

# Community First New Forest

## New Forest Directory of Older Persons Support Services

## Introduction

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

For further information contact:

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

Telephone 01425 482773

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

# Community First New Forest

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## Community First New Forest

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

<b>General enquiries</b> Archstone House Pullman Business Park Pullman Way Ringwood BH24 1HD <a href="mailto:admin@cfnf.org.uk">admin@cfnf.org.uk</a>	01425 482773
<b>Autistic Spectrum Disorder Support</b> <a href="mailto:cypservices@cfnf.org.uk">cypservices@cfnf.org.uk</a>	01425 482773
<b>Call &amp; Go</b> Transport service for older people & those with disabilities, who require door to door service locally. <a href="mailto:callandgo@cfnf.org.uk">callandgo@cfnf.org.uk</a>	0845 6024326
<b>Grandparents support group</b> Grandparents who care full-time for their grandchildren <a href="mailto:cypservices@cfnf.org.uk">cypservices@cfnf.org.uk</a>	01425 482773
<b>Home Improvement Agency including Small Repairs Service</b> Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. <a href="mailto:hia.manager@cfnf.org.uk">hia.manager@cfnf.org.uk</a>	01425 478005
<b>Home Support Services</b> Caring and Sitting Service <a href="mailto:homesupportmanager@cfnf.org.uk">homesupportmanager@cfnf.org.uk</a>	023 8066 7080
<b>Minibus Hire</b> <a href="mailto:transport@cfnf.org.uk">transport@cfnf.org.uk</a>	01425 482773
<b>Nightstop</b> <a href="mailto:nightstop@cfnf.org.uk">nightstop@cfnf.org.uk</a>	01425 478391
<b>Volunteer Centre</b> <a href="mailto:vol.bureau@cfnf.org.uk">vol.bureau@cfnf.org.uk</a>	01425 482773

## 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>	0845 603 5630
<b>Age Concern New Forest</b> Southward House, Beaulieu Road, Dibden Purlieu SO45 4PT <a href="http://www.ageconcernnfe.btck.co.uk">www.ageconcernnfe.btck.co.uk</a> <a href="mailto:ageconcernnfe@btconnect.com">ageconcernnfe@btconnect.com</a>	023 8084 1199 0800 085 6625 Freephone
<b>Age Concern - Gardening</b> Has list of certified gardeners in the area. Charges vary.	023 8084 1199
<b>Age Concern Hampshire Computer sessions for older people</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. Courses in Lyndhurst <a href="mailto:mail@ageconcernhampshire.org.uk">mail@ageconcernhampshire.org.uk</a>	0800 328 7154
<b>Age Concern - Computer Clubs</b> Contact for times and venues.	023 8084 1199 0800 085 6625 Freephone
<b>Benefits Agency - Disability and Living Allowance Helpline</b> New claim pack. <a href="http://www.dwp.gov.uk">www.dwp.gov.uk</a>	08457 123456
<b>Bereavement Care (Cruse)</b>	0844 803 0240
<b>Bereavement Register</b> A service specifically designed to remove from databases and mailing files, the names and addresses of people who have died.	0800 082 1230
<b>Births, Marriages &amp; Deaths Registrar</b>	0845 6035637
<b>Blue Badge</b> Hampshire County Council, The Castle, Winchester SO23 8UH	01962 847650 0845 6035633
<b>British Red Cross</b> Helps people live independently in own homes. Offers range of services - medical equipment loan, home from hospital, therapeutic care.	0845 0547 222

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<b>CAB (Citizens Advice Bureau)</b> 91 Junction Road, Totton SO40 3BU	0870 1264 089
The Grove, 25 St John's Road, Hythe SO45 6BZ	023 8084 5386
91-92 High Street, Lymington SO41 9AP (Also for Fordingbridge)	08444 111 306
Outreach at Twin Oaks Medical Centre, Ringwood Road, Bransgore	01425 672857
<b>Call Carers Direct NHS</b>	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.	
<b>Can You Dig It</b> (in Partnership with Red Cross)	01962 891669
Gardening tool loan for 2 weeks trial before deciding to buy. Open 9.00am - 4.30pm.	
<b>Carers Allowance Unit</b>	0845 608 4321
Government benefits and allowances enquiry line	
<b>Carers Line</b>	0808 808 7777
Carers UK based in London	
<b>Carers Active Listening Line (Carers Together)</b>	0800 032 3456
<b>Carers Support Line (Salisbury area)</b>	01722 322746
<b>Carers Together New Forest</b>	01794 519495
Provides outgoing help and support, a variety of activities and relaxation days for family/unpaid carers.	
<b>Carers in Hampshire (The Princess Royal Trust)</b>	023 8028 6342
	07747 015868
<b>Choices Advocacy</b>	023 8033 7735
Coxley House, 63 Millbrook Road East, SO15 1HN For over 16s with learning disabilities	
<b>Community Alarms and Telecare</b>	01264 405555
<b>Community Legal Service</b>	0845 3454345
Free legal help and advice	
<b>Consumer Direct</b>	0845 4040506
<b>Crime Prevention</b>	0845 045 45 45
Advice on safety in the home and crime prevention issues <a href="http://www.hampshire.police.uk">www.hampshire.police.uk</a>	

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<b>Disability Equipment Register</b> Service to help with the purchase & sale of used disability equipment	01454 318818
<b>Domestic Violence</b> Womens Aid 24 hour National helpline	0808 200 0247
<b>Equipment and advisory service</b> GP, Health or Social Care Professional or self referral	023 8071 8855
<b>Elder Abuse</b> <a href="http://www.elderabuse.org.uk">www.elderabuse.org.uk</a>	0808 808 8141
<b>Enable</b> Info and advice on disability – Salisbury Area	01722 416189
<b>Energy Saving Trust</b> <a href="http://www.energysavingtrust.org.uk">www.energysavingtrust.org.uk</a>	0800 512 012
<b>Fawley Parish Council</b> , Jubilee Hall, The Square, SO45 1DD	023 8089 0761
<b>Fire and Rescue Community Safety</b>	023 8062 6809
<b>Furzey Gardens Charitable Trust</b>	023 8081 2464
<b>Guide to Better Care and Support - Hantsdirect</b> A guide to staying independent in your own home	0845 603 5630
<b>Hampshire trading Standards 'Buy with Confidence'</b> Source reliable local traders	01962 833620
<b>Hazardous Waste Disposal</b> eg light bulbs, batteries, oven cleaner Marchwood	023 8066 6376
<b>Home Improvement Agency (Community First New Forest)</b> Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. <a href="mailto:Hia.manager@cfnf.org.uk">Hia.manager@cfnf.org.uk</a> <a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a>	01425 478005
<b>Hythe Parish Council</b> , The Grove, St John's Street, Hythe SO45 6BZ	023 8084 1411
<b>Joint Armed Forces Legal Advocacy Service</b> Available to ex service personnel, MH Service users, physical disabled, old or infirm, those in receipt of DLA, Pension Credit, income support. Free service. Email: <a href="mailto:enquiries@jaflas.co.uk">enquiries@jaflas.co.uk</a>	

## Community First New Forest

Library (Hythe) Pylewell Road	0845 603 5631
Library (Blackfield) 167 Hampton Road	
Library (Totton) Library Road, Totton SO40 3RS	
Library (Ringwood) Christchurch Road, Ringwood, BH24 1DW	
Library (Fordingbridge) Roundhill, SP6 1AQ	
Library (Lymington) North Close SO41 9BW	
Library (New Milton) Gore Road, BH25 6RW	
 Library Mobile Service	
 Lyndhurst and Emery Down Parish Council	023 8081 3218
 Lyndhurst Welfare Charities	023 8028 3895
 Marchwood Parish Council	023 8086 0273
 Minstead Parish Council	023 8081 2375
 New Forest Disability Information Service	01425 628750
6 Osborne Road, New Milton BH25 6AD	
Equipment hire also available	
<a href="http://www.newforestdis.org.uk">www.newforestdis.org.uk</a>	
<a href="mailto:info@newforestdis.org.uk">info@newforestdis.org.uk</a>	
 New Forest District Council, Appletree Court, Lyndhurst	023 8028 5000
SO43 7PA	
 OFWAT - Water Board issues	0121 644 7500
 Organ Donor Register	0300 1232323
 Post Office Counters Helpline	0845 722 3344
Postal, telephone, licences, money	
<a href="http://www.postoffice.co.uk">www.postoffice.co.uk</a>	
 Postal Preference Service (Reducing Junk Mail)	020 7291 3310
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>	
 Princess Royal Trust For Carers	01962 842034
Information on emergency planning and other carer support.	
<a href="http://www.carecentre.co.uk">www.carecentre.co.uk</a>	
 Relate - East	023 8022 9761
West	01202 311231
 Relatives Association	02073 598136
For people with relatives in residential care.	



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<b>Respite Day at Fenwick2</b>	<b>023 8028 2862</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>Samaritans</b>	<b>08457 909090</b>
<b>SSAFA (Forces Help)</b>	<b>023 8070 4978</b>
<b>Scratch</b> Southampton Providing basic furniture and household items to people suffering poverty. Recognised agencies only can refer. <a href="http://www.scratchcharity.co.uk">www.scratchcharity.co.uk</a>	<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. <a href="mailto:groundsmaintenance@shaw-trust.org.uk">groundsmaintenance@shaw-trust.org.uk</a>	<b>0845 604 4643</b>
<b>Talking Newspaper</b> Free service for visually impaired. News recorded weekly on cd, tapes, memory stick. Delivered to client free by Royal Mail. Recording then returned for reuse following week.	<b>01425 622401</b> <b>until Nov 2012</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>0845 070 0707</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>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>023 8028 2269</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>

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<b>Vision Impaired - Talking Newspaper</b> Free service for visually impaired. News recorded weekly on cd,tapes, memory stick. Delivered to client free by Royal Mail. Recording then returned for reuse following week.	01425 622401 until end Nov 2012
<b>Volunteer Centre</b> <a href="mailto:Vol.bureau@cfnf.org.uk">Vol.bureau@cfnf.org.uk</a> <a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a>	01425 482773
<b>Welfare Service/Veterans Agency</b>	0800 169 2277
<b>Wildlife Rescue (Salisbury area)</b>	01980 862291
<b>Winter Fuel Payments</b>	08459 15 15 15
<b>Animals</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	01736 757900
<b>New Forest Pet Sitting</b> 37 Fennel Gardens, Lymington SO41 9FS	01590 689742
<b>PDSA (Must be in receipt of Housing or Council Tax Benefit)</b> Waterside, Totton, Lyndhurst and Lymington For New Milton and BH postcodes	023 8022 2622 01202 533630
<b>Pet Carers</b> Home and pet sitting - charges apply	023 8066 9292
<b>Pet Healthcare Centre</b> 38 Pylewell Road, Hythe, SO45 6AQ	023 8084 1000
<b>RSPCA -</b> Ringwood New Forest	0870 0101849 01202 529695
<b>Seadown Vets</b> 84 Salisbury Road, Totton Hythe Lymington	023 8066 3817 023 8084 2237 01590 672027
<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>	023 8066 0400

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<b>Veterinary Services - Mid Forest</b> Glenber Cottage, Beechen Lane, Clayhill, Lyndhurst SO43 7DD	023 8028 2358
<b>Transport</b>	
<b>Avonway Community Minibus</b>	01425 678102
<b>Bransgore Community Care</b>	01425 673057/8
<b>Blue Star Buses (Waterside, Totton and Lymington but not New Milton)</b>	023 8023 1950
<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	0845 6024326
<b>Communicare (Totton)</b> Medical and Dental Appointments only Mon-Fri 10.00am - 12.00noon	023 8066 0200
<b>Fawley and District Voluntary Care Group</b>	023 8089 8756
<b>Fenwick 2</b> Bus available for hire (not Mon or Wed). Driver not provided. coordinator@fenwick2.co.uk	023 8028 6331
<b>Fordingbridge &amp; District Community Association</b> Avonway Community Centre	01425 652706
<b>Fordingbridge Taxishare - HCC Bookable Services</b>	01962 846786 to register
<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 organisations.	01202 472613
<b>Hampshire County Council Transport Information</b>	0845 6035633
<b>Hythe and Dibden Community Car Service</b> The Group exists to provide transport for the elderly or frail or disabled people of any age, where no suitable alternative transport is available. Volunteer drivers use their own cars for this service. 7am to 7 pm.	023 8084 5788

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<b>Lymington Neighbourcare (Voluntary Care Group)</b> Solent Mead - Transport to attend hospital appointments, doctors surgeries, medical facilities. Volunteer drivers pick up from persons home. Mileage chart for charges on application.	<b>01590 679187</b>
<b>Lyndhurst Neighbourcare</b> (within 5 miles of Lyndhurst) Medical Appointments, shopping assistance, collecting prescriptions, befriending, changing library books 48 hrs notice.	<b>0845 095 818</b>
<b>Minibuses for hire (Community First New Forest)</b> Open to members of Community First New Forest <a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a>	<b>01425 482773</b>
<b>More Buses (Wilts and Dorset) (New Milton, Lymington, Ringwood, Fordingbridge)</b>	<b>0845 0727 093</b>
<b>National Express Coaches</b>	<b>08717 818178</b>
<b>National Rail Enquiries</b>	<b>0845 748 49 50</b>
<b>New Milton Neighbourcare</b> Canada House Business Centre, 1 Carrick Way, New Milton, BH25 6UD Transport provided by volunteer drivers. Main aim to enable clients to access medical facilities. Covers clients living in New Milton and neighbouring areas. Drivers (CRB checked) pick up clients from home but only charge from the centre of New Milton. 40p per mile + surcharge. Open Mon- Fri 9am - 12.30am. Will shop from a list wherever possible.	<b>Co-ordinator</b> <b>01425 611662</b>
<b>Older Driver Skills Scheme</b>	<b>01962 846100</b>
<b>Shopmobility (Southampton)</b> Shopmobility schemes to provide wheelchairs or powered scooters to get around town	<b>0845 644 2446</b>
<b>Travel Line</b>	<b>0871 200 2233</b>
<b>Two Bridges Care Group</b> Transport for the infirm (Fordingbridge)	<b>0845 8385902</b> <b>01425 656468</b>
<b>Waterside Goodneighbours</b> Offer help with many everyday things including shopping, collecting prescriptions, letter writing and small practical tasks.	<b>0845 643 9366</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
Southern Water	0800 820 999

### Social and Leisure

#### Avon Valley

Age Concern Day Centre - Fordingbridge Riverside Court	01425 655259
Art Society Ringwood	01202 820203
Age Concern Day Care Centre - Ringwood	01425 479415
Art Club Fordingbridge	01425 654385
Arthritis Research Club	01425 657969
Avon Valley Archeological Society	01425 473677
Avonway Adult Learning Course - Brockenhurst College	01425 472224
Avonway Coffee Mornings	01425 652706
Avonway Community Centre 35 Shaftsbury Street, Fordingbridge	01425 652706
Avonway Day Centre	01425 652554
Avonway Drawing Group	01425 475748
Avonway Lunch Club	01425 653419
Avonway Longwater Tai Chi	01425 514546
Avonway WI	01425 655192
Avonway Yoga: Adult Learning	01425 653330
Avonway Yoga & Gentle Exercise	01425 652204
Bickerley The Ringwood Bridge Club - Greyfriars Thurs 6.45 for 7.00 pm	01425 403508
Bockhampton Art Club - Bransgore	01202 481141
Braeside Bridge Club	01425 478241

## Community First New Forest

Bransgore Community Care	01425 673057/8
Bransgore Croquet Club	01425 674493
Bransgore Evening Art Society	01425 274446
Bransgore Flower Club	01425 672612
Bransgore Friendship Club	01425 674954
Bransgore Horticultural Society	01425 673202
Bransgore Mobile Library	0845 603 5631
Bransgore New Forest Heart Start	01425 659899
Bransgore Lunch Club	01425 673057
Bransgore Probus Club	01425 673909
Bransgore Rotary	01425 674545
Bransgore Townswomen Guild	01425 674065
Bransgore & Thorney Hill Womens Institute	01425 274686
Bransgore Village Hall	01425 674155
British Legion	01425 478557
First Click Computer courses for seniors	08000 150 950
Fordingbridge Art Class	01794 390295
Fordingbridge Bridge Club	01425 473465
Fordingbridge Bowling Club	01425 656092
Fordingbridge Camera Club	01725 518448
Fordingbridge Choral Society	01425 654372
Fordingbridge & District Day Centre For the frail and housebound	01425 652554
Fordingbridge & District Int Friendship	01425 653023

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Fordingbridge Hand Bell Ringers	01425 652103
Fordingbridge Happy Tappers	01425 653079
Fordingbridge Historical Society	01425 654872
Fordingbridge Horticultural Society	01425 655235
Fordingbridge Keep Fit	01725 518132
Fordingbridge Museum	01425 655222
Fordingbridge Rotary Club	01425 655877
Fordingbridge Social Club	01425 652484
Friends of Fordingbridge Hospital	01425 652255
Friends of Fordingbridge Surgery	01425 653430
Fordingbridge Nursing Aids Trust (Grants for those affected by illness or disability)	01425 654237
Greyfriars Affiliated Organisations <a href="http://www.greyfriarsringwood.org.uk">www.greyfriarsringwood.org.uk</a>	01425 472613
Greyfriars Bridge Club Wed 1.15-4.15 and Fri 6.45 for 7 pm start.	01425 477335
Greyfriars Community Centre Club	01425 472613
Greyfriars Forum Club	01425 472805
Greyfriars Lace Club	01202 824814
Greyfriars Luncheon Club GP referral only	01425 474377
Greyfriars Mens Club	01425 470795
Knit & Knatter - Sandleheath	01425 656823
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 <a href="mailto:info@letsgetgrowing.org.uk">info@letsgetgrowing.org.uk</a> . Megan Norris - Chair Judith Smith - Secretary Kay Sutton - Treasurer	01425 474879 01425 483382 07825 093992



## Community First New Forest

Lions Club	0845 833 5819
Lose It To Music Keep fit for mature ladies	01725 518132
New Age Kurling & Skittles	01425 652706
Pottery Club	01425 657474
Red Cross Between 10am & 12 noon Loan Equipment	01425 484833
Ringwood & District Older Peoples Welfare Association Hon Secretary Anne Osbourne	01425 476327
Ringwood Good Neighbours	07933 202112
Ringwood & District Older Peoples Housing Association	01425 474817
Ringwood & Fordingbridge Club for the Blind	01425 474263
Ringwood & Fordingbridge Talking News	01425 480918
Ringwood Lions Club	0845 833 5819
Rotary Club of Ringwood	01425 471220
Royal British Legion	01425 478557
Ringwood Salvation Army	01425 472909
Ringwood Antiques Club	01425 472613
Ringwood Art Society	01202 820203
Ringwood Garden Club	01202 574875
Ringwood Philatelic Society	01425 478214
Ringwood Machine Knitting Club	01980 610659
Ringwood Scottish Country Dance Club	01425 654763
Ringwood & Burley Band	0202 548948
Salvation Army Fordingbridge	01425 650001
Salvation Army Ringwood	01425 472909

## Community First New Forest

White Lion Scrabble League 01425 479871

Young At Heart - 1<sup>st</sup> and 3<sup>rd</sup> Thurs, 2.30-4.30 pm 01425 477740

### South West area

#### Art & Craft and interest groups

**Craft** 01425 273601/  
New Milton Community Centre Osborne Road 01425 621477

Main aim chatter group. Mixed craft one week demo following 2 weeks people bring their own crafts. Attend if unable to do a craft and make friends. Will share lifts if possible, parking opposite. 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of month 10am - 12noon. £1 per session plus refreshments purchased from CC coffee area.

**Ewe2club** 01425 614048

New Milton Community Centre Osborne Road  
Crafts, weaving, spinning, knitting, etc. Social Group. Any craft that uses yarn or fibre, but need to be able to carry own equipment. No teaching, informal, people support each other. Beginners/experienced welcome. 3<sup>rd</sup> Thurs of month 2-4pm £6 per quarter free sample session. No transport. Public car park opposite. Wheelchair accessible

**Sit, Knit and Stitch** Forest Arts  
Forest Arts Centre, Old Milton Road, New Milton, BH25 6DS 01425 619983

Social type group Friday 11am - 1pm. Check term times with FAC. Drop in with your knitting and enjoy a chat and coffee with like minded people in relaxed atmosphere of café. £3 includes coffee/tea, cash on day. Two disabled bays, parking area, wheelchair accessible

**Knit n Natter** 01590 683435

Sway Manor Hotel, Station Road, Sway, Lymington  
Bring your own knitting or crochet and chat whilst you knit. Refreshments purchase from bar. Shared lifts if possible. Parking. £15 annual membership fee to join Ewe2club. 1st Wednesday of month. 7pm start. Wed am.

**Garden Design** 01425 619983

Forest Arts Centre, Old Milton Road, New Milton  
Saturdays 10am- 12noon. Whether your garden needs a makeover or just updating come along and learn design techniques needed to create beautiful garden. Wheelchair accessible. Parking if available.

## Community First New Forest

### Coffee Drop ins

#### Hordle pop in coffee morning

01425 620688

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

#### Lymington Community Centre

01590 672337

Common Room, New Street  
Run by volunteers. Open to public - not a group. 10am-11.45am  
coffee, 12.45pm-1.45pm lunch, afternoon tea 3pm-4.30pm.  
Not open August. Public parking nearby.

#### Lymington United Reformed Church

High Street  
public coffee mornings (not a group) every Monday, Tuesday,  
Wednesday & Thursday Open Door Café 10.am -12noon.  
Listening Ear usually available. No transport or parking.

#### St Mary's Church Drop-in

Church Hall, Everton  
Coffee drop in 1st, 2nd, 4th, 5th Tuesday not 3rd of month.  
10am - 11.30am. Tea/coffee donations only. Sociable chat  
group. Wheelchair accessible. Transport if needed but only  
Everton area. Car parking if space.

### Community Centres

#### Lymington Community Association

01590 672337

New Street, Lymington, SO41 9BQ  
In conjunction with Brockenhurst College and the Workers Educational  
Association offer classes to suit every taste. Numerous clubs and  
affiliated groups meet regularly and offer a wide range of activities  
Encourages membership and volunteering but welcome all visitors.  
Coffee, lunch or tea available. The Reception desk is open from 9.30  
am - 4.30 pm Monday-Friday and Saturdays 10 am - 12 pm. Check  
with Centre for film showings.

#### Milford on Sea Village Community Centre,

01590 643 404  
for events

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

#### New Milton Community Association Community Centre

01425 610495

Osborne Road, New Milton BH25 6EA  
Monday - Friday 9:45am-4:30pm and 6:30pm until 10:30pm  
Saturday 9:45am until 12:30pm. Numerous groups, activities,  
organisations. Public parking opposite.

## Community First New Forest

### Exercise groups

#### Balance with Aimee Smith

Forest Arts Centre, Old Milton Road, New Milton BH25 6DS  
Regular group, for term dates contact FAC. Monday 11am - 12noon. £36 per 10 week sessions, tasters free. Low impact exercise session for over 60's. No transport. Parking area 2 disabled bays. Wheelchair access/induction loop box office/theatre.

Forest Arts  
01425 619983

#### Hordle Extend seated exercise

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

01425 620688

#### Exercise class

Lymington United Reformed Church  
Seated exercises motivated by music. Ideal for people with limited mobility mostly seated. No transport or parking just drop off area. Wheelchair accessible. Tues 12 noon - 12.30pm  
£2 per session. Contact tutor B Evans.

01425 617392

#### Strictly keep fit

The Dance Studio, Sea Road, Milford on Sea  
With easy dance moves. Wear comfortable clothes. Monday 10.00am - 11.00 a.m. Wheelchair accessible. No transport.

01425 617392

### Music/dance

#### Sequence Dancing (Modern)

New Milton Community Association on Wed and Sat Evenings

01202 473617

#### Sequence dancing tuition

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

01425 610495

#### Singing Group Jubilee Singers

New Milton Community Centre Osborne Road, New Milton.  
Singing Group Mixed choir all ages. Open to anyone who can read music or has good ear for music. Concerts held for any organisation such as care homes, churches, charities etc.  
Rehearsals 2 pm Wednesdays, Sept-June. £10 per half year plus registration with Community Centre. Uniform worn for concerts. No transport for rehearsals, shared lifts for events, public car park opposite. Wheelchair accessible.

Secretary  
01425 616996

## Community First New Forest

### Social Groups

**Brendoncare Milford Green Friendship Club**  
Village Community Centre, Milford on Sea  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 2.00pm – 4.00pm. £3.00. Provides friendship, fun for older people. Refreshments. Taxi transport if required.

Head office  
01962 877772  
V Newell  
01962 645948

**Brendoncare Lymington Evergreen**  
Fuller Hall, Lymington Community Centre, New Street  
Alternate Fridays from 2.00pm - 4.00pm. £3.00. Provides friendship, fun for older people. Refreshments. Taxi transport if required.

Head office  
01962 877772

**Brendoncare New Milton Get Together**  
St Mary Magdalene Church Hall, Church Lane, New Milton  
BH25 6QL  
2<sup>nd</sup> Weds of each month from 2.00 - 4.00pm. £3.00. Provides friendship, fun for older people. Refreshments. Taxi transport if required. Parking. Wheelchair accessible.

Head office  
01962 877772

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

01425 278485

**LEGS (Everton Ladies evening social group)**  
St Mary's Church Hall Everton  
1<sup>st</sup> Monday in month. Need to phone before attending due to large membership numbers. Very lively large group. No transport but parking available.

01590 644827

**Poem and Pint (social type group)**  
Forest Arts Centre, Old Milton Rd, New Milton BH25 6DS  
Monthly Monday 8pm. Check term times with FAC. £3 cash on night. If you have a poem to share or want to listen in relaxed bar atmosphere come and be stimulated. Wheelchair accessible, no transport/parking area.

Forest Arts  
01425 519983

**Royal Air Forces Association**  
New Milton Community Centre, Osborne Road  
New Milton and District Branch Social Group. Do not have to belong to any forces. 1<sup>st</sup> Tuesday coffee morning, 3<sup>rd</sup> Tuesday main meeting. 10.15am not August or December. Occasional speakers. No registration fee to Community Centre. Parking opposite, transport lifts if possible. Wheelchair access.

01425 638051

## Community First New Forest

**Lymington VISTA - Ladies Social Group** 01590 676194  
St Thomas's Church Hall, St Thomas Street, Lymington  
SO41 9ND  
Wednesday once a month. Speakers, tea/coffee. 3pm  
contribution £1. No parking facilities. Public car park nearby.

### Support Groups

**Arthritis Care** 01590 645901  
Arthritis support group. Guide hut Sea Road, Milford on Sea.  
2.15pm 2<sup>nd</sup> Friday of month. Donation 50p for refreshments.  
Membership £14 pa including bi monthly magazine. Social get  
together, outings, speakers and social activities.

**Hordle Stroke Club** 01590 641220  
All Saints Church Hall Mondays 10.30-12.30. Covers Hordle and  
New Forest.

**Stroke Club** 01425 614939  
Nedderman Centre, New Milton.  
Speakers, chatter group, activities and outings. 2 course Lunch.  
Transport arranged if required. Parking, wheelchair accessible.  
Every Thursday except August, 10.30am - 3pm.

**Vision Impaired Support/social group Open Sight (New Milton)** 01425 622401  
Bashley Village Hall Bashley until end Nov 12  
4<sup>th</sup> Wednesday in the month 2.30pm-4.15pm.  
Social activities, outings. Talking books available to borrow.  
£3 including refreshments/raffle. Transport organised.

**Vision Impaired - TORCH** 01590 644926  
New Milton Baptist Church, Old Milton Road, New Milton  
BH2 6EF.  
Christian based vision impaired fellowship group.  
Every Third Saturday 3pm - 4.30pm. Non church people  
welcome. Singing, visiting choirs, speakers. Register taken so  
everyone aware who is present and sharing news. Accessible  
toilet and wheelchair accessible. Parking, transport provided if  
required.

**Vision Impaired - Macular Disease Group** 01425 618925  
New Milton Community Centre, Osborne Road  
Talks, musical entertainment, outings. 2<sup>nd</sup> Monday of month  
2pm. Wheelchair accessible. Public Parking

## Community First New Forest

### Totton and Lyndhurst

<b>Angling Club (Test Valley)</b> £56 per annum. <a href="http://www.tvacspasangling.co.uk">www.tvacspasangling.co.uk</a> <a href="mailto:tightlinestotton@aol.com">tightlinestotton@aol.com</a>	023 8086 3068
<b>Antler Club (Bingo)</b> Scout Hut, Blackwater Drive, Calmore Drive, Totton 7.30 pm for 8.00 pm with 9.50 pm finish. Minibus transport available. John Howat.	023 8090 7850
<b>Art Group</b> Lyndhurst Community Centre. Various days and times	023 8028 2267
<b>Arts Society (New Forest)</b> Lyndhurst Community Centre, Pine Room Third Wednesday in the month at 7.30 pm	023 8028 2626
<b>Art Society</b> Totton and Eling Community Centre Once a month at 7.30-9.30pm on Wednesday.	023 8086 0063
<b>Badminton</b> West Totton Centre 8.00-1.00 pm Wednesdays	023 8086 7083
<b>Bartley Horticultural Society</b> Copythorne Parish Hall 3 <sup>rd</sup> Thursday of the month	023 8081 2853
<b>Bingo</b> Hounsdown Community Association Thurs evenings at 7.30-9.30 pm. A raffle and tea and biscuits. Possible transport arranged.	023 8086 3138
<b>BLESMA</b> Totton and Eling Community Centre Last Monday in month 10.00am-12.30pm	01202 745168
<b>Bowling</b> Totton and Eling Bowls Centre, Crabbs Way, West Totton. Open to public for pay and play. 7 days a week. 2 buggies available for use on the green.	023 8086 8846

## Community First New Forest

<b>Bowling</b> Lyndhurst Bowling Club, Sandy Lane, Lyndhurst, Hampshire, SO43 7DN April-September avtp22@dsl.pipex.com	023 8028 2864
<b>Bowls (Forestgate)</b> 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
<b>Bowls Indoor Calmore CC</b> 8-10 pm Tuesdays	023 8086 2108
<b>Carers Café</b> Fenwick 2, Trinity Church, West Totton Third Thurs 1.30-3.30 pm.	023 8028 6342 07936 323578
<b>Carers Café</b> Baptist Church, Chapel Lane, Lyndhurst First Thursday at 1.30-3.30 pm.	023 8028 6342 07936 323578
<b>Chinwaggers</b> Blackwater Drive Scout Hut 10.30 am Wednesdays	023 8087 2376
<b>Christadelphians (Church Group)</b> Totton and Eling Community Centre. Sunday 3.00-6.00 pm.	023 8078 8006
<b>Cribbage</b> Testwood Working Men's Club Secretary 110 Salisbury Road Totton Hampshire SO40 3PY	023 8086 2087
<b>CSRF (Civil Service Retirement Fellowship)</b> Totton and Eling Community Centre Friday bi-monthly 10-12 noon.	020 86917411
<b>Drama and Musical Society (Lyndhurst)</b> Vernon Theatre, Sandy Lane SO43 7DN Rehearsal Mon and Thurs 7.45-10.00pm	023 8028 3783
<b>Eling Tide Mill</b> 10.00am-4.00pm Wed-Sun plus Bank Holidays except Christmas Day and Boxing Day	023 8986 9575
<b>Foresters Flower Club</b> Copythorne Parish Hall 1st Thurs 7.30-9.30 pm. Annual Subs £14.00	023 8081 2883



## Community First New Forest

<b>Furzey Gardens</b> Free entry to Art and Craft Gallery	023 8081 2464
<b>Hants Photographic Project</b> Access to images dating from 1850s archives <a href="http://www.hants.gov.uk/record-office/catalog.htm">www.hants.gov.uk/record-office/catalog.htm</a>	01962 846154
<b>Keep Fit</b> West Totton Centre Thursdays 10.00 -11.00am	023 8086 1712
<b>Knit and Natter</b> Totton Library 10am -12noon Alternate Wednesday	023 8086 4458
<b>Kurling</b> Fenwick 2 On Third Friday 12 noon-2pm	023 8028 2862
<b>Lace Making</b> Totton and Eling Community Centre Wednesdays 10am -12.00 noon (term time)	02380 892183
<b>Line Dancing Club</b> Calmore Village Hall Friday evening 7.00pm - 10.00pm. Contact Jean.	023 8086 8455
<b>Lyndhurst, Emery Down and Bank Residents Association</b> Three general meetings per year in April, July and October ahacoustics@aol.com	023 8028 3895
<b>Lyndhurst Flower Club</b> Lyndhurst Community Centre 2.15 pm last Thurs (except July, Aug and Dec).	023 8084 3167
<b>Lyndhurst Lawn Tennis Club Over 50s Coaching</b>	023 8029 3833
<b>Lyndhurst and Minstead Bell Ringers</b> Practice every second and fourth Thursday 7.30 - 9.00pm	023 8028 2154
<b>New Forest Area Conservation Volunteers</b> Maintaining important wildlife habitat Sundays 10.00-3.00 Free Membership. Paul Joliffe.	023 8086 1558
<b>New Forest Aviation Group</b> Lyndhurst Community Centre Second Friday except Aug and Dec 7.30 - 10.00pm.	023 8028 2841

## Community First New Forest

<b>Patchwork Group</b> Calmore Community Centre Tuesdays 7.00 – 9.00pm. There is a charge for this 10 week course. Jackie Sparks.	023 8086 8496
<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>	023 8066 9292
<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.	023 8066 7080
<b>Pilates</b> Lyndhurst Community Centre on Tues	023 8028 2267
<b>Pilates Exercise Group</b> St Anne's Church, Cooks Lane, Calmore. Weds 9.00-10.00am followed by coffee. Gentle Way Group. Kath Read.	023 8081 2702
<b>Pilates</b> Totton and Eling Community Centre Wednesdays 6.30-7.30pm and Thursdays am <a href="http://www.pilates-southampton.com">www.pilates-southampton.com</a>	07837 915359
<b>Pop-in</b> Totton Christian Centre Tues to Fri 10.00 - 12.00noon.	023 8086 4488
<b>Pottery Classes at Angel Farm</b> Pinkney Lane, Lyndhurst SO43 7FE Thursdays 7.00pm - 9.00pm and Fridays 10.00am - 12noon <a href="mailto:angelsfarm@btinternet.com">angelsfarm@btinternet.com</a>	023 8028 4079
<b>Romsey and Waterside Visually Impaired Group (Social)</b> Totton and Eling Community Centre Monday 7.30-10.30pm. Bi-monthly.	023 8066 0244
<b>Southampton and District Bird Group</b> Hounslow Hall 2nd Fri in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday. <a href="mailto:David.holloway60@ntlworld.com">David.holloway60@ntlworld.com</a>	023 8084 2776
<b>Singing Group</b> Fenwick 2 2.00-3.30pm every 3rd Friday in the month £2. Social singing session for all older people and carers.	023 8028 6342

## Community First New Forest

<b>Stroke Association</b> Totton and Eling Community Association 1.30 - 4.00pm Wednesdays (GP referral only)	023 8047 3202
<b>Sunday Night Dance</b> Lyndhurst Community Centre Half Hour tuition followed by sequence and ballroom dancing 7.30 - 10.30pm	023 8028 2267
<b>Sunday Supplement</b> Totton and Eling Community Centre Sundays 9.30-12.30 (Hosted by Westside Church)	023 8048 3524
<b>Tea Dances</b> West Totton Centre Monthly 2.15 - 4.15pm on 1st Sunday in month	023 8086 1712
<b>Testwood Travel Club</b> No meetings just lots of local interest places and theatre trips for all ages.	023 8086 5071
<b>Testwood Quilters group (quilting and patchwork)</b> Totton and Eling Community Centre Thursdays 2.00 - 4.00pm	023 8178 7308
<b>The Hub</b> 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.	
<b>Totton U3A (University of the Third Age)</b> Masonic Hall, Lexby Road, Totton, 2 <sup>nd</sup> Wed afternoon 1.45-4pm Secretary—Ann Barnes	023 8086 7417
<b>Totton and District Three Score Club</b>	023 8086 5355
<b>Totton and District Gardeners Society</b> 3 Score Club	023 8029 2761
<b>Totton and Eling Historical Society</b> Totton and Eling Community Centre First Monday in each month. 2-4 pm.	023 8081 2767
<b>Totton and District Probus Club</b>	023 8086 7882

## Community First New Forest

<b>Totton &amp; Waterside Club for the Blind</b> Totton & Eling Community Centre 2nd Monday of each month 2.00 - 4.00pm New members welcome.	023 8078 2742
<b>TT Club</b> Hounsdown Community Centre Thursdays 10.00am - 12.00noon. Tea, coffee, a chat and bingo. Rose Sturgess.	023 8087 3381
<b>Whist</b> Testwood Working Men's Club Secretary 110 Salisbury Road Totton Hampshire SO40 3PY Tuesdays	023 8086 2087
<b>Widows Club</b> Totton and Eling Community Centre Friday every other week at 2.00pm - 4.00pm	023 8087 2722
<b>Womens Institutes</b> <b>Ashurst</b> - 2 <sup>nd</sup> Wednesday at 7.30pm Colbury Church Rooms, Deerleap Lane, Colbury <b>Copythorne</b> - 2 <sup>nd</sup> Wednesday at 2.15pm Parish Hall, Pollards Moor Lane, Cadnam	
<b>WritersCircle</b> All ages, 7.30-10.00 pm barjaxplume@hotmail.com	023 8077 3015
<b>Yoga</b> St Theresa's Church Hall, 20 Beaumont Road Every Wednesday 12.00noon - 1.00pm	023 8086 2270
<b>Youlton School of Dance (Ballroom, sequence dancing)</b> Totton and Eling Community Centre Thursdays at 6.30pm Calmore CC on Friday at 6.30 pm	023 8086 2058
<b>50+ Multi Sport Morning</b> West Totton Centre Wednesday 9.30 - 12.00 noon	023 8086 1712
<b>Waterside</b>	
<b>Age Concern Pop-in</b> at Dibden Purlieu Mondays 9.30-12.00 noon Methodist Church Hall, North Road	023 8084 1199

## Community First New Forest

<b>Alzheimers NF and Test Valley Branch</b> Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 OPG	01590 644679
<b>Blackfield Flower Club</b> Holbury	023 8989 1884
<b>Blackfield Gardening Group</b> St Francis Church Hall, Langley at 7.30pm. Guest speakers, outings and competitions.	023 8089 9354
<b>Calshot Sailing Club</b> Wood Hatch, Blackfield, Southampton SO45 1WJ	023 8084 8307 Club House
<b>Chatter Lace</b> Tues Term Time 9.30-12 St Andrews Centre.	Call in
<b>Dibden and Purlieu Gardening Association</b> 7.30 pm on 1 <sup>st</sup> Thursday in the month at St Andrews Centre	Call in
<b>Evergreen Club</b> St Johns Hall, Hythe Social group offering talks and bingo sessions. Meets two Thursdays each month at 2pm.	02380 891721
<b>Healthy Walks</b> Hythe and Blackfield Health Centres. The walks are open to everyone, whether registered patients or not. <a href="http://www.greenpractice.co.uk/walking_group">www.greenpractice.co.uk/walking_group</a>	
<b>Helen Youngs Dance Group</b> Hythe Community Centre, Hythe, Hall 2. Fun with Fitness group for the 'young at heart'. Monday evenings.	02380 843435
<b>Holbury 50+ Club</b> Meets alternate Monday afternoons from 2pm at the Good Shepherd Hall.	
<b>Horrill Centre</b> - various activities inc walking	023 89087 7881
<b>HYADS Ladies Group</b> Hythe Community Centre Meets first Wednesday of the month. Speakers, refreshments, raffle and chat. New members always welcome.	023 8084 2537
<b>Hythe Wives</b> Hythe Community Centre, Hythe Speakers and social events. 1 <sup>st</sup> and 3 <sup>rd</sup> Friday each month. 7.15pm to 9.30pm.	Contact via Community Centre on 023 8084 4074

## Community First New Forest

<b>Hythe and Dibden Woodland and Waterside Group</b> 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 1 <sup>st</sup> Sunday in the month 10am to 1pm.	023 8084 4636
<b>Men's Breakfast Group</b> 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
<b>New Forest Area Conservation Volunteers</b> Maintaining important wildlife habitat. Sundays 10.00-3.00. FREE Membership. Paul Joliffe	023 8086 1558
<b>New Forest Aviation Group</b> Monthly second Friday except August and December in Lyndhurst Community Centre 7.30 - 10.00 pm	023 8028 2841
<b>New Forest (East) Probus Group</b> 3 <sup>rd</sup> Thursday at 10 am	023 8084 1189
<b>Oasis Group</b> 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
<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>	023 8066 9292
<b>Pop in Coffee Morning</b> Methodist Church Hall, North Road, Dibden Purlieu Every Monday from 10am. Just call in.	023 8089 1679
<b>Romsey and Waterside Visually Impaired Group</b> Totton Community Centre. Monday 7.30-10.30 pm. Bi-monthly.	01794 518969 023 8084 1460
<b>Scrabble Club</b> St Johns Hall, Hythe. Every Wednesday at 1pm.	023 8089 3973
<b>Shape up and dance</b> for 50+ age group 2pm every Monday	023 8084 5761

## Community First New Forest

<b>Solid Silver Club</b> 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
<b>Southampton and District Bird Group</b> Hounsdown Hall 2nd Friday in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday. Maggi Short, Chairman	023 8084 2776
<b>Tea Dance</b> Marchwood Village Hall 2 <sup>nd</sup> and 3rd Saturday 2pm-4.30 and Hythe Parish Hall Wednesdays 2pm to 4pm. Sunday evening at Lyndhurst Community Centre.	02380 898879
<b>The New Forest/Waterside U3A</b> 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 842594
<b>The Royal British Legion</b> Exbury Road, Blackfield, Southampton SO45 1XD	023 8089 1445
<b>Topaz Club</b> WI Community Hall, Lunedale Road, Dibden Purlieu 1.45pm two Wednesdays a month. Social group offering outings, talks, games and chat.	02380 891721
<b>Totton &amp; Waterside Club for the Blind</b> Totton & Eling Community Centre 2nd Monday of each month. 2-4pm. New members welcome.	023 8078 2742
<b>Travel Club</b> No meetings just lots of local interest places and theatre trips for all ages.	023 8086 5071
<b>Waterside Natural History Society</b> St Andrews Centre Hall	023 8084 5510
<b>Waterside Short Mat Bowls (Holbury)</b>	023 8089 3750

## Community First New Forest

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

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

**Womens Institute (Marchwood)** 023 8086 8681  
WI House, 56 Hyde Abbey Road, Winchester SO23 7DB  
WI is democractic, social and educational. Events are organised throughout Hampshire and include arts/crafts, sports, leisure activities, visits to places of interest, home economics, gardening, music, speech, drama, public and international affairs, leadership and much more. Meetings on the 2<sup>nd</sup> Tuesday of each month at 7.15pm in Marchwood Village Hall.

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

### Lunch Clubs

#### Avon Valley

**Avonway Lunch Club** 01425 653419

**Bransgore Lunch Club** 01425 673057

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

#### South West

**Ashley Baptist Church** 01425 610415  
Church Hall, Ashley BH25 5AA  
Lunch Club. Wednesdays. Two course fresh cooked lunch £3. Transport if required. Only for people living alone. Very welcoming. Holiday club plus outing. Wheelchair accessible.

**Barton Methodist Church Lunch Group** 01425 612807  
Sea Road, Barton on Sea  
Wednesday 12noon- 1.30pm. An ecumenical service for elderly, living alone. Freshly prepared and cooked lunch. Transport for handicapped people is arranged. Members must be elderly and living alone, or married couples in need of help. £3.00 annual



## Community First New Forest

membership plus £3.50 for the meal + 50p per person if transport is arranged. Wednesday lunchtime 12-2pm.

**Everton- St Mary's Church Hall** **01590 644739**

Friendship lunch 3<sup>rd</sup> Tuesday of month 12.15pm (short service in church 11.45am optional). Regulars are on a list but applicants can apply to go onto waiting list. Not a drop in, need to be on list. Wheelchair accessible/parking. Need to speak to organiser re transport for Everton area only if available.

**Lymington Baptist Church** **01590 672019**

New Street

Lunch group in the Grace Café. Monday 12.30pm - 1.30pm

Friendly. 2 courses plus tea/coffee. Freshly cooked on premises.

Vegetarian alternative. £2. Parking available

**Lymington -St Thomas Church Hall Lunch Group**

St Thomas Street, Lymington SO41 9ND

Monday 12noon - 2pm. No parking or transport available.

Wheelchair accessible.

**Church**

**secretary**

**01590 676194**

**Milford on Sea First Friday Lunch Club**

Community Centre, Sea Road SO41 0PH

**01590 641826**

**Milford on Sea (Sunday Lunch Club)**

Community Centre, Sea Road SO41 0PH

**01590 643404**

### **Totton and Lyndhurst**

**Age Concern New Forest**

Totton and Eling Community Association

Tuesday 11.30-14.00 - pre booked only

**023 8084 1199**

**Age Concern New Forest**

West Totton Centre

Monday 11.00-1.00 pm - pre booked only

**023 8084 1199**

**Lyndhurst Baptist Church Hall**

Chapel Lane

Last Wednesday at 12.30 for 12.45 lunch.

**023 8028 4426**

**Lyndhurst Community Centre**

Friday 12.30-3.30 pm

**023 8028 2267**

**St Andrews Church**

Dibden Purlieu

Monday

Jan Verberan

**023 8084 0529**

## Community First New Forest

**Trinity Church** 023 8087 1072  
**Soup and Sweet Lunch**  
West Totton  
Wednesday 12.00-1.30 pm

### **Waterside**

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

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

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

## **Community Halls**

### **Avon Valley**

**Damerham** 01725 518086  
07785 181702  
**Frogham** 01425 656106

**Godshill** 01425 657115

**Ibsley** 0845 644 0915

**Martin** 01526 378553

**Minstead** 023 8081 3143

**Rockbourne** 01725 518400

### **Totton and Lyndhurst Area**

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

## Community First New Forest

<b>Calmore Village Hall</b> Pauletts Lane SO40 2RS	023 8086 3138
<b>Christian Centre - Trinity Church</b> (Lettings) Hazel Farm Road, Totton SO40 8WU	023 8086 1443
<b>Copythorne Parish Hall</b> Pollards Moor Road SO40 2NZ Room Hire	023 8081 2478
<b>Emery Down and Bank Village Hall</b> Mill Lane SO43 7EN Room Hire	07896 134994
<b>Garland Lodge (5th New Forest North Scout Group)</b> Blackwater Drive, Totton SO40 2QJ	
<b>Hanger Farm Arts Centre</b> Aikman Lane, Totton SO40 8FT	023 8066 7274
<b>Hounsdown Community Centre</b> Hounsdown Avenue SO40 9EX	07501 336498
<b>Lyndhurst Baptist Church Hall</b> Chapel Lane SO43 7FG <a href="http://www.lyndhurstbaptistchurch.org.uk">www.lyndhurstbaptistchurch.org.uk</a>	023 8028 4426
<b>Minstead Village Hall</b> SO43 7FX <a href="http://www.minsteadhall.co.uk">www.minsteadhall.co.uk</a>	023 8081 3143
<b>St Anne's Church Hall</b> Calmore	023 8081 2702
<b>St Matthews Church Hall</b> Netley Marsh	023 8066 3267
<b>St Theresa's Church Hall</b> Beaumont Road, Totton	023 8086 2270
<b>Totton and Eling Community Centre</b> Library Road SO40 3RS	023 8086 3769
<b>Totton Christian Centre</b> Ringwood Road SO40 8DA	023 8086 4488
<b>Totton Masonic Hall</b> Lexby Road SO40 9HD	023 8086 2739

## Community First New Forest

West Totton Centre  
Hazel Farm Rd SO40 8WU

023 8086 1712

### Churches

#### Avon Valley

Bransgore Community Church

01425 674513

Bransgore Church St Marys

01425 672327

#### Damerham Baptist Church

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

Damerham St Georges

01725 518642

Fordingbridge Methodist Church

01425 653134

Poulner Baptist Chapel

01425 473388

Ringwood Methodist Church

01425 461440

Ringwood Parish Church

Ringwood Parish Church St Paul & St Peter

01425 473219

St Marys Parish Church Fordingbridge

01425 653163

Trinity Church Ringwood

01425 461440

United Reform Church Fordingbridge

01425 473777

#### South West

##### All Saints Church

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

01590 676194

Jehovah's Witnesses, Marsh Lane

01590 622 598

##### Lymington Baptist Church

New Street, Lymington SO41 9BJ

01590 672019

##### Lymington United Reformed Church

High Street, Lymington

01590 676306

## Community First New Forest

<b>Our Lady of Mercy and St Joseph</b> 132 High Street, Lymington Roman Catholic	01590 676696
<b>Quakers Religious Society of Friends</b> Community Centre, Cannon Street, Lymington	01590 673626
<b>River of Life Church</b> Community Centre, Cannon Street, Lymington	01590 682638
<b>St Thomas C of E Church</b> StThomas Street, Lymington	01590 676194
<b>Christian Science Society</b> Community Centre, Cannon Street, Lymington	01590 678248
<b>Ashley Baptist Church</b> 3 Lower Ashley Road, Ashley, New Milton BH25 5AA	01425 610415
<b>New Milton Baptist Church</b> 90 Old Milton Road	01425 612011
<b>New Milton New Life</b> New Life Christian Centre, 34 Gore Road, New Milton BH25 6RZ Church services held in New Milton Memorial Centre. Contact New Life Church Office.	01425 616035
<b>New Milton Evangelical Free Church</b> 24-26 Whitefield Road, New Milton	01425 622450
<b>New Milton Quaker House</b> 30 Whitefield Road, New Milton	01425 638453
<b>Our Lady of Lourdes RC Church</b> 15 Mount Avenue, New Milton BH25 6NT	01425 614968
<b>St Mary Magdalene C of E Church</b> The Rectory, Church Lane, New Milton BH25 6QN	01425 615150
<b>St Peters Church</b> Ashley Common Road, Ashley	01425 627501
<b>Totton and Lyndhurst</b>	
<b>Anglican Churches</b>	
<b>All Saints, Minstead SO43 7EX</b>	023 8028 2154

## Community First New Forest

<b>Christ Church</b> Colbury SO40 7EH	023 8029 2132
<b>Christ Church</b> Emery Down SO43 7DT	023 8028 2154
<b>St Anne's</b> Cooks Lane, Totton SO40 2RU	023 8081 2702
<b>St Mary's</b> Copythorne	023 8081 4769
<b>St Mary's</b> Eling Hill, Totton SO40 9HF	023 8086 6426
<b>St Matthew's</b> Ringwood Road, Totton	023 8066 3267
<b>St Michaels and All Angels</b> High Street, Lyndhurst SO43 7BD <a href="http://www.newforestparishes.com">www.newforestparishes.com</a>	023 8028 2154
<b>St Winfrid's</b> Salisbury Road, Totton	023 8086 5103
<b>Baptist Churches</b>	
<b>Lyndhurst Baptist Church</b> Chapel Lane SO43 7AE	023 8028 4426
<b>Testwood Baptist Church</b> 283a Salisbury Road, Totton SO40 3LZ	023 8086 0320
<b>Roman Catholic Churches</b>	
<b>Church of our Lady of the Assumption and St Edward</b> 14 Empress Road, Totton SO43 7AE	023 8028 2011
<b>St Theresa's</b> 20 Beaumont Road, Totton SO40 3AL	023 8086 2270
<b>Trinity Churches (Methodist and United Reformed)</b>	
<b>Trinity Church</b> Hazel Farm Road, Totton SO40 8WU	023 8087 1072
<b>Westside Church, 22 Ewell Way, Totton</b>	023 8066 6258

## Community First New Forest

### Waterside

<b>Cornerstone United Reformed Church</b> New Road, Hythe, Southampton SO45 6BR office@cornerstonehytheurc.org.uk <a href="http://www.cornerstonehytheurc.org.uk">www.cornerstonehytheurc.org.uk</a>	023 8084 5005
<b>Dibden Purlieu Methodist Church</b> North Road, Dibden Purlieu, Southampton SO45 4PG	023 8089 1679
<b>Fawley Methodist Church</b> Chapel Lane, Fawley, Southampton SO45 1EB	023 8089 1679
<b>Hardley Methodist Church</b> Long Lane, Holbury, Southampton SO45 2PD	023 8089 1679
<b>New Hope Community Church</b> Hardley Green, Hardley, Hythe, Southampton SO45 3NZ admin@newhopecc.co.uk <a href="http://www.newhopecc.co.uk">www.newhopecc.co.uk</a>	023 8024 3306
<b>New Forest Community Church</b> Marchwood Village Hall, Marchwood Village Centre, Marchwood, Southampton SO40 4SX <a href="http://www.newforestcommunitychurch.org.uk">www.newforestcommunitychurch.org.uk</a>	023 8086 4232
<b>St Andrew's C of E Church</b> Beaulieu Road, Dibden Purlieu, Southampton <a href="http://www.dibdenchurches.org">www.dibdenchurches.org</a>	023 8084 3204
<b>St Bernard's RC Church</b> 20a Southbourne Avenue, Holbury, Southampton SO45 2NT	023 8084 3479
<b>St Francis C of E Church</b> West Common, Blackfield, Southampton, SO45 1XJ	023 8089 3552
<b>St Georges Chapel</b> Calshot Road, Calshot, Southampton SO45 1BB	023 8089 3552
<b>St John C of E Church</b> St Johns Vicarage, Vicarage Road, Marchwood, Southampton SO40 4SX	023 8086 1496
<b>St John The Baptist and St Anne's C of E Church</b> 14 Atheling Road, Hythe, Southampton, SO45 6BR	023 8084 2461
<b>St Michael's R C Church</b> The Presbytery, 6 Langdown Lawn, Hythe, Southampton SO45 5GR	023 8084 3479

## Community First New Forest

<b>Solent Bible Church</b> Hythe and Dibden Parish Hall, West Street, Hythe, Southampton SO45 6AA	<b>01590 674824</b>
<b>The Good Shepherd C of E Church</b> Roewood Road, Holbury, Southampton SO45 2JN	<b>023 8089 3552</b>
<b>The Gospel Church</b> Long Lane, Marchwood, Southampton SO40 4WR	<b>023 8066 7901</b>
<b>Waterside Catholic Parish Church</b> St Bernards House, 20A Southbourne Avenue, Holbury, Southampton SO45 2NT	<b>023 8084 3479</b>



### Health and Wellbeing Services

#### GPs

##### Avon Valley

Burton and Bransgore Medical Centre	01425 672857
Cornerways Surgery Parkers Close, Gorley Road, Ringwood	01425 472515
Fordingbridge Surgery Bartons Road	01425 653430
Ringwood Medical Centre The Close	01425 478901
Twin Oaks Medical Centre	01425 672741

##### South West Area

Barton on Sea - Barton Surgery 1 Edmunds Close, Barton on Sea	01425 620830
Bransgore - Twin Oaks Medical Centre Ringwood Road, Bransgore	01425 672741
Hordle - The Surgery 24 Ashley Lane, Hordle	01425 621188
Lymington - Chawton House Surgery St Thomas Street, Lymington	01590 672953
Lymington - Webb Peploe Surgery 45 Church Lane, Lymington	01590 675428
Lymington - Wistaria Surgery 18 Avenue Road, Lymington	01590 672212
Milford on Sea - Milford Medical Centre Sea Road, Milford on Sea	01590 643022
New Forest Medical Group The Surgery, Highwood Rd, Brockenhurst SO42 7RY	01590 622272
New Milton - The Arnewood Practice Milton Medical Centre, Avenue Road, New Milton BH25 5JP	01425 620393

## Community First New Forest

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

## Dentists

**Community Dentist** Access through  
For housebound or people who cannot access treatment for a GP Only  
variety of reasons.

### Avon Valley

**Dalkeith Dental Surgery** 01425 473688  
Ringwood

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

### South West

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

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

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

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

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

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

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

## Hospitals

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

**Christchurch Hospital** 01202 486361

**Hythe Hospital** 02380 846046

**Lymington Hospital** 01590 663000

## Community First New Forest

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

### Pharmacies

#### Avon Valley

Bransgore Pharmacy (Boots The Chemist)	01425 672511
Boots The Chemist 11 Southampton Road	01425 474170
Downton Pharmacy 5 High Street, Downton	01725 510388
Lloyds The Chemist The Close, Ringwood	01425 474196
Lloyds The Chemist 1 Salisbury Street, Fordingbridge	01425 652300

#### Totton and Lyndhurst

AR Pharmacy 3 Hazel Farm Road, Totton SO40 8WU	023 8087 0582
Forest Pharmacy Southampton Road, Bartley SO40 2NA	023 8081 2734
Lloyds Pharmacy Asda Precinct, Totton SO40 3BY <a href="http://www.lloydspharmacy.com">www.lloydspharmacy.com</a>	023 8087 1255
Lloyds Pharmacy 12a Salisbury Road, Totton SO40 3PY	023 8086 3100
Lloyds Pharmacy 13a Commercial Road, Totton SO40 3BX	023 8086 3922
New Forest Pharmacy (Rowlands) 34 High St, Lyndhurst SO43 7BG <a href="http://www.rowlandspharmacy.co.uk">www.rowlandspharmacy.co.uk</a>	023 8028 2630

## Community First New Forest

**Pharmacy Direct** 023 8087 0886  
215 Salisbury Road, Totton SO40 3LL  
www.pharmacydirect.uk.com

### South West

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

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

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

**Boots (Waitrose) SO41 9GF** 01590 678874

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

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

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

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

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

**Milford Pharmacy, War Memorial Hospital SO41 0PG** 01590 645555

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

### Waterside

**Boots the Chemist** 02380 842131  
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

## Community First New Forest

<b>Day Lewis Pharmacy</b> 1 Marchwood Village Centre, Marchwood SO40 4SF	02380 870063
<b>Jays Pharmacy</b> Merriemead Parade, Beaulieu Road, Hythe, SO45 4PY	023 8084 3222
<b>Lloyds Pharmacy</b> 191 Hampton Lane, Blackfield SO45 1XA	02380 893002
<b>Other Medical</b>	
<b>Action For Blind</b>	0800 915 4666
<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.	01329 842481
<b>Age Concern New Forest Nail Cutting Service</b> Totton, Dibden Purlieu, Hythe, Blackfield and Lyndhurst. Contact office for appointment. Home visits available.	023 8084 1199 0800 085 6625 Freephone
<b>Alzheimer's Society</b>	0845 300 0336 National 01590 644679 Local
<b>Assist UK</b> Equipment and advisory service	023 8071 885
<b>Audiology Service</b> Royal South Hants, Brintons Terrace, Southampton	023 8082 5124
<b>Bathing Service</b> Fenwick 2, Lyndhurst. Wednesdays info@fenwick2.co.uk	023 8028 2862
<b>Bladder &amp; Bowel Foundation Nurse Helpline</b>	0845 345 0165
<b>Books on Prescription</b> Self-help manuals selected by experienced mental health practitioners for people with mental health problems	0845 603 5631
<b>British Red Cross</b> Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care.	01962 891660

## Community First New Forest

<b>Changing Faces - Skin Camouflage</b> Skin camouflage service for people coping with scarring or disfiguring skin condition. Trained volunteers select best colour match then teach how to apply cover creams. Creams available on prescription. Free but need GP/Consultant referral. Donations welcome.	0845 450 0275/ 0207 391 9270
<b>Chiropody (State Registered)</b> Happy Feet, AR Pharmacy, West Totton	023 8066 6304
<b>Counseling - Options Plus</b> Lymington details from head office Southampton. General counseling including CBT assessment. Free counseling - gambling addiction. Free alcohol addiction counseling if referred by New Forest Alcohol & drug treatment service. Charges apply.	
<b>Cruse Bereavement Care</b> <a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a> <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	01425 628375
<b>CRUSE - Pop in for the bereaved</b> Lymington United Reformed Church front café, Lymington High Street, Lymington Bereavement care/friendship group for the bereaved 3 <sup>rd</sup> Sunday of month 2.30pm-4pm. Make new friends with trained CRUSE volunteers available for confidential chat. Tea/coffee refreshments. Wheelchair accessible. Just call in for a warm welcome.	01425 628375 or 0870 167 1677
<b>Dental Helpline</b>	0845 050 8345
<b>Diabetes UK Careline</b> <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a> <a href="mailto:info@diabetes.org.uk">info@diabetes.org.uk</a>	020 7424 1000
<b>Domestic Violence</b> Womens Aid 24 hour National helpline	0808 200 0247
<b>Elder Abuse</b> <a href="http://www.elderabuse.org.uk">www.elderabuse.org.uk</a>	0808 808 8141
<b>Epilepsy Society Free Helpline</b> Confidential up to date information, emotional support, time to talk and opportunity to ask questions.	0808 800 5050 0808 800 5050

## Community First New Forest

<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	0800 854477
<b>Grandparents Support Group (Community First New Forest)</b> Grandparents who care full-time for their grandchildren	01425 482773
<b>Hampshire Association for Deaf People</b>	023 8051 6518
<b>Hampshire Coalition of Disabled People</b>	0845 122 1487
<b>Hampshire Occupational Therapy</b>	0845 600 4555
<b>Headway (Acquired Brain Injury)</b> 120 Commercial Road, Totton SO40 3AD	023 8086 2948
<b>Health Stroke Co-Ordinator</b> Fenwick 2, Lyndhurst	023 8028 6402 023 8028 2258
<b>Home Support Service (Community First New Forest)</b> A caring and sitting service <a href="mailto:homesupportmanager@cfnf.org.uk">homesupportmanager@cfnf.org.uk</a> <a href="http://www.cfnf.org.uk">www.cfnf.org.uk</a>	023 8066 7080
<b>Keysafe (Home Improvement Agency CFNF)</b>	01425 482773
<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.	023 8028 5453
<b>LINK</b> Link find out what people like or dislike about local health services and work with organizations who plan and run them.	0845 601 5859
<b>Macmillian 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.	Macmillan 0808 808 0000 or call in CAB NM to book appointment
<b>Meals on Wheels</b> Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm. Solent Area Office	01962 852329



## Community First New Forest

<b>Mental Health Team</b> Anchor House, 67-69 Ringwood Road, Totton SO40 8DX Waterford House, New Milton	023 8086 8886  01425 622922
<b>New Forest Disability Information Service</b> 6 Osborne Road, New Milton BH25 6AD Equipment hire also available. <a href="http://www.newforestdis.org.uk">www.newforestdis.org.uk</a> <a href="mailto:info@newforestdis.org.uk">info@newforestdis.org.uk</a> .	01425 628750
<b>NHS Hampshire</b>	023 8062 7444
<b>Oakhouse Foods</b> Unit 3, The Holloways, Bessemer Close, Ebblake Industrial Estate, Verwood BH31 6AZ <a href="mailto:enquiries@oakhousefoods.co.uk">enquiries@oakhousefoods.co.uk</a>	01202 814179
<b>Older Peoples Wellbeing Team</b>	01962 847279
<b>OPAL</b> 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
<b>Open Sight Hampshire (sight loss)</b>	023 8064 1244
<b>Optician - Healthcall optical and hearing service</b> 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
<b>Organ Donor Register</b>	0300 1232323
<b>PALS Patient Advice and Liaison Service</b> Southampton Bournemouth Salisbury	023 8079 8498 01202 704 886 0800 374208
<b>Pain support - APRIL</b> Milton Medical Centre, Avenue Road Provides practical support for anyone who lives with pain and their families and carers. Manned by volunteers, many affected by chronic pain. Call in for a talk, advice and guidance, internet access to pain web sites, information on support groups. No booking required but need to call ahead to check centre open. Mon-Fri 10am-4pm.	01425 278644 07756 292091
<b>Parkinsons (UK) Helpline</b>	0808 800 0303

## Community First New Forest

**Prescriptions Advice Line (for Free Prescriptions only)** 0845 850 1166

**Red Cross Equipment Hire**

Medical Centre, Testwood Lane, Totton

Mon-Fri 10-12 noon

Hythe

Totton

Bransgore

Fordingbridge

Ringwood

Lymington

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

23 8042 3281

023 8074 3241

01962 891668

01425 653273

01425 484833

01590 672641

**Relatives Association**

For people with relatives in residential care.

020 7359 8136

**Remap Southampton and West Hants**

Charity that custom makes equipment for disabled people.

01590 616330

0845 130 0456

**RNIB Helpline Support**

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

0303 123 9999

**Southampton Amputee and Carer Support Group**

023 8077 7722

**Stoma Care Service**

Specialist nurses support, care and advise patients who have had or going to have stoma surgery plus on going support before and after surgery. Open referral system for those whose GP within Southampton community healthcare and south west Hampshire sector of Hampshire PCT. 8.30am - 4.30pm Monday - Friday.

023 8071 8850

**The British Wireless for the Blind Fund**

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

**Waterside Goodneighbours**

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

0845 643 9366

## Community First New Forest

Wessex Cancer Trust

02380 672200

Wiltshire Farm Foods

01202 490400

46 Wilverley Road, Somerford, Christchurch

[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)