

Community First New Forest

Innovations Directory

Waterside

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:

Jacqui Missen
Community Innovations Development Worker
Room 12
Hythe Medical Centre
Hythe Hospital
Beaulieu Road
Hythe
SO45 4ZD

Tel 023 8087 9877

Email innovationsw@cfnf.org.uk

Community First New Forest

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Community First New Forest

Community First New Forest

www.cfnf.org.uk

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

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

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

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

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

Minibus Hire **01425 482773**
transport@cfnf.org.uk

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

Community First New Forest

Advice & Information

Adult Services Information and advice to support independent living, report concern about vulnerable adults, deaf and sensory information www.hants.gov.uk/adult-services	0845 603 5630
Age Concern - New Forest East Southward House, 2 Beaulieu Road, Dibden Purlieu SO45 4PT ageconcernnfe@btconnect.com www.ageconcernnfe.uk.com	023 8084 1199
Age Concern Hampshire Day care, foot care/nail cutting service, one to one computer tuition, volunteer opportunities 1 Cross Street, Winchester SO23 9JA mail@ageconcernhampshire.org.uk www.ageconcernhampshire.org.uk	0800 328 7154 01962 868545
Age UK Senior line	0808 800 6565
Alzheimers NF and Test Valley Branch Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 0PG david.high@alzheimers.org.uk Outreach Worker jennie.chapman@alzheimers.org.uk	01590 644649 07956 323578
Attendance Allowance Helpline	0845 712 3456
Benefit Enquiry Line - Department of Work & Pensions www.dwp.gov.uk	0800 88 22 00
Benefits Agency - Disability and Living Allowance New claim pack www.dwp.gov.uk	08457 123456
Bereavement Register A service specifically designed to remove from databases and mailing files, the names and addresses of people who have died.	0870 600 7222

Community First New Forest

Black & Ethnic Minority Support	0800 0751057
Blue Badge HCC The Castle, Winchester SO23 8UH	01962 847650/ 0845 6035633
Bridge Alcohol and drug abuse 75 Leigh Road, Eastleigh SO50 9DQ www.ssj.org.uk	023 8061 2465
CAB (Citizen Advice Bureau) The Grove, 25 St John's Road, Hythe SO45 6BZ	0844 8269686
Cancer Care Society www.cancercaresoc.demon.co.uk info@cancercaresoc.demon.uk	01794 830 3000
Chat to a Friend	0800 0323456
Community Dentist For housebound or people who cannot access treatment for a variety of reasons.	023 8098 2541
Community Legal Service Free legal help and advice	0845 3454345
Consumer Direct	0845 4040506
Crime Prevention Advice on safety in the home and crime prevention issues www.hampshire.police.uk	0845 045 45 45
Cruse Bereavement Care	01425 628375

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Diabetes UK Careline www.diabetes.org.uk info@diabetes.org.uk	020 7424 1000
Domestic Violence Womens Aid 24-hour National helpline	0808 200 0247
Elder Abuse www.elderabuse.org.uk	0808 808 8141
Electricity - Enquiry	0845 7444 555
Enable Info and advise on disability	01722 416189
Energy Saving Trust www.energysavingtrust.org.uk	0800 512 012
Eye Clinic The Outside Clinic, Old Town Court, 10/14 High Street, Old Town, Swindon SN1 3EP Free eye test in your home. Ring for details.	0800 854477
Fire and Rescue Community Safety	023 8062 6809
Free Prescriptions Advice Line	0800 917 711
Guide to Care at Home Guide to staying independent in your own home	0846 603 5630
Hampshire County Council	01962 841841
Hampshire Trading Standards Quick Response Team	01962 833620

Community First New Forest

Hazardous Waste Disposal eg light bulbs, batteries, oven clean - Marchwood	023 8066 6376
Headway Acquired Brain Injury 120 Commercial Road, Totton SO40 3AD	023 8086 2948
Health Stroke Co-Ordinator Fenwick 2, Lyndhurst	023 8028 6402 023 8028 2258
Lesbian & Gay Switchboard	01202 318822
Library (Hythe) Pylewell Road, Hythe SO45 6AQ	0845 603 5631
Library (Blackfield) 167 Hampton Lane, Hythe SO45 1WE	0845 603 5631
Library Mobile Service Monday - Marchwood, Hythe, Dibden Purlieu, Netley View (every 2 weeks) Tuesday - Holbury, Blackfield, Langley, Exbury (every 2 weeks) Friday - Fawley, Hardley (every 2 weeks) Check www.3.hants.gov.uk/libraries for times and stops.	0845 603 5631
MP Dr Julian Lewis 3 The Parade, Southampton Road, Cadnam SO40 2NG	023 8081 4817
Mental Health Team Anchor House, 67-69 Ringwood Road, Totton SO40 8DX	01425 622922
New Forest Disability Information Service - New Milton info@newforestdis.org.uk Equipment hire also available.	01425 628750

Community First New Forest

New Forest District Council Appletree Court, Lyndhurst 2043 7PA customer.services@nfdc.gov.uk www.newforest.gov.uk	023 8028 5000
Local Council Offices - Fawley Jubilee Hall, The Square, Fawley SO45 1DD Various opening times, closed Wednesday	023 8089 1640
Local Council Offices - Hythe The Grove, St John's Street, Hythe SO45 6BZ Open 8.45am - 4.30pm Monday to Friday	023 8084 1411
OFWAT Water Board problems Centre City Tower, 7 Hill Street, Birmingham B5 4UA	0121 644 7500
Organ Donor Register	0300 1232323
Parish Council - Hythe	023 8084 1411
Parish Council - Fawley	023 8089 0761
Parish Council - Marchwood	023 8086 0273
Parkinsons Disease Society Helpline	0808 800 0303
Post Office Counters Helpline Postal, telephone, licences, money www.postoffice.co.uk	0845 722 3344
Postal Preference Service DMA House, 70 Margaret Street, London W1W 8SS mps@dma.org.uk www.mpsonline.org.uk	020 7291 3310
Relate	01202 311231

Community First New Forest

Relatives Association For people with relatives in residential care.	01962 875491
ROSPA (Royal Society for the Prevention of Accidents) www.rospa.org.uk	0121 248 2000
Royal National Society for the blind	0345 766 9999
Samaritans	08457 909090
SSAFA (Forces Help)	023 8070 4978
Senior Legal Services 62 Wellands Road, Lyndhurst SO43 7AD	023 8028 4711
Solicitors for the Elderly admin@solicitorsfortheelderly.com www.solicitorsfortheelderley.com	0870 067 0282
Tax help for older people TOP Registered charity established to provide free professional help on personal tax to older people on modest incomes. Telephone manned and answer phone.	Local 0845 601 3321 or 01308 488066 geographic
Telephone Preference Service Register free to prevent unwanted calls DMA House, 70 Margaret Street, London W1W 8SS tps@dma.org.uk www.tpsonline.org.uk	0845 070 0707
The Pension Service www.thepensionservice.gov.uk	0845 606 0265
Tourist Information	01590 689000

Community First New Forest

Trading Standards www.hants.gov.uk	08454 040506
Victim Support	023 8064 5578
Welfare Service/Veterans Agency	0800 169 2277
Wessex Cancer Trust	02380 672200
Wildlife Rescue	01980 862291
Winter Fuel Payments	08459 15 15 15

Community First New Forest

Carer Support

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

Jennie.chapman@alzheimers.org.uk 07956 323578
david.high@alzheimers.org.uk

Call Carers Direct 0808 802 0202

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.

Carers Allowance Unit 01253 856123

Carers Direct 0845 600 4555

Carers Line 0808 808 7777

Carers Listening Line (Carers Together) 0800 032 3456

Carers Support Line 01722 322746

Carers Together New Forest 023 8028 6342
Provides outgoing help and support, a variety of activities and
relaxation days for family/unpaid carers.

Community Care Project for Older people 023 8023 1936
Social and emotional support for over 65s

Macmillan Cancer support Macmillan
Macmillan have amalgamated with CAB. Specialist advisor
specifically for people diagnosed with cancer, their
families/carers. Client or family contact Macmillan who refer
them to specialist advisor at CAB New Milton. Provides
practical, medical, emotional and financial support.
Also based at Southampton Hospital. Macmillan
0808 808 0000
or call in CAB
NM to book
appointment

Community First New Forest

Princess Royal Trust for carers

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

01962 842034

Take A Break

Respite care for the New Forest

01590 674238

Community First New Forest

Emergency Numbers

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

Community First New Forest

Home & Garden Care

Age Concern New Forest East Has list of certified gardeners in the area. There is a fee for the Gardener.	023 8084 1199
Can Dig It (In Partnership with Red Cross) Gardening tool loan for 2 weeks trial before deciding to buy. Open 9.00 - 4.30	01962 891669
Community Alarms and Telecare	0845 603 5630
Dibden Allotments Charity Reduced rate for gardening service. Basic garden services such as grass/hedge cutting for older people and those in ill health (waiting list).	023 8084 1305
Disability Equipment Register Service to help with the purchase & sale of used disability equipment	01454 318818
Electricity Enquiry	0845 7444 555
Energy Saving Trust www.energysavingtrust.org.uk	0800 512 012
Furzey Gardens Charitable Trust	0238081 2297
Hampshire trading Standards 'Buy with Confidence' Source reliable local traders	01962 833620
Home Improvement Agency including Small Repairs Service (Community First New Forest) Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. hia.manager@cfnf.org.uk www.cfnf.org.uk	01425 478005

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

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

0345 604 4643

Community First New Forest

Medical

GPs

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

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

Forestside 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

Hospitals

Hythe Hospital 02380 846046

Lymington Hospital 01590 663000

Royal South Hants Hospital 0238077 7222

Southampton General Hospital 023 8077 7222

Audiology Service

Royal South Hants, Brintons Terrace, Southampton

Community First New Forest

Pharmacies

Boots the Chemist 02380 842123
21 High Street Hythe, SO45 6AG

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

Day Lewis Chemist 023 80 84 5254
Fairview Parade, Fairview Drive, Hythe SO45 5GT

Day Lewis Pharmacy 02380 870063
1 Marchwood Village Centre, Marchwood SO40 4SF

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

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

Other

Alzheimer's Society 0845 300 0336

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

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

Community First New Forest

Hampshire Occupational Therapy	0845 600 4555
LINK Link find out what people like or dislike about local health services and work with organizations who plan and run them.	0845 601 5859
PALS Patient Advice and Liaison Service ensures NHS listens to patients , relatives etc and answers their questions and resolves problems quickly.	Freephone 0800 0151 548 or 01590 663089
Southampton Amputee and Care Support Group	02380 796039
Tinnitus Support Group Fenwick 2, Lyndhurst 2.30-4.00 pm 1 st Thursday in every month.	07894 701665
Wessex Cancer Trust	023 8067 2200

Community First New Forest

New Forest Services

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

Alzheimers NF and Test Valley Branch 01590 644649
Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41
OPG
david.high@alzheimers.org.uk 07956 323578
jennie.chapman@alzheimers.org.uk 0870 1264 089

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

Community First New Forest

Hazardous Waste Disposal eg light bulbs, batteries, oven cleaner - Marchwood	023 8066 6376
Headway (Acquired Brain Injury) 120 Commercial Road, Totton SO40 3AD	023 9273 1931
Health Stroke Co-Ordinator Fenwick 2, Lyndhurst	023 8028 6402/ 282258
Home Improvement Agency (Community First New Forest) Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. hia.manager@cfnf.org.uk www.cfnf.org.uk	01425 478005
Home Support Services (Community First New Forest) Sitting and caring service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	023 8066 7080
Mental Health Team Anchor House, 67-69 Ringwood Road Totton SO40 8DX	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	01425 628750
Tourist Information	01590 689000
Volunteer Centre vol.bureau@cfnf.org.uk www.cfnf.org.uk	01425 482773
Woodland Burial Ground Hinton	01425 278910

Community First New Forest

Your Voice Advocacy

For people over 65 living with dementia

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

www.hampshireadvocacy.org.uk

02380 238155

Community First New Forest

Personal Support

Action For Blind

0800 915 4666

Age Concern Hampshire

1 Cross Street, Winchester SO23 9JA
mail@ageconcernhampshire.org.uk
www.ageconcernhampshire.org.uk

0800 328 7154/
01962 868545

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/nail cutting service

02380 841199

For over 60yrs resident in the Waterside area.
Forests Medical Practice, Dibden Purlieu on the 2nd, 4th and 5th Friday afternoons.
Hythe Community Centre on the 1st and 3rd Friday afternoons and the 1st and 2nd Thursday afternoons.
Methodist Hall, Dibden on the 3rd Tuesday afternoon.
Charles Ley Court, Fawley on the 2nd and 4th Tuesday afternoons.

Age Concern New Forest East

0800 085 6625

Southward House, 2 Beaulieu Road, Dibden Purlieu
ageconcernnfe@btconnect.com
www.ageconcernnfe.uk.com

Age Concern New Forest East computer training

02380 841199

Applemore College, Roman Road, Dibden Purlieu
Saturdays 10am to 12pm. Free sessions to develop computer skills for the over 50s.

Age Concern New Forest East Computer courses for older people

023 8084 1199

In Minstead Village Hall 2-4 pm on second and fourth Tuesday £3 a session. Also in Copythorne Village Hall generally on second and fourth Friday £3 a session. Check dates with Age UK NFE.

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Community First New Forest

Alzheimers NF and Test Valley Branch Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 OPG david.high@alzheimers.org.uk Jennie.chapman@alzheimers.org.uk	01590 644649 07956 323578
Assist UK Equipment and advisory service	023 8071 8855
Bathing Service Fenwick 2, Lyndhurst. Wednesdays info@fenwick2.co.uk	023 8028 2862
Cruse Bereavement Care helpline@cruse.org.uk www.crusebereavementcare.org.uk	01425 628375
Domestic Violence Womens Aid 24 hour National helpline	0808 200 0247
Elder Abuse www.elderabuse.org.uk	0808 808 8141
Grandparents Support Group (Community First New Forest) Grandparents who care full-time for their grandchildren	01425 482773
Guide to Care at Home A guide to staying independent in your own home	0846 603 5630
Hampshire Deaf Association	023 8051 6518
Home Support Service (Community First New Forest) A caring and sitting service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	02380 667080

Community First New Forest

Keysafe Supra UK Ltd Unit 24, The Furlong, Berry Hill Ind Est Droitwich Spa WR9 9AH	01905 770333
Lifeline from New Forest District Council Community Alarms Two way speech system lined to communication control centre to make peoples independence more secure.	023 8028 5453
Meals on Wheels Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm	023 8086 4488
Oakhouse Foods Unit 3, The Holloways, Bessemer Close, Ebblake Industrial Estate, Verwood BH31 6AZ enquiries@oakhousefoods.co.uk	01202 814179
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.	0800 328 7154
Open Sight Hampshire	023 8064 1244
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.	24hr care line 0800 030 4082
Physical Disabilities Hampshire	023 8020 2650
Red Cross Equipment Hire Medical Centre, Testwood Lane, Totton Mon-Fri 10-12 noon www.redcross.org.uk	023 8074 3241
Relatives Association For people with relatives in residential care	01962 845491

Community First New Forest

Remap Southampton and West Hants Charity that custom makes equipment for disabled people. Richard Bavister and Ian Cole.	01590 616330 02380 848752
RNIB Helpline Support For people with vision problems and their families/friends. Information on eye condition, signposting, put person in touch with other blind, partially sighted people. Inform about support in area, telephone emotional support and counselling options.	0845 766 9999
Senior Legal Services 62 Wellands Rd, Lyndhurst, Hampshire SO43 7AD	023 8028 4711
Solicitors for the Elderly admin@solicitorsfortheelderly.com www.solicitorsfortheelderly.com	0870 067 0282
Southampton Amputee and Carer Support Group	023 8079 6039
Stoma Care Service Specialist nurses support, care and advise patients who have had or going to have stoma surgery plus on going support before and after surgery. Open referral system for those whose GP within Southampton community healthcare and south west Hampshire sector of Hampshire PCT. 8.30am - 4.30pm Monday - Friday.	023 8071 8850
The British Wireless for the Blind Fund Provides high quality, easy to use audio equipment which has been specially designed and adapted for listeners living with sight loss. For free permanent loan for those in need (means tested benefit) client must meet their criteria of being registered blind or partially sighted. Contact service to discuss needs and if meets criteria the equipment will be delivered and installed in clients home. Usual referrals from Social Workers etc otherwise equipment can be purchased.	01622 754757
Tinnitus Support Group Fenwick 2 2.30-4.00 pm 1 st Thursday of every month	07894 701665

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Waterside Good Neighbours Offer help with many everyday things including shopping, collecting prescriptions, letter writing and small practical tasks	0845 643 9366
Wiltshire Farm Foods Apetito Ltd, Canal Road, Trowbridge BA14 8RJ www.wiltshirefarmfoods.com	0800 773 773
Animals	
Animal Pet Carers	023 8066 9292
Blue Cross (animal care) Bubb Lane, West End, Southampton www.bluecross.org.uk	023 8069 2894
Cinnamon Trust Care of animals in absence of owner 10 Market Square, HAYLE, Cornwall TR27 4HE admin@cinnamon.org.uk www.cinnamon.org.uk	01736 757900
PDSA	02380 702562
RSPCA	0870 0101849 0300 1234 999
Seadown Veterinary Group, Frost lane, Hythe, Southampton, SO45 3NG	023 80 84 2237
The Pet Healthcare Centre 38 Pylewell Road, Hythe, Southampton, SO45 6AQ	02380 84 1000
Wildlife Rescue	01980 862291

Community First New Forest

Social and Leisure

- Alzheimers NF and Test Valley Branch** 01590 644649
Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 OPG
vicky.hamiltonvey@carerstogether.org.uk
jennie.chapman@alzheimers.org.uk
- Blackfield Gardening Group** 02380 899354
St Francis Church Hall, Langley at 7.30pm. Guest speakers,
outing and competitions.
- Calshot Sailing Club** 023 8089 1003
Wood Hatch, Blackfield, Southampton SO45 1WJ
- Evergreen Club** 02380 891721
St Johns Hall, Hythe
Social group offering talks and bingo sessions. Meets two
Thursdays each month at 2pm.
- Hanger Farm Arts Centre** 023 8066 7274
Aikman Lane SO40 8FT
- Hants Photographic Project** 01962 846154
Access to images dating from 1850s
www.hants.gov.uk/record-office/catalog
- Happy Feet Dance Group** 02380 869587
Hythe Community Centre, Hythe
Old Time dancing on the 3rd Saturday evening of each month.
- Healthy Walks**
Hythe and Blackfield Health Centres have started a healthy walks
group from the surgery on Monday mornings at 10am. The walks
are open to everyone, whether registered patients or not.
www.greenpractice.co.uk/walking_group
- Helen Youngs Dance Group** 02380 843435
Hythe Community Centre, Hythe, Hall 2.
Fun with Fitness group for the 'young at heart'. Monday evenings,

Community First New Forest

HYADS Ladies Group

Hythe Community Centre

Meets first Wednesday of the month. £2 per session. Speakers, refreshments, raffle and chat. New members always welcome.

02380 842573

02380 891464

Hythe Wives

Hythe Community Centre, Hythe

Speakers and social events. 1st and 3rd Friday each month. 7.15pm to 9.30pm. Members £20 yearly.

02380 845519

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.

023 8084 4636

Hythe and District Probus Group for Men

02380 846082

Hythe and District Ladies Probus Club

02380 848693

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.

02380 890091

New Forest Area Conservation Volunteers

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

023 8086 1558

New Forest Aviation Group

Monthly second Friday except August and December in Lyndhurst Community Centre 7.30 - 10.00 pm

023 8028 2841

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.

02380 894294

Community First New Forest

Pet Carers

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

023 8066 9292

Pop in Coffee Morning

Methodist Church Hall, North Road, Hythe
Every Monday from 10am. Just call in.

Romsey and Waterside Visually Impaired Group

Totton Community Centre. Monday 7.30-10.30 pm. Bi-monthly.

**01794 518969/
023 8084 1460**

Scrabble Club

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

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.

02380 861819

Southampton and District Bird Group

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

023 8084 2776

Tea Dance

Marchwood Village Hall Thursdays and Saturdays and Hythe Parish
Hall Wednesdays.
2pm to 4pm. £2.75 per session.

02380 898879

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.

02380 844113

Community First New Forest

- The Royal British Legion** 023 8089 1445
Exbury Road, Blackfield, Southampton SO45 1XD
- Topaz Club** 02380 891721
WI Community Hall, Lunedale Road, Dibden Purlieu
1.45pm two Wednesdays a month. Social group offering outings, talks, games and chat.
- Totton & Waterside Club for the Blind** 023 8078 2742
Totton & Eling Community Centre
2nd Monday of each month. 2-4pm. New members welcome.
- Travel Club** 023 8086 5071
No meetings just lots of local interest places and theatre trips for all ages.
- Waterside Ladies Probus** 02380 848700
- Women's Environmental Network** 023 8086 8348
for Southampton and Waterside
gwnnew47@topletter.com
- Women's Guild** 02380 842871
Cornerstone, Hythe United Reform Club, New Road, Hythe.
Meets every Thursday 2.15pm to 3.30pm. Speakers, outings, quizzes, music and chat.
- Women's Guild Gentle Exercise** 02380 84871
Ewart Court, Jones Lane, Hythe.
Monday afternoon 2.30pm in the lounge.
- Womens Institute (Marchwood)**
WI House, 56 Hyde Abbey Road, Winchester SO23 7DB
WI is democractic, social and educational. Events are organized throughout Hampshire and include arts/crafts, sports, leisure activities, visits to palces 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.

Community First New Forest

WritersCircle

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

023 8077 3015

Lunch Clubs

Age Concern Sunday lunch club

Horrill Centre, Dibden.

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

02380 841199

Dibden Lunch and Social Club

St Andrew's Hall, Beaulieu Road, Dibden Purlieu

Mondays 10am to 3pm. Offers trips out and social atmosphere with a simple lunch. Cost £5 per week to cover transport and around £2.50 per meal. Runs on bank holidays.

023 8084 0529

07932 459758

Hythe 2000 Lunch Club

St John's Hall, Hythe

2 course lunch £3.50. Wednesday 12 noon to 1.15pm. No transport. Call to book or just turn up.

02380 844336

Thursday Lunch Club

Methodist Church Hall, North Road, Dibden Purlieu

Every Thursday 12.15pm to 3.30pm. £4 for a two course meal. No transport.

02380 893472

Churches

Cornerstone United Reformed Church

New Road, Hythe, Southampton SO45 6BR

office@cornerstonehytheurc.org.uk

www.cornerstonehytheurc.org.uk

023 8084 5005

Dibden Purlieu Methodist Church

North Road, Dibden Purlieu, Southampton SO45 4PG

023 8089 1679

Community First New Forest

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 admin@newhopecc.co.uk www.newhopecc.co.uk	023 8024 3306
New Forest Community Church Marchwood Village Hall, Marchwood Village Centre, Marchwood, Southampton SO40 4SX www.newforestcommunitychurch.org.uk	023 8086 4234
St Andrew's C of E Church Beaulieu Road, Dibden Purlieu, Southampton www.dibdenchurches.org	023 8084 3204
St Bernard's RC Church 20a Southbourne Avenue, Holbury, Southampton SO45 2NT	023 8084 3479
St Francis C of E Church West Common, Blackfield, Southampton, SO45 1XJ	023 8089 3552
St Georges Chapel Calshot Road, Calshot, Southampton SO45 1BB	023 8089 3552
St John C of E Church St Johns Vicarage, Vicarage Road, Marchwood, Southampton SO40 4SX	023 8086 1496
St John The Baptist and St Anne's C of E Church 14 Atheling Road, Hythe, Southampton, SO45 6BR	023 8084 2461
St Michael's R C Church The Presbytery, 6 Langdown Lawn, Hythe, Southampton SO45 5GR	023 8084 3479

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Community First New Forest

Solent Bible Church

Hythe and Dibden Parish Hall, West Street, Hythe, Southampton
SO45 6AA

01590 674824

The Good Shepherd C of E Church

Roewood Road, Holbury, Southampton SO45 2JN

023 8089 3552

The Gospel Church

Long Lane, Marchwood, Southampton SO40 4WR

023 8066 7901

Waterside Catholic Parish Church

St Bernards House, 20A Southbourne Avenue, Holbury,
Southampton SO45 2NT

023 8089 2656

Community First New Forest

Transport

Bus Information Line National travel	0871 200 2233
Call and Go (Community First New Forest) For older people and people with disabilities who need to access local amenities. callandgo@cfnf.org.uk www.cfnf.org.uk	0845 602 4326
Communicare Medical and Dental Appts Only Mon-Fri 10.00 to 12.00 noon	023 8066 0200
Hampshire County Council Transport Information	0845 6035633
Hythe Voluntary Car Group 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 7pm.	02380 842809
Minibuses for hire (Community First New Forest) Open to members of Community First New Forest www.cfnf.org.uk	01425 482773
National Express Coaches	0870 580 80 80
National Rail Enquiries	0845 748 49 50
Older Driver Skills Scheme	0845 094 818
Red Cross Transport and Escort www.redcross.org.uk	01483 573956

Community First New Forest

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

Bridge

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

023 8061 2465

Cancer Care Society

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

01794 830 3000

Community Dentist

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

023 8098 2541

Diabetes UK Careline

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

020 7424 1000

Eye Clinic

The Outside Clinic, Old Town Court, 10/14 High St, Old Town, Swindon SN1 3EP
Free eye test in your home. Ring for details.

0800 854477

Free Prescriptions Advice Line

0800 917 711

Health Stroke Co-Ordinator

Fenwick 2, Lyndhurst

**023 8028 6402
/282258**

LINK

Link find out what people like or dislike about local health services and work with organizations who plan and run them

0845 601 5859

New Forest Disability Information Service

Equipment hire also available.
6 Osborne Road, New Milton BH25 6AD
info@newforestdis.org.uk
www.newforestdis.org.uk

01425 628750

Community First New Forest

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