uk">www.greyfriarsringwood.org.uk</a>	<b>01425 472613</b>
<b>Greyfriars Bridge Club</b>	<b>01425 477335</b>
<b>Greyfriars Community Centre Club</b>	<b>01425 472613</b>
<b>Greyfriars Forum Club</b> <b>Greyfriars Lace Club</b>	<b>01425 472805</b>
<b>Greyfriars Luncheon Club</b> GP referral only	<b>01425 474377</b>

## Community First New Forest

**Greyfriars Mens Club**

**Knit & Knatter** 01425 656823

**Lions Club** 01202 821598  
01202 874818

**Lose It To Music** 01725 518132  
Keep fit for mature ladies

**New Age Curling & Skittles** 01425 652706

**Pottery Club** 01425 657474

**Red Cross** 01425 484833  
Between 10am & 12 noon

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

**Ringwood Good Neighbours** 07933 202112

**Ringwood & District Older Peoples Housing Association** 01425 477338

**Ringwood & Fordingbridge Club for the Blind** 01425 474263

**Ringwood & Fordingbridge Talking News** 01425 480918

**Ringwood Lions Club** 01425 476435

**Rotary Club of Ringwood** 01425 477373

**Royal British Legion** 01425 477202

## Community First New Forest

<b>Ringwood Salvation Army</b>	<b>01425 480172</b>
<b>Ringwood Antiques Club</b>	<b>01425 473815</b>
<b>Ringwood Art Society</b>	<b>01202 887053</b>
<b>Ringwood Garden Club</b>	<b>01202 574875</b>
<b>Ringwood Philatelic Society</b>	<b>01425 478214</b>
<b>Ringwood Machine Knitting Club</b>	<b>01980 610659</b>
<b>Ringwood Scottish Dance Club</b>	<b>01425 654763</b>
<b>Ringwood &amp; Burley Band</b>	<b>07742 63662</b>
<b>Salvation Army Fordingbridge</b>	<b>01425 650001</b>
<b>Salvation Army Ringwood</b>	<b>01425 470994</b>
<b>Young At Heart</b>	<b>01425 477740</b>
<b>Churches</b>	
<b>Bransgore Community Church</b>	<b>01425 674513</b>
<b>Bransgore Church St Marys</b>	<b>01425 672327</b>
<b>Damerham Baptist Church</b>	
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.	

## Community First New Forest

<b>Fordingbridge Methodist Church</b>	<b>01425 653134</b>
<b>Poulner St John Baptist Church</b>	<b>01425 473388</b>
<b>Ringwood Methodist Church</b>	<b>01425 480918</b>
<b>Ringwood Parish Church</b>	
<b>Ringwood Parish Church St Paul &amp; St Peter</b>	<b>01425 473219</b>
<b>St Marys Parish Church Fordingbridge</b>	<b>01425 653163</b>
<b>Trinity Church Ringwood</b>	<b>01425 461440</b>
<b>United Reform Church Fordingbridge</b>	<b>01425 473777</b>

## Community First New Forest

### Transport

<b>Avonway Community Minibus</b>	<b>01425 678102</b>
<b>Bransgore Community Care Group</b>	<b>01425 674065</b>
<b>Bus Information Line</b> National travel	<b>0871 200 2233</b>
<b>Call &amp; Go (Community First New Forest)</b> Transport service for older people & those with disabilities, who require door to door service locally. callandgo@cfnf.org.uk www.cfnf.org.uk	<b>0845 6024326</b>
<b>Castle Cars Ringwood</b> One wheelchair accessible vehicle	<b>01425 480360</b>
<b>Dorset Sprinter Bus</b> Operates: Mon-Sat, between Ringwood-Fordingbridge-Salisbury	<b>01202 383643</b>
<b>Fordingbridge Taxishare</b> HCC Bookable Service	<b>0845 6024135</b>
<b>Fordingbridge &amp; District Community Association</b> Avonway Community Centre	<b>01425 652706</b>
<b>Greyfriars Mini-Bus Service</b> The Association operates two mini-buses, both equipped with hydraulic lifts. They are available for use by the elderly, disabled and other organizations	<b>01202 472613</b>
<b>Hampshire County Council Transport Information</b>	<b>0845 6035633</b>
<b>Minibuses for hire (Community First New Forest)</b> Open to members of Community First New Forest	<b>01425 482773</b>

## Community First New Forest

<b>National Express Coaches</b>	<b>0870 580 80 80</b>
<b>National Rail Enquiries</b>	<b>0845 748 49 50</b>
<b>Older Drivers Skills Scheme</b>	<b>01962 874600</b>
<b>Red Cross Transport &amp; Escort</b>	<b>01483 573956</b>
<b>Shopmobility</b> Shopmobility schemes to provide wheelchairs or powered scooters to get around town	<b>0845 644 2446</b>
<b>Solent Blue Buses</b>	<b>023 80618233</b>
<b>Taxi - Fordingbridge</b>	<b>01425 652676</b>
<b>Taxi - Ringwood</b>	<b>01425 474949</b>
<b>Train Helpline</b>	<b>0845 7484950</b>
<b>Travel Line</b>	<b>0871 200 2233</b>
<b>Two Bridges Care Group</b> Transport for the infirm	<b>0845 8385902</b>
<b>Wilts &amp; Dorset Bus Service Enquiries</b>	<b>0845 709 08 99</b>

## Community First New Forest

### Wellbeing Services

<b>Age Concern Hampshire Footcare service</b> Various area locations. Toe cutting service for older people who do not qualify for NHS chiropody. Small charge. Telephone for areas/times.	<b>01329 842481</b>
<b>Age Concern Nail Cutting Service</b>	<b>01425 479415</b>
<b>Arch Clinic Fordingbridge (Chiropractor)</b>	<b>01425 650074</b>
<b>Better Balance For Life - Falls Prevention</b>	<b>01962 846605</b>
<b>Bridge</b> Alcohol and drug abuse 75 Leigh Road, Eastleigh SO50 9DQ <a href="http://www.ssj.org.uk">www.ssj.org.uk</a>	<b>023 8061 2465</b>
<b>Cancer Care Society</b> <a href="http://www.cancercaresoc.emon.co.uk">www.cancercaresoc.emon.co.uk</a> <a href="mailto:info@cancercaresoc.demon.uk">info@cancercaresoc.demon.uk</a>	<b>01794 830 3000</b>
<b>Community Dentist</b> For housebound or people who cannot access treatment for a variety of reasons	<b>023 8098 2541</b>
<b>Diabetes UK Care Line</b> <a href="mailto:info@diabetes.org.uk">info@diabetes.org.uk</a> <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	<b>020 7424 1000</b>
<b>Eye Clinic</b> The Outside Clinic, Old Town Court, 10-14 High Street, Old Town, Swindon SN1 3EP Free eye test in your home. Ring for details.	<b>0845 7444 555</b>
<b>Fordingbridge Chiropractic Clinic</b>	<b>01425 652951</b>

## Community First New Forest

<b>Free Prescriptions Advice Line</b>	<b>0800 917 711</b>
<b>Health Stroke Co-Ordinator</b> Fenwick 2, Lyndhurst	<b>023 8028 6402</b> <b>023 8028 2258</b>
<b>Healthy Horizons Centre</b>	<b>01425 485489</b>
<b>LINK</b> Link find out what people like or dislike about local health services and work with organizations who plan and run them.	<b>0845 601 5859</b>
<b>New Forest Disability Info Service</b> New Milton Equipment hire also available. info@newforestdis.org.uk	<b>01425 628750</b>
<b>NHS Hampshire</b>	<b>023 8062 7444</b>
<b>Nordic Walking</b>	<b>01425 482773</b>
<b>Older Peoples Wellbeing Team</b>	<b>01962 846605</b>
<b>Parkinsons Disease Society Helpline</b>	<b>0808 800 0303</b>
<b>Registered Osteopath - John Parry</b>	<b>01425 476930</b>
<b>Ringwood Leisure Centre</b> GP Referral Scheme	<b>0845 659 0845</b>
<b>Royal National Society for the Blind</b>	<b>0845 7669999</b>
<b>Roundhill - Pilates &amp; Physio Centre</b>	<b>01425 652777</b>
<b>SCA Fenwick 2 - Health &amp; Well Being Centre</b>	<b>02380 282862</b>

Community First New Forest Innovations Directory Avon Valley – February 2011

## Community First New Forest

**Well-Being Team HCC**

**0845 6035638  
02380 285217**