

Community First New Forest

**Innovations Directory**

**Totton**

# 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.

For further information contact:

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Community First New Forest  
Public Offices  
65 Christchurch Road  
Ringwood  
BH24 1DH

Telephone 01425 482773

email [innovations@cfnf.org.uk](mailto:innovations@cfnf.org.uk).

# Community First New Forest

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# 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—New Forest East</b> Southward House, 2 Beaulieu Road, Dibden Purlieu SO45 4PT <a href="http://www.ageconcernnfe.uk.com">www.ageconcernnfe.uk.com</a> <a href="mailto:ageconcernnfe@btconnect.com">ageconcernnfe@btconnect.com</a>	<b>023 8084 1199</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="mailto:mail@ageconcernhampshire.org.uk">mail@ageconcernhampshire.org.uk</a> <a href="http://www.ageconcernhampshire.org.uk">www.ageconcernhampshire.org.uk</a>	<b>0800 328 7154</b> <b>01962 868545</b>
<b>Age UK Senior line</b>	<b>0808 800 6565</b>
<b>Alzheimers NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG <a href="mailto:david.high@alzheimers.org.uk">david.high@alzheimers.org.uk</a> Outreach worker <a href="mailto:Jennie.chapman@alzheimers.org.uk">Jennie.chapman@alzheimers.org.uk</a>	<b>01590 644649</b> <b>07956 323578</b>
<b>Attendance Allowance Helpline</b>	<b>0845 712 3456</b>
<b>Benefit Enquiry Line, Department of Work and 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 (Cruse)</b>	<b>01425 628375</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> Hampshire County Council, The Castle, Winchester SO23 8UH	<b>01962 847650 0845 6035633</b>
<b>Bridge</b> Alcohol and drug abuse 75 Leigh Road, Eastleigh SO50 9DQ www.ssj.org.uk	<b>023 8061 2465</b>
<b>CAB (Citizens Advice Bureau)</b> 91 Junction Road, Totton SO40 3BU	<b>0870 1264 089</b>
<b>Cancer Care Society</b> www.cancercaresoc.demon.co.uk info@cancercaresoc.demon.uk	<b>01794 830 3000</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>
<b>Crime Prevention</b> Advice on safety in the home and crime prevention issues www.hampshire.police.uk	<b>0845 045 45 45</b>

## Community First New Forest

<b>Diabetes UK Careline</b> www.diabetes.org.uk info@diabetes.org.uk	<b>020 7424 1000</b>
<b>Domestic Violence</b> Womens Aid 24 hour National helpline	<b>0808 200 0247</b>
<b>Elder Abuse</b> www.elderabuse.org.uk	<b>0808 808 8141</b>
<b>Electricity - Enquiry</b>	<b>0845 7444 555</b>
<b>Enable</b> Info and advise on disability	<b>01722 416189</b>
<b>Energy Saving Trust</b> www.energysavingtrust.org.uk	<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>0800 854477</b>
<b>Fire and Rescue Community Safety</b>	<b>023 8062 6809</b>
<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>01962 841841</b>
<b>Hampshire Trading Standards</b> Quick Response Team	<b>01962 833620</b>
<b>Hazardous Waste Disposal</b> eg light bulbs, batteries, oven cleaner	<b>023 8066 6376</b>

# Community First New Forest

Marchwood

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

**Health Stroke Co-ordinator** 023 8028 6402  
Fenwick2, Lyndhurst 023 8028 2258

**Lesbian & Gay Switchboard** 01202 318822

**Library (Totton)** 0845 603 5631  
Library Road, Totton SO40 3RS

**Library (Lyndhurst)** 0845 603 5631  
High Street, Lyndhurst SO43 7BG

**Library Mobile Service** 0845 603 5631  
Monday - West Totton (every other), Ashurst (various),  
Woodlands, Bartley, Copythorne  
Wednesday - (Every other) Calmore  
Friday - (Every other) Ashurst (Oakhurst Lodge), Lyndhurst,  
Cadnam shopping parade

**Lyndhurst Welfare Charities** 023 8028 3895

**MP** 023 8081 4817  
Dr Julian Lewis  
3 The Parade, Southampton Road, Cadnam SO40 2NG

**Mental Health Team** 01425 622922  
Anchor House, 67-69 Ringwood Road, Totton SO40 8DX

**New Forest Disability Information Service** 01425 628750  
New Milton  
Equipment hire also available.  
info@newforestdis.org.uk

## Community First New Forest

<b>New Forest District Council</b> Appletree Court, Lyndhurst SO43 7PA <a href="http://www.newforest.gov.uk">www.newforest.gov.uk</a> <a href="mailto:customer.services@nfdc.gov.uk">customer.services@nfdc.gov.uk</a>	<b>023 8028 5000</b>
<b>OFWAT</b> Water Board problems Centre City Tower, 7 Hill Street, Birmingham B5 4UA	<b>0121 644 7500</b>
<b>Organ Donor Register</b>	<b>0300 1232323</b>
<b>Parish Council - Lyndhurst and Emery Down</b>	<b>023 8028 2996</b>
<b>Parish Council - Minstead</b>	<b>023 8081 2981</b>
<b>Parkinsons Disease Society Helpline</b>	<b>0808 800 0303</b>
<b>Post Office Counters Helpline</b> Postal, telephone, licences, money <a href="http://www.postoffice.co.uk">www.postoffice.co.uk</a>	<b>0845 722 3344</b>
<b>Postal Preference Service</b> MA House, 70 Margaret Street, London W1W 8SS <a href="http://www.mpsonline.org.uk">www.mpsonline.org.uk</a> <a href="mailto:mps@dma.org.uk">mps@dma.org.uk</a>	<b>020 7291 3310</b>
<b>Relate</b>	<b>01202 311231</b>
<b>Relatives Association</b> For people with relatives in residential care.	<b>01962 845491</b>
<b>ROSPA (Royal Society for the Prevention of Accidents)</b> <a href="http://www.rospace.org.uk">www.rospace.org.uk</a>	<b>0121 248 2000</b>
<b>Royal National Society for the Blind</b>	<b>0845 766 9999</b>
<b>Samaritans</b>	<b>08457 909090</b>

## Community First New Forest

<b>SSAFA (Forces Help)</b>	<b>023 8070 4978</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>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>Totton and Eling Town Council</b> Civic Centre, Totton SO40 3AP	<b>023 8086 3138</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>

# Community First New Forest

**Wildlife Rescue**

**01980 862291**

**Winter Fuel Payments**

**08459 15 15 15**

# 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 Jennie.chapman@alzheimers.org.uk david.high@alzheimers.org.uk	<b>01590 644649</b>  <b>07956 323578</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 032 3456</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>Macmillan Cancer support</b> 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.	<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

**Princess Royal Trust For Carers**

Information on emergency planning and other carer support.  
[www.carecentre.co.uk](http://www.carecentre.co.uk)

**01962 842034**

**Take A Break**

Respite care for the New Forest

**01590 674238**

## Community First New Forest

### Emergency Numbers

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

## Community First New Forest

### Home & Garden Care

**Age Concern New Forest East** 023 8084 1199  
Has list of certified gardeners in the area. There is a fee for the Gardener.

**Bartley Horticultural Society** 023 8081 2853  
Copythorne Parish Hall  
3<sup>rd</sup> Thursday of the month

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

**Community Alarms and Telecare** 0845 603 5630

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

**Electricity Enquiry** 0845 7444 555

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

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

**Furzey Gardens Charitable Trust** 023 8081 2297

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

## Community First New Forest

<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>Houndsdown Social Club with Gardening Interests</b> 3rd Friday campervangran@talktalk.net	
<b>Lifeline</b> From New Forest District Council Community Alarms. Two way speech system linked to a Communication Control Centre to make independence more secure.	<b>023 8028 5453</b>
<b>Lyndhurst Flower Club</b> Lyndhurst Community Centre 2.15 pm last Thurs (except July, Aug and Dec).	<b>023 8084 3167</b>
<b>OFWAT</b> (Water Board Problems) Centre City Tower, 7 Hill Street, Birmingham B5 4UA	<b>0121 625 1300</b>
<b>Scratch</b> Southampton Providing basic furniture and household items to people suffering poverty. Recognised agencies only can refer. www.scratchcharity.co.uk	<b>023 8077 3132</b>
<b>Shaw Trust (Hampshire County Council)</b> 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	<b>0845 604 4643</b>
<b>Totton and District Gardeners Society</b> 3 Score Club ray@wright54.fsnet.co.uk	<b>023 8029 2761</b>

# Community First New Forest

## Medical

### GPs

**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](http://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 3ZN

### Hospitals

**Hythe Hospital** 02380 846046

**Lymington Hospital** 01590 663000

**Royal South Hants Hospital** 023 8077 7222

**Southampton General Hospital** 023 8077 7222

### Pharmacies

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

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

## Community First New Forest

<b>Lloyds Pharmacy</b> Asda Precinct, Totton SO40 3BY www.lloydspharmacy.com	<b>023 8087 1255</b>
<b>Lloyds Pharmacy</b> 12a Salisbury Road, Totton SO40 3PY	<b>023 8086 3100</b>
<b>Lloyds Pharmacy</b> 13a Commercial Road, Totton SO40 3BX	<b>023 8086 3922</b>
<b>New Forest Pharmacy (Rowlands)</b> 34 High St, Lyndhurst SO43 7BG www.rowlandspharmacy.co.uk	<b>023 8028 2630</b>
<b>Pharmacy Direct</b> 215 Salisbury Road, Totton SO40 3LL www.pharmacydirect.uk.com	<b>023 8087 0886</b>
<b>Other</b>	
<b>Alzheimer's Society</b>	<b>0845 300 0336</b>
<b>Audiology Service</b> Royal South Hants, Brintons Terrace, Southampton	<b>023 8082 5124</b>
<b>Books on Prescription</b> Self-help manuals selected by experienced mental health practitioners for people with mental health problems	<b>0845 603 5631</b>
<b>Continence Foundation</b>	<b>0845 345 0165</b>
<b>Dental Helpline</b>	<b>0845 050 8345</b>
<b>Hampshire Occupational Therapy</b>	<b>0845 600 4555</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>

## Community First New Forest

<b>NHS Direct</b>	<b>0845 46 47</b>
<b>NHS Trust (Hampshire)</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> or <b>01590 663089</b>
<b>Southampton Amputee and Care Support Group</b>	<b>023 8079 6039</b>
<b>Tinnitus Support Group</b> Fenwick 2, Lyndhurst 2.30-4.00 pm 1 <sup>st</sup> Thursday in every month.	<b>07894 701665</b>
<b>Wessex Cancer Trust</b>	<b>023 8067 2200</b>

# Community First New Forest

## New Forest Services

**Age Concern—New Forest East** 023 8084 1199  
Southward House, 2 Beaulieu Road, Dibden Purlieu  
www.ageconcernnfe.uk.com  
ageconcernnfe@btconnect.com

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

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

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

**CAB (Citizens Advice Bureau)** 0870 1264 089

**Community Dentist** 023 8098 2541  
For housebound or people who cannot access treatment for a variety of reasons.

**Epilepsy Helpline** 01494 601 400  
Confidential up to date information, emotional support, time to talk and opportunity to ask questions.

**Fire and Rescue Community Safety** 023 8062 6809

**Grandparents support group (Community First New Forest)** 01425 482773  
Grandparents who care full-time for their grandchildren  
cypservices@cfnf.org.uk  
www.cfnf.org.uk

## Community First New Forest

<b>Hazardous Waste Disposal</b> eg light bulbs, batteries, oven cleaner Marchwood	<b>023 8066 6376</b>
<b>Headway (Acquired Brain Injury)</b> 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>023 8028 2258</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 Services (Community First New Forest)</b> Caring and Sitting Service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	<b>023 8066 7080</b>
<b>Mental Health Team</b> Anchor House, 67-69 Ringwood Road, Totton SO40 8DX	<b>01425 622922</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>

## Community First New Forest

### **Your Voice Advocacy**

Portman House, 53 Millbrook Road East, Southampton SO15 1HM  
For people over 65 living with dementia.  
[www.hampshireadvocacy.org.uk](http://www.hampshireadvocacy.org.uk)

**023 8023 8155**

## Community First New Forest

### Personal Support

**Action For Blind** 0800 915 4666

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

**Age Concern New Forest East** 0800 085 6625  
Southward House, 2 Beaulieu Road, Dibden Purlieu  
www.ageconcernnfe.uk.com  
ageconcernnfe@btconnect.com

**Age Concern Hampshire Computer sessions for older people** 0800 328 7154  
Anyone over 50yrs who wants to learn about computers/internet/digital photography. Courses individually structured with one to one tutor. Learn at own pace. One hour booked session per week. Phone co-coordinator to discuss needs. Courses in Lyndhurst  
mail@ageconcernhampshire.org.uk

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

**Age Concern Hampshire Nail Cutting Service** 023 8084 1199  
Totton Health Centre  
Wednesday morning (also covers Lyndhurst)

**Age Concern New Forest East Computer courses** 023 8084 1199  
Courses in Minstead 2-4 pm on second and fourth Tuesday (check dates with Age UK NFE) in the Village Hall at £3 a session. Also in Copythorne Village Hall generally on second and fourth Friday (check dates with Age UK NFE) £3 a session.

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

## Community First New Forest

Jennie.chapman@alzheimers.org.uk

**Assist UK** 023 8071 8855  
Equipment and advisory service

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

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

**Cruse Bereavement Care** 01425 628375  
www.crusebereavementcare.org.uk  
helpline@cruse.org.uk

**Domestic Violence** 0808 200 0247  
Womens Aid 24 hour National helpline

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

**Guide to Care at Home** 0846 603 5630  
A guide to staying independent in your own home

**Grandparents support group (Community First New Forest)** 01425 482773  
Grandparents who care full-time for their grandchildren  
cypservices@cfnf.org.uk

**Hampshire Deaf Association** 023 8051 6518

**Home Support Services (Community First New Forest)** 023 8066 7080  
Caring and Sitting Service  
homesupportmanager@cfnf.org.uk

**Keysafe Supra UK Ltd** 01905 770333  
Unit 24, The Furlong, Berry Hill Industrial Estate, Droitwich Spa

Community First New Forest Innovations Directory Totton – February 2011

## Community First New Forest

WR9 9AH

### **Meals on Wheels**

**023 8086 4488**

Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm.

### **Oakhouse Foods**

**01202 814179**

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

### **OPAL**

**0800 328 7154**

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

### **Open Sight Hampshire**

**023 8064 1244**

### **Optician - Healthcall optical and hearing service**

**24hr care line**

Home visiting free NHS sight test and range of free glasses for those that meet NHS criteria and are unable to leave home unaccompanied. CRB checked clinical staff.

**0800 030 4082**

### **Physical Disabilities Hampshire**

**023 8020 2650**

### **Red Cross Equipment Hire**

**023 8074 3241**

Medical Centre, Testwood Lane, Totton  
Mon-Fri 10-12 noon  
www.redcross.org.uk

### **Relatives Association**

**01962 845491**

For people with relatives in residential care.

### **Remap Southampton and West Hants**

**01590 616330**

Charity that custom makes equipment for disabled people.  
Richard Bavister and Ian Cole.

**02380 848752**

## Community First New Forest

<b>RNIB Helpline Support</b> 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.	<b>0845 766 9999</b>
<b>Senior Legal Services</b> 62 Wellands Road, 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>Southampton Amputee and Carer Support Group</b>	<b>023 8079 6039</b>
<b>Stoma Care Service</b> 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.	<b>023 8071 8850</b>
<b>Tinnitus Support Group</b> Fenwick 2 2.30-4.00 pm 1 <sup>st</sup> Thursday of every month	<b>07894 701665</b>
<b>The British Wireless for the Blind Fund</b> 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.	<b>01622 754757</b>
<b>Wiltshire Farm Foods Apetito Ltd</b> Canal Road, Trowbridge BA14 8RJ <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a>	<b>0800 773 773</b>

# Community First New Forest

## Lunch Clubs

**Age Concern New Forest East** 023 8086 3769  
Totton and Eling Community Association  
Tuesday 11.30-14.00

**Age Concern Hampshire** 023 8086 3932  
West Totton Centre  
Monday 11.00-1.00 pm

**Lyndhurst Baptist Church Hall** 023 8028 3441  
Chapel Lane  
Last Thursday at 12.30 for 12.45 lunch.

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

**St Andrews Church** 023 8084 0529  
Dibden Purlieu  
Monday  
Jan Verberan

**Trinity Church** 023 8087 1072  
West Totton  
Wednesday 12.00-1.30 pm

## Animals

**Animal Pet Carers** 023 8066 9292

**Blue Cross (animal care)** 023 8069 2894  
Bubb Lane, West End, Southampton  
[www.bluecross.org.uk](http://www.bluecross.org.uk)

**Cinnamon Trust** 01736 757900  
Care of animals in absence of owner  
10 Market Square, HAYLE, Cornwall TR27 4HE  
[admin@cinnamon.org.uk](mailto:admin@cinnamon.org.uk)  
[www.cinnamon.org.uk](http://www.cinnamon.org.uk)

## Community First New Forest

<b>PDSA</b>	<b>02380 702562</b>
<b>RSPCA</b>	<b>0870 0101849 0300 1234 999</b>
<b>Seadown</b> 84 Salisbury Road, Totton	<b>023 8066 3817</b>
<b>Veterinary Services - Mid-Forest</b> Veterinary Practice, Kingfisher House, Ringwood Road, West Totton <a href="http://www.midforestvets.co.uk">www.midforestvets.co.uk</a> <a href="mailto:enquiries@midforestvets.co.uk">enquiries@midforestvets.co.uk</a>	<b>023 8066 0400</b>
<b>Veterinary Services - Mid Forest</b> Glenber Cottage, Beechen Lane, Clayhill, Lyndhurst SO43 7DD	<b>023 8028 2358</b>
<b>Wildlife Rescue</b>	<b>01980 862291</b>

# Community First New Forest

## Social and Leisure

### Angling Club (Test Valley)

£56 per annum.

[www.ivacandspangling/how\\_to\\_join.htm](http://www.ivacandspangling/how_to_join.htm)

[tightlinestotton@aol.com](mailto:tightlinestotton@aol.com)

### Antler Club (Bingo)

023 8090 7850

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

023 8028 2267

Lyndhurst Community Centre.

Various days and times

### Arts Society (New Forest)

023 8028 2626

Lyndhurst Community Centre, Pine Room

Third Wednesday in the month at 7.30 pm

### Art Society

023 8086 0063

Totton and Eling Community Centre

Once a month at 7.30-9.30pm on Wednesday.

### Badminton

023 8086 7083

West Totton Centre

8.00-1.00 pm Wednesdays

### Bingo

023 8086 3138

Hounslowdown Community Association

Thurs evenings at 7.30-9.30 pm.

A raffle and tea and biscuits. Possible transport arranged.

### BLESMA

01202 745168

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. 7 days a week. 2 buggies

023 8086 8846

Community First New Forest Innovations Directory Totton – February 2011

## Community First New Forest

available for use on the green.

### **Bowling**

Lyndhurst Bowling Club, Sandy Lane, Lyndhurst, Hampshire,  
SO43 7DN  
April-September  
avtp22@dsl.pipex.com

**023 8028 2864**

### **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

**023 8084 3465**

### **Carers Café**

Fenwick 2, Trinity Church, West Totton  
Third Thurs 1.30-3.30 pm.  
vicky.hamiltonvey@carerstgether.org.uk  
jennie.chapman@alzheimers.org.uk

**023 8028 6342**  
**07936 323578**

### **Carers Café**

Baptist Church, Chapel Lane, Lyndhurst  
First Thursday at 1.30-3.30 pm.  
vicky.hamiltonvey@carerstgether.org.uk  
jennie.chapman@alzheimers.org.uk

**023 8028 6342**  
**07936 323578**

### **Chinwaggers**

Blackwater Drive Scout Hut  
10.30 am Wednesdays

**023 8087 2376**

### **Christadelphians (Church Group)**

Totton and Eling Community Centre. Sunday 3.00-6.00 pm.  
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.

**023 8078 8006**

### **Cribbage**

Testwood Working Mens Club  
Secretary 110 Salisbury Road Totton Hampshire SO40 3PY

**023 8086 2087**

## Community First New Forest

<b>CSRF (Civil Service Retirement Fellowship)</b> Totton and Eling Community Centre Friday bi-monthly 10-12 noon.	<b>020 86917411</b>
<b>Drama and Musical Society (Lyndhurst)</b> Vernon Theatre, Sandy Lane SO43 7DN Rehearsal Mon and Thurs 7.45-10.00pm	<b>023 8028 2914</b>
<b>Eling Tide Mill</b> 10.00am-4.00pm Wed-Sun plus Bank Holidays except Christmas Day and Boxing Day	<b>023 8986 9574</b>
<b>Furzey Gardens</b> Free entry to Art and Craft Gallery	<b>023 8081 2297</b>
<b>Hants Photographic Project</b> Access to images dating from 1850s <a href="http://www.hants.gov.uk/record-office/catalog/">www.hants.gov.uk/record-office/catalog/</a>	<b>01962 846154</b>
<b>Keep Fit</b> West Totton Centre Thursdays 10.00 -11.00am	<b>023 8086 1712</b>
<b>Knit and Natter</b> Totton Library 10am -12noon 4th Wednesday	<b>023 8086 4458</b>
<b>Kurling</b> Fenwick 2 Once a month on Thursday lunchtime	<b>023 8036 6663</b>
<b>Lace Making</b> Totton and Eling Community Centre Wednesdays 10am -12.00 noon (term time)	<b>02380 892183</b>
<b>Line Dancing Club</b> Calmore Village Hall Friday evening 7.00pm - 10.00pm. Contact Jean.	<b>023 8086 8455</b>

## Community First New Forest

<b>Lyndhurst, Emery Down and Bank Residents Association</b> Three general meetings per year in April, July and October ahacoustics@aol.com	<b>023 8028 3895</b>
<b>Lyndhurst and Minstead Bell Ringers</b> Practice every second and fourth Thursday 7.30 - 9.00pm	<b>023 8028 2154</b>
<b>New Forest Area Conservation Volunteers</b> Maintaining important wildlife habitat Sundays 10.00-3.00 Free Membership. Paul Joliffe.	<b>023 8086 1558</b>
<b>New Forest Aviation Group</b> Lyndhurst Community Centre Second Friday except Aug and Dec 7.30 - 10.00pm.	<b>023 8028 2841</b>
<b>Patchwork Group</b> Calmore Community Centre Tuesdays 7.00 - 9.00pm. There is a charge for this 10 week course. Jackie Sparks.	<b>023 8086 8455</b>
<b>Pelican Club</b> Calmore Community Centre Run by Community First New Forest's Home Support Service. On hold until further funding secured.	<b>023 8066 7080</b>
<b>Pet Carers</b> Company of a dog without full-time or financial commitment. <a href="http://www.pet-carers.co.uk">www.pet-carers.co.uk</a>	<b>023 8066 9292</b>
<b>Pheonix Club</b> Fenwick 2 Run by Community First New Forest's Home Support Service. Gael Clemett. 1.30-3.30pm Mondays except Bank Holidays. Transport available.	<b>023 8066 7080</b>
<b>Pilates</b> Lyndhurst Community Centre	<b>023 8028 2267</b>

## Community First New Forest

**Pilates Exercise Group** 023 8081 2702  
St Anne's Church, Cooks Lane, Calmore  
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 10.30-11.30am  
www.pilates-southampton.com  
helena-pilates@gmail.com

**Pop-in** 023 8086 4488  
Totton Christian Centre  
Tues to Fri 10.00am - 12.00noon.

**Pottery Classes at Angel Farm** 023 8028 4079  
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)** 01794 518969/  
Totton Community Centre 023 8084 1460  
Monday 7.30-10.30pm. Bi-monthly.

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

**Singing Group** 023 8028 2862  
Fenwick 2  
1.30-3.30pm every second Tuesday in the month £2. Social singing session for all older people and carers.

**Social Dancing** 023 8028 6342  
Lyndhurst Parish Hall  
2nd Fri 1.00 - 3.00pm

**Stroke Association** 023 8086 3769  
Totton and Eling Community Association  
1.30 - 4.00pm Wednesdays

## Community First New Forest

(GP referral only)

**Sunday Night Dance** 023 8028 2847  
Lyndhurst Community Centre  
Half Hour tuition followed by sequence and ballroom dancing  
7.30 - 10.30pm

**Sunday Supplement** 023 8066 6258  
Totton and Eling Community Centre  
1st Sunday 10.00am -12.00noon  
(Hosted by Westside Church)

**Tea Dances** 023 8086 1712  
West Totton Centre  
Monthly 2.15 - 4.15pm on 1st Sunday in month

**Testwood Quilters group (quilting and patchwork)** 023 8178 7308  
Totton and Eling Community Centre  
Thursdays 2.00 - 4.00pm

**Totton U3A (University of the Third Age)** 023 8086 7417  
Masonic Hall, Lexby Road, Totton  
Secretary—Ann Barnes

**Totton and District Three Score Club** 023 8086 5355  
£8 to join.

**Totton and Eling Historical Society** 023 8081 2767  
Totton and Eling Community Centre  
First Monday in each month. 7.30pm in the Lilac Room, £2.

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

## Community First New Forest

- Travel Club** 023 8086 5071  
No meetings just lots of local interest places and theatre trips for all ages.
- Tuesday Club for Ladies** 023 8029 2157/  
023 8086 5004  
St Matthews Church Hall, Netley Marsh.  
Friendly club on First Tues in month at 7.30pm.
- Whist** 023 8086 2087  
Testwood Working Mens 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
- Women's Environmental Network** 023 8086 8348  
For Southampton and Waterside  
gwnnew47@topletter.com
- Womens Institutes** 01962 852721  
Lyndhurst, Emery Down and Bank - 1<sup>st</sup> Thursday at 7.30pm  
Lyndhurst Community Centre  
Ashurst - 2<sup>nd</sup> Wednesday at 7.30pm Colbury Church Rooms,  
Deerleap Lane, Colbury  
Copythorne - 2<sup>nd</sup> Wednesday at 2.15pm Parish Hall, Pollards  
Moor Lane, Cadnam
- WritersCircle** 023 8077 3015  
All ages, 7.45-10.00 pm  
barjaxplume@hotmail.com
- Yoga** 023 8086 2270  
St Theresa's Church Hall, 20 Beaumont Road  
Every Wednesday 12.00noon - 1.00pm
- Youlton School of Dance (Ballroom, sequence dancing)** 023 8086 2058  
Totton and Eling Community Centre

## Community First New Forest

Thursdays at 6.30pm

**50+ Multi Sport Morning** 023 8086 1712  
West Totton Centre  
Wednesday 9.30 - 12.00 noon

### Community Halls

**Calmore Community Centre** 023 8086 8455  
Calmore Cres, SO49 2ZU

**Calmore Village Hall** 023 8086 8455  
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** 023 8028 4327  
Mill Lane SO43 7EN 023 8028 2163  
Room Hire

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

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

**Hounslow Community Centre** 023 8086 3138  
Hounslow Avenue SO40 9EX

**Lyndhurst Baptist Church Hall** 023 8028 3441  
Chapel Lane SO43 7FG  
[www.lyndhurstbaptistchurch.org.uk](http://www.lyndhurstbaptistchurch.org.uk)

## Community First New Forest

**Lyndhurst Parish Hall** 023 8028 3979  
Forest Gardens SO43 7AF  
www.newforestparishes.com

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

**St Anne's Church Hall** 023 8081 2702  
Calmore

**St Matthews Church Hall** 023 8066 3267  
Netley Marsh

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

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

**Totton Christian Centre** 023 8086 4488  
Ringwood Road SO40 8DA

**Totton Masonic Hall** 023 8086 2739  
Lexby Road SO40 9HD

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

### Churches

#### Anglican Churches

All Saints, Minstead SO43 7EX

**Christ Church** 023 8029 2980  
Colbury SO40 7EH

## Community First New Forest

<b>Christ Church</b> Emery Down SO43 7DT	<b>023 8028 2154</b>
<b>St Anne's</b> Cooks Lane, Totton SO40 2RU	<b>023 8081 2702</b>
<b>St Mary's</b> Copythorne	<b>023 8081 4769</b>
<b>St Mary's</b> Eling Hill, Totton SO40 9HF	<b>023 8086 6426</b>
<b>St Matthew's</b> Ringwood Road, Totton	<b>023 8066 3267</b>
<b>St Michaels and All Angels</b> High Street, Lyndhurst S043 7BD <a href="http://www.newforestparishes.com">www.newforestparishes.com</a>	<b>023 8028 2154</b>
<b>St Winfrid's</b> Salisbury Road, Totton	<b>023 8086 5103</b>
<b>Baptist Churches</b>	
<b>Lyndhurst Baptist Church</b> Chapel Lane SO43 7AE	<b>023 8028 4426</b>
<b>Testwood Baptist Church</b> 283a Salisbury Road, Totton SO40 3LZ	<b>023 8086 0320</b>
<b>Roman Catholic Churches</b>	
<b>Church of our Lady of the Assumption and St Edward</b> 14 Empress Road, Totton SO43 7AE	<b>023 8028 2612</b>
<b>St Joseph's House and Ashurst Refuge Centre</b> 8 Lyndhurst Road, Ashurst	<b>023 8029 2337</b>

## Community First New Forest

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

**Trinity Churches (Methodist and United Reformed)**

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

**Westside Church, 22 Ewell Way, Totton** **023 8066 6258**

## Community First New Forest

### Transport

<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>Communicare</b> Medical and Dental Appointments only Mon-Fri 10.00am - 12.00noon	<b>023 8066 0200</b>
<b>Fenwick 2</b> Bus available for hire (not Mon or Wed) Driver not provided. Lisa Dillane coordinator@fenwick2.co.uk	<b>023 8028 6331</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 www.cfnf.org.uk	<b>01425 482773</b>
<b>National Express Coaches</b>	<b>0870 580 80 80</b>
<b>National Rail Enquiries</b>	<b>0845 748 49 50</b>
<b>Neighbourcare</b> (within 5 miles of Lyndhurst) Medical Appointments, shopping assistance, collecting prescriptions, befriending, changing library books 48 hrs notice.	<b>0845 094 818</b>
<b>Older Driver Skills Scheme</b>	<b>01962 874600</b>

## Community First New Forest

**Red Cross Transport and Escort**  
www.redcross.org.uk

**01483 573956**

**Shopmobility**  
Shopmobility schemes to provide wheelchairs or powered scooters to get around town

**0845 644 2446**

**Solent Blue Buses**

**023 80618233**

**Train Helpline**

**0845 7484950**

**Travel Line**

**0871 200 2233**

# Community First New Forest

## Wellbeing Services

<b>Bridge</b> Alcohol and drug abuse 75 Leigh Road, Eastleigh SO50 9DQ www.ssj.org.uk	<b>023 8061 2465</b>
<b>Cancer Care Society</b> www.cancercaresoc.demon.co.uk info@cancercaresoc.demon.uk	<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 Careline</b> www.diabetes.org.uk info@diabetes.org.uk	<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>0800 854477</b>
<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>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 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>

## Community First New Forest

<b>NHS Hampshire</b>	<b>023 8062 7444</b>
<b>Older Peoples Wellbeing Team</b>	<b>01962 846605</b>
<b>Parkinsons Disease Society Helpline</b>	<b>0808 800 0303</b>
<b>Royal National Society for the Blind</b>	<b>0845 766 9999</b>
<b>Well-Being Team HCC</b>	<b>0845 6035638 02380 285217</b>